

# The Millstone Times<sup>TM</sup>

Allentown Clarksburg Cream Ridge Hamilton Millstone Perrineville Roosevelt Upper Freehold New Egypt Plumsted



## 4-H Ambassador Rebecca Carmeli-Peslak of Millstone Was Busy at the Monmouth County Fair

*Annual Event Is the Culmination of a Year of Activities*

By Brianna Siciliano



Freeholder Director Lillian G. Burry (center) joins the 2014 Monmouth County 4-H Ambassadors Erica Todd (left) and Rebecca Carmeli-Peslak (right) at the Monmouth County Fair opening night on July 23 in Freehold

For the Monmouth County 4-H Association, the annual Monmouth County Fair is a showcase of the many achievements and skills that 4-H members have learned throughout the year.

"Participating in the Monmouth County Fair is a summer highlight for many 4-H'ers," Freeholder Director Lillian G. Burry said. "I'm sure that they will create memories and make friendships that will last a lifetime."

Freeholder Director Burry, who is the liaison to the County's Cooperative Extension Service, was on hand opening night of the Fair to crown the 2014 Monmouth County 4-H Ambassadors Rebecca Carmeli-Peslak of Millstone and Erica Todd of Jackson. Both young women are members of the Monmouth County Teen Council and will serve as local envoys to other 4-H groups in the nation until the 2015 Fair.

4-H involves children from kindergarten through one year passed high school (grade 13) in dozens of clubs and activities. Traditional clubs involve livestock and farming activities and include less traditional clubs such as herpetology, care for arachnids, newts and salamanders and snakes. Other clubs develop skills in crafts, art, photography, writing, dance and theater arts.

*Continued on page 42*

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We are an organization of diverse women business owners who have come together to ensure each others business success. Our goal is to “work with our members and give them the tools to build their businesses.”

As a member of NJAWBO, the outstanding resources, benefits, and opportunities available to you will help enable your business to reach its full market potential and maximize your customer reach.

**Networking Opportunities:** As a member of the Shore Region, you have access to all Regional and State events at member prices. You can:

- Attend monthly region meetings at our Shore Region or at any of our five sister regions throughout the state
- Enjoy monthly dinner meetings with educational speakers
- Attend and exhibit at Business Expos (state-wide)
- Have access to Business Relationships and Member Discounts
- Place an ad in our Shore Region newsletter, Business Talk, which reaches over 800 members and non-members monthly



- Take a table at any of our meetings or events at a minimal investment
- Sponsor a meeting, get a display table, and talk about your business at that meeting for 10 minutes

Did you know that our state-level sponsors offer product discounts and special services for you to take advantage of? Two examples of these benefits are listed below.

Barnes and Noble is offering free programs for NJAWBO members. Members also have opportunities to speak at events located in the Route 1 South, North Brunswick location.

Staples Reward Program offers printing discounts to NJAWBO members. All of our members were recently mailed discount cards.

To register for our upcoming meetings, visit our website: [www.njawboshore.org](http://www.njawboshore.org). You can register yourself for our NJAWBO meetings on the calendar listing in the left column. (Non-members may attend up to 3 meeting before being asked to join.)

Some of our upcoming meetings are:

## September 18, 6-9pm

Social Media Sweet Spot  
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## October 9

Cream Ridge Winery Tri-Region  
Event, Tuscan Wine & Dine

## October 23, 6-9pm

Speaker: Aldonna Ambler  
Venture Capital

## November 20, 6-9pm

Speaker: Willa A. Edgerton-Chisler  
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## December 4, 5-9pm

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# Annual Scholastic Book Fair Begins September 15th at the Millstone Township Middle School

Visit the fabulous Scholastic Book Fair and experience a celebration of reading that provides families the opportunity to get involved in a universal mission: encouraging kids to read every day so they can lead better lives. Parents are permitted to attend the Book Fair to shop during school hours.

The Book Fair is part of a reading event that brings to our Middle School a wonderful selection of fun, engaging, and affordable books kids want to read. Giving kids access to good books and the opportunity to choose books will motivate them to read more. Books will be available for purchase that are on the required school's reading list.

If you're all booked up during Book Fair week be sure to visit the Book Fair online at [www.scholastic.com/fair](http://www.scholastic.com/fair). The Online Fair is available for an extended time from September 19, 2014 to September 29, 2014.

Remember, all purchases benefit the Millstone Township Middle School. If you have any questions, please feel free to email Michele Stillwell at [mtmsptsa@gmail.com](mailto:mtmsptsa@gmail.com). ■



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## MTFEE Announces 180 Day Club Kick-Off and Officers

Millstone Township Foundation for Educational Excellence (MTFEE) announces the kick-off of its “180 Day Club” and its officers for the 2014-15 school year. MTFEE is a non-profit organization devoted to funding grants for items that nurture extraordinary educational experiences for every student in Millstone Township Public Schools and are beyond the scope of the general school budget.

The “180 Day Club” asks for contributions of \$1.00 a day for each of the 180 days of school and “extraordinary” learning. Families who contribute will have their name displayed on an acorn. The acorns will be hung on the MTFEE oak tree murals that are displayed in the lobbies of the primary, elementary and middle schools. To date, MTFEE has raised more than \$35,000 through the campaign which was launched five years ago.

MTFEE also announces its officers for the 2014-15 school year, which include:

- Nicole Pyhel – President & Information Officer (returning positions)
- Beth Cotler – Vice President (returning position)
- Coleen Raccuglia – Treasurer (returning position)
- Kristin Schloss – Corresponding Secretary (new position)
- Jennifer Pratt and Tori Sikkema – Recording Secretary (new positions)

MTFEE operates independently from the school district and replenishes its grant fund exclusively through private donations and its fundraising efforts. The foundation has awarded more than \$486,670 in grants to Millstone Township schools since 2002. MTFEE grants, which have been awarded at every grade level and in every discipline, have included STEM enrichment programs, a book room, SMARTBoards®, mobile computer and iPad™ labs and a rock climbing wall.

There are currently more than 60 MTFEE-funded grant programs running. Every child that matriculates through the school district will in some way benefit from an MTFEE-funded grant. MTFEE is a member of New Jersey Education Foundation Partnership and The National Consortium of State and Local Education Foundations (NCEFS).

For more information about the “180 Day Club,” becoming a trustee or its fundraising efforts, please e-mail [info@mtfee.org](mailto:info@mtfee.org), visit [www.mtfee.org](http://www.mtfee.org) and like us on Facebook. ■

## REMINDER FOR PARENTS

### Millstone Township Elementary School Student Drop Off Procedure

Upon arrival, parents should pull their vehicles to the DropOff area where the sidewalk begins. Please park your vehicles in the order in which you have arrived and await the opening bell.

Once the bell has rung, students may exit their vehicles from the passenger side of the car only in the designated DropOff area.

Any vehicles positioned in the Holding area should wait until the vehicles in the DropOff area have vacated and exited before pulling forward to unload. A staff member will be present to assist with this process. Please do not pull around the car in front of you when exiting the DropOff area.

Parents are asked to please not exit their vehicles during the morning dropoff. ■

## IT'S BACK TO SCHOOL TIME!

### Volunteer Opportunities Available at the Upper Freehold Regional School District

The Upper Freehold Regional School District takes great pride in the partnerships and associations we have formed with our community members.

In an effort to build on this alliance, we are offering residents an opportunity to assist as volunteers in all three of our schools on days and times they may be available. Volunteer opportunities include:

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- Volunteer Assisting with Coordination of School Volunteers

Please visit at [www.ufrsd.net](http://www.ufrsd.net) and complete an Interest Inventory for the school where you wish to volunteer, defining your personal preferences and contact information.

We are excited to begin this new partnership journey with our residents. Please consider sharing your time and talents in support of our students and schools. ■

*“Volunteers are seldom paid; not because they are worthless, but because they are priceless!”*

*(Author Unknown)*

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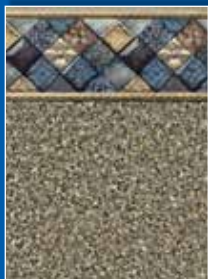
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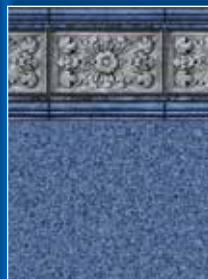
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# COTA – Children's Organ Transplant Association

By Susan Heckler

Being a parent on a good day has its challenges. Count your blessings for every day challenges and for the gift of a healthy child.

Five year old Alexander Cuevas was born prematurely, but in good health. In many cases, preemies can have an immature immune system which is not quite ready to fight off infections. Unfortunately for Alexander, shortly after his birth, he contracted Necrotizing Enterocolitis, an infection common among premature infants that attacks and kills tissue in the intestines. Alexander's case was particularly severe, and while beating it, they had to remove his entire colon and the majority of his small intestine.

Alexander receives the majority of his nutrition from Total Parenteral Nutrition, which has allowed him to grow although leaving him prone to dangerous infections and complications. He has been evaluated and added to the national transplant list as transplant surgery will allow him to live a near-normal life and digest food the traditional way. Finding a match is not easy. The surgery will take place at the Children's Hospital of Pittsburgh, which is the top hospital in the country for this procedure. This miracle surgery costs \$2 million dollars on average. Alexander will need to be near the hospital in Pittsburgh for checkups for nearly one year after the surgery, and will need immunosuppressant drugs for life.

In steps COTA (Children's Organ Transplant Association) who is raising money in honor of Alexander. Part of their fundraising is a 5k Halloween themed run

on October 26th at 10am at Mercer County Park, 334 S. Post Road, West Windsor. Bring your smiles, sneakers and costumes for a fun filled 5k! Registration is open and is \$25 for adults and \$15 for kids!

For further information on how you can help Alexander and other children in similar circumstances, check out [www.cota.org](http://www.cota.org). The Children's Organ Transplant Association needs your help to make a miracle for Alexander Cuevas! Volunteers are needed to help plan and implement fundraising activities. Individuals and groups who are interested in learning more about volunteer opportunities should contact COTA for Alexander C Community Coordinator, Anthony Mango at 609.356.6771 or [cota-foralexanderc@gmail.com](mailto:cota-foralexanderc@gmail.com). ■



Part of their fundraising is a 5k Halloween themed run – Oct. 26, 10am, Mercer County Park, 334 S. Post Road, West Windsor.



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## Susan G. Koman Chooses Horse Park of New Jersey for 4th Annual Ride for the Cure

The 4th Annual Susan G. Komen Ride for the Cure is an event in which riders from a wide vicinity come together to ride for the cause. This trail ride will celebrate breast cancer survivorship, honor those we've lost and support a future without breast cancer.

**Save The Date!**  
**Sunday,**  
**October 19, 2014**



Join us at our new venue, the beautiful Horse Park of New Jersey and Ride for the Cure to help end breast cancer forever. The Horse Park is a world class facility located seven miles from Exit 7A of the New Jersey Turnpike and one mile off Exit 11 of Route 195 on Route 524. Join us for a fun-filled day complete with two different trail rides, a silent auction, and horse massages while raising funds to support Susan G. Komen Central and South Jersey. 75% of all proceeds will support local breast cancer education programs and provide screening mammography to underserved women in 13 local counties while 25% will support innovative breast cancer research.

### GET INVOLVED:

- **Ride as an individual!** You can register online at [www.komenridenj.org](http://www.komenridenj.org), or download a registration form. Participation is open to the first 150 riders who register and must raise the \$250 minimum donation by October 19, 2014.
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For more information or to register, please visit our website at [www.komenridenj.org](http://www.komenridenj.org). ■



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## Help Feed the Hungry with Scrap Hunger, Inc.

By Brianna Siciliano

Do you have scrap metal that you are itching to get rid of? Why not donate that metal to Scrap Hunger, Inc.? Scrap Hunger, Inc. is a nonprofit 501(c)(3) charitable organization that was founded by Dominic Esposito, a fourteen year old young man, that encourages a greener environment and is dedicated to help the less fortunate of New Jersey.

"My idea for Scrap Hunger, Inc. started in 2013 after conducting research and speaking with individuals and local businesses about an environmental project. It was then that I learned that many people were not properly recycling some scrap metal. Around the same time, I read that Hurricane Sandy had resulted in hardships for many New Jersey families and that food pantries and shelters were having a difficult time keeping shelves stocked. After realizing that large amounts of scrap metal have value and that scrap metal proceeds could be used to help feed the hungry in New Jersey, the idea for Scrap Hunger, Inc. was born," Dominic tells us.

Since February 2014, Scrap Hunger, Inc. has raised \$1,200 to help feed the hungry in New Jersey and has collected and recycled over 6,400 pounds of scrap metal. On August 19, Dominic presented a \$1,000 check to the FoodBank of Monmouth and Ocean Counties. The money he donated provided 3000 meals to feed the hungry.



How is Dominic able to raise this money and help feed the hungry? He picks up scrap metal items from residents and businesses in New Jersey and breaks down the items to separate the scrap and non-scrap items.

"After separating scrap and non-scrap items, all collected items are sold at market value for scrap. I also work with schools, workplaces, and organizations to organize Scrap Hunger Drives. During a recent Scrap Hunger Drive, 880 keys and locks and 2,000 pounds of scrap metal were collected," Dominic says.

"Through my efforts with Scrap Hunger, Inc., I hope to encourage others to give back to their community and combine their charitable giving in a way that helps preserve natural resources and protect the environment, too. I hope that individuals will think of Scrap Hunger when they are getting rid of an appliance or cleaning out their garage. I also hope that businesses will contact Scrap Hunger if they are replacing some office furniture or equipment, or if a realtor has some unwanted items that a homeowner left behind, or an auto body has some unusable car parts," said Dominic.

September is National Hunger Action Month; this is a perfect time for all of us to work together to Scrap Hunger.

So how can you get involved? Donate your unwanted scrap metal to help feed the hungry in New Jersey.

To find out more about Scrap Hunger, Inc. visit their website at [www.scraphunger.org](http://www.scraphunger.org) or their Facebook at [www.facebook.com/ScrapHungerNJ](http://www.facebook.com/ScrapHungerNJ). ■



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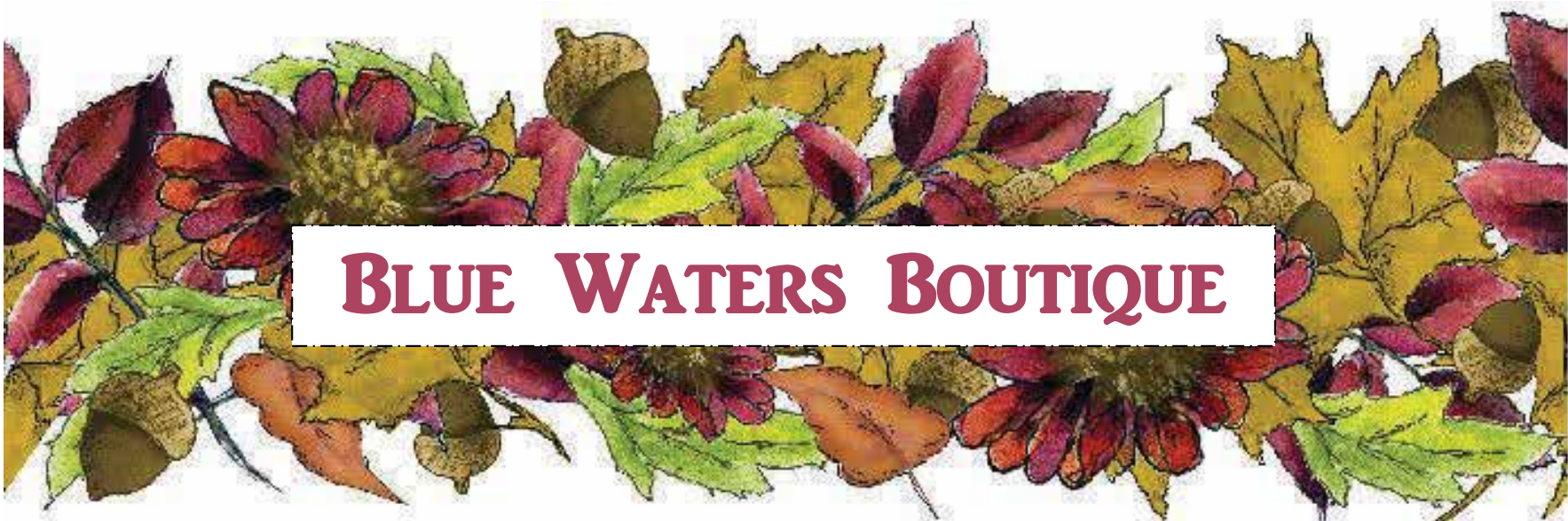
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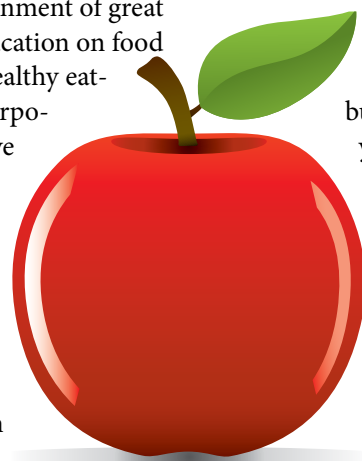
# Welcome Back to School!

## *A Letter from Your School's Food Service Director*

By Darlene Barney

NutriServFood Management is looking forward to teaming up with your district to provide healthy and well balanced lunches to your staff and students.

Food is the fuel for your child's body and brain. It jumpstarts your sleepy child in the morning and powers the body and brain through a long school day. Fueling your body with the right fuel by choosing foods with a high nutrient density allows your child to perform at his or her best. Living in an environment of great food security, or constant access to an array of different foods, education on food choice and appropriate portion sizes is necessary in developing healthy eating habits. Concepts such as balance and moderation while incorporating physical activity are necessary skills that are most effective when developed at a young age. As a food service management company founded by a Registered Dietitian, we have built a company based on the principles of nutrition and service over the last 27 years. We believe that a healthy cafeteria serving line is a hands on approach to educating our customers on what makes a lunch healthy. This August we unveiled a new corporate menu designed by our own on-staff dietitian. The menu features Rachel Ray inspired recipes as well as some creative recipes from our own



food service directors. We are also offering a fresh vegetable daily known as the vegetable patch. Fresh is best— some vegetables lose nutrients when cooked. Our new menu format creatively integrates nutrition education throughout the menu while using innovative marketing strategies that capture the attention of school age customers. Look for some tips on the Nutrition Intuition page of the new lunch menu!

Nutrition education is most successful as team effort between the school and the home. Eating meals as a family is a great way to build relationships while develop healthy eating habits. We encourage you to reinforce the healthy habits we promote in our cafeterias by asking your child what he or she ate for lunch and which food group this choice met. Our regular lunch price for the primary and elementary is \$2.35 and Middle school is \$2.60, and reduced is \$0.40.

If you'd like to contact Food Services, please call 732-786-0950 Ext 48031 or email [mst@nsfm.com](mailto:mst@nsfm.com) We look forward to having a fun and healthy school year and thank you for supporting our program! ■

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9/27 Tangled



# Young Children Need Special Back-to-School Attention

As the vacation season winds down and parents are getting their children ready to go back-to-school, their thoughts turn from swimming and campfires to backpacks and books. Gone will be the warm summer nights and kicked back schedules to the rigors and structure of the classroom. For young children especially, this can be a tough time, but parents can do a lot to make their transition easier.

For the past 25 years, Kristen Waterfield has worked with young children. First as an elementary school teacher, then as the head of a private pre-school, and most importantly as a mother. As president and CEO of the Malvern School, one of the most successful, nationally-recognized private pre-schools in the nation, she knows a thing or two about the emotional needs of children. "Over the years I've talked to many parents who have asked me just what they should do to help their children cope when they send them back-to-school. Of course, much depends on the child's social adjustment in general, but for very young ones, it is important to anticipate their fears, and work systematically to alleviate them," said Waterfield. "Since our students range from infants to six-years of age, we have a lot of experience with what works and what doesn't as far as helping them transition from camp to the classroom. Younger children are generally more emotionally immature and may have difficulty separating from their parents, so with such a long break over the summer, it is even more

important to address those potential anxiety issues before they become a problem," she added.



For very young children it is important to anticipate their fears, and work systematically to alleviate them.

Waterfield recommends that parents begin a plan before the summer ends for their children's return to the classroom. "What I tell our parents is to start by creating a checklist with all of the things they should do before the school year begins. Things like talking about how much fun school is, how they will get to see their friends soon, and generally being positive about the entire school experience. It is important to begin doing this planning at least a few weeks before the school year starts."

Diane Morgan, who is the director of operations for all of the 23 Malvern Schools in Pennsylvania and New Jersey, also believes that preparation and planning are

*Continued on next page*

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Stephanie (left), Kallee (right) with Jennifer Smith, Director of KinderCare

With the help of Vesuvios Pizzeria, St. Joseph's Church and Millstone Township Elementary and Primary Schools, Stephanie Konya and Kallee Collins, Millstone Twp. Girl Scouts Cadets Troop 1231 collected 1,453 children's books to donate to the Reach Out and Read program to earn their Silver Award in Girl Scouts. They each had to work 50 hours to complete the requirements for the highest award of a Cadet. Thanks to all this project was a success. They also spent time at the KinderCare Learning Center in Millstone Twp. reading to children. ■

## Back-to-School Attention

*Continued from previous page*

essential. "One of the reasons that we see very few issues with our students when they start the new school year is because our teachers work with parents to help them before school begins," she said.

"There are some very specific tips I would give parents in general for the back-to-school transition. The Malvern School operates year-round, so starting in August is often an excellent step to get children back in routines if that opportunity is available. Some other tips include: re-establish good habits at least a few weeks before school. This can mean setting up a regular time to go to bed and wake up, and even eating meals during the same times that the child would eat them in school. I would also get them involved in a variety of activities in the morning, so they will get accustomed to attending early classes, and organize their school supplies in a designated spot in their room that they can see. It is also important to make the child feel they can handle the separation from their parents in a mature way, even though they are still young. During the school year our students practice writing their names, tying their shoe laces, writing down their addresses, and other simple actions that make them feel independent and secure. Parents can also practice this at home before school starts. This will help them feel less dependent on their parents once they leave home and head to school," Morgan added.

"I always tell our parents to do the little things that show how much they care," said Waterfield. "I always put photos of me and their dad in my kids' lunchboxes, or write little personal notes and hide them in the pockets of their pants or jackets. I make sure I pack some of their favorite healthy snacks as well."

By taking the time to plan ahead and prepare young children for the new school year, parents can positively impact their emotional well-being and overall back-to-school experience. ■

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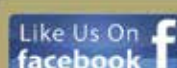
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## What Is a Title and Why Do I Need One?

By Susan Heckler

Whether you have recently purchased a home or have refinanced your current one, you have heard the terms title insurance or title search. You know you need it but you likely have no idea what it is or why you need it, just like the rest of us. More importantly, you likely have no idea what you should be paying for it.

To get my information, I looked through the website of The Jordan Real Estate Group. Thank goodness it is user friendly, which made my job so much simpler.

- A "title" is the evidence, or right, that a person has to the ownership and possession of land. It is possible that someone other than the owner has a legal right to the property. If that right can be established, this person can claim the property outright or make demands on the owner as to its use.
- A title search can show a number of title defects and liens, as well as other encumbrances and restrictions. Among these are unpaid taxes, unsatisfied mortgages, judgments against the seller, and restrictions limiting the use of the land.
- Title insurance is a means of protecting yourself from financial loss in the event that problems develop regarding the rights to ownership of your property. There may be hidden title defects that even the most careful title search will not reveal. In addition to protection from financial loss, title insurance pays the cost of defending against any covered claim.

In this growing era of scams, forgeries, and identity thieves, having proof of clear title, and insuring it, makes sense.

In the state of New Jersey, title premiums, as well as all fees and charges related to title insurance, are 100% regulated by the New Jersey Department of Banking and Insurance.

If you call 10 title companies today for a quote they should produce roughly the same invoice, any differences accounted for by the existence of pass through charges which vary based on each individual title.

In most cases, the closing attorney chooses the title company with no input from the buyer at all. The fact is that the person paying for title insurance is entitled to choose the provider. If you are in the process of purchasing a home, exercise your right and get some information and some quotes before agreeing to write that check at closing.

The Jordan Group can also arrange your appraisal, do your closing and offer a wealth of information. If you have any questions on title, or any other mortgage financing or closing ones, contact Karen Thomas at The Jordan Real Estate Group located at 3415 Sunset Avenue in Ocean or call 800-432-0052. ■



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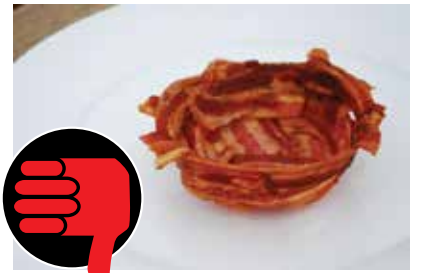
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## As Seen on TV: Buyer Beware

By Pam Teel

**T**he Bacon Bowl – I can sum this up in one word, **messy**, and from the much lower price for this product on Amazon, one can tell that it's losing its popularity, if it ever was that popular. Originally advertised for \$19.99, you can get a set of two for \$5.50 on Amazon. I purchased mine for \$5. Glad I didn't spend twenty dollars on this; it would have been a waste. What I found was that the bacon bowl was weak unless you loaded it with bacon, really covering up the sides and the top to form a bowl. The drip pan was not deep enough to secure the melted fat runoff and ended up all over my microwave. I gather using turkey bacon would be less messy.



The bowl itself, when filled with scrambled eggs, collapsed when I held it. (You really need to put a lot of bacon around it to prevent it from falling apart). The diameter was too big for individual hors d'oeuvres. I cooked it in the microwave but it says that you can bake it and even put it in a toaster oven. The only way I would find this useful is for getting a child to eat breakfast until the novelty of eating breakfast in an edible bowl wears off. Perhaps if they somehow could make it half the size, I could see its use for hors d'oeuvres, stuffing them with egg salad, garlic potatoes and more. I definitely give this item a **thumbs down** because of its messiness, the fat tray not being deep enough, and the fact that it breaks apart when held. You can purchase this at Amazon or Wal-Mart, but truthfully, don't waste your money!

**Handheld Veggie Spiral Maker** – There are many different brands of essentially the same thing out there. The gadget looks like an hourglass with two blades attached to each side. Different brands include, Perfect Kitchen, Kitchen Basics, Home Complete, Breiftons, Best Fire Sure Slicer, Verano, and more. I purchased the Basily brand, which essentially had the same characteristics as the other more expensive ones boasting two steel Japanese blades with 2 julienne sizes. The prices range from \$7 to \$20 dollars and are hand held, meaning you do all the work.



My first attempt was with a green zucchini that was way too big for the hourglass. After cutting it down the middle, it was not too functional when trying to make spirals. On another attempt I used a smaller rounder zucchini. The hand held spiraler does a good job with the squash. The squash is just soft enough where it can be easily spiraled. I then tried it with a carrot, which was a much harder feat. I had

to hold the carrot still by the blade and turn the product to get it to cut. The process was like sharpening a pencil and the spirals weren't as long as the squash.

One thing I learned was to use the thick end of the long carrot first to get the better spirals. As the carrot gets thinner, you have to revert to pressing the carrot against the blade to get it to shred. It says that you can use with a large radish or parsnips. I would imagine the parsnip would cut like the carrot. I can't see the radish spiraling. It also says that you can spiral potatoes and sweet potatoes. You have to make sure they are small enough to fit. I found both the potato and sweet potato a little difficult to spiral, especially when it was whittled down to resemble a pencil and to wet and slick to cut.

I have to give this product at least **half a thumb** because it did do a good job spiraling the squash. The potatoes clogged up the blades and required constant cleaning. This hand held gadget might be fine for a single person or a family of two

*Continued on page 51*

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# Summer Is Gone — Why Some Kids Are Glad

By Pam Teel

It's time to put away the shovels, pails, sun lotion and trips to the beach to get ready for another promising school year. If you've gone to the stores lately, you see shelves upon shelves of notebooks, binders and school supplies. It's time to make that not so smooth transition back into reality. For some parents, it's a relief. It's not easy keeping children occupied with things to do all summer. On average, more money is spent during the summer months on vacations, plentiful trips to the mall, movies, and other social outlets geared just for children.

The first week of school is an adjustment, getting accustomed to bus schedules, bus stops, new teachers, and waking up with the roosters. The first day back brings visions of children donning their new school clothes, wolfing down some form of breakfast, dreadingly trudging out to their bus stop still half asleep, as happy parents wave goodbye from the doorway. But not all children view it as if they were forced to take a heaping tablespoon of cod liver oil. Some are actually looking forward to their first week back to the grind.

Ella Skelton from Millstone Township is going into the second grade. She is really looking forward to going into a new private school. She can't wait to meet new friends. She likes the fact that the people who work there are very nice and helpful so she will have nothing to be afraid of. Her favorite time of the school day is recess where she gets to meet even more friends who are not in her immediate class.

Hannah Siegel is going into the third grade. She'll be going into the Millstone Elementary School. She can't wait to meet her new teacher and see what friends are in her class. She'll be in the same school now as some of her best friends. She is

looking forward to riding on the same bus with them.

Troy DiStaso will be going into the sixth grade at Getz Middle School in Jackson. It will be a new school for him. He can't wait to see what it's like in the new school. He can't wait to walk all around and check the school out. He is excited to see what kids are in his class. He likes the idea of having to switch classes and being able to take trumpet lessons and play in the school band. He really likes the fact that he will get a locker to put his things in. The main thing is that he will meet so many new friends because there will be kids from two different elementary schools in Jackson going to the same middle school that he will be in.

Christina Cingolani just graduated from Allentown High School. She is ready to start her new adventure at St. Johns College in Queens, New York. She will be living in a dorm with two other roommates. Christina traveled a lot in the past with her high school traveling club, which gave her some backbone for being on her own. She really enjoys her independence and is not a stranger to the city. Her grandmother

lives in Brooklyn and Christina's family visited there often. Christina is comfortable around a big city and feels she will have no problem getting around on her own via buses and other transportation. For now she wants to stay within an hour from home. A great student academically, she is looking forward to diving right into the hard work. She has no problem meeting new friends and looks forward to joining new groups, perhaps even a traveling club.

Congratulations to all the students on their upcoming school year, even the ones who are dreading it. Think of it this way, you always have next summer to look forward to. ■





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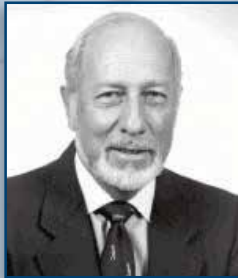
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## 'Chopped' Champion Joseph Raiola Joins named Executive Chef

**C**hef Joseph Raiola, a fifth-season winner on the Food Network show "Chopped," has joined iPlay America as executive chef.

Raiola brings more than 25 years of progressive and innovative experience in the culinary industry, including positions as executive chef with Morton's Steakhouse in Brooklyn, Tavern on the Green, The Plaza Hotel and Tribeca Grill. In addition to his culinary skills, he has also managed high volume corporate and social events for as many as 3,500 guests.

Chef Raiola will add his touch to menu for Game Time Bar & Grill, along with signature dishes, daily specials, a tapas menu and brunch menu. He will also work with iPlay America's Event Center and sales staff to develop new and exciting menus for corporate and private events.

"With Chef Joe leading the culinary team, we know he is going to 'wow' our clients," said Jessica Schwartz, director of marketing for iPlay America. "We are excited to bring a chef of this caliber to the guests of iPlay America!" ■

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# Advanced T'ai Chi Chih® and Reiki Come to New Egypt

Excitement is building for 300 plus residents in the area who have already experienced the healing and tranquil benefits of T'ai Chi Chih: Joy thru Movement, as the advanced form of this practice will be offered in the fall. "Our students report that arthritis and joint issues improve with practicing T'ai Chi Chih and even their golf game!" states local accredited teacher, Siobhan Hutchinson. "This daily practice has changed my life and I credit it for creating not only physical balance with my tricky knee, but also for centering balance in spirit. Now, folks are ready for learning the advanced form, Seijaku."

Seijaku is a Japanese term meaning stillness in the midst of activity or chaos! This is taught to serious students ready for the next step in developing or cultivating what the Chinese call, Chi or intrinsic energy. It is a very powerful practice and Siobhan gently mentions that some report an increase in libido, although she finds it works with "pushing through life's challenges."

Beginner's T'ai Chi Chih will be offered in the fall on Tuesday evenings at 6pm and Seijaku class will be at the same time later in the week. Details are being worked out with the American Legion in New Egypt.

Reiki, a Japanese term meaning Universal Life Force, is another Energy Medicine technique of which Dr. Mehmet Oz frequently states, "Energy Medicine is the next frontier." Many have experienced the soothing, calming peace of Reiki from volunteers at area hospitals, assisted

living, and homecare companies. Everyone can learn to do Reiki and it is natural. Clients are fully clothed and need not have direct touch to experience its benefits. Siobhan with Patricia Stevens of Studio 64 at the Inn at Laurita will be co-hosts of Reiki shares at monthly gatherings beginning in September at the beautiful Studio 64. Anyone may attend these sessions to learn and experience Reiki, but RSVPs are a must.

A recent Reiki 1 practitioner and area resident has this to say about the experience: "I turned 50 this year. With that amazing milestone, I decided to do some amazing things! One of those was to become Reiki certified. I took my first class with Siobhan in May, and will continue on to becoming a Reiki Master...not so much to teach people how to treat others with Reiki, but to treat themselves. The transformation I felt from the very beginning...a closer connection to the earth...a more gentle connection to myself, and my imperfections...a more peaceful feeling towards all living creatures (yes, even spiders...yikes!) My intentions are to one day be able to share this calm, peaceful and loving joy I now feel thanks to my Reiki knowledge. Thank you Siobhan! I can't wait for my 'Next Step' with you!"

To register for T'ai Chi Chih, Seijaku, or learn more about the Reiki shares, contact Siobhan at Siobhan@NextStepStrategiesLLC.com or call her at 609-752-1048. Visit the website at [www.NextStepStrategiesLLC.com](http://www.NextStepStrategiesLLC.com). ■



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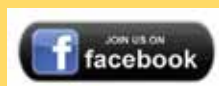
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The vision was to redesign the golf course and to build a clubhouse that would offer both the amenities and hospitality that would attract the public's attention. The result was a challenging 6,500 yard 18 hole championship facility designed by former touring pro and golf course architect Mark McCumber. The golf course takes advantage of the natural topography of the property and offers a series of elevation changes throughout the 18 hole layout. The signature par 3 15th hole, visible from Route 33, offers the best example of how the course was designed utilizing the natural terrain.

From the moment you drive through the entrance and proceed up the hill to the clubhouse, you will witness the natural beauty of the golf course. Upon entering the clubhouse of this semi-private facility, you will be greeted by a professional staff that epitomizes the emphasis on customer service. The clubhouse offers a wide array of services and amenities that have been designed to exceed expectations and allow everyone to be part of the "Club Experience." From a fully stocked golf shop to the food and banquet services, Knob Hill Golf Club welcomes everyone and offers a number of alternative ways in which to enjoy the club.

Knob Hill Golf Club offers a variety of memberships that have been designed at an affordable price that allows patrons to select a package that meets their specific needs. This allows greater flexibility and permits patrons to choose full, weekday, senior and twilight membership packages. These packages come with the added benefits of member privileges and enhance the value of your Knob Hill membership.

Knob Hill also welcomes public play and offers daily affordable rates throughout the week. Public play patrons may book tee times online or through the golf shop. The public also has access to food and beverage services that the club offers at the

Sycamore Grille. The grille offers menus for lunch and dinner in a comfortable and relaxing setting and full beverage service throughout the day. The panoramic views from the outdoor terrace of the grille offer patrons an additional venue in which to enjoy their dining experience at the club.

The banquet facilities are open to the public and the ballroom can hold up to 200 people. This presents an ideal setting for weddings, special occasion parties and golf outings. The skilled professional staff can assist you with the planning of your event and will see to it that every detail is addressed from start to finish.

Knob Hill Golf Club is located at One Shinnecock Drive off Route 33 in Manalapan, New Jersey. For more information on all the club has to offer, please visit the website at [www.knobhillgc.com](http://www.knobhillgc.com) or call 732-792-7722. ■

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# Update: Union Transportation Trail In Cream Ridge

The construction of Phase 3 of the trail (between Route 526 and Herbert Road) has begun. Small bulldozers are working along the trail and carving out the path-way. It also appears there will be a parking area at the intersection of Sharon Station Road and Herbert Road.

The Union Transportation Trail is the County's second rail-trail, ideal for equestrians, hikers, walkers, joggers and bicyclists. The first two miles of this gravel trail, opened in 2010, includes a rehabilitated historic wood trestle bridge over Lahaway Creek, which is one of the few physical remnants of the old railroad. Two parking lots and access points are available at Millstream Road, Rt. 537 and Jonathan Holmes Road.

Miles 3 & 4 of his trail (from Jonathon Holmes Road to Davis Station Road) opened in 2011. This linear section of trail crosses Miry Run Creek, via earthen berm and offers vistas of fields and rural scenery. When completed, the trail will measure 8.6 miles in length.

## MILES 1 & 2: FORMER RAILROAD RIGHT-OF-WAY

The Union Transportation Trail was once the Pemberton & Hightstown Railroad, a short line right-of-way established in 1864 to provide dairies and farms access to larger railroads at junctions in Pemberton (Burlington County) and Hightstown (Mercer County). The railroad began operating in 1868, traveling through Hornerstown, Cream Ridge, Davis, Imlaystown and Sharon in Upper Freehold Township. Passenger service

ceased in 1931, but freight service continued on sections of the line until 1977. The right-of-way was acquired by Jersey Central Power & Light and in 1998, the Park System obtained a permanent easement from JCP&L for trail use.

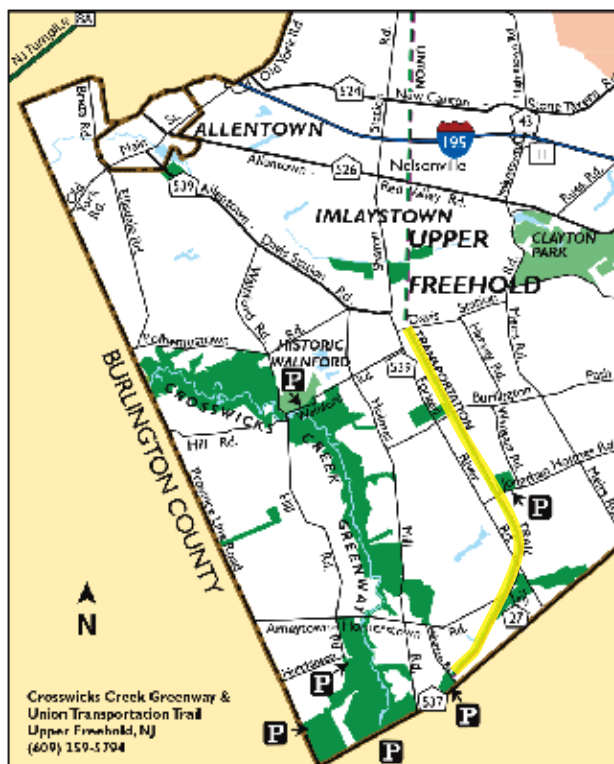
The Union Transportation Trail runs for 4 miles between Millstream Road and Davis Station Road; it's the County's second rail-trail,

accommodating equestrians, hikers, walkers, joggers and cyclists. When complete, the trail will cover 8.6 miles between Millstream Road near New Egypt north beyond New Canton Way near Allentown.

The trail crosses a refurbished wooden trestle over Lahaway Creek, one of the few physical remnants of the old railroad, and via an earthen berm, crosses Miry Run Creek.

Passing through a rural landscape, the Union Transportation Trail occupies the former right-of-way for the Pemberton & Hightstown Railroad, a short line established in 1864 to transport dairy and produce to larger railroads at junctions in Pemberton (Burlington County) and Hightstown (Mercer County). The railroad began operating in 1868, traveling through Hornerstown, Cream Ridge, Davis, Imlaystown and Sharon in Upper Freehold Township. Passenger service ceased in 1931 but freight service continued on sections of the line until 1977.

Jersey Central Power & Light acquired the right-of-way, and in 1998 the local parks department obtained a permanent easement for the trail. ■



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# Don't Let Your Money Go Down the Drain

By John T. Lee,  
Chief Operations Officer, Drainage and More

Every year homeowners spend thousands of dollars investing in and protecting their most precious investment, their property and home. As spring rolls around many are planning on ways to improve their home and yard. New flower beds, irrigation, landscape, pavers, and other home improvements are in the planning stages. Sadly though, many homeowners watch their investments go down the drain literally. Any investor wants to protect his investment the best they can, but all too often they simply don't realize these investments are exposed to an overlooked danger, water.

**Hurricane  
Sandy  
illustrated  
how  
devastating  
water  
can be.**



Estimates show that 80% of the damage caused to your home and property is caused by poor drainage. Hurricane Sandy illustrated how devastating water can be and how exposed we are to these damages. The fact is these damages are occurring all the time to your home and property in the form of poor drainage. These damages are often overlooked by professionals and homeowners. It is our mission to bring these damages to the forefront and empower people with the ability to protect their investments to their home and property.

The leading culprit is rainwater dispersion from existing down spouts. If you walk around your house and property it will become evident that many of your investments are washing away. Rain water dispersion systems immediately disperse water away from your home to areas where the water will not cause damage. The quicker the water gets away from your home the less damage will be caused to your foundation and landscape. Many times these systems can reduce or in some cases eliminate water entering your basement during rain events.

There is another drainage issue that many homeowners have been dealing with for years. Wet, soggy areas on their properties that never seem to dry. These areas are often unusable and become a breeding ground for mosquitoes and other insects. Year after year homeowners have tried to seed, grade, and remediate these areas only to be disappointed the next time it rains.

Drainage is a key part of ensuring your property investments are protected. Water not dealt with properly can and does cause damage to your home and property. Before you invest in your spring project make sure you speak to a qualified drainage consultant that can assist you in making sure your money does not go down the drain.

For more information go to [www.drainageandmore.com](http://www.drainageandmore.com) ■

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# Successful 'Handbags for Hope' Event Touches Many Hearts

By Brianna Siciliano



When you purchase handbags for yourself and your loved ones, do you ever wonder where that money is going? Well, at the third annual 'Handbags for Hope' charity event, which was held on August 5 at Monmouth Park, hundreds of donated handbags were auctioned off for the Ronald McDonald House of Long Branch and New Brunswick.

What is the Ronald McDonald House's mission? To provide a 'home away from home' for families of seriously ill children who are receiving care and treatments at medical facilities near the Long Branch and New Brunswick locations.

"It's a home away from home for families with sick children and that's enough to touch your hearts," Sherri Moskowitz, a co-chairman of event, informed me.

Throughout the night, guests were able to bid on the gently used and new jewelry and handbags. The beautiful bags varied from fine skins to leather, clutches to cross bodies, fabulous fakes to fashion forwards, evening wear to one of a kinds, arm candies to beaded, and travel to designers. There were starting bid amounts listed on the papers that corresponded with each bag and guests were able to bid as often, and for as many bags, as their hearts desired.

"Why Ronald McDonald house? Because it's a great place to donate to. You can see your money at work. It's a very personal organization. It's different than writing a check. The money that you donate goes towards the families," Barbara Littman, a co-chairman of the event, told us. "[I got the idea for 'Handbags for Hope' after] I attended an auction like this for a different organization in California, and when I returned home, I went to a board meeting and I said, 'We needed to do this!'"

While the night was flying by, I was introduced to a kind, brave mother named Mimi Hickman-Perfetti. Mrs. Hickman-Perfetti's daughter, Kiersten, was diagnosed with cancer at the age of 19. She stood in the Ronald McDonald House for 180 days when Kiersten was 19, 181 days when Kiersten was 20, and when Kiersten was at the age of 21, she aged out of the house. When her daughter was not in the hospital, she stood at the Ronald McDonald house.

"The house saved us. The house gets it. The families get it. The volunteers are amazing. Volunteers gave us food; we had dinner every night," Mrs. Hickman-Perfetti informed me.

Kiersten Hickman-Perfetti passed away at the age of 22 on April 23, 2008 from alveolar rhabdomyosarcoma, a relatively rare pediatric cancer. She spent the last four years of her life living as passionately and compassionately as she could while fighting cancer. A year before she died, Kier decided that she was not going to leave this world without a legacy. She wanted to create Kier's Kidz as part of her loving and caring legacy.

Kier's Kidz is a 501(c)(3) nonprofit corporation that raises money through scrapbooking events, LEGO events, concerts, shows and plays, golf tournaments, and any other project ideas that people help create.

Donations made to the corporation are used to help kids with cancer (and their families), to help other nonprofits (such as Ronald McDonald Houses, Alex's Lemonade Stand, and Songs of Love), and to honor health-care professionals who dedicate their lives to helping children.

The nonprofit corporation has helped thirteen families already and is hoping to help even more. To find out more about Kier's Kidz, and to find out how you can become a part of the corporation and help out, you can visit their website, [www.kierskidz.com](http://www.kierskidz.com), or their Facebook, [www.facebook.com/kierskidz](http://www.facebook.com/kierskidz).

As the night progressed, everyone in the room drew their attention towards the deejay stand and all eyes were on Beth Maisto, a strong, proud mother of three. Mrs. Maisto's first child was born with three holes in his heart, but he is now a healthy, sixteen year old boy. Her second two children are battling cystic fibrosis, which is a life-threatening genetic disease that primarily affects the lungs and digestive system. Mrs. Maisto's family visits the Ronald McDonald House every other month so Michael and Julie, her children with cystic fibrosis, can check their weights, take pulmonary function tests (diagnostic tests that provide measurable feedback about the lung's functions), and make sure that everything is functioning normally.

Julie and Michael Maisto walk for Cystic Fibrosis Foundation's Great Strides with family and friends who are a part of their team, 'The JaM Walkers,' every year. Day by day, people like Julie and Michael, who are suffering from cystic fibrosis, fight for breaths of strength.

"Every year, cystic fibrosis patients lose one percent lung capacity if they have a healthy year. This is why we bring Julie and Michael to six visits a year. Ronald McDonald Houses are phenomenal. They allow our family to park in the House's parking lot so that we don't have to pay hospital parking fees, they help us at Christmas time when things are harder than ever. Your gas bill, your electric bill. They are always willing to help. The Ronald McDonald House of New Brunswick had a party for Anthony, my oldest child, because he missed his birthday while his brother and sister were in the hospital. The Ronald McDonald House had a cake made and they had gifts for Anthony....This is our home away from home." Mrs. Maisto told us.

As it turned out, every seventy-five dollars that was made at the 'Handbags for Hope' event paid for a family to stay at The Ronald McDonald House for one-night. Once the news spread, more names were put down to bid on bags. After hearing Mrs. Hickman-Perfetti and Mrs. Maisto's stories, how could you not want to help out?

When asked 'Why Ronald McDonald House?', executive director Corinne LeBaron answered, "I've always worked with nonprofits. I believe we're here to help other people. I love with that with this foundation, we can help everybody, no matter their race, ethnicity, age. We can help families and children. There is a wonderful group of people, made-up of both the volunteers and the families....There are challenges, but they are well worth it."

So, what can you do to help? Donate! The Ronald McDonald House relies heavily on its generous supporters. Donations immediately impact those who need assistance the most. The Ronald McDonald House of Long Branch and New Brunswick can always use more volunteers, too. Donate your time and cook dinners, garden, or assist in the office.

To find out more about the Ronald McDonald House of Long Branch and New Brunswick, visit their website at [www.rmh-cnj.org](http://www.rmh-cnj.org). ■



Photos: Top left, Mimi Hickman-Perfetti, Beth and Julie Maisto, bottom left, Sherri Moskowitz, Ronald McDonald, and Barbara Littman



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What you will see on Sunday is the third phase of our versatility test, the exciting and challenging marathon. Here drivers face a cross-country course with required paces over varied terrain. In the final section, drivers will need all their skill to guide their horses through the tough cross-country obstacles in the best possible time while avoiding costly course penalties. There are penalties for being too long on course and for every second spent in the obstacles.

One of the most challenging and exciting obstacles is the Water Complex – come see first hand as drivers navigate their horses and carriage through it!

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## New Jersey's "Empty Sky" Memorial to 9/11 Victims

Located in Liberty State Park in Jersey City and near the historic Central Railroad Terminal of New Jersey, "Empty Sky" is the official State of New Jersey's Memorial that honors the memory of 746 New Jersey lives lost at the World Trade Center on Sept. 11, 2001.

Names are placed randomly on the twin brushed stainless steel walls. Individuals' names (4 inches tall) are within reach and engraved deep enough for hand rubbing.

The memorial, designed by Jessica Jamroz and Frederic Schwartz, was dedicated on Sept. 11, 2011. The brushed stainless steel twin walls are 210 feet long, the width of each side of the World Trade Center Towers.

They rise 30 feet, standing parallel to each other with a 12-foot wide paved path of bluestone between them. Like the World Trade Center, the stainless steel reflects the constantly changing light of day.

Steel beams from the World Trade Center towers are placed just outside the west end of the memorial.

The memorial invites visitors to literally and metaphorically look toward the empty sky in memory and look forward as a community. ■

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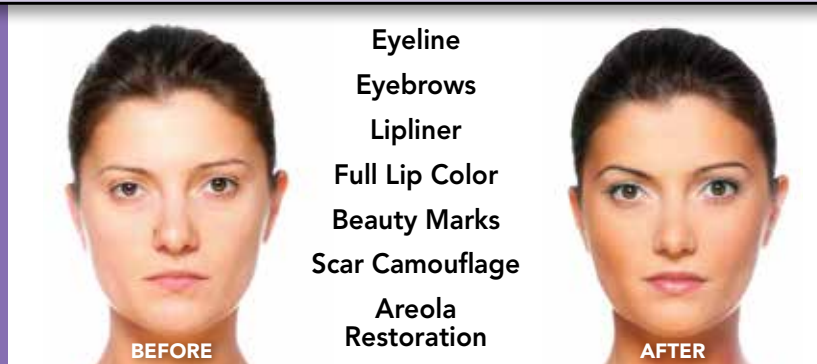
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## Happy Anniversary to Brazen Bra Boutique

By Susan Heckler

Time flies when you are having fun, and for Christine and Angela Longette, the last year buzzed by. Just one year ago, the mother/daughter team opened up their new business, Brazen Bras Boutique.

Conveniently located at 30 West Main Street in downtown Freehold, their store sells over 5,000 items in easy and hard to fit sizes. Lingerie such as bras, undies, nighties and teddies, corsets, bustiers and layering items for everyday use and those special occasions requiring the right mood are their specialty.

The Longette ladies said many customers love the personal service they receive for choosing and fitting their undergarments. Without proper guidance, bra shopping is hit or miss; with misses being fairly costly. They offer hard to find sizes and a variety of items to fit them. Women come in all shapes and sizes and so should their undergarments.

Women should feel sexy at any size and any age. Brazen Bras' services and merchandise can give them that. You may be the only one seeing yourself in your bra and panties, so it's your secret and you know how you feel in them. If you feel beautiful and sexy, you transmit those good feelings.

Check out their website at [www.brazenbras.com](http://www.brazenbras.com), give them a call at 732-333-0259, or stop in to wish them Happy Anniversary! Store hours are 11am to 6pm, Tuesdays through Saturdays; Mondays by appointment. ■



## 4-H Ambassador

*Continued from page 1*

"These talented youth bring their enthusiasm for life to the fair each year," Virginia Kryzanowski, Monmouth County's 4-H Program Associate. "This year, fairgoers will once again be impressed by the accomplishments of our 4-H'ers. Although some activities are standard every year, there are new opportunities for people to get involved. The County Fair is a great way that to encourage our youth to join 4-H."

"Special thanks goes to the adults who work directly with the youth as 4-H Volunteers," said Burry. "They are the backbone of the organization and give much of their time to make this fair one of the best in the state."

The 4-H program is a unit of the Rutgers Cooperative Extension Service in Monmouth County.

The goals of the Monmouth County 4-H program are to:

- Recognize, showcase & evaluate the accomplishments of 4-H members
- Encourage teens and adults to become 4-H volunteers
- Highlight the county 4-H program
- Familiarize the public with 4-H philosophy
- Provide an opportunity for the public to participate in enjoyable and educational, family oriented 4-H events

The Monmouth County Fair is a joint project of the Monmouth County Park System and the Monmouth County 4-H Association.

For more information about the 4-H program, a unit of the Rutgers Cooperative Extension Service in Monmouth County, call 732-431-7260 x7264 or visit the office at the Monmouth County Agriculture Building, 4000 Kozloski Road, Freehold. ■

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## --- FAMILY ROAD TRIP ---

### Paterson's Great Falls: A National Historical Park

Cotton and silk for clothing; locomotives for travel; paper for books & writing letters; airplanes and more. What do they have in common? They all came from the same place—Paterson, NJ.

In 1791, Paterson, America's first planned industrial city, was established, centered around the Great Falls of the Passaic River. From humble mills would rise industries that changed the face of the United States.

The Great Falls of the Passaic River is the second largest waterfall by volume, east of the Mississippi River and next to Niagara Falls. It is centered in an industrial historic district, considered to be "The Cradle of American Industry."

In 1976, the 119-acre park was designated as a National Historical Landmark District and has since been designated as a new National Historical Park (NHP).

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As New Jersey's newest national park, the Paterson district joins Morristown National Historic Park, the Delaware Water Gap National Recreation Area (NRA) and the Sandy Hook Unit of Gateway NRA as a highly desirable tourism destination.

Paterson's roots reach deep into the historic growth of America. Long before the Colonies united and declared their independence, travelers and visitors flocked to Acquackonk, the homeland of the Lenni Lenape Indians to view the breathtaking beauty of the falls.

But it was not until the emerging nation charted its course of independence that the power potential of these roaring falls was realized.

Alexander Hamilton, the first Secretary of the Treasury, was convinced that industry would add wealth, independence and security to the blossoming nation.

Hamilton chose the site of the Great Falls to propel his brainchild, a "national manufactory," America's first planned industrial city.

Some of Paterson's industrial firsts included, water-powered cotton spinning mill (1793), continuous roll paper (1812), Colt revolver (1837), the Roger's Locomotive (1837) and the Holland Submarine (1878). ■

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Products: Bedding plants, shrubs, trees, mulch, stone, soils, vegetables, corn, tomatoes, peppers etc. Fruit: peaches, plums, apples, nectarines, pears, etc. Mum & fall decorations. Christmas trees, wreaths & Christmas decorations  
Other: Sept 26: Corner of Chaos, Fri-Sun; Nov 1: Fall Family Farm Festival; Oct 11: 10am-4pm, scarecrow contest, pumpkin painting contest, corn maze, entertainment & refreshments (pig roast)

### Lee Turkey Farm

201 Hickory Corner Road, East Windsor  
609-448-0629 • [www.LeeTurkeyFarm.com](http://www.LeeTurkeyFarm.com)  
Hours: Jan-May: varied hours (call first). June-Dec: Mon-Sat 9am-6pm, Sun 2-6pm  
Products: Apples, peaches, nectarines, pears, cherries, strawberries, tomatoes, peppers, eggplant, sweet corn, green beans, Italian flat beans, pumpkins, cantaloupe, watermelons, turkeys, pies, broccoli, cabbage  
Pick Your Own: fruits & vegetables above, plus peas, lettuce, spinach, flowers, blackberries and raspberries  
Other: Farm harvest tours & hayrides

### Etsch Farms

556 Buckelew Ave, Monroe Twp.  
732-521-4843 • [www.etschfarms.com](http://www.etschfarms.com)  
Hours: Mon-Fri 8:30am-5pm, Sat 8:30am-12pm  
Products: Hay, straw, corn, eggs-year round; Seasonal (Fall) corn maze with full agritourism business; educational programs  
Other: Loreal Paris and Etsch Farms present Dogtoberfest event in fall

### Giamarese Farm

155 Fresh Pond Road, East Brunswick  
732-821-9494  
[www.giamaresefarm.com](http://www.giamaresefarm.com)  
Hours: Tues-Sun 10-6 (May-Sept.), 10-6 Mon-Sun (Oct), 10-6 Tues-Sat & 10-3 Sun (Nov.-Dec.), Oct-open Mon; Season is from May 1-Dec 23.  
Products: Field-fresh asparagus, sweet corn & tomatoes, jams, salad dressing, canned veggies, pies, apple cider, cider donuts, & honey, milk & dairy products, spring bedding plants, vegetable plants & hanging baskets, fall mums, cornstalks & gourds, fall & Halloween decorations, garland, grave blankets & wreaths  
Pick your Own: Strawberries, sugar snaps & English peas, peaches, apples, pumpkins, greens, Christmas trees  
Other: weekday fall school hayride, fall weekend harvest hayrides, corn maze, pony rides, farm animals

### Habiak Farms

315 Deans Rhode Hall Road, Jamesburg  
908-917-6388  
Email: [ahabiak@verizon.net](mailto:ahabiak@verizon.net)  
Hours: Last weekend Sept thru last weekend Oct; Thanksgiving Day Weekend thru last weekend Dec  
Products: Pumpkins, Mums, straw, cornstalks, Christmas trees, wreaths, grave blankets  
Pick Your Own: Pumpkins, Christmas trees

### Pop's Farm Market & Garden Center

238 Cranbury Station Road, Monroe Twp.  
609-655-4175  
[www.popsfarmmarketandgardencenter.com](http://www.popsfarmmarketandgardencenter.com)  
Hours: April-Dec, Mon-Sat 9am-6pm, Sun 10am-4pm  
Products: Flowers, plants, strawberries, asparagus, zucchini, eggplant, peppers, cucumbers, kirbies, tomatoes, melons, broccoli, cauliflowers, cabbage, kales, collard greens, brussels sprouts, pumpkins, gourds, straw stalks, wreaths, poinsettias & more  
Pick Your Own: Pumpkins in October  
Other: Barn of Fun for young children in October

### Hauser Hill Farms

261 Ticetown Road, Old Bridge  
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Email: [HauserHillFarms@verizon.net](mailto:HauserHillFarms@verizon.net)  
Hours: Tues-Sat, 9am-6pm, Sun 9am-5pm  
Products: A wide variety of fruits & vegetables. Apples, peaches, nectarines, plums, pears, Asian pears, berries, melons, tomatoes, corn, squashes, eggplants, beans, peppers, pumpkins, greens, gourds, mums, our own apple cider, bedding plants, free range eggs  
Other: Closed Mondays. WIC accepted

## Monmouth County

### Battleview Orchards

91 Wemrock Road, Freehold  
732-462-0970  
[www.battlevieworchards.com](http://www.battlevieworchards.com)  
Hours: Country Store: 9am-6pm daily; Pick Your Own: call for hours  
Products: Fruits, vegetables, cut fruit, full line of bakery products, pies, apple cider donuts, apple cider, gourmet items, jams, jellies, gift baskets, gift items  
Pick Your Own: Strawberries, sour cherries, peaches, nectarines, apples, pumpkins

### Bullock Farms

83 Emleys Hill Road, Cream Ridge  
609-758-8726  
Email: [BBullock10@gmail.com](mailto:BBullock10@gmail.com)  
Products: Pumpkins, Christmas trees, tomatoes

With over 9,000 farms in New Jersey, agriculture continues to thrive in our densely populated state. We invite you to visit our New Jersey farms to see first hand the strong agricultural community that inspired our state's nickname "The Garden State."

On farm retail markets provide the freshest and best quality fruits and vegetables. At New Jersey farms you will find that our state grows everything from Apples to Zucchini. Jersey Fresh peaches, tomatoes and corn are among the favorites.

New Jersey's harvest season is from May to November though many farm markets remain open year round, offering Christmas trees, holiday pies and gifts, seasonal plants and greenhouse-grown vegetables and flowers. Be a part of the harvest with Pick-Your-Own crops such as strawberries, blueberries, apples, pumpkins and even some vegetables. Choose locally grown flowers and plants to brighten your home gardens. Many farm markets also have delicious baked goods, pies, apple cider and tasty jams and jellies.

Farm markets offer fresh fruits and vegetables as well as host seasonal farm festivals, education programs and tours, and barnyards of animals. When visiting a farm market, tailgate market, CSA, local winery or community farmers market remember you are supporting agriculture—a healthier way of eating made easier by visiting local markets to purchase products and produce grown Jersey Fresh. Supporting locally grown produce helps the community and also makes for a healthier you. We made a list to help you find a market close to you and make it easier on your shopping needs. Several markets have a variety of unique and fun things to fill a day trip. It truly is a family fun day.

*Continued on page 48*



# When You Give, You REALLY Can Change the World

Laurita Winery is extremely grateful for their generous customers that helped generate a magnificent donation during the most recent Food Truck and Fire Pits event that was held this past July. These kind efforts resulted in a check totaling \$7,000 that will be donated to the Leukemia and Lymphoma Society (LLS). This donation benefits the Leukemia and Lymphoma Society in its mission to finding a cure and improving the quality of life of patients and their families. A cause to celebrate!

Today, LLS supports the following major programs: research, patient services, public and professional education, advocacy and community services. Nearly 1 million volunteers from all walks of life give generously of their time and talents to implement LLS's programs. They provide professional guidance and help raise vitally-needed funds. The Leukemia & Lymphoma Society helps fund lifesaving research and patient services while providing help and hope to people with blood cancers. On the threshold of amazing breakthroughs, these donations accelerate miraculous new treatments and healing therapies once thought impossible.

Laurita Winery is proud to be an active member of our local community. Since

2008, we have strengthened our connections to different causes each year by giving products and monetary donations. Laurita is grateful to have such a kind and caring clientele.

Laurita does not set a limit on how much it can raise. It's not only about money. It's about awareness.

"Food truck is an event where we reach a large audience, if we can get enough people passionate about certain charitable organizations and philanthropies, it proves more powerful than the dollar amount we can raise in a single year. These people will turn into charitable donors for the rest of their lives. It's all about benefitting the people in our community in the end," said Kate Devine, Marketing and Entertainment Director.

Thanks to the generous support of LLS, hundreds of thousands of people diagnosed with blood cancer are today living normal, productive lives.

Giving back to the community is part of who we are and what we do and our customers are at the heart of it. Share a glass of wine and share our story. Please contact Kate Devine 609-758-8000 for further information regarding Laurita Winery. ■



## Hulk Hogan Visits iPlay

By Susan Heckler

It is always exciting when our humble hometowns get to welcome celebrities. Thanks to iPlay America, that has been happening more often. On Saturday, August 2nd, they welcomed Hulk Hogan "Uncut" where fans were able to meet him personally.

Intrigued by his long history in wrestling, his experience with the World Wrestling Entertainment, and appearances in movies and television, fans came flocking in from far and wide. The six



foot seven charismatic athlete was a crowd pleaser!

Terry Gene Bollea was born on August 11, 1953. Using the ring name Hulk Hogan, he is a 12-time World Champion being a six-time WWF/WWE World Heavyweight Champion and six-time WCW World Heavyweight Champion. He was inducted into the WWE Hall of Fame in 2005. He began a career in film in 1982 and went on to make over 20 movies. He also had a reality television show since 2005; Hogan Knows Best where he appeared with his former wife and two children in their 20,000 square foot estate in Clearwater Florida.

According to iPlay, there were about 450 attendees at this event. A whopping 150 VIP guests were able to meet him. Fifty guests who purchased the platinum package were entitled to their own VIP room, an open bar, buffet, personalized autograph and private meet and greet.

They also had two moderators from local radio stations during this event. There was also a guest appearance from Hulk's former manager Jimmy Hart. The radio station also ran a few contests, one being a shirt "rip off" contest.

I can't wait to find out who iPlay will host next! ■

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## The River Road Loop Route 29/ NJ and Route 32 /PA

By Pam Teel

Most people living in this area have frequented New Hope, Pennsylvania, via Route 195 to Route 29, which runs along the Delaware Canal straight into Lambertville and then crossing the bridge over the Delaware into the quaint and busy town of New Hope. Perhaps you might have stopped along the way at the Golden Nugget flea market on an early Saturday or Sunday morning. If you haven't, it's one of the biggest flea markets around and a place where you can still find antique furniture. They have both indoor and outside vendors and quite a variety of items. You can easily spend an hour here alone rummaging from aisle to aisle.



Stone Bridge leading  
to Bowman Hill  
Wildflower Preserve

What you might not realize is that there is also so much to do on the other side of the river. Route 32, also called River Road, on the Pennsylvania side is a great country drive with plenty of places to stop along the way and the best part of it is you don't have to travel so far away from home to enjoy what the other side of the river has to offer. You can either start at the Calhoun Street Bridge in Morrisville, PA or cross the narrow car bridge at Washington's Crossing on Rte. 29. Make sure you take your camera because there are so many scenic things to photograph from old stone houses to beautiful flowers and river scenes.

Take Calhoun Street in Trenton, or the exit right off of Route 195 to get to the Calhoun Bridge. Starting at the Calhoun St. Bridge in Morrisville, PA, make a right onto River Road. The river runs along the western bank of the Delaware River bordering both Bucks County and New Jersey. Here the road is in between the Delaware and the canal as you pass through the small town of Yardley and under the Yardley Railroad Bridge. The Yardley Inn offers steak, a charcoal grill and fine dining down by the water. If you want to take a small diversion, check out the town of Newtown, PA just a few miles past Yardley. You can access both Yardley and the quaint small town of Newton via East Afton Avenue. East Afton turns into West Afton. Follow signs to Route 322. Take either Newtown Yardley Road off of 322 or further down make a right onto South State Street. This older section of town has a lot to offer with its great dining, shops, and its old historic homes such as the Newtown Turnpike Toll House, The Thornton Hicks House, and the Half Moon Inn, which also houses a research center full of Newtown history. Boone Gardens is a great place to stop and smell the roses. Newtown was once the county seat of Bucks County before being moved to Doylestown. It's a great place to stop for lunch, taking pictures, and sightseeing.

Getting back onto Route 32, (River Road), as you continue north, you will see Washington Crossing State Park. There is a narrow bridge for cars connecting it to the New Jersey side and to Washington Crossing Park. Washington Crossing was where George Washington made his famous crossing over the Delaware River on Christmas night in 1776. On the PA side there is a visitor Center and several historic buildings to explore. You can walk along the river and have a picnic lunch.

*Continued on page 54*



# How Famous Rock Bands Got Their Names, Part 2

By Pam Teel

Did you ever wonder how some of the famous Rock bands got their names? Some being so outrageous they are beyond comprehension unless you know the reasoning behind the names. Here are a few more explanations to mull over.

**Evanescence** – Would you believe they picked it from a dictionary after opening up the dictionary and pointing to different words. They liked the definition, which means disappearance or dissipation, like vapor, relating it to the temporal nature of life.

**Fall Out Boy** – The band was nameless for their first two shows but during their third show they asked the audience to call out names. Someone called out Fall out Boys in reference to the sidekick of the radioactive man from the Simpsons and the band liked it.

**Florence and the Machine** – Named after the front woman Florence Welch and her teenage collaboration with her co writer Isabella “Machine” Summers. They originally performed under the name Florence Robot/Isa machine but shortened it later to Florence and the Machine.

**Foo Fighters** – this was taken from a term used by Allied Aircraft Pilots in WWII to describe various UFOs or mysterious things in the sky.

**Genesis** – Originally the band was going to be called Gabriel’s Angels after lead singer Peter Gabriel, but the record producer didn’t like it. He came up with Genesis suggesting the beginning of a new sound and a new feeling.

**Grateful Dead** – Here’s another band who chose their name from a dictionary. According to Phil Lesh, Jerry Garcia picked up an old world language dictionary and finger landed on these different words shouting out, “Hey man, what about the Grateful Dead?” The definition meaning that there was the soul of a dead person or his Angel showing gratitude to someone who as an act of charity arranged his or her burial.



**Green Day** – This is a slang term for spending a whole day smoking marijuana. It was taken from a song called “Little Written,” by Billie Joe Armstrong. The bands prior name was Sweet Children. They could have called themselves Weed children.

**Hootie and the Blowfish** – Their lead singer Darious Rucker, now a famous country star, came up with the name from two friends from college. One had an owl looking face and was nicknamed Hootie and the other had puffy cheeks and he was called Blowfish.

**Iron Maiden** – Steve Harris named the band after the iron maiden torture device from the film, “The Man with the Iron Mask.”

**Jefferson Airplane** – This band has gone through a few name transitions throughout the years. It was originally named Blind Lemon Airplane. The blind lemon was coined as a satire after blues legend, “Blind Lemon Jefferson.” Blind Lemon Jefferson (born Lemon Henry Jefferson; September 24, 1893 – December 19, 1929) was an American blues singer and guitarist from Texas. He was born blind. He was one of the most popular blues singers of the 1920s, and has been titled “Father of the Texas Blues.” The band later settled on a shorter version, Jefferson Airplane, only to change it again in later years to Jefferson Starship to keep up with the times. Original 1970’s band members Paul Kantner and Dave Freiberg still give a stellar performance. Singer Cathy Richardson joined in 2008. Grace Slick was one of the original singers in the band.



**Kiss** – Peter Criss, the original drummer, was riding in a car with Gene Simmons, Ace Frehley, and Paul Stanley in New York City. They were trying to think up a name for their new band and knew Peter was recently in a band called Lips. Paul blurted out, “How about Kiss?” The rest was history. Ace Frehley designed the kiss logo that is still used today.

Stay tuned. More to come! ■

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## THE GARDEN STATE

*Continued from page 44*

### Earth Friendly Organic Farm, LLC

17 Olde Noah Hunt Road  
Clarksburg

609-259-9744

[www.earthfriendlyorganicfarm.com](http://www.earthfriendlyorganicfarm.com)

Hours: Starting June 5th, 9am-5pm

Products: Blueberries, blackberries

Pick Your Own: Blueberries,  
blackberries

### Morganville Flower Farm

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732-591-8920

[www.morganvilleflower.com](http://www.morganvilleflower.com)

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shrubs & fruit plants. Deer resistant  
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& hummingbird plants, shade  
plants, succulents, tropicals.

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### Patterson Greenhouses

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732-431-5271

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Hours: Year round. 8am-5pm,  
7 days/week

Products: Hay, straw, shelled & cracked  
corn, bedding plants,

pansies, perennials, mums,  
pumpkins, cornstalks, ornamental cab-  
bage & kale, winter Pansies, Christmas  
trees, wreaths, grave blankets, roping,  
swags, sprays & more

Pick Your Own: Christmas trees

### Peppadew Fresh Farms

97 Harbor Road, Morganville

908-507-2240

[www.PeppadewFreshVineyards.com](http://www.PeppadewFreshVineyards.com)

Hours: May thru October

Products: Wine, Peppadew &

Peppadew Golden, vegetables in season  
(tomatoes, eggplant, basil,  
hot peppers)

Pick Your Own: Pussywillow  
(January), hydrangea (September)

### The Farm

3 Gully Road, Freehold

732-462-2134

Email: [dakt124@aol.com](mailto:dakt124@aol.com)

Hours: May 1-Oct 30,  
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[www.bigedsproduce.com](http://www.bigedsproduce.com)

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ly, Fancy fruit & vegetables, Joe Leone's  
Italian bread, Tate's cookies, Wemrock  
pies, Muirhead salad dressings, Artisan  
olive oil, balsamic vinegar, hanging  
baskets, potted plants, cut flowers  
Other: Sidewalk sale days, see website

### Kim's Country Store

#### DeWolfs U Pick

58 W. Colliers Mill Road, New Egypt

609-758-6288

Email: [DeWolfarm@aol.com](mailto:DeWolfarm@aol.com)

Hours: Starts April 15, 9am-5pm

Products: Strawberries, all types  
hot peppers, sweet corn, tomatoes,  
beans, eggplant, ethnic vegetables  
Pick Your Own: Strawberries, peas,  
beans, tomatoes, peppers, heirloom  
tomatoes

Other: Fall pumpkins, hayrides, corn  
maze, parties. Berry picking, pumpkin  
picking, school trips, themed trips

### Zenjas Honey Farms

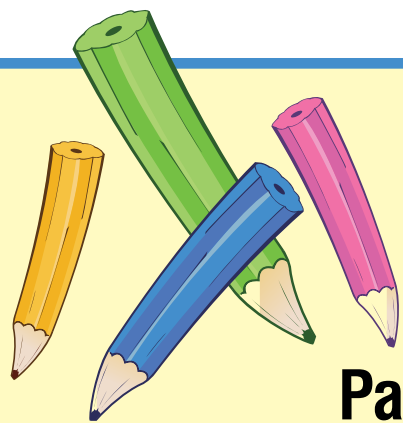
322 Marc Drive, Toms River

732-341-8529

Products: Honey, pollen, bees wax,  
honey sticks, bees ■







## iPlay America Partners with Malls on "Back-to-School" Promotion

iPlay America is partnering with the Ocean County Mall, Jackson Premium Outlets and the Jersey Shore Premium Outlets for a special "Back to School" promotion.

From Aug. 15-Sept. 15, the first 250 shoppers to bring receipts totaling a minimum of \$200 to the guest services counter at the mall where they are shopping will receive a free iPlay America pencil case with a \$10 bonus play voucher to use on rides and games at iPlay America. The receipts do not need to be from the same day, but all must be from stores in the same mall.

"iPlay America knows that back-to-school time is exciting," said Jessica Schwartz, director of marketing for iPlay America. "iPlay America is the perfect place to come for some family fun after finishing your back-to-school shopping."

For more information, contact Jillian Schiazza at 732-577-8200, ext. 203 or [jschiazza@iplayamerica.com](mailto:jschiazza@iplayamerica.com). ■

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## Standardbred Retirement Foundation Meet and Greet on September 12

The Standardbred Retirement Foundation (SRF) is opening its barn doors! We are hosting a Meet and Greet at both our New Jersey and Kentucky locations on Friday, September 12th from 4-8pm. Please join us, even if adoption is not in your plans for the near future. As we approach the Fall of SRF's 25th year, we are excited to present a wonderful selection of under saddle, ready-to-go horses. Open to the public, our event will give visitors the opportunity to interact with and observe first-hand this friendly and versatile breed. SRF staff will be available to answer questions regarding our organization, upcoming events, volunteer opportunities, and ways to make a difference through horse sponsorship and adoptions. At our New Jersey location, special guest Laurette Simanski-Snook, CIT, from NJ Equine Imaging/ThermScan Diagnostics, LLC, will be on hand performing ThermScan demonstrations. Please spread the word, and come make some equine friends.

Event Locations: In New Jersey: 42 Arneytown-Hornerstown Road, Cream Ridge, NJ. In Kentucky: Chasing the Sun Stables, 2111 Wilson Run Road, Wallingford, KY.

For questions or additional information, please contact [admin@srffmail.com](mailto:admin@srffmail.com) or call 732-446-4422. You may also visit our website at [www.adoptahorse.org](http://www.adoptahorse.org) for adoption applications and event updates. ■

## Get to Know Open Space Pace



The Open Space Pace seeks to highlight the relationship between the horse and open space in New Jersey. The Open Space Pace is a non-profit corporation seeking 501 (c)(3) status, formed to create an annual event at Freehold Raceway to celebrate the New Jersey State

Animal, the Horse, and all of the people that work with this great animal. This event will raise necessary funds for nonprofits that work with horses and other non-profit organizations involved in the promotion of open space.

We are working to establish a fall festival event that if successful will be an annual event. We are currently looking for sponsors, support, volunteers, and any contribution that you are willing to make. We believe that if we combine our efforts we can successfully help to rejuvenate NJ's harness racing industry while preserving open space.

The Open Space Pace is dedicated to the preservation and protection of open space in New Jersey. We have donated over \$26,000 to local equine and agricultural nonprofits in our first 2 years!

We are currently looking for sponsors, support, volunteers, and any contribution that you are willing to make. We believe that if we combine our efforts we can successfully help to rejuvenate NJ's harness racing industry while preserving open space.

If you have any questions, or would like to arrange a meeting please contact Brett Taft, [Btaft@umh.com](mailto:Btaft@umh.com). ■



# Scenic Byways in New Jersey – Upper Freehold Historic Farmland Byway



Photo: Cindy Bloom-Cronin

The 24-mile Upper Freehold Historic Farmland Byway in Monmouth County captures the unique agricultural, historical, environmental and cultural traditions still visible in the area around Upper Freehold and Allentown.

History meets the present in these colonial towns. Allentown, founded in 1706, has remained essentially untouched by modern development and

has one of the largest contiguous historic districts in New Jersey. A visit to this byway offers visitors the opportunity to view history in a working agricultural area.

## FAST FACTS:

Length: Approximately 24 Miles

Route: The scenic byway starts in Allentown and ends at the Walnford Mill

- Start at the Presbyterian Church on County Route (CR) 539 (High Street) and travel northwest.
- Turn right onto CR 524/539 (Main Street/Old York Road).
- Continue northeast and turn right onto County Route 524 (New Canton-Stone Tavern Road) to Chambers Road and make a right.

- Travel south on Chambers Road and make another right onto Rues Road.
- Follow Rues Road to CR 526 (Trenton-Lakewood Road) and make a left.
- Take CR 526 to Red Valley Road and make a right.
- Follow Red Valley Road to CR 27 (Burlington Path Road) making another right.
- Follow CR 27 as it turns left and its local name changes to Holmes Mill Road.
- Follow CR 27 (Holmes Mill Road) and turn right onto Arneytown-Hornerstown Road.
- Follow Arneytown-Hornerstown Road to Hill Road and turn right again. Travel north on Hill Road.
- At the intersection of Waln's Mill Road (Walnford Road) turn right and cross over Crosswicks Creek on the old iron bridge.
- Turn right off of Walnford Road onto Polhemustown Road.
- Take Polhemustown Road and make a right onto Holmes Mill Road.
- Follow Holmes Mill Road to Walnford Road and make another right. These two sections of Walnford Road were once connected.
- Follow Walnford Road until it deadends at the Walnford Mill. ■

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## AS SEEN ON TV: BUYER BEWARE

*Continued from page 24*

or three but if you plan on using it for a larger dinner or a lot of company, it can be time consuming.

You can purchase this product at Amazon and other catalog stores such as Taylor Gifts and Home Trends. For a little bit more you can purchase a Paderno slicer that comes with three interchangeable blades for shredding, slicing and for straight veg-

etables. The Paderno slicer was chosen as the best slicer model in 2014. There is also the Spirooli slicer, which resembles the Paderno and has the same spiral, shredding and slicing capabilities. There are other cheaper copycat brands out there. These slicers range anywhere from \$20 to \$35 but quite frankly look like they do a much better job than the hand held kitchen gadgets and in less time. ■



# Dog Days of Summer, Help Cookie Crumble Cancer at the Green Leaf Pet Resort

By Susan Heckler

On November 14, 2013 Grace aka “Cookie”, a 5th grader at West Freehold School, was diagnosed with Neuroblastoma. Her stage 4 cancer has caused her to go through many rounds of chemotherapy. Her treatment at Children’s Hospital of Philadelphia will bring surgery after her 4th round of chemo. This tough little Cookie, her nickname at birth, lost her hair and is fighting the disease with such courage.



Many local businesses have come out to show support for our local girl, raising funds to help her huge medical bills and blood drives too. Local Millstone Township business, The Green Leaf Pet Resort hosted an event July 19 at their beautiful facility at 23 Burnt Tavern Road. Guests enjoyed the 56 lush acres where they provide exercise, training, grooming and boarding in a brand new state-of-the-art facility. Dogs and their humans had access to the 4,500-square-foot play arena and a

1,500-square-foot grooming room and spa for the day.

“Dog Days of Summer, Help Cookie Crumble Cancer” had raffles for both humans and dogs, face painting for children, great family entertainment and food for two and four legged visitors. A great day was had by all!

All proceeds from the day's events benefited the Grace West Foundation "Cookie Crumblers Foundation." According to Green Leaf's owner Shelly Leibowitz, roughly \$20,000 was raised by the 500+ attendees.

For information on how to help or donate, contact Cookies Crumblers Foundation, 33 Langeveld Drive in Freehold. ■

## Send Us Your Photos

By Pam Teel

Are you a photo buff? Do you love taking pictures everywhere you go? Perhaps you have a favorite one that you would like to share? We want your pictures for our photo of the month section. You can send photos to the following email: [crescent671@yahoo.com](mailto:crescent671@yahoo.com)

Include your name and a description of the photo. If you have a brief story that goes with it, send that too. You may send more than one photo at a time. Photos needs to be a good size to be able to see. If you prefer to send anonymously, we will leave your name out.

Make sure you put “Millstone Times Photo” in the subject area when emailing or it won’t be opened. ■



This was taken in Rockland, Maine as we were doing a little sightseeing. I saw this from the car window and wanted to take a picture of it, but my husband couldn't stop because there were cars behind him. I thought of this picture in my mind all night and just had to go back the next day and get a picture. The flowers in Maine are so vibrant and beautiful. They actually get to see their flowers bloom. They don't have the deer population that we have here in New Jersey!

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**SAVE THE DATE!!**  
**SUNDAY, SEPT. 14, 2014**  
 4th Annual NJ Horse Council Benefit Ride

**Where:** Paulinskill Valley Trail  
**Trailer Parking:** Chatterbox Restaurant  
 Corner of Rts. 15 and 206  
 Augusta, NJ

**Registration opens at 8:30**  
 The ride benefits equine charities of NJ who help care for neglected and currently unwanted horses. The 2014 ride will benefit Rivers Edge Equine Rescue and Sanctuary.

For more info contact Susan at [pasovasz@aol.com](mailto:pasovasz@aol.com), Shelly at [mimlmom@aol.com](mailto:mimlmom@aol.com) or Janice at [gldg@embarqmail.com](mailto:gldg@embarqmail.com)



Photo - Medicine Man a permanent resident of Rivers Edge Equine Rescue and Sanctuary.

## Fashion Show Comes to Millstone Middle School on September 19

The Millstone Township Middle School PTSA is holding its Inaugural Fashion Show and Dinner on September 19, 2014.

The Millstone Township PTSA is a 501(c)(3), non-profit group of parents, educators and community members who work together to support the Middle School and offer educational opportunities for our students. All of the proceeds from this event will go directly to the students to provide items that enrich and support their educational experience.

September 19, 2014 • 6:30-9pm

Middle School Cafeteria, 5 Dawson Court, Millstone Twp.

\$12.50 per adult, \$8.50 per child, hors d'oeuvres and dessert included

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## Community YARD SALE

**Saturday, Sept 27, 2014 • 8am-1pm • Rain or Shine**  
**Jensen's Deep Run Community Center**

Coffee, donuts, hot dogs & soda reasonably priced.

Entrance on Route 537, opposite Cream Ridge Pet Care Center. Proceed to stop sign; parking lot is on right. (Address: 20 Longview Trail, Cream Ridge, NJ [Plumsted Twp])

## Call for Crafters – Show Your Handmade Wares

We are looking for Quality Crafters for our Annual Fall Festival in Allentown, NJ. The event will be held October 11th and 12th from 10am to 5pm on both days. New lower price: \$100 for both days. Sponsored by the Allentown Business Community Association. For an application, call Heather at 609-208-0544.

## THE RIVER ROAD LOOP

*Continued from page 46*

As you continue up route 32 you will see the David library of the American Revolution (call first for hours). It's a large building packed with information on American history, particularly from the time period of 1750 through the 1800's. It's a great place to visit for a history buff. Here the road leaves the river as you head into Hew Hope. You can spend a whole day alone in New Hope shopping and dining.

As you continue north on River Road you come to Bowman's Hill Tower and the Thompson Neely House, which was a gristmill and small store at one time. There is a farmhouse and a barn still standing from the 18th century on the property. Both are part of the Washington Crossing Historic State Park. Bowman's Hill Tower is a 125-foot tower that was completed in 1931. On a clear day it encompasses a minimum 14-mile radius of the Delaware River Valley. It's open seasonally and is included in the Park's admission price. From the tower you can see a large American flag that marks the graves of soldiers from the American Revolution, the Thompson-Neely Farmhouse, two bridges, one crossing from New Hope to Lambertville, and the other bridge, which is located on Route 202. On a clear day, you can see Trenton. There is a plaque on the tower commemorating George Washington and his men as they crossed the Delaware on Christmas Eve, a night that led to the turning point of the American Revolution and a victory for Washington and his troops as they marched on Trenton. The tower has an elevator that takes you to a landing. It's twenty-three steps up to the top from there (again, it's wise to check for hours of operation before going there). There is also the Bowman's Hill Wildflower Preserve where there is always some kind of event going on.

There's more to follow in next month's issue where we will continue up the Pennsylvania side of River Road and eventually loop around to the wondrous happenings on the New Jersey side. ■

## The ABCs of Fruits and Vegetables Part Four

By Pam Teel

As of right now there are nine crops that are considered to be high risk for being genetically modified: alfalfa, cotton, canola, corn, soy, papaya, sugar beets, zucchini and yellow summer squash. (That's not to say that there aren't any more out there that are genetically engineered.) In the United States, each of these crops is around 90 percent genetically modified. If you want to eat healthy without consuming GMO foods, it would be wise to ask your local farmer if the fruits or vegetables you are eating are from GMO seeds. As for foods from the produce aisle, you might want to do a little research as to where your vegetables are coming from to see if they are also genetically modified. Since the government sees no need in labeling GMO foods so people can make their own choices about what they are ingesting, one must become their own food advocate in order to make better choices and avoid health issues down the road. You as a consumer need to be aware of what you are buying and feeding your family. Start asking questions and do some research before all of our seeds and our foods are genetically modified. You can help by joining the fight in New Jersey to have all GMO foods labeled. You can start at [GMOfreeNJ.com](http://GMOfreeNJ.com). It should be our choice what we put into our mouths, not the Corporations that are altering our foods.

Here is a continued list of vegetable and fruits and their benefits to the human body, provided that they are non-GMO and pesticide free:

**Pecans** – Almost 90 percent of the fats in pecans are heart healthy and unsaturated. They are cholesterol free and sodium free and provide 10 per cent of the daily value of zinc and fiber. Pecans help to lower cholesterol. So next time you want a healthy snack, take a handful of pecans.

**Pineapples** – They are high in vitamin A and beta-carotene, which helps to protect your eyes. They contain a key enzyme called Bromelain, which has anti-inflammatory properties. They are loaded with vitamin C, which is good for the immune system, extremely high in manganese, which helps regulate blood sugar, and is also needed for brain and nerve function. They are loaded with fiber to help with the digestion of food and to help reduce the feeling of hunger.

**Spinach** – Spinach is packed with powerful nutrients and is an excellent source of folate, vitamin A, iron and vitamin K. It provides fiber, magnesium and calcium. It also alkalizes the body, lowers blood pressure, fights psoriasis, acne and wrinkles, fights atherosclerosis, cardiovascular disease and stroke. It aids in digestion, prevents constipation, and maintains low blood sugar. It's high in iron, contains Vitamin B6, B1, riboflavin, folate and niacin. It is a rich source of omega-3 and helps to strengthen the eyes.

**Squash** – It's low in calories, cholesterol free, very good source of magnesium, vitamin A, fiber, folate, copper, riboflavin and phosphorus. It's high in potassium and beta-carotene, which helps to reduce risk of heart attack and strokes. It helps to reduce blood pressure, anti parasitic, helps symptoms of BPH and is anti-inflammatory. Eating squash benefits the eyes, helps with healthy bone structure, helps with blood sugar regulation, is rich in vitamin B, has blood thinning effects, and helps protect against cancer. (Please note that green and yellow squash is also on the list as genetically modified. It pays to ask the source whether or not the product contains GMOs).

**Star Fruit** – The fruit along with its waxy peel provides a good amount of dietary fiber and can lower bad cholesterol. A 100g fruit is only 31 calories and is an excellent source of Vitamin C. Star fruit is an excellent detoxifier and helps prevent constipation. It also aids in relieving headaches, hangovers, irritated eyes and insomnia. So next time you have a few too many, snack on a star fruit!

**Sweet peppers** – They are antibacterial and anti fungal. They have high antioxidants. They protect the heart, prevent blood clots, prevent hardening of the arteries, prevents nose bleeds, lower blood pressure improve eye health and helps to strengthen respiratory health. *More to follow!* ■





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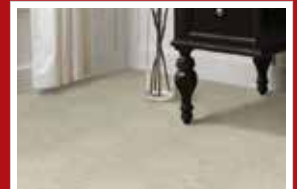
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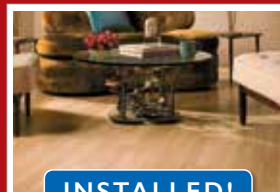
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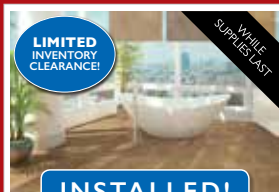


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sq. ft.

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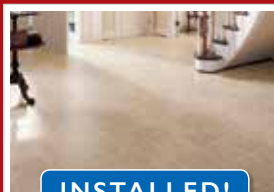
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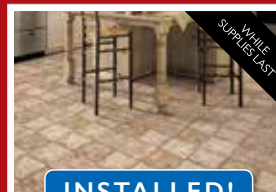


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**Mannington®  
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to choose from

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sq. ft.

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Floor prep may be additional.

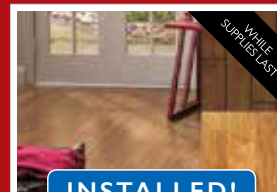


**INSTALLED!**

**Congoleum®  
AirStep Plus  
Vinyl Flooring**  
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**4<sup>29</sup>**  
sq. ft.

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

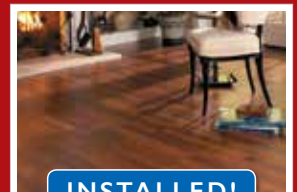


**INSTALLED!**

**1/2" Thick! / 12MM  
Laminate Flooring**  
by Mohawk®  
20 Year Warranty

**5<sup>19</sup>**  
sq. ft.

Reg. \$5.93 sq. ft.  
Floor prep may be additional.



**INSTALLED!**

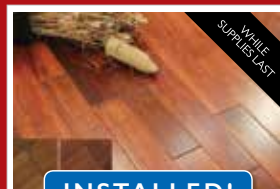
**Quick Step®  
Laminate Flooring**  
6 colors  
20 Year Warranty

**4<sup>69</sup>**  
sq. ft.

Reg. \$5.09 sq. ft.  
Floor prep may be additional.

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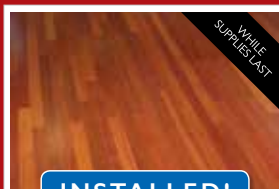


**INSTALLED!**

**Exotic Taun**  
3 1/2" Solid  
Hardwood Flooring

**7<sup>39</sup>**  
sq. ft.

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

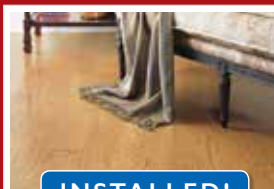


**INSTALLED!**

**Brazilian Cherry**  
2 1/4" Wide Solid  
Wood Flooring

**7<sup>39</sup>**  
sq. ft.

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

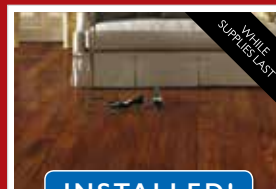


**INSTALLED!**

**Bruce® Turlington Full  
Finish Oak Flooring**  
3" Oak Flooring  
6 colors

**6<sup>09</sup>**  
sq. ft.

\*Nail down installation. Floor prep may be additional.  
Cannot be combined with any other offers.

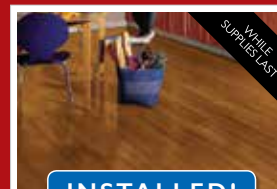


**INSTALLED!**

**Mohawk® 5"  
Handscraped  
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**5<sup>99</sup>**  
sq. ft.

\*Nail down installation. Floor prep may be additional.  
Cannot be combined with any other offers.

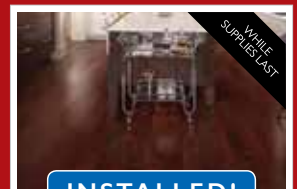


**INSTALLED!**

**Bruce® Ascot  
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2 1/4" Solid  
Oak Flooring

**6<sup>53</sup>**  
sq. ft.

Floor prep may be additional.  
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**INSTALLED!**

**Mohawk® 5"  
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Finish Hardwood**  
25 Year Warranty

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