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Millstone Resident Shines on *The Voice*

By Pam Teel

Twenty-one year old Alessandra Castronovo of Millstone Township made it through the first round of auditions, also known as the blind auditions for those familiar with the Emmy award-winning TV show, *The Voice*, on NBC. Alessandra had to sing in front of four celebrity judges as their backs were turned away from her. The judges included Gwen Stefani, William Pharrell, Blake Shelton and Adam Levine. Both Adam and Blake turned their chairs around during her performance, hoping to add her to their perspective teams. Alessandra belted out David Guetta's song, "When Love Takes Over." It was Adam Levine, lead singer of the band Maroon 5, who eventually won her over, although Alessandra admits to not hearing much of what Blake and Adam were saying as they fought back and forth for her. That's because she was too caught up in the moment, elated that not one, but two judges turned their chairs around after hearing her soulful voice. According to her younger sister Bianca, "Alessandra didn't remember much of what either one said during that time. Her emotions were everywhere. She was both nervous and thrilled at the same time."

Speaking of nerves, Bianca, her brother, and their parents got to watch via the monitor in the family viewing room back stage as Alessandra performed live in front of the judges. Imagine their reaction when they saw both judges turn to face her. They were even more elated when Adam raved on about the sheer power of Alessandra's voice. It's a tough competition this year with many talented singers, but Alessandra can certainly hold her own with her God given natural talent.

Bianca can tell you that Alessandra always loved to sing from a very early age. As Alessandra got older, people started to take notice of her

talent. She got to perform in 2010 at the Six Flags Fright Fest under the title of Rising Pop Star. This experience in front of a crowd helped her to overcome her shyness to perform in front of a lot of people. Her family and friends always knew she could do more.

They were always telling her to try out for one of the musical television shows. Luckily she listened. A voice like hers should be shared. Whether she wins this competition or not, she won't be easily forgotten. Alessandra plans on continuing her singing career out in Los Angeles.

Bianca describes her sister as a very humble genuine person. They are only two years apart and neither minded hanging out together. They also share a lot of the same friends. Alessandra and her two siblings grew up in a close family. Her parents, Vinny and Daniela are the owners of Albivi's Restaurant in the Perrineville section of Millstone Township, where all three siblings took their turns waiting on tables and helping out in the restaurant.

When asked what Alessandra thought of the judges, she stated that Adam was a real cool guy and that Blake was hilarious to be around. She went on to say that



Twenty-one-year-old Alessandra Castronovo of Millstone Township moves on from the knock out round after defeating fellow contestant Joe Kirk to stay in the competition.

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Continued on page 47

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By Susan Heckler

Kidegories is a specialty children's furniture and nursery furniture boutique located in nearby Shrewsbury. You step through their doors into every child's dream. Their children's furniture is unique, with many hand painted furniture pieces and room accessories. Your child is one of a kind and their room can be one of a kind too. Their bedroom and playroom can reflect their personality and uniqueness.

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According to owner Eileen Buriani, "We always appreciate shopping local. We hope to make your shopping experience wonderful! Come see us for the holiday and leave time for special orders of outstanding items." Kidegories is open 7 days a week. Visit them at 468 Broad Street in Shrewsbury or give them a call at 732-530-0066. Their website is www.Kidegories.com. Also check them out on Facebook and Pinterest. ■



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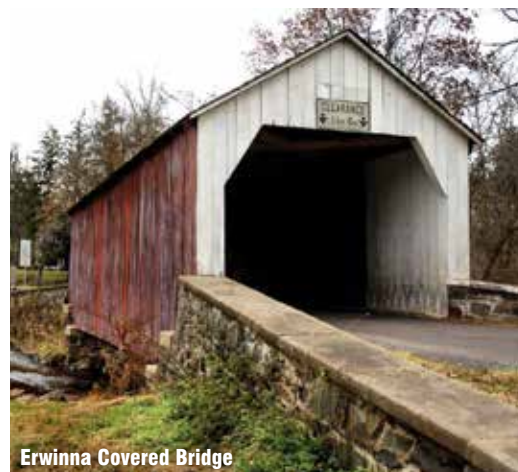
Bucks County River Road Loop *Continued*

By Pam Teel

Last month's issue we discovered Bowman's Hill Tower and Bowman's Wild Life Preserve. After passing through the town of Lumberville and the Village of Devils Half Acre, keep looking to your left as you pass a small waterfall cascading over a steep hillside. Proceeding north, we come to the town of Point Pleasant, PA where there is plenty of activity on the Delaware River. You can rent canoes, kayaks, or go tubing at River Country Rentals. You might prefer not to get wet and dine at Apple Jacks Restaurant where you can get a cold beer and a sandwich, or stay at the Tattersall Inn at the Stover Mansion on #37 River Road. Also nearby is the Tohickon Valley Park, which offers swimming, camping, fishing on the Tohickon Creek. Stop by F. P. Kolbe's shops, formerly called Poor Richards, where

you can find a little bit of everything. It's an unusual store with a lot of antiques in a really large old house where each room has a different type of item in it. It's a great place to find gift ideas or to find something unusual. As we head north again, you will see a sign for Ralph Stover Park.

Ralph Stover State Park is on 45 acres in Plumstead and Tinticum Townships, Bucks County. It is a very popular destination for whitewater kayaking on Tohickon Creek and rock climbing



Erwinna Covered Bridge

on High Rocks. It is two miles north of Point Pleasant near Pennsylvania Route 32. The High Rocks are located inside the park. They were originally known as Boileaus Rocks. Here there is a 200-foot sheer rock face cliff overlooking Tohickon Creek. The name Tohickon comes from the Lene Lenape Indians who named it to mean "Deer-Bone-Creek." Ralph Stover Park was created in 1931 when the heirs of Ralph Stover, the owner of an 18th century grain mill on the site, donated the land. The High Rocks section of the park was later donated to the state by author James Michener who resided in nearby Doylestown, PA.

As you continue further up River Road you will find several turn offs into Tinticum Township. For beautiful fall scenery try Smithtown Road, Stagecoach Road or Dark Hallow Road. Legend has it that Dark Hallow Road is haunted. Remains of an abusive schoolteacher were found one hundred years after his death in the nearby woods. Mysterious lights have been reported flickering in and out all up and down the road.

River Road crosses over the Tinticum Creek. There will be two bridges, one for cars and one for carrying water of the Delaware canal across the creek. The Ralph Stover Covered Bridge crosses over Tinticum Creek. There is also a turn off for the Sand Castle Winery and Gold Pheasant Bed and Breakfast nearby. Keep a look out for Geigel Hill Road for a short side trip to Erwinna to see Erwinna's Covered Bridge. You will also find Tinticum County Park close by.

Back on River Road you will come to Stovers Mill Gallery. The Stover Mill Gallery is located at 852 River Road (Route 32) in Erwinna, PA. Gallery hours are Saturday and Sunday 1-5 P.M., April through October. The Gallery is located in a former gristmill built by Henry S. Stover in 1832. The mill was used to grind corn and wheat until 1932. The Stover Mill Gallery opened in 1959 and is the oldest, continuously run art gallery in Upper Bucks County. The admission is free. There is so much more to see as we continue north on River Road on the Pennsylvania side and eventually we will loop back over to the New Jersey side.

Next month we will wrap up our journey of River Road as we pass through upper Black Eddy to Riegelsville, the last stop in Bucks County, PA. ■



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Recession to Progression

By Krusha Vaidya

In one of the worst recessions in United States history, many businesses could not survive the sudden "downturn." However, some people took that "downturn" as opportunity. One of these people is Glenn Scher.

Glenn was told by many people that this was not the time to invest in a retail business. They said "The economy is to unstable for such a big investment." That did not affect Glenn's outlook. He pushed forward to accomplish his dream of having his own flooring store.

On January 1, 2010, Glenn opened Carpets to Go on Route 9

North in Howell. He started his business with a vision of having not only "in stock" inventory, but very personalized service. He found a location in Howell, purchased a forklift and started to purchase inventory. Word spread quickly and the business started to grow.

We asked Glenn, "Why flooring?" He replied, "My parents opened their first carpet store in 1973 in East Brunswick, which grew into four stores within 5 years. I have learned through the years many aspects of the carpet and flooring world from

my parents. I decided at age 41 that it was my turn to open a flooring store to support my family."

Glenn and his wife Laura, who were high school sweethearts, married in 1995 and have two sons. When speaking with Glenn about his family, his eyes light up.

Glenn has a true passion about his company. He loves meeting new people and treats his customers like they were part of his family. Carpets to Go has a relaxed, no pressure environment. ■



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November Events at the Plumsted Branch of the Ocean County Library

County Connection Mobile Service Center

Monday, November 3, 1-3pm. The mobile service center will be in the Plumsted Library parking lot. Services provided are senior and veteran services, consumer affairs, voter registration and parks and tourism information. (Fees are required for some services.)

Educational Interpreters (Sign Language) Informal Meeting

Friday, November 7, 11am-3pm. Discussion to include, but is not limited to: balancing being a school employee vs. advocating for student; high school slang, middle school drama, and elementary school cliques; analyzing ASL/Academic ASL, etc. Participants will receive a resource guide. Please bring a bag lunch. Although this program is open to all, school educational interpreters would benefit most from this participatory meeting.

Beneath the Garden State – Exploring Aquatic New Jersey

Monday, November 10, 7pm. Photographer and scuba diver Herb Segars shares a view into the strange and beautiful world of marine animals found in the Atlantic waters off NJ. You will be fascinated by a myriad display of local wildlife, shipwrecks and artificial reefs. Mr. Segars will have his book, *Beneath the Garden State – Exploring Aquatic New Jersey* available for purchase and signing.

Toddler Time

Tuesday, November 11, 10:30am. Toddlers ages 18-36 months and their caregivers are welcome to join us for stories, songs, and a craft.

Meet Nikki Rae, Author

Wednesday, November 12, 7pm. Nikki Rae is a newly graduated independent author of dark, scary romances for teens and new adults. Join us as she discusses her novels and how she publishes them. If you're a reader or a writer, make sure you come to this program! Snacks will be served. Nikki will have copies of her books for purchase. Teens and older.

OCL Puppet Players Present Storytime Theater: *The Three Little Tamales* by Eric A. Kimmel

Thursday, November 13, 1:30pm. Three little tamales don't want to be eaten so they run away and build houses of their own, just like the three little pigs did once upon a time. But big Bad Wolves like to eat little tamales just as much as little pigs! This show is based on Eric A. Kimmel's *The Three Little Tamales*. Ages 2-8.

LEGO® Club

Friday, November 14, 10:30am. LEGO® building fun. Ages 3-11.



Book Café, With Special Guest Author - JJ Lair

Monday, November 17, 3pm. Meet local author, JJ Lair, and hear about his writing and research process in constructing his novels, many of which deal with themes of love, greed, secrets and trust. JJ will have copies of his books available for purchase. Light refreshments served. Registrations accepted; not required.

Family Picture Book Discussion

Tuesday, November 18, 3:30pm. Let's celebrate Thanksgiving by reading *Balloons over Broadway* and *Sarah Gives Thanks*. Registration at the circulation desk and book pick-up available November 3. Best suited for grades 1-3.

Anime Club

Wednesday, November 19, 6-7:30pm. Join other teen fans to screen anime DVDs. Grades 6-12.

Children's Storytime

Thursday, November 20, 1:30pm. Stories and craft. Ages 3-6.

Thanksgiving/Native Americans Celebration

Friday, November 21, 3:30pm. Games, crafts, snacks and more! Ages 3 and up.

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Vesuvio's Plaza Hosts Breast Cancer Awareness Benefit

By Pam Teel

On Friday October 17th, the businesses at Vesuvio's Plaza in Millstone Township, held a fundraiser in an effort to help raise money for cancer patients. Teaming up with Wig Illusions, a family owned business on Route 9 in Manalapan, the fundraising money will go to help cancer patients who can't afford the expense of a new hair wig. The money will also go to purchase nightcaps that will be given away free to those patients who lost their hair during chemotherapy. (The purpose of the nightcaps is to keep patients head warm during the night.) The plaza hopes to be able to sponsor at least twenty women for wigs and caps.

Many people came out to volunteer their time and specialties to help raise money for the benefit. Beauti5, a group of high school students from the area, gave henna tattoos, hair wraps, hair-streaks, and manicures at their table. It was evident that is was a hit with the younger girls. You can email Beauti5@gmail.com for parties, events and fundraisers.

Volunteer, Joann Kava, was selling her handmade pink ribbon Breast Cancer Awareness cookies. The Boy scouts came out to lend a hand and play some games with the kids. Artist, Nedha, from Millstone Township, volunteered her time as she painted faces for the event. You can see her artwork on the Power of Pink Pumpkin at Vesuvio Plaza. Jackson resident, Maria Alecci-Moran, donated one of her breast cancer awareness bracelets for a raffle. You can see her themed charms bracelets

Above, Tommy's Healing Hooves- Tommy was the star of the event

displayed at Blue Waters Boutique or on her website at www.charmedcelebrationsjewelry.com. There's an endless list of bracelet themes to choose from. They make great gifts.

Terri and Mark Dorr brought the main attraction, their rescue horse "Tommy" to the event. For \$2.00 children got to put their colored hand print on the horse. All proceeds were donated to Wig Illusions. Mark, Terri, Tommy and Peanut, their little pony, have a mission in life and that is to bring awareness and educate people on the importance of rescue animals and to put a stop to the abuse and suffering of any

Continued on page 42



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THE MILLSTONE TIMES' STUDENT OF THE MONTH

Rebecca Klein

By Pam Teel

Twelve-year-old Rebecca is in seventh grade and attends the Millstone Middle School. Rebecca is very attentive in class because she loves to learn new things every day that she didn't already know before. She also enjoys school because she gets to see her friends and share experiences with them. She loves the fact that some of her friends are in the same classes as she is. She loves to work with them and do projects together.

She has two favorite subjects. One is language arts, because she absolutely loves to read books and she also loves to write her feelings down in her journal. She also enjoys science because she likes to learn every facet that there is about nature, from animals, to cells, and beyond. Rebecca studies hard so she can keep her grades up. She is also in Honors Math.

Rebecca has a genuine love for animals and she would one day love to become a veterinarian. She would like to learn about all the diseases that animals can get so she could make them all better. Recently, she and her friend made and sold Perler Bead figurines and made over \$130.00 in which they donated to the Animal Welfare Association. The money was used for items that were needed for the animal shelter. Rebecca also got to visit the shelter and play with the animals there that were up for adoption.

Rebecca loves to read mystery novels and ghost stories. She also likes to read Dystopian novels. Some of her favorites include *Deep and Dark and Dangerous* by Mary Downing Gall, *Divergent* by Veronica Roth, *The Fault in our Stars* by John Green, and the *Harry Potter* series. Her favorite television shows are *Dance Moms*, *Glee* and *Here Comes Honey Boo Boo*.

She loves the songs "One Last Time" by Ariana Grande, "Steal My Girl" by One Direction, and "Shake It Off" by Taylor Swift. Her hobbies are reading, hanging out with her friends, going on her trampoline, and playing with her dog. Rebecca also plays the piano.

Her favorite place to visit is California where she gets to spend time with her cousins. She loves hanging out with them all and just having fun. She also loves to go to Disney World in Orlando and the Bahamas. Her parents are very loving and caring people and she likes the fact that they take her to a lot of different places. Rebecca had a special bond with her grandma, who was always super proud of her. Her grandma fought cancer for ten years and sadly passed away in 2010. Rebecca can't emphasize how much she misses her grandmother.

Rebecca has an adorable and rambunctious brown poodle named Lily, who is just nine months old. Lily likes to chew everything in sight.

Rebecca's favorite holiday is Thanksgiving. She loves when all the relatives and friends get together to thank God for everything that they have. She loves the big feast and her favorite food to eat on Thanksgiving Day are yams! She also loves chocolate chip ice cream, macaroni and cheese, and her mom's Chicken Parmesan. Rebecca is also involved in cross country track and swimming. If she had one wish, it would be to be able to have unlimited wishes!

Keep up the great grades in school Rebecca and also your dream to become a veterinarian. I have no doubt that your hard work in school and your compassion for all animals will one day lead you to become the best Veterinarian that you could possibly be! ■



Rebecca holds up the Perler Bead figurines that she and her friend made to raise money for a local animal shelter.

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Millstone Elementary and Middle Schools Go High Tech

By Susan Heckler

Our local educators know that it is essential to prepare students to be ready for the new technology when they advance to higher education or the work force. It is for this very reason that the Millstone Township School District is equipping their students to become the designers of the future through a STEAM initiative which gives students the opportunity to take part in rapid prototyping. Rapid prototyping is the term used to describe the process of translating an idea,



to a virtual model and then a functioning product quickly.

The Millstone Township Middle School has introduced two new 3D printers to their technology lab thanks to the generosity of the Millstone Township Foundation for Educational Excellence. The printers were a result of a grant written by Ellen Osborn and Thomas Semko. They are hoping to create increased opportunities for students to work as modern designers and engineers.

According to Tom Semko, “Students will be introduced to computer aided design software and challenged to create items, which solve problems they have helped to identify in their daily lives. These challenges will blend concepts learned in many math and science classes with their applications, which are being utilized by engineers in industry. The goal is to grow programs which allow students to not only answer the age old question, “How will this help me?” but to take that a step further and provide students with opportunities for immediate application of their new found skills. The district is committed to creating opportunities which integrate real world experiences into the classroom and providing students with skills, which are being utilized by their parents in various industries.”

Equally as exciting, The Millstone Elementary School has also introduced a 3D printer to their school and has plans to utilize the printer to introduce students to design and problem solving by giving them opportunities to create rapid prototypes. As elementary school teachers increase their use of design challenges in the classroom, students will be given opportunities to utilize these machines to meet their needs.

Kudos to our district and all of those involved for making great strides in improving the education of our residents and paving a great path for their future. ■



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Berkshire Hathaway HomeServices New Jersey Properties Acquires the Rumson Office of Prudential Zack Shore Properties



Karolyn Wray
Manager, Rumson Office

Berkshire Hathaway HomeServices New Jersey Properties recently announced the acquisition of the Rumson Office of Prudential Zack Shore Properties, located at 101 East River Road, bringing the BHHS New Jersey Properties office count to 20 locations throughout northern and central New Jersey.

BHHS New Jersey Properties CEO Bill Keleher and General Sales Manager Chris Brown who are among the company's ownership team with Seymour Litwin, Nancy Litwin and Steve Janett, joined President and owner of Prudential Zack Shore Properties Kevin Thomas on September 23, 2014 to announce to the Rumson team an agreement in principle, with the effective date of the acquisition retroactive to October 1, 2014.

Karolyn Wray has agreed to continue as the manager of the new Berkshire Hathaway HomeServices New Jersey Properties Rumson Office.

Previously Prudential New Jersey Properties, Keleher's company rebranded to Berkshire Hathaway HomeServices New Jersey Properties on June 24, 2014, remaining an independently owned and operated real estate company and member of HSF Affiliates LLC which operates real estate brokerage networks Berkshire Hathaway HomeServices, Prudential Real Estate, and Real Living Real Estate.

"As members of the same affiliate network, we have had the privilege of working alongside Kevin and the Zack Shore team for many years," noted Keleher. "We share a similar culture and hands-on management approach, which makes this transition a natural fit. With our company's existing Manalapan and Millstone offices in western Monmouth County, the addition of a Rumson location expands our reach to the Jersey Shore and other points south in Ocean County. Moreover, we are confident that our new Luxury Collection and global network will effectively serve the needs of luxury home buyers and sellers throughout the area. This is an exciting day for our company's agents and employees, as well as the clients and customers we serve, and we are thrilled to welcome Karolyn and the Rumson team to our BHHSNJ family." ■



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Why Use a Public Adjuster?

By Susan Heckler

Mother Nature unleashed her wrath and your home is trashed. Who you gonna call? Your insurance company!? Maybe not quite yet.

Take a deep breath and think about the benefits of calling a public adjuster first. Public adjusters are experts on property loss adjustment who are retained by policy holders to assist in preparing, filing and adjusting insurance claims. The majority of us will automatically call our insurance company to report the claim and will rely on their insurance adjuster to prepare a claim. The problem is, their adjuster works for the insurance company and is hired to make 'company inspired settlements.' What that means, in a nutshell, is that they are not working for your best interest. Should more of your claim be covered? Do you understand your rights as the insured?

A public adjuster will advise you of your rights under your coverage and negotiate on your behalf.

According to David Simon of D. Simon & Associates in Marlboro, "Most people are unaware they can have their own adjuster file a claim on their behalf; the insurance company conveniently provides you with one, but their best interest is with the company. Not you. A person with a catastrophic loss should have someone looking out for their best interest immediately. The insurance companies are just a phone number that you call and maybe get a live person on the line to answer any questions you have or get things done to satisfy the family's needs during a devastating time in their lives. As a licensed Public Adjuster, I'm available at all times and get the necessary things such as a hotel, temporary housing, even be able to secure a property if need be."

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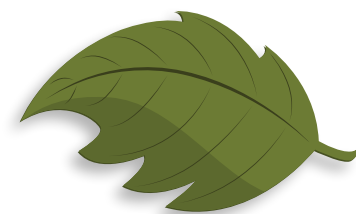
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Give Loved Ones Experience Gifts

By Brianna Siciliano

Special occasions are always creeping up on us, and we often feel confused about what gifts we should give. Giving presents to loved ones can be challenging. We do not want to give the people we care about gifts that they do not like, so most of the time, we end up gifting them with money, an outfit or two, or a bottle of their favorite wine. To spice things up, gift someone an incredible once-in-a-lifetime experience.

Do you have a thrill-seeking loved one who has a special occasion coming up? If so, why not gift them a certificate to go skydiving, drive a race car, or learn how to fly? Most thrill-seekers have activities like these on their bucket lists, and gifting them a chance to jump off a plane, fly a plane, or drive a race car will show that you care about their passions.

Do you have a loved one who enjoys music or theatre? There are endless experience options of gifts for these kinds of people. If you know someone who enjoys Broadway, gift them with a pair of tickets to see a Broadway play. If your loved one enjoys a certain band or singer, gift them with a pair of tickets to that entertainer's concert.

Do you have a loved one with a passion for creativity? Treat them to a class that they will enjoy the most, whether it is an art class, a photography class, or a cooking class. If that does not sound appealing, why not treat your loved one to a tasting, whether it may be a wine tasting, martini tasting, cheese tasting, or a chocolate tasting. Your loved one will have plenty of happy memories because of your thoughtfulness.

Different people enjoy different things, so why should you continue to gift the same presents to every person you care about? Try to personalize gifts for everyone you care about and enjoy the lifelong memories that you are creating. ■



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Millstone Artist Works Wonders with His Hands

By Pam Teel

Tucked away on six park-like acres in Millstone Township, seventy year old Vadim Chertkov creates his own kind of magic in an oversized garage workshop on his son Eugene's property. Using bits and pieces of wood, Vadim allows his imagination to guide his work. Without any blue prints or previous drawings, Vadim creates from within. His hands are his tools as he intricately fits wood into his projects like pieces of a puzzle. He doesn't just slap pieces of plywood together to hurriedly finish his creations; his projects are more complex and could take many months to complete as Vadim works his wonders from the ground up.

As you make your way through the front gates, you are greeted on both sides of the driveway by some of Vadim's larger workings. On the left side is a tall wooden windmill. On the opposite side of the driveway is a small reproduction of a Russian building, all handmade except for the bell at the top. In front of the large structure rests a cannon Vadim made out of a sewer pipe. If you weren't a military buff you wouldn't have known that it wasn't a real cannon. That's how good Vadim's work is. Another tall windmill greets you as you wind your way up the long driveway.

At close glance, one is left amazed at the detailed woodworking and the many different characteristics of his truly one of a kind designs, such as his modernistic wavy bent

wood picnic table and chairs, cleverly placed on the side lawn under the tall trees.

Born in Russia, Vadim graduated with double majors in Economics and Engineer Machinery, and Radio Technology. While living in Russia, he built and designed kitchens. Five years ago, after leaving Moscow, Vadim moved in with his son. He spent the first few years keeping busy working on both the inside and outside of his son's home. It wasn't until three years ago that Vadim start focusing on his own art projects. In that short time, Vadim has built up quite an eclectic collection of artwork, which includes beautiful colorful mosaic tiles, large square wall art, themed collages and sculptures, intricate woodworking projects, and dioramas with scenes set in Russia.

Vadim is not the only talented one in the family. His granddaughter Valeriya Saffronova is quite an artist herself with many of her paintings and drawings gracing the walls of her father Eugene's home. Not only is Valeriya an accomplished artist, but she also is a journalist and news assistant/web producer at the New York Times. Her seventeen-year-old sister Malley, who is attending the Peddie School in Hightstown, has a beautiful singing voice. She sings in the Peddie choir. Ten-year-old brother Benjamin has a fascination for rock collecting and displays his collection in his father's gallery along with his older sibling and grandfather's artwork. Eugene's wife, Marina, graduated from a four year program of Raja-Buddhi Yoga in Moscow. She is a registered Yoga Alliance Teacher and Universal Tao Instructor. She teaches yoga and meditation locally in the area.

It was certainly inspiring getting to tour Eugene's home and private gallery. Thank you for the invitation and a very special thank you to Vadim for showing me your most precious works of art. I'm looking forward to seeing your future projects!

If you have a talented family member, friend, or neighbor who you would like to give a nod to, email me at crescent671@yahoo.com. ■

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Open-Up Your Heart to a Kind-Hearted Horse

By Brianna Siciliano

Do you have a deep admiration for horses? Are you seeking a horse for relaxing trail rides, a show ribbon winner, an athletic champion, or a fantastic new family member to make you smile? If so, you need to take some time to learn more about the Standardbred Retirement Foundation!

The Standardbred Retirement Foundation (SRF) is a non-profit, tax exempt organization that

was created to rehabilitate, care for, and secure lifetime adoption of non-competitive racehorses, ensure proper care for the horses with follow-up, and combine the needs of youth at risk with horses in therapeutic equine programs to benefit both the youth and the horses. Through the Standardbred Retirement Foundation, there are ways to sponsor horses, foster horses, and adopt horses.

Horse sponsors are extremely important to this foundation. There over 112 kind-natured, loving horses who are permanently retired due to age or injury. These horses need caring hearts to help ensure that their lives will be lived comfortably and

safely. Sponsors for these noble creatures will receive a biography of their sponsored horse, along with a photo, updates on the horse's health, recognition on the foundation's website, and in some cases be able to visit their sponsored horse (depending on location).

Being a foster family to a kind-natured horse means that you will be providing a temporary home for one of Standardbred Retirement Foundation's horses while the horse is waiting to be adopted. Fostering is perfect for families who are looking to change the life of one--or more--of the horses. SRF is always looking for foster families!

Are you looking to adopt a horse? Standardbred Rehabilitation Foundation is a great foundation to adopt from. Adoption Coordinators are looking forward to speaking with you! Adoptive families are required to submit details about where the horse will be stabled at, whether the horse will living in a boarding facility, your home, or on your property that is not your home. The adoption application also requires pictures of the barn and/or run-in shed, the inside of the stall/shelter including flooring, hay, grain, grain containers, storage, fencing, and water that the horse will be using.

If you are interested in sponsoring, fostering, adopting, volunteering your time (for either administrative tasks and fundraising, riding horses, or grooming/barn/farm help), or donating money or supplies, visit SRF's website, www.adoptahorse.org, or call 732-446-4422 for more information! ■

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THE MILLSTONE TIMES Photo of the Month

By Pam Teel

Please keep those photos coming. Make sure you include a brief description of the photo and yourself! Email me at: crescent671@yahoo.com. ■



Gina Ferro from Millstone Township surprised her two girls, Alanna and Danielle, with their first horse. The horse's trainers, Cheryl Smith and Amanda Kocheran from "Up a Knotch Equestrian" captured the photo of Alanna showing her new horse Zoey some love!

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Rockets Roll into Final Four!



Back Row: Alivia Caba, Tara Bernstiel, Sofia Micklovic, Taylor Wysokowski, Morgan Bell, Olivia Denney, Halle Conaghan, Stephanie Alves, Kayla Denney, Isabella Denney

The Millstone Rockets continue their march toward a state championship with a 1-0 victory over Northern Burlington Academy. It was a game in which Millstone controlled the play for 70 minutes and made sure that they kept their dream alive on their home field. In the first half they controlled the game with the play of midfielders Kayla Denney, Tara Bernstiel, Madi Keefe, Nicole Winouski, and Hallie Conaghan. Unfortunately they failed to score after many good opportunities and a strong wind at their back in the first half.

In the second half the intensity picked up, and the Rockets continued their dominance with tremendous plays by forwards Christina Zeleznik, Olivia Denney, Taylor Wysokowski, Bella Denney, Stephanie Alves, and Alexi Abbate. Finally, the Rockets broke through when Christina Zeleznik scored the game winner by a great feed from Kayla Denney. Once the Rockets scored, they were able to keep the pressure on all day but not without the great plays of the back line consisting of Kaila Bernstiel, Mary Conaghan, Sofia Micklovic and Alivia Caba who were very physical all day. Morgan Bell logged her second shutout of the state tournament.

Sydnee McIlvaine who plays midfield and goalie was injured and unable to play, but hopes to be back for the final four. The girls continue to play well at the right time and should be proud of what they have done so far. This is a special group of girls who are best friends on and off the field, and they give everything they have. This weekend will prove to be the most difficult, but this group has a very good chance to win. At this point in this type of tournament, it sometimes comes down to who wants it the most. Go Rockets!

The Rockets continue their play this weekend against NJ Rush 01 at Marlboro Middle School at 9a.m. Finals will be held in Marlboro as well on Sunday. ■

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All Things Agriculture with Allentown's FFA Chapter

By Brianna Siciliano

The National FFA Organization was organized in 1928 in Kansas City as the "Future Farmers of America," but the name eventually changed to The National FFA Organization to reflect the broadening field of agriculture, which now encompasses over 300 careers including everything from agriscience to turf grass management to biotechnology.

Currently, the FFA Chapter—which is strongly continuing their success of 75 years—is planning new and innovative events to help maintain the success of the organization.

In the fall of 2008, Denise Emmons began working as the new Animal Science Instructor and FFA Advisor in the Allentown High School Agricultural Science program, and in the fall of 2010, Dale Cruan joined the agricultural sciences staff as the Plant Sciences and Agricultural Mechanics Instructor, along with becoming an FFA Advisor.

The organization has been bringing students, teachers, and agribusinesses together to support agricultural education. Today, the National FFA Organization is expanding society's view of "traditional" agriculture and is finding new ways to include agriculture in the classroom.



Presently, the organization is completing a chapter exchange program with the Bridgewater-Emery FFA Chapter in Bridgewater, South Dakota.

The FFA program continues to seek innovative, new courses for students including the Curriculum for Agriculture Science Education (CASE), Principles of Agricultural Science Animal, CASE-Introduction to Agriculture Food and Natural Resources, the CASE-Principles of Agricultural Science-Plant, and the Wildlife and Aquaculture Science.

The Allentown FFA and Agricultural Science Program is strongly dedicated to preparing students for a lifetime of informed choices and for successful careers

in the global agriculture, fiber, food, and natural resources systems. Through agricultural education, students are provided with opportunities to live-up to the FFA Chapter's mission: leadership development, personal growth, and career success.

To learn more about Allentown's FFA program, visit www.ffachapter.net/nj/allentown/. ■

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Voting is one of the most important rights and responsibilities that U.S. citizens have. Please remember to vote on Tuesday November 4th, 2014. Don't give up on a chance to choose leaders and representatives who will do things that are important.

Before this year's election, be familiar with the voting process in New Jersey. The following ten tips from the U.S. Election Assistance Commission may help enhance your voting experience.

1. Register to vote – If you are not registered to vote, apply for voter registration. The National Voter Registration Application form is available at www.eac.gov/voter_resources/register_to_vote.aspx.

2. Confirm your voter registration status – Once you register to vote, check your status with N.J. State or local elections office several weeks before the last day to register to vote. That way, you can change your registration information if needed (for example: name, address, or other corrections) in time to vote.

3. Know your polling place location and hours – If you vote at a polling place on Election Day, confirm your polling place location. Make sure you know what time your polling place opens and closes.

4. New Jersey's voter identification (ID) requirements – Visit www.state.nj.us/state/elections/voting-information-voting.html for all the identification requirements.

5. Check the accessibility of your polling place – If you are a voter with minority language needs or you are a voter with special needs or specific concerns due to a disability, your polling place may offer special assistance. Contact your local elections office for advice, materials in a specific language, information about voting equipment, and details on access to the polling place, including parking. ■

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Buyer Beware: As Seen on TV

By Pam Teel

The Stone Wave Microwave Cooker is ceramic cookware

that consists of a specifically designed chimney that allows steam to escape out of the top while the custom dome of the little pot does the job of evenly circulating the heat to give more flavors to the food. It comes with a hollow handle that stays cool even under high heat. The advertisement boasts that it is a non stick pot and can cook a wide variety of foods such as omelets, poached eggs, baked apples, desserts, onions, and so on. What I found was that the pot is not that big and only provides one small serving. You have your choice of purchasing one, two, or four pots in a package. I bought all four and could not fit them all in the microwave at the same time. I found it ok for a family of two but any cooking beyond that you might as well take out a regular pan and cook it on the stove. I use mine periodically if I want a baked apple or to make some quick five minute onion soup for myself. Cooking eggs is by trial and error and depends on your microwave settings. I cannot get a decent poached egg. It is either underdone or to overdone. My omelet came out ok but do not believe for a second that these pots are non stick. It would be wise to spray the pot first when making anything that will tend to stick, like Mac and cheese, or desserts. I think these would be great for college students who have access to a microwave, but then again, they can still microwave things without the stone wave pot just as fast.

It does come with a recipe book and you can get more recipes online. It's easy to wash as long as you spray it first with cooking oil My recommendation; it's great



for one or two people or for dorm use for a single portion. You can keep the food contained in a pot in the microwave, but for every day use, why bother. I truthfully cannot taste any significant difference in the food. I guess I will give this a **half a thumb's up** because the onion soup turned out pretty good and so did the baked apple, although the portion size was small. I wish they made a larger size. I was told that they did but have had trouble finding one. You can purchase these at Amazon, or any kitchen aid store on line, Wal-Mart, and many more places that carry As Seen on TV items. Mine will probably end up shelved after the novelty wears off.

The Oxo Good Grip Mandoline V blade Slicer – After going through many hand held vegetable slicers, I opted for a more stable table top one. After watching Cooks Corner on TV and seeing their review on mandolines, I decided to order their top choice, the OXO brand V Blade Mandoline slicer. I paid just under \$39 for it, but so far it has proved to be worth it. They do have a newer model out there for \$69.00 but many consumer reviews rate the \$39 brand as the better of the two. The OXO V blade has 4 interchangeable blades that are clumsily stored underneath the product, making it a little awkward to change blades. Read the instructions first when changing blades. It does make it a lot easier to figure out! I stored my extra blades elsewhere so I wouldn't have to mess with fumbling for the blades underneath. The blades can cut fruits, vegetables and both hard and soft



Continued on page 50

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Vesuvio's Plaza Breast Cancer Benefit

Continued from page 21

living creature. Together they visit schools, nursing homes, churches, camps, fairs, fundraisers and other events to bring awareness to animal abuse. On November 2nd, Tommy's Healing Hooves will present the 3rd annual Benefit Trail Ride, hosted by Sleepy Hollow Stables, 47 Woodruff Road, in New Egypt. There will be a six-mile poker ride, a wagon train meal, a costume contest, and more. You can email Terry at tldmas64@yahoo.com or by phone at 609-529-1818 for more information.



Blue Waters Boutique displays their new clothing line

The Allentown High School Woodwind Quartet was gracious enough to stop by and play for the crowd before continuing on to an Away game. Vesuvio's Restaurant donated a dollar for every food purchase. Blue Waters Boutique donated some of their fine jewelry for raffle prizes. They also donated a certain percentage of what they sold that night to the cause. Check out the new look at the boutique. There is a new fall line of clothing that includes shawls, sweaters, pocketbooks, and more. Karen Skidmore sold her Mary Kay cosmetics and donated a portion of her profits to Wigs Illusions. You can reach Karen at kskidmore@marykay.com for all your cosmetic needs. A special thank you goes to anyone of the volunteers that I forgot to mention.

It's the people in the town that also deserve thanks for coming out and supporting the many fundraisers that the Plaza hosts. Without your help, it wouldn't be possible to pay it forward. With your continued support we can make a difference in someone's life. A special thank you goes out to Kathy Waters for organizing these fundraising events. Your drive and dedication to help others is an inspiration to all of us. ■

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Music to Our Ears

By Susan Heckler

Everyone listens to music of some sort. Since the genesis of mankind when man discovered his voice and that sounds can be made from objects, living got a whole lot better. Music is a reflection of the mood of the writer and a catalyst for change in the mood of the listener.

The sounds and lyrics of a time period reflect what was and is going on in the world. You can teach a history lesson using music alone as your archive. In United States history, we can step back in time when music inspired slaves to find freedom, workers to strike, demand peace or fight wars. Music is an incredibly powerful tool; lyrics directly mirror the hopes, fears, struggles, sorrows, triumphs, frustration and humanity of the real people who lived history. Voices gathered in song give more power to the lyric.

The American style of music, not that there is one style, is a composite that reflects the changing population and values. Beginning with the Native Americans, the arrival of immigrants from various countries brought new sounds and rhythms to our culture. As with anything left to simmer, the taste of music changes day to day.

Case in point, for those children of the 60s, think back to what you were listening to and how it directly reflected our changing times. DooWop from the 50s was still popular as were Elvis, surf music, girl groups, Jimi Hendrix, and Bob Dylan, Motown, and psychedelic rock all mixing with West Side Story and The Sound of Music. Love songs shared air space with social consciousness and political statements. This was the time of youth counter culture, racial tensions, and sexual liberation, anti-war, civil rights and saving Mother Earth.

The 1970s were popular with folk-based music with soft rock and the singer/songwriter emergence of James Taylor, Carole King, Simon and Garfunkel. Pop (Abba, Jackson Five), Heavy metal (Black Sabbath, Led Zeppelin), Southern/Country rock

(Willie Nelson, Allman Brothers, Eagles, Doobie Brothers), Heartland (Bruce Springsteen, Creedence Clearwater, Progressive (Yes, Genesis), R&B (Stevie Wonder, Marvin Gaye) and disco (Donna Summer, Bee Gees) arose along with hip hop (Run DMC, LL Cool J), Reggae (Bob Marley, Jimmy Cliff) and Glam Rock with David Bowie.

And let us not forget the influence of the British invasion when our shores were stormed by the great sounds of The Beatles, The Dave Clark Five, The Who, the Rolling Stones and their friends such as Herman's Hermits and The Animals.

Most of us know who the lead singers and key musicians are in popular music groups. What we don't realize are the people behind the scenes that changed the music we listen to. August 21 marked the one year of the passing of Sid Bernstein. This individual was so influential in the music business that books have been written about him alone. His efforts brought the U.S. then unknown British artists such as the Beatles, The Rolling Stones, Herman's Hermits, The Moody Blues, and The Kinks to America. He was also a concert promoter for Tony Bennett, Ray Charles, Judy Garland, Frank Sinatra, Jimi Hendrix, Laura Nyro, Laura Branigan, Melanie and Sly & the Family Stone and James Brown. What would your childhood and adult life been without those tunes in your head?

So when you switch on your radio and hear one of those 60s tunes that brings you back to a happy place, hum a few bars and thank Sid and the rest of the music angels among us. ■



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What's Cooking New Jersey?

Healthy Recipes the Whole Family Will Enjoy

By Krusha Vaidya

Pumpkin Jalebi

Treat yourself to a sweet and tasty Indian dessert this fall. Pumpkin Jalebi, a popular Indian dessert with a fall twist!

Ingredients for Jalebi batter:

1 cup all-purpose flour
1 tsp. rapid rise yeast
Oil to deep fry
1/4 cup + 2 tbsp. of pumpkin purée
1/4 tsp of pumpkin spice mix
1 tbsp. non-fat Greek yogurt or plain yogurt
Warm water – use as needed
Empty clean ketchup or mustard sauce bottle to fill the batter

Preparation for batter:

In a mixing bowl, mix flour, pumpkin spice, yeast and corn starch. Mix well. Now add Pumpkin purée, oil, yogurt to the dry ingredients. Use water as required. Mix until there are no lumps. Cover and let it sit in warm place for 30-45 minutes. While batter is resting, start on making sugar syrup.

For Syrup: (make it while frying Jalebis)

1 1/2 cups sugar
1 1/4 cup water



1/4 tsp. pumpkin spice mix
Saffron (optional)
1 tsp. lemon juice – adding lemon juice will prevent sugar crystallization

Making syrup:

In a heavy bottom pan, add water, sugar and saffron. Cook for about 15 minutes on a medium heat level or until the sugar has dissolved completely. Reduce heat to a low and add pumpkin spice, lemon juice. Stir well. Let it simmer on very low heat.

How to make Jalebis:

Heat oil in a large bottom pan on medium heat. Mix the fermented Jalebi batter well. If it's too thick add more warm water and mix well. (Make sure it does not become watery.)

Fill a ketchup or mustard bottle with the batter. Squeeze out the batter into the hot oil in about 8 small circular motions. Jalebi should be about 2-3 inches in diameter. (For larger Jalebis make 2 circles of 5-6 inches diameter and use a large frying pan.) Fry until the bottom side looks golden and flip the Jalebi once to cook the other side. (Until it looks golden) With tongs, remove Jalebi, shake off excess oil and place directly into sugar syrup. Allow Jalebi to stay in the syrup for just a minute (flip to coat both sides), shake off excess sugar syrup and place onto a plate. Repeat the frying and soaking procedure for remaining batter. Once all done, serve hot Jalebis in a nice platter and garnish with powdered sugar, pumpkin spice mix and some chopped pistachios.

Note: about mid-way through the frying process, turn off the stove for the sugar syrup so that it does not become too thick

The Jalebi can be stored in an air-tight container at room temperature for a week or stored in the refrigerator for a month.

Prep Time: 5 minutes + fermentation time

Cook Time: 20-30 minutes

Makes about 30 small Jalebis or 15 big ones

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Ingredients:

1 clove garlic, minced
4 springs of fresh mint, leaves only and minced finely
2 cups of plain whole milk or low-fat yogurt
2 cups grated cucumber, unpeeled (any type of cucumber can be used but I recommend English cucumbers)
Ground black pepper (Optional)

Preparations:

Whisk the yogurt until it is completely smooth. Add the rest of the ingredients and stir until everything is mixed evenly and properly. The ground black can be added if preferred. Coriander can be added for decoration. Stir, chill and serve!

Prep Time: 10 minutes



Mango Lassi Smoothie

Ingredients:

1 cup chopped peeled mango
1/3 cup peach sorbet
1/2 cup nonfat vanilla yogurt
1/4 cup orange juice

Preparation:

Place ingredients in the order listed above in a blender and process until smooth.

Makes: 2 servings (3/4 cup each)

Prep Time: 10 minutes

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Friends of Millstone Announce Receipt of a 5k Grant



The Millstone Friends announce that they are the recipients of a \$5,000 grant from the Discover NJ History License Plate Fund. The funds will be used to obtain and install wayfinding signs, in support of their mission of historic preservation and cultural enrichment.

The State program, supported by income from sales and renewals of the license plate, provides grants to government agencies and non-profits for the development and promotion of visitor-ready sites as heritage tourism destinations. ■

A Fun Approach to Teaching Music to Kids

By Susan Heckler

Are you considering encouraging your child to play a musical instrument? No matter what instrument, there are benefits that you may not be aware of and should be considering.

There is evidence that musicians have organizationally and functionally different brains than non-musicians. If you think about it, when you play an instrument you are using (and exercising) the parts of your brain that control motor skills, coordination, memory and cognitive skills. Studies suggest a 7 point increase in IQ for those that play an instrument as well as improved scores in school.

For those that play a band or orchestra instrument, playing helps build team work skills and social skills in general. For kids going to a new school, meeting fellow musicians allows them to be a part of a group rather than walking into a potentially overwhelming situation.

Learning an instrument helps with time management. It teaches patience, perseverance, and also helps sharpen your concentration as well as a feeling of accomplishment. With confidence comes better social skills. It also opens their eyes culturally and is a great means of self-expression, as well as a stress reliever.

According to Michael Basile, owner of The School of Rock Monmouth County NJ located at 256 Route 79 in Marlboro, music is the great equalizer. They have taken a new approach in teaching music. Using an inclusive group setting in the curriculum, rather than the traditional method of starting with fundamentals taught from a boring book, the School of Rock starts with the music. “For vocalists, teaching 3 part harmonies is really tough, especially the music theory behind the concepts which makes up a harmony. We teach a Queen song which is chock full of harmonies. The students have fun, and then we go back to the book and back into the theory behind the music. Using this method, the kids learn at exponential rates. I became a believer in the approach.”

For more information about School of Rock, contact Michael at 732-290-0666. ■

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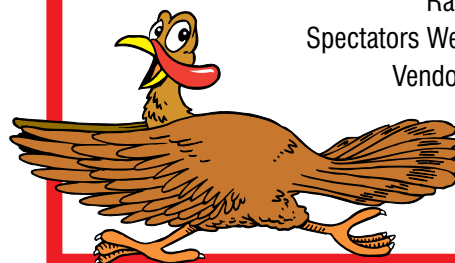
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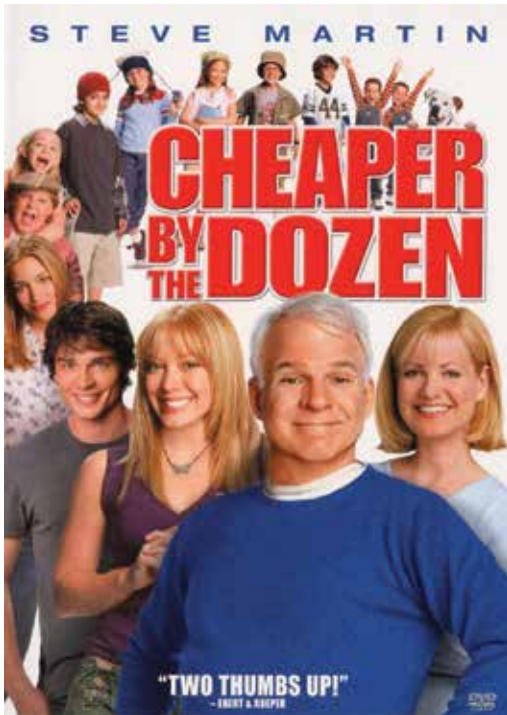


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Thanksgiving Movie Night

By Krusha Vaidya

Thanksgiving is about three things, turkey, football, and most importantly, family. This Thanksgiving, watch a movie with your family that shows them just how much you appreciate them.



Cheaper by the Dozen (2003)

2 parents, 12 kids, and 1 dog, what could go wrong? A lot apparently. Join the Baker's as they handle 12 kids and a move far away from home. This movie is suitable for kids 7 and up.

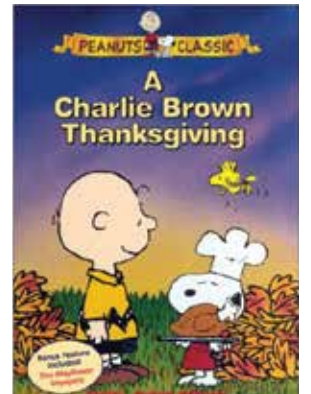


The Blind Side (2009)

Although this movie focuses on difficult issues, it is a great movie for thanksgiving. Based on actual events, a Southern woman takes in a homeless football prodigy who eventually becomes a first-round draft for the NFL. Due to some of the powerful material in this film, this movie is better suited for ages 8 and up.

A Charlie Brown Thanksgiving (1973)

When Peppermint Patty and her friends persuade Charlie Brown into serving a traditional Thanksgiving dinner, it's up to Woodstock and Snoopy to make it a successful one. Charlie Brown is a classic that lifts your heart anytime of the year. Because of the light full nature of this movie, it is best for ages 3 and up.



Winnie The Pooh's – Season of Giving's (1999)

A collection of memorable holiday adventures as Winnie, Piglet, and Tigger venture out to find the right ingredients for winter while Rabbit learns how to make a Thanksgiving dinner and features a special visit from a new friend and a great number of songs for singing along. Great for ages 3 and up.

Alvin and the Chipmunks: Alvin's Thanksgiving Celebration (2008)

This hilarious comedy features the most adorable rascals, Alvin, Theodore, and Simon as they host a Thanksgiving dinner for their relatives and at the same time try to keep Alvin out of mishaps! Recommended for ages 3 and up. ■

Millstone Resident Shines on *The Voice*

Continued from page 1

all of the judges had only kind words of encouragement toward the contestants. The judges made them feel good about themselves and all the other contestants are very helpful and supportive toward each other." There is no doubt that Alessandra will come away from this experience with many new contacts and many new friends. Besides singing, Alessandra also has her license as a make-up artist, but she's not the only talent that comes from this family. Sister Bianca is an aspiring actress who recently finished a role in an upcoming new movie called Voiceless. Her seventeen-year-old brother Vinny is an aspiring dancer and choreographer was chosen to be on the 2010-2011 United States Dance Team. He also placed 2nd in Season 6 of Randy Jackson's Americas Best Dance Crew.

Alessandra recently defeated fellow contestant Joe Kirk in the knockout rounds where team members are pitted against each other in a sing out. They performed Rihanna's "Stay" as a duo. Levine chose Alessandra's performance over Kirk's, which means that she's still in the competition. We wish you only the best Alessandra. We hope you make it all the way! ■

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Sharing Genes with Friends

By Susan Heckler

Scientists from University of California-San Diego and Yale have found that we are genetically similar to our friends more so than we are to strangers of the same population. Their findings suggest that our social networks also play an important role in human evolution, in addition to our physical and biological environment. In fact, researchers say our friends are as “related”—genetically speaking—as fourth cousins.

The claim that friends wear the same genes was the subject of a recent article in Discover magazine. The research focused on 1,932 subjects who participated in a 1948 Framingham Heart Study, which produced one of the largest datasets of both genetic information and details of social relationships. Additionally, they used the data base of the National Longitudinal Study of Adolescent Health. According to Discover, “A vast majority of people in the Framingham study had European origins, which ensured both friends and strangers were drawn from the same population.” Nearly 1.5 million markers of gene variations and compared pairs of unrelated friends against pairs of unrelated strangers were analyzed.

Friends shared enough genes to develop a ‘friendship score,’ which was used as a predictor of friendships. We share 1% of our genes with our friends, giving researchers the same confidence level of results as predicting obesity.

Friends were most similar in genes affecting the sense of smell, and most different when it came to genes that affect immunity against various diseases. In the Proceedings of the National Academy of Sciences, “friends may be a kind of ‘functional kin.’”

This leans toward the theory that we tend to befriend people who not only look similar to us but also have certain genetic similarities to us.

An interesting fact is that humans are the only species in the animal kingdom that actually have friends, or long term connections. The researchers believe that the findings suggest that choosing friends who share similar genes is a behavior that may have contributed to human evolution. “We live in a sea of genes,” says lead author James Fowler, professor of medical genetics and political science at the University of California-San Diego. “What happens to us may not depend only on our genes but on the genes of our friends.”

In a Time Magazine article they state, “The first gene, DRD2, is involved in producing a type of dopamine receptor, and the researchers report that people with a variant linked with increased risk for alcoholism were more likely to be friends with each other. Those with the variant were 10% more likely to be pals than would be expected by chance. Since most of the participants in the adolescent database were just 14 at the time they were studied, it’s not likely that, for example, they met each other in bars, which might otherwise explain the connection. Although DRD2 has been the subject of other conflicting studies on its potential relationship to impulsivity or risk for ADHD, the alcoholism finding has been repeatedly replicated.”

Maybe the Beatles were on to something when they wrote, “I get by with a little help from my friends?” ■



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November 16

Horse Park of New Jersey Turkey Trot

Contact: Gary Maholic, For info: gary@esdcta.org



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11 Social Media Etiquette Tips for Twitter

By Jackie Berman

Twitter has 100 million daily users. 64% are women and 46% of Twitter users use it at least once per day. Take advantage of these numbers, but do it right.

1. Have your social media profile completed in full. First impressions are important, be sure to have a profile picture.
2. Use a different profile or account for your personal connections. Business and pleasure do not mix.
3. Remember the 80-20 rule. Offer information of value.
4. Don't over share. Be consistent, with Twitter a half dozen times per day is OK, but Facebook once per day is fine.
5. Respond to all comments, the good, the bad and the ugly.
6. Twitter is the mother of # hash tags, use them well. But #remember #too #many #hash tags #just #look #obnoxious.
7. Don't use all 140 characters. Leave room so you can be re-tweeted.
8. Following too many people at a time can get your account suspended.
9. Keep it positive.
10. Avoid sharing too much personal information. No one cares what you had for lunch.
11. Use your logo as your avatar. People want to quickly reference your brand. ■

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BUYER BEWARE

Continued from page 40

produce. I can make julienne fries, waffle fries, straight cuts, and round cuts using the interchangeable blades. The product has legs for stability and can easily sit on a table. It washes off easy and has a vegetable holder/hand guard to make sure that you don't cut yourself on a blade. You can view an online video showing you how to use the mandoline and also get more recipes on line. It does come with a small recipe book. Thus far, I used it to make scalloped potatoes, sliced squash with it to make a quiche, and am looking forward to making some waffle fries later this week. I like the fact that there are four different settings for desired thickness. If you are looking for something that will last a lifetime, check out this model. (It also has a lifetime warranty.) It's fast, easy and no real mess to clean up! I found this product well worth the money I paid for it and I give this model **a definite thumbs up!** You can find this item at Amazon, Walmart, or in any AS Seen on TV stores in the area. Did you know that the Jackson Great Adventure Outlet has an As Seen on TV Store? ■

MTFEE to Host Fourth Annual “Family Movie Day” on November 16

Millstone Township Foundation for Educational Excellence (MTFEE) will be hosting its fourth annual “Family Movie Day” on November 16 at the Millstone Township Performing Arts Center (MPAC) at Millstone Township Middle School (5 Dawson Court). MTFEE is a non-profit organization devoted to funding grants for items that nurture extraordinary educational experiences for every student in the Millstone Township School District.

Pre-movie kid's activities including minute-to-win-it games with prizes, crafts, face painting and tattoos are planned to begin at 1pm. The movie will start at 2:30pm. The foundation asked Millstone Township teachers to poll their students on several popular family-friendly movies, to build excitement and get the students involved. Visit www.mtfee.org to find out which movie won and will be shown. A concession stand will be available for refreshments.



A \$5 minimum donation is requested, with advance payment. \$6 at the door. Donations will help provide grant funding for innovative and exciting classroom programs, educational opportunities for students, staff development, and state-of-the-art teaching materials that are beyond the scope of the general school budget. To make a donation or find out about family and business sponsorship opportunities, which start at \$50, visit www.mtfee.org.

MTFEE will also be collecting non-perishable food items that day, which will help Millstone Township families who are in need.

MTFEE operates independently from the school district and replenishes its grant fund exclusively through private donations and its fundraising efforts. The foundation has awarded more than \$437,800 in grants to Millstone Township schools since 2002. MTFEE grants, which have been awarded at every grade level and in every discipline, have included a book room, STEAM enrichment programs, SMARTBoards®, mobile computer and iPad™ labs, and a rock climbing wall.

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

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