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## Special Kays Competitive Dance Team Wins Top Awards at Groove National Dance Competition

Special Kays—a non-profit, nationally recognized competitive dance team of the New Jersey Center of Dance (NJCOD) and Performing Arts—received numerous top awards at Groove National Dance Competition (Atlantic City) on July 6-12. The team received 20 platinum (highest level) awards, as well as special judges and first place awards for many of its solo, duo/trio and group dance numbers.

In the petite solo category (7-9 year old), Kendall Deal (Monroe Twp.), Bella DePompo (Allentown, NJ), Chandni O'Keefe (Princeton) and Nicole Rubino (Millstone Twp.) received first place awards. Ava Brooke DePalma (Millstone Twp.) received a special judges award for having "awesome energy" for her solo performance in that category.

In the junior solo category (10-12 year old), Allison Hoeni (East Brunswick), Kailey Kocur (Millstone Twp.) and Briana Shiffrin (Cream Ridge) received a platinum award.

In the junior duo/trio category (7-9 year old), Chase Jansen (Millstone Twp.) and Kendall Deal (Monroe Twp.) received first place, as well as a special judges award for "Great Chemistry."

Sophia Abene (Monroe Twp.) and Amanda Capasso (Jackson) received a platinum award in the teen duo/trio category (13-15 years old). Amanda Capasso also received a platinum award in the senior solo category (16 years old and up) for her performance.

The team also won 15 platinum and 5 first place overall awards, as well as special judges awards for its group numbers at Groove. Seven of those group numbers were chosen from more than 500 numbers to compete in the dance off.

"Special Kays is excited to be ending its competition season with so many accolades," said Linda Kay Griggs, director, Special Kays resident dance team for the New Jersey Center of Dance & Performing Arts. "We look forward to another successful season ahead." ■

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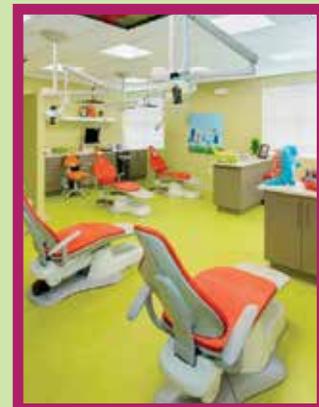
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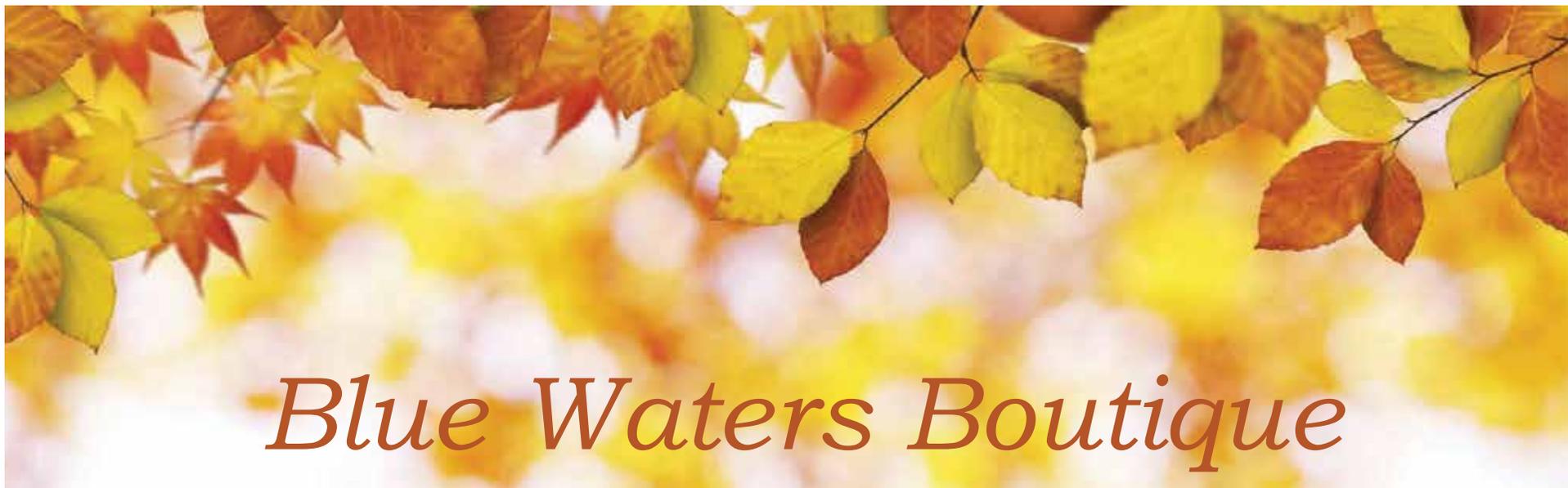
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# Something to Blog About

By Susan Heckler

Style is something you are born with, you either have it or you don't. Anyone can purchase clothing, but putting components of outfit together and adding accessories to make a killer outfit is a gift. This is so essential to our world that people make a career out of being a stylist and companies come up with ideas like Garanimals (yes, I am dating myself) to help people assemble their outfits to match.

Most young women get their sense of style from advertisements and, in many cases end up looking like their friends around them. You are dressed for the occasion and in style, but does it suit your personality? Does it reflect your mood or put you in a good one?

Danielle Kraidin was lucky enough to have the gift of individual style, and a mother to share it with. Dani attributes her fashion sense to her Mom, Patrice, who from a very young age dressed her with flair. This became a mother/daughter hobby of shopping and assembling ensembles to envy. The duo shops for their fashions anywhere from a flea

market to haute couture. Dani enjoys mixing up basic budget items with high end ones to come up with totally new and different looks. She will pair a tee shirt from Forever 21 with Gucci heels or jeans from Target with a Coach handbag. She loves to let her outfit suit her mood or make her mood.



You would think a 15 year old who is a honor student, testing for her black belt in tae kwon do, studying fencing, doing SAT prep and other things would be way too busy for much more. Danielle has so many friends asking for fashion advice that she decided, back in March, to start a blog to share her ideas. Omg-fashiongirl.com is Danielle's blog with 1,000 followers and you can check out her latest You Tube video [www.youtube.com/watch?v=c-JSjQ9EYO8](http://www.youtube.com/watch?v=c-JSjQ9EYO8). She narrates the videos and her father, Jonathan, is her videographer. Her latest one was shot at Princeton University, one of the top on her list of schools to apply to.

So do you think Millstone Township has our very own Rachel Zoe in training? ■



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# Are You Questioning Where It Is Best to Put Your Aging Parent?

By Susan Heckler

**QUESTION: My mother is at risk living at home alone but does not need a nursing home. The atmospheres in the assisted living facilities I have toured have residents that are much lower functioning than her. Is there an in-between place where my mom can be safe and live with other residents at her level?**

**ANSWER: Yes and no. At the moment, no, but in a few short weeks yes.**

Fall 2014, Parker at Monroe will open its Long-Term Living Community. This blends an environment similar to an assisted living residence with best practices of skilled nursing care and specialized memory care services for all stages of dementia. Parker Home has been in the field of skilled nursing and caring for the elderly since 1907, with three other locations in New Jersey. All Parker Homes are supported by a highly trained staff, 24 hours a day, 7 days a week, providing the residents who live there an optimal quality of life and social interaction in a comfortable, home-like environment.

Your loved one will be placed with other residents of the same cognitive and physical ability so your fear of having your high functioning parent sit idle with no mental or physical stimulation is alleviated. When they have the need for more care, it is available, as is the medical treatment.

Most assisted living facilities consist of one very

large, hotel like structure where residents may be overwhelmed at the drastic change from living in their own home. The Parker at Monroe campus is comprised of 6 small homes, each with 16 residents. All of the small homes are connected to a central community center, which is easy to access. Each small home's residents have similar cognitive and physical needs. Every resident has one of 88 spacious private or 4 semi-private suites of just under 300 square feet, with a fully-accessible bathroom and large walk-in shower. The small home is complete with its own living room, kitchen and dining area. Residents are able to spend most of their time there and can visit the Community Center, which offers many amenities including a fireside lounge, Health & Wellness Center, formal dining room, and café.



The long-term living community is designed to support independence, but can accommodate assistance when needed. The community was designed for residents that are in transition from living totally independently to needing some level of assistance now, with later assumed assistance needed in the future. Residents have the option of complete privacy or total social life or anywhere in between.

For more information about Parker at Monroe visit the website at [www.FrancisEParker.com](http://www.FrancisEParker.com) or call 732-565-2422. ■

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# Monmouth County Hunt

By Susan Heckler

Hunting has been a big part of Monmouth County since before the settlers hit dry land. Our lush landscape is home to many animals. You typically hear about deer hunts, but there are other animals hunted for sport as well as for food or fur.

Fox hunting has been a sport in our area since 1885 when Peter F. Collier, an Irish Catholic immigrant from County Carlow, Ireland built a kennel and stable on property he saw during a hunting excursion in the Marlboro Hills territory, Marlboro Township. He named his estate Rest Hill and built a replica of Mount Vernon that still stands. Meets were held from his property and surrounding areas of the eastern portion of Monmouth County through the late 1960's.

Mr. Collier imported his horses and hounds from Ireland and traveled with them to where hunting was in season. He assisted others in setting up hunting clubs in their areas. His son Robert took over the responsibility for the Monmouth County pack of draghounds in 1904. After his father's death in 1909, he inherited the estate but took little interest in the hounds and hunting. The hounds and horses were purchased after World War I by General Howard Borden who helped officially form the club.

Throughout the years, various individuals worked tirelessly to build a renowned stable and an exceptional pack of hunting dogs.

Most of the hunt takes place in Upper Freehold Township. According to the Monmouth County Hunt's website, Upper Freehold Township has more horses in residence than humans. "The country consists of flat to rolling terrain with sandy, well draining soil, wooded coverts and open fields. The country is divided into two sections, the wildlife area around our kennels which has been successfully shared with other sportsman for many years and the "farm country" on the south side of Route 195 which consists of cropland, nursery and breeding farms. Jumping efforts include inviting natural obstacles and coops. The wildlife area has sandier soil with some deep swampy coverts although there is also plenty of open cropland. This part of the country borders on the New Jersey Horse Park. The "farm country" soil has more clay and also has good coverts between pastures, hayfields and nursery."

The Monmouth County Hunt's hounds have been a crossbred pack since the mid 1960s. The successful hound "must have nose, drive and must be extremely biddable due to the challenges of deep coverts, plentiful game and roads."

Membership in the Hunt is based on traditional Foxhunting etiquette. In order to request membership, an individual must cap 3 times within a season. Once that is completed the individual can then request full membership from the board of directors through a written letter. Consideration of the request will occur at the next board meeting. For more information on the club and fox hunting, check out their website, [www.mchconservancy.org](http://www.mchconservancy.org). ■

## The Monmouth County Health Department will be hosting a Flu Vaccine Clinic

**Tuesday October 14 • 1-2pm**

**Millstone Community Center  
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Flu vaccine is available for anyone over 6 months old. The cost is free with Medicare B, Medicare Rail Road other insurances accepted include Aetna, CIGNA, Coventry, Humana, UMWA, Three Rivers and United Health Care. Others: \$25 payable by check or cash. (A receipt will be given for you to submit to your insurance.)



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# Let Me Shake Your Hand, Jenna Wincek

By Susan Heckler

When you think about Girl Scouts, what comes to mind? Cookies of course, but the words “be prepared” and “do a good turn daily” are also closely associated.

Jenna Beth Wincek is a 17 year-old resident of Millstone Township who has been a Girl Scout since first grade. Now an Allentown High School student, she is preparing for her Gold Award. According to their website, “The Girl Scout Gold Award represents the highest achievement in Girl Scouting. Open only to girls in high school, this prestigious award challenges you to change the world—or at least your corner of it, and be eligible for college scholarships, too. By the time you put the final touches on your seven-step project, you’ll have solved a community problem—not only in the short term, but for years into the future.”

To earn her award, Jenna Beth has organized two events to serve the community. She is organizing Halloween themed math events at the Millstone Township Primary School on Friday, October 24th between 6-8pm and Newell Elementary School in Allentown on Thursday, October 16th from 6-8pm. At these events students and parents will trick or treat through 24 fun interactive math games. Jenna Beth entitled her events Halloboo Math and

the goal of the events is to educate and encourage parents to use math with their children in a fun way every day. She has enlisted the help of fellow high school students for what sounds to be like a great mix of fun and learning. Children, ages 3 to 10, are encouraged to wear their Halloween costumes to the events and bring a bag to collect a treat at each game. Donations of new board games and/or new or gently used Halloween costumes will be accepted at the events. The collected items are going to be donated to Home-front in Lawrenceville whose mission is “to end homelessness in Central New Jersey by harnessing the caring resources and expertise of

the community. We lessen the immediate pain of homelessness and help families become self-sufficient. We work to give our clients the skills and opportunities to ensure adequate incomes, and we work to increase the availability of adequate, affordable housing. We help homeless families advocate for themselves individually and collectively.”

If you are interested in being involved in the project, you can reach out to Jenna Beth at [halloboomath@gmail.com](mailto:halloboomath@gmail.com). We would like to shake Jenna Beth’s hand for helping her community by providing great fun, a great learning experience, and teaching school kids about giving back and looking outside their own comfortable bubble to help others. ■



Jenna Beth Wincek is showing Shana Ruskin, a first grade student at Millstone Primary School, the Math Ball Toss game and Flash Card Haunted House, which will be available to play during the Halloboo Math events.



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# Beautiful, Quality Artwork at Affordable Pricing

By Brianna Siciliano

Have you been on the hunt for beautiful artwork that will help complete your home or business? Well, look no further! Finding beautiful and quality pieces of art could not be any easier. Wholesale Art Showroom, which is conveniently located in Manalapan, is committed to providing their clients with the best service and selection of art.

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can't afford to not check out what Wholesale Art Showroom has to offer.

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- Eliminate the need for unsightly and expensive fences
- Gain the freedom to plant what you want, not just "deer resistant plants"
- Decrease deer traffic on your property which will result in less deer droppings on your lawn and less potential for deer ticks (carriers of Lyme disease)

And, most importantly, you will finally be able to "take back your yard!" ■

## Falling for Fitness

By Susan Heckler

Summer may be officially over, but don't miss out on one of the best times of year for outdoor fitness. FALL! For many of Mother Nature's creatures, autumn is the time to stock up on the available food and get ready for winter. Squirrels look cute with food stuffed into their cheeks and a few extra pounds...not so with us humans.

The cooler weather is very conducive to outdoor exercise. Less heat and humidity makes for a very pleasant workout. Fall foliage makes for amazing biking, hiking and walking. If you are not into a workout routine, even just doing yard work such as raking leaves is better than doing nothing. Get your heart pumping and breathe in some fresh crisp air.

The Monmouth County Park System has some amazing trail and some guided classes you can sign up for. Check out these beauties right in your own back yard.

- **Assunpink Wildlife Management Area**, Clarksburg-Robbinsville Road, Robbinsville
- **Cheesequake State Park**, 300 Gordon Road, Matawan
- **Clayton Park**, Emley's Hill Road, Upper Freehold
- **Historic Allaire Village**, 4265 Atlantic Ave., Wall
- **Manasquan Reservoir**, 311 Windeler Road, Howell
- **Union Transportation Trail (UTT)**, Cream Ridge

It makes no difference if you bring friends, family, or just your own thoughts. Strolling through beautiful trails is great for your body, mind and mood. Before you know it, winter will be upon us. Enjoy the great outdoors while you can still see the grass and not see your own breath. ■



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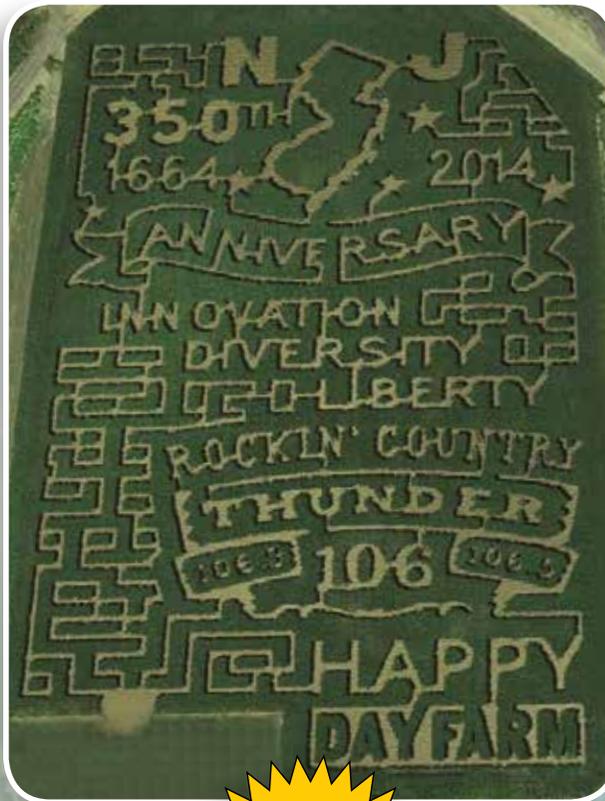
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# MILLSTONE STUDENT OF THE MONTH

## Olivia Pereira

By Pam Teel

Sixteen-year-old Olivia Pereira, from Millstone Township, is a junior at Allentown High School. She loves her school and the fact that she gets to see her friends on a daily basis. She especially enjoys learning and experiencing new adventures with her friends by her side. Her favorite subject is Spanish. She enjoys reading the *Divergent* Series and the *Selection* Series. Her favorite TV shows are *Teen Wolf*, *Vampire Diaries*, and *So You Think You Can Dance*.

She likes to play the guitar in her free time and is leaning toward becoming a lawyer in the future. Her favorite place to visit is Marco Island with her Grandpa. She feels that her mom and dad are the most amazing and supportive parents anyone could ask for. Her mom has always taught her to believe in herself and to always strive to reach her dreams. Olivia has an older brother Nick and an older sister named Angela, whom she considers not only her siblings but also her best friends. Olivia's speaks fondly of her Grandma as the most warmhearted, funny, and caring person that she has ever met. She loves spending time with her Grandma.

Her Grandpa on her dad's side is Portuguese and Olivia loves learning about the culture and hearing stories from him about his life when he lived in Portugal. Olivia has three dogs: Chloe, Chico and Laila. She also has four cats: Sammy, Allie,

Charlie, and Pep. Her favorite holiday is Christmas. Olivia has been a dancer since she was three years old and is trained in Ballet, Hip Hop, Lyrical, Contemporary, Cheer Funk, and Acro.

She is a member of the Spanish Honor Society, Student Council, Leo Club, The Nutshell Newspaper, and the Debate team. Olivia received a certificate for being an Outstanding Student in early 2014 for her Excellent Academic Achievement. Her favorite food to eat would be crepes. If she could have one wish it would be for all of her family and friends to be safe and healthy.

Olivia loves animals and works at a Veterinary Hospital. She loves having the opportunity to help and care for the animals that she comes in contact with. Good luck to you, Olivia as you continue through the school year. Never stop reaching for your dreams!

**If you have a child, elementary through high school age, whose academic performance is above average, please email me at: [Crescent671@yahoo.com](mailto:Crescent671@yahoo.com). I would love to showcase your child as the Millstone Student of the Month! You can also nominate someone that you know. ■**



Olivia Pereira holding her Certificate of Achievement Award earlier this year



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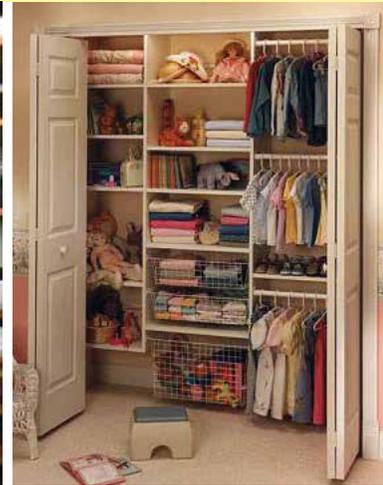
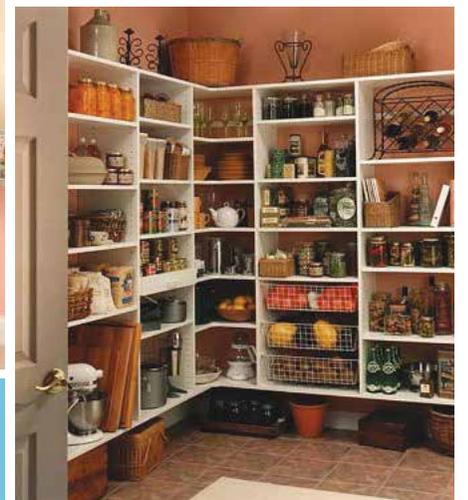
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# Millstone Day

## A Gathering Day for the Community

By Pam Teel

Despite the threat of rain, Millstoners set up their tables and booths early in anticipation of the annual Millstone Day on Sunday September 21st, hosted by the Millstone Recreation Committee. The event was held at Frogbridge Day Camp in Millstone. Owners, Frank Pugliese and his son J.R., helped to make the event a special time for all Millstone residents and the surrounding community to enjoy. The event was a gathering place for people of all ages to host charity events, sell their wares, promote their organizations, and just enjoy each other's company on the spacious camp grounds at Frogbridge.

With so much to offer and so many scheduled activities, Millstone residents were lucky to have such gracious hosts allowing them the use of this eighty six acre facility where they were able to participate in so many activities that included: volleyball, basketball, tennis, paddle boats, dance contests, miniature golf, wall climbing, inflatable rides, crafts, petting zoo, and much more. It was sure to be a day of fun for everyone, especially the children where there were plenty of activities on



Rebecca Klein and Kathy Heller sell their Perler figurines on Millstone Day to help aid the AWA Organization.

hand like pumpkin decorating and other seasonal crafts. There were also plenty of food vendors and barbequed delights. There were hamburgers, sausage and peppers, hot dogs, fries, cheese steaks, and more, to choose from, keeping everyone well satisfied.

Twelve year old Rebecca Klein and eleven year old Kathy Heller set up a booth where they could sell their Perler Bead Figurines, which consisted of animals, characters, and mini's, in an effort to help raise money for the (AWA) Animal Welfare Association. Realizing the good work the AWA does in helping

to save animals and place them in good homes, and wanting to do something to help the organization, Rebecca came up with the idea of selling the Perler figurines at Millstone Day. Her mission is to help raise money that will go directly to the shelter so that they can purchase more bedding, toys and food for the animals waiting to be adopted. Rebecca has a true love for animals and feels great knowing her donations will go towards making a pet feel loved.

Kathy likes the AWA because it is a no kill animal shelter that has a loving volunteer staff that really cares for the animals. The Organization has cats, dogs, bunny rabbits and even guinea pigs that need adopting. Kathy's family has adopted from the shelter a few times already.

Both girls spent hours at Kathy's house making the figurines. They also took a field trip to the shelter and spent a whole day playing with the animals. They both felt a little sad for the animals but stated that it felt good knowing that they were going to be helping them with the money they collected at Millstone Day. Knowing that this is a no kill organization and that the animals don't have a time clock ticking over their heads gives the girls even more incentive to help the animals stay at the shelter a positive one.

If you would like to find out about fostering, adopting, volunteering your time, or donating materials or money, go to: [www.awanj.org](http://www.awanj.org).

Once again, Millstone Day was a great success. In this busy world, it's always nice to be able to set aside a day to share with family, friends and new acquaintances! ■



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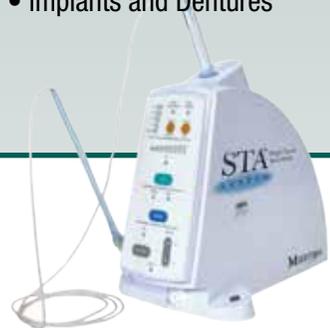
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## Fun-Filled Halloween Events in Central Jersey

By Brianna Siciliano

Halloween is a time for pumpkin picking, hayrides, corn mazes, and frightful attractions. The month of October is a great time to get together with friends and family and embrace the upcoming holiday. There are many Halloween events and activities to help you and your family get in the Halloween spirit.

If your family is looking for kid-friendly activities, why not visit A. Casola Farms located in Holmdel? From September 20 until October 31, A. Casola Farms offers a delicious food court, pick-your-own pumpkins, and daytime events, including face painting, pony rides, and a petting zoo. On the weekends, the farm offers a corn maze and a wild west show. In the night time, A. Casola Farms offers haunted hayrides, a corn walk of terror, and a house of horrors for thrill-seekers to enjoy from October 3-31. For more information on A. Casola Farms, visit their website at [www.acasolafarms.com](http://www.acasolafarms.com) or call 732-332-1533.



There are loads of different Halloween events to get your family into the Halloween spirit, including pick-your-own pumpkins, going on a hayride, walking through a corn maze, or visiting a haunted house.

If your family is near the Freehold area, and you are looking to pick-your-own pumpkins and apples, or enjoy a hayride (offered on weekends only), pay a visit to Battleview orchards. Battleview orchards has acres of fresh pumpkins and apples for your family to pick at, and if you visit their website at [www.battlevieworchards.com](http://www.battlevieworchards.com), your family can try creating one of the farm's easy, delicious family recipes, including pumpkin pie, pumpkin cookies, pumpkin ice cream, pumpkin bread, roasted pumpkin seeds, apple pie, apple crumb cake, and apple crisps. For more information about Battleview orchards, visit their website or call 732-462-0756.

Families who are looking for family-friendly pumpkin picking, corn-mazes, and hayrides should check out K & S Farm's Sunshine Acres, located in East Windsor. Sunshine Acres is open to the public on Saturdays and Sundays in October from 10 in the morning until 5 in the afternoon. The farm also sells cider, assorted fruits and vegetables, carmel apples, cornstalks, straw bales, and other fall decorations. At night, Sunshine Acres offers a friendly flashlight maze, night pumpkin picking, and a "safe zone" play area. If your family has members who love being scared, then K & S Farm's Field of Terror is perfect for you! Your family can choose from four terrifying events, including the Killer Kornfield, Zombie Attack: Haunted Hayride, The Unknown Barn, or Dementia 3D: Haunted House. For more information on Sunshine Acres and the Field of Terror, visit the farm's website at [www.fieldofterror.com](http://www.fieldofterror.com).

Halloween is one of the only times set aside for fun and scares. Don't let this October fly by without having some Halloween fun! ■



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## Real Property Assessment Procedures

In his continuing effort to shrink the cost of government, Assembly Republican Ron Dancer introduced legislation to help municipalities and counties better administer real property assessment.

“It is very difficult for counties and municipalities to plan responsible budgets when tax appeals come into play so late, in many cases after budget adoptions. By moving up the tax appeal process earlier in the year, we will have a more accurate tax rate that reflects the true value of the tax base and a more certain source of revenue to fund the local budget,” says Dancer, R-Ocean, Burlington, Middlesex and Monmouth.

“By making the tax assessment system more cost effective and accurate, taxpayers receive their tax refunds or credits more timely,” continued Dancer. “The municipality would not have to borrow money to pay those refunds resulting in further taxpayer savings.”

The bill, A-3477, permits any county to adopt alternative real property tax assessment dates, moving the deadline for filing an assessment appeal ahead by 10 weeks, and allowing appeals to be heard three months earlier before budgets are

finalized.

With the adoption of the alternative calendar dates, Dancer says, all appeals in a county would be completed before the local property tax rate is calculated. Under Dancer’s bill, appeals can be heard as early as February, rather than waiting until June or July.

“This is just a better way to handle appeals. With some adjustments to the appeal deadlines, we can reduce the costs associated by successful appeals by property owners. The benefits of wrapping up the appeals before the budget are substantial,” says Dancer. ■



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### MAKING YOUR MOVE EASIER

We can provide complete moving and packing service or you can do your own packing. If you are packing your own belongings, it is important to make sure all your packing is done before the movers arrive. If you aren't finished, it will slow down the moving process. You are responsible for the items you pack, but remember that nothing flammable is permitted on the truck.

As you are packing your boxes, you can save time and make the job easier by taking the time to properly seal all boxes and clearly labeling the box. It is a good idea to label the boxes with the area where they will be placed by the movers when they arrive at your new home. Include any information about fragile items inside boxes for the movers.

Although our movers provide exceptional quality moving service, it is always advisable to keep certain things in your possession. For example, keep your ban information, health records, and other important documents with you during your move. You can always place fragile items, such as electronics and pictures, in your car.

### THINGS TO DO BEFORE MOVERS ARRIVE

- Disconnect washers and dryers and cut gas lines
- Empty and defrost the refrigerator
- Disassemble beds and tables, but be sure to put the hardware in a safe place
- Save time by moving small items on your own before moving day

In some cases when people are buying and selling a home, there can be two closings in one day. Movers often provide a cost differential to hold your possessions overnight to avoid the stress of trying to do everything in one day. Your move will be smoother and less stressful with this method.

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If you are looking for moving companies in Brick, Old Bridge, Toms River, or Monroe, call the Moving Guys for professional movers at affordable rates. We provide upfront pricing and free estimates. A tip is not mandatory for movers, but always appreciated when the service is satisfactory. ■

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# Buyer Beware: *Don't Buy Until You Read the Reviews!*

By Pam Teel

This month I reviewed the **Stufz Burger Press** by Celebrity Chef, Brian Duffy. If you enjoy stuffing your burger with whatever you desire, then this product is for you. I have to admit it took me a few times to get it right.

The box comes with the Stufz press, which is made of plastic, and a sheet of instructions, which go into detail about how to make the perfect stuffed burger. You can also view a demonstration by Brian Duffy on YouTube. I felt the demonstration actually helped me better than the directions. Stufz is a mold. You put hamburger meat in it and press down. It forms a well. Stuff it with whatever you want and add more burger on top. Press again and it all sticks together. The burgers come out pretty big. There are guidelines to tell you how much meat to put it but it is pretty much trial and error before you get it right. I also found that the colder the meat, the less sticky the mess. The ratio should be 2/3 meat on the bottom and 1/3 on top. This product received mixed reviews by the public, but after my third try I seemed to have gotten the knack of it. **I would give this product a definite thumbs up** if you like the stuff in the middle of your burger and not on top! Also there is not much to it or to clean up. My Tips: Begin with cold meat, spray the press with some oil, measure out the meat with approximately 2/3 on the bottom, 1/3 on top, don't overfill the top, and press together. The press is also dishwasher safe.



**The Pocket Hose**—Don't waste your time. I bought one and ended up taking it back three times. The third time they wouldn't exchange it.

The pocket hose was created because it doesn't take up much space. As the water enters it, it expands. I feel it needed to go through a longer trial period before being sold on the market. True, it doesn't twist or kink, but it does blow bubbles, big bubbles that eventually leak and pop more times than not. It is recommended to turn the water nozzle off after use so pressure doesn't build up, but some people, like me, can't be bothered with turning the faucet on and off every time I have to use the hose. If you have a big yard and water a lot, don't waste your time or money. The newer 50-foot hoses are supposed to be improved and three times stronger, but yet they still have the same problems when water pressure builds up. I was told by the retailer to keep them out of the sun and store them indoors because of damaging UV rays and to make sure the faucet is turned off after every use. If I have to waste my time catering to the care of an expanding hose, then I would rather stick to the good old-fashioned harder rubber garden hoses that don't require any care except not running them over with my lawnmower. I would say the pocket hose might work for apartment dwellers with minimum use of them, but I wouldn't recommend wasting your money on this product at all unless you enjoy going back and forth to the store to exchange it. **I give this product a definite thumbs down!** ■

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## Local Photographer's Work Goes to International Exhibition

*Mary Anne Broderick Is Honored by Peers*



Two photographs created by Mary Anne Broderick of Mary Anne Broderick Photography in Millstone, New Jersey have recently been accepted into the General Collection of Professional Photographers of America's 2014 International Photographic Competition. Broderick's work will be on display at the Gaylord Opryland in Nashville, Tennessee Feb. 1-3, 2015. This International Photographic Exhibition is held in conjunction with Imaging USA, an annual convention and expo for professional photographers and several photographic associations.

A panel of 45 eminent jurors from across the United States selected the top photographs from nearly 5,000 total submitted entries at Gwinnett Technical College in Georgia. Judged against a standard of excellence, just over 1,800 images were selected for the General Collection and 918 (roughly 18 percent) were selected for the esteemed Loan Collection—the best of the best. The Loan Collection images will all be published in the much-anticipated "Loan Collection" book and over 200 selected General Collection images will be published in the "Showcase" book by Marathon Press.



Titled "Pugs Just Wanna Be Loved" (above) and "Brady" (right), Broderick's photographs will be in the International Photographic Exhibition alongside other top photographic works from the competition and traveling and special invitational displays.

These images constitute one of the world's largest annual exhibits of professional photography gathered simultaneously under one roof.

Professional Photographers of America (PPA) is the largest international non-profit association created by professional photographers, for professional photographers. Almost as long-lived as photography itself, PPA has roots that date back to 1869. It assists more than 27,000 members through protection, education and resources for their continued success. See how PPA helps photographers be more at ppa.com.

Mary Anne Broderick Photography specializes in creating images that portray the essence of your pet. From sweet and soulful to fun and playful, portraits tell their story. Mary Anne is a graduate of the digital photography program, University of the Arts Philadelphia. She is also a member of The Light Room, a non-profit photographic co-op in Philadelphia. Visit [www.maryannebroderickphoto.com](http://www.maryannebroderickphoto.com) for more information. ■

# Hazing Versus Team Building: How Can Parents Prevent the Abuse?

By Brianna Siciliano

When involved in sports, people often find themselves trying to “prove that they deserve to be on the team.” Many people who perpetrate hazing feel that new teammates need to be aggressive so that they can be initiated into the group. Hazing, however, is the worst way to handle a situation like this. Team building and hazing are very, very different.

Team building promotes respect, dignity, pride, and integrity while creating lifelong, positive memories. Hazing, on the other hand, is a power trip that humiliates, degrades, and shames players. It creates division and lifelong nightmares to players that are being abused.

As parents, it is important to think about your childhood. Did you undergo some sort of hazing when you were younger? If not, imagine what it would be like if you were a victim to hazing. Imagine being in your child’s shoes, repeatedly being teased, pushed around, made fun of, shut out, and bullied. Imagine feeling

isolated and tormented by other teammates, and imagine wanting to quit the team because of the bullying. Every player on every sports team should feel safe. It is not okay for teammates to bully one another.



**Hazing and team building are not the same. No child should be teased, pushed around, or made fun of by their fellow teammates. It is very important to prevent hazing and promote team building!**

Preventing hazing and promoting team building is a shared responsibility for administrators, coaches, parents, and players. The best way to prevent hazing is by informing children what hazing is and what the consequences are. If you are trying to think of healthy, bully-free ways for the children to bond, try having team dinners, movie nights, or ice cream outings so that the kids can bond in a healthy environment. Children on sports teams should never have to prove that they have the right to be treated with dignity and respect; mutual respect should be a number one goal for every sports team. ■



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# Scenic River Road Loop – Up the Delaware River, Part Two

By Pam Teel

Last month we journeyed to Bowman's Hill on the Route 32 side of the Delaware River where you can view the surrounding countryside via the top of the stone tower. Adjacent to the tower is the Bowman's Wildlife Preserve, which is a non-profit organization that showcases a wide diversity of plants native to Pennsylvania and the Delaware Valley region. Here you will find over 2000 species of plants native to PA and the surrounding area. There are also rare species growing that are protected by a 100-acre deer fence. The preserve is open to the public and hosts all kinds of flower events and guest speakers. This area also boasts over 22 miles of picturesque hiking trails. You can spend a day visiting the tower, the preserve, and taking a nice walk through the woods. Then take a quick side trip to see the Van Zant covered bridge (also known as Beaver Dam Bridge) in the shadows of Bowman's Hill Tower. The bridge is located in Solebury Township. It was built in 1874. This 86-foot bridge crosses the Pidcock Creek not far from Washington Crossing State Park (look for Aquetong Road). For more info on Bowman's Wildlife Preserve, go to: [www.bhup.org](http://www.bhup.org) for hours and admission. To find out about nearby Pennsylvania's covered bridges visit: [www.scenicbuckscounty.com/coveredbridge/VanSant.html](http://www.scenicbuckscounty.com/coveredbridge/VanSant.html).

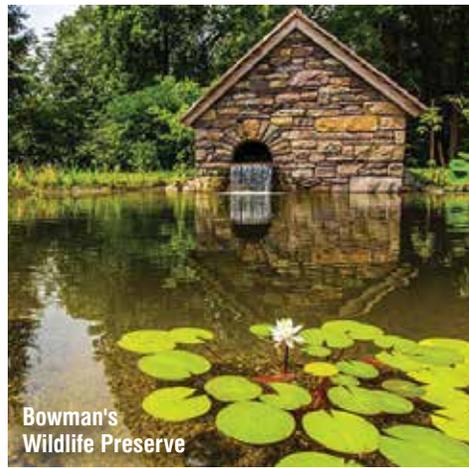
Getting back onto route 32, the next stop would be New Hope PA. This is a great way to spend a day with the plentitude of shops and restaurants in the quaint town. There are many historical buildings and lots of things to do down by the water. New Hope is a quick 45-minute ride from this area, accessing route 195 West to 29 W. You will be on the right side of the Delaware River. As you continue on past New Hope, the landscape becomes more rural and picturesque with forests, large trees, wild rhododendrons and rock formations that jut the roads edge. You'll go through several

small rural towns like Centre Bridge. You will pass the Phillips Mill Historic Site where you'll find an 18th century inn. There is a red bridge crossing the canal leading to a parking area and a small riverside park. There is no sign and you can easily miss it, but look for the red bridge. There you'll find restrooms, hiking trails and a river view. A little further up you'll see a bridge leading to the NJ side of Stockton. The area is quaint with old historic homes. Stop at the Stockton Inn for a bite to eat. Getting back across the bridge to the PA side, you can grab a burger and ice cream at Dilly's Corner or dine at the Centre Bridge Inn for a pricier meal. A great place to stretch your legs is the Virginia Forest Recreation area. You can't miss the large sign in front.

As you continue up route 32 you will come to the Cuttalossa Inn next to the Cuttalossa quarry. The inn provides outdoor seating next to a small waterfall on the creek.

It was named after a Delaware Indian tribe. A short walk from the inn you will find the most photographed spot in Bucks County. There is an old farm, old log buildings and some ruins dating back to the 1800's. You will then pass through the hamlet of Lumberville where you'll find stately old homes, the Lumberville General Store, and the famous Black Bass Inn. Fine dining at its best! Lumberville has a suspension bridge crossing over the Delaware and is a popular hangout for many artists, so make sure you take your camera along on your adventure. There is so much to see!

Next month we will continue up the route 32 river road side of the Delaware and explore many more sights and things to do. ■



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## Full Day Nursery School Offered at Millstone Township

By Susan Heckler

With all of the private day care and nursery schools popping up all over, there is one thing that is evident. There is a need. With the help of Millstone School Superintendent Scott Feder, the Board of Education has come up with a plan to fill that.

Enrollment in the district is down; residents moved into their beautiful suburban homes to begin a family and those families are now grown. There are empty rooms in all schools. Superintendent Feder said in 2-3 years' time, they would be able to condense the schools and close one building. For example, there are currently 70 kindergarteners enrolled whereas they had over 170 in the past years.

They previously offered a half day pre-school and, since they have the space and the demand is there, they have begun to offer the choice of a full day's program. Right now they have 12 full day students and 23 half day students. The cost is \$325/month for a half day program and \$750/month for full day. Transportation is not included.

According to Feder, "We have a distinct advantage in the preparation of little ones for their school age years. This relates to the ability for our preschool program to fully

engage with the rest of the school and for them to immediately become accustomed to the school setting, putting them in the best position possible to make the transition to kindergarten. Along with this is our curriculum which is the ideal program for pre-kindergarten foundation setting. Our facility is also incomparable to any other program. We have the full breadth of the Primary School and use it to provide students without outstanding physical space and materials. Finally, nothing beats our certified staff with years of experience doing what they love, teaching young children in a way that sets them up for success for years to come!"

The program is offered to non-residents and new students are welcome at any time. Feder said one of the advantages, in addition to your children under one roof, is that their teachers are not only certified teachers. They are certified preschool teachers, which many local pre-schools do not offer.

Another plus for the district is that this program brings in funds and will hopefully be a money-maker. That means a tax-lowering tool to the residents. ■



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# Let Me Shake Your Hand, Sophia Schindel

By Susan Heckler

There are many different degrees of caring. A person can have empathy or sympathy and care in that way or a person can go the extra step with drive and determination and actually do something to change someone else's circumstances. Eleven year old Sophia Schindel cares from deep in her heart.

Sophia is an Ambassador for a fundraising event for Special Olympics NJ, which is taking place on Sunday October 19, 2014 from 11am-3pm at the Forsgate Country Club in Monroe. The event is The American Girl Fashion Show. According to the website for Special Olympics NJ, they have planned "A fun-filled event for young girls, their families and friends and their favorite dolls! Peek into the past to see American Girl historical clothing, and then see what is new for special occasions, school, sleep and play. You will discover how generations of American girls have used clothing to express their style and personality. Come celebrate the sparkle and spirit of American girl style. Enjoy snacks, favors, fashions, a raffle and auction and much more! All proceeds to benefit Special Olympics New Jersey." For information on the event, check out SONJ.org or call 609-896-8000.

Sophia's efforts have already raised \$2,000 for a cause she believes in. Special Olympics NJ's mission is "to provide year-round sports training and athletic competition in a variety of Olympic-type sports for children and adults with intellectual disabilities, giving them continuing opportunities to develop physical fitness, demonstrate courage, experience joy and participate in a sharing of gifts, skills and friendship with their families, other Special Olympics athletes and the community."

In addition, Sophia will set aside time to volunteer for the local special needs Girl Scout troop and lend a hand where she can.

Kudos go to Mark and Mary Schindel, Sophia's parents for encouraging their daughter to get involved. A big handshake from The Millstone Times goes to Sophia, who shows so much passion for volunteering and helping others at such a young age. ■



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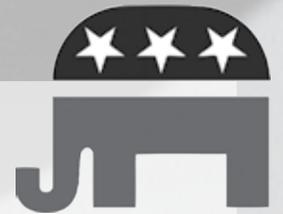
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- They do not want you to know who or what they represent
- They want to change Millstone's Master Plan to increase development

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- They have lived in Millstone for 37 years collectively and never participated in any volunteer organization
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- ✓ Stabilize municipal property taxes
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# How to Get Your Kids Out the Door to School

By Brianna Siciliano

Will your child do just about anything to get out of going to school? Will he or she complain of a stomach ache right before going to school? Do their symptoms reappear often? Do they beg to stay home? If so, you are not alone.

Many children refuse to go to school, often because of four main reasons: 1)

Your child could be bullied by, or have a hard time getting along with, peers. 2) Your child could be struggling academically, which makes him/her think of school as a negative experience. 3) Your child may have a problem listening to his/her's instructors rules. 4) Your child may be experiencing some sort of anxiety--whether it be separation anxiety, anxiety over tests, anxiety over what is happening at home, or anxiety over the chances that he/she will not be included in activities with his/her peers. It is possible to turn things around and find a way for your child to love school, but in order for that to happen, you need to follow a few steps.

To begin, do your best to get to the heart of your child's issue. Find out why your child is refusing to go to school. If you never know what his or her problem is, then you will never be able to come up with a proper solution. With this in mind, make sure that you have an open-mind through the entire process of approaching your child. Asking questions like, "When do you have the toughest time in school?" can lead your child to his/her first baby-step to enjoying school.

Next, do your best to work on solutions at home and at school. When your child is at school, he/she does not have the chance to rely on you for help. Instead, he/she has to rely on teachers for help. Most teachers share a similar goals with parents about school: they want the children to be cared for, learn, and grow both academically and

personally. By talking to your child's teachers, and working as a team to come up with a plan for both home and school life, you will help your child feel more comfortable outside of your home environment.

In addition, it is extremely important to coach your child through every step of this changing process. It is not likely that your child will make a complete turnaround and start tolerating or liking school in the blink of an eye. Be patient with your child's teachers, and if you notice that the plan you created is not working, come up with new ideas. Make sure that you are coaching your child through this changing process; for example, if one of your son's peers says something offensive to your son, teach him to use statements like the XYZ statements: "In situation x, when you do y, I feel z." To follow-up his statement, teach your son to end with a request (which can be as simple as "Please Stop"). Talk with your child often to see if school life is getting any better.

Most importantly, be supportive and positive. Acknowledge the progress that your son or daughter is making, even if the progress is only as small as "baby steps." Let your child know that you can see the effort he or she is giving, and that you are very proud of him or her. To keep your child's incentive going, why not try to reward him or her for her positive behavior? "For each day that you [blank], you will get an extra 15 minutes of iPad time." or "If you go to school everyday this week, we can [blank] this weekend." Offering rewards will give your son or daughter incentive to get out the door and go to school. They will be looking forward to their rewards.

If your child does not respond to these strategies after a week or two, then it is time to reach out for some support. School is supposed to be a fun and safe environment for children, not a place that makes your child feel afraid, lonely, or miserable. ■

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# Advice to Help Your Student Athlete Find the Perfect College

By Brianna Siciliano

When searching for the perfect college match for a student athlete, it is important to keep all the factors that colleges have to offer in mind. Student athletes are still students, after all; they will still have to pay attention academically, complete homework assignments, and study for tests while pursuing their athletic dreams. Being a college athlete takes motivation, organization, and dedication, and the transition from a high school student and athlete to a college student and athlete can be tough. To find the perfect school for your student athlete, do your best to keep all of this in mind.

As you research different colleges, try to focus on every factor that students need to look for. Research different school sizes, retention rates, diversity, locations, sports, and clubs. Above all, look for a school that offers your child's sport(s) and major. Is your child unsure of the major that he/she wants to pursue? If so, look for colleges that offer a wide variety of majors. Your child will have a much better chance of finding the right college for him or her when there are many options available.

Are you afraid to look into schools that have not yet reached out to your son or daughter? Don't be! Student athletes need to get their name out and initiate their interests of schools and teams. Are you ruling

out schools because they are not D1, D2, or D3? Try not to! It is more important to focus on the schools that want your athlete to attend their school and be a part of their team. Student athletes are looking for chances to improve, excel, play in games, and get the most out of their college experience.

When doing your research on the schools, try to avoid "party schools." Seek out schools where teammates and coaches will motivate your student athlete, and where peers and coaches will inspire your athlete to dream big for not just his or her athletic career, but for his or her life overall!

A great way to find the perfect school for your student athlete is to have them write down their athletic life goals and their non-athletic life goals. After finalizing their list, have your soon-to-be college student assess the colleges that he or she is interested in based on how they will help him or her achieve both their athletic and non-athletic goals. Remember that the college your child chooses to attend will be their home for the next few years. It is important that your athlete feels comfortable on the school grounds that he or she will soon be a part of. Keep all of these helpful hints in mind when searching for the perfect college. ■



When your student athlete attends a college, make sure that the college is the perfect school for them. The school will be his or her home for their next few years, after all!



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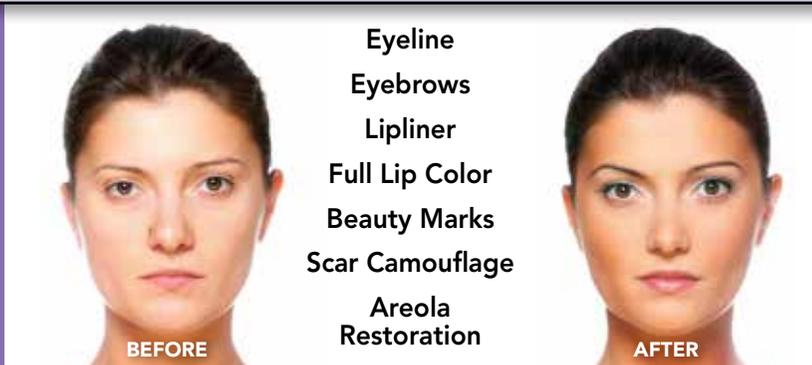
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# Should Schools Start Later in the Day?

By Susan Heckler

Waking up a school age child at any time is not an easy task. Let's face it, they all want to stay up late and they all require lots of sleep. In actuality, waking a sleepy parent up to wake a sleepy student up is a double whammy.

Research from the 1990's shows that it is nature telling our kids how to sleep and their sleep patterns are biologically determined. There is evidence suggesting that teenagers are seriously sleep deprived. A recent poll conducted by the National Sleep Foundation, 60% of children under the age of 18 complained of being tired during the day, according to their parents, and 15% said they fell asleep at school during the year. A growing brain and maturing bodies need on average 8.5-9.25 hours of sleep per night. Due to shifting circadian rhythms (your internal body clock), many teens can't fall asleep before 11pm even if they wanted to (which they don't).

School times vary within communities. In our part of Western Monmouth County, many schools stagger the start times within the district to maximize the use of their school transportation. If all schools started and ended at the same time, you would need to increase the amount of busses and drivers to accommodate it.

A 2005 congressional resolution introduced by Rep. Zoe Lofgren (D-CA) recommended that middle schools nationwide start at 9am or later. The theory is that if schools start later, the student will have more time to sleep in, leaving them more rested and able to concentrate on lessons which may increase student achievement. The theory goes on to state that earlier start times will not mean earlier bed times for students, especially once adolescent hormones kick in.

Mary Carskadon, PhD, a renowned expert on adolescent sleep, cites several advantages for teens to get the sleep they need:

- Less likelihood of experiencing depressed moods
- Reduced likelihood for tardiness
- Reduced absenteeism
- Better grades
- Reduced risk of drowsy driving
- Reduced risk of metabolic and nutritional deficits associated with insufficient sleep, including obesity.

According to Phys.Org, a recently published article by the American Psychological Association where the research was led by Peggy S. Keller, a UK associate professor in the Department of Psychology in the College of Arts and Sciences, she found that earlier school start times were associated with lower standardized test scores, poorer attendance, lower school rank and school under-performance.

For those of you with high school drivers, here is something to think about. A 2011 study found that the weekday crash rate among high school students in Virginia Beach, where classes began at 7:20-7:25 a.m. was significantly higher than in adjacent Chesapeake, VA, where classes started at 8:40-8:45. For students too young to drive themselves, waiting for a school bus in the dark, at any age, is not a good idea.

School hours are set by each district; it is not mandated by government at any level. If your district is in favor of a change, they have the power to do it without legislation. The question to parents would be if they would be willing to pay higher school taxes to cover the increased cost of transportation if it meant a well-rested student with a better chance at succeeding. ■



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## David Caserta to Perform Haunted Illusions on Oct. 18

iPlay America will welcome magician/comedian David Caserta for a special show on Saturday, Oct. 18, just in time for some Halloween fun for the family.

Caserta's Haunted Illusions show offers an evening of mind-blowing magic and comedy that gets the whole audience into the act. Families will be stunned and amazed as master illusionist Caserta has people levitating, disappearing and reappearing right before their eyes, and promises a captivating evening filled with dazzling spells, uproarious comedy and audience participation for all the ghosts, goblins and ghouls who attend.

"We are really excited for this show," said Jessica Schwartz, director of marketing for iPlay America. "Mr. Caserta has promised that he will perform never-before-seen illusions created just for this appearance! His show fits perfectly with our mission to provide family-friendly entertainment and fun."

For more information and to get tickets call 732-577-8200, ext. 203. ■

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Mike's ever-growing popularity has garnered him many prestigious awards and honors. Most recently he was the recipient of the Merlin Award being named Entertainer of the Year for two consecutive years. The Merlin Award is considered to be the Oscars of Magic, Mike shares this award with the likes of David Copperfield, Penn & Teller, Criss Angel and Siegfried and Roy.

His many television appearances include being named the winner of NBC's television show *Phenomenon*, numerous appearances on the French television show *La Soiree De L'etrange*, one of the presenters and artists to appear at the 2010 Pollstar awards held at the prestigious Nokia Theater and recently appearing on *The Ellen DeGeneres Show*.

His appeal to both young and old has made him one of the most sought after mystifiers in the world!

Come see gravity defied, watch an audience member be influenced and coerced as Mike takes control of their body using Voodoo magic, take part in solving a murder/mystery playing a LIVE game of Clue and feel the air become chilled as Mike takes control of the elements.

Join the journey of emotions from laughter, intrigue, danger, fear, wonder, anticipation, tears and sentimentality that only Mike Super delivers.

Show Info: One show only—Saturday, November 1st, 2014. Showtime 7pm. Tickets available through the box office at 732-446-8480 or online: [www.millstoneperformingarts.com](http://www.millstoneperformingarts.com). ■



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# How Famous Rock Bands Got Their Names: Part 3

By Pam Teel

**D**id you ever wonder how some of the most famous rock bands came up with their names? Here's a little trivia for you. Perhaps one of these is your favorite!

**Led Zeppelin** – Keith Moon, the drummer with the band 'The Who' was interested in forming a band with the then 'Yardbirds' guitarist, Jimmy Page. He joked that it should be called Lead Zeppelin because it would go over like a lead balloon. When Jimmy Page formed his own band, he remembered the name Keith Moon made up and adjusted the spelling a bit to make the meaning more obscure.

**Motley Crue** – When Mick Mars was playing with his old cover band 'White Horse' he heard someone in the audience say, "Look at that motley looking crew." He knew that some day he wanted to play in a band that was called Motley Crue. He tweaked the spelling of the last word and added umlauts.



**My Chemical Romance** – Before joining the band, bassist Mikey Way worked at Barnes and Nobles. The name came from a book by Irvine Welsh called, "Five tales of Chemical Romance." Vocalist Gerard Way added the 'My' to it to make it sound more personal.

**Nirvana** – This grunge band was named after the Buddhist state of freedom from suffering, by band leader Kurt Cobain, because the name was in contrast to his angry pain racked music.

**Oasis** – Noel Gallaher was a roadie for a band called 'The Inspiral Carpets'. One of their tour posters listed a series of places that they would be playing at, which included the Oasis Leisure Centre. Noels brother Liam later joined a band called "Rain" and after seeing the name 'Oasis' on the poster above his bed, he suggested that they change their name to Oasis.

**Pink Floyd** – was originally known as the Tea Set. The band discovered that they were booked to play a gig with another band that had the same name. Founder, Syd Barrett, instantly combined the names of two of his favorite blues musicians, Pink Anderson and Floyd Council, to create what was originally called the Pink Floyd Sound.

**Queen** – the name was derived by Freddie Mercury despite some of his band mate's objections. Mercury thought it to be regal and universal.

**Rolling Stones** – according to Dave Godin, a boyhood friend of Mick Jagger's, the name came from an EP by Blues Legend muddy Waters, which Godin owned.

**Smash Mouth** – got their name from a sports term. In sports the term means playing very aggressively, tending towards confrontation.

**Talking Heads** – A friend of the band had found the name in the TV Guide, which explained the term used by TV studios to describe a head-and-shoulder shot of a person talking as 'all content, no action.' They just thought that the name fit them.

**U2** – is made up of a group of friends from Mount Temple Comprehensive School in Dublin who performed under a number of names including 'Feedback' and 'The Hype' before setting on the name U2; which is both the name of a cold war era US spy plane and a pun on the words 'you too.'

**Velvet Underground** – This band was managed by artist Andy Warhol whose legendary NY studio, nicknamed the factory, was a refuge for misfits of every kind. Velvet Underground took their name from a book about the hidden sexual sub culture of the early 60's by Michael Leigh.

**Weezer** – The band got its name because the lead singer's parents used to call him Weezer as a kid because he actually did wheeze.

**ZZ Top** – According to guitarist Billy Gibbons, their odd name came from two sources- two brands of cigarette rolling paper, Zig-Zag and Top, and also the ZZ was in tribute to blues legend Z.Z. Hill. ■

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## The Horse Park of New Jerseys October 2014 Event Calendar

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**October 4**  
ESDCTA  
New Jersey Horse Trials  
Contact: Liz Schuster  
(609) 610-6527

**October 11 & 12**  
ESDCTA

Garden State Dressage  
Contact: Terry Masters  
(609) 912-9401

**October 12**  
ESDCTA Cross Country Schooling  
Contact: Gary Majolica  
(215) 489-1557

**October 14 & 15**  
Lucinda Green Clinic  
Contact: Jane Cory  
(215) 262-2870

**October 19**  
Susan G. Komen Ride for the Cure  
Contact: Debra Jo Esrog

(609) 896-1201

**October 19**  
HPNJ Barrel Racing  
Contact: Erica Friedman  
(908) 963-1989

**October 22, 23, 24, 25 & 26**  
Centered Riding • All Level

Instructors Update Clinic  
Contact: Kathy Culler  
(973) 349-2135

# Let Your Weekend End Your Week

By Susan Heckler

Do you ever measure what you manage to accomplish each day? Are you impressed or incredibly stressed?

For most people, Monday through Friday is a tight schedule, cramming in the obligations at work with your responsibilities at home. Between your killer commute, long hours at the office, managing your home, shopping for the basics, caring for your kids, volunteer work for the schools or religious organizations, and managing the children's after-school activities... You barely got all of the fires under control so you can get a breather for the weekend.

Your work week is coming to an end; you successfully passed Hump Day and are closing in on TGIF. Can you look forward to a few days of R&R?

Weekends get slotted in for home-based projects. Clean-ups, clean-outs, projects for you or your kids... It never ends. Your children's after school activities spill into your weekend, especially if they are on sports teams. Your mind never stops and the body is in perpetual motion. All of this is a drain on your energy and takes a toll on your body.

There are certain shortcuts we can all take which will free up some time and let us transfer our energy to where it is needed most.

- **Prep work your prep work**—spend a little time throughout the week doing maintenance to avoid a bigger job on the weekend. Maybe throw a load of laundry in here and there so you don't have a massive pile up on Saturday. Sort the mail in as it comes so



you don't have to sort it before doing the bills. Clean the kitchen after each meal to avoid a major cleanup.

- **Enlist the list**—have everyone in your family pitch in to their ability.
- **Make a plan and stick to it**—plan some leisure or social time and allow yourself a reward.
- **Delegate outside the box**—find things outside of your family that may save you time and sanity such as drop and fold laundry services, dry cleaning delivery, restaurants that deliver, websites with free delivery instead of going to get it yourself, and pet groomers.
- **Keep it real**—make your expectations realistic or there is no way you will get it all done.

- **Quality counts**—when it comes to your children it isn't just the quantity of time spent together, it is the quality that they crave.

- **Whether there is weather**—plan outdoor chores for the beautiful weather and do the indoor projects on the less desirable days.

- **Minimize the mind games**—If you don't need to be in touch with work on the weekends, minimize your stress and avoid contact. Try to stay in Me Mode.

- **Picky is good**—turn down invitations except the ones you really want or can't avoid.

- **Reboot**—plan activities that will invigorate you. You should have time to relax, rejuvenate and be able to start your work week in a better place.

- **Combine forces**—make use of friends and family; carpool and babysit for each other to free up everyone's load.

- **Centralize your errands**—find a place that has everything in one place instead of running from town to town.

- **Max out your Sunday**—this is the last day of your weekend and should leave you relaxed, refreshed and happy. Plan your Sunday evening to do all of this for you.

Life is good, now it is your job to keep it that way. ■

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## 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 photos for our photo of the month section. Please include your photo, a name, and a description of the photo and send to the following email address: crescent671@yahoo.com. Please put the word **photo** in the subject matter. ■



This picture was sent in by Georgia and Charlie Mandrik of Creamridge. This rambunctious two year old is Bennet Capria from Point Pleasant. Bennet has a twin sister Bailey and three other siblings. He is always getting into some sort of trouble. His mom and dad are getting lots of gray hair from Bennet's antics. Bennet is one of the Mandrik's great grandchildren.



## MTFEE Invites You to Join "180 Day Club"

Your commitment of \$1 a day for the 180 days of school will enable the Millstone Township Foundation for Educational Excellence to continue to provide grant funding for items that nurture extraordinary educational experiences for every student in Millstone Township Public Schools!

Contributors will have their name displayed on an "acorn" that will be hung on the MTFEE oak tree murals, displayed in the lobbies of the primary, elementary and middle schools, as well as listed on MTFEE's website and promotional materials.

The program has been a success, thanks to generous contributions! More than \$35,000 has been raised to date, which has helped MTFEE provide grant funding for items that are beyond the scope of the general school budget. Items included mobile computer and iPad™ labs, book room, staff development and STEM (Science, Technology, Engineering and Mathematics) programs to name a few...

Mail check payable to: MTFEE – 180 Day Club, P.O. Box 462, Clarksburg, NJ 08510 or visit [www.mtftee.org](http://www.mtftee.org) to join by credit card.

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20 bright and vivid colors  
7 Year Warranty

from **3.09**  
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Reg. \$3.48 sq. ft.



**Salt and Pepper**

Trendy colors with  
barber pole twist

**3.19**  
sq. ft.

Reg. \$3.77 sq. ft.



**Classic Cut Pile**

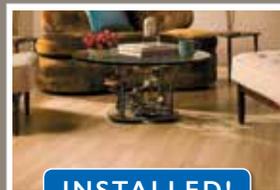
10 Year Warranty

**2.76**  
sq. ft.

Reg. \$3.16 sq. ft.

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**INSTALLED!**

**Quick Step® Select Birch Laminate Flooring**  
Lifetime Warranty

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sq. ft.

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Floor prep may be additional.



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sq. ft.

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Floor prep may be additional.

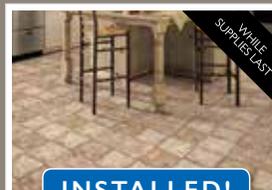


**INSTALLED!**

**Mannington® Vinyl Flooring**  
Multiple patterns to choose from

from **3.33**  
sq. ft.

Reg. \$3.62 sq. ft.  
Floor prep may be additional.

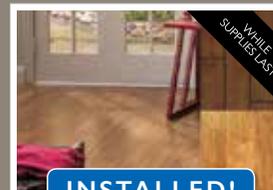


**INSTALLED!**

**Congoleum® AirStep Plus Vinyl Flooring**  
with Scotchgard

**4.29**  
sq. ft.

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

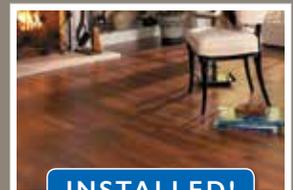


**INSTALLED!**

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

**5.19**  
sq. ft.

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



**INSTALLED!**

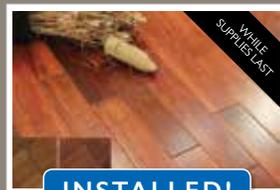
**Quick Step® Home Collection Laminate Flooring**  
6 colors  
20 Year Warranty

**4.69**  
sq. ft.

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

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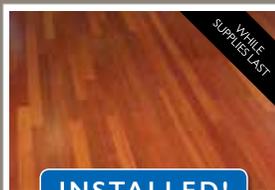


**INSTALLED!**

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

**7.39**  
sq. ft.

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



**INSTALLED!**

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

**7.39**  
sq. ft.

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

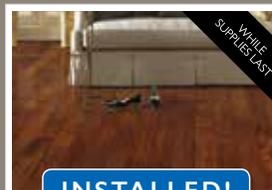


**INSTALLED!**

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

**6.09**  
sq. ft.

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



**INSTALLED!**

**Mohawk® 5" Handscraped Hickory Hardwood**  
15 Year Warranty

**5.99**  
sq. ft.

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

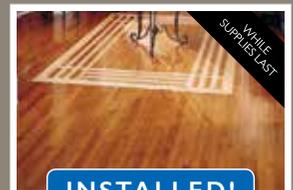


**INSTALLED!**

**Shaw® Golden Opportunity 2 1/4" Solid Oak Flooring**, 6 colors

**6.79**  
sq. ft.

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



**INSTALLED!**

**Bruce® Westmoreland Maple 2 1/4" Solid Maple Hardwood Flooring**

**6.49**  
sq. ft.

\*Nail down installation. Floor prep may be additional.  
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