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COLOR-A-THON
on

Sunday, October 18, 2015!

ARTICLE ON PAGE 6



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Clarksburg Residents Receive Award For Restoration of their 1887 Home

By Pam Teel

Dave and Lisa Griffiths of Millstone Township recently received the Monmouth County Preservation Award for the restoration of their old historic home on Stagecoach Road. The presentation ceremony took place this summer at the Hall of Records in Freehold. The award was presented by Monmouth County Freeholder Lillian Burry. The home on Stagecoach Road was built in 1887 showcasing the style and craftsmanship of the times.

When the Griffiths purchased the home in 2002, the home was not in good shape at all. It was either going in the direction of getting worse or being torn down, or of someone coming to the rescue of restoring it to its original splendor. The Griffiths took the challenge. It took twelve years of hard work and a labor of love to restore the home that they have today.



The Griffiths' restored home on Stagecoach Road in Clarksburg

The outside of the home was covered in aluminum siding when it was purchased. The inside was covered in paneling from the 1970's. The Griffiths started by restoring anything that was left from when the home was originally built and used clues that the house gave them to rebuild the rest. With clues found under the carpets and in the walls, they were able to establish a blueprint for each room.

They also had to fix and add many things that will keep the house going for the next hundred years, such as updated electrical wires, new plumbing, new insulation, new utilities, and corrected structure issues.

When they started the kitchen and laundry area, they discovered that this area was added on in 1923 from the date of an old newspaper that the builder must have left in the wall. They put in appropriate materials for the time, like hand built wood cabinets and a brick floor, but also added current needed amenities such as the refrigerator, dishwasher, etc. They were able to restore the original window and trim.

They went on taking down all the paneling in the front room and in the process destroyed much of the original plaster. They added period appropriate crown molding, window and floor trim, wood floors and wallpaper. They also restored the dining room and parlor using the blueprints left from the outline of the plaster. They added custom woodworking throughout, wainscoting, a corner cabinet, ¾ columns, wood floors, and detailed crown and trim.

Leaving the exterior for last, they worked on one side at a time. In the front of the house, after removing the aluminum, they found cedar shakes on the upper part and clapboard on the bottom. They had to rebuild the whole front porch area and replace leaking windows. Following old clues, they were able to retrace the outline of the original window trim and retrim the windows to match. They repeated this process on all sides of the home.



Interior of the Griffith home

The Griffiths feel that they have restored their home close to its original state. They met the challenge and took on the responsibility of restoring their home and feel that the changes they made, and are still making, will only ensure that this home will be around to enjoy for another hundred years. Another piece of history saved for another generation to enjoy!



THE MILLSTONE TIMES

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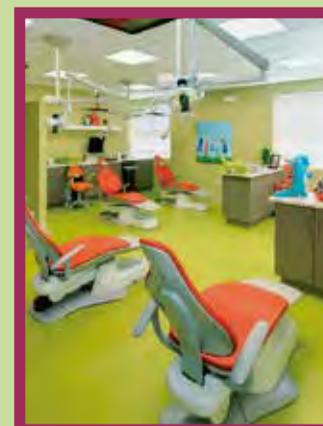
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LOVE GARLIC? Plant it in the Fall

Garlic can absolutely thrive out of the garden, especially if you plant it during the fall months. It is a perennial bulb that, when planted in the fall, will root, make limited growth before the first hard freeze and produce a bountiful harvest the next summer.



The Chill Factor

What many green thumbs may not realize about garlic is that it has an internal chill requirement, according to the University of Illinois agriculture extension center. When planting it in the spring, garlic should be stored in the refrigerator for at least eight weeks prior to planting. This will ensure proper chilling.

Not as much planning is needed if you decide to plant garlic in the fall, since it will obtain its chilling directly in the soil. Fall-planted garlic will also have the advantage of gaining much earlier maturity.

Planting Your Garlic

Here are the proper planting methods for garlic, according to the University of Illinois extension:

- Soil recommendations include high organic matter levels, good drainage and a couple of pounds of fertilizer per every 100 square feet.
- Lay out your planting rows 15 to 18 inches apart.

- Separate individual cloves from the main bulb and plant them about four to six inches apart in the row.
- Set your cloves tip up and one to two inches below the soil surface.

Weed Control

The University of Illinois identifies garlic as a "weak competitor," which explains its needs for extra help fighting against garden weeds. You shouldn't have to worry about the weeds much in the fall or winter, but be prepared to stave them off during the spring and summer seasons.

Since you will likely consume your garlic, avoid all chemical-based weed killers and instead opt for mulch, straw or other organic materials that can help keep weeds from taking over. Doing so directly after planting the bulbs can also help alleviate winter soil frost.

The Millstone Times PHOTO OF THE MONTH

By Pam Teel

Dale Green from Hialeah, Florida was visiting her cousin Amy, who lives in Upper Freehold, this past July. One night her cousin took Dale and her husband to Laurita Winery in New Egypt. Dale wasn't expecting to see what she saw, having been to a few smaller wineries in the area years gone by. She immediately fell in love with the place. She even got to go on a wagon ride through the vineyard where she snapped this picture of the sight before her. In the three weeks that she was visiting, she made it a point to go back to the winery two more times. One night it was to listen to a band playing and of course to share some cheese and crackers and wine with her cousin. Dale bought six bottles of wine to take back to Florida with her and is looking forward to her next trip back east. Her cousin Amy already knows that they will be going back to the winery!



If you love to take photos, why not share them with us here at the paper! Email me a photo or two with a brief story and description. Please email me at: crescent671@gmail.com. Make sure you type (photo) in the subject space.

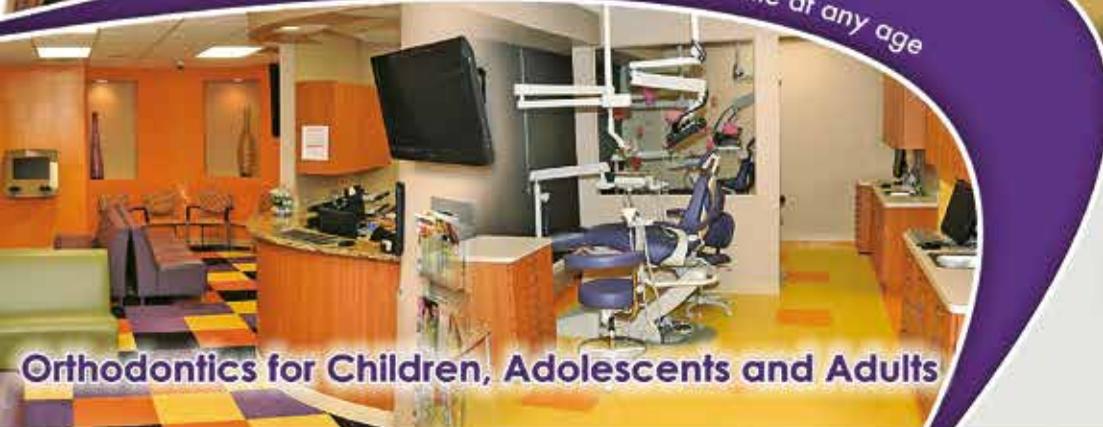
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WHO KNOWS, YOURS MIGHT MAKE THE NEXT ISSUE!**




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<http://files.leagueathletics.com/Images/Club/11293/RegisterNow.png>

Business Registration Form

Non-profit Registration Form

For additional information or if you wish to participate in Millstone Day please contact the Recreation Office at 732-917-2954

**The Millstone
Township
PTO and PTSA
are gearing up
for their first ever
Color-a-Thon
on Sunday,
October 18, 2015!**

The Millstone Township PTO/PTSA will be holding their first ever **Color-a-Thon** on Sunday, October 18, 2015! The event will take place at the Millstone Township Middle School located at 5 Dawson Court. It's their first community wide partnership. Participants can walk, run or dance through a 2.5 mile course and get color-blasted in safe, eco-friendly, plant based powdered dye at every zone...turning them into a moving target of fun! "There will also be a shorter course which is perfect for junior runners and the entire family, my kids are so excited to take part in this event," said Event Chair Christina Baldino. Registration begins at 8am and participants can take part in free pre-race activities while they wait for the race to begin at 9am.

All the participants will line up behind a giant inflatable archway at the starting point. The 2.5 mile course was mapped out by Mr. Joseph Muni, the Middle School Athletic Director. "Part of the terrain is the middle school cross country course and part of it is a very scenic route through the woods," said Muni. "This course proves to be a lot of fun during the cross-country season and promises to be just as exciting for the upcoming **Color-a-Thon**."

After the race, participants can jam out to music at the After Blast Party! We will count down to when everyone rips open their color packets to share a blast of color with family, friends and everyone around. The result is a once in a lifetime experience all while exercising and having fun running alongside classmates, teachers, administrators and members of the community. There will also be a food truck, activities for the youth and plenty of vendors.

Non-millstone students and members of the community can register by logging onto <http://shop.schoolathon.org/EventIndex.asp?EID=181331> School ID is 120118. Students will receive a pledge packet come September where they will get a chance to earn tons of free prizes to use on race day! "This is not only a great opportunity to support the children of Millstone Township but it's also a great opportunity to advertise your business," said Kristen Saker, Co-President of the PTSA. Our Super-Star Event sponsors include Tom and Kristen Saker from Saker ShopRites, Dr. Michael Baldino from Baldino Dental Arts, Alexander's Beverage Company and Cobra Power Systems. There are many other sponsorship opportunities available including prominent signage along the course and family sponsorships as well. For more information please contact Kristen Saker at wiffysaker@optonline.net

The event is expected to draw hundreds of families from Millstone Township and the surrounding towns. All of the proceeds from the event will go directly to the students in grades PreK-8 of the Millstone Township School District.

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Dorota M. Gribbin, MD

Countless Americans endure debilitating pain every day. We live longer and therefore have much higher chance to experience painful conditions than our ancestors.

"Pain is a symptom," says Dorota M. Gribbin, M.D., Assistant Clinical Professor at Columbia University - College of Physicians and Surgeons, Chairman of Physical Medicine and Rehabilitation section at Robert Wood Johnson University Hospital at Hamilton and Medical Director of Comprehensive Pain and Regenerative Center. "In order to manage pain effectively, it is essential to pinpoint its cause." Named one of the best doctors in the New York Metro Area by Castle Connolly Medical Ltd. for 14 consecutive years between 1999 and 2013, the pain management specialist uses a minimally invasive approach to outsmart tough pain. Her first step is to obtain a global understanding of the patient, including

specific complaints and past medical and social history. Next come diagnostic studies such as blood tests, xrays, MRI and electro diagnostic studies (EMG/NCV).

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PRP/PPP is also used in aesthetic medicine to erase scarring, reduce fine lines, and heal sunspots, alopecia, balding, and even premature aging. This regenerative healing process lasts longer than traditional fillers and is the patient's own blood platelets, which stimulates the body to heal more effectively and naturally.

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Alex Rodriguez, of the NY Yankees received PRP injections after a recommendation from fellow professional athlete Kobe Bryant of the LA Lakers. The procedure is in complete compliance with major league baseball regulations and the pro athlete went on to finish out the season strong.

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repair of damaged tissue. Hackett describes prolotherapy as strengthening "the weld of disabled ligaments and tendons to bone by stimulating the production of new bone and fibrous tissue cells..."

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RADIOFREQUENCY:

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Remember, you do not need to live with your pain. Pain treatment does not need to involve dangerous medications or surgery. You do not need plastic surgery or painful derma-abrasions to erase years from your face and body.

If you have been suffering from pain and want to improve your quality of life, please consider treatment by Dr. Gribbin who specializes in the comprehensive diagnosis and treatment of painful conditions, regenerative medicine, medical weight loss and the newest aesthetic medicine techniques of rejuvenation and anti-aging medicine.

FALL PREVENTION AND BALANCE DISORDERS TREATMENT:

More than 90 million Americans have experienced a balance disorder. 30% of people over age of 65 will fall each year. That number increases to 50% for people over age of 85! Falls account for more than half of accidental deaths among the elderly. 30% of falls in population over 65 year result in hip fracture. 30% of surgery for hip fracture result in heart attack, stroke or pulmonary embolism. 50% of patients after hip fracture and hip surgery don't survive first year. According to the American Academy of Orthopedic Surgeons 30-40% of all falls can be prevented. Diagnosis and treatment of dizziness and disequilibrium are now available. State of the art diagnostic studies: posturography and VNG testing are followed with customized balance and gait retraining with safety and vestibular adaptation training.

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MillstoneTimes 

Millstone Gifted & Talented Students Get Another Gift

By Susan Heckler

It is pretty safe to say that in every school in every district throughout our state, and most others, there are extraordinary students with special gifts and talents. Millstone has a wealth of these lucky children and knows exactly what to do with them.

Just this past August, 103 students from Millstone Township and the surrounding areas had the opportunity to participate in Camp Invention. Students entering grades 1 – 6 can go to a weeklong camp, which fosters innovation and creativity while building self-esteem, team-work, goal-setting and persistence.

The experience was made possible for our students from local support provided by Nordson Corporation, a global leader in precision technology solutions, who supplied scholarships for students to attend.

According to Michelle Falanga of the K-8 Gifted & Talented Program for Millstone Township School District, "Camp Invention provided a great opportunity for inventive young minds to exercise their creativity and use their imagination in ways they don't normally get to – through real-world problem-solving challenges, they build things, take things apart, explore different types of technology and so much more. Many times, the students are having so much fun, they don't even realize they are learning and developing new skills."

The young campers employed items in our inventor's supply room (which included donated items such as broken electronics, recyclable materials, discarded toys, and craft supplies) to build their prototypes and turn their dreams and ideas into realities. Some of the items generated incorporated electronic mazes and games, go carts, protective water blast shields, robots, and more! All of this is done in four days at camp.

On the final day, the camp hosted an Inventor's Showcase where the parents came to visit and see all their wonderful inventions and creations at work.

Millstone students are fortunate to be able to participate in such a unique program. Kudos to the parents and staff that makes it all happen!



Did You Know That ...

By Pam Teel

Did you know that hummingbirds are the only birds that can fly backwards? They can also hover vertically for a long period of time as well as go up, and down and they can even fly upside down. They can fly nonstop for up to 18-20 hours without resting. They have tiny legs that make it almost impossible to walk or hop but they can scoot sideways when perched.

They migrate back north starting in May. The females do all the work. They make the nest and take care of the babies. The male hummingbird usually takes off to find another female to impregnate. They don't mate for life. It's rare that you see a hummingbird nest because they camouflage it so well with lichen and moss and don't always make them in trees. The smallest is the Bee Hummingbird, which is only 5.7 centimeters. The largest of the hummingbirds is 21 centimeters. Hummingbirds are found only in the Western Hemisphere, from southeastern Alaska to southern Chile, although most live in the tropics. There are more than 350 species of hummingbirds, 12 of which summer in North America and winter in tropical areas.

The fast beating of their wings sounds like humming, thus how they got their name. Their long beak can reach down in flowers and their long tongue sucks the nectar out. Hummingbirds are also called nectivores. Ninety percent of their diet is nectar. They also feed on small insects and spiders. A natural enemy of a hummingbird is a praying mantis. They have been known to take a hummingbird as a meal. Check for them around the feeders.

Hummingbirds have a three to five year life span but some living in the wild can reach ten years old.

They were hunted almost to extinction for their colorful feathers in the 17th and 18th century. Babies are called chicks and a group of hummingbirds is called a flock. Hummingbirds can see ultraviolet light, but they can't smell. They do have an iridescent pigment that gives them a



The sunlight speaks, and its voice is a bird:
It glitters half-guessed, half seen, half heard,
Above the flower bed, over the lawn ...
A flashing dip, and it is gone,
And all it lends to the eye is this -
A sunbeam giving the air a kiss.

The Hummingbird
by Harry Hibbard Kemp

neon glowing appearance in the sunlight. They help the pollination process and can be trained to eat out of your hand. They have been known to be aggressive to other birds when their nests and eggs are threatened. They can visit over one thousand flowers a day to get the amount of nectar they need to survive. A hummingbird egg is a little bigger than a jellybean.

Do not use the red dye liquid in the feeder that is available in stores. The dye is not good for their internal organs. It's best to use four parts hot water to 1 part cane sugar. Do not use sugar substitutes. Let the water cool before putting it outside. Change the water every few days and wash feeder of any mold. Do not use honey instead of sugar. A honey water solution served up in hummingbird feeders can quickly become toxic and deadly. Honey rapidly ferments and also cultures a deadly bacterium. Honey has been chemically altered by honeybees; it is flower nectar and whatever ever else the honeybee ingested, digested, and spit back out again. Honey is nothing like the sucrose found in flower nectar and white sugar. Hummingbirds do not eat birdseed.

You can attract hummingbirds into your yard by planting flowers by the feeders. Some flowers that attract hummingbirds include: Salvia, Bee Balm, Red Columbine, Delphiniums, Hollyhocks, Butterfly bush, Catawba Rhododendrons, Rose of Sharon, Honeysuckle, Fuchsia, Lantana, Silk Tree, and Trumpet vines.

Hummingbirds are also attracted to bright colors such as hot orange, red, magenta, and bright blues. They are fascinating to watch and make a great addition to your backyard menagerie.

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QUESTION:

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Osteoarthritis of the knee is the #1 leading cause of disability in the U.S. Over 27 million people suffer with knee arthritis and that number continues to grow. With knee arthritis, the cartilage breaks down and wears away, leaving the bones to rub together causing pain swelling stiffness and limited range of motion. As the cartilage breaks down, the knee loses its lubricating fluid. We found that by replacing this lubricating fluid with a natural substance called Hyalgan, the lubrication is restored and many patients experience amazing pain relief.



WHAT IS HYALGAN AND HOW DOES IT WORK?

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

WHAT IF YOU ALREADY TRIED KNEE INJECTIONS?

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

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

DOES IT HURT?

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

WILL MY INSURANCE COVER HYALGAN?

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

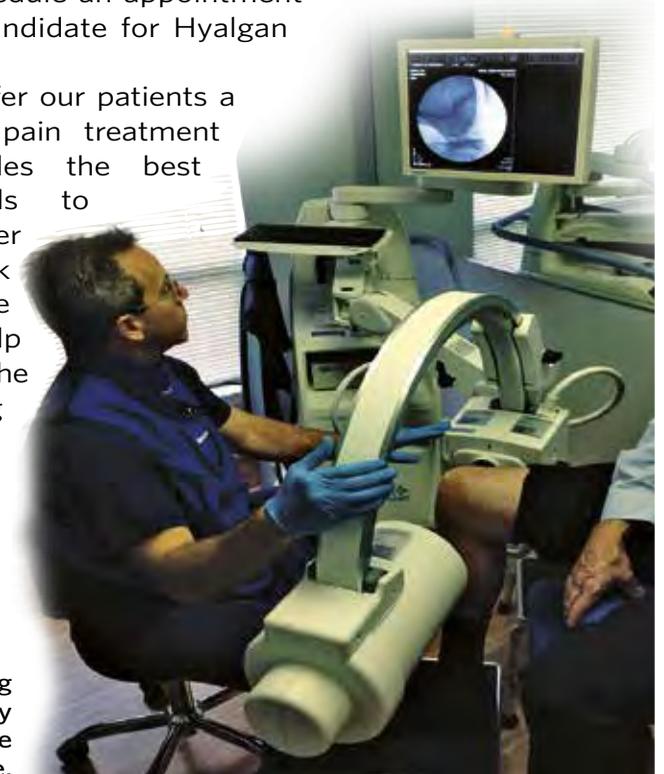
WHO WILL BE PERFORMING THE HYALGAN PROCEDURE?

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

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

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

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



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Open Space Pace At Freehold Raceway September 19th

On Saturday, September 19, 2015, the Open Space Pace will be coming back to Freehold Raceway in Freehold, New Jersey for its 4th annual event! The Open Space Pace is a nonprofit organization with a mission to celebrate the horse, New Jersey's official state animal, and to promote open space in our nation's most densely populated state, the great state of New Jersey. The Open Space Pace raises funds in support of non-profit organizations that promote open space in New Jersey.

The Open Space Pace begins at 10:30 AM with a parade of horses from the Freehold Hall of Records to Freehold Raceway. We are proud to announce that the Grand Marshals for this year's event are Mr. and Mrs. Eugene Landy. Mr. Landy founded UMH Properties and Monmouth Real Estate Investment Trust, two New York Stock Exchange listed REITs. Mr. and Mrs. Landy have owned and bred Standardbred race horses for many years. They are proud supporters of the Open Space Pace as well as countless other equine and agricultural nonprofit organizations. The parade also features the Freehold Township and Freehold Borough High School Marching Bands. Once at the racetrack, the festival begins with an opening ceremony followed by a wide variety of entertainment including a petting zoo, educational exhibits, live harness racing, vendor tables, food trucks and much more. A concert featuring Burlap to Cashmere and The Nerds will begin at 3:00pm. The Open Space Pace has entertainment and activities that cater to all ages, so bring the whole family for a day of free, fun-filled excitement!

The Open Space Pace is a perfect event for many different special occasions and gatherings, including corporate parties, family reunions and many other types of social or professional gatherings. The Open Space Pace is an entirely free event thanks to the generosity made possible by its sponsors. We at the Open Space Pace greatly appreciate our sponsors and continue to seek additional supporters of any kind. The event raises funds from sponsorships, ad journal sales, tailgate space sales and vendor booth sales. If you wish to support the Open Space Pace, or obtain more information, please contact Brett Taft at 732-577-4059 or by email at B'Taft@umh.com

We hope to see you at this great event for the whole family!

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Wine Tasting raises funds for The Linda E. Cardinale MS Center

By Alyse Mattioli

CentraState Healthcare Foundation will host its fourteenth annual multiple sclerosis fundraiser "An Evening in the Vineyards" on Friday, September 18, 2015, from 7 p.m. to 10 p.m. at CentraState's Star and Barry Tobias Ambulatory Campus, 901 West Main Street. Proceeds will support the Linda E. Cardinale Multiple Sclerosis Center, now the largest and most comprehensive MS Center in New Jersey.

The Linda E. Cardinale MS Center was developed jointly with CentraState Medical Center and the National Multiple Sclerosis Society, New Jersey Metro Chapter with the support of Vito Cardinale of Cardinale Enterprises in honor of his wife, Linda. The comprehensive regional center provides diagnosis, treatment, rehabilitation and support for patients with MS and their families and also offers a MS Wellness Program, which was modeled after the highly regarded programs of USC and UCLA. The Center treats more than 1,500 patients yearly.

The Gordon Stillwell Tasting Room will be featured at the event- a special and educational experience boasting some rare wines from the Napa Valley. Max's Beer Wine and Liquor, Freehold will coordinate the main tastings of fine wines from around the world, craft beers and unique spirits, while The Metropolitan Cafe, Freehold, will not disappoint with delicious cuisine to complement the tastings. Tickets are available at \$150 per person with an additional \$75 for The Gordon Stillwell Tasting Room, and sponsorship packages range from \$500 to \$7,500. Last year's event drew over 500 people and raised more than \$240,000. For more information, call the Foundation at (732) 294-7099 or visit www.centrastatefoundation.org.

OCEAN COUNTY LIBRARY'S 90TH ANNIVERSARY CELEBRATION

Friday, September 18, 2015 @ 3:30 – 5:00 PM

Celebrate the library's anniversary with cake; a chance to win a raffle basket; and a scavenger hunt and craft for children.

BOOK CAFÉ With Special Guest Author

Monday, September 21, 2015 @ 3:00 PM

Meet author Beth Rinyu, a mom of twin teenage boys, a Border Collie and a cat with an identity crisis. She is the author of eight novels. Her most recent title, *Easy Silence*, was published in June 2015. Copies of her books will be available for purchase. Registrations accepted but not required.

STORY TIME with Special Guest Author

Wednesday, September 23, 2015 @ 1:30 PM

Jill Tate reads her book, *Bennie the Bear*, answers questions about the real live bear that inspired the story, and will sign purchased copies of her book. Craft will follow. Ages 3-6.

FAMILY STORY TIME

Wednesday, September 30, 2015 @ 3:45 PM

Join us as we read *Viva Frida* and *Little Roja Riding Hood*. To celebrate the life works of artist Frida Kahlo, we will make collages of animals decorated in her famous style. Ages 4 and up.

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Hanlon announces reforms to Vote By Mail procedures County Clerk & Board of Elections to follow new protocols



Monmouth County Clerk Christine Giordano Hanlon announced important reforms in how Monmouth County voters can apply for Vote By Mail ballots with the County Clerk and how the Board of Elections can receive voted ballots from voters.

The reforms are effective immediately under a new law signed by Governor Chris Christie on August 10, 2015.

"The new law impacts New Jersey voters who, by necessity or by choice, have another individual submit a Vote By Mail request and/or election ballot on their behalf," Hanlon said.

The new law reduces number of voters for whom a person can serve as "messenger" from 10 to three.

It also limits the number of voted mail-in ballots transmittable by a "bearer" to the County Board of Elections to three ballots.

The law specifically states that "no person shall serve as an authorized messenger or as a "bearer" for more than three qualified voters in an election. The prior law permitted a person to serve as an authorized "messenger" for up to 10 qualified voters in an election, and set no limit on the number of voted ballots a "bearer" may collect.

The bill also now requires a person serving as a bearer delivering a voted mail-in ballot to the County Board of Elections, to provide proof of his or her identity in the form of a New Jersey driver's license, or another form of identification issued or recognized as official by the federal government, the State, or any of its subdivisions, providing the identification carries the full address and signature of the person.

"This new law is critical to preventing manipulation of the voting process," Hanlon said. "And it will reduce the opportunity for fraud and abuse of the system. I congratulate the legislature and the Governor for acknowledging the need to protect the integrity of the process."

"In Monmouth County, we typically have a significant number of messengers and bearers in our elections and it is important for our voters to be aware of these new laws." Hanlon continued, "The statute provides that the change will take effect immediately, meaning that this change will impact the 2015 September school and the November general elections.

Voters who individually receive and transmit their Mail-In Ballots through the U.S. Postal Service are not impacted by this new law.

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PET PAGES



Pets & Foreclosures

Dogs and cats may not be the first things that come to mind when you think about a foreclosed home. Many people who lose their homes are forced to move in with family members, into temporary housing or an apartment. Unfortunately, their pets may not always be welcome.

Additionally, many people forget that being a pet owner comes with important responsibilities to protect and care for their animals in any situation. While many pets have been found abandoned in empty homes, others have simply been set loose or dropped off at the veterinary's office without any identification.

This obviously leads to an unfortunate situation for animals that may be forced to find sources of food or water if left in unfamiliar territories. You also may be endangering members of your community because of the potential of your pet becoming stressed and temperamental in dealing with its new environment.

If you or someone you know is weighing the decision of leaving behind a pet due to foreclosure, the more responsible option would be to consult a local shelter. Every year, 6 to 8 million animals enter a shelter, according to the National Council on Pet Population Study and Policy.

This means that some shelters in your area may actually be at full capacity, but their workers will likely be able to point you in the right direction.

Tips

Here are some other tips from the American Veterinary Medical Association:

- You may be able to find someone who can provide a foster home for your pet until you get back on your feet.
- Contact local rescue organizations or your veterinarian to see if they can help you find a home
- Advertise your adoptable pet in a classified ad listing and screen potential adopters as carefully as possible
- Contact your local animal shelter or animal control facility to see whether it will accept your pet or assist in finding it a new home if you are unable to find a home for it yourself.



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Sunnyside Equestrian Center Hosts Horses for Heroes

By Pam Teel

Sunnyside Equestrian Center in Middletown, N.J., is part of the Monmouth County Park System. The Equestrian Center is part of a 135 acre Recreation area. The facility features an 18 stable stall, outdoor instructional ring, and an 80' x 200' indoor arena.

The Equestrian Center offers many different programs. One of them is the SPUR program. (Special People United to Ride) which is a nonprofit organization that provides individuals with disabilities the opportunity to achieve personal goals through therapeutic horsemanship. SPUR is run by a dedicated group of individuals who staff the center year round and are certified by PATH International, (Professional Association of Therapeutic Horsemanship) the governing body of the therapeutic horsemanship. They are also aided by over 200 volunteers who help serve more than 200 students with disabilities annually. They work on helping the children to improve their self-esteem, social skills, balance, muscle tone, posture and much more. Riding a horse provides a variety of physical, emotional, and psychological stimuli not just to the children but to veteran military members as well.

SPUR Horses for Heroes is specially tailored for active duty and veteran military members who are suffering from psychological impacts of service or who have sustained injuries such as TBI (Traumatic brain injuries) and PTSD (Post traumatic Stress Disorder). According to a study conducted by the RAND Corporation, at least 20% of Iraq and Afghanistan veterans have PTSD and/or Depression. Military counselors who were interviewed stated that, in their opinion, the percentage of veterans with PTSD is much higher; the number climbs higher when combined with TBI.

The Horses for Heroes program at the Sunnyside Center is guided by a licensed counselor and PATH International Equine Specialist in Mental Health and Learning. Director of special programs, Jennifer Tevlin, became a PATH International Certified Riding Instructor in 2013. She holds a Bachelors of Science Degree and Masters of Science Degree in Animal Science, with a specialization in Equine Exercise Physiology and Immunology from Rutgers University, as well as a Master of Science in Psychology Counseling from Monmouth University. Excited about the field of animal assisted therapy, Jennifer plans on expanding Spur's existing EAAT (equine-assisted activities and therapies) program in the near future.

Head instructor, Jackie West, became a PATH International Certified Therapeutic Riding Instructor in 2011 and a PATH International Certified Equine Specialist in Mental Health and Learning in July 2013. Along with Jennifer, she is helping to create the type of therapeutic programs that will serve her communities in the best way.

Both women are proud to help out active duty, reserve military members, veterans, and their families in participating in the therapeutic riding program. The program is tailored to meet the unique personal goals of each individual in a safe and supportive environment.

As a PATH accredited facility, The Sunnyside

Equestrian Center is also proud to partner with the Wounded Warrior project to provide custom EAAT sessions to all eligible military personnel. The center also provides EAAT scholarships through the non-profit organization SPUR.

EAAT sessions may be mounted or non-mounted and can be on an individual basis or in a group setting. It's been proven that there are both physical and psychological benefits for the veterans as a result of the therapeutic sessions. Not only does EAAT help with a wide range of physical and emotional needs, but it also includes improvement to cardiovascular functions, respiration, gross and small motor skills, balance, muscular strength and posture. It even helps those with neurological impairments by improving coordination and agility.

Equine Assisted therapies can also provide a calming effect, enhance someone's self esteem, and provide someone with a sense of purpose within the community. If a horse senses emotional distress either in another horse or a person, the horse will reflect those feelings in its body language and provide immediate feedback through its actions. If it senses calmness and leadership in a person, it will allow that person to lead it. A horse might nudge a person who seems to be mentally withdrawn or taking too long to pay attention to him, getting him back to the present. Horses are non-judgmental, welcoming, and patient animals. With the combination of the combined credentials of both Jennifer Tevlin and Jackie West, the veterans are getting the best care possible. They can feel free to open up and express what they are feeling in a safe and calming environment.

For more information about the SPUR Horses for Heroes Program, or if know of a veteran who would benefit from this program, you can call: Jennifer Tevlin at (732 224 -1367 ext 4) or email spur.email@co.monmouth.nj.us.



Veteran Chris Hoff with therapy horse 'Arrow'

SEPTEMBER 2015

September 5

Centered Riding Instructor Clinic

Horse Park of New Jersey
626 Routes 524, Allentown, NJ
Contact: (609) 259-0170

September 7

Briarwood Farm Hunter Horse Show

161 Pleasant Run Road, Flemington, NJ
Contact: (908) 534-8833

September 8

Open Riding @ the Park

Horse Park of NJ
626 Routes 524, Allentown, NJ
Contact: (609) 259-0170

September 12

ESDCTA Dressage Championships

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September 13

Susan B. Komen Ride for the Cure

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September 16 - 20

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Open Riding @ the Park

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September 23 - 27

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September 25 - 27

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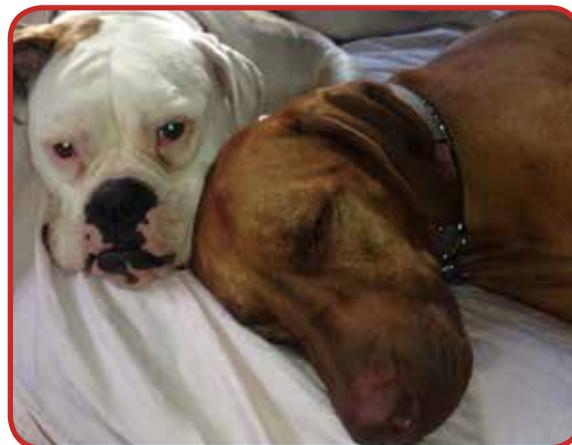
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A LOVING FAMILY

By Pam Teel

This month the facility has many cats and kittens; many who were recently rescued and brought in to the facility. These cats have already seen the vet and have all their shots. What they need now is a good home and a lot of love. Please help clear the shelter and consider adopting a homeless pet first.

The little black kitten is so new she hasn't been named yet. It's just six weeks old.

The calico kitten is about 7-8 weeks old.

Tuxedo is a black and white male cat that is about 1 year old. He is friendly and playful and declawed.

Orange is a ten-week-old kitten who has been placed in a foster home. He is ready to be adopted into a new family. When he was younger, he was abused and kicked, requiring an emergency surgery. He is fully recovered now. All of his medical expenses have been paid for. He is neutered and is the sweetest kitten. He is quiet and so observant. He is a very affectionate kitten.

Mr. Cooper is a two-year-old declawed cat. He has also been neutered and has all his shots. He has very long legs and can be walked on a leash. He's a gentle loving cat that purrs a lot.

Tubby, the Chihuahua is five years old and is happy and playful. He loves being around people. He would make a great companion.

Animals Assistance's goal is to give all the strays that come to them a great family to go to. Please take a look at their website and all of the other animals up for adoption. You can give these animals a chance at living a long and loving life. Many of these dogs and cats were born locally and brought to Animal Assistance. Some were even spared from being euthanized in hopes of finding good homes for them. The facility is located in East Brunswick, a 501c3 Organization, is a perpetual, lifetime animal care, pet adoption, and pet boarding facility in a peaceful country atmosphere. The family oriented animal center has a purpose to provide a home for animals whose guardians can no longer care for them, or animals down on their luck, on a case-to-case basis. They are one of the few animal facilities in the area that are actually located on a farm in a country setting with over 60 year's experience. Their strays are LOCAL abandoned dogs and cats, with complete health and medical support. You get an animal that is ready to go, crated trained and socialized. Animal Assistance is also there for you once you leave with your pet. If you need help with trainers and vet info, they can recommend the perfect fit for you and your dog. To read up more about Animals Assistance and their policies for adoption, go to: [animalassistance.org](http://www.petfinder.com/shelters/NJ538.html). **To view their pets for adoption on petfinder - please visit them at PetFinder.com: <http://www.petfinder.com/shelters/NJ538.html>**

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

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

The facility is still looking for a used SUV or small pickup truck that can be modified to transport our search and rescue dogs and the animals going to the hospital. **Also donated items: KMR Kitten Replacer, dry adult dog and cat food, Purina kitten chow, canned dog food, canned cat food, dog toys, cat toys, catnip, pig ear chews, bleach, laundry detergent, Pine sol, Shampoo, paper towels, blankets, and trash bags.**



Mr. Cooper: still waiting for a loving home



New little black kitty: rescued off the streets



Young calico kitten: just rescued



Orange: gentle, friendly- currently in a foster home waiting for her real home



Tubby: 5 years old, 8 lbs., would be a great companion for someone

A State of the Art Groom Room

Do you have a hairy hound? How about a dingy dog? If so, then The Green Leaf Pet Resort is the ideal place for you and your dog! The Green Leaf Pet Resort hosts a state of the art grooming facility known as The Groom Room with expertly trained pet stylists ready to address your pet's grooming needs. The facility itself is designed with both comfort and functionality in mind by expert Dog Trainer and Pet Behaviorist Shelly Leibowitz. Shelly, the proprietor of The Green Leaf Pet Resort has over 43 years of experience in the professional pet care industry.

Your pet will be greeted in the lobby by one of The Green Leaf Pet Resort receptionist and led into the spa. A warm, gentle shower integrated with only the finest, all natural, pet shampoos awaits all the guests of The Green Leaf's Groom Room. All baths include ear cleaning, and nail trimming at no additional cost. Nail filing and painting are also available options. Pet are toweled off and blown dry while being brushed and combed by the staff. For pups who are receiving haircuts, trims, styles, and shaves, a separate styling room is at the ready. All dogs are taken on a relaxing walk on the lush, 56 acre grounds of The Green Leaf Pet Resort and are fitted with a seasonal bandana after grooming is complete.

The Green Leaf Pet Resort's Groom Room team consists of Sam, Liz, Britney, Ashley, and Alexis. Sam is the Grooming Department Manager and has over a decade of experience. Sam is a national award winning groomer known for her AKC pet show styling. Liz has more than 8 years of experience and is wonderful with smaller breeds. Britney has 6 years of experience and is especially great with high energy dogs. Ashley is a master of hand scissoring and has a special affinity for the geriatric and special needs pets that require more attention. Alexis is an expert bather who has an eye for detail. There is an expert groomer to suit all breeds and personalities.

The grooming team is always looking for fun and exciting ways to personalize the grooming experience. Your dog can be emblazoned with your favorite team logo, colored for any occasion, and custom cut at your request. Let's not forget about our feline friends! Cats are also welcome guests of our groomers.

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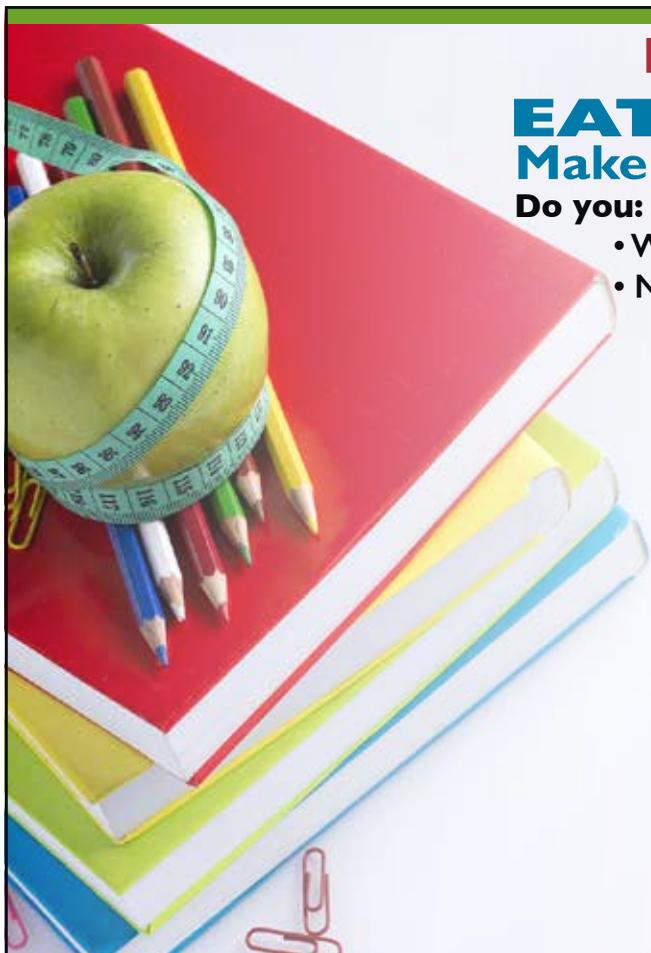
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The Millstone Times

STUDENT OF THE MONTH

Andrew Bellonio

By Pam Teel

Eight-year-old Andrew Bellonio from Millstone Township will be going into the third grade. A member of the Millstone gifted and talented program, Andrew loves to learn new things. One of Andrew's gifts is that he has a photographic memory. He can name all of the Presidents in order and he can identify them by their faces. Andrew can draw the map of the United States corner by corner and label all the states and their capitals.

Andrew also likes to study anatomy and physiology. He can draw all the organs in a person's body; knows how they function and what they are for. It's no wonder Andrew's favorite subjects in school are Science and History. Andrew is also very good in math. He likes to learn the facts about things on his own with the use of his Ipad.

Andrew isn't much into reading fiction. He likes to find out facts and do research about a subject. He likes to sit for hours on the Internet looking for things to learn. He also likes to do artwork. Andrew lives with his mom and dad and two brothers. Jake is four years old and Matthew is eleven.

His favorite places to visit are Florida, Hershey Park, Washington D.C., and anywhere that they travel to as a family in their RV. He especially liked his trip to Washington D.C., where he learned a lot of factual things, but was disappointed that he didn't get to tour the whole White House.

Andrew's favorite sports activity is swimming. His favorite holidays are Passover and Christmas! His favorite food to eat is Nutella, and he loves chocolate milk. He is interested in map making and would also love to one day create his own video game. Andrew's thirst for knowledge always leaves him wanting to learn more. If he could have but one wish, he would love to one day meet the President of the United States.

As Ralph Waldo Emerson once said, "Knowledge comes by eyes always open and working hands; and there is no knowledge that is not power." Keep up the great work in school and at home Andrew. Stay as awesome as you are!



Andrew Bellonio

Attention Millstone, Creamridge and Allentown Parents

Allentown, Millstone, Creamridge, New Egypt, Upper Freehold, if you have a child that excels in school, loves doing extracurricular activities, (doesn't have to be a straight A student), please nominate him or her for our Millstone Times Student of the Month. Send me an email at crescent671@gmail.com.

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Do you have the right Automobile Insurance?

By John Bazzurro

In my day-to-day practice, I generally see two or three new clients per week that have been involved in automobile accidents. Unfortunately, about 90% of these people carry a policy of automobile insurance that does not allow them to sue for personal injury resulting from a motor vehicle accident. The purpose of this article is to educate the public with respect to its rights as they relate to automobile insurance policies and to inform the public of its options with regard to what type of car insurance they should obtain.

The State of New Jersey is one of many states that have a "no-fault" system of automobile insurance. This basically means that your own automobile insurance company pays your medical bills arising out of a motor vehicle accident regardless of who was at fault in causing the accident. In many states that have a "no-fault" system, there is generally a "tort threshold" in insurance policies or within the state's statutes. New Jersey is a state that contains a "tort threshold" in its statute. This is generally called the "verbal threshold" or the "limitation on lawsuit" threshold.

What does this "threshold" term mean as it relates to your rights as a citizen? Basically, because of this statute, in order to obtain damages for an injury from an injury sustained in a car accident, you must prove that your injury fits into one of several categories. Generally, in such cases which involve spinal injuries, an injured person must prove that they have a permanent injury to an organ or body part that "has not healed to function normally and will not heal to function normally with further medical treatment" before they will be entitled to money damages.

Insurance companies use the above statutory language in an attempt to convince a judge or jury that such injuries are not related to an accident and, even if such an injury was related to the accident, the spine now "functions normally." Oftentimes, juries "buy into" these arguments and refuse to find that a permanent injury has occurred. Once a jury reaches that conclusion, the injured party is not entitled to receive a monetary award even where the injured party has sustained rather significant life-changing injuries.

What can you do to protect yourself and your family against such an unfair outcome? Fortunately, in the State of New Jersey, you have a choice as to whether or not you want this "limitation on lawsuit" option to apply to your policy. Of course, it is better if this limitation does not apply to your policy. Unfortunately, you must pay an extra insurance premium to have this limitation taken off of your insurance policy. Once you pay the extra premium, the limitation described above will not apply to you or any family members living in your household.

If you do not know whether or not the "limitation on lawsuit" applies to your automobile insurance policy, please feel free to contact us so that we may advise you appropriately. If you do have this limiting option on your car insurance policy, we suggest that you immediately contact your insurance company or agent to have the limitation removed. Generally, the increased premium will be no more than a few dollars per month but will provide you with an unlimited right to sue in the event you are injured in an accident.

Should you have any questions with regard to the above or other questions concerning automobile insurance as it relates to personal injury law, please feel free to contact our office.

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Avoiding Autumn Ouches

As the wind chills and the leaves begin to fall, our outdoor activities turn from yard maintenance to cleanup. And taking care of the clutter can be a physically challenging endeavor. There's the raking, mulching, wheel-barrowing and bagging of leaves, not to mention cleaning them out of your gutters.

The fall season can be one of the most dangerous in terms of injuries suffered while performing yard work. Consider the following safety tips from the American Academy of Orthopedic Surgeons to prevent injuries while performing yard work.

- Use a rake that is comfortable for your height, strength and physical ability. If you generally don't use your hands for manual labor, wear special gardening gloves or use rakes with heavily padded handles to avoid painful blisters.
- Wet leaves can be slippery, so be safe by wearing shoes or boots with slip-resistant soles.
- Do not overfill leaf bags, especially if the leaves are wet. Lifting too many leaves at once can cause back or neck injury, so be sure you can lift your bags comfortably before transporting them.
- Avoid throwing bags of leaves over your shoulder or to the side. The twisting motion required to do so places undue stress on your back.
- Make sure the engine is off and cool before you begin any maintenance work on your lawnmower, mulcher or leaf blower.
- Wear protective gear such as goggles, gloves, boots and long pants when mowing. Never mow barefoot or in sandals and always check areas for poison ivy, branches or other obstructions that could harm you or your mower.
- Never use your hands or feet to clear debris from under a lawnmower. Use a large stick or broomhandle instead. Also, never touch the blades with your hands or feet, even if the engine is off. The blade can still jar forward and cause serious injury.





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The Power of Color

If you're longing for a change but can't afford to remodel or buy new furniture, look no further than the paint department of your local home building store.



A new color scheme can transform a room. Paint is the least expensive — but not the only — way to achieve this transformation.

VERSATILE USES

A fresh coat of paint will breathe new life into your walls, for sure, but don't restrict yourself to only painting the walls. It is much less expensive to update old kitchen cabinets with paint than to have them refinished or to replace the doors.

For a custom look, paint the legs of your kitchen table and the chairs the same hue as the cabinets. Add chair cushions and a window topper in a coordinating fabric and your "remodel" is complete.

APPLIANCES

Old appliances that still work well but don't match one another can be painted as well. Most places that paint cars will paint appliances, too.

The front panel of many automatic dishwashers reverses to a different color. If the panel is damaged, you can spray paint it or cover it with fabric.

FABRIC

To change the look of a room without the trouble and mess of painting, use fabric. To instantly redecorate a kitchen, for example, change the curtains, spread a colorful cloth on the table, slipcover the chairs, and swap out the accessories with those in other rooms to complete the transformation.

If your dog rips the upholstery on your living room sofa, cover it with a slipcover. These are not cheap, but they are much less expensive than reupholstering or replacing your couch.

Slipcovers are available in a wide range of colors and styles. Most stores only carry a few styles, so you may have to look around a while until you find something that really complements your space.

BEDROOMS

A dramatic change can be achieved in the bedroom by dressing the bed and windows in a rich color that contrasts strongly with the color of the walls.

Match the bedding and window dressing to the walls for a calming, ultra-modern look.

A new look is as close as a length of fabric or a can of paint.

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Planning for Fall Beauty in Your Garden and Landscape

For many of us, flowers bring to mind visions of summer in full bloom.

It's true that many annuals, perennials and groundcovers reach their peak beauty during the warmest months of the year. But there are abundant varieties of plants that put on a breathtaking display during the fall, either because they are late bloomers or else because their summer colors shift to other vibrant hues as winter approaches.

Knowing which plants provide such a late-season spectacle can help you to plan a garden or landscape that is still bursting with color and life long after the summer blooms have gone to bed.

FLOWERS

The green leaves of the willow blue star, a delicate perennial, turn golden towards the end of its life cycle. Cosmos will retain their colors, which may be pink, red, or white, from mid-summer through fall.

If you prefer yellow and orange flowers, consider the related yellow cosmos. Beautiful New York asters parade in hues of white, blue, purple, and pink, for weeks after summer's end. Boltonia, whose flowers resemble a daisy's, can bring late season clouds of white or pink to the border of your garden.

Showy stonecrop is another perennial that puts on a beautiful display in the fall, when its pink flowers deepen into crimson.

SHRUBS

There are several varieties of shrubs that put on a special performance in the autumn months. One of the Japanese barberry cultivars, known as Red Pillar, displays a mass of reddish-purple leaves late in the season. When these fall, you can see the red fruits on its branches.



The white fringe tree — which can be considered a large shrub — produces beautiful yellow foliage. When the American yellowwood loses its fragrant white flowers at summer's end, you can still look forward to its leaves turning a dazzling yellow.

The lush green of the oak-leaved hydrangea turns a deep red in autumn. If you're ambitious enough to plant trees for fall effects, consider the amur maple, whose green leaves turn orange or red in early fall, and kousa dogwood, a small tree that displays striking red foliage.

CONSIDER CLIMATE

Not all of the flowers, shrubs and trees listed here may be able to thrive amidst the climatic conditions that prevail in your area. The average low and high temperatures of the region should be taken into account before you choose any plants for your landscape.

Plant books and catalogs will contain recommended temperature zones for various varieties, but the most reliable way to assure yourself that the plants you introduce to your yard will survive beyond the first year is to take note of the kinds that are already thriving in your area.

Certain regions may be renowned for their fall foliage, but the truth is that nearly every locale boasts some varieties of plants that have something special to offer us late in the season.

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Movers and Shakers in New Jersey; Earthquakes!

By Susan Heckler

Movies are great entertainment and can actually be thought provoking. I recently enjoyed the movie San Andreas where “The Rock” saved his family from certain death caused by a massive earthquake from The San Andreas Fault in California. Great special effects and, leaving the theater, I thanked my good judgement to call New Jersey my home where it can never happen.

Or so I thought... One of our readers, who I affectionately nicknamed Earthquake Wayne contacted me and offered me information he has compiled over the years on the history of earthquakes in New Jersey!

Did you know that there have been 45 earthquakes in New Jersey since 1931, averaging one per year? The below information about some of the earthquakes felt in New Jersey was an eye-opener and an earth shaker:

- 1737, Damaging earthquake near NYC was felt throughout most of NJ
- 1755, Strong earthquakes off Cape Ann, Massachusetts
- 1783, Magnitude 5.3 is the largest recorded in New Jersey
- 1811-1812 New Madrid, Missouri area
- 1860 Riviere-Ouelle, Canada
- 1871 Wilmington, Delaware
- 1884 New York City
- 1886 Charleston, South Carolina
- 1895 Felt from Maine to Virginia
- 1921 Moorestown and Riverton were shaken moderately
- 1927 Highest intensity earthquake ever observed in NJ occurred on June 1, 1927, in the Asbury Park area
- 1933 Sharp jolt was felt over central NJ from Lakehurst to Trenton
- 1938 Central New Jersey was disturbed again by a shock somewhat stronger than the 1933 event. Four smaller shocks occurred on August 23rd and one on August 27th.
- 1939 Residents of Salem County were startled by earthquake
- 1951 Northeastern New Jersey experienced minor effects from an earthquake that was apparently centered in Rockland County, NY
- 1957 A shock affected west-central New Jersey, near the site of the 1895 earthquake
- 1961 In northeastern Philadelphia and adjoining portions of NJ and Pennsylvania residents were alarmed by loud rumbling sounds
- 1968 An earthquake measured at magnitude 2.5 occurred in Burlington County
- 1973 Most of New Jersey and adjoining portions of DE, MD, and Pennsylvania experienced a moderately strong earthquake
- August 26, 2003 magnitude 3.8
- February 3, 2009 magnitude 3.0
- August 2011 a Virginia earthquake was felt in New Jersey
- July 11, 2015 1.2 magnitude near Wanaque, NJ
- August 13 2015 Magnitude 2.7 in Bernardsville, NJ

The earthquakes we experience are in no way compared to those experienced in California and others of catastrophic proportions worldwide. Like anywhere else in the world, New Jersey has it faults.





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CLINTON, NJ A Quaint Town out of a Picture Book

By Pam Teel

What's the best time to discover this quaint town along the South Branch of the Raritan River in North Hunterdon County, NJ? Anytime! Any season. There seems to be something for everyone year round. The town was named after Dewitt Clinton, the sixth governor of New York City, who served from 1803 to 1815. He also served as a U.S. Senator.

Clinton was incorporated in 1865. It is best known for its two scenic mills that sit on opposite sides of the banks of the Raritan River. The Redmill, with its historic villages, include an old schoolhouse, log cabin, and gray Mulligan quarry buildings that date back to 1810. As a result of the famine in Ireland, enterprising young men made their way to America; among them was Francis Mulligan, who arrived in Clinton in 1840. He was followed by brothers Patrick and Terence. They worked at the quarry, which was then owned by the miller J. W. Snyder. The mill alone was sold in 1847 and the brothers seized the opportunity to buy up the quarry. The quarry buildings are still standing today. The Redmill was once a wool-processing mill. It was used for many things along the years but now is a historic museum that houses over 40,000 historic artifacts. During October, it transforms into a haunted mill attraction with plenty of scary things that jump out at you. That's not to say it doesn't have its share of real ghosts. It was even featured on an episode of Ghosthunters. The Museum hosts numerous special activities including educational programs, tours, concerts, living history reenactments, antique and craft shows, as well as popular annual events such as the Harvest Jubilee and the Haunted Mill.

Across the river lies the Stone Mill, which now is the home of the Hunterdon Art Museum for Contemporary Craft and Design. The stone mill was a former gristmill that was reconstructed in 1836 and operated for 100 years before closing its doors.

There is an antique iron bridge that was built in 1870 beside the mill where you can take in the view of the 200-foot wide waterfall that runs across the river. The Redmill is one of the most photographed treasures in New Jersey.

Main Street is lined with many specialty shops such as cafes, restaurants, art galleries, and more. Two great places to eat are the Fine Diner on Main Street, and for a more formal atmosphere check out the historic Clinton house, a premier

restaurant. It was once an established Inn dating back to 1743.

The town of Clinton lies in between two recreational areas. Spruce Run recreation area hosts a large lake where you can picnic, swim, fish, boat and camp in season. Round Valley reservoir has many walking trails, swimming beaches, fishing and boating. Boating is limited to canoes, kayaks, and motorboats up to ten horsepower.

Clinton is roughly eight and a half miles from the quaint town of Flemington. Both are beautiful historic towns with a great Main Street. Both towns represent small town America and make for a great Sunday drive!



The Red Mill on the banks of the Raritan River



Clinton House- a premier restaurant

Small Business Making a Big Difference Bringing Comfort to People and Pets Nationwide

By Pam Teel

In 2010, Millstone resident Jessica Mashkevich created a small business in town called Kona Benellie Designs. While taking care of a family and a fulltime job, she did what she needed to do to bring her ideas to the public. With a scissors in hand and a low starting budget, she started to make her dreams come true. Her first endeavor was creating the Throwbee blanket.

The throwbee blanket is a poncho style blanket that you wear on you to keep warm. It can be worn indoors or outdoors. It's great to wear at a sporting event, when you know it will be cold outside. It was showcased on the QVC channel and is sold on Amazon and at the Kona Benellie website. Jessica's newest invention, the 4-in-1 Omni-robe is the first and only 4-in-1 luxury robe that converts to four different styles to meet all your needs. (You can view an Omni-robe demonstration on their website)



It was rewarding to Jessica to bring such comfort to people nationwide, but she didn't stop there. After visiting a local animal shelter in 2014, it distressed her to see that the animals didn't have any warm cuddly blankets to lie on and keep them warm. Most of them were lying on the cold concrete floor. After discovering that blankets were at the top of animal shelters wish lists Nationwide, Jessica decided to do something about it. From that day on, for every purchase of one of her items, Jessica donated a new blanket to a dog shelter.

Jessica can proudly say that she has already been able to deliver thousands of new blankets nationwide to rescue centers and shelters all over the country. "My company and my customers can help change the world," Jessica stated. "We have great products and a great mission. Even a small business can make a difference.

We hope to inspire others to 'do good' as well.

Jessica was recently presented with the "Circle of Excellence Award" by the Greater Monmouth Chamber of Commerce. This award recognizes outstanding community enrichment through service, leadership, and achievement.

Jessica also teaches hands on kindness to children by including them on 'Giving trips' to animal shelters and by setting up special projects in school where children can make special dog toys to bring to the shelters. Kona Benellie's business model of giving back has been featured on the Today Show, QVC, in the Pet Business Magazine, the Parade Magazine, and more. Their business model has inspired other small companies to give back.

Their most recent 'giving trip' was attended by Beth Stern, wife of radio legend Howard Stern. Ms. Stern is a passionate animal advocate. Blankets were donated to the North Shore Animal league in Port Washington, NY. Jessica's generosity has provided blankets for pets from coast to coast.

Kona Benellie is always looking to work with great people, companies, and retailers, to help make a difference in the life of a shelter dog as they await their forever home. You can contact Jessica at (973) 420- 2442.

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Allentown Borough Environmental Commission

Allentown Borough Environmental Commission has received a \$750 grant from the Association of New Jersey Environmental Commissions (ANJEC) for open space stewardship according to Greg Westfall, Chairman. ANJEC is a statewide organization that provides leadership, education, and support for environmental commissions and other local boards and public officials. The Allentown Environmental Commission's mission is to promote and enhance the environmental quality of the Borough through natural resource protection, conservation, development, and education.

The project application was supported by the Mayor and Borough Council. The grant will be used for tree planting at the Historic Episcopal Cemetery and Heritage Park in Allentown. Project partners include Allentown High School FFA, Boy Scouts Pack 180, Allentown LIONS Club, Allentown Garden Club, and The Allentown Village Initiative. The tree planting initiative will have a positive impact on the recreational and picnic areas in Heritage Park and the Historic Episcopal Cemetery by providing shade, filtering and cleaning the air, reducing potential stormwater runoff and improving the overall environmental benefits of these open spaces. Tree planting will take place in the fall at a date and time to be announced. For further information or questions on the project contact 609-259-6344.

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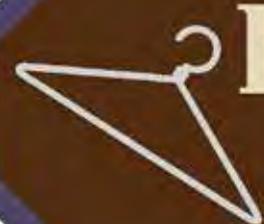
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THE DARK ACT

Why is the Government making decisions for us that we should be making ourselves?

By Pam Teel



This past July 23rd, the United States House of Representatives voted to pass the so called Safe and Accurate Food Labeling Act of 2015. Better known as the Dark Act, (Deny Americans the right to know) this bill must still be taken up by the Senate. The passing of this Bill would negate all existing and future GMO labeling at State and local levels so that the consumer will not be able to make any informed choice as to what they are eating as well as eliminating numerous non- Federal laws regulating genetically engineered crops. If passed by the Senate, the Dark Act would:

- Preempt State and local laws regarding the production and sale of GMO crops, not just the labeling of GMO foods.
- Eliminate GMO free zones. Unfairly burden traditional farmers and food producers to label their food as GMO-free, requiring certification from the pro- GMO USDA.
- Muddy the food definition of "natural" allowing companies to make 'natural' claims on packaging even if the food contains GMO's. Allow dairy products from animals fed with bioengineered food and foods developed using bioengineered processing aids or enzymes, to still be labeled as non- bioengineered.

Touted as a means of ending confusing patchwork of GMO labeling laws, the Dark Act is really nothing more than a camouflage for the removal of Americans rights to know what is in their food and drink.

More than 90 percent of Americans have demanded mandatory GMO labeling with some states fighting independently and winning, yet Congress has ignored this overwhelming support of the people to demand clear GMO labeling. In recent weeks, major broadcast networks and primetime cable news programs have completely ignored the debate and passage of this house bill that would block states and the FDA from requiring GMO labeling. The bill would not only prevent states from implementing mandatory GMO labeling but would also complicate the process for any food manufacturer to voluntarily label GMO foods, possibly delaying the voluntary labeling for years. The real intent of this bill is to stop both mandatory GMO labeling and voluntary non-GMO claims, thus ending all claims related to genetically modified ingredients. This bill could reverse such states like Vermont's, Maine and New Hampshire's mandatory GMO labeling law.

Congressman John Conyers criticized the lack of news coverage on this issue saying that the people deserve to know what's in their food but that a lack of media attention means that most Americans have been denied basic information about the debate in Congress. He goes on to say that it's time for our nation's major news organizations to shine light on sweeping change to our food system. Guess what, it's not going to happen, since big business owns much of the news media. You see what they want you to see on the news and they will continue to go on sneaking bills such as this one right under your nose. It's up to all us to spread the word about GMO's. Social media is one way of doing so. By this time everyone in the United States should know what genetically engineered food is all about but they don't. It's time to spread the word and educate them.

Wenonah Hauter, executive Director of the nonprofit Food and Water Watch has called this bill "Monsanto's Dream Bill, because it affects agricultural production as well as labeling, expands the definition of the word natural to include GMO ingredients and would weaken efforts by nonprofits like non-GMO Project to establish strict guidelines for labeling of GMO free products. This bill would make it effectively impossible for America to enact the same kind of mandatory GMO labeling that exists in 64 other nations – and it would overturn existing GMO labeling laws in states like Vermont, Connecticut and Maine.

H.R. 1599, which passed the house on July 23rd, will now be headed to the Senate for a vote. You can count on it being fast tracked. There's still time for us to make our voices heard. Go to: <http://signforgood.com/stopthedarkact/?code=EWG> and sign the petition or type in (How to Stop the Dark Act Petition.) The main thing is to let Congress know you are against HR1599. We need to take back our voice in Government before it's too late.

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PUMPKIN BREAD

For the Fall Season

When fall arrives and pumpkins galore pop up from the ground, it's time to think about making this nutrient rich vegetable part of your diet if you have not already done so.

Pumpkins contain important nutrients such as calcium and potassium, and this orange colored gourd contains a high amount of Vitamin A that contributes to good vision and healthy skin.

Pumpkin pie is a common dessert served for Thanksgiving, but if you like bread more than you like pie, you may want to serve pumpkin bread instead.

INGREDIENTS

- 1 1/2 c. sugar
- 4 egg whites
- 1/2 c. canola oil
- 7 1/2 oz. canned pumpkin
- 1/3 c. water
- 1 1/2 c. flour
- 1 tsp. baking soda
- 1/4 tsp. baking powder
- 1/2 tsp. salt
- 1/2 tsp. cinnamon
- 1/2 tsp. nutmeg
- 1/2 tsp. allspice

To make pumpkin bread, simply mix the sugar, egg whites, canola oil, canned pumpkin and 1/3 cup of water together in a bowl until all the ingredients are well integrated.

Add the flour, baking soda, baking powder, salt, cinnamon, nutmeg and allspice and stir to blend.

Pour the mixture into an 8- by 11-inch greased baking pan and let the bread cook in a preheated 350-degree oven for 50 minutes, or until a toothpick comes out clean after inserting it into the center of the bread. Since pumpkin bread has a subtly sweet flavor and can pass for cake as well as bread, enjoy this delicious treat before or after dinner. Spread cream cheese on pumpkin bread for additional flavor. Press chopped walnuts into the cream cheese for more texture.



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Let Me Shake Your Hand... Again, Sophia Schindel

By Susan Heckler



Being a kid in the suburbs is a full time job. They have the requirements to meet in school, responsibilities at home, sports commitments, family time, social life... it can be exhausting. For most kids, they have trouble juggling just living their life.

And then you have the child that finds the time in her day and the room in her heart to reach out and change someone else's life. Twelve year old Millstone Township resident Sophia Schindel is going into 7th grade and plays basketball and lacrosse on competitive teams. She is an active member of her local Girl Scout troop. Somehow, after successfully doing all this she also has the time to volunteer to assist the Special Needs Girl Scout Troop in Millstone.

You may remember that last year Sophia got involved with the American Girl Fashion Show to raise money for Special Olympics. The event raised over \$22,000 and Sophia alone raised \$3,600. Once again, she is involved as an Ambassador, a model and a fundraiser. So far she is the number one fundraiser and has raised \$5,500. She will keep raising money until the event on October 18th.

According to their web site, "Special Olympics helps individuals with intellectual disabilities overcome barriers through sports." Special needs athletes are empowered to reach and exceed their personal best playing on a sports field and in life.

If you are interested in donating, attending or just getting involved, you can get information at <http://sonjamericangirl2015.kintera.org>



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Hoping that Showplace Remains a Showplace

By Susan Heckler

In the end of July, word spread that the magnificent Showplace Farms on Route 33 in Millstone would be closing its doors and the property would be sold for development effective October 1, 2015. Those 150 acres of scenic horse farm that takes your breath away each time you drive by was projected to be mixed housing and commercial to add to the long line of existing strip malls that line the State Road.

Shortly after the announcement, I met with State Assemblyman Ron Dancer with a concerned citizen, Manus Mullanaphy, in the legislative offices. We discussed what a tragic loss this would be to the community as well as the importance the Equine Industry is to our state. Our government needs to protect it to keep the 120,000 jobs in New Jersey as well as the preservation of the 170,000 acres of working horse farms. The Showplace Farms facility covers over 150 acres in Millstone Twp., and includes racetracks, a therapy swimming pool, paddocks and a blacksmith shop. Since opening in 1979, it has been the venue for many of the nation's most successful race horses and trainers.

Assemblyman Dancer, who comes from generations of equine enthusiasts, moved swiftly into action. I received a press release days later that he and Assemblyman Rob Clifton have been in active communications with the owners of Showplace Farms with the hopes of preserving it for posterity.

"Every effort must be made to preserve Showplace Farms for open space and maintain its beautiful landscape," said Dancer. "We are not only losing over 100 jobs with

the Farms' closing and the relocation of over 400 horses to out-of-state equine facilities, but we are concerned about the possibility of the grounds being sold for development. I am encouraged by our initial meeting with the owners' representative of Showplace Farms as well as local and state officials to find a way to protect this land."

Dancer and Clifton were joined at the first meeting by Mr. Howard Schoor, representing the owners of Showplace Farms and officials from the state, county and local levels, including: Patricia Butch of Monmouth County Agricultural Development Committee (MCADC); Nancy Grbelja of Monmouth County Save The Horse Committee; and Amanda Brockwell of Monmouth Conservation Foundation. The Monmouth Conservation Foundation, a nonprofit conservation organization, will assist to facilitate the preservation process.



A second meeting August 18 was attended by our elected officials, Amanda Brockwell of Monmouth Conservation Foundation, Patricia Butch of the MCADC, Jena Cosimo of Monmouth Conservation Foundation, Bix Dimco,

Manager of Showplace Farms, Dennis Dowd, attorney from Santoro & Santoro for the potential purchasers, Nancy Grbelja of Monmouth County Save the Horse and former Millstone Mayor, Harriet Honigfeld, Coordinator of the Monmouth County Farmland Preservation Program, Dan Knox of the SADC, Edward Santoro, attorney with Santoro & Santoro, Tom Luchento, President of the Standardbred Breeders & Owners Association of New Jersey, Barbara Schoor representing ownership of Showplace Farms as well as Howard Schoor.

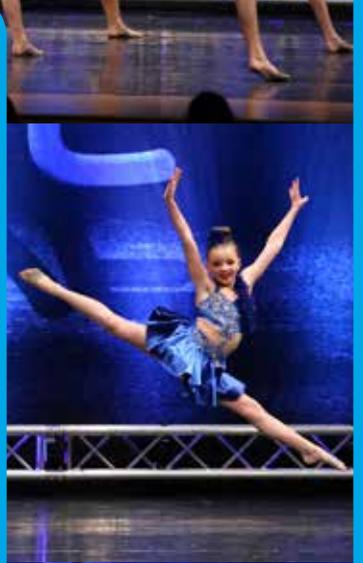
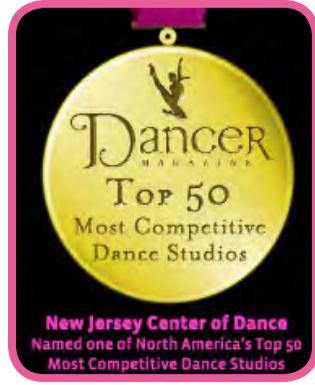
According to Assemblyman Dancer, Attorney Dowd (former NJ Racing Commissioner) contacted a few potential purchasers of the farm with a high degree of interest. The goal is to keep the center open with possible lease/purchase arrangements which will preserve it as a farm without the intervention of public funds or the possibility of a combination State/County/Municipal purchase of the development rights under Farmland Preservation or Open Space. Appraisals are being done to determine the value of the raw land as well as the agricultural value as a working farm, taking into account of the improvements made.

This mass meeting-of-the-minds of people who love the rural flavor of our community and are dedicated to the equine industry are cautiously optimistic that Showplace Farms will be a source of beauty and an asset in the future for generations to enjoy.

I, for one, am quite impressed with the degree of dedication and the speed used to make this all happen. Many thanks to our elected officials for doing their job and doing it so well!!



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A Safer Route 539 is on the Way

By Susan Heckler

The State Road 539 extends 53.49 miles from Main Street (U.S. Route 9) in Tuckerton all the way to U.S. Route 130 in Cranbury Township. There is a 25 mile stretch between Little Egg Harbor and Plumsted that has been plagued with safety issues for quite some time. In July, thanks to our local elected official's persistence, the state announced a project estimated at \$3.4 million to make some major safety upgrades under the Federal Highway Administration's High Risk Rural Road Project.

In a recent meeting with State Assemblyman Ron Dancer, we discussed the 14 fatalities from the last 2 years and what actions he, Congressman Chris Smith, State Senator Thompson and State Assemblyman Clifton have been working on within their legislative offices to alleviate the issues.

The most noticeable and immediate change has been an increased police presence to enforce traffic rules until the physical safety changes are implemented. A collaborative effort was made by the Ocean County Sheriff's Department, the New Jersey State Police and local police from Little Egg Harbor, Barnegat, Plumsted, Manchester, Lacey and Stafford. On a recent Saturday, nearly 100 summonses were issued on that one road, 89 of which were on a 38 mile stretch.

Police made 146 motor vehicle stops that Saturday with violations broken down as:

- Speeding: 24
- Seat belt violation: 17
- Equipment infraction: 8
- Nonmoving violations: 21

- Other moving violation: 19
- Outstanding warrant: 3
- Drug offense: 4
- Driving While Intoxicated: 1
- Vehicle inspections: 3

Coming in 2016 will be Rumble Strips to reduce center-line crossovers, Raised Pavement Markers to increase night-time and bad weather visibility, All Weather Reflective Striping making the lines easier to see, Radar-activated chevron signs clustered at curves, and a High Friction Road Surface at 6 curves to prevent skidding.

The road improvements are expected to be a significant change in the safety of the roadway, although, from the list of motor vehicle infractions, improvement in judgement on behalf of the drivers would be helpful too.



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