

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

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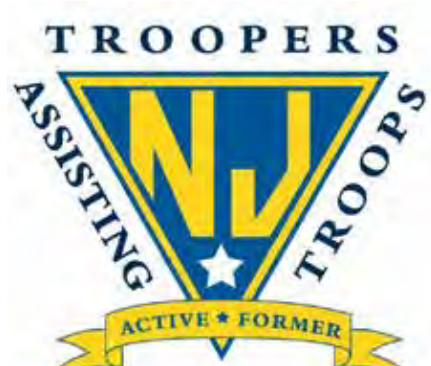
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# Let Me Shake Your Hand Gary McWhorter

## *Troopers Assisting Troops*

By Susan Heckler



Millstone resident Gary McWhorter has served his country as a Military Police Officer in the U.S. Army for three years. He joined the New Jersey State Police in 1967 and served as a Road Trooper at several stations including the N.J. Turnpike after his army discharge. While serving on the N.J. Turnpike Gary was shot and seriously wounded in 1971. During his tenure he received the American Federation of Police Legion of Valor, Certificate of Merit (3), Certificate of Commendation (3), and was inducted into the New Jersey Honor Legion.

In 2008, he started an organization to help wounded veterans with the help of other State Troopers. The new organization, Troopers Assisting Troops (TAT) is a nonprofit group of retired and active New Jersey State Troopers and friends providing support to returning Wounded Warriors from the Operation Enduring Freedom (OEF)/Operation Iraqi Freedom (OIF) theaters with local recreational and rehabilitative programs. TAT works closely with, and utilizes the expertise, knowledge and assistance of the Wounded Warrior Project.Org (WWP) of Jacksonville, Florida.

They collaborated on organizing and establishing their first New Jersey based recreation event in September 2009 at Sea Girt, NJ for local returned Wounded Warriors and others from the U.S. Army's Wounded Warrior Transition Units (WWTU) based in Ft. Drum, NY and Ft. Dix, NJ. WWTU's are staging areas where recently returned Wounded Warriors are temporarily stationed until they are either returned to active duty, or discharged from the military as a direct result of wounds or injuries incurred in theatre.

The 2014 event took place September 14, 15 and 16th on the NJ Shore, at the NJ National Guard and State Police Training Facility and Barracks. The event was for 3-days, and they very proudly hosted 45 Wounded Warriors. Throughout this 3-day event the Wounded Warriors were extended the following:

- Reception/Lunch at the Scarborough Fair, Wall, NJ
- Housing on the NJ Shore (Police Barracks, Sea Girt, NJ)
- Band Concert by the NJ National Guard Band
- Friday evening Reception/BBQ and entertainment by comedian Jeff Norris and the Retro Kings Band
- Saturday Deep Sea Fishing/Boat rides- off the Manasquan Inlet
- NJ State Police SWAT Team demonstration/display of equipment
- Lunch at the Belmar Fishing Club/Massages. Veteran Administration Benefit Counseling
- Evening Southern BBQ/Entertainment by Jeff Pirrami and Jersey Shore Band
- Sunday morning services and breakfast at the Manasquan Elks- late morning departure (with box lunch) to WWTU's

This year's event will take place from Friday September 18-Sunday September 20 with a similar packed agenda to let our wounded warriors know they are appreciated.

Their newest goal is to sponsor a service dog for a veteran suffering from Post-Traumatic Stress Disorder or a Traumatic Brain Injury. The black lab's name is Trooper and he has been trained by K9s for Warriors in Florida.

If you are interested in supporting TAT in any way as a volunteer or a donor or for more information, check out their website [www.troopersassistingtroops.org](http://www.troopersassistingtroops.org).

The Millstone Times would like to shake Gary's hand, and those of all who helped him, for making the lives of those who put theirs on the line for our freedom a little better. Thank you!!



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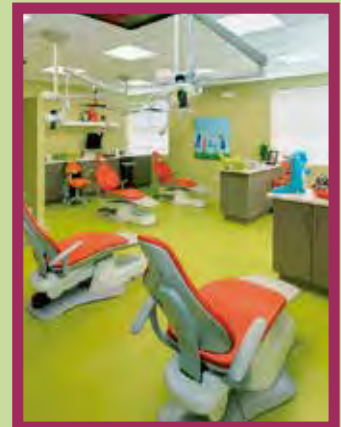
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## FALL PREVENTION AND BALANCE DISORDERS TREATMENT:

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.



# The Millstone Times

## PHOTO OF THE MONTH

By Pam Teel

Laura Boegemann and her daughter were kayaking during the end of August at the Assunpink Lake in Roosevelt when they came across this beautiful Egret. Laura was lucky enough to have snapped a picture of it. The Assunpink Lake is the larger lake out of the three known lakes that make up part of the Assunpink Wildlife Management Area. The two smaller lakes are Rising Sun Lake, which is located off of route 571 (on the left hand side) heading towards Roosevelt, and Stone Tavern Lake, off of route 524, heading toward Allentown.

This 6,300-acre wildlife area includes man-made and natural lakes, wetlands, farm fields, hedgerows and hardwood forests. The three lakes are popular resting spots for migratory waterfowl. There are fields for skeet shooting and archery. There is also a small gas powered plane club that holds events at the lake. You can hike, mountain bike, ride horses, kayak, canoe, and fish at the lakes. The larger lake has a boat ramp and dock.

If you live in the area and haven't yet checked out the lakes, the views are peaceful and serene and it's a great way to observe the wildlife.



If you have a photo that you would like to share please send it to [Crescent671@gmail.com](mailto:Crescent671@gmail.com) along with a brief description. Yours could be picked for the next issue!

**KEEP THOSE PHOTOS COMING! WHO KNOWS, YOURS MIGHT MAKE THE NEXT ISSUE!**



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# A Tribute to an Entrepreneur and Humanitarian Stanley Switlik

## *The Land before the Amusement Park*

By Pam Teel

Before Great Adventure opened its doors in 1974, the land in which the park sits on and adjacent property was last owned by a man named Stanley Switlik. Mr. Switlik was not only a businessman but also a humanitarian who helped out many organizations and towns with generous donations.

In 1907, Mr. Switlik emigrated from Poland and arrived at Ellis Island as a 16-year-old “steerage” passenger. He worked many odd jobs that included house painting, selling insurance, and real estate. He noticed a small canvas and leather manufacturing company in Trenton that was for sale and purchased it in 1920. He renamed the business, the Canvas-Leather Specialty Company, in which his friends and relatives were some of the stockholders. The first products included collapsible hampers, golf bags, coal bags, pork roll casings, and one which would foretell a future in government contracting-leather mail bags manufactured for the United States Post Office Department.

But first it’s important to point out that those who lived on the land before Mr. Switlik and before the Amusement Park came to be, had a sort of Great Adventure of their own. First it was inhabited by the Lenape Indians who set up their camps by the many small lakes in the woods as they hunted in the Pinelands. Proof of the Lenape Indians existence on the land and also of pre-Lenape Semi Nomadic groups dating back anywhere from 2000 to 5000 BC were found in a famous 1950’s archeological dig. There were also many other archeological digs throughout the years turning up many Indian artifacts. You can still find arrowheads scattered throughout the area.

The Indians called the land Lahaway, meaning muddy waters. There are many small lakes and streams in the area. At one time there were wild cranberry bogs throughout the Lahaway tract. The Lahaway Creek runs through Prospertown and Hornerstown, and then meets up with Crosswicks Creek, flowing in a westerly

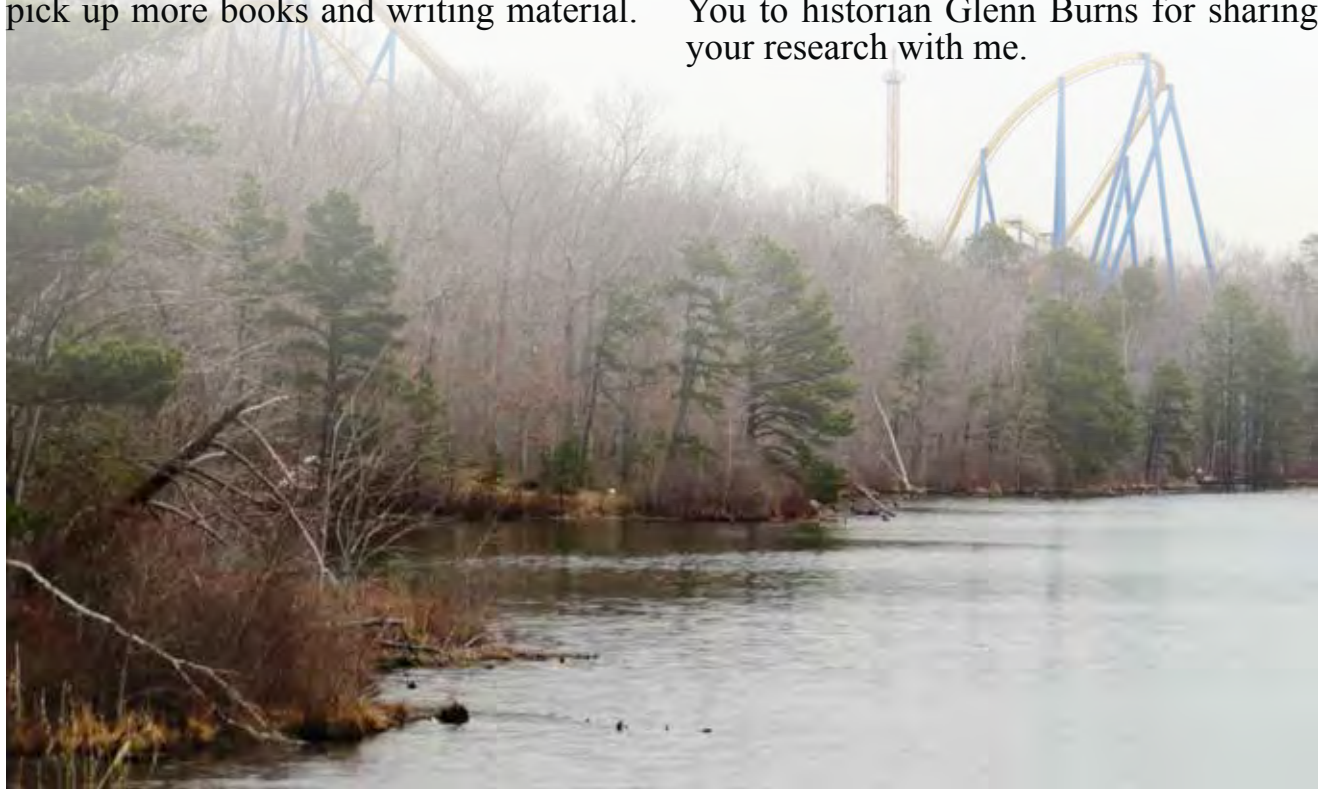
direction and eventually into the Delaware River. In the 18<sup>th</sup> and 19<sup>th</sup> century, the bogs and swamps were once mined for its iron ore. The ore was used to build bridges, railroads and nails for homes.

In 1812, Reverend John H. Brakely purchased the land mainly because of the wild cranberry bogs. He was a Methodist Minister from Bordentown, President of the Cranberry Growers Organization and he opened up the First Females College of Bordentown in 1851. The College saw 51 successful years. Putting up a few dwellings on his Lahaway property, he frequented there quite often to hunt. His only son, J. Turner Brakeley, graduated from Princeton University with a law degree and was set to marry when he found his fiancée in the arms of another man. Upset, he left Bordentown and civilized life and took up permanent residence at his Lahaway Plantation. He liked his privacy and was later known as the hermit of Lahaway. He was a private man and ventured out only when he needed supplies or to make infrequent visits back to Bordentown to pick up more books and writing material.

He was a naturalist and a bit of a poet. He spent his years studying the insects and plants native to the areas as well as planting different plants, flowers and bushes on his beloved land. He worked on improving the cranberry bogs and his intentions were to leave the Lahaway Plantation forever as a Wildlife preserve.

Scientists were invited to stay with him and study the insects. Under the direction of John Bernard Smith, a personal friend and noted entomologist, together they helped identify new species of insects. He also did work researching malaria carrying mosquitos. The Scientists had their own office and a place to stay on the grounds. Many scientists looked forward to visiting the Plantation and studying the wildlife. Sadly, Brakely became ill in 1912 and was brought back to Bordentown where he later succumbed to his illness.

In the next issues we will delve further into the life of Stanley Switlik, his many generous contributions to this area, and his close relationship with Amelia Earhardt and her husband. A very special Thank You to historian Glenn Burns for sharing your research with me.



*Prospertown Lake (on the Jackson - New Egypt border) with one of the Great Adventure Roller Coasters looming in the background. The lake was given to the town by Stanley Switlik. It was used for many years by local residents as a place to swim and even had its own beach. Mr. Switlik also donated land to the Girl Scouts behind the lake for a Girl Scout Camp.*





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# The Millstone Times

## STUDENT OF THE MONTH

### Molly Wagner

By Pam Teel

Nine-year-old Molly Wagner lives in Millstone Township and attends the Millstone Elementary School. She was so looking forward to school starting up again to see what friends of hers were in her class. Molly is also looking forward to meeting many new friends this year.

Molly's favorite subjects are the Related Arts. She loves art class, and she loves gym. She also likes writing, especially learning how to write poetry. Right now her favorite book is the Daphne Diary. She also likes to read other Diary book series. Her favorite television show is Liv and Maddie. Molly loves to sing Christian hymns. She is all about learning new things in school.

Molly loves to go fishing with her family. According to Molly, they go all around to fish. They have a lot of secret places to choose from. She also likes to enter into fishing derbies. Her favorite place to visit is Walt Disney World in Florida. She enjoys going on all the rides. Around here, she likes to go to Great Adventure and is happy to have season passes.

Molly lives with her parents and has three brothers and 2 sisters. Two brothers, Fuquan and Latrell, are adopted. She also has a younger brother, Tyler, who is five. Her two sisters are Addison and Kaitlyn. Molly has two pets, a yellow lab named Ashley and a chicken.

Molly loves to go visiting her uncle in NY City. She wouldn't want to live in the City, but it's a fun place to visit. She especially likes to play with their small dog. She also loves her grandparents who are very kind and always there to help someone out.

Molly's favorite holiday is Christmas because she loves to get to see all of her relatives. She has a big family and they all have fun getting together. Molly's favorite foods to eat are burgers and ribs! She loves to play lacrosse, tennis and basketball. Her hobbies include playing the piano, fishing, and making artistic and creative things.

Molly always does the best that she can in school and works hard to be a number one student. She gets A's and B's and puts her all into her schoolwork. Molly gets along with everyone she meets and is a hard worker. She has a very gentle and kind way about her and is easy to talk to. She loves to tell all about her family adventures. Molly would love to be a kindergarten teacher one day.

Right now, if she had but one wish, she would wish that she could get a puppy of her very own.

We wish you well in the new school year Molly. Keep up the good grades. We hope you meet many new friends this year. We hope you get your one wish too!



Molly Wagner of Millstone Township

### Attention Millstone, Creamridge and Allentown Parents

If you know of a student, son, daughter, neighbor, who works hard in school and you feel is deserving of being student of the month, please email me at crescent671@gmail.com

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## Does 15 Minutes Really Save you 15% on Car Insurance?

By John Bazzurro

The purpose of this article is to inform the public about a phenomena that I have come across in my personal injury practice concerning the "bargain" automobile insurance companies that advertise "discounted" insurance rates.

Did you ever wonder how these "bargain" insurance companies allow consumers to save "15% or more" on car insurance? Well, it has been my experience in my handling of a number of cases in my personal injury practice that the insurance coverage these companies are providing for the lower premium is really not the same insurance coverage that you may have had with your prior insurance company. Specifically, what I have seen on numerous occasions is that these "bargain" automobile insurance companies reduce the medical expense benefits coverage on these newly opened policies from the "normal" coverage in the State of New Jersey of \$250,000.00 for medical expenses arising out of the motor vehicle accident to only \$15,000.00 in medical expense coverage without specifically advising the insured individual or family members. Thus, although they are providing insurance coverage at reduced premiums, they are not providing the same insurance coverage that you may be giving up and this can be detrimental to those injured in a motor vehicle accidents.

What this means is that, in the event of a motor vehicle accident where you or a family member require medical attention, you will only have medical coverage available for you or family members in the amount of \$15,000.00 as opposed to the "normal" coverage of \$250,000.00. As you can imagine, given the high costs of medical treatment, the \$15,000.00 in medical coverage does not go a long way in providing much-needed treatment and, as such, individuals injured in auto accidents who have this minimal medical coverage often have no means of obtaining medical treatment.

Obviously, unless you have a motor vehicle accident and require medical treatment, you will not even realize that your medical expense coverage has been reduced from your prior policy limits of \$250,000.00 to the minimal medical expense coverage of \$15,000.00. This scenario (the absence of a motor vehicle accident for which you need medical attention) is exactly what these bargain insurance companies are banking on so that you never find out that they have reduced your coverage without informing you of same.

Accordingly, in light of the above, it is important for you to insure that the policy limits in your new "bargain" insurance policy are the same policy limits that you had in your prior policy. Of course, it may be difficult for a layperson to decipher exactly what coverages are contained in their new or old policies. I invite anyone to submit their new and old declaration pages for my review so I may advise you accordingly. A quick review of your automobile insurance policy now could save a great deal of time later-especially if you require medical treatment the cost of which exceeds your policy limits.



# Get To Know The New Allentown

## The Charm of Allentown

By Susan Heckler

*Back in the days of Colonial America, you bought yourself a piece of property and poof; you had your own town. Such is the case of Allentown, NJ.*

In 1690, Robert Burnet, a Scottish Quaker of East Jersey, purchased 4,000 acres of land north of Doctor's Creek. In 1706, Burnet sold 638 acres to his son-in-law, Nathan Allen. Nathan Allen settled and built 3 mills on York Road, where it crossed Doctor's Creek. Formerly known as Allen's Town now to be referred to as Allentown, the colonial village developed around its mills. As the farms in the area grew and Allentown developed, so did the need for blacksmiths, wheelwrights, carriage makers, chair makers, shoemakers and seamstresses. By the end of the 18th century, commercial enterprises grew and prospered there, numbering over 24.

Main Street, formerly known as York Road, was a center for travel across the state. Commissioned by Deputy Governor Gawen Laurie in 1683, York Road connected East and West Jersey between Perth Amboy and Burlington. As many as four taverns and inns existed in the area to accommodate travelers, with several structures still existing today dating prior to 1860 and some dating back to the 18th century. Current residents enjoy parades on this very history street. While enjoying the festivities, think of how many hundreds of former Allentown residents stood in the spot where you planted your feet.

The stage coach that originated in Freehold, the County Seat, stopped at some familiar places on its way to Trenton. Many of my readers know of The Clarksburg Inn in Millstone, The Happy Apple Inn in Upper Freehold, DiMattias, which used to be the Allentown Hotel on our Main Street and the Yardville Inn of Hamilton Township.

Many early settlers of the area were Quakers. The Quakers purchased land from the Indians sometime in the 1600's. The Indians of Allentown were of the Delaware Tribe and belonged to the great Lenape family. The Presbyterian Church was built in 1720 (a short distance from the gristmill) and an Episcopal Church in 1730 (near the sight of the Old Burial Ground on present day Lakeview Drive), adding to the diversity of the community. Both of these structures are now gone.

There are currently 220 buildings and homes in the designated Historic District that date prior to 1860 and some dating back to the 18th century. Walking through town is like taking a step back in time. It is easy to imagine what Allentown was like 150 years ago. When walking past Hoffman's Bake Shoppe, you can still see the charm of the 1880's when it was built. This is one of the newer buildings in comparison to those built in the early 1700's that stand today.

Allentown is New Jersey's answer to Williamsburg Virginia, on a smaller, more intimate scale. The question remains why I can't make my home in Freehold my own personal town. Although calling a village Hecklertown may be an open invitation to loud mouths and hockey fans.

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## Can You Say Beignet at La Rouge 23 in Allentown?

*By Susan Heckler*

In my recent wanderings around Allentown, NJ, I stumbled upon a little slice of culinary heaven. Located right at 4 South Main Street, La Rouge 23 is a Modern American Restaurant owned by Leonard J Overton Jr. and his wife Kimberly Crutchfield-Smith. Leonard is the chef, bringing his years of experience to your table. Kimberly is the front of the house manager, making sure your dining experience is everything you hoped for.

He began his career at the Jasna Polana Golf Club in Lawrenceville, New Jersey, where he was drilled on the basics of cooking and the importance of building flavor. After 18 months of learning and mastering classical French cooking techniques, he then put those teachings to good use at the renowned Blue Bottle Cafe in Hopewell, New Jersey. He added to his experience as Sous Chef at Triumph Brewing Company in Princeton, New Jersey and later helped to revamp and reopen Acacia Restaurant in Lawrenceville, New Jersey. After only one year, Acacia had built back an excellent reputation!

Leonard & Kimberly welcomed me in as if I was entering their home. The warm and friendly reception mirrored the atmosphere and service of my dining experience. Both New Jersey natives, they were thrilled to find the ideal restaurant location in beautiful historic Allentown. Kimberly stated, "We pride ourselves on offering you culturally diverse, farm-to-table cuisine. This restaurant is the perfect backdrop, an intimate, casual setting in a historic building in hometown America!"

I have since been back several times and can recommend the Short Rib Nachos, Arugula Salad, and Chicken Wings of any flavor, which I personally sampled. My dining companion was thrilled with her selection to the point of not giving me a taste, but highly recommended the Chicken & Biscuits and Slow Braised Pork Shanks. We fought it out over the last crumbs of the beignets... they were too good to waste. Coming soon...Pumpkin Beignets!!!!



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THE OLD MILL AND ALLENTOWN IS ONCE AGAIN A DESTINATION

## The One Eyed Turtle

*By Susan Heckler*

If you love to shop but you are tired of the same old mall offerings, I have a great idea for you. Tucked away in the beautiful Old Mill building in Allentown is the One Eyed Turtle. This majestic building is on the National Register of Historic Places and has an ambiance to beat all. This setting fits beautifully with a store overflowing with handmade clothing and accessories, all made by small artisan communities throughout the world.

Celebrating their first anniversary, The One Eyed Turtle is an ethical fashion company. Each product is a unique piece of art expressing the love of the artists' passion and culture. The owners work closely with small groups to preserve the cultural identity of the country or region by incorporating their traditions with our U.S. customer preferences for color, style and size. As such, they carry a wide variety of styles that reach a broad customer base. They love their customers, which you can feel by the personal attention each receives. I felt good about my personal shopping experience. I walked out loving the clothes they helped me chose, but most importantly, it was a rewarding feeling knowing my purchase was helping people in developing countries.

According to owners Mary Schwab and Maria Carreno, "We adhere to fair trade principles by buying with intent in order to have a positive impact on the lives of artisans, communities, and the environment. We use our purchasing decisions to buy locally grown food, handmade clothing, jewelry, home décor, sustainable fabrics, anything, really. This puts consumer dollars directly into the hands of the people who made the product, rather than through large corporations who so often employ unfair labor practices and unsafe working environments."

Visit the One Eyed Turtle at 42 S. Main St in Allentown, for a unique shopping experience in a unique setting and discover your unique style.



# Historic Allentown



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## GARDENING IN THE SHADE

Dave Benner, former resident botanist for Bowman's Hill Wildflower Preserve and professor of Ornamental Horticulture at Delaware Valley College, will be the featured speaker at the October 8 meeting of the Allentown Garden Club. His topic will be how to create natural landscapes using native plants and alternatives to grass lawns. A founder of Benner's Gardens and of Moss Acres, he writes and lectures widely on landscaping and shade gardening.

The meeting will be held at the Allentown Methodist Church on Church St. (next to LaPiazza) at 7 pm. All are invited. For more information, go to [www.AllentownGardenClub.net](http://www.AllentownGardenClub.net).





# Historic Allentown



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## Green Your Beauty Routine

*By Susan Heckler*

Everyone is talking about stress and how to de-stress. One of the most relaxing and pampering things you can do for yourself or someone else is to arrange a day at the spa.

Which spa, you ask? Well, not all spas have been created equal. In my wanderings around beautiful Allentown, NJ, I ventured into Eden Organics at 9 North Main Street. Set in a beautifully restored historic building, spa owners Catherine & Eric Chamberlain have set the scene for a serene spa experience like no other.

Eden Organics offers an extensive spa menu with a unique focus on a healthier version of the typical salon & spa experience. At Eden Organics, they are committed to bringing their customers the very best organic and natural products available. All products they carry and use are free of parabens, GMO's, harmful synthetic fragrance, ammonia, and phthalates. In addition all products are cruelty free, and most are also vegan and gluten free.

Eden Organics offers organic hair salon services, facials, therapeutic massage, and full body waxing. In addition they offer Oncology Skin Care services for patrons undergoing chemotherapy and radiation as well as cancer survivors. The use of non-toxic and botanical based products makes Eden Organics the perfect destination for those with special skincare concerns.

Eden Organics Salon & Spa is a pioneer in Organic Hair Salon Services. They are the only salon in the greater Bucks County, Pennsylvania & Monmouth County, New Jersey Areas that can claim the distinction of not only having the most advanced and skilled stylists, but also on using the highest quality of organic and natural products available. Their revolutionary hair color is ammonia free and utilizes hair nourishing botanical and Organic ingredients.

Known in the area for it's award winning Organic Facials, Eden Organics has it's own signature line of organic skincare called Earth Pure Organics. Ingredients in all products used at the salon & spa have both the results oriented element as well as an ever present holistic focus. Clients truly enjoy being treated to the very best organic beauty can bring. It is no wonder Eden Organics has been voted the Best Day Spa in Monmouth County for 2015.

At Eden Organics, your spa day will be very personal; the intimate setting allows exclusivity and privacy. You will leave feeling rested, relaxed and renewed. You have the additional peace of mind of knowing that all the products they use promote well being & wellness. Make time for yourself to de-stress and beautify at Eden Organics Salon & Spa. Your mind, body, and health will thank you.

For more information on greening your beauty routine:

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# PET PAGES

## How Do I Conquer My Dog's Separation Anxiety?

By Mia Ingui

As every pet owner knows, leaving our pets for the week, weekend, or even just for the day can be heartbreaking. We love them so much that it makes it hard to be separated from them! And this feeling between you and your pet is mutual. If you have a dog at home, you most likely have felt separation anxiety from them, and they begin to feel the same exact way. Conferring with my friends and family who own a dog or multiple dogs at home, everyone came to the consensus that their dog begins to behave very strangely when they are about to leave them. They know and can sense when you are about to be separated. "When I was about to leave for Europe for the summer, my dog sat on top of my suitcase. She knows what the suitcase means," said one of my friends. So, therefore, it is apparent that dog owners need to find a solution to ease their dog's separation anxiety. Here are some tips to ease the separation:

- 1. Ease your dog into it.** It will be too much of a shock to them if they are smothered with love and kisses the day that you are leaving, and then all of the sudden, you leave them. Say goodbye to your dog long before you leave, and keep the feeling when you are about to leave more like, "business as usual," that way, your pooch won't feel so shocked in your absence.
- 2. Stay calm, but assertive.** If you are sad and mushy about leaving your dog, your dog will feel the same way back, which makes for a sticky situation when it comes time to leave. Stay firm and confident with them, so that way they know that everything will be okay.
- 3. To practice leaving your dog,** start off with leaving them alone for just small periods of time, like 5-10 minutes. Then, gradually, leave them for longer and longer lengths of time, like 20 minutes to an hour. As they become accustomed to being without you, they will be more familiar with the feeling of being alone; therefore, they can be separated from you and still feel healthy and happy.

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# The Right Leash

*Especially in populated areas, having the right leash is paramount. In fact, it's the law. Leash laws help protect community members from being approached by dogs.*

Different from city to city, they also aid in keeping dogs safe from sprinting into traffic or ending up away from home. The right leash can also be a critical tool in training your dog and improving his behavior.

Meeting with your veterinarian may be the first step in determining which option will work best for your dog. Leashes are available in many lengths and materials, and are available for varying sizes of dogs as well as for whatever function you're hoping to get out of your leash.

## Retractable Leashes

These spring-loaded leashes allow your dog a bit more freedom on his walk. If used correctly, you can effectively control your dog on a retractable leash by deciding exactly how much of the leash is extended. There is usually a button on the handle that lets you determine cord length.

But with more freedom for your dog comes more responsibility for you. Try not to walk next to streets or other potentially dangerous areas. By the time you realize your dog could be in the way of an oncoming car or another territorial animal, it could take you too much time to retract the leash to a safe length.

## Emergencies Only: Slip Lead

A slip lead, which looks like a regular flat leash with a metal ring on one end, is another popular form of leashing. After passing the handle end of the leash through the metal ring, you put the loop over your dog's head. This allows you to walk your dog on a leash when he's not wearing his collar.

The American Humane Society warns dog owners to never use a slip lead if a regular collar and leash are available. Over-pulling on the handle of a slip lead can actually damage your dog's windpipe or neck.

The society recommends using slip leads in emergency situations only, including when your dog's regular collar malfunctions or breaks.

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## Feeding Your Dog

*Size, energy level and pet breed. All of these factors and more play vital roles in determining the appropriate way to feed your dog.*

With so many breeds, shapes and types of dogs, there isn't a one-size fits all feeding strategy. It is important to consult with your veterinarian to determine the best times of day to feed your dog and the healthiest types of food to offer.

### Free-Choice Feeding

This option for feeding your dog may be the easiest one for both owner and dog, but it can also lead to obesity issues if your dog isn't disciplined enough to eat appropriate portions.

Your dog may be overeating if you choose to simply fill up the food bowl every time you notice it's empty. This can lead not only to an unhealthy eating habit, but also a money-draining method that sends you back to the pet store more often than necessary.

Remember, you are in charge of your dog's eating schedule. Many dogs can function just fine off two meals a day spread out across eight to 12 hours. This will not fit the needs of every dog, however, so again make sure to consult your vet for expert guidance.

### Earning Dinner

One of the best ways to keep the weight off your dog is to make him earn his dinner. Set up a regular walk either before or after the final meal of the day. This can help offset his food intake while also getting him the workout needed to maintain the best health possible.

Putting the exercise before his meal can make a fun payoff for the end of his workout. No matter when you decide to offer the food, be sure to monitor your pet's eating habits to properly adjust the amount you put in the bowl.

### Limit the Treats

Treats should always be given in moderation and should represent 5 percent or less of a dog's daily food intake, according to the American Society for the Prevention of Cruelty to Animals. The rest of your dog's diet is recommended to come from a nutritionally complete dog food.

Treats can be a highly effective method of training your dog to learn new behaviors or tricks. But instead of giving Fido an entire treat, break it into smaller pieces. This will help make the treat last longer and get a little extra training out of your dog.







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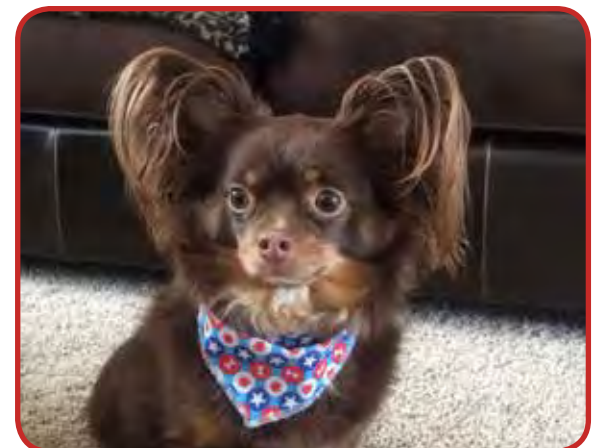
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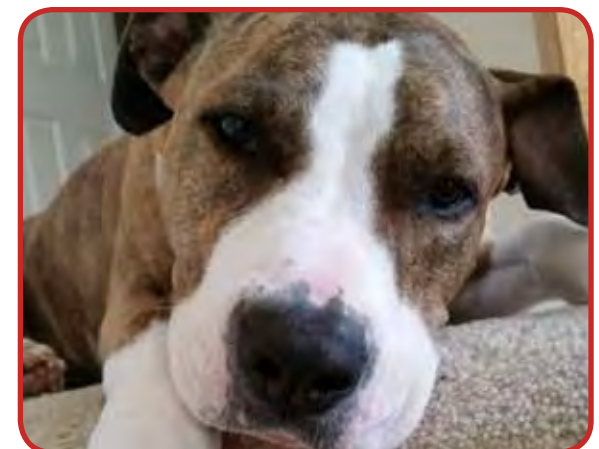
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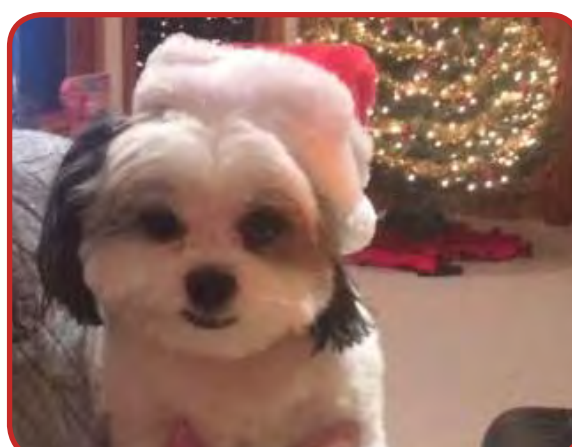
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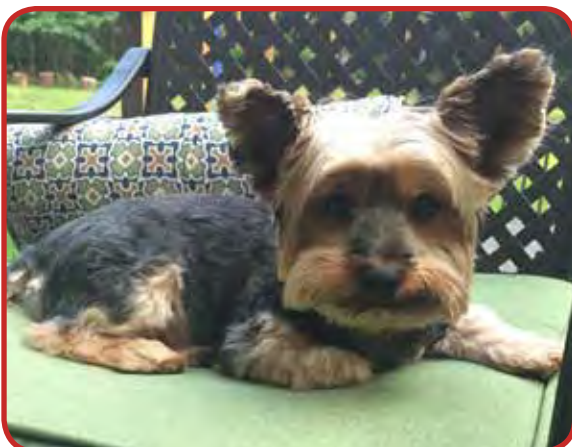
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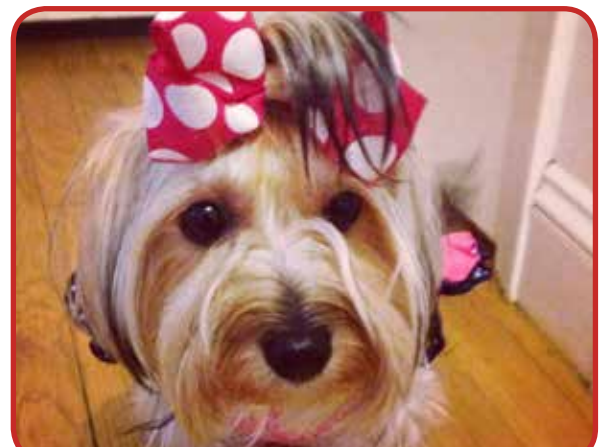
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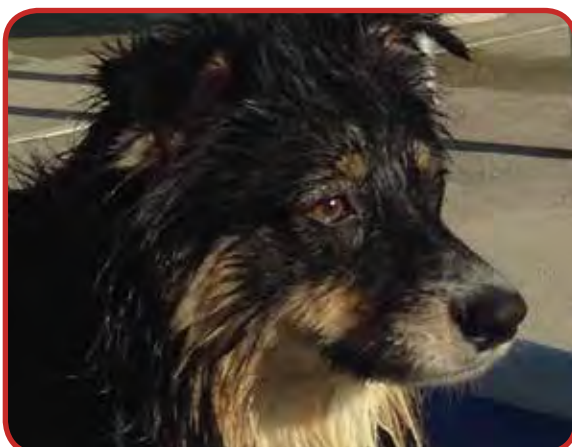
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Herbert



Lucy



Riley



Tiny



Dante Shifrin



# WANTED

## A LOVING FAMILY

By Pam Teel

Please consider these dogs and cats that are already in a shelter waiting to be loved first when looking for a pet. They will bring you years of love and devotion.

Mumford and Son are of Basenji mix. The dogs were left to fend for themselves. Mumford is about 3 to 4 years old. She is missing one leg but gets along just fine. Her son is about a year old. Both are friendly and waiting for a forever home.

Ellie is a female adult lab retriever. She is five years old and is in great shape. She loves to be around people.

Ping-Pong is a black and white cat that was abandoned, and then hit by a car. His bone healed wrong and the facility is doing what they can for him. He is a sweetheart and gets around just fine.

Ringo, 8-ball, and Jennie are 6-week-old snowball kittens brought in by Animal control. They are lovable and had their shots. They need a good home!

Animals Assistance in East Brunswick'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. This 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 years 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://animalassistance.org). 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](mailto: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.



*Little Tubby is still available for adoption*



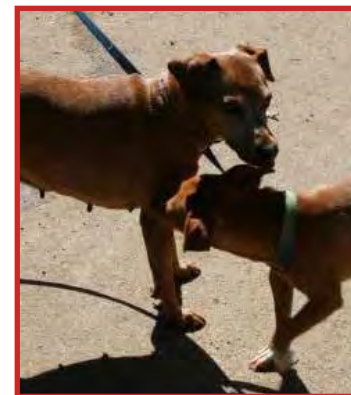
*Ellie- Labrador Retriever*



*Ping Pong the cool cat*



*Snowballs- Ringo, Jennie and 8-ball*



*Mumford and son- Basenji mix*

## The American Cocker Spaniel

*Small in stature but big in personality, the American Cocker Spaniel has evolved into one of the most recognizable dogs in the United States.*

The breed ranks among the top 25 most popular breeds and has a long history of dominance in American Kennel Club rankings. The spaniel was ranked No. 1 from 1936 to 1952, when Beagles took over the top spot, according to the AKC.

As far back as the 14th century, there is mention of the Spanyell, which would later be divided into water and land spaniels, states the AKC. Cockers are the smallest of the spaniels, and the American Cocker is much different-looking than its original rendering as the English Cocker Spaniel.

Here are other tidbits from the AKC on the American version:

- Known as the smallest member of the sporting-dog family.
- Has been exhibited in the United States since the early 1880s.
- The acceptable color varieties within the Cocker breed are black, black with tan points and parti-color.

### Finding and Owning a Cocker Spaniel

The American Spaniel Club recommends using a reputable breeder to find your Cocker Spaniel. Working with a quality breeder affords you the opportunity work with an expert on grooming, veterinary care, health issues and diet – all specific to the Cocker breed.

Once you find the perfect Cocker Spaniel, be sure you're ready to devote plenty of energy to grooming and exercising your new addition. The breed requires bathing, brushing and trimming about every two weeks, according to the American Spaniel Club.

And that is for short-haired varieties. Long-hair Cocker Spaniels require weekly brushing bathing and trimming for optimal coat health and appearance. It is important to keep up on this regular care to keep shedding to a minimum, as well.





# Did You Know That ... cats have been domesticated for over 4,000 years?

By Pam Teel

Your tame, docile, domestic cat that sits on your lap and rubs his head on you is a direct descendant of the *Felis Silvestris* species, which is divided into the African wildcat, European wildcat, and Steppe wildcat. The smallest of the descendants is the rusty-spotted cat found in Sri Lanka. It is about half the size of the domestic cat. The largest is the tiger. The male Siberian or Amur Tiger has a total body length in excess of 10 ft and weighs up to 660 lb. The lion is the king of the cats. It stands out from the other cats, not just in its distinctive appearance but also in being the only felid that lives in organized social groups. Adult male lions weigh up to 500 lb and grow up to 10 ft in body length. The fastest cat, the cheetah, is also the fastest land animal. It can reach 75 mph over short distances. Unlike other big cats, it does not roar – it makes high-pitched yelps, barks and chirruping sounds. And like your kitty, it does purr.



A cat will almost never meow at another cat. Cats use this sound for their mothers and their human caregivers. The love of cats is called *Ailurophilia*. It is said that people who own cats and pets, in general, live longer, have less stress, and have lower blood pressure and fewer heart attacks. When a cat winks (blinks) at you it means it trusts and loves you. Wink back and you'll see it will wink back too. When a cat greets another cat or a person with slow, languid blinks, it's communicating affection. In the feline world, closing one's eyes in the presence of another is the ultimate sign of trust.

One of the most accurate barometers of a cat's mood is its tail. When held high, it communicates confidence. Curled around another cat's tail or human legs, it signals friendliness. And tucked below or between the legs, it signals insecurity or anxiousness. Ears back and constant wagging of the tail means your cat is annoyed. (Just the opposite with a dog.)

Cats generally do not like to be touched on their belly but love being rubbed at the base of the tail, on the head, behind the ears and below the chin. You have truly gained their trust if they let you rub their belly. A cat purring or kneading is an act of contentment and adoration. Domestic cats purr at about 26 cycles per second, the same frequency as an idling diesel engine. They start purring at one week old and purr both when inhaling and when exhaling. Young cats purr in monotone but older cats purr in two to three resonant notes.

95% of cat owners admit they talk to their cats. Both cats and humans have identical regions in the brain responsible for emotion.

A group of cats is called a *clowder* of cats. A group of kittens is called a *kindle*. Cats sleep an average of 15 hours a day. A domestic cat hears frequencies up to about 65 kHz, humans up to 20 kHz. Its sense of smell is about 14 times stronger than that of humans. A cat has 24 whiskers, 4 rows of whiskers on each side. The upper two rows can move independently of the bottom two rows. A cat uses its whiskers for measuring distances. Cats do not have a collarbone, so they can fit through any opening the size of their head. Cats walk on their toes. The nose pad of a cat is ridged in a pattern that is unique, just like the fingerprint of a human. A cat has more bones than a human; a human has 206 and a cat has 245 (some of which fuse together as the cat ages, leaving 230 bones). In the rear of a cat's eye is a light-reflecting layer called the *tapetum lucidum*, which causes cats' eyes to glow at night. This reflecting layer absorbs light 6 times more effectively than human eyes do, allowing a cat to see better than humans at night. A cat's pulse is between 160-240 beats per minute.

There are more than 3000 types of domestic cats, but only 8% are pedigree. And, unlike other cats, they are found all over the world... in abundance. In the U.S., there are more cats than dogs, and people annually spend more on cat food than on baby food. Calico cats are almost always female. Domestic cats – or any other cats – do not have nine lives. They also do not always land on their feet; they mostly land on their feet but sometimes do get it wrong. Cats step with both left legs, then both right legs when they walk or run. The only other animals to do this are the giraffe, camel, and the Maned wolf. A domestic cat can sprint at up to 31 mph. They can also jump seven times higher than their own height. A cat has 3 eyelids but most cats do not have eyelashes.

An adult cat has 32 teeth. Cat bites are more likely to become infected than dog bites; because cat-teeth are shaped differently, they hold more bacteria than dog-teeth. When a cat sleeps with all four paws tucked under it means cold weather is coming, according to myth.

Cats cannot see directly below their heads; that is why they do not see the food when you put it under their nose. Cats have scent glands on their face and when they rub on you, they are releasing their scent gland, letting you know you are their property. Cats can't taste sweets. The smallest wildcat is called the Black footed cat.



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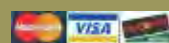


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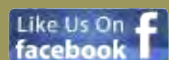
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## Breast Cancer: Know the Warning Signs

By Jessica Morton, MPH, CHES

Due to the use of regular mammography screening, most breast cancers in the U.S. are found at an early stage, before signs appear. However, not all breast cancers are found through mammography. It is important to know the warning signs, and also to contact your health care provider right away if you notice any breast changes that concern you. The warning signs of breast cancer are not the same for all women.

### Breast Cancer Warning Signs

- Lump, hard knot, or thickening inside the breast or underarm area
- Swelling, warmth, redness or darkening of the breast
- Change in the size or shape of the breast
- Dimpling or puckering of the skin
- Itchy, scaly sore or rash on the nipple
- Pulling in of your nipple or other parts of the breast
- Nipple discharge that starts suddenly
- New pain in one spot that does not go away

Remember not to panic if you notice one or more of these signs, because in most cases, these changes are not cancer. For example, breast pain is more common with benign breast conditions than with breast cancer. Benign breast conditions are noncancerous conditions of the breast that can result in lumps or other abnormalities. Examples of these include cysts and fibroadenomas. However, the only way to know for sure is to see your health care provider. If you have breast cancer, it is best to find it at an early stage, when the chances of survival are highest.





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## Local Artist Adds More to His Collection

*By Pam Teel*

Local Millstone Artist, Vadim Chertkov, whose work was previously featured in the Millstone Times, loves to create with his hands. With just bits and pieces of scrap wood, Vadim's creations come from images in his mind, images that soon take on a life of their own, as Vadim molds and shapes them into creative art projects.

As you enter the long driveway of Vadim's son Eugene's Millstone Township home, you're greeted with a mini sculpture of a Russian Church, complete with its onion dome and ornate carvings; a reminder of Vadim's past growing up in Russia. Continuing down the driveway you'll find more of Vadim's artwork including the newly built train he has on exhibit. The side of the train is aptly inscribed with the word *Dream!* A word Vadim knows well as he creatively turns his dreams into reality.

Vadim graduated with a double major in Economics, Engineer Machinery, and also worked in the field of Radio Technology. While living in Russia, he built and designed kitchens as a living. Within the past few years, he has devoted his time to his special projects.

Vadim works out of a large garage on the property where he has his workshop set up. He uses pipes, old wood, and other recycled materials in his projects. He is surrounded by his useful creations that dot the landscape, such as a modernistic picnic table and chairs, a windmill, a newly built chair swing, mosaic pieces, and more. His latest creation includes chair seats made from old wine barrels.

Vadim also likes to work on art projects on canvas and diorama like projects in which he displays inside of his home along with his talented granddaughter's artwork. He has built up quite an eclectic collection of artwork, which includes beautiful colorful mosaic tiles, large square wall art, themed collages and sculptures, and dioramas with scenes set in Russia. In his seventies now, there is no slowing down on his projects. Always thinking, always creating is what keeps Vadim going. A truly gifted and talented man, we thank you for sharing your new art pieces with us!

If you have a talented family member, friend, or neighbor who you would like to give a nod to, email me at [crescent671@gmail.com](mailto:crescent671@gmail.com).



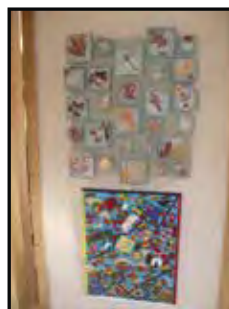
*dream train*



*chair swing*



*wine barrel chair*



*wall art*



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# Local Pumpkin Picking in Monmouth, Ocean, and Middlesex Counties

By Mia Ingui

Now that the summer has come to a close, it's time to start embracing the beautiful fall season here in New Jersey! The possibilities for fun activities are endless: haunted hay bale rides, going to Starbucks to grab that Pumpkin Spice Latte, apple picking, and of course, pumpkin picking. Here are the best pumpkin patches here in Central Jersey for great pumpkins and a great experience.

## Middlesex County:

**Cheesquake Farm Market:** 2095 US Highway 9, Old Bridge, NJ. Cheesquake Farm has provided quality pumpkin and other winter vegetable picking, as well as a great experience for the family. They have a "funky" pumpkin room filled with gourds and pumpkins, and antique hay wagon rides to the pumpkin patch.

**Etsch Farms:** 556 Buckalew Ave, Monroe Township NJ. If you want fun for the whole family, this is the place to go. Along with a great pumpkin picking selection, Etsch Farms has activities all throughout the fall season, including outdoor movies and a huge corn maze. Every fall, they create a new theme for their 8-acre cornfield, and they have a Bakery Barn home to their fresh pies and donuts.

## Monmouth County:

**Battleview Orchards:** 91 Wemrock Road, Freehold, NJ. Battleview Orchards is the destination for all kinds of seasonal fruit picking: apples, peaches, cherries, and pumpkins. Hayrides start on the weekends in September, and pumpkin picking season runs from September 19<sup>th</sup> to October 31<sup>st</sup>.

**Happy Day Farm:** 97 Daum Road, Manalapan, NJ. This farm is a great destination for kids to have a good time and pick pumpkins! Filled with tons of fun, this farm is far more than just a pumpkin patch. Their 60'x60' pumpkin patch is definitely impressive, but this farm also has hay rides, a 13 acre corn maze, pig races, pedal carts, playgrounds, and more!

## Ocean County:

**Emery's Farm:** 346 Long Swamp Road, New Egypt, NJ. A great sized pumpkin patch and two hay mazes (one is kiddie sized). This is THE destination in Ocean County for a great Farmer's Market as well, filled with lots of varieties of pies, donuts, and more.

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# Defining Loan Types for Mortgages

By Mia Ingui

When it comes to buying a home, there are so many things to take into consideration, making it one of the most difficult yet most important decisions of your life. Besides considering the look of the home and if it is the right fit for you, there is one other very important aspect to think about: the price. It is imperative to know and understand the types of mortgages and mortgage loans that are out there and to select the one that will work best for you in the long run.

There are two basic types of mortgages:

## The Fixed Rate Mortgage:

These mortgage loans have one fixed interest rate for the entire term. It will never change. The monthly payment that you will make remains consistent every week, month, and year. These are the most popular loans, making up 75% percent of all of home loans, and they usually come in terms of 10, 15, or 30 years.

## The Adjustable Rate Mortgage:

These mortgage loans have adjustable interest rates that vary and change from time to time based on a specific schedule.

Of course, there are pros and cons to each mortgage loan. Once you weigh the pros and cons of each type, it will be easy to decide which is right to go with.

### Fixed Rate Mortgages:

**PROS:** You have security in knowing that your interest will always remain the same. This works best for those who plan to live in their homes for a long time and keep the same mortgage for many years.

**CONS:** These can be much more expensive than starting off with an ARM. Plus, when rates fall, the only way to take advantage of them is to refinance, which could be a lengthy process requiring thousands of dollars.

### Adjustable Rate Mortgages:

**PROS:** This offers a lower rate to those who do not plan on staying where they are for long. The interest rate will change at pre-determined points in time over the course of the loan. There is a cap, though, to how much the rate can fluctuate when it does change. You will get a lower interest rate in the initial phase of home ownership.

**CONS:** It is unpredictable, since although you know when the rate will change, you never know by how much it will change, and it may not pay off to take this risk in the end.

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# Protect Pipes from Cold

*Freezing pipes in the wintertime can be costly and dangerous to homeowners. What you do now in the fall can help avoid this problem.  
The expansion of water when it freezes can put tremendous pressure on the pipes under your home, causing them to break.  
Pipes that freeze are frequently the ones exposed to severe cold, such as outdoor hose bibs and swimming pool supply lines.*

Pipes that run against exterior walls that contain little or no insulation also are subject to freezing, so it's important to know how your water lines are set up in your home.

## What You Can Do

There are many steps to take both before and during cold weather to protect your pipes from freezing.

The most important thing is to have a plan in action. Know how your water lines are configured and which ones may be susceptible to damage.

Consult with a local plumber to conduct a run-through of your home. A licensed professional will be able to walk you through your situation and give you tips on where you need to focus your attention.

Here are some other helpful tips recommended by the American Red Cross:

- Remove, drain, and store hoses used outdoors. Close inside valves supplying outdoor hose bibs.
- Open the outside hose bibs to allow water to drain. Keep the outside valve open so that any water remaining in the pipe can expand without causing the pipe to break.
- Check around the home for water supply lines located in unheated areas.
- Look in the basement, crawl space, attic, garage, and under kitchen and bathroom cabinets. Both hot and cold water pipes in these areas should be insulated.
- Consider installing specific products made to insulate water pipes, such as a

“pipe sleeve” or installing UL-listed “heat tape,” “heat cable,” or similar materials on exposed water pipes.

- Newspaper can provide some degree of insulation and protection to exposed pipes. Even inch of newspaper can provide significant protection in areas that usually do not have frequent or prolonged temperatures below freezing.

- Keep garage doors closed if there are water supply lines in the garage.

- Open kitchen and bathroom cabinet doors to allow warmer air to circulate around the plumbing. Be sure to move any harmful cleaners and household chemicals out of the reach of children.

- When the weather is very cold outside, let the cold water drip from the faucet served by exposed pipes. Running water through the pipe — even at a trickle — helps prevent pipes from freezing.







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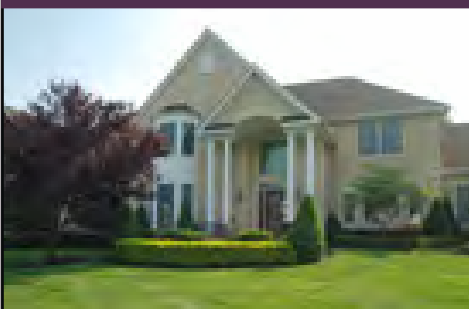
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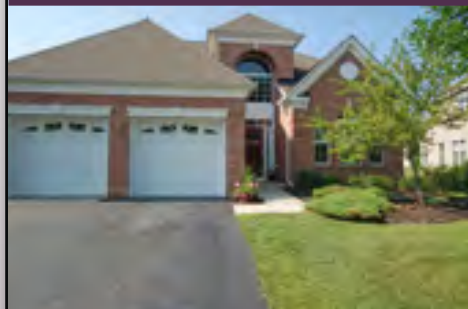
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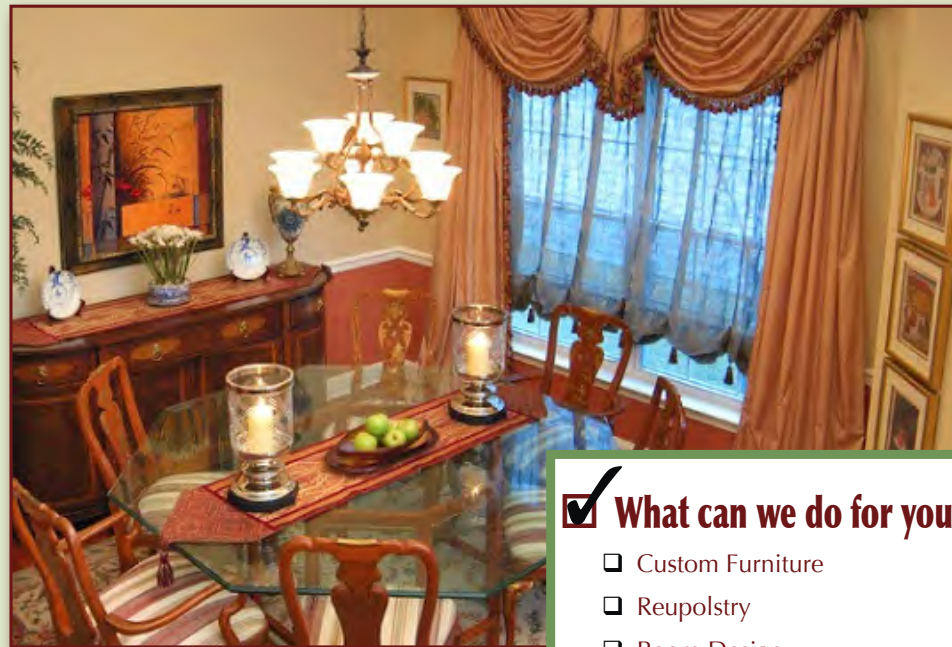
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# THE GARDEN SHED

*Has your backyard shed become an eyesore?  
Are rusty metal or rotting wood the first things you notice when you head in for the mower?*

**T**hen it's time to spend some time rejuvenating it this fall. With less than \$100 and a creative eye, you can overhaul your favorite outdoor space into one you can be proud of.

Grab some paint and get ready to put in some elbow grease. You'll be showing off your shed makeover to anyone who comes for a visit.

## Add Paint

Sometimes an outdated shed that has seen better days simply needs paint. Special metal paints can even cover up rusty areas that immediately draw your attention. Choose the color you'd like your shed to be and head down to the local hardware store.

Opt for tough exterior paint that can stand up to the elements, and don't forget a separate color for the trim work. Royal blue or dark gray is complemented wonderfully by pops of white door and window trim.

Consider matching your home's colors, too. If you recently re-sided your home with a new color, it may be time to make your outdoor structures such as garden sheds and barns match.

## Focus on the Inside

Once the outside is swell, it's time to make sure you actually want to go into the shed.

Incorporate shelving and smaller storage units to allow for more space. Hang your weed trimmer from the studs of the wall and organize your gas, oil and weed killer containers to free up floor space.

While painting the inside of your shed probably doesn't make much sense, reinforcing it against the extreme hot and cold temperatures does. Add some standard insulation between the studs. Staple a plastic liner to the studs and enjoy a shed that's cooler in the summer and warmer in the winter months.

## Landscape Integration

Pre-fabricated sheds are more popular than ever. You can buy them with wraparound porches, large interior space and even lofts. With some insulation and a power source, they can even serve as guest houses.

You can make them look even better by adding landscaping around them to make them look like part of your yard. If your storage unit doesn't come with a deck, build a 6-inch platform. Add mulched flower beds around the edges of the shed to serve as bright, beautiful borders.

The more you treat your shed like an extension of your home, the better it will look in your yard.

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# Trees & Shrubs

*Look around your yard. Do you see colorful trees and shrubs as the summer turns to fall?  
Are your eyes met with rich reds and fiery oranges?*

If not, it's time to add some fall-inspired trees and shrubs to your landscape. Doing so requires some basic knowledge of your location's planting recommendations and the types of trees and shrubs that thrive there.

Spend a Saturday morning at your local nursery picking the brain of its expert owner. Ask questions about planting, maintenance and colors, and then make an informed decision about where some new trees and shrubs would fit best in your yard.

You'll be gazing into the vibrant glow of beautiful fall leaves and plants before you know it.

## Maple Trees

Some trees are just made for the fall. Able to withstand colder temperatures and known for dazzling with bright leaf colors in the fall, maple trees can turn a hillside or backyard gorgeous shades of red, orange and yellow.

Some sugar maples can grow up to 75 feet tall and 40 feet wide, so know how much your yard can handle before digging your hole. Vine maples and Japanese maples can give you a smaller, yet just as striking, fall tree option.

## Pomegranate

When it comes to smaller trees and shrubs, pomegranate offers a unique twist. Some varieties produce edible fruit in the fall, while others are strictly ornamental.

Know which kind you have before taking a bite. Some produce single colorful flowers

that form fruit, but not the soft, juicy kind that you're looking for. Either way, pomegranates can give your garden or yard a burst of color just in time for the fall season.

## Blueberry

Speaking of colorful, how about adding a little blue to your life? Blueberry bushes continue to transform during the fall with leaves that turn yellow, orange or red.

Both the northern and southern varieties are eye catching because of their brilliant fall colors. There also are evergreen types that feature some leaves that turn red and others that stay green all winter.



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High-grade crack fillers are likely available at your local hardware store and are relatively inexpensive, depending on the size of your crack. You will generally need the filler, a wire brush and a trowel tool to get the job done.

### Preparing the Surface

Before applying the driveway crack filler, it is important to clean the entire area thoroughly. Use your wire brush to remove any dirt or vegetation from the crack for a nice, smooth surface. Next, prepare your crack filler by shaking up the bottle.

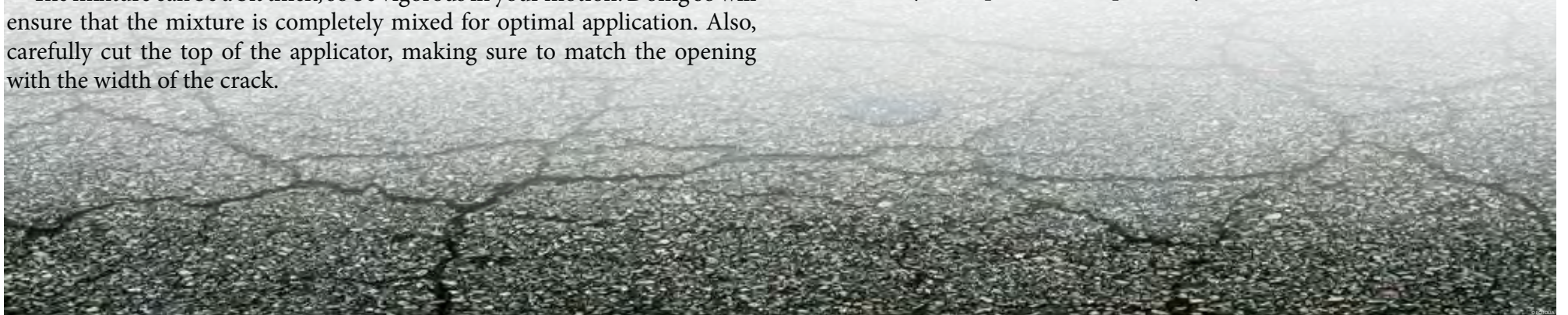
The mixture can be a bit thick, so be vigorous in your motion. Doing so will ensure that the mixture is completely mixed for optimal application. Also, carefully cut the top of the applicator, making sure to match the opening with the width of the crack.

### Applying the Filler

After your surface and filler are ready for application, fill the crack flush with the surrounding pavement. Be careful not to overfill the crack, which will result in an odd-looking raised spot in your driveway once dried.

Use your filler tool or trowel to smooth out the crack filler even with the height of the adjoining pavement. The most important requirement of this DIY process is patience. Depending on the brand of filler you choose, it may take up to 24 hours before applying a second coat is recommended.

You will also likely need to wait at least 24 to 48 hours before driving or walking on the repaired area. Read all of your manufacturer instructions to make sure your repair stands up to daily use and the elements.





# Preparing for Winter

*Another long mowing and landscaping season is almost in the books but that doesn't mean your work is over.*

**I**n fact, the key to a healthy year-round yard is in how you care for it during the fall and winter months. Ignoring your lawn when the temperatures change can mean even more work for you when the springtime rolls around again.

So get ahead of the game now to help yourself in the long run.

## *Mow & Rake*

Even when the cool air enters your neck of the woods, it's still necessary to continue mowing your yard. If your grass is still growing, you should still be mowing.

Raking and lawn sweeping your yard after you mow is necessary to prevent sun deprivation from impacting your yard. By neglecting the areas of your lawn with built-up grass on top, you're ensuring you'll end up with unattractive brown spots peppered throughout.

Keep the clippings in check by raking and removing your grass after every mow. This not only helps your lawn look great but prevents overworking your mower.

## *Create a Compost Pile*

The fall season is an excellent time to start your own compost pile and can help you put your yard waste to good use.

Start a pile of green leaves, clippings and non-meat kitchen scraps close to your garden. Add a second layer of brown material such as garden soil, leaves and coffee grounds before adding another layer of greens. Finally, add some garden soil to the top and turn it throughout the season. You'll end up with a rich, black pile of fertilizer for next year's garden.

## *Tend Your Garden*

You may think your gardening is done once you pull the last carrot or onion from the ground, but your garden needs regular maintenance just like the rest of your yard.

Remove any damaged annuals and clear out debris from flower beds. This freshens up the appearance of your garden and helps prevent mildew and mold from taking over.



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## The 5<sup>th</sup> Annual Komen Central and South Jersey Ride for the Cure

**T**he 5<sup>th</sup> Annual Komen Central and South Jersey Ride for the Cure took place on Sunday, September 13, 2015 at The Horse Park of New Jersey in Allentown, NJ. The event, which is proudly sponsored by The Millstone Times, has raised more than \$34,000 to help fund the fight against breast cancer.

This family-oriented event was full of games and activities, food trucks, and shopping, so there was something there for everyone. Most importantly, there was a trail ride through the Assunpink Wildlife Management Area, where the riders and horses all dressed up in pink to support the cause.

All participants in the trail ride had to pay an initial \$25 fee and raise a minimum of \$250. This year, many of the riders went above and beyond; Shari Silverman was the top fundraiser with a total of \$2,776.00. Adrienne Dalessio is runner up with \$1,572.00, followed by Maris Rosenberg with \$1,261.00.

100% of the event's net proceeds will be given, in some way, to the Susan G. Komen mission. 75% of the proceeds will go towards local programs for breast health education as well as breast cancer screening and treatment. The other 25% will go to the Susan G. Komen Grants Program.

If you did not make the Ride for the Cure and wish to participate in future Komen events, there will be a Race for the Cure on October 4, 2015 in Jackson, NJ as well as Golf for the Cure on October 12, 2015 in Lawrenceville, NJ.





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# Burlington City

## A Historic New Jersey Town by the Delaware

By Pam Teel

Located in Burlington County, this historical, picturesque town with a population of nearly 10,000 people borders the Delaware River. It is also said to be a suburb of Philadelphia. As you glance out over the river at Waterfront Park you can see the small town of Bristol, Pa. a quick boat ride away. There is also easy access to Pennsylvania via the Burlington Bristol Bridge.

The Quakers were among the first to settle in the area, purchasing land from the Lenape Indians in 1676. Famous Quaker, William Penn, helped the early settlers to get established and helped to provide fair laws for all to live by. Burlington City takes its name from the English coastal town of Bridlington. Many famous people traveled in and out of the city on their way to Philadelphia. Ulysses Grant lived in Burlington. Abraham Lincoln made frequent stopovers on his way to Philadelphia. It was even recorded that during his presidential campaign, he and Grant arm-wrestled at the Blue Anchor Inn. Blackbeard, the pirate, was even said to have buried his treasure under a large walnut tree somewhere in Burlington. William Franklin, Benjamin's illegitimate son lived in town from 1731-1813. He was the last colonial governor of NJ. James Fenimore Cooper, the novelist who wrote Last of the Mohicans's, was born in Burlington City.

The town is rich in historical architecture with over forty notable historical buildings, including one of New Jersey's oldest homes, The Revell- Hutchinson House. It was originally built in 1685. Thomas Revell purchased the property from George Hutchinson and used it as his offices from 1696 to 1699. Sometimes called the Gingerbread House, history reads that this is the home where Benjamin Franklin stopped to buy gingerbread and was given supper by a friendly Burlington woman on his way to Philadelphia; a visit he wrote about in his memoirs. The Burlington County Historical Society maintains this modest house and belongings as a glimpse into simple mid-1700s living. It is one of the homes on the tour.

Still standing, is the Quaker Meeting House on High Street, which was built in 1783. Adjacent to it is the old cemetery where many notable Quakers are buried along with a Lenape chief, King Ockanickon. The chief was a loyal friend to the settlers. He was very resourceful in helping to map out and design roads.

St. Mary's Church is the oldest Episcopalian church in Burlington and one of the oldest in New Jersey. In 1695, settlers acquired land for a cemetery at West Broad and Wood streets. The original church remains on the corner lot. It was built in 1703. A walk through the cemetery is a must as there are many different and ornate gravestones to view with many different heritages. A newer church was later constructed in 1854. It was built in early gothic revival architecture. Burlington is also home to one of the oldest pharmacy and library in New Jersey.

The 19<sup>th</sup> century saw the beginning of many manufacturing facilities. Burlington was home to many shoe factories among other wares and employed many people during this time period. In 1924, the Burlington Coat Factory was founded. They were a wholesaler for women's coats and outerwear. By 1972, Burlington Coat Factory Stores branched out all over New Jersey. They are still in existence today and now sell much more than coats.

In 1624, slaves were once kept on Burlington's island on the Delaware. Walloons from Belgium established a trading post on the island to barter with the Indians. They were said to have brought in their own personal slaves. In 1670, the first recorded murder in NJ took place on this Island. Burlington was also a large and vocal center for the abolitionist movement with several tunnels running under homes and buildings. It was a major stop for the Underground Railroad. The Grubb family had a large estate by the river, complete with underground tunnels. They were noted supporters of the Underground Railroad.

Today, you can enjoy the quaint shops and plenty of restaurants to choose from. Many historic buildings are easy to walk to and are all in the vicinity of Wood Street and High Street. In the historic district you will find, art galleries, antique shops, clothes store, a candle store, menswear, restaurants, and so much more. (There is no sales tax on apparel or footwear.) There is also the Burlington Center located on Burlington- Mt. Holly Rd with anchor stores such as Sears, Penney's and Strawbridge's.

Waterfront Park offers a quiet place to sit and watch the boats go by. There are many events that go on there throughout the year, such as concerts, fairs, haunted Halloween walks, the festival of lights, and more. One of the larger events, the Wood Street Fair, takes place the second week in September with more than 175 vendors and food services available.

If you're interested in touring Burlington City, visit: [tourburlington.org](http://tourburlington.org) to find a walking map of the historic places. You can park your car and pick up the light rail on Park Street in Bordentown and take it into Burlington City Center. The NJ transit river line light rail provides transportation between Bordentown, Roebling, Florence, Burlington City Center, Trenton and Camden. As you depart from the platform in Burlington City, go to your left. The first street on the right is Wood Street. You will find many historic homes down Wood Street heading toward Waterfront Park. (A note about purchasing tickets for the light rail; tickets are \$1.50 each. You can purchase two tickets at a time but only validate one, as the tickets expire after two hours. Use the second ticket for the trip home and validate it as you are waiting for the train on the platform. Do not validate both tickets at the same time.)

What a great way to spend a day visiting both Bordentown's historic downtown and then hopping on the light rail to Burlington City. Bring a camera, with over 44 historic sites, there's so much to see.



Newer St. Mary's Episcopal Church circa 1854



One of the oldest working pharmacies in NJ dating back to 1731



Ornate gravestone in St. Mary's cemetery



Ulysses S. Grant's House



## DAYDREAM BELIEVING:

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Karen Kelly Boyce, award-winning author of the Sisters of the Last Straw series, teaches children to use their imagination to turn daydreams into stories. After the workshop, which will include creating heroes, villains, and settings, she will sell and sign her books. Cookies and milk will be provided.

### BOOK CAFÉ With Special Guest Author

**Monday, October 19, 2015 @ 3:00 PM**

Join us for haunted horror and terrifying tales by Louise Ann Barton. Light refreshments served. Q&A. Books will be available for purchase.

### OCL Puppet Players Present Storytime Theater: Creepy Carrots by Aaron Reynolds

**Thursday, October 22, 2015 @ 1:30 PM**

Jasper Rabbit loves to eat the carrots that grow in Crackenhopper Field but soon starts hearing and seeing creepy carrots wherever he goes. It's time for the carrots to have their revenge! Craft follows performance. Ages 2-8.

### Children's Story Time – Halloween

**Thursday, October 29, 2015 @ 1:30 PM**

Stories and craft. Wear your costume if you'd like. Ages 3-6.

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# Throw a Harvest Party

*Are you looking for any excuse to throw a party? How about the change of the seasons? Say goodbye to summer's heat and hello to fall's treats with a fun harvest party at your home.*

**I**nvoke your guests to dig into meals prepared with produce from your garden and desserts inspired by the cool, beautiful season.

Impress them with your attention to detail and creative infusion of fall's most prominent influences. The quintessential harvest party takes some careful planning and the perfect balance of fall foliage, friends and fun.

### Think Pumpkins

Is there a symbol that better represents the fall season than the pumpkin? Utilize the brightness and shapes of pumpkins in your decorations, table centerpieces and even your dishes. Mix in some uniquely shaped gourds on the tables or deck areas to give party-goers something to talk about.

Fill a wheelbarrow with an assortment of pumpkins and gourds. If you have friends brining over children, give the kids their own pumpkin to design or color. Pumpkins mean fun during your fall harvest party.

### A Grand Entrance

You want your guests to realize they're at a harvest party from the minute they pull up in your driveway, so make your entrance grand.

Use autumn-shaded streamers to mark your mailbox or front gate. Hang cornucopia-inspired collections from your front patio or build DIY scarecrows out of straw and old shirts. Creatively arrange pumpkins, gourds, apples and leaves around your walkway and front steps to draw your guests into your harvest wonderland.

### Think Fall Foods

What would a fall harvest party be without the harvest?

Infuse your party with fall flavors and serve up recipes using the bounty from your garden or local farmer's market.

Find new fall recipes to try out on your guests — ones that include apples, sweet potatoes or pumpkins. Find fruits such as peaches that hit their peak during the early fall months and incorporate them into tasty pies. Fall is the perfect time for a party to celebrate the new season with the ones you love.





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## FOOTBALL SPECIALS

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**1 Large Plain Pie, 16 Wings, 2-Liter Bottle of Soda**

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### GRAND SPECIAL

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## COOKIE MAGIC FROM CAKE MIXES

**Thursday, October 27th 5:00-6:30**

All ages welcome

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The play, *The Adventures of Sherlock Holmes*, takes the stage at Monmouth University in West Long Branch, NJ

iPlay America: Spooky Spectacular Halloween, 110 Schanck Rd, Freehold, NJ

Annual Asbury Park Zombie Walk, at 4 p.m., Convention Hall in Asbury Park, NJ

Experience Diggerfest at Diggerland, USA, which includes a full-day admission ticket with access to the DiggerFest hay maze and ride, pumpkin launching, and a stunt show!

Moderate yoga and meditation at the Garden of Healing Yoga and Wellness center in New Brunswick, 27 Bayard St! 6:15 pm-7:15. The perfect way to destress.

Bo Burnham, 18-year-old stand-up comedian, 8pm, at the Count Basie Theater in Red Bank, NJ

11th Annual NJ Botanical Gardens Harvest Fest Craft Fair- 10 am-5 pm, Ridgewood, NJ

Make tonight Family Bowling Night at Colonial Bowling Center in Lawrenceville, NJ. Tonight is Family Game Night at the bowling center from 6-8pm.

MOVIE: The new movie *Pan*, based off of Peter Pan, is released in theaters!

Allentown Fall Festival, Allentown, NJ

Columbus Day Parade and Italian Festival, 10am- 8pm, Seaside Heights, NJ

Columbus Day- enjoy the day off of school to remember who sailed the ocean blue in 1492.

Mercer County Community College is holding their 2nd Annual Culinary HRIM Tasting event, 6-8pm.

National Bring Your Teddy Bear to School/Work Day.

UNLIMITED Laser Tag tonight from 5-8 pm at Bonkerz Family Entertainment Center in Princeton, NJ

MOVIE: *Goosebumps* comes out today!

Greenleaf Pet Hotel-Pet Halloween Parade, from 12 pm-3pm.

Fright Fest is taking place every weekend in October at Six Flags Great Adventure, enjoy the spookiness this Sunday!

ABC Family's "13 Nights of Halloween" begins tonight, with both installments of the final *Harry Potter*, *Hocus Pocus*, and Tim Burton's *Corpse Bride*.

America's Got Talent LIVE, 8 pm, at the Count Basie Theater in Red Bank, NJ

Celebrate National Pumpkin Cheesecake Day today. Buy one, or bake one from scratch!

Go apple and pumpkin picking today at Battlevue Orchards in Freehold, NJ! Open from 10 am-5 pm.

Come out to see Howell High School's fall play, *The Anatomy of Gray*, tonight at 7pm.

Come and see Monroe Township High School's production of *Showcase 2015*-a show full of musical numbers, plays, and lots of laughs, at 7pm, in MTHS Performing Arts Center.

Boo at the Boardwalk, at Jenkinson's Boardwalk in Point Pleasant, NJ. 12-4 pm, beach maze, trick or treating, pumpkin patches, face painting and more!

Today is the official National Pumpkin Day-if you haven't gotten your Pumpkin Spiced Latte or bakes a pumpkin pie, today is the day!

Check out the Monmouth Museum for kids, on Tuesdays they have planetarium shows and science trivia for kids 7 and older! 765 Newman Springs Rd, Lyncroft, NJ, on the campus of Brookdale Community College.

Fall Festival at A. Castola Farm-daytime hayrides/ nighttime haunted greenhouse, shopping, petting zoo, pumpkin picking, and more. 178 Highway 34, Holmdel, NJ.

Get in the Halloween mood-go to the Field Of Terror this Thursday night, 831 Windsor-Perrineville Rd, East Windsor, NJ

Plain White T's perform at 7 at iPlay America's event center.

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# APPLE PIE RECIPE

Is there anything better in the fall time than sitting down with a heaping hot slice of warm apple pie? Yeah, we didn't think so. Making an apple is as easy as, well, pie. Follow the recipe below from Pillsbury to pull off your own version. Don't forget to compliment your creation with a scoop of vanilla ice cream and cup of milk.

## Ingredients

### Crust:

1 box Pillsbury refrigerated pie crusts, softened as directed on box

### Filling:

6 cups thinly sliced, peeled apples  
(6 medium)  
3/4 cup sugar  
2 tablespoons all-purpose flour  
3/4 teaspoon ground cinnamon  
1/4 teaspoon salt  
1/8 teaspoon ground nutmeg  
1 tablespoon lemon juice

## Directions

Heat oven to 425 degrees Fahrenheit.

Place 1 pie crust in ungreased 9-inch glass pie plate; press firmly against side and bottom.

In large bowl, gently mix filling ingredients and spoon into crust-lined pie plate.

Top with second crust.

Wrap excess top crust under bottom crust edge, pressing edges together to make a seal.

Cut slits or shapes in several places in top crust.

Bake 40 to 45 minutes or until apples are tender and crust is golden brown.

Cover edge of crust with 2- to 3-inch-wide strips of foil after first 15 to 20 minutes of baking to prevent excessive browning.

Cool on cooling rack at least two hours before serving.



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# Standing up to Duchenne Muscular Dystrophy

## Meet four-year-old Jamesy

By Pam Teel

Four-year-old James Anthony Raffone has a long struggle ahead of him. Diagnosed two years ago with Duchenne Disease, James is fighting an uphill battle with a disease that right now has no cure. Until a cure is found, his family and friends will sadly watch as he loses his leg muscles and becomes dependent on a wheelchair, then loses the ability to control his breathing, eventually leading to being put on a ventilator. In time, it will also affect his heart muscle. Without a cure, this little boy and so many like him with Duchenne Disease will die slowly and painfully.

Duchenne muscular dystrophy (DMD) is a recessive X-linked form of muscular dystrophy, affecting around 1 in 3,600 boys, which results in muscle degeneration and premature death. The disorder is caused by a mutation in the gene dystrophin, located on the human X chromosome, which codes for the protein dystrophin. Dystrophin is an important component within muscle tissue that provides structural stability to the dystroglycan complex of the cell membrane. While both sexes can carry the mutation, females are rarely affected.

During Jamesy's first years of life, the Raffone's never noticed any kind of symptoms relating to this disease warning them that there was something not exactly right with Jamesy. It was in preschool when Jamesy's teacher noticed that his motor skills weren't quite equal to others in his class. This observation concerned his mom, who took him to the doctors for evaluation. When the doctors couldn't find anything wrong, Jamesy's mom insisted on more testing. Jamesy was given a genetic blood test and it was then that they realized that he had Duchenne Disease. Duchenne is a devastating muscle disease in children. Most boys who have it do not survive beyond their mid-twenties and those that do are wheelchair bound by age 12. Duchenne affects about 300,000 boys worldwide and 20,000 kids in the U.S. alone.

Right now, Jamesy is a happy four-year-old, going off to pre-school and playing with his two older sisters. Without a cure, sadly his quality of life will begin to fade away, year by year. This is why funding for research for a cure is so important and why the Raffone family set up the Jar of hope Organization. "JAR" standing for James Anthony Raffone's initials.

Currently there are only 120 known cases of Jamesy's mutation of Duchenne. Not much attention will be given to find a cure for only 119

other boys. Big pharmaceutical companies will not produce a cure for such a small demographic. The Raffones, like many others, have been waiting for the FDA to approve the Exxon skipping trials, but they have been halted. Due to red tape, these boys are rapidly declining in health because the drugs that were helping them produce the muscle building protein essential to maintain what muscle they currently have, has ended. Based on current scientific knowledge, Duchenne could be treatable for this generation of boys. The limiting factor of treating these children right now is funding, not science. The Raffone's mission for the JAR of Hope is dedicated to bringing awareness and raising funds directed to find a cure and provide funding for treatment and medical needs. Their HOPE is to be able to end Duchenne Disease.

The Raffones, along with family and friends have raised over \$107,000 dollars for research to help find a cure for this disease. They have held many fundraisers throughout the years in hopes that one day children like Jamesy can live a somewhat normal life. Many businesses and corporations have helped out and sponsored events for Jamesy in the past. Molino's Italian Kitchen on Gordon's Corner Road in Manalapan donated enough food to feed 600 people during one fundraising event.

UPComing Events- The New York City Marathon. Once again, JAR of Hope will have a

contingent of runners participating under the "Teamjamesy24/7" banner to bring awareness to this dreaded disease. Come and join the Teamjamesy NYC Marathon Team of 2015. This year the team will be running on 11/1/2015 and attempt to raise \$40,000.00. Please help support the runners. To donate to their efforts for running the New York City Marathon, please go to <http://www.crowdrise.com/run2015>

The JAR of Hope Gala, Friday, November 20th, 2015 at the Battle-Ground Country Club in Manalapan. All proceeds go to JAR of Hope, in honor of James Raffone. This will be JAR of Hope's first annual dinner dance gala. The annual event will be held to raise awareness and funds to help the 1000's of boys suffering from Duchenne, the most common muscle disease in children.

Their MISSION: to raise awareness and fund the most aggressive therapies and drug trials available that will lead to a cure for this fatal disease.

If you wish to sponsor the event or take an advertisement out at their gala for your business or one of the Honorees, please call Karen at 732.546.8744.

To help Jamesy's cause or for more information on JAROFHOPE, its fundraisers, future events, or how you can get involved, please go to: [www.jarofhope.org](http://www.jarofhope.org). Find them on facebook too!







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## Millstone Resident Selected For Fulbright Student Award

*By Pam Teel*

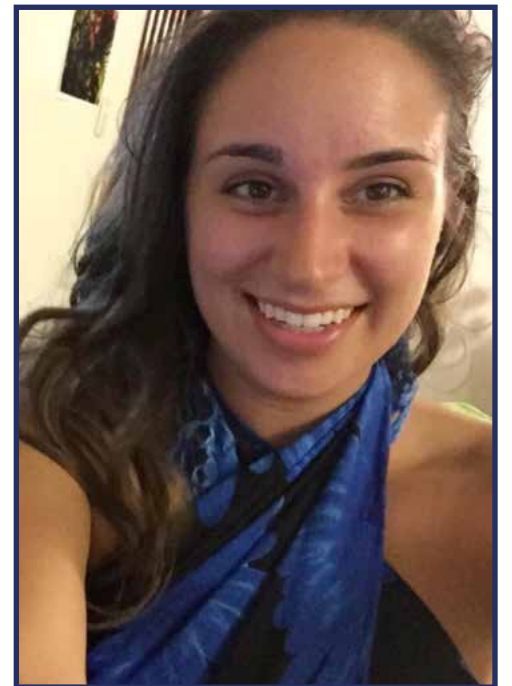
Kerianne Baylor of Millstone Township was selected along with four other students for a 2015-2016 Fulbright U.S. Student Award. She joined three other Marist College Graduates and one other student who won a federally funded award to support teaching and studying abroad. Kerianne is the fourth this year to win a Fulbright U.S. Student Program Grant. The Fulbright U.S. Student Program provides grants for individually designed study/research projects or for English Teaching Assistant Programs.

The Fulbright Program is the U.S. Government's Flagship International Educational Exchange Program. The U.S. Department of the States Bureau of Educational and Cultural Affairs has identified Marist College as one of the U.S. Colleges and Universities that produced the most 2014-2015 Fulbright Students. Founded in 1929, Marist's 210-acre campus overlooks the Hudson River in the heart of the historic Hudson Valley in Poughkeepsie, NY.

Kerianne began working with Academic Programs International (API) as a road warrior upon graduating magna cum laude from Marist College with a dual degree in communication and Spanish with global studies as her minor. Three years ago, she studied abroad in Madrid. She also attended Vassar College where she learned how to speak Portuguese.

She is currently teaching in Barranquilla, Columbia, and will be there for a year under the Sena Program, (National Service of Learning), which is a government initiative to develop education in Colombia with the goal in mind to increase employment to underprivileged students. The program works with Colombian public institutions, with students from disadvantaged backgrounds, in order to attempt to raise their English levels and proficiency. Learning English is a gateway to careers and jobs outside of what some of these students might have access to without this education. This program aims to make a huge impact in each community where teachers are placed, as well as in each student's life. Kerianne will be heading to Brazil for the 2016 school year!

Kerianne's brother Andrew is currently a senior at Alvernia University in Reading, Pennsylvania where he excels in soccer. He was just named to the A tournament team. Andrew has been playing college soccer for the past four years. He also played on the soccer team at his high school. Both siblings are graduates of Allentown High School.



*Kerianne Baylor of Millstone Township  
currently teaching abroad  
in Barranquilla, Columbia*



# Best Crops for Fall

*As the sun starts setting on another productive summer gardening season, it's time to turn your attention to your fall harvest.*

**T**hat's right, you can grow bountiful produce in the cooler fall temperatures. The key to doing so is in the preparation you put into planning and readying your garden for planting.

There are many vegetable crop options that thrive in the cooler weather of autumn, so you can include fresh produce in your meals all season long.

Some fall vegetables even continue growing after the first frost. As long as you're prepared to check in on your crops during the cold weather months, it's time to start plotting your fall garden.

## Beets

Beets are about the most robust and resilient fall season plant you'll find. They are inexpensive and non-temperamental, making for a versatile option in your garden. Another way they are versatile is in how you can use both the root and the leaves for various recipes.

When planting these vitamin-rich crops, don't forget to dig deep so the plans stay cool. It's also recommended to not let the roots grow too long, as they can toughen the beet and make it harder to cook.

## Carrots

Carrots are the favorite autumn crop of many because of their long shelf life — up to several months — and their crisp, vibrant textures.

In the southeastern or central parts of the country, consider planting your carrots in September and expect a late winter harvest. Let them grow to full size or pick them earlier at your convenience.

## Broccoli

According to Organicgardening.com, broccoli is one of the best fall vegetables for the home garden. Broccoli stands up to pests and can flourish in the colder months, as well as in the springtime.

Rich in vitamins and minerals, broccoli can be started indoors from seed or planted outdoors.

You may have more luck growing broccoli indoors and transplanting it after a few weeks to help the plants stand up to the cooling temperatures in autumn.



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# Millstone Day 2015

## A Day of Enjoying Family and Friends

By Pam Teel

One couldn't ask for a more perfect day weather wise to hold this event, which brings many Millstone families and Organizations together for a day of fun and relaxation. Even the small sudden burst of rain didn't deter the crowd from enjoying themselves at the beautiful Frogbridge Day Camp grounds off of Yellow Meeting House Road. This free event is sponsored by the Millstone Township Recreation Department.



Camilla Rizzo -age 2, Adrianna Rizzo -age 4, and Nicholas Rizzo -age 6 enjoying the music and each other on Millstone Day.

Frank Pugliese and his son, owners of the Day Camp, have generously hosted the event for the past 14 years opening up their grounds and facilities to the town. From their gated entrance and lush landscape, Frogbridge is an 86-acre all-inclusive natural wonderland filled with the latest recreational amenities. Families got to enjoy the large swimming pools, miniature golf course, bumper boats, basketball and volleyball courts, and much more.

The DJ was a big hit with the younger crowd as they rocked to the beat of the music. Tents and booths were set up on the back lawn of the facility. There were many Vendors and Township Organizations on hand including the Millstone Township Republican and Democratic Committee, a local Authors table, the Millstone Trailblazers, the Millstone Drug Alliance Committee, Millstone Boy and Girl Scout troops, The Friends of Millstone Township, the Millstone Presbyterian Church, the ASPCA, Green Leaf Pet Resort, and many more. There was plenty of food on hand, from burgers and fries, to vegan food, with plenty of cupcakes and desserts to choose from. There were even homemade treats for the pets.

The Millstone Presbyterian Church had a booth where they highlighted upcoming events such as their

harvest home dinner, the Faith Living Group Activities, bible study classes, and many more programs that are open to everyone in the community. Mark your calendar for the 3rd annual trunk and treat Halloween party for the children on October 24th.

Do you want to learn how to sew? There will be free lessons for six weeks at the church where you will be taught basic hand sewing, mending and altering, and then progress onto a sewing machine where you will create a new garment. You will need to provide basic tools and supplies. Come and join the Book Club. It's a great place to have a book discussion. New readers are always welcome. Tell a friend and bring them along. The next meeting is September 28th at 7:00 pm at the Presbyterian Church. These are only some of the many fun things planned at UPCM. For more information about events and church happenings visit: [www.upcm.org](http://www.upcm.org).



Meeting with Author Ginger Sharp from Millstone Township

Meet the author! Millstone resident, Ginger Sharp, has written over ten erotica romance novels. Ginger shared her knowledge of self-publishing and of finding the right agent to help launch your books. Visit Ginger's website at: [gingersharp.us](http://gingersharp.us) or on facebook at: [www.facebook.com/GingerSharpAuthor](http://www.facebook.com/GingerSharpAuthor). You can purchase Gingers book at Amazon.

The Friends of Millstone Township Historic Registered Properties will be holding their Harvest Fest on October 17th from 12:30-3:30. There will be a tour of the Baird Homestead, and lots of fun fall things to do such as pumpkin painting, hayrides, Arts and Crafts, Food, games, petting Zoo, and more. You get a free pumpkin and house tour with a five-dollar admission. The rain date is October 18th. For more information about the Friends of Millstone and upcoming events visit: [www.mtfriendsofhistory.org](http://www.mtfriendsofhistory.org).



Anne Haines from Millstone Presbyterian Church demonstrating on old singer sewing machines

The Millstone Drug Alliance was on hand making parents aware that it is not ok to host underage drinking parties at their home. Parents serving alcohol to underage children sends mixed messages. "Parents who host, lose the most." Don't be a party to teenage drinking. It's against the law.

They also spoke about, Not My Kid, but what if it is! What if you do find out that your child is drinking or using drugs? What do you do next? Watch the presentation by the Drug Alliance Committee about binge drinking on channel 77 or Fios channel 43. According to statistics, binge drinking is on the rise among younger teens, not just the college crowd. Binge drinking kills! Listen to a mother's story of how she almost lost her son to binge drinking. It's a very informative presentation and well worth watching.



Township volunteers spreading the word about Drug and Alcohol abuse in the community

Millstone Day is all about the community coming together, seeing old friends, and making new ones! Thank you Frogbridge for giving the town a place to gather!





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