



THE MILLSTONE TIMES™

ALLENTOWN CLARKSBURG CREAM RIDGE HAMILTON MILLSTONE PERRINEVILLE ROOSEVELT UPPER FREEHOLD NEW EGYPT PLUMSTED

VOL. 3 No. 9

NOVEMBER 2013 

GUNTHER
Publishing Enterprises, Inc.

FREE

Inside this issue: Interview with an Animal Communicator, Lancaster Revisited, Elder Care, Get Out and Vote, Invasion of the Lawn Snatcher, Jensen Deep Run, A Great Place to Retire, A Peach of a Pair, Plumstead and New Egypt, Roll Away the Tires, The Union Transportation Trail, A Walk Through Creamridge and Upper Freehold's History, Yoga for Horseback Riders, Happy Day Farm and Up A Knotch Equestrian Center, Calgo Gardens, Freehold Borough Arts Council Brings Culture and Arts to Monmouth County, Food Labeling, Don't Take a Holiday from Your Health, Helping Animals Heal



732-414-2991

OPEN 365 DAYS A YEAR
NO APPOINTMENT NEEDED

Intersection of Rt. 9 & Craig Rd. (Near Best Buy)

MANALAPAN



HALDEMAN NISSAN

951 US Highway 33
Hamilton Square, NJ 08690
800-399-8547

Over 300
USED Cars!



Over 150
NEW Cars!

www.NISSANDEPOT.com

ADVANCED CENTER FOR
orthodontics
www.acortho.com

Michael J. Chung, D.D.S., M.S.
Orthodontic Specialist for
Children and Adults

Traditional and Clear Braces
Invisalign and Invisalign Teen

Call us for a free consultation

Freehold
535 Iron Bridge Rd.
(732) 308-0022

Manalapan
225 Gordons Corner Rd.
(732) 446-2299



Millstone Eagles Junior Pee Wee Football Team had an Undefeated Season



The Millstone Eagles Junior Pee Wee football team finished the regular season undefeated, winning all 8 games. The team consists of 18 boys from 9 to 11 years old, many of which started playing Pop Warner flag football when they were only 5 years old.

The Pop Warner football season begins on August 1st with 4 practices a week in the summer. While many of their

friends were enjoying relaxing summer evenings at home, these boys were sweating and practicing in full pads under the hot August sun.

Any time a team can go undefeated in the very competitive Central Jersey League it is quite an accomplishment, but for a town as small as Millstone it is even more remarkable.

Continued on page 43

POSTAL CUSTOMER

SSMRW

PRSR STD
U.S. POSTAGE
PAID
PERMIT 280
LANC., PA 17604

The Perfect Holiday Gift

24/7 Automatic Standby Generators



We Carry
Wide Range of
Residential and
Commercial Generac
Generators

20 kW On Sale!
\$4,495
Cash & Carry
Call Us Today For Complete Details



SEASONAL WORLD
GENERATOR DIVISION

To Learn More Contact Us!
732-497-8444

www.seasonalworldgenerators.com

NJ HIC LIC #13VH00772700 | PA HIC LIC #PA077494

IMPORTANT NOTICE: \$4,495.00 promotion applies to a Generac 20/18 kW Guardian Series generator, model number 6250. Price does not include delivery, installation, transfer switch or anything other than the generator as specified. Purchase of unit will require pickup from Seasonal World's Jackson location. Exclusions and restrictions apply please contact a Seasonal World Representative for complete offer details and limitations. Quantities are limited and will be sold on a first come first serve basis. Offer expires Nov. 30, 2013.

THE MAGIC OF CHRISTMAS



BROUGHT TO YOU BY
SEASONAL WORLD

SEASONAL WORLD'S CHRISTMAS STORE OPENS NOVEMBER 15, 2013

100s of life-like 1ft to 20ft Christmas Trees, Wreaths, Lighting Sets, 1000s of Tree Ornaments, Outdoor Inflatables, Stockings, Beautiful Collectable Tree Toppers, Hanukkah Decorations, Tree Skirts, Nativities.

We Specialize In Personalized Ornaments & Stockings – We Also Make Custom Bows Of All Sizes!

**10% OFF
ENTIRE
PURCHASE***

IMPORTANT NOTICE: 10% discount is only applicable to Christmas related merchandise. 10% discount applies to in-stock merchandise only and does not apply to special orders. Discount will be taken from the original price of the qualifying item(s). Items that are display, as is or have been previously discounted are excluded from this offer. This offer cannot be combined with any other offers, promotions or discounts. Coupon applies to only one qualifying items per transaction & cannot be used on multiple items or transactions. Coupon must be presented at time of purchase and no adjustments will be made for absent coupons after the transaction has been completed. Price adjustment on previous purchases are excluded. This coupon has no cash value. COUPON EXPIRES 11/30/2013.

MST-10OFF



609.259.8330 • www.njchristmasstore.com

Next to: Six Flags Great Adventure 532 Monmouth Road Clarksburg, NJ 08510

PLEASE MENTION YOU SAW THIS AD IN THE MILLSTONE TIMES



Pediatric Laser & Orthodontic Dentistry

Visit Our Website
For Current Specials

www.tendersmiles.com

Looking for a
pediatric dentist?

Tender Smiles gives parents,
children and the earth some-
thing to smile about!

Looking for
an orthodontist
for children
and adults?

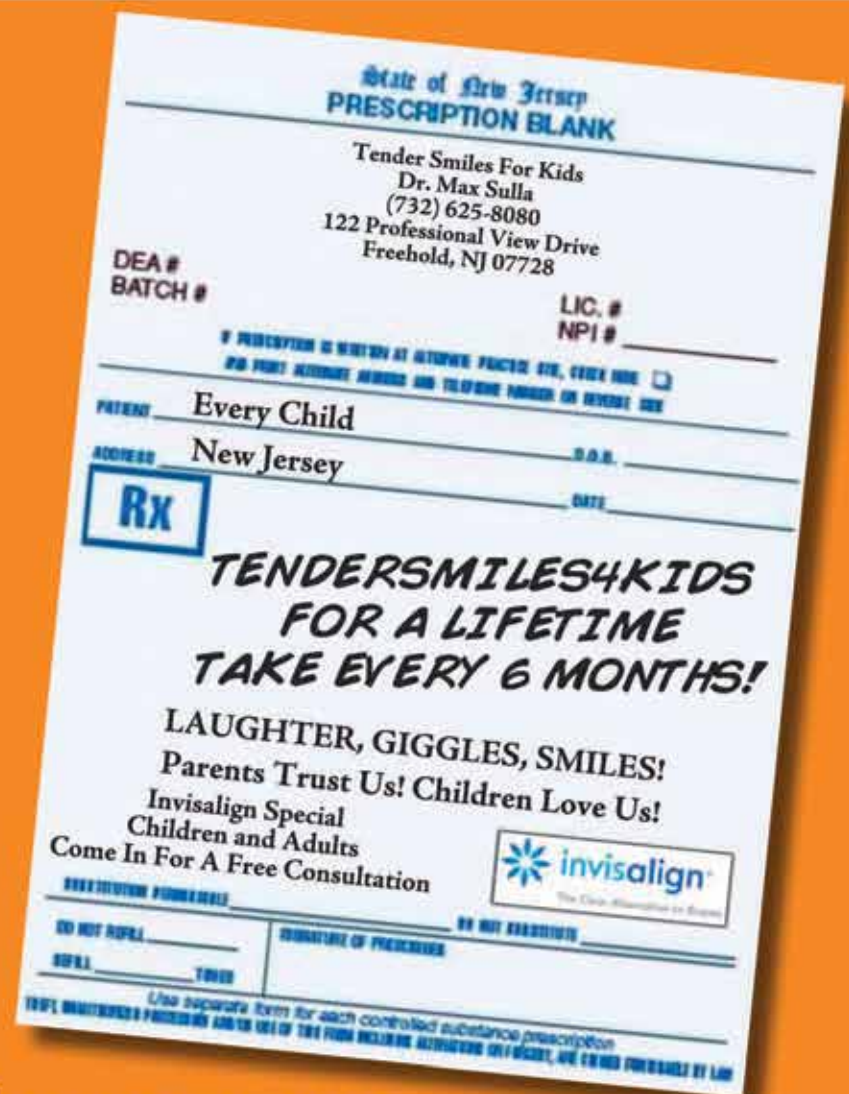
Schedule Your Visit Today

(732) 625-8080
122 Professional View Drive
Freehold, NJ 07728

(732) 249-1010
1313 Route 27
Somerset, NJ 08873

(732) 549-3773
1656 Oak Tree Rd.
Edison, NJ 08820

OUR
NEW
LOCATION



HAPPY THANKSGIVING



By Lisa Tufankjian, DO,
RWJ OB/GYN

Robert Wood Johnson
University Hospital Hamilton

ASK THE DOCTOR

By Lisa Tufankjian, DO, RWJ OB/GYN

What should I know about hormone replacement therapy? I have heard different things about it from women who have been through menopause.

There are a number of treatment options available for women experiencing menopause symptoms, and hormone replacement therapy is one of them. Based on your medical history and the severity of symptoms, your doctor can work with you on a personalized treatment plan.

For example, hormone replacement therapy is not advised for women with certain medical histories such as those with breast cancer, heart disease or blood clots. However, it can benefit women with moderate to severe hot flashes or other menopausal symptoms, those

with normal mammograms, no family history of breast cancer and those that experience a loss in bone mass.

For many women, hormone replacement therapy is a short-term treatment. Menopause symptoms typically subside over time, and eventually, medication is no longer needed. At that time, a doctor can help decrease doses and help eliminate treatments as necessary.

It's important to note that most doctors do not recommend long-term hormone replacement therapy use. A study by the Women's Health Initiative showed that women who using treatment for more than five years slightly increased their stroke and breast cancer risk.

Overall, hormone replacement therapy can ease vaginal symptoms of menopause such as dryness, itching, burning and discomfort with intercourse. And, some studies show health benefits from short-term use such as

protection against osteoporosis, colorectal cancer and heart disease.

If you're interested in easing menopausal symptoms, talk to your doctor. While hormone replacement therapy might be a good option, there are a number of natural remedies available over the counter that can help as well. These include Remiphemin, Estroven or Evening Primrose Oil which can be taken orally. You may also benefit from incorporating foods rich in soy — such as soy milk, tofu, beans, edamame — into your diet, avoiding caffeine and increasing exercise. These lifestyle changes have been shown to ease hot flashes, mood swings and sleep trouble.

Concerned about your health? Send your questions to askthedoc@rwjuh.edu. This content is intended to encourage a healthy lifestyle. For medical advice and treatment, see a physician.

THE EYEWEAR WITH A MEMORY

Memory metal. Wares eyewear that always returns to its original shape.

Flexon
BEND THE RULES

- State-of-the-art Facility with Friendly & Caring Atmosphere
- Accept many Medical and Vision Insurances
- Walk-Ins Welcome
- Comprehensive Eye Exams & Contact Lens Fitting
- Large Selection of Designer & Budget Eyewear
- Treatment & Management of Eye Diseases
- Emergency Eye Care

Advanced Eye Care
"Committed to Preserving Your Vision"

Tel: 609-259-2221 • www.advancedeyecare-nj.com
498 Monmouth Rd-Suite 2 (corner of Rt 537 & 571) Clarksburg, NJ 08510
(conveniently located near 6 Flags & Jackson Premium Outlets)

Dr. Kinnari Patel
Lic.# 599700
Cert.# 024400

GUNTHER
Publishing Enterprises, Inc.

THE MONMOUTH FAMILY TIMES • THE OCEAN FAMILY TIMES THE MIDDLESEX FAMILY TIMES
THE MONMOUTH BUSINESS TIMES • THE MILLSTONE TIMES

Publisher
Cami Gunther

Graphic Artist
Lianne Procanyn

Editor
Elizabeth Newman

Marketing Consultants
Jolene Conoscenti
Elizabeth Newman
Sheila Lidz

Writers
Susan Heckler
Pam Teel
Jennifer Cohran

Assistants/Interns
Michelle Cho
Chelsea Sanford

Download
"Bar Code"
app on your phone

Scan this QR Code with your smart phone to go directly to our website.

©2013 by Gunther Publishing Ent. The content of GPE publications and its affiliates are copyrighted. GPE publications are published 12 times a year. Established 10/2008. Distribution and Post office receipt available. All GPE products are distributed free of charge. Average reader per copy is 2.1. No copying or reproduction of the content of this newspaper is allowed without the express written permission from the publisher. GPE's publisher/owner reserve the rights over all electronic copying and reproduction of material contained here within. The publisher, editor, agents, and sales staff reserve the right to reject the advertisements for any reason. Credit for mistakes shall not exceed the costs of the ad in the month which the error occurred.

CONTACT US: PO Box 7632, Freehold, NJ 07728
tmft@optonline.net Phone (732) 995-3456 Fax (732) 677-3390

Follow us!
@TMFTimes

Find us on
Facebook!

Connect with
Cami!



Prudential

New Jersey
Properties

PrudentialNewJersey.com

Make Your Move.



FIND US ON:



MILLSTONE TWP. \$839,900

www.4-Henry-Ct.com

Appeal from the curb to the double entry doors, architectural moldings, upgrades throughout, mature landscaping, heated inground pool, custom outdoor kitchen & more!



MILLSTONE TWP. \$799,900

www.8AgressRd.com

Home situated on almost 13 acres of pristine preserved farmland. This home has been restored to perfection, featuring the finest finish materials. Heated blue stone floors & more!



MILLSTONE TWP. \$625,000

www.34RobbinsRd4Sale.com

Immaculate custom home, full brick front, Great room with palladium windows, hardwood floors throughout, sliders leading to deck and a finished basement. Located on a private wooded lot.



UPPER FREEHOLD \$599,900

www.33WygantRd.com

Carefully crafted, full brick colonial home is nestled in 3.3 private acres on a sleepy country lane. The open, well-designed floor plan welcomes you to gracious country living.



MILLSTONE TWP. \$599,000

www.6GroendykeCir.com

Colonial with exquisite moldings, Travertine tile, upgraded kitchen, finished walkout basement and 3-car garage. Minutes from the NJ Tpke.



MILLSTONE TWP. \$449,900

www.19CarrsTavernRd.com

Completely remodeled colonial has gorgeous 5" oak hardwood floors on first floor. Located on 2.2 acres of beautiful landscaped property. Backyard oasis has inground pool & more!



MILLSTONE TWP. \$499,900

www.14PineDr.com

Beautifully maintained home and grounds. Great curb appeal, large front porch and spacious rooms throughout. Den or office on first floor in addition to a large family room.



MILLSTONE TWP. \$449,900

www.345SweetmansLn4Sale.com

Desirable colonial home has hardwood floors throughout, custom kitchen. Great room with fireplace, tray ceiling and sliders to private backyard. Nothing to do just unpack.



PLUMSTED \$269,500

www.805Route539.com

Lovingly cared for Dutch Colonial set on over an acre. Two sets of sliders lead to double level deck and fenced in yard. Great for the first time homebuyer.

MILLSTONE OFFICE • 732.446.4959 • 222 Millstone Road, Millstone Twp.

© 2013 BRER Affiliates LLC. An independently owned and operated broker member of BRER Affiliates LLC. Prudential, the Prudential logo and the Rock symbol are registered service marks of Prudential Financial, Inc. and its related entities, registered in many jurisdictions worldwide. Used under license with no other affiliation with Prudential. Equal Housing Opportunity.

PLEASE MENTION YOU SAW THIS AD IN THE MILLSTONE TIMES



COMING SOON



East Windsor Animal Hospital

Dr. Rashid, DVM • Dr. Munir, PhD, DVM • Dr. Marc Weissman, DVM

614 Route 33 East, Unit B • East Windsor 08520

609-443-7500 • www.eastwindsoranimalhospital.com

East Windsor animal hospital offers affordable high quality veterinary care for a wide range of veterinary services for pets.

Specializing in:

- Advanced laser surgery and laser therapy
- Vet Stem Cell therapy
- We see all types exotic species and small animal emergencies during office hours
- Offering wellness clinic hours
- We offer advanced surgical procedures
- Advanced Diagnostic – digital x-ray and dental x-ray
- Pet dental cleanings, boarding and grooming
- And much more, please review our website at www.eastwindsoranimalhospital.com



**Come to our
GRAND OPENING**
Saturday September 28, 2013
& receive a free office visit
coupon, free T-shirts &
much more.

Hours of Operation
Monday – Friday
8:00 am – 7:00 pm
Saturday – 8:00 am – 4:00 pm
Sunday - Closed/On call doctor available

**Family Operated
Serving Western
Monmouth County
Since 1986
Meeting All Your
Exterior Needs**

**Zero %
No Payments for
6 Months**



CertainTeed



SIDING

Vinyl
Cedar Impressions
Decorative Trims
Stone Masonry
Fascia & Soffits
Gutters



New Siding in an investment that not only enhances your home's beauty, it also provides a Maintenance-Free Exterior with many Energy Efficient benefits!

WINDOWS

Bay • Bow • Casement
Double Hung
Awning Windows
Sliding Patio Doors
Energy Star Rated



Add value and beauty to your home while saving energy AND your hard-earned dollars

ROOFING

New Roof Installs
Re-Roof • Tear Off
All Types of Repairs
Roof Tune-Up
Skylight Install & Repair
30, 40 - Year, & Lifetime
Warranted Shingles



With A-Top on your roof, you can count on factory trained roofing technicians installing or repairing your roof

**Call to schedule your Free Estimate 732-446-6341
or E-Mail us: info@a-topconstruction.com**

Fully Licensed & Insured • NJ HIC# 13VH00532900 • GAF# ME09519



JENNIFER DICKMAN

An Interview with an Animal Communicator

By: Pam Teel

Jennifer Dickman has a gift, a gift that she has had all of her life. She can communicate with animals of all sizes and shapes, from goldfish to horses and beyond! One might call her a pet psychic. Jennifer is also an Intuitive Counselor and Reiki Master Teacher who specializes in Animal Reiki. She employs her Reiki skills during animal sessions to both enhance the level of communication and increase the benefit of sessions for the animals.

I'm sure everyone who owns a pet wanted at some time or another to know what their pet was thinking or if they were hurting or in any pain. You may wonder why your cat or dog is acting so peculiar or you may not understand certain behaviors that they are displaying. Wouldn't you like to know if your pet has anything to say to you, something that could perhaps make a situation better for the both of you? Through an Animal Communication session with Jennifer, you can find out just that and more. Jennifer's clients make up a list of their concerns in advance, usually by phone, email or regular mail. A picture of your pet is also recommended. Jennifer has the ability to tune into their vibrations and will spend a certain amount of time communicating with your pet. She uses Reiki as a vehicle to connect with the animal and she keeps sending it while communicating. She can also do a full Reiki session with your pet where Reiki is the main focus of the session. After she finishes her communication with your pet, she will either call you to discuss the session or email you in detail on what your pet had to say.

In order to understand how Jennifer communicates with the animals, you might need to know what Animal Reiki Communication is and how it works. Reiki is an ancient and widely practiced form of energy healing. A trained Reiki practitioner transmits Reiki energy (life-force energy e.g. chi) to the person or animals receiving the treatment. (Jennifer's Reiki skills are not only limited to the animals but for people as well). During an in person session, the energy is transmitted through the hands. During a distance Reiki session, the Reiki practitioner uses specific techniques to transmit the Reiki treatment to the subject. It doesn't matter whether you are in the other room or across the ocean, the calming healing Reiki energy transmitted during a session reassures animals that it is safe to express themselves and that any suggestions



or requests made are for their benefit. Reiki can profoundly assist in the body's natural healing process as well as support emotional and spiritual healing. This form of communication provides invaluable insights into your pet's thoughts, needs and desires. Reiki can be sent to past events and trauma's, and to future events such as job interviews.

Jennifer can help you find out what your pet is thinking. She can help you get to the bottom of a behavioral or health issue. She can mediate to help furry friends to get along better and she can reconnect with an animal that has already crossed over. I have acquired Jennifer's services firsthand on a few occasions. I have found her to be quite accurate in relaying things to me that only I would know about my pet's behaviors and attitudes. She has helped me to understand the reasons behind my pets' behaviors and to put my mind at ease with certain situations that have come up concerning them. I do prefer getting the results via email so it's written down and so I don't forget anything that was said during the phone call.

Jennifer also does Intuitive Counseling for people. She started the counseling after receiving an increasing number of intuitive messages from Spirit for the clients of the animals she was reading. Jennifer has been studying alternative healing and spirituality for over twenty years and holds dual Bachelor's degrees in Comparative Religion and the Honors Curriculum for Hunter College of the City University of New York. She grew up in the Philly suburbs and currently lives in PA. She pens the "Ask your Pet" column in each edition of Wisdom Magazine. She occasionally writes for other publications such as NY Pets.

Animal Communicator, Intuitive Counselor, Reiki Master Teacher, whatever title she holds, Jennifer is also a very personable and accessible person. Her rates are extremely reasonable and affordable. To set up an appointment, you can reach her by phone: 215-817-0833/ or Email: Jennifer_Dickman@yahoo.com.

Be sure to check out Jennifer's website for further information about her services. Make sure to read the testimonials at: www.jenniferdickman.com

Animal Communication Reiki appointments are available worldwide by phone and email. The rate for a full hour phone session is \$80. Half sessions are available for quick check-ins (no more than 3 questions) for \$45.

Email sessions are \$70 for a full session and \$35 for a half session. (For this low price you can find out what your pet is thinking or anything else about your pet that you want to ask).

Reiki on its own through distance sessions are \$50 for approx. 45 minutes.

Intuitive counseling sessions are \$45 per half hour, and unlike the way my animal communication sessions work, I am on the phone with the client the whole time.

Jennifer was grateful enough to let me interview her. I found her work to be quite fascinating. I hope you do to. If you love your pet and have always been curious about what they are thinking or how they are feeling, here's your chance to find out!

HERE IS MY INTERVIEW WITH JENNIFER:

How old were you when you realized you had a gift?

I started having weird experiences with animals long before I realized that I had an ability to communicate with them. When I was a few years old I had a goldfish. One night I woke up in the middle of the night and saw the goldfish swimming around my bedpost. When my mom came into my room in the morning I told her and she took me down to see the goldfish to prove that it was still in its bowl – it was floating in there dead – it must have visited me during the night to say goodbye. There was another incident around the same time when I was upstairs in my bedroom and my dad brought home a parakeet as a gift for me (I had asked for a parrot!). When he was trying to transfer the parakeet into its cage it escaped, flew up the stairs, straight to my bedroom, and straight at me. When I was around 4, my parents

Continued on page 36

*Wouldn't you like to know if
your pet has anything to say to
you, something that could
perhaps make a situation
better for the both of you?*



AVAILABLE AT OUR ALLENTOWN OFFICE ONLY!

1.00% APY

6 Month CD



Ask about our Free Personal Checking & Free Business Checking!

GREAT SERVICE ♦ GREAT RATES ♦ GREAT PEOPLE



*Annual Percentage Yield (APY) listed above is available as of September 17, 2013 and assumes that principle and interest will remain on deposit at the same rate for six months.
Minimum deposit to open certificate and obtain stated APY is \$1,000. Maximum deposit amount \$95,000. New non-FCB funds only.
Interest rate and terms are subject to change without prior notice.
A penalty will be assessed for early withdrawal and could reduce earnings on this account.



An Upscale BYOB

Serving Contemporary Italian Food

2 Elegant Dining Rooms & Casual Outdoor Patio

The New Perfect Place for Foodies

LUNCH & DINNER

Tuesday to Sunday
11:30 a.m. to 10:00 p.m.



**3 Course
Pre-Fixe
\$23.95
Tuesday to Friday
12 to 6pm
& Daily Lunch
Specials**

*Mention This Ad and
Get a Free Cannoli*

Reservations Recommended

732.414.6008

Proper Attire Requested

Top Tomato Shopping Plaza • 350 Mounts Corner Drive • Freehold, NJ 07728 • www.angelinasbistro.com

Not affiliated with any other Angelina's



PLEASE MENTION YOU SAW THIS AD IN THE MILLSTONE TIMES



It's not just day camp...
IT'S FROGBRIDGE!

**Private
Tours
Available
Daily**



Call to Register:
609-208-9050 • 732-786-9050

**Special
Discount for
Central Express
Bus Option**

Air-conditioned Door-to-Door Transportation • Hot Lunch • Towel Service - Bathing Suit Laundering

67,000 sq. ft. of air-conditioned Indoor Space, 86 Acres of Fun, Indoor Gymnasium, "Windows on the Water" Dining Room & Patio, Dance Studio, 15 Craft Studios, Computer Center, Drama & Theatre, Large Heated Swimming Pools, Wading Pool, Three Lakes for Boating & Fishing, Bumper Boats, Rock Climbing Tower, 250 foot Ziplines, Music, Frisbee Golf, Ultimate Frisbee, Lacrosse, Cheerleading and Laser Tag, Low & High Ropes Course, Toad-ally Tubing, Go-Kart Track, Five Baseball & Softball Fields, Golf Driving Range, Football Field, Horseback Riding, Roller Hockey Rink, Four Tennis Courts, Outdoor Basketball Complex, Beach Volleyball, GaGa, Miniature Golf, Mini Basketball, Kickball, Gameroom, Gymnastics, Bonzi Ball, Three Soccer Fields, Handball, Archery Range, Little Fenway Wiffle Ball Stadium, Bocce/Horseshoes, Tadpole Playground, Bungee Trampoline, Ribbits Ice Cream Parlor, Frogarita's Frozen Smoothie Oasis, "Aqua" Dance Club and so much more!

7 Yellow Meeting House Road, Millstone Township, NJ 08510 ~ www.frogbridge.com

PLEASE MENTION YOU SAW THIS AD IN THE MILLSTONE TIMES



- Comprehensive Planning
- Investment Services
- Insurance Protection Planning
- Business Succession Planning

- Retirement Planning
- College Planning
- Employee Benefit Planning
- Estate Planning

For more information or to schedule an appointment, please contact us at 732-385-8544

Millstone Financial Group
490 Hwy 33 West, Bldg. 2, Suite 5, Millstone Township, NJ 08535

Blue Waters Boutique





All new adorable baby outfits and accessories for Christmas!



Free Holiday Tote
November 29: Receive this exclusive tote (reg. \$42) in Canterbury Magenta with any Vera Bradley purchase of \$100 or more. While quantities last. See a store associate for details.



Black Friday at Blue Waters

Friday 11/22 - For every \$100 spent, receive \$20 off your purchase.

Friday 11/29 – Receive a \$10 gift card for a future purchase when you buy anything on that day!

221 Millstone Rd. Millstone Township, NJ 08535 **Phone:** (732) 851-6813 **Hours:** Mon-Friday 10:30 – 7 PM Saturday 10:30 – 4 PM

LANCASTER REVISITED

Lititz and Ephrata

Two Towns Rich in Pennsylvania History

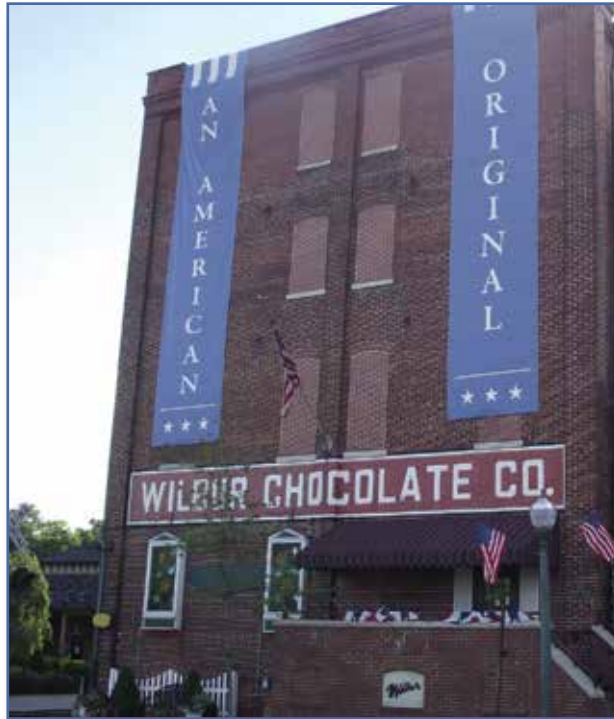
By: Pam Teel

Just nine miles north of Lancaster, you'll find Lititz, Pennsylvania, a picture perfect small town with tree-lined streets. It has a main street and there you can find unique shops and cafes. It is also home to the Wilbur Chocolate Factory. Enter the chocolate store and you can view homemade candies being made through the glass windows. Attached to the building is the main part of the factory. You can hear the whirring of the machinery overhead as it puts out its daily supplies of chocolates to be sent all over the world. The store has a chocolate Candy Americana Antiques collectibles showroom with hundreds of old fashioned coco tins, antique candy moulds, holiday novelties, original art work and advertising. It's a great place to stop in to; you never leave empty handed. The chocolate is really good; take it from a taste tester, and worth the 9-mile trip from Lancaster. You can call (1-888-2wilbur) to request a free Wilbur gifts mail order catalog or visit their site at www.wilburbuds.com for more information. The candy makes a great Christmas or Holiday gift. Another place to stop at is the Julius Sturgis Pretzel Factory on Main Street where hard pretzels are made. The Sturgis Pretzel factory has been around since 1861, and is still in the Sturgis family to this day. The original proprietor, Tom Sturgis, worked for a company that made soft pretzels. One

day the bakers left the pretzels in the oven overnight by accident and when they tasted them in the morning they liked how the hardened pretzel tasted. Tom Sturgis tried to pitch the idea to his boss to make hard pretzels along with the soft ones but he couldn't sell him on the idea. Tom Sturgis went off and

started up his own pretzel factory making hard pretzels after that. Visitors get to tour the building in Lititz and actually get to make a pretzel. The larger Sturgis Factory is located in Reading, PA and distributes worldwide. They have a variety of gourmet pretzels that you can order online. For more info go to: www.JuliusSturgis.com

Lititz holds the best 4th of July fireworks around the area in the Lititz Springs Park, which is right in the middle of town. If you plan on spending the 4th in Lititz just know that most of the shops are closed for the holiday so you would have to visit the pretzel factory, chocolate factory and other stores either the day before or after. A ten-dollar admission to the park includes entertainment, bands, a Baby Parade, games, food court, Queen of Candles Pageant, and a display of over 7,000 candles that are illuminated over the stream



Wilbur Chocolate Co. Lititz, PA.

that runs through the park as soon as the nighttime comes. Best of all, there is a 45-minute hi-tech fireworks display with synchronized sound right after the lighting of the candles. It's fun to see the Amish and the Mennonites joining in the celebration to watch the spectacular fireworks show. You could also spend the day visiting the four covered bridges that are located in Lititz. Three are linked by a bicycle route on a well used bike trail through town. Here is a list of the covered bridges: Hunseckers Mill Covered Bridge, Keller's Mill Bridge, Erb's Mill Covered Bridge, and Wengers Mill Bridge. The Internet has more information and directions to them all.

Lititz was controlled for over a hundred years by the Moravians. It was established in 1749 by the Moravians who were originally from what is now the Czech Republic. Like many other Protestant groups, they came to Pennsylvania seeking freedom of worship. One of the most popular symbols of Lititz today is the Moravian star. In the early 1800 and 1900's, Lititz was known for its spring, which is the largest limestone spring in Pennsylvania. People came from all over for medicinal purposes. Today Lititz Spring Park encircles the spring, 1818 was the first Independence Day celebration at the park. This annual celebration is now the oldest continuous Fourth of July celebration in the nation.

Lititz was voted the coolest small town in America in 2013. There are many special events planned throughout the year. From Lancaster take route 272 north to route 501 N. To find out more about this wonderful town go to: www.lititz.com.

Roughly ten miles from Lititz, (turn right off of East Main Street, follow Rothsville Road straight into Ephrata), you will find the town of Ephrata. Be sure to visit the Ephrata Cloisters, which was founded in 1732 as a German community where nearly 80 celibate men and women lived by the strictest disciplines in anticipation of a better world. They lived on little food and worshipped at all times of the day. They worked from early morning, right after their prayers, until dark. They ate only one meal a day, which was later in the evening, and even had to attend midnight service every night, hop on back to bed and then wake again at 4:00 am for two more hours of prayer before going about their work. It was here where they created art and music and published thousands of choir hymns that they sang together during worship. They also had a printing press up and running. The congregation was started by Conrad Beissel who left Germany at the age of 24 to seek religious freedom. In 1732 he sought solitude in the forest of Pennsylvania after spending 12 years as a leader in a local brethren congregation. By 1750 there were 80 followers of Beissel. People living nearby and even married couples joined in the worship at the cloisters. Though they were not willing to become celibate or adhere to Conrad's strict rules, they supported and contributed funds, products, and assistance to the Brothers and Sisters of the Solidarity. The community became known for its charity,

Continued on page 35



Large limestone spring - Lititz PA.



Julius Sturgis Pretzel Factor - Lititz PA.



Continue the Tradition or Start a New One this Year!

BIG WOODS CHRISTMAS SHOP

Official Opening is November 29th, 2013

We Carry the Area's Largest Selection of:

Premium grade, fresh cut and live plantable Christmas Trees - 8 Varieties

(Full planting instructions supplied)

Custom Wreaths from 10" - 4' • Garland & Roping - 10 types

Best Prices
on Fresh
Fraser Fir:
The #1 Rated
XMas Tree

Dwarf
Alberta
Spruce

Customer
Gift
Baskets

Live
Plantable
Hollies

Custom
& Ready Made
Moss Backed
Grave
Blankets

Attractive Decorations

Florist Quality and
Beautiful Poinsettias
(from single to 30 blooms,

Buy \$100 Worth of
BIG WOODS GIFT CARDS
and Receive a
\$10 GIFT CARD FOR
Spring 2014

SANTA WEEKEND STARTS 12/7/13 • 10AM - 3:30PM BRING YOUR CAMERA

Big Woods Farm & Nursery LLC

Full Service State Certified Nursery

609-758-8002 • 227 Brynmore Road • New Egypt NJ 08533 • www.bigwoodsnursery.com

Hours: Mon - Fri: 10am - 6pm
Sat & Sun: 10am - 6pm Tree Lot Closes at 5pm

DEP #90281B

Nursery Certification #95003801



FINE FOOD, COLD BEER & A CASUAL ATMOSPHERE

Weekly Dinner Specials, *Best Value in Town*

SUNDAY NITE 2 for 1 Clarksburgers (Dine-In Only)

MONDAY NITE Chicken Pot Pie - \$10/\$5 OFF Prime Rib

TUESDAY NITE Blue Plate Special - \$12
(Entree, Soup, Salad & Dessert)

WEDNESDAY NITE Pizza Night - 2 Plain Pies for \$15

THURSDAY NITE Rib Eye Steak Night - \$14.99

FRI, SAT & SUN, NITE Chef's Specials!

**Mon - Fri,
12 Noon - 2pm**

\$5.00

Lunch Special

\$2.00

Draft Special

Happy Hour at the Bar

Mon - Fri 4pm - 7pm

\$2⁰⁰ Drafts

Complimentary Daily Food Specials!



RESTAURANT, TAVERN & CATERING

OUR PAVILION PUB OFFERS ALL OF OUR
CLARKSBURG INN FAVORITES!

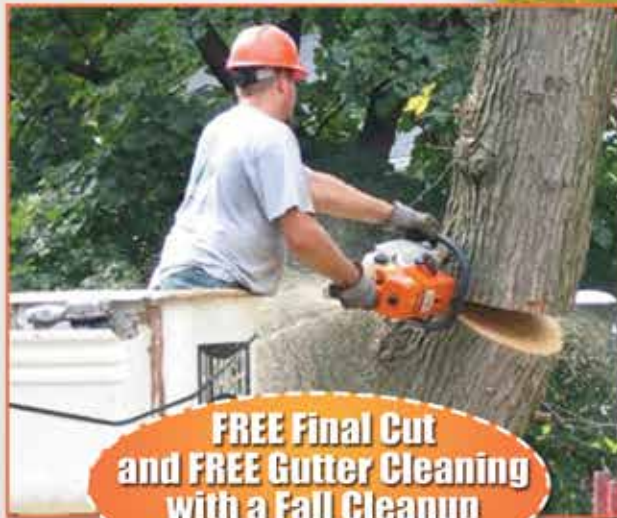
609-259-2558

465 Stagecoach Road
Clarksburg, NJ 08510

PLEASE MENTION YOU SAW THIS AD IN THE MILLSTONE TIMES

Maintain the Beauty and Safety of Your Outdoor Environment this Fall **IT'S FALL CLEANUP TIME!**

Contact D & S for all your Fall Cleanup needs! We will remove, trim and clear any broken or dead trees from your property. Make sure your home or property receives the proper maintenance! We have the crew and the equipment to get even the most difficult jobs done quickly and safely.



**FREE Final Cut
and FREE Gutter Cleaning
with a Fall Cleanup**

Must present coupon at time of estimate
Expires 11/30/13



We specialize in:

- Tree Removal
- Tree Trimming & Pruning
- Stump Grinding
- Land Clearing
- Brush Chipping
- Storm Damage
- Backhoe Service
- Leaf Removal
- Cleanup

D&S
TREE SERVICE

732-792-2898
24 Route 9 Morganville, NJ
License # 13VH04624600



10% OFF
**Any Tree
Service**

Must present coupon at time of estimate
EXPIRES 11/30/13

NJ CERTIFIED TREE EXPERT #541
Organic Consulting • Trees • Plants • Flowers • Disease Diagnosis • Property Analysis

Have Healthy Teeth & Gums For Life



NEW PATIENT SPECIAL

TAKE-HOME
WHITENING KIT,
CLEANING,
EXAM & X-RAY

\$95

Reg. \$398

For new Patients only.
Must present coupon to receive

**FREE
SECOND
OPINION**

Reg. \$85

For new Patients
only.

Dr. Milman has over
10 years experience and
uses the newest equipment
and technology. He provides
high quality long lasting care.

732-490-1100

www.NJDentalArts.com • 120 Rt. 33 West, Manalapan, NJ
Corner/Jug Handle of Sweetmans Lane & Rt 33

We Listen to Your Needs and Will Help You with Creating Your Dream!

Mulching • Rock Beds • Sod Installation • Clean up/Hauling
Leaf Removal • Weeding • Aerating • Trimming
Lawn Mowing • Fertilization • Seeding • Thatching

10% Off

Any Landscaping
Designing Job of
\$500 or More

Cannot be combined
Expires 12/15/13

50% Off

Lawn Renovation
Includes: Thatching,
Seeding, Fertilizer, and Lime

Cannot be combined
Expires 12/15/13

Landscape Design Group

Everyone's yard can be beautiful

732-577-1119

LandscapeDesignGroupNJ.com

Why live with pain?

- Headaches? • Neck Pain?
- Back Pain? • Arthritis / Bursitis?
- Arm or leg pain? • Painful joints?

Acupuncture has had great success
in the treatment of these conditions.
Don't wait to get help

Ya-Lung Chen, M.S.T.O.M., L.Ac

349 Applegarth Road, Monroe Twp, NJ 08831
732-328-8806

CHENG CHEN CHINESE RESTAURANT

WE DELIVER
(Limited area to the restaurant)

HOURS:

Mon - Thurs: 11:00 am-10:00 pm

Fri & Sat: 11:00 am - 11:00 pm

Sunday: 12:00 noon - 10:00 pm

(609) 443-5330

(609) 443-5331

We accept all major credit cards

659 Abbington, Dr #403, East Windsor NJ 08520
(Twin Rivers Shopping Mall Route 33)

10% off

Any Purchase
Cash and Pick-up Only

Expires:
11/30/13



MORE FUN WITH LESS COMMERCIALS!
JERSEY TRAFFIC & WEATHER

Your **NEW** Afternoon Drive Show:
Mon. - Fri. PM 4-6
News Headlines • Traffic • Weather

Tune-In
Every Thursday
For Cami G's
Family Calendar

LISTEN LIVE!
www.TOMMYGSHOW.COM

ALSO AVAILABLE ON **tunein**

Bob Ingle
Every Friday at 5PM

New York Times
best selling author,
Gannett Columnists,
and radio Personality
Bob Ingle





Elder Care: “Are you trying to take care of your parents,- while raising your children?” “Are you part of the sandwich generation?”

In memory of our mother, Lorraine Giordano, we would like to discuss important information on elder care and necessary precautions to take during a health crisis. With the assistance of an attorney and personal insight from our own experiences, we want to fulfill our mission of raising awareness and educating families by providing this monthly information. In addition, Lorraine's I Believe Foundation will spread awareness and options to choose from regarding brain radiation-www.LorraineIBelieveFoundation.com

The Suggestion of The Month - If you need to recruit a personal at-home health aide, follow the steps below :

- Place an ad in your local newspaper or church/temple bulletin board.
- Place an ad on Craig's list – it's easy and free of charge!
- When interviewing potential at-home health aides, ask to see all credentials or certifications and make copies of them to keep on file.
- Also, make a copy of their identification documents such as driver's licenses for verification, home address and ID purposes. Before they drive your parents to doctor's appointments,

check if the driver's license is valid or not.

- Most importantly, make note of their employment history. During the initial in-person interview, ask about the families for which they worked in the past. Write down specific names and telephone numbers for each family so that you could later call to confirm their employment and to ask for recommendations. In addition, if you notice a time gap in their employment, ask them to provide reasoning for the absence of work.
- After you officially hire your at-home health aide, regularly make unannounced visits to check their quality of service. It would be best to install 24 hour surveillance cameras so that you could check up on your loved ones from your cell phone or computer.
- It is always wise to have a back- up home health aide in place that you can call if there is an emergency as far as staffing. This back-up aide should even train alongside your permanent aide so in the event of an emergency, they could fill in and know exactly what to do. This may be costly, but it will be well worth if this is needed. If there is an emergency, it is best to have a back-up aide who has previously met your loved ones and has received the training and experience needed for this job. ■

Preplanned Funerals

By Line Needed

When a loved one passes on, it is a stressful and somber time, not a time to make costly decisions. One thing that will prove beneficial to all family members are when pre-planned, prepaid funeral arrangements have been made. This allows important decisions to be made with a clear head, not one dealing with exhaustion and grief. This will reduce the chance of a family being scammed. Funeral scams are very prevalent. I recently had a dear friend billed thousands of dollars to have her spouse embalmed even though he was cremated. In her distraught condition, she paid the bill.

The most important benefit is that prepaying ones funeral is considered a legitimate spend down to reduce assets to qualify for Medicaid nursing home assistance. This will convert money spent on a prepaid funeral from an asset that could exclude you from Medicaid eligibility to an exempt asset, unlike “funeral insurance” which is a countable asset. In New Jersey, a prepaid funeral plan must be irrevocable and the NJ Prepaid Funeral Trust Fund,

established in 1981, provides for this. It requires funeral homes to place your funds in this Trust where your money is FDIC insured.

It makes sense to prepay funeral expenses, which average around \$10,000.00, with the assets of the person who may be institutionalized. It is smart to pay for it now, rather than having a family member pay for it with their money. This allows you to keep that money in the family instead of that money being used to pay for a month or two of nursing home care for an institutional spouse. The funeral expense will be deductible up to a reasonable amount but the cost of food, flowers and travel arrangements for visiting relatives, is not included in the conversion to exempt assets. Take advantage of this planning technique, which both enables you to discuss and plan final arrangements with the person that really counts and as an added bonus, lets you keep money in the family. ■

THE LAW OFFICE OF BARRY M. WEINER DOING GOOD THINGS FOR GOOD PEOPLE

For Over 35 Years, We Have Helped
Thousands of People Like You, Buy,
Sell, Preserve and Protect Their Homes,
Businesses & Families.

ESTATE PLANNING

Wills & Trusts
Estate Preservation

REAL ESTATE

Residential & Commercial

BUSINESS

Purchase/Sale
Required Agreements

Telephone: 732-294-0880

Fax: 732-294-8806

31 West Main Street, Freehold, NJ 07728

Visit us at estatecare.net

*Free Consultation and Evening &
Weekend Appointments are Available*

MIKE'S ALL STAR PAINTING

GET YOUR BATHROOM PAINTED FREE

When You Purchase Our Affordable 2 Room Makeover
Includes: All Walls, Ceiling & Trim, Spackle and Fill In,
Wall Color of Your Choice, 2 rooms (max 250 sq. ft each)
1 bathroom (5x5 max)

ONLY \$700⁰⁰

Expires 12/1/13

Professional Painting & Handyman
Quality & Reliable Service All The Time

FREE ESTIMATES 732-766-9318

Professional Painting Since 1989

Licensed • Bonded • Insured

Lic#770758

We Use The Best
Quality In Paint



- Health Care Insurance
- Pharmacy Plans
- Long Term Care Insurance
- Disability Insurance
- Major Illness • Travel

Always an answer, Never a fee

732-784-7017

www.rhsinsurance.com



**Phoebe
Shagan, RN, CCM**
Principle



Prudential
New Jersey
Properties

Prudentialnewjersey.com/
ellenmanzi

Make Your Move.



Ellen Manzi

Multi-Million Dollar Producer
2012 Silver Level Circle
of Excellence
2012 Presidents Club

"WHAT IS YOUR HOME'S VALUE? GO TO SMARTHOMEPRISE.COM TO FIND OUT!"
CALL TEXT OR EMAIL TO SEE HOW LONG IT WILL TAKE TO SELL YOUR HOME!

**FEATURED HOME
OF THE MONTH**



STUNNING WATERFRONT
398 Princeton Ave, Brick
\$1,699,900

OVER 11 ROLLING, SUBDIVIDEABLE ACRES
LOCATED IN UPSCALE- DESIRABLE MILLSTONE.
BUILD YOUR DREAM ESTATE!



41 Charleston Spring Rd
Millstone
\$349,900

Cell: 732-239-5199
(immediate response!)
Office: 732 446 4959
extension 124
eFax: 732-358-0518
E-mail: ellen.manzi@
prudentialnewjersey.com
Prudentialnewjersey.com/
ellenmanzi
Check Out My Reviews
on Zillow

MILLSTONE OFFICE
222 Millstone Road, Millstone Twp.

FIND ME ON:

© 2012 An independently owned and operated broker member of BRER Affiliates Inc. Prudential, the Prudential logo and the Rock symbol are registered service marks of Prudential Financial, Inc. and its related entities, registered in many jurisdictions worldwide. Used under license with no other affiliation of Prudential. Equal Housing Opportunity.



**Millstone Township
GIRL SCOUTS
BLOOD DRIVE**

Millstone Twp. Community Center
(Route 524, Stagecoach Road, next to the Firehouse)
Saturday, November 16th
8:00 a.m. – 1:00 p.m.

*Appointments are greatly
appreciated.*

To schedule your appointment,
please call Jessica at

(732) 842-5750 x225,
email

millstonegirlscouts@hotmail.com,
or visit

www.cjbcblood.org
and click on
"DONATE NOW".

Don't Forget: Thank you!
DONORS must present photo or
signature ID.

PLEASE drink water before donating.
DONORS must be healthy,
16 years of age, with parental
consent, and weigh at least 120 pounds..

"We clean with class"

Clearview Window Washing, LLC

FREE Gutter Cleaning

with purchase of a full interior/exterior window cleaning
(gutters with covers/guards not included)

732-462-1187

**RESIDENTIAL/COMMERCIAL
PROMPT. RELIABLE SERVICE
FREE ESTIMATES • FULLY INSURED
LOCALLY OWNED & OPERATED YEAR ROUND
COMMERCIAL AWNING CLEANING**

Professional Window Washing and Power Washing

**Serving New Jersey's
Finest Homes**

NO JOB TOO BIG!!

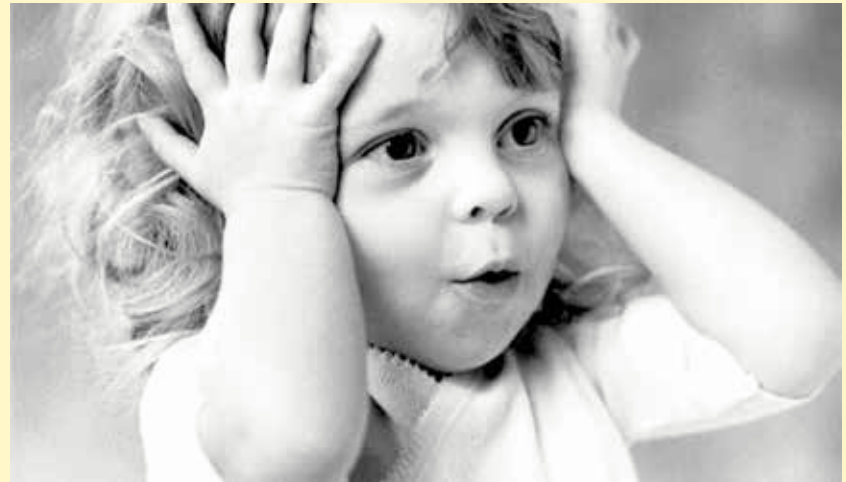
cleaning with advanced pure water technology

The Reach & Wash System

PLEASE MENTION YOU SAW THIS AD IN THE MILLSTONE TIMES



TADPOLE VILLAGE PRESCHOOL at Frogbridge



REGISTERING FOR 2013-2014!

State-of-the-art Preschool Located In Beautiful Millstone Township

- NJ State Liscensed
- Certified & Experienced Teachers
- Excellent Teacher Student Ratio
- Ages 2 ½ - 6 years
- Kindergarten & Kindergarten Enrichment
- Mommy & Me & Transitional Mommy & Me
- Mornings, Afternoons or Full Day Classes
- Heartwarming Performances
& Seasonal Celebrations
- State-of-the-Art Facility Equipped with
Security Cameras and Monitors
- Caring and Nurturing Environment
- Smart Boards
- Special Events
- Spanish Classes
- Music Program
- Computer Lab
- Fitness Program
- 6,000 sq. ft. Gymnasium
- No Need to Be Potty Trained
- Morning Care Available
- Extended Care Option

FOR A TOUR, CALL OUR DIRECTOR DR. LISA POLVERE

609-208-2114 • 732-786-9050

7 Yellow Meeting House Rd. Millstone Twp. NJ 08510 ~ TadpoleVillagePreschool.com

THE COMPLETE HANDYMAN

Home Improvements

"No Job Too Big Or Too Small"

All types of repairs and installations
Finished Basements, Bathrooms,
Kitchens, etc.
Lic. #13VH04304300 *Fully Insured

Bob Yacovelli

609-208-0907 wk.

732-735-1540 cell



Improve Your Home While Prices Are Low



- **Gutters and leaders** to keep water away from your foundation
- **Gutter protectors** from the most economical to the most effective
- **Roofing** to keep your home dry
- **Siding** to beautify
- **A deck** to grill and party

10% Off

any installation when you mention you saw this ad in The Millstone Times or The Monmouth Family Times (not to be combined with any other offers.)

259 Overbrook Ave., Oakhurst, NJ 07755
www.monmouthgutterguard.com
License# is 13VH01530500

732-531-1123

Mark of Perfection Co.



CRUISE PLANNERS
Cruises & More!

You Can Cruise For FREE!
Call for Details.

Take Your Family To Alaska This Year On The Disney Wonder

- Cruises
- Land Tours
- Use American
- All Inclusive Resorts
- Honeymoons
- Express Points
- Desitination Weddings

Why Use A Travel Agent?

Receive Better Pricing & Value Than Internet Bookings • 24/7 Customer Service
Safety • Experience • Free Upgrades

Toll Free: 888-430-9744 • Local: 732-410-8962
www.ilovevacationdeals.com • www.facebook.com/CruisewithMaria



Maria Tilton,
Franchise Owner
Cruise Specialist
& Land Vacations

"Keep Your Family Safe"

For a FREE Alarm System Call (800) 700-6400

- 40% Lower Monitoring Costs
- 33% More Protection
- No Hidden Charges

Call Now For a FREE SECURITY ESTIMATE and FREE HOME SAFETY REVIEW

We Take Care Of Your Home So You Can Take Care Of Your Family



www.GoldProtective.com

Gold Protective Systems, Inc.

We Specialize In Nanny Watch Cameras



CREATIVE CERAMIC TILE, INC.

"THE TILE EXPERTS"

Serving Central Jersey Since 1986

Featuring an **enormous & unique** selection of ceramic & porcelain tile, natural stone & decorative accent pieces

- 3500 Sq. Ft. Showroom
- Professional Installation By Our Own Master Craftsman
- Custom Designing
- New Construction Or Remodeling Jobs



- Custom Fabricated Countertops
- Tile & Grout Cleaning Service
- Exclusive 5 Yr. Guarantee On Installation

92 N. Main St. • Building 1A
Windsor Industrial Park, Windsor, NJ (off Rt. 130)
609-443-0500 • 1-888-744-TILE
www.creativeceramictile.com
Mon., Tues., Wed. & Fri. 10-5, Thurs. 10-8, Sat. 9-3

lic# 13VH01798300

Putting in Your Two Cents - Get Out and Vote

By: Susan Heckler

My entire life, my jokester father always use to say, "If I want your opinion, I'll ask for it." I tried to find out the origins of the quote and couldn't find it (unknown), so thanks Dad.

Everyone has an opinion. It is inevitable. Those who deny it are fibbing. Whether or not they choose to voice it or act upon it is another story entirely. One way of voicing your opinion is to vote. You have been very fortunate to live in a Democracy where your vote is your expression of choice.

When our country was founded, the only people who had a vote, or a voice, were white men who owned land or real property for which taxes were levied. Men without property, women, and people of color were denied the right to vote.

After the Civil War, the 14th Amendment was put into place, the definition of citizen became 'all persons born or naturalized,' naturalized meaning someone who has acquired citizenship. Shortly after in 1870, the 15th Amendment prohibited the Federal and State governments from denying a citizen the right to vote based on that citizen's "race, color, or previous condition of servitude." Many years later, in 1920, the 19th Amendment gave women the right to vote.

These amendments did not come easily. Wars were fought, lives were lost, many were imprisoned and battle lines were drawn, whether it be actual war or at the kitchen table amongst families.

The Center for the Study of the American Electorate, put 2012 voter turnout at 57.5% of all eligible voters, compared to 62.3% who voted in 2008 and 60.4% who cast ballots in 2004. In 2000, the turnout rate was 54.2%. The New Jersey voter turnout in 2012 was very low thanks to Hurricane Sandy.

What I don't comprehend is, after years to win the right to vote, why would eligible show up at the polls? Many feel that their one vote break an election. WRONG! Many elections have been won by a very small margin, especially in local elections.

Essentially, your opinion is being asked for. TAKE THE OFFER. Major decisions are won and lost at every level of government. Presidential Elections, Senate and House elections for Federal and State representation, referendums, school boards, and how your tax dollars are spent. You have a say, so speak up.

For those of you fearing that registering to vote will put you on the list for Jury Duty, not so. You would have to relinquish your right to drive to avoid that. Learn the issues and hear what the candidates have to say. It is your tax money they are gambling with. Meet your candidates whenever possible to get a sense of who they are that you can't really tell from the media. Get involved. Apathy will get you nowhere.

GOTV is not a television network. It stands for Get Out The Vote. All political parties will be stuffing mailboxes, ringing doorbells, making phone calls, kissing babies and anything it will take to procure your vote in what is referred to as The Silly Season. Not to worry, it will all end on Tuesday November 5. Not sure where to go or who is running? You should be receiving a sample ballot in the mail or you can contact your County Clerk's office to obtain one.

It just takes a few minutes and it is relatively painless. When you are in that booth, you feel like The Great and Powerful Oz, having the ability to change the course of history from behind the curtain. You get to make sure the people running your country will have a heart, a brain, courage and the love of home. ■





P A R K 33

RESTAURANT • BAR • BANQUETS

Happy
Hour
11am - 7pm
7 Days!

Daily \$4.99 Lunch Specials
Served Until 5pm

Weekly Specials:

Monday - Family Night Kids Eat FREE with an Adult Entrée Purchase

Tuesday - 50% Off Select Entrees

Wednesday - Wine'd Down Wednesday, 1/2 Price Glasses and Bottles of Wine

Thursday - Birthday Thursdays, 1/2 Price Entrée Every Thursday of Your Birthday Month

Friday - \$16.95 11/4 lb Live Maine Lobster - Comes with Choice of Side

Sunday - 1/2 Roasted Garlic chicken with Soup or Salad \$14.95

Monday - Friday - Early Bird Menu from 4-6 pm \$14.95 Special

Book All Your Events Here!

\$10⁰⁰
OFF
Dinner
Check

With Coupon. Dine-In Only
Excluding Alcohol & Beverages.
Not Valid on Holidays or Daily Specials
Cannot be combined with any other offer.
Expires 11/30/13

P A R K 33
RESTAURANT • BAR • BANQUETS

732.761.1300 • 618 Park Ave. (Rt. 33) • Freehold • www.park33.com



Save \$1.00 a bag on our 100% Sodium or Potassium Evaporated (Processed) Salt at our door. No limit.

**YOU CAN
NEVER TAKE
YOUR WATER
FOR GRANTED**

FALL SERVICE PROGRAM

- Annual Sanitation of your Well, Hot Water Tanks, & All Plumbing to KILL naturally occurring bacteria & get rid of that "Rotten Egg" Smell.
- Clean & Sanitize your Brine (salt) Tank.
- Clean & Flush Safety Float Assembly.
- Inspect & Clean or Replace Injectors & Screens in Backwash Valve.
- Flush & Re-Pressurize Well Pressure Tank.
- Clean Black Mold from Mineral Tanks.
- Iron Out Treatment in All Toilet Tanks.
- "Res-Up" Treatment for All Resin Beds.
- Test Tap Water for Iron, Hardness, pH & TDS.
- Inspect Sanitary Well Cap Seal for water tightness & insure exposed casing is intact.
- Clean Housings & Replace Mechanical Filters.

**A \$1500
Value for
Only
\$775
WITH THIS AD**



THE ULTIMATE WELL WATER SYSTEM

If you should run out of salt, or if you are using the wrong salt, your Softener will not work efficiently, and your water quality will be compromised, i.e., rust stains, mineral or salty taste.

If you should run out of salt, or if you are using the wrong salt, your Softener will not work efficiently, and your water quality will be compromised, i.e., rust stains, mineral or salty taste.

NATURAL SALT

Natural Salt Water Softener Salt Cubes with RESIN KLEEN

The ultra high purity of natural salt Water Softener Salt Cubes with Resin Kleen results in a highly soluble product, which virtually eliminates tank clean-out and helps the softening unit operate at peak efficiency. Features: Keeps softener clean & maintenance free, highly soluble 99.8% pure salt, controls mineral build-up, eliminates brine tank clean-out, helps softener operate at maximum efficiency and product sized to eliminate bridging, mushing and channeling.



or

NATURE'S OWN

Nature's Own Potassium Based Water Softener Crystals

Nature's Own processed cubes is a **POTASSIUM**, not sodium, ion exchange salt used to soften water, by removing iron and other unwanted trace minerals. Your water will not only be soft, but it will actually be more healthful. Nature's Own works with any brand water softener, and Potassium can actually help lower the risk of stroke and high blood pressure. Plus, Nature's Own reduces the amount of chlorides discharged into the environment versus common salt, and it's friendlier to your lawn.



Order today and we will service your water softener free of charge while we are there.

COMPLETE SALES • INSTALLATION • SERVICE

ASK FOR SPECIAL PRICING ON:

**Salt Delivery • Water Coolers • Purified Water Delivery • Sanitizing & Changing R.O. Filter
Upgrading Your Water Treatment System • Installation of our Bacteria Removal System
Swimming Pool Chlorine - FREE Sanitation System**



**222 Millstone Road
Millstone Township, NJ 08535
(732)446-2021 • Fax: (732)446-2506
Please visit our website @ www.uswater.net**



PLEASE MENTION YOU SAW THIS AD IN THE MILLSTONE TIMES

There is NO Sulfur in our well water.



Here's the realty:

Iron and Sulfate-Reducing BACTERIA are common problems in our well water. They present themselves as a slimy biofilm usually found in toilet tanks, in water filter housings and in water treatment tanks. Bacteria live and breed in iron-fouled water, and when they die, they decompose and putrefy, and the repulsive "Rotten-Egg" odor is produced.

This is actually Hydrogen Sulfide Gas, NOT SULFUR in our water!

Shock Chlorination of private wells is a quick, but temporary way, to get rid of the IRON BACTERIA in our wells and our hot water tanks and all of our plumbing; however, the permanent solution is to install our patented Auto-Chlorination System in your basement. Please call us today, for special pricing for readers of THE MILLSTONE TIMES.

We drink to
your health.

*** Since 1987***

✓ What I need to remember to tell
Barry at US Water.

- ☐ Iron stains on the driveway, fences or Belgium blocks.
- ☐ Rust in stall showers, sinks, or toilet bowls.
- ☐ Metallic taste in water.
- ☐ That "Rotten Egg" smell.
- ☐ Spending too much money on pool chemicals.
- ☐ Damp, musty, mildew smell in basement.
- ☐ Black mold on our softener tanks.
- ☐ Our salt level doesn't go down, or our salt tank is overflowing.
- ☐ We need to upgrade our water treatment system.
- ☐ Can my water softener handle my sprinkling system?
- ☐ We're spending too much money on bottled water.
- ☐ "Wet dog" smell in our water.
- ☐ Wet floor near our water treatment equipment.
- ☐ Leaks in plumbing. (low pH = acidic water) can eat away at my copper pipes.
- ☐ I understand that all salts are not the same. Can the "orange bags" be bad for my softener?
- ☐ I want to reduce my electric utility bill.



**The US Water Treatment &
Solar Energy Company**
(732) 446-2021



A Smile Lasts Forever...
Orthodontics for Children & Adults

Victor Kong, DDS, MS

Specialty License #5544

- Invisalign Certified
- Comprehensive & Minor Treatments
- Major Insurances Accepted
- Interest Free Payment Plans

Please call for a free, no-pressure consultation.

609-259-3250

15 Carrs Tavern Road • Clarksburg-Millstone Township

LOVING CARE FOR YOUR FAMILY PET

Call to learn
about our discounted
laser surgery.
Special Price for Laser
Declaw



10% OFF
for Seniors & Military
Seniors over 55 ID req.
Excludes Pharmacy
and Lab



FREE
Office
Visit

With this coupon.
New clients only

Tuesday & Friday
10am - 1pm

Save
\$45⁰⁰

Pay Only for Vaccine,
No Office Visit
Charge

With this coupon.
Not valid with any other offers.

609-758-7777

www.creamridgepetcarecenter.com

820 Monmouth Road, Route 537
Cream Ridge, NJ 085141

Open 7 Days A Week

Mon - Fri: 8am - 7pm • Sat: 8am - 4pm

Sun: 10am - 4pm

Open Weekends. Emergency Care

10% OFF
Dental
Cleaning

With this coupon.

FREE
Night of
Boarding

Stay 7 Consecutive
Days Get Your 8th
Night Free
(up to \$46 value)

With this coupon.

PLEASE MENTION YOU SAW THIS AD IN THE MILLSTONE TIMES

Invasion of the Lawn Snatcher (Chinese Packing Grass)

By: Pam Teel

Have you noticed over the past few years the aggressive weed that has been taking over our lawns, woodlands and roadsides? It's everywhere you look. You plant a garden and a week later, almost by magic it's covered with this high grass like species that seems to invade more and more area of your property each year. Yes, it has a name. The Japanese stilt grass is a relatively weak stemmed annual that can grow from one to three feet high. Its hairless stems have a sprawling growth habit that are usually branched and often root at the lower nodes. Each stem has many alternately arranged lance shaped leaves, which are pale green and up to three inches in length. Spikes with numerous quarter inch long flattened trapezoid shaped flowers emerge from the top of the plant in late summer. In the fall, the plants develop a purplish tinge.

These plants are native to eastern and central Asia and the origins here in the U.S. seem to have started in the early 1900's in Tennessee when the plants were used as packing material for fragile Asian porcelain. A hundred years ago, shipment was packed in wooden crates with gaps in between the slates. As it was loaded onto rail cars and sent to different locations, it dropped seeds along the way. People also discarded the packing grass into the environment after opening their



packages. This invasive grass grows in both shade and sunny areas. It gets its name because the mature plant stems resemble stilts. It also looks a little like bamboo, which is perfectly understandable since bamboo is also a gigantic grass. By late October the weed is finished producing seeds and dies shortly afterward, but the seed can stay on the ground for up to three years and reseed.

It is currently established in many states east of the Mississippi and along the gulf coast. It has also been reported in Indiana. Statistics show that it is slowly spreading northeast

to northern New England. Mowing down these weeds before seeds have set can prevent spreading. Mowing during seed production will only result in spreading the weed even more. Remember that even though this species is listed as an annual, seeds on the ground can reseed for up to a three-year span, which will result in never ending seeding. Seeds can also be windblown.

The best way to rid your property of this invasive weed is to use some kind of pesticide on it. This must be applied before the weed fruits. Seeds can often survive the chemicals so continual spraying is advised. When choosing a pesticide, please choose something other than Round up, which is owned by the GMO food-producing corporation, Monsanto. We don't need to support them in anyway. For lawns, crabgrass control products seem to help stop the seeds from spreading. This invasive weed can grow from one to three feet and can smother plants and gardens, invade lawns and take over the forest floor. The weed is easy to pull and should be pulled in early summer before the seeds appear. Too bad the deer do not like this plant. That would certainly be a solution to the invasion problem. Now that you know what you are dealing with, you can take the steps necessary to keep it from further taking over your property. Good Luck! ■



MattNJHomes.com

Make Your Move.



Matthew Merritt

Broker-Associate

matthew.merritt@prudentialnewjersey.com

Cell: 609-658-5916

Office: 732-792-0352 ext. 113

Multi - Million Dollar Producer

Relocation Specialist

NJAR Circle of Excellence Award '08, '09, '10, '11

Prudential's President Circle Award '10 & '11

Top 3% Nation Wide

NOW is the time to make your move in the Real Estate Market!
Homes are selling **FAST** and with **MULTIPLE OFFERS** in this area!

Call **ME** today and see how I have been able to help over 43 couples, families and individual's already this year accomplish their **Real Estate Goals!**

#1 Sales Associate at PNJP in August and September

BIG Thank you for your continued trust, support, and loyalty!



13 ARROWHEAD WAY MILLSTONE TWP.

\$464,013

WWW.MATTNJHOMES.COM



670 MADISON AVE MANALAPAN.

\$1,995 PER MONTH / FURNISHED OFFICE

WWW.MATTNJHOMES.COM



14 ROBERTS RD. MILLSTONE TWP.

\$364,900

WWW.MATTNJHOMES.COM



482 MONMOUTH RD. MILLSTONE TWP.

\$199,900

WWW.MATTNJHOMES.COM

MILLSTONE OFFICE
222 Millstone Road, Millstone Twp.

FIND ME ON:

© 2012 An independently owned and operated broker member of BRER Affiliates Inc. Prudential, the Prudential logo and the Rock symbol are registered service marks of Prudential Financial, Inc. and its related entities, registered in many jurisdictions worldwide. Used under license with no other affiliation of Prudential. Equal Housing Opportunity.

PLEASE MENTION YOU SAW THIS AD IN THE MILLSTONE TIMES

Adding or Upgrading Your Attic Insulation Will

WHO WE ARE

Hudson Insulation employs trained professionals in the insulation of quality Guardian. We know the business inside and out. Whether it is your home or business, Hudson Insulation can save you time, money and aggravation.

YOU SAVE

Quality Installed Insulation You Can Depend On

No job is too big. From homes to commercial developments, we do it ALL. With priority service, you get quality Guardian insulation installed to meet your deadlines. Fully insured, Hudson Insulation is focused on you, the customer.

WHY CHOOSE HUDSON

Energy Performance Contractor

- Providing RES check home performance calculations
- Evaluation home performance
 - blower door testing equipment
 - duct blaster testing equipment
- Access to state and utility company incentives

Retro Fit Insulation

- Upgrade existing insulation
 - fiberglass or slow expansion foam
 - full service installation (insulation, ventilation, attic access covers)

Ability To Service

- Multiple locations
- Professional installers (trained & certified)
- Multiple products (Hudson family of companies)



**Guardian Building Products
Fiberglass Insulation
Systems Insulating homes
and buildings for more than
30 years.**

Guardian Fiberglass, Inc. manufactures a complete line of light-density fiberglass building insulation products for the construction markets in the United States and Canada. The company has been awarded numerous "Vendor of the Year" designations from major buying group customers. Guardian is known for its positive, hard-working people, entrepreneurial spirit and commitment to its customers.

Extensive product line

Our extensive product line includes kraft and foil faced and unfaced batt and roll insulation designed for thermal protection and sound control. R-values are available from R-8 to R-49. Guardian Fiberglass also manufactures a complete line of loose-fill insulation, including Supercube II® and AtticGuard® Plus for ceiling applications, and high density products such as AsureR Plus and UltraFitDS Plus spray-on insulation systems for pneumatic installation in walls.

Specialty insulation

Guardian produces a number of specialty products for the residential and commercial construction industry, including:

- AsureR® Plus and UltraFitDS® Plus
- Faced metal building insulation
- Purlin Glide FP®
- AtticGuard® Plus
- Stable-R stabilized fiberglass attic insulation
- EnergySaver FP™



HUDSON
INSULATION SUPPLY LLC.

For ALL Your Building Materials Our

**795 Trumbull Street
Elizabeth, NJ 07201**

Stop in for a FREE Quote!

Save Energy and Reduce Your Carbon Footprint!

**Bring Comfort
to Your Home With
Spray Foam**

**Call For a
FREE QUOTE**

Benefits of Spray Foam Insulation

- Stops air and moisture infiltration
- Makes your home more comfortable
- Saves on energy costs
- Environmentally friendly
- Enhanced comfort
- Adds strength to the building structure
- It is permanent and will not sag
- Reduces sound transfer by absorbing sound
- Fire rated-class 1
- Performance will not decline over time
- Thermal resistance
- Keeps dust and pollen out
- Reduces capacity requirements, maintenance and wear of HVAC equipment
- Prevention from dangerous mold in your home
- Prevents respiratory



**Reduce
Energy Costs
as Much as
50%**

- Open cell & closed cell
- Attics & crawl spaces
- Residential, remodels, agricultural, industrial and more!
- Certified & trained installers

Hudson Insulation Boom Truck Delivers Insulation Where YOU Need It!

Serving NJ from Cape May to Park Ridge. Call Our Monmouth County Sales Reps Direct!

— FREE QUOTES —

Kelly (609) 502-5859 (Millstone area) • Jose (973) 767-3601 (Monmouth County)



FELSCO
Landscape &
Total Home Contracting

SPECIALIZING IN:
Lawn Maintenance, Fertilization Programs,
Landscape Installations,
Paver Patios & Retaining Walls

(609)-758-7801
WWW.FELSCO.COM



**Call For Your
Free Estimate!**





**ONE-STOP
SHOP.**

SAVE ON INSURANCE:

<input checked="" type="checkbox"/> Car	<input checked="" type="checkbox"/> Life
<input checked="" type="checkbox"/> Condo	<input checked="" type="checkbox"/> Motorhome
<input checked="" type="checkbox"/> Renters	<input checked="" type="checkbox"/> Motorcycle
<input checked="" type="checkbox"/> Business	<input checked="" type="checkbox"/> Boat

And much more...



Call me to get more for your money.
I make it easy to protect everything on your list and save money too. Call now and you'll also get a FREE lifetime membership in Good HandsSM Roadside Assistance. Get 24/7 access and low, flat rates on everything from tows to tire changes. Call me today!

Sharer & Associates Inc
732-446-7969
500 State Route 33
Millstone Township
allstateagencies.com/donnsharer



Allstate
You're in good hands.
Auto Home Life Retirement

Pay only when roadside services provided. Discounts vary. Subject to terms, conditions and availability. Allstate New Jersey Property and Casualty Insurance Company, Allstate New Jersey Insurance Company, Lincoln Benefit Life Co., Lincoln, NE and American Heritage Life Insurance Co., Jacksonville, FL. In New York life insurance and annuities are issued by Allstate Life Insurance Company of New York, Hauppauge, NY. © 2011 Allstate Insurance Company



SERVPRO[®]

OF FREEHOLD

Fire • Water • Mold – Cleanup & Restoration



Diana Moore
Mold Remediation
Specialist

Serving ALL of New Jersey

MOLD

- Removal & Remediation
- Residential & Commercial
- Clearance Results Guaranteed
- Certified Technicians
- Full Insured

732-431-4440
dmoore@SERVPROofFreehold.com

CARPETS TO GO **America's Favorite Flooring Store**

INTRODUCES OUR NEW CARPET BUYBACK PROGRAM!

WE WILL BUYBACK YOUR OLD CARPET & PAD AND GIVE YOU CREDIT TOWARDS YOUR NEW CARPETS TO GO PURCHASE!

VISIT OUR SHOWROOM



We Can Create Any Shape, Style & Size Area Rug That You May Need.

We Make Ordinary Rugs Extraordinary!

**LAMINATE
FLOORS
STARTING AT
\$4.99 sq/ft
Installed**

WE STOCK

- Over 600 Carpet Remnants
- Rolls of Carpet
- Rolls of Decorative Runners
- Pattern Carpets

**WOOD
FLOORS
STARTING AT
\$7.59 sq/ft
Installed**

**We display over 1,000 patterns
& styles... any shape ...any size
SENIOR DISCOUNTS**

1787 Rt. 9 North, Howell (Across from Home Depot)

732-462-2420

CarpetsToGoNJ.com • Open Tues thru Sat 10am - 6pm, Sun 12-5

Vesuvio's Wishes Everyone a Happy Thanksgiving!

FAMILY SPECIAL, FEEDS 4

Lg. Cheese Pizza,
Lg. French Fries or 6 Mozzarella Sticks,
6 Zeppoles & a 2 Liter Bottle of Soda

Only \$22⁰⁰
(tax included)

VESUVIO'S
PIZZERIA & FAMILY RESTAURANT
Millstone Township's
Original Family Restaurant

HUDDLE UP SPECIAL FEEDS 4-5

Lg. Cheese Pizza, 16 Buffalo Wings
& a 2 Liter Bottle of Soda

Only \$26⁹⁹
(Plus Tax)



**Busy with the Kids? Stop in for one of our Specials
Available All Month Long - Great for Busy Nights**



Look For Our Cookie House Sign-Ups

Nov 30th, Dec 1st,
Dec 7th, Dec 8th,
Dec 14th, Dec 15th
9:30am - 10:30am



Homemade
Cookie Trays
Available
**Must Order
Early!**



**Buy 1 Entree
Get 2nd Entree for
1/2 Price**

Must present coupon. May not be combined with any
other coupon, offer or discount. Limited time offer.
DINE-IN ONLY

**Try 1 of our
Grandma Pies
GET A FREE ORDER
OF GARLIC KNOTS**

Must present coupon. May not be combined with any
other coupon, offer or discount. Limited time offer.
DINE-IN OR TAKE OUT

**Buy 2 Or More
Large Pies, Get a
FREE TOPPING
On One**

Must present coupon. May not be combined with any
other coupon, offer or discount. Limited time offer.
DINE-IN OR TAKE OUT



**Buy Any Two Entrees,
Get One
FREE DESSERT**

Must present coupon.
May not be combined with any other coupon,
offer or discount. Limited time offer.
DINE-IN ONLY

CALL NOW FOR ALL YOUR CATERING NEEDS

Full Catering On and Off Premises • Complete Catering Set Up • Servers and Bartenders provided upon request

221 Millstone Road, Perrineville, NJ • 732-446-1155 or 732-446-1908
Check out our Web Site at www.VesuviosMillstone.com



THE LURE OF NEW EGYPT

Jensen Deep Run, A Great Place to Retire

By: Pam Teel

Jensen Deep Run Communities is located on the border of Cream Ridge and New Egypt. Surrounded by the peacefulness of the countryside, Jensen's Communities takes pride in its pristine surroundings and its equally immaculate grounds. The Retiree's that live in the community own their own homes. Each home is unique to their owner and they can do with it as they please. Its manufactured homes are up to the best quality standards and are built by Jensen's own building crews. There is a monthly fee, which includes taking care of all of the maintenance on the property such as tree work, shrub trimming, utility maintenance, garbage collection, recycling, snow removal, and maintenance of the clubhouse and roads. Residents can relax knowing that the work will be done for them, thus cutting down on any out of the pocket expenses that most people on a budget don't have the extra income for. There are two entrances along Route 537 and one entrance on Route 539. There is a walking path alongside the community lake that connects the two sections of the community together. There is also a covered pavilion with picnic tables and an outside fireplace.

Jensen Deep Run Communities have been a part of the New Egypt Environment for 45 years. Jensen's is a privately held corporation that was founded by Kristian Jensen Sr. in 1927 after immigrating to the U.S. from Denmark. Responding to a need for new houses, Kristian Sr. began selling mobile and manufactured homes to retirees and first time buyers. He started out in Connecticut, where he lived, and over the past few decades, Jensen Communities have sprung up all over the east coast. New Hampshire has six Jensen Communities, Connecticut has 14, Maryland has 1, North Carolina has 1, South Carolina has 4, Georgia has 1, New Jersey has the Deep Run Community, and the newest community to date is in Cherrywood, New York State.

The corporate office is located in Southington, Connecticut and is run by Kristian Jensen the 3rd who serves as the CEO, with Keith Jensen serving as the Vice President. The



James Sunday -Assistant Vice President/ ACM

Deep Run Community is managed by Assistant Vice President James Sunday. Mr. Sunday is from the New Egypt area and is a very personable man who thinks very highly of the residents at Deep Run. He also enjoys working for a fami-



Jensen Deep Run Community

ly oriented company such as Jensen's. He has been with the company for the past nineteen years but his association with the Jensen Company goes back further than that when he was a subcontractor hired by the Jensen Company to further plan out sections of Jensen Deep Run. Mr. Sunday is also a firm believer of giving back to the community. He likes to help out local food pantries by donating food, furniture, and clothes. There are some occasions when people pass on and there are contents of a whole house left behind. If there are no relatives to claim the contents, Mr. Sunday makes arrangements to distribute certain items to local churches and shelters. Jensen Deep Run even sponsors its own resident's men's softball team, which just competed in the Senior Olympics in Ohio this past summer. The Jensen Corporation based out of Connecticut has helped out Habitats for Humanity on many occasions by sending its crew out to help with new home construction.

There are plenty of events for the residents of Deep Run to partake in. Just one look at their event calendar and you will find exercise classes, bridge games, mahjogg, Bingo games, shuffleboard, game nights and more. Deep Run also has a clubhouse where many social events take place such as dances, and barbeques. Every year they hold a semi -annual garage sale where coffee, homemade pastries and other goodies are served. This past October was their harvest home covered dish dinner. They even have incentives and prizes awarded to the residents who live in the community for having the best-kept property.

There is a monthly newsletter that keeps residents up to date on upcoming events, Birthdays, Anniversaries, and so on. It even showcases some of its own resident's personal accomplishments. This is a people friendly community where neighbors help each other out and if something goes wrong or needs fixing, Mr. Sunday makes sure it is taken care off immediately. What makes it an even better retirement community is its proximity to the surrounding area. With a thirty minute drive to the ocean, easy access to Atlantic City, a few miles from Route 195 and the Great Adventure Area, minutes away from the towns of New Egypt and Allentown, and the peace and solitude of the countryside, what more could you ask for!

Jensen's top priority is to provide the best community environment at a reasonable cost to their residents. The retirement age to live at Deep Run is 55 years of age. Currently there are homes available for sale. You can contact Jim Sunday for further information about Jensen Deep Run and Get in on the Good Life! Jensen Deep Run is located on the corner of Route 537 and Route 539. For further information, you can access their website at: www.jensencommunities.com or stop in during office hours. Telephone (609) 758-7180. The office is located at the second entrance on route 537. (The entrance closet to the traffic light.) Follow the road until you see the RV and boat parking lot. Turn left on the first street behind the parking lot onto 18 Royal Oak Drive. The office is on the left.



Great place for residents to fish



A typical road at Jensen Deep Run



Make Family Memories Happen At Home

Let's Start Making your Dream a Reality!

- Landscapes
- Hardscapes
- Pools
- Maintenance
- Sports Courts

732-294-1271
www.totalconcepts-nj.com

Sport Court Packages Starting At \$5995



Seasoned Firewood

Free Delivery
\$110 1/2 Cord
\$200 Full Cord

Tree Trimming & Removal
80 Ft Bucket 16 Ft Crane

609-259-8668

Go To **Fab From **Drab** In Just One Day!**

Get the designer look without designer prices

Let me create the WOW factor in your home with your **Existing Furniture & Accessories**

Only \$125
new clients only, 2 hour max

J Gold Interiors
FOR THE BEST PRICES IN MONMOUTH COUNTY.
Call Jodi (732) 939-0334



Sew Many Stitches

Window Treatments
Upholstery • Slipcovers
Bedding • Headboards

Diane Roberson
609-758-8089
www.sew-many-stitches.com

WCAA
WINDOW COVERAGE ASSOCIATION OF AMERICA

A Peach of a Pair; New Egypt and Plumsted

By: Susan Heckler

As part of our 'Welcome Package,' I want to introduce our readers to the facts and figures of our newest readers from Plumsted Township and New Egypt. I am sure most of their residents don't know much of this information either and may find it interesting.

Plumsted Township, located in Ocean County, was incorporated as a township on March 22, 1845. Cornelius Hendrickson, a Dutch surveyor, navigator and cartographer, was the first European explorer to arrive in this area. A battle of the French and Indian War took place in this region in 1754.

Initially the land was part of Jackson Township while it was part of Monmouth County. Additional property from neighboring Upper Freehold was added in 1849. Plumsted became part of the newly created Ocean County in 1850. This was similar to parts of Middlesex County taken to form Millstone Township in Monmouth County on February 28, 1844. Much of the shuffling around of boundaries and townships had to do with the location of creeks and streams.

According to the Ocean County Library website, "The Township of Plumsted was incorporated in 1845 and covers New Egypt and Cream Ridge. The historic district in town consists of 114 structures. Most of the

structures are found in the downtown area of New Egypt and along Evergreen road. They are representative of several architectural styles found in the late 18th and 19th centuries. They trace the development of New Egypt from the original mill town to its emergence as a popular market place. All of this adds to the charm and character found today in the village of New Egypt. People came from Philadelphia and New York to spend their summer by Oakford Lake in New Egypt.

By 1908, New Egypt had become a summer resort. Cranberry bogs grew with abundance. In 1868 the railroad came to New Egypt. Passengers as well as freight kept the railroad busy. However in 1959, as trucks became a more popular mode of transportation, the railroad in New Egypt ceased to exist.

The population back in 1859 was 1,613 according to census records. The latest census in 2010 showed 8,421 comprised of 2,936 households, and 2,311 families residing in the township. The population density was 212.1 inhabitants per square mile (81.9 /km²). There were 3,067 housing units at an average density of 77.2 per square mile (29.8 /km²). The racial makeup of the township was 94.19% (7,932) White, 1.81% (152) Black or African American, 0.32% (27) Native American, 0.87% (73) Asian, 0.02% (2) Pacific Islander, 1.24% (104) from other races, and 1.56% (131) from two or more races. Hispanic or Latino of any race was 5.91% (498) of the population.

Of the 2,936 households, 37.4% had children under the age of 18 living with them, 64.3% were married couples living together, 9.5% had a female head of the house with no husband present, and 21.3% were unrelated occupants. 16.8% of all households were made up of individuals and 7.3% had someone living alone who was 65 years of age or older. The average household size was 2.87 and the average family size was 3.22.

In Plumsted Township, 26.2% of the population were

under the age of 18, 7.3% from 18 to 24, 24.2% from 25 to 44, 30.9% from 45 to 64, and 11.4% who were 65 years of age or older. The median age was 40.9 years. The population was split evenly between men and women.

The median household income was \$73,790 (with a margin of error of +/- \$8,323) and the median family income was \$89,279 (+/- \$12,381). Males had a median income of \$54,614 (+/- \$8,958) versus \$46,886 (+/- \$3,261) for females. The per capita income for the borough was \$31,719 (+/- \$2,499). About 4.4% of families and 7.3% of the population were below the poverty line, including 11.0% of those under age 18 and 9.6% of those ages 65 or over.

Plumsted Township is governed under the Township form of government with a five-member Township Committee. These elected officials are currently Committeeman Mike Wysong, Committeeman Jack Trotta, Deputy Mayor Eric Sorchik, Mayor Dave Leutwyler, and Committeeman Herb Marinari.

Plumstead Township as well as New Egypt are located in the 4th Congressional District and are part of New Jersey's 12th state legislative district. Their current State elected officials are Senator Samuel Thompson, State Assemblymen Robert D. Clifton and Ronald S. Dancer. Your representation as part of the Fourth Congressional District

is Congressmen Christopher Smith and your U.S. Senators are Bob Menendez and Jeffrey Chiesa who was elected by special election following the death of Frank Lautenberg.

New Egypt is an unincorporated area located within Plumsted Township. Local legend is that while in the area, General George Washington sent soldiers in search of food and supplies. When one returned with food, he joked "Here is Joseph, returned from Egypt with wheat." Supposedly, the name stuck.

As of the 2010 United States Census, the CDP's population was 2,512. As of the 2010 United States Census, there were 2,512 people comprising 902 households, and 652.1 families residing in the town. The population density was 625.7 inhabitants per square mile (241.6 /km²). There were 972 housing units at an average density of 242.1 per square mile (93.5 /km²). The racial makeup of the CDP was 91.44% (2,297) White, 1.99% (50) Black or African American, 0.84% (21) Native American, 0.96% (24) Asian, 0.08% (2) Pacific Islander, 3.11% (78) from other races, and 1.59% (40) from two or more races. Hispanic or Latino of any race were 10.51% (264) of the population[

Of the 902 households, 34.8% had children under the age of 18 living with them, 52.9% were married couples living together, 13.2% had a female head of house with no husband present, and 27.7% were unrelated occupants. 21.3% of all households were made up of individuals and 7.1% had someone living alone who was 65 years of age or older. The average household size was 2.78 and the average family size was 3.21.

In the town, 25.3% of the population were under the age of 18, 9.1% from 18 to 24, 26.7% from 25 to 44, 29.8% from 45 to 64, and 9.2% who were 65 years of age or older. The median age was 37.2 years. The men outnumber the women slightly by 103.4 to 100.

New Egypt is considered a Census Designated Place

which means the population is separated out for the purposes of the census but they do not have a separate municipal government. They share their elected officials with Plumsted Township.

According to the Ocean County Library website, "The community of New Egypt began in the early 1700's as two mills: Snuff Mill and Kimmons Mills (Timmons). Snuff Mill, the older community, had a grist mill, slaughter house, hotel, post office, general store, and a number of small farms and homes. Kimmons Mills was found on the western bank of the Crosswicks Creek. Cowperthwaite Kimmons used good business sense during years of bumper crops by storing extra grain. Then, during lean times people from near and far would travel to his granary for corn. This is reminiscent of Biblical times when people traveled to Egypt for corn, so that finally the town became known as "New Egypt." Today New Egypt is still a place that people come to for food. U-Pick Farms surround area."

MainStreetUSA.com states "Clement Plumsted, of London, was granted 2,700 acres in 1699, which included most of the land now, called New Egypt. On the John Hill Map of Monmouth County, 1781, this tract of land was referred to as "Plumstead's" and is the earliest known name found for New Egypt. In 1845, New Egypt, and the 40 square mile area surrounding it, was incorporated as Plumsted Township in honor of Clement Plumsted. It was once stated that all roads led to New Egypt. Until the early 1900's this statement held true. New Egypt was once two separate settlements known as Newport and Snuff Mill. In the late 1700's the town was called Egypt and there is no official record as to when it began to be called New Egypt. But on December 28, 1869, the name was voted to be changed from New Egypt to Oakford. In March 1870 it was changed back again to New Egypt."

The library website further states, "The Township of Plumsted was incorporated in 1845 and covers New Egypt and Cream Ridge. The historic district in town consists of 114 structures. Most of the structures are found in the downtown area of New Egypt and along Evergreen road. They are representative of several architectural styles found in the late 18th and 19th centuries. They trace the development of New Egypt from the original mill town to its emergence as a popular market place. All of this adds to the charm and character found today in the village of New Egypt. People came from Philadelphia and New York to spend their summer by Oakford Lake in New Egypt. By 1908, New Egypt had become a summer resort. Cranberry bogs grew with abundance. In 1868 the railroad came to New Egypt. Passengers as well as freight kept the railroad busy. However in 1959, as trucks became a more popular mode of transportation, the railroad in New Egypt ceased to exist."

Plumsted and New Egypt are beautiful towns and make a Peach of a Pair. ■



Dyer's Cabinet Shop, LLC
QUALITY KITCHEN CABINETRY

SAVE OVER 50% OFF MSRP
on Beautiful Medallion Cabinetry

Free Estimates • Custom Designs

FREE Selective Hardware
With New Medallion Cabinets

Installation Services Available

Family Owned and Operated for Over 35 Years

609-758-7574
415 Rt. 539, Cream Ridge NJ
Visit Our Website
www.DyersCabinetShop.com
Hours: Tues - Fri: 9am - 5pm • Sat: 9:30am - 2pm

Rated Best in Consumers Digest

Facebook Twitter

MasterCard VISA Discover

Give a Gift of Treasured Memories this Holiday Season
Transfer Old Movies, Slides and Video Tape to DVD's

- Photo Restorations
- Family & Pet Portraits
- Custom Video Slideshows
- Video Tape Repairs

Gift Certificates Available

LYPOWY STUDIO
Photography & Video

732-270-2181
804 Fischer Blvd • Toms River
visit our website: www.lypowystudio.com



Pathways to Serenity:
Holistic Health Extravaganza
Saturday, November 30th, 9:30 - 4pm
2 Meadowbrook Lane, New Egypt, NJ 08533

Expect the unexpected. Experience holistic health sessions, meet local practitioners, purchase holistic gifts for the holiday season, get the resources to self-empowerment in health. More details to follow

www.NextStepStrategiesLLC.com
609-752-1048




Next Step Strategies, LLC
609-752-1048
www.NextStepStrategiesLLC.com

T'ai Chi Chih®

This is NOT a Martial Art

Experience the Serenity of T'ai Chi Chih®

Joy thru Movement
Mondays 6:30pm Hamilton • Tuesdays 6:00pm New Egypt
Fridays 6:30pm Bordentown

This is a gentle, moving meditation with many health benefits. Can be taught standing or seated!

***New Classes in Jackson and Monroe, too!**
Call now to reserve your spot 609-752-1048



Don't Let the Real Estate Market Scare You, Call Stan to Ease your Fears.



384 Monmouth Road
Millstone Twp., NJ



444 Monmouth Road
Millstone Twp., NJ



NJAR® Circle of
Excellence Award®
2012

*Ask about Weichert's Free
Market Update Seminar*

**Weichert
Realtors**



Stanton Sanford
stansanford@gmail.com
(609) 577-0475
Princeton Junction Office
53 Princeton-Hightstown Rd.
www.millstonenjhomesforsale.com

Roll Away The Tires

On Saturday and Sunday, October 12th and 13th, Plumsted Youth for Nature and the Environment (PYNE) organized a tire clean up event on Ocean County preserved land near Oak Leaf Drive in New Egypt. Fifty five volunteers, including members of the 818 Global Mobility Squadron of the United States Air Force, showed their commitment to the environment and our community by collecting 751 tires, 60 bags of trash and recyclables, and 2 pick-up truck loads of miscellaneous garbage. PYNE partnered with Bridgestone Americas, under its "One Team, One Planet" Spent Tire Program, for the removal of the tires at no charge. Through this program, Bridgestone ensures that the tires will go to a beneficial reuse.

Scrap tires can threaten not only our environment, but the public health of a community as well. Because of their shape, scrap tires can collect debris and water, which create an ideal breeding habitat for insects carrying diseases such as the West Nile Virus. Many kinds of mosquitoes prefer to breed in the quiet, stagnant water that collects inside tires.

With the support of Ocean County, Plumsted Township, the Plumsted Township Environmental Commission, and Bridgestone Americas and its affiliates, PYNE is organizing a clean up of approximately 750 tires from public land near Plum Ridge Drive and Oak Leaf Drive, known as Coastal Divide I and Coastal Divide III. The Coastal Divide is a 300-acre elevated ridge that sits on the boundary of two watersheds, one draining into the Barnegat Bay, the other into the Delaware River. It is also home to many animal and plant species, including mountain laurel. ■



Don't miss those SPECIAL MOMENTS!

As a mother, I want the best of both worlds. I want to be home to care for my children when they are not feeling well, attend all of their activities, spend quality time with them AND still earn an income.

This may seem impossible, but I do it! And, I can help you do the same. Work with an impressive, honest, well-respected Company. Work around your schedule, Part or Full Time. ENJOY what you do.

NO SELLING! NO ORDERS/DELIVERIES! NO PARTY SALES! and NO RISK!

Learn from a team of MOMS that already took advantage of this Unique Opportunity. Full training and support provided.

**Moms Helping Moms
WORK FROM
HOME**

**For More Info
Call**

732-504-3150



Holiday Pies Are Ready! Emery's

609-758-8514

346 Long Swamp Road, New Egypt
www.emerysfarm.com



**Open Every Day
9am - 6pm**

The Union Transportation Trail

A Walk Through Creamridge and Upper Freehold's History

By: Pam Teel

Want a new place to walk that's relatively level and not too far from home, then try out the Union Transportation Trail which starts in Creamridge, a stones throw away from the New Egypt border. The trails are paved with some gravel on top and accessible by bike, walking and horseback riding. The first two miles of the gravel trail from Millstream Road to Jonathon Holmes Road opened in 2010 and the later, from Jonathon Holmes parking lot to Davis Station Road, was completed in 2011. Jonathon Holmes parking lot to Davis Station Road is also roughly two miles. This section was opened in 2011. The linear section crosses Miry Run Creek. When the trail is fully completed it will measure 8.6 miles in length. There is a map at both parking sites where you can continue to see the progress of the trail as more miles are added on.

There is a newly constructed trestle bridge exactly where the old trestle bridge crossed over the Lahaway Creek in between Millstream Rd. and Jonathon Holmes Rd. The trail is open from 7:00a.m. through 7:30p.m. throughout the year to the beginning of October, and then closes an hour earlier during the winter months.

There are two parking lots and access points for parking. One is at Millstream Road. This is a good place to start. It's an easy drive to the parking lot. Take route 537 towards New Egypt (west), cross over route 539 and look for Millstream Rd (approx. 1 mile on the right.) You will see



The rehabilitated Trestle Bridge on the trail



Part of the Union Transportation Trail.

signs for the Union Transportation Trail on the right hand side of Route 537. After you turn onto Millstream Rd., the parking lot is on the left. This trail will lead you across the road and into the woods. You will cross a road or two on your adventure, so be very careful, especially if you are with children. About three miles up the trail you will come to the other parking lot. The Jonathon Holmes parking lot is located west on 537, then turn right at the traffic light onto Emleys Hill Road, then bear left onto Jonathon Holmes Rd. You will see the lot on the right hand side. Going left on the trail will take you back to the Millstream parking lot. From one parking lot to the other is roughly two miles. There and back would give you a good four-mile walk or ride. If you wish to continue going further down the trail, (going right at the Jonathon Holmes parking lot), you will end up on Davis Station Road in Creamridge but there is no parking accessible there unless you get permission to park at the Cream Ridge golf course nearby, if you want to make that your starting or ending point.

The ride is relatively flat with some slight inclines, hardly an obstacle to the novice bike rider. Someone who hasn't ridden a bike in ten years, like myself, will notice every up-grade, though slight as it may be. The scenic trail will take you between many horse farms, meandering streams, and between tall trees, which are just starting to change color. (What a great way to observe the fall foliage). Dogs are allowed and there are plastic bags available to clean up after them. There have been a few complaints about horse droppings left on the trail. Horse Riders, perhaps you can bring a plastic scoop with you and remove the droppings off to the side. We all need to be courteous of one another.

The Union Transportation trail was once the Pemberton & Hightstown Railroad, a short line right of way established in 1864 providing farms, dairies, and workers access to larger

railroad junctions in Pemberton and Hightstown to sell their products. In 1868, the trains traveled through Hornerstown, New Egypt, Cream Ridge, Davis, Imlaystown, and Sharon in Upper Freehold Township. It took both passengers and products. The passenger line ended in 1931 but the freight continued on some sections of the line until 1977. Jersey Central Power and light now owns the right of way. The Park System obtained a permanent easement from them for use of making a trail.

The Clayton Park Trail is another good trail off of Emley's Hill Road in Upper Freehold. The trail is a natural trail that wanders through a forest of wonderful trees of all different native species. To any plant lover, it is one of the best spring wildflower sites in the Park System where you can view wildflowers such as jack in the pulpit, trout lily, spring beauty, wild geraniums, wild ginger, and the bright hepatica flower. It's a favorite spot to terrain bicyclists and offers roughly 6 miles of rugged trails. There are easier walking trail too that take you out by picnic tables and a small lake. The trails are marked from easy to moderate.

This land was acquired from farmer Paul Clayton and his daughter. Farmer Paul worked the fields with his five horses growing potatoes, tomatoes, grain and corn until 1971. He retired at the age of 87 and rather than sell the land off to people who were interested in harvesting the many varieties of trees on the property, he sold his farm to the park system. The park offers a rustic appeal, an informational kiosk at the trailhead, marked trails, portable toilets, and a gravel parking lot. (Turn left onto Emleys Hill road and follow signs to the park). There is plenty of parking available.

Now is the time when the weather is cooler to grab a friend and go enjoy a nice walk. The scenery is free!

For more information on these parks and others in the area go to: www.monmouthcountyparks.com. ■



HORSE CHATTER UPCOMING EVENTS

NOVEMBER

NOVEMBER 2

NJQHA All Breed Charity Ride, Tourne Park, Denville NJ www.NJQHA.com

NOVEMBER 3

OVCTA Combined Test, Ludwigs Corner, Glenmoore, PA; www.OVCTA.org

NOVEMBER 9

West Milford Eq. Ctr. H/J "C", Newfound-land, NJ; 973-697-1149 westmilford-equestrian.com

10 - Wits End Farm H/J Schooling Show, Jackson, NJ; www.witsendnj.com 732-928-1480

NOVEMBER 10

Jumper Show Series, Dunmovin Farm, West Chester PA; 610-429-1516 www.Dunmovin.net

NOVEMBER 10

Show Series, Pipersville, PA; 215-343-0213 www.heavensgatefarmpa.com

NOVEMBER 17

NJEC Show, Pompton Plains, NJ; NJPHA, Marshall/Sterling/West.; 201-406-0269 njequestrian.com

NOVEMBER 17

Hunter Show Series, Gambrells, MD; 410-721-0885 www.EquilibriumHorse.com

NOVEMBER 23

Horse Park Hunter Pace, Revere PA; 610-847-8597 www.BucksCountyHorsePark.org

NOVEMBER 21 THRU 23

Worcester Stables Thanksgiving "A", Norristown, PA; 908-534-8833 www.worcesterstablesatourfarm.com

NOVEMBER 22

CJL Inc., Long Valley, NJ; 917-371-4551 www.cjlfarm.com

NOVEMBER 23 & 24

Fall Festival I & II, Douglassville, PA; 610-996-4367 www.MagicHillFarmLLC.com

NOVEMBER 24

London Grove CCHSA Rated Show, Unionville, PA; 610-268-2761

NOVEMBER 29 THRU DECEMBER 1

Northeast Regional Horse Show "A", Long Valley, NJ; 917-371-4551 www.cjlfarm.com

NOVEMBER 10

LVHC Free Seminar Touring Quakertown Veterinary Clinic With Dr. Randy Bimes, Quakertown, PA; 610-759-7985

NOVEMBER 15

OVCTA Tack Swap, 4-H Romano Center, Honey Brook, PA; www.OVCTA.org

NOVEMBER 15, 16 & 17

Evidence - Based Horsemanship Seminar, Shartlesville, PA; Download Registration Online; 610-223-7859 www.evidence-basedhorsemanship.com

NOVEMBER 16

Keg Shoe Modification Forge Classes, Bethlehem, PA; BWFA Cert. Test; 610-748-8777

NOVEMBER 24

Wits End Farm H/J Schooling Show, Jackson, NJ; www.witsendnj.com 732-928-1480

NOVEMBER 2 & 23

CJL Inc., November I, Jackson, NJ; 917-371-4551 www.cjlfarm.com

NOVEMBER 2 & 3

Palermo Winter Festival, Bedminster, NJ; 908-719-7500 www.Palermoshow-stable.com

NOVEMBER 6 - 10

Woodedge Autumn "A", Horse Park of NJ, Allentown, NJ; www.woodedge.com 856-235-5623

NOVEMBER 7 - 10

Harvest Classic "A", Littlestown, PA; 717-359-5357 www.Swanlakestables.com

NOVEMBER 16

Halcyon Farm November I, Dillsburg, PA; 717-432-1367 www.Halcyon-Farm.com

NOVEMBER 16 & 17

Mid-Atlantic Equestrian Festival, Show-place Arena, Upper Marlboro, MD; www.midatlanticeq.com

NOVEMBER 16 & 17

Tewksbury Farms "A", Hillsborough, NJ; 908-369-7203

Attention Students Looking For Community Service Credits

Lets Get Together And Work
The Horse Park OF NJ Wants YOU
Call (609) 259-0170 For Volunteer Details

Horseback Riding Lessons for Children and Adults of All Levels



— STALLS AVAILABLE —

**Hunter, Jumper,
Equitation and Dressage
lessons available.**

Private and group, half hour and hour long lessons are available by appointment 7 days a week, all year-round. Enjoy our indoor and outdoor riding arenas complete with jumps.

Up A Knotch Equestrian Center
732-395-3615 • 97 Daum Road • Manalapan, NJ 07726

FUN HORSE FACTS

There are about 75 million horses in the world.

Horses' hooves grow approximately 0.25 in a month, and take nearly a year to grow from the coronet band to the ground.

Arabians have one less rib, one less lumbar bone, and one or two fewer tail vertebrae than other horses.

Achieving Balance for Life and for Riding; Yoga for Horseback Riders

By: Susan Heckler

Yoga is a generic term for physical, mental, and spiritual disciplines, which originated in ancient India. For thousands of years, this has been practiced with a goal of attaining a state of permanent peace. Through the years, many have come to realize that the physical postures of yoga can be used to ease health problems, reduce stress and make the spine more flexible. Yoga is also used as a comprehensive exercise program and for physical therapy routines.

More recently, yoga has been used by athletes in various sports. This more specialized yoga works on muscle groups that are specific and essential to that sport. In our horse-loving area of Monmouth County, yoga has been used for horseback riders.

Allyson Jeffery is an equine bodywork and massage therapist, which essentially means she uses massage and other modalities to reduce stress, promotes relaxation, and prevent injury and disease before it occurs. It is cost effective and non-invasive. She herself has practiced yoga for 15 years. She is very active in the equine community and a Trustee of The Horse Park of New Jersey.

Combining Allyson's expertise of horses, her experience with yoga and the experience of Wendy Verdia, a certified yoga instructor from the Freehold Yoga Center, they are now offering specialized yoga instruction for horseback riders. The basic idea is that with yoga's slow stretching, it increases your flexibility as well as body awareness. Each movement made by the rider effects what the horse does. This type of yoga works on muscle groups essential to riding. Your body language alters signals to the horse. Yoga will make you more balanced and relaxed on your horse, allowing the horse clear understanding of your intent. This is being used internationally and has been embraced by Olympic level riders.

Classes are held at the Green Bough Farm in Millstone, which is owned and operated by Mrs. Beverly Kenney and her husband Dr. Jim Kenney, a local veterinarian. Currently there are 13 people signed up for the class. The next 6-week session will begin November 21.

For more information, contact Allyson Jeffery 732 742-8546 ponyup@optonline.net. ■

Experience, reliability, respect and compassion at its best.

*We are based out of Millstone Township, NJ and
we provide care in surrounding towns.*

Specializing in:

Home Pet Care, Daily Visits, Pet sitting, Dog walking,
Nursing Care, Palliative services, End of life care, Pet Loss Support.

*We work with all animals including exotics, horses and Small
Farm Animals*



Please contact us at:
piperspetpals@gmail.com
or call 732 682 7721

To learn more visit www.piperspetpals.com.

*We Will
Take Care Of
Your Horse Or Pet
While You Are
Away*

Happy Days Are Here Again; Happy Day Farm and Up A Knotch Equestrian Center

By: Susan Heckler

Here is a challenge. Let's say you are given 69 acres of preserved farmland in Manalapan and had to come up with a plan of what to do with it. Being that it is preserved, you have tight limitations; it has to be farm or farm related. The property was owned by a family for many years and was left fairly untouched for much of it. Overgrown with vegetation and dilapidated buildings, it is a hefty chore.

Into the game walks Tim Stockel. As a lifetime Manalapan resident, Tim welcomed the challenge. As the owner of a landscaping business, he possessed unique skills and the right equipment to do just about anything, not to mention a great imagination and fun loving spirit.

Tim and his wife, Olivia, opened Happy Day Farm in 2011 at 97 Daum Road in Manalapan, after a long journey of planning and implementing a massive endeavor. The property has been transformed into a fun place for families and a haven for outdoorsy kids. What kid of any age wouldn't love a day running through a 10-Acre Corn Maze, the largest in New Jersey? Most kids get to play in a sand box; at Happy Days you roll around in a Corn Box. Then of course there is the Hayride, Pig Races, the Petting Zoo, and the Hay Maze. You can also enjoy the Corn Stalk Tunnel, Horse Shaped Swings, Pie Eating Contest, and Pedal Carts for all ages and Rubber Duck Racing. If that wasn't enough to fill your day, there is the Corn Cannon, Pumpkin Blaster, and Pony Rides. Good old fashioned family fun for all!

The farm is open to the public for a limited amount of time each year as it is seasonal. They will be closing October 27, 2013 and reopening next year on September



Riding lessons are given at Up A Knotch Equestrian Center.

20, 2014. When open, the Hours of Operation are Saturday and Sunday – 11:00 am – 5:00 pm

Last admissions ticket sold at 4:00pm. For more information, contact them at (732) 977-3607 Email: HappyDayFarmNJ@gmail.com. Check them out on the web and Facebook too.

Happy Day Farm has partnered with MudManX to bring a Fall Festival Mud Run to their backyard on November 9. There will be a few different obstacle courses with more than 20 obstacles for varying age levels (8-80); you can run individually or as a family. Spectators are welcome to enjoy the activities and all the fun the farm has to offer. They can register at mudmanx.com/register.

Sharing the property is the Up A Knotch Equestrian Center where horses are boarded, lessons are given and birthday parties and summer camp are available. Barn Manager and Trainer Amanda Kocheran gave me the grand tour.

With 16 horses on the property, this is an animal lover's dream. They offer riding lessons for all ages and all levels from beginner through advanced. They have horses of various sizes and temperament to suit all levels of skill. Whether you have never been on a horse or are at a high skill level, this is the place for you! The spacious indoor arena is perfect for any weather riding. It was obvious to me that much time and attention is paid to the facility and its equine residents.

Up A Knotch is open year round by appointment. Call 732-395-3615 or 848-228-9823 or email them at: upaknotchequestrian@gmail.com. Check out their website and Facebook page too. ■



Riding lessons are given at Up A Knotch Equestrian Center.



NJ's Largest Corn Maze

JV PAVING LLC

ASPHALT PAVING • CONCRETE WORK

CUSTOM STAMPED ASPHALT

- Driveways
- Resurfacing
- Extensions
- Repairs
- Sealcoating
- Parking Lots
- Belgium Block
- Storm Drains
- Sidewalks
- Crack Filling

732-845-1440

Competitive Discounts Available!

25 Years Experience

Lic. # 13VH06617300

**PROFESSIONAL
WORK**



Kel-Kor Painting & Powerwashing

Exceptional Painting Services

Residential & Commercial
Interior & Exterior
Pressure & Powerwashing
Dry Wall Installation & Repair
Wallpaper Removal
Deck Staining & Sealing
Custom Painting and Carpentry
Free Estimates • Full Insured • Local References
Serving Mercer & Monmouth Counties



Frank Korzenko, Owner

Fkkorzenko@gmail.com

Contractor License #13VH07078400

52 Yellow Meetinghouse Road, Millstone Twp., NJ 08510

www.kel-kor.net

(609) 577-4453 • (732) 656-0586

Animal Communicator

Continued from page 7

took me to the petting zoo at the Philadelphia Zoo and the entire herd of sheep mobbed me, like a circle around me. My dad had to rush in and pull me out. Obviously, at that point I had no idea what was going on, that I was an animal communicator, etc., but that's when I started having strange experiences with animals. I was also apparently going around at that time telling people I wanted to be a veterinarian and help animals – people were supposedly shocked that I both knew what a veterinarian was and that I could pronounce it. It wasn't until I was in my late teens that I began to rediscover that I was able to in some way connect with animals and sense their energy. I didn't truly realize I was an animal communicator until I did my Reiki training and my teacher's cat gave me a message and the teacher confirmed it and told me I had a gift and should develop it. That's what started me on my current path.

Did it frighten you at all in the beginning being able to communicate with the animals?

The experiences I had with animals as a young child were frightening, but I of course didn't realize then what was going on.

Does this ability run in your family?

No, but psychic ability does run in my family on my mother's side, though I haven't heard of anyone else having been able to communicate with animals. My grandmother, who was very psychic but never developed it, had a persistent problem with a squirrel running into her house when my mom was young. I've never heard of that happening before, so maybe she was having experiences like I had as a young child.

Do you hear a language when the animals speak to you?

Animals communicate in images and feelings. My brain is somehow able to translate this into words.

Do they learn to understand English?

Animals understand a few words they hear us say often, but they more understand the images and feelings behind what we say to them.

Is it more a telepathy - images, emotions? Yes.

Does it astonish the pet when they realize you can communicate with them?

Sometimes. It is usually more a feeling of relief, like they've been waiting to be heard and now finally they have their chance. When I'm doing a planned session, the animal usually already knows from their person that it will take place and is expecting the contact.

Do they wonder why people can't understand what they are trying to tell them?

They are sometimes very frustrated, especially when they think they are clearly giving the message over and over again. But, they do usually understand that people can't communicate the way they do. This is where problem behaviors sometimes arise – when we miss the subtle communications and the animal has to try harder and harder to express itself, until it becomes frustrated and chooses a behavior it knows will get our attention.

Do you communicate to deceased animals? Yes.

Do all deceased animals cross over right away?

Sometimes they wait a little. For example, a dog I worked with recently, who died suddenly, first went to his mom, who was racing home in her car, and stayed with her until she was home and with her husband, and then he crossed over. They visit us a lot, particularly right after they cross, especially animals that are more protective of us.

Do they go to a special place or a place with people too?

I think we're not really allowed to know all that goes on when animals or people cross over. I know that animals that have crossed are often with people when I talk to them. I don't know if when they first cross over they go to a place that's different than when people first cross over.

Can you turn your gift off- example- when you walk into a Petsmart- can you hear what they are saying or do you have to approach them first and come into their vibration?

Yes, thankfully I can turn it off, although sometimes animals slip through. Sometimes an animal I've worked with will contact me out of the blue. Recently, I had an absolutely horrifying experience with a deceased fish in the grocery store describing its death to me. I felt it suffocating – it was horrible. I think it wanted me to know how fish suffer when they are taken out of water.

Are animals more intelligent than they are given credit for?

Absolutely! I've met birds and horses who are smarter than many people, and it's horrifying the way many of them are treated. But, in general, we do not give animals credit for the full intelligence and range of emotions they possess. Animals possess greater emotional intelligence than many people, and sometimes greater intellectual intelligence.

What was the most unique animal you have communicated with?

In terms of species, I recently did a session with a hamster, and have worked with gerbils, an iguana, snakes, and turtles. In terms of just a unique being, early in my career I worked with a very special cat that had many congenital birth defects and wasn't supposed to live much longer, according to the vets. My client rescued him so that he wouldn't live out his days in a shelter cage and did everything she could for him. I spent hours communicating with him and doing Reiki, and due to my client's loving care and his own happiness in her home and inner strength, he outlived the predictions of the vets by many months. He was an inspiration to everyone who met him, and solidified for me that I was doing what I was meant to be doing.

Do many people ask about their pet's health?

Many people approach me with animals with health issues. While I'm happy to give guidance in this area from the animals' perspective, I always make it clear that I'm not a vet and a session with me is not a substitute for veterinary care. There have been times when I've turned down doing sessions until the animal sees a vet – I don't want an animal to suffer because doing a session with me has delayed seeing a vet, or I've missed something, etc. But, sometimes when vets are stumped I'm able to help figure out what the problem is.

Can you help with lost pets?

I'm able to see images from the animals, but can't give their people a location, and aside from it taking an emotional toll on me, I don't want to take money from people and not deliver results.

Can you tell me a little about your Intuitive counseling?

My intuitive counseling is basically life coaching combined with intuitive impressions. I started doing it because I'd be doing sessions with animals and start getting messages for their people that seemed like they weren't coming from the animals. My clients confirmed the info I was getting was accurate, and started asking me to do sessions for them. I have a BA in comparative religion and have been studying spirituality since I was a teenager, and also did volunteer work with abused kids, so the intuitive counseling sort of combines all of my abilities. I always tell people that it's not a psychic reading and not a replacement for therapy. I make it clear that I'm not a mental health practitioner and not a substitute for one. Some sessions are much more grounded in just common sense talking things out, and some draw more on intuitive impressions. It all depends on what the client needs, and just the direction the session takes. Sometimes the sessions seem to take on a life of their own and leave both the client and myself inspired and uplifted, sometimes they just give the client a different perspective or some needed clarity. While I love working with animals, I really love this aspect of my work, too.

Thank you Jennifer for your interview and for all of your help with my own pets. May you continue to help both the people and the animals with your incredible gift! ■

Lancaster Revisited

Continued from page 11

helping new settlers in the area to build houses, caring for the poor and elderly, and offering guests lodging. When Conrad Beissel died in 1768 a lack of interest in the celibate life and the strict disciplines led to its decline. Today only a fraction of the Ephrata's Cloisters eighteenth century heritage survives. The Ephrata cloister Museum host special programs throughout the year that highlight the history of this Early American Community. The Ephrata Cloister chorus presents selections from early Ephrata throughout the year; lantern tours on selected evenings, spring concerts, a Founders Day Celebration, an Apple Dumping Sale, Christmas at the Cloisters, and tours of the settlement are offered throughout the year. There are two old gravesites on the premises and a gift shop. One of the gravesites is called the Mount Zion Cemetery, which holds the graves of several early Ephrata members and also a mass grave of Revolutionary soldiers who did not make it through the winter of 1777-1778. Tour the grounds and see the old buildings that have survived the ages. They include Conrad Beissel's home, the Saron Sisters home, The Saal meetinghouse, A Weavers house, the Academy, The Bakery, the Saron Bake oven, the small bake house, Bethania Brothers house, the printing office, the Cocalico creek and spring, the Carpenters house, the amphitheater, the workshop, the stable, and more. The other gravesite is called Gods Acre, the burial ground of Conrad Beissel, where the earliest marked grave is from 1767.

The Cocalico Creek and Spring dates back to the time of the native Indians where many ancient artifacts and tools were dug up nearby. The spring served as a source of cool water, a source for a water powered saw mill a mile from the Cloister, and a place for baptism for new members. Conrad Beissel chose this spot because of the availability of fresh water nearby.

Today, Ephrata is a thriving small town that takes pride in its heritage. Many old order Mennonites reside in the royal communities surrounding Ephrata. If you like history, visit the Cloisters. Get a feel for how these celibate people lived back in the 1700's. For more information on the Ephrata Cloisters: www.ephratelcloister.org.

There is so much to see so close to home. America has so much rich history. Take a weekend, explore, discover and learn about what made this country so great! This is a land where all can live and practice their own faith and not be persecuted or killed for their beliefs. To be able to see old orders that still exist today in our own backyards such as the Amish and Mennonites is history in itself. Here's to your journey! ■

STEP BY STEP...
the best place for immense training
and great fun!

Happy Thanksgiving!



Celebrating 11 Years of Excellence in Dance!

All Inclusive Pricing • Ages 3 and Up
Ballet • Tap • Jazz • Hip Hop • Contemporary • Pointe
Show Choir • Acro • Broadway Jazz • Musical Theater

STEP BY STEP
DANCING TO HIGHER BOUNDS

We Are A NUT Free Facility
732-792-1792
www.StepbyStepDanceStudio.com
490 Highway 33
Millstone Township

FREE TRIAL CLASS
Must call or email to schedule.
New Students Only.
Expires 11/15/13

Voted Best in Burlington County Voted Best in South Jersey

THE SMILE CENTER
www.thesmilecenterofnj.com
Columbus Cream Ridge
609-298-5800 609-758-0880

New Patient Specials!!
\$99.00 ZOOM!*



AS \$500.00 VALUE!

50% OFF EXAM, CLEANING & CHECK-UP X-RAYS
(reg. \$260.00)

www.thesmilecenterofnj.com
*New Patients: MUST have current Xrays & Exam



Prudential
New Jersey
Properties

908-489-4107 cell - 732-792-0352 ext. 105
732-358-0383 fax - www.michaelgruosso.com
michael.gruosso@prudentialnewjersey.com

Make Your Move.

I Would Love to Show You How PNJP and I Can Get You the Highest Price and Best Terms During this Current and Future Real-Estate Market!



**393 Brewers Bridge Rd.
Jackson
\$550,000
www.BrewersBridgeRd.com**



**12 Deer Run Drive
Millstone Twp.
\$499,000
www.12DeerRunDrive.com**



**692 Route 524
Upper Freehold
\$280,000
www.692Route524.com**



**425 Riverside Drive
Neptune
\$1,299,000
www.425RiversideDrive.com
1.206 Acres -
Possible 5 Lot Subdivision**



Michael Gruosso
2008-2012 NJAR Circle of
Excellence Award Winner.
2010-2012 Prudential Presidents Circle
2008-2009 Prudential Leading
Edge Society

MILLSTONE OFFICE
222 Millstone Road, Millstone Twp.

FIND ME ON:

© 2012 An independently owned and operated broker member of BRER Affiliates Inc. Prudential, the Prudential logo and the Rock symbol are registered service marks of Prudential Financial, Inc. and its related entities, registered in many jurisdictions worldwide. Used under license with no other affiliation of Prudential. Equal Housing Opportunity.

We Will Beat ANY Competitors Price!

Let East Coast Salt do the heavy work, from our warehouse to your basement.

EAST COAST SALT

CALL TODAY FOR **FREE DELIVERY**

732.833.2973

621 Wright Debow Rd., Jackson NJ 08527

FAX: 732.833.4162 • www.eastcoastsalt.com

Toll Free: 1.888.273.1444



Grand Opening
Come and Check
Out Our Brand
New Location

Receive
One FREE Bag
with order of
Sun Crystals
with Rust Remover

Cannot be combined with other offers and
a Minimum of 800 lbs on delivery only
Expires 11/30/13

SPECIALS
on products when
they are picked up

Like us on facebook
for promotions



PLEASE MENTION YOU SAW THIS AD IN THE MILLSTONE TIMES

CALGO GARDENS; Seeing Really is Believing

By: Susan Heckler

From the road, Calgo Gardens looks like a charming little garden business. The colors and textures, displayed in front, spark your imagination and make you wonder what is inside.

I parked my car, walked through the side gate into the nursery. It was so much more than I could have imagined. They have a great selection of perennials, annuals, shrubs and trees displayed in a beautiful setting. Throughout the outdoor area you stroll through amazing gardens and an award winning tiered patio that incorporates a water feature and fire pit. There is a rustic farmhouse, several buildings and a greenhouse. This is not a place that just sells plants. Their talented nursery staff consists of horticulturalists and designers. They have created planting areas and container gardens that inspire you to contemplate how your yard could look with some imagination and know how.

In addition to selling plants to the public,

they also offer landscaping and hardscaping services. Their experienced, imaginative professionals work with you, considering your personal vision and budget, guiding you through the process of defining your property's grounds or enhancing an outdoor patio. They design outdoor living spaces, using their stunning plants, pottery, unique architectural elements and water features. Whether you want to work on your entire garden or just a small area, their ideas abound. Absolutely stunning!

I got so excited in my wanderings that I totally lost sight of what I came there for. In speaking with the owners, Penny and Mark Estomin, I found out that what looks like it has evolved over many, many years is only four years old. The property was previously used as a plant nursery, but the new owners have transformed it into a garden oasis.

Calgo Gardens was the oldest nursery business in Ocean County. It was transplanted in 2010 to become the newest landscap-



ing and nursery in Monmouth County. Calgo Gardens was started in 1950 by pioneer business woman Charolette Hirsh. The current owner and principal landscape designer, Mark Estomin, worked and trained there until 1978 when he purchased the business.

The owners tried to keep the feel of the original property by building a post and beam Farmhouse and renovating the garden shop to house their gift shop, known as "The Barn". The smaller structures look like they are original to the 1835 farmhouse but are actually new structures made to look rustic and time-worn. One is used as a potting shed for projects and another is converted into a children's playhouse. Visiting youngsters can color and play while the parents shop and plan their outdoor havens.

Penny and Mark are very warm and personable. Entering their business feels like walking into their home. Many people who come in to shop end up friends and a part of their lives. It is because of this warmth and approachability that makes people come in and want to be a part of it.

The Farmhouse has evolved into an impromptu center for beauty, health, wellness and nature. They offer workshops and classes in everything from landscape design, do-it-yourself projects, farm to table cooking for all ages, nutrition, meditation and crafting. To assist in these lifestyle classes, resident Nutritionist/Chef Heidi Schulz and resident Massage Therapist/Reiki Master/Reflexologist Tammy have joined them as a sort of co-op.

Tammy Geric is a licensed massage therapist, reiki master teacher, craniosacral practitioner, esthetician and ordained minister (among other things). She has been in the spa

industry for over 25 years. She has space upstairs to do massage therapy of many types, weekly meditation circles known as Tuesdays with Tammy, holistic therapies as well as weight loss and wellness circles. You can join a class or have your own private class with your own friends. You can contact Tammy directly at Tammyg33@gmail.com or (732) 535-3565 or check her out at www.thepeacecenternj.com.

Heidi Schulz also has space to flex her Nutritionist muscles. She offers workshops and classes in farm-to-table cooking and nutrition for wellness in The Barn's farmhouse kitchen. Her space will be expanding shortly. They are all very excited about the opening of The Tulip Tree Café sometime in the spring of 2014. The Café will offer sustainable kitchen garden delights, specializing in local produce. Dining will be in the beautiful Barn in a homelike setting and out on the terrace under the ancient Tulip Tree.

Also upstairs is Dee Duncan's The Yoga Loft—a peaceful, rejuvenating space in the loft of Calgo's Farmhouse. The Yoga Loft offers classes and will host special events. To find out more and see a schedule of classes, visit their website: www.theyogaloftnj.com

Right now, the building is open for private functions. They currently hold networking meetings, religious services, support groups and ladies nights.

Don't take my word for this place; you have to see it to believe it. Lovely people, lovely place, art and beauty everywhere you look. Come alone, bring family, bring friends; everyone will leave delighted. Calgo Gardens 462 Adelpia Road, Howell Township 732.919.7770 www.calgogardens.com

Calgo Gardens

462 Adelpia Road / Howell Township, NJ / 732.919.7770

distinctive landscaping
inspired 7-acre nursery
portfolios & galleries online

calgogardens.com

THE BARN

our happy store for shoppers
with a creative eye—artisan made
delights for home garden & you!!



Monroe
ORTHODONTICS LLC

609-409-1700
www.monroeorthollc.com
2 Centre Drive, Suite 300
Monroe Township, NJ 08831



The beauty of a Healthy Smile at any age

Orthodontics for Children, Adolescents and Adults



Susan Leiva, DMD
Orthodontist
NJ Specialty Permit #3852



- We accept most Insurances
- Advance state-of-the-art office and highly trained orthodontic team
- All new equipment and materials
- The most modern sterilization procedures available
- Digital x-rays and Imaging allows you to see your treatment plan
- Invisalign certified - the new invisible braces*
- Financing Available
- Located next to Bank of America & across from Forsgate Country Club*

FREE
Orthodontic
Consultation

With Coupon. Not valid with other offers or prior services. Exp 11/30/13

\$300 OFF
A Full
Orthodontic Treatment

With Coupon. This offer applies to new patients only and cannot be combined with any other coupons or offers. This offer may only be applied to full treatment. This offer can not be used with discounted insurance plans. Exp 11/30/13



invisalign
The Clear Alternative to Braces
CERTIFIED

“YOUR SEARCH ENDS HERE”



• Appraisals • Repairs • Custom Design
• Communion & Confirmation Gifts
• Judaic Shop & Jewelry

YOUR HOLIDAY WISH LIST BEGINS HERE!

We Have Everything For Your Fingers, Neck and Ears!
Fine Jewelry • Trendy • Costume • Judaica • Charms
Children, Teen, Tween & Teacher Gifts! Stocking Stuffers and
So Much More!

*We Buy Your Gold, Trade in for Something Special
This Holiday Season!*

**GOT GOLD?
GET CASH!**





*Jewelers
for
Generations*

**700 TENNENT ROAD • LOCATED ON ROUTE 9
MANALAPAN, NJ 07726 • 732.536.6020
WWW.GOLDNTIME.COM**

Family Owned and Operated
for Over 60 Years.

LIGHTING THE WAY SINCE 1950



**VETTER
ELECTRIC**
COMPANY, INC.

- ✓ Reliable/Dependable/Prompt Service
- ✓ Prompt/Clean/Courteous
- ✓ Upfront Pricing

**WE INSTALL
GENERATORS**

RESIDENTIAL SERVICE
REPAIR • UPGRADES
NEW INSTALLATIONS

*Ask about our
Lifetime Warranty
on Breaker Panels*



**Commercial and industrial
property maintenance,
repair and upgrades**



24 Hour Emergency Service
You need dependable electrical service 24/7,
so we're on the job when you need us.

10% Off
Any
Service
Call

With this coupon
Expires 11/30/13

NJ Electrical Contractors Commitment
We always put the safety of your family and business first.

Everything from Solar to Switches






888-30-LIGHT (305-4448)
www.VetterElectricCo.com NJ License # 11515

Freehold Borough Arts Council Brings Culture and Arts to Monmouth County

By: Susan Heckler

The Freehold Borough Arts Council, according to its President, Jeffrey J. Friedman, is a clearinghouse for all local arts. As a 501c3 not-for-profit organization dedicated to “inspiring, providing and championing arts in Western Monmouth County,” they act as an umbrella to help fundraise, promote and organize arts and performances for the enjoyment of local residents. They are hoping to revitalize beautiful downtown Freehold, making it a cultural hub.

Culture, the cultivation of the soul or mind, comes in many forms. The FBAC supports performing arts such as music of all genres, theater and dance. Visual art such as the mural projects and art shows as well as literary art such as drama and poetry are promoted and welcome additions.

FBAC has partnered with many other organizations active in our area. Money raised by FBAC in the form of grants or donations go to support these other organizations. They promote the events and write grants to help them raise their own funds.

The entire town benefits from the Mural Restoration Project. Blank walls are transformed into beautiful murals with the help of talented artists and the help of various organizations like the local YMCA and the local PBA, which sponsors events and gets the local students involved. These projects get the entire community involved and we all enjoy the beautification of Downtown Freehold. The mural on the wall surrounding the gas station involved over 100 students.

FBAC has promoted local festivals, bringing culture from other countries closer to home.

Music lovers enjoyed the Sacred Jazz Concert September 22nd run by the Presbyterian Church of Freehold as well as County Night the following day, sponsored by the VFW. The Sunday Night Jazz & Blues series was a hit. Ireland at the Oscars and A Taste of Portugal brought the culture of other countries to our backyard.

The Harvest Fest Fundraiser beautified many pumpkins and was enjoyed by all.

UPCOMING EVENTS:

- December 7th will be a Freehold Borough Arts & Crafts Show featuring local artists and crafters. Their creations are for sale at the First Presbyterian Church in Freehold. This is in conjunction with the Freehold Borough Historic Church tour.
- 4 Mural Projects with the YMCA, locations and dates to be announced
- Mural for the Santa Train by the PBA and Freehold Boro high school students with the help of Conrail, date to be announced.
- Lecture series on art and art history coming soon
- The 3rd annual St. Patrick's Day Parade will be held March 16. Known as the shortest parade in the state, the 500 participants filling the road was longer than the parade route. 2,000 spectators are expected to cheer the participants on.

The FBAC has many partners in their endeavors. Partner organizations include Center Players of Freehold, Downtown Concert Series, ARC of Monmouth County, YMCA of Western Monmouth County, Monmouth County Arts Council, DowntowntownFreehold.com, Freehold Borough PBA, and NJRocks.TV. Local businesses and merchants are working hand-in-hand to help make the events a huge success to benefit everyone.

For more information, visit them on Facebook or contact Jeff Friedman info@freeholdborougharts.org Phone: 908-614-6195



DESIGN BUILD RENOVATE RESTORE

Fully Insured NJ Licensed Tree Experts

Prestige Trees Landscape Nursery LLC

Manalapan, NJ 07726

732-446-7888 • www.prestigetrees.com

**Welcome to Lentze Marina...
We Can Handle All Your Boating Needs**

DON'T GET LEFT OUT IN THE COLD

Ask Us About Our Winterizing & Shrink Wrapping Packages

- Winterization • Boat Storage
- Shrink Wrapping • Boat-On-Trailer Storage
- Stern Drive & Engine Service

RESERVE NOW!

2014 Slips & Dry Rack Service Available

- Slips up to 54'
- Floating Docks & Finger Piers
- Deep Water • Protected Harbour
- Local Restaurants
- Discount Marine Supplies
- Bait - Tackle - Soda - Ice
- Men's & Ladies Showers & Restrooms
- Well Protected • Fully Illuminated Fenced-In Yard

**ALL NEW
WINTER STORAGE
CUSTOMERS, WINTERIZE &
SHRINKWRAP AND GET
10% DISCOUNT
ON YOUR WINTER
STORAGE!**



No Vessel Damage during Hurricane Sandy! We are protected by a NJ State Hurricane floodgate, all our boats had safe harbour!



LENTZE MARINA INC.

Conveniently located minutes from the Raritan Bay and some of NJ's best fishing grounds!

732-787-2139

75 First Street - Hazlet Twp
West Keansburg, NJ 07734
www.lentzemarina.com





GREGORY P. MATARRESE ATTORNEY AT LAW

Over 20 years experience serving
the residents of New Jersey and New York

**PERSONAL INJURY REAL ESTATE
BUSINESS FORMATION WILLS & ESTATES
MUNICIPAL COURT**

Licensed to practice with offices
in New Jersey and New York

Mention this Ad
for a FREE initial consultation

Call your neighbor in Millstone
515 Route 33 • Millstone Twp., NJ 08535
(732) 446-6396 • www.Matarreselaw.com



Watch performances and special appearances by Olympic and National medalists including Kristi Yamaguchi, Dick Button, Rosalynn Summers, Paul Wylie, Tanith Belbin & Ben Agosto, and many more in...

*A Celebration of the Great Tradition
of American Skating*

Plus special musical
guest performer
Scotty McCreery



DECEMBER 11

**IZOD
CENTER**

Ticketmaster.com • 800.745.3000
IZOD Center Box Office • Groups 201.460.4370
For more information visit izodcenter.com
Cast subject to change. Photos courtesy of Getty Images.

Protect Your Home with . . .
Hunter
NJDEP Lic. # 99074A
PEST SERVICES & TERMITE DAMAGE



Your Home



Subterranean Mud Tube



Subterranean Termites

**If you have ALL of the above . . . you really
need to call this number 732-657-8600.
Serving: Monmouth, Middlesex, and Ocean Counties**

**Envision Permanent
Makeup**
by
SANDY MARINKO
Micro Pigmentation Specialist

**Make Up Applied
Permanently,
Never Worry Again**

- Eyeliner
- Eyebrows
- Lipliner
- Full Lip Color
- Beauty Marks
- Scar Camouflage

www.envisionmakeup.com
for a FREE consultation call:
732-547-0643 (days) or 732-780-0217 (evenings)

500 Route 33 West Millstone, New Jersey 08535

Luchento's
Ristorante

Catering • Parties • Events – Book Now !

520 Route 33 West Millstone Twp. NJ 08510
(732) 446-8500 • www.luchentos.com



**FREE Introductory
Parent & Me Class.
No obligation.
For a tour call Jayne
732-462-3264
shaariemeth.org**

Parents, grandparents and
children all make new
friends. Call Jayne or email
jlieberman@shaariemeth.org

- Calm & soothing environment
- Affordable, nonprofit school
- Intro to child's Jewish heritage
- Warm, friendly clergy and staff
- Children's Shabbat services
- Interfaith families welcomed

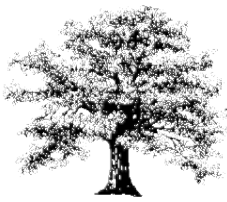


Temple Shaari Emeth

400 Craig Rd. • Manalapan, NJ 07726 • (732) 462-7744



Like us on
Facebook



MTFEE

**Millstone Township Foundation
for Educational Excellence to
Host Third Annual
“Family Movie Day”
November 17th**

MILLSTONE TOWNSHIP, NJ, October 10, 2013 – Millstone Township Foundation for Educational Excellence (MTFEE) will be hosting its third annual “Family Movie Day” on November 17 at the Millstone Township Performing Arts Center (MPAC) at 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 carnival games, crafts, face painting and tattoos are planned to begin at 1:00 p.m. The movie will start at 2:30 p.m. The foundation asked the teachers in the Primary and Elementary schools to poll their students on several popular family-friendly movies, to build excitement and get the students involved. Visit www.mtfec.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 advanced R.S.V.P. \$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.

MTFEE will also be collecting non-perishable food items that day, which will be donated to Helping Hearts. It is an organization that helps Millstone Township families, who are in need, with the everyday essentials such as food, clothing, school supplies, etc. Helping Hearts is currently helping to feed and clothe 32 families throughout the year.

As an extra incentive, those who pre-order tickets online will be entered into a raffle to win either a “Family Four Pack Movie Night,” which includes four AMC “Gold” movie passes (does not have a “current release” movie restriction, like other passes), two fountain sodas, and popcorn or one of four “Date Night Packs,” which include two AMC “Gold” movie passes. There will be one winner per family.

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 STEM enrichment programs, SMARTBoards®, mobile computer and iPad™ labs, and a rock climbing wall. MTFEE was the first organization in the district to put iPads™ into the classroom in the spring of 2011.

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).

To order tickets or find out about family and business sponsorship opportunities, visit www.mtfec.org. ■

About MTFEE

From its initial conception in 1995 to its designation as a 501(c)(3) charitable organization in 2002, the Millstone Township Foundation for Educational Excellence (MTFEE) has remained steadfast in its goal to fund grants for items that nurture extraordinary educational experiences for every student in the Millstone Township School District and are beyond the scope of the general school budget. Items include innovative classroom programs, educational opportunities for students, staff development, and state-of-the-art teaching materials. Through the creativity of the teaching staff’s grant applications and the fundraising efforts of MTFEE, the foundation is proud to have awarded more than \$437,800 in grants to Millstone Township schools. MTFEE grants, which have been awarded at every grade level and in every discipline, have included STEM enrichment programs, SMARTBoards®, mobile computer and iPad™ labs, and a rock climbing wall. MTFEE was the first organization in the district to put iPads™ into the classroom in the spring of 2011. 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).

STUDENT OF THE MONTH

Jordan Duffy

By: Pam Teel



Jordan Duffy is a third grader at the Millstone Elementary School. He is a very good student who loves history and math. He also likes to read books, especially about the past history of famous people and events that took place. The latest book he is reading is *Diary of a Wimpy Kid*. He is also very much into sports. Jordan participates in traveling soccer, basketball and baseball, which keeps him very busy.

Jordan’s favorite foods are pizza and sushi. (Hopefully not together!) He roots for his home teams, the Yankees and the Giants, and loves watching sports with his dad. Derek Jeter is his favorite baseball player!

Jordan turned eight on April 3rd. He has two younger brothers. Charlie is six and Trevor is five. Being with his family is the most important thing to him.

He loves spending time with his grandma and grandpa, whether at the pool or playing chess with his grandpa. He loves having sleepovers at their house in Manalapan.

He also likes to spend time with his other grandparents who he calls Nanny and Pop. He especially likes to listen to their stories and likes spending time with them in Old Bridge where they live. He likes it when they come to watch his sporting events and his brothers too.

Jordan has a lot of fun visiting his Aunts and Uncles and hanging out with his two cousins, who are also boys; so when the five of them get together, they have a blast!

Jordan is loving, considerate, outgoing, and very passionate about the things he loves to do, which also includes drawing. Keep up the good work in school Jordan and Congratulations for being the First Student of the Month! ■

Millstone Eagles Junior Pee Wee Football Team

Continued from page 1

Throughout the season these young men worked extremely hard and never ever gave up. Even when faced with a 12-6 deficit with only 7 seconds left in the game, these boys never lost the will to win and they found a way to get the job done. So much can be said about teamwork and what it means to be a team but suffice it to say, these young men understand all of those things.

Now they begin the second part of the journey in the Pop Warner playoffs. In a playoff season that is almost as long as the regular season, every team they face will be striving to come out on top and represent the Eastern Regions in the Pop Warner National Championship game in Walt Disney World. These boys have a long way to go to earn that rare opportunity to play in Disney World, but knowing that they barely had enough boys to field a team in July, and seeing how they came together over the past two months, anything is possible! ■

UPCOMING EVENTS

SUNDAY, NOV 3

Cheer & Dance NJ State Championship	1:00pm	Sun Center
-------------------------------------	--------	------------

SATURDAY, NOV 9

JPW - Regional Cheer Competition	1:00pm	Sun Center
----------------------------------	--------	------------

TUESDAY, NOV 12

Uniform Return	6:00pm	
----------------	--------	--

Monthly Meeting	8:30pm	
-----------------	--------	--

SATURDAY, NOV 16

JM - Regional Competition - Albany NY		
---------------------------------------	--	--

Millstone Pop Warner Cheer Team

Junior Midgets



Junior Pee Wee's



The Millstone Pop Warner Cheer Teams competed Saturday, October 12th at the Sun Center in Trenton. This was their first competition this season at the Central Jersey Cheer Competition.

Jr. Pee Wee stepped up their game and competed in the Medium Level 2 category this year. With the new challenges they were still able to come away with 1st place and took home the title of Central Jersey Champions.

Lisa Kuchar and Jen Casale have high hopes for this team and plan to get back to work

right away to ready themselves for the NJ State Championship on Nov. 3rd and Regional's on Nov. 9th.

Jr. Midgets also competed to bring home the 1st place Central Jersey Champion Title. These 22 girls are competing at level 3 and with that brings many challenges. These girls are up to the task and will continue to work hard and develop their routine to win Regional's being held in Albany this year on Nov. 16th. Nicole Scudillo, head coach, is proud of her girls' accomplishments and is determined to go all the way to Nationals in Disney this season. ■

732-751-8780
5012 Asbury Rd, Farmingdale, NJ 07727
www.ramtownfloors.com

Starting October 1st

Carpet • Hardwood • Tile
Vinyl • LVT • Laminate
Hunter Douglas Window Fashions

Remnants starting from \$99

Showroom Hours
M-T-W-F 10a-5p
Thursday 10a-8p
Saturday 10a-4p

Financing Available*
*Flexible Financing Available to Qualified Customers

The HunterDouglas Advantage
The Art of WINDOW DRESSING

Energy Efficient Window Treatments
Hunter Green
AMERICAN DESIGN & CRAFTSMANSHIP
HunterDouglas

Child Safety at the window
Quality & Innovation
LIFETIME GUARANTEE

Sheers
Shades
Honeycombs
Blinds
Shutters

Custom Window Treatments

732-751-8780
5012 Asbury Rd, Farmingdale, NJ 07727
www.ramtownfloors.com

Starting October 1st

Carpet • Hardwood • Tile
Vinyl • LVT • Laminate
Hunter Douglas Window Fashions

Remnants starting from \$99

Showroom Hours
M-T-W-F 10a-5p
Thursday 10a-8p
Saturday 10a-4p

Financing Available*
*Flexible Financing Available to Qualified Customers

OUR BEST FLOORING BRANDS

50% OFF

WE'VE GOT YOU COVERED SALE

Don't miss the **FIRST-EVER** sale on our **BEST** surfaces and **BEST** styles.

Our most durable flooring brands come with the best warranty – the Titanium Series Warranty with a minimum of 25 years of wear coverage. Plus, The Beautiful Guarantee – a Carpet One exclusive – ensures you'll love the way your new floor looks, or we'll replace it for free, including installation. Don't delay. Shop now and enjoy special financing on flooring that will transform your home today and look beautiful for years to come.

Carpet
Luxury Vinyl
Ceramic Tile
All on Sale!

Hardwood
Laminate
Bamboo
Cork
All on Sale!

Choose From All Styles
Thousands of Colors!

From Oak to Exotics
Many Colors and Widths!

• Carpet
• Tile & Grout
• Wood Floors
• Upholstery
• Marble/Granite Polishing
• Natural Stone
• Area Rug Cleaning/Repairs

15% OFF or \$99
2 ROOM CARPET CLEANING
Expires 12/1/13.
(max room size 250 sq. ft. each)

732-956-3900 • www.AllStateServ.com
Licensed & Insured 24/7 Emergency Water Removal Services

HAPPY

Thanksgiving

FROM THE ENTIRE STAFF AT THE
MILLSTONE TIMES

This Holiday Season, Don't Take a Holiday from Your Health



Warm gingerbread cookies, fresh pumpkin pie with whipped cream, mashed potatoes with gravy...the words alone conjure up feelings of comfort and pleasure. Between the buffet luncheon at the office, family gatherings, religious festivities, and cookie baking fests for friends, the challenge of sticking to a healthy eating plan becomes an annual tradition unto itself! But, don't despair and resign yourself to gaining the 5-10 pounds that is commonly gained between Thanksgiving and the New Year. By making the decision to avoid this and by applying common sense principles that are guided by your head and not your stomach, you can begin 2014 without extra baggage around your waistline.

Three key steps will keep you on track. PAM- Planning ahead, Activity, and Mindful 'indulging'. Plan for social events by eating a light, high protein snack several hours before. A piece of fruit, such as a pear, along with a slice of cheese or, a small bowl of a high fiber cereal with some low fat milk are good choices to hold you over. Avoid skipping meals or starving yourself so that you can indulge at the party. This approach is almost always a set up for over-compensating at the event. Though this time of year leaves us short on time, make exercise and even less formal forms of activity (i.e. raking leaves) a priority. Short 5-10 minute bursts of high intensity exercise, performed twice a day, can help stoke your inner metabolic fire and build important calorie burning muscle at the same time. With the planning and activity under wraps you are now ready for some mindful indulging. This involves the practice of the Five D's: Delay, Distract, Distance, Decide, and Determine. Before indulging in the desired calorie laden food such as the brownies on the table nearby, delay 10 minutes by distracting and distancing yourself from them. Perhaps walk across the room to talk to someone else. If after 10 minutes you have decided that you really want a brownie then determine how much you will eat. Ask yourself how much you have already eaten at the gathering and how full you are feeling at that moment. A rule of thumb is to stop when you feel 80% full, in other words, you feel satisfied but not 'stuffed'. Last, imagine how you will feel the next morning as you go to zip up your jeans or tighten your belt buckle.

Finally, try and stay positive. Everyone, even the most disciplined person, will slip and get off track. But don't let this become a slippery slope. Get back on track and look forward to rewarding yourself for your success by indulging in all of those big after holiday sales. You deserve it! ■

Valerie Bottega, RD CDE

Registered Dietitian, Certified Diabetes Educator
Meet With Valerie to stay on track at Nutrition Solutions
732-966-0130 www.Mynutritionsolution.net



Nutrition Solutions, LLC
For Health and Longevity



Don't Let Back & Joint Pain Stop You
Should you treat with a Physical Therapist? Maybe a Chiropractor? Try Acupuncture?

Why Choose?

Integrate all 3 specialties to get better faster, naturally.

Integration of Holistic Specialties NOW AVAILABLE

We combine Acupuncture, Chiropractic, Massage & Physical Therapy to offer a unique Holistic Approach

***We Successfully Treat:** Sciatica • Spinal Stenosis • Disc Herniations*

Numbness & Tingling • Muscle & Joint Pain and Sports Injuries.

Healing Begins Here!

TWO CONVENIENT LOCATIONS

220 Forsgate Drive • Jamesburg
732-656-1740

300 Gordons Corner Rd. • Manalapan
732-851-4263

OUR SERVICES:

- Acupuncture
- Chiropractic Care
- Spinal Decompression
- Nutrition Counseling with Dietitians
- Massage
- Physical Therapy

Vet- i- Care Helping Animals Heal, Giving Families Hope

By: Pam Teel



Upcoming Santa Paws fundraising event to be held December 7 at Northstar VETS.

I'm sure some of you who own pets have been faced with the dilemma of having to decide on whether to go ahead with an expensive surgery for your animal or put him down. Surgeries to save a pet's life can cost thousands of dollars. It's a fact that hundreds of thousands of pets with treatable conditions are put down every year because of financial constraints that prevent them from being able to afford necessary surgeries or emergency veterinary care. This is where Vet-i-Care comes in.

Vet-i-Care is a 501(c)(3) non-profit charitable organization committed to helping families obtain the funds so they can afford needed surgeries and specialty care for their pets. Vet-i-Care was started by caring technicians and doctors that have seen firsthand the toll it takes on the pet owners when they have no choice but to put their beloved animal down because they could not afford the necessary medical care. Vet-i-care's mission is to be a resource to families and their pets during their time of need, to be able to give the pet owners a way to pay for specialty lifesaving surgeries and more importantly to give the pet a chance at life. The organization is funded by the generosity of the public and surrounding communities and through fund raising events and also through the generosity of places like North Star Veterinary Clinic in Robbinsville, who allow them to hold certain fundraiser events on their premises. Some past events included an Ice Cream Social for the animals at North Star, a family pet portrait with the Easter Bunny, Santa Paws, the Charity Polo Match in Colts Neck, and the upcoming Luck of the Paw Casino Night on Saturday November 16th from 7-11 (See flyer for details).

You can also purchase a brick paver and add it to the "Hope and Healing Garden" at North Star Veterinary Clinic to help support the life saving work of the Vet-i-Care Foundation. You'll be happy to know that every dollar collected goes directly to the pets in need. Vet-i-Care's sole mission is to reduce the number of pets that are being put down when there is still hope for them to be able to live out the rest of their natural lives.

You can help save dogs like Charlie, a two year old Bulldog, who was hit by a car last December. Charlie's injuries were extensive and he was transferred from the family vet to a specialist where the surgical team found that he had suffered a severe pelvic fracture. He needed surgery to achieve full healing. With the financial aid from vet-i-care, Charlie's family was able to get him the needed surgery that they otherwise couldn't afford. Charlie would have become a statistic, but instead is now home and on the mend with his loving family by his side.

Riley is a five year old Cock-a-poo that the Baker Family had since he was six weeks old. Riley was always vocal and playful and when he suddenly became quiet and withdrawn and began straining to urinate, the family knew something was wrong. His veterinarian did tests on him and found that he had a serious blockage that was obstructing his urination. Riley was sent to the Emergency/ Specialty Hospital where an emergency team determined that he needed a special procedure called a Cystotomy. The Bakers loved Riley very much but due to personal medical issues of



Director Eileen Schuck manning the Vet-i-Care booth at the Allentown Fall Festival

their own and a job loss, they were not able to afford the immediate surgery. They were told about Vet-i-Care and applied and received the financial assistance that would allow Riley to receive the treatment that would save his life. With Vet-i-Care and the surgical specialists in alignment, Riley got his surgery and is healing and doing great at home. Both animals will be able to have many more years together with their families.

Stitch is a nine-year-old male Husky. He was taken to All Fur Paws Animal Hospital in Millstone Township where his vet diagnosed him with a hemangiosarcoma on his hock that was very painful. He had to have emergency intensive surgery with daily bandage changes and rehab. The family didn't have the extra money to pay for the surgery. If they didn't get the surgery, the cancer would have spread. Instead of euthanizing, the Vet spoke with Vet-i-Care and explained the situation. The family was approved for surgery and Stitch is now happy and healthy.

There are so many more pets out there that can be saved. Don't let money be their obstacle. They need your help. Please, won't you consider a small donation to help save a beloved pet's life?

If you would like to help to save an animal's life, you can send donations online via Paypal at: Vet-i-Care.org or by mail at PO Box 41, Clarksburg, NJ 08510. For further information, you can contact Vet-i-Care at: 609-259-8300 ext 1153. To reach Eileen Schuck, the Director, call 732-690-0326 or visit info@vet-i-care.org.

You can also donate to Erin's Hope Fund, a separate fund inside Vet-i-care designated specifically for pets facing cancer treatment. You can read more about Erin's Hope Fund and how to purchase a brick paver on the vet-i-care website.

Vet-i-care is accepting applications from New Jersey and its surrounding areas. The actual grant money will be considered on the individual case basis and fund availability. You can read the guidelines for eligibility and apply for assistance by accessing their website at: www.veti-care.org.

Please help Vet-i-Care in healing families, one pet at a time! ■



Book Your Holiday Party with Sunsets!



181 Route 539, Cream Ridge NJ 08514
609-208-2500 • www.sunsetsatcreamridge.com

OPEN TO THE PUBLIC



Open Daily • Open All Year Round



*Serving Breakfast, Lunch
and Dinner*



*Every Friday
The Rob Silvers Acoustic Duo
6:30 - 9:30pm*

HAPPY HOUR

3pm - 6pm Monday to Friday

**Domestic Bottles and Drafts
\$2.50**



**NEW HOME
of the
NFL SUNDAY
TICKET**

*Televising
all your
Favorite Teams*

NINE N' DINE

\$35.00 pp

includes

Golf Cart, 9 Holes of Golf,
Appetizer and Entrée from a
Selected Menu.

Beverages, Tax and Gratuities excluded

*Call for information on Booking
Private and Holiday Parties
609-208-2500*



CREAMRIDGE
GOLF COURSE

TWILIGHT RATES - 18 HOLES

after 3pm includes Golf Cart

MON - FRI \$29.00 • Weekends \$33.00

TWILIGHT RATES - 9 HOLES

after 3pm includes Golf Cart

MON - SUN \$20.00

LIVE ENTERTAINMENT Every Saturday

Saturdays Starting at 9:00pm

November 2

Tangled

November 9

Lithium

November 16

To be scheduled

November 22

"The Boys of Summer"
C.O.A.L.G.



November 23

to be scheduled

November 30

Polish Nannies



PLEASE MENTION YOU SAW THIS AD IN THE MILLSTONE TIMES AND YOU WILL RECEIVE A 10% DISCOUNT OFF YOUR FOOD PURCHASES.

PLEASE MENTION YOU SAW THIS AD IN THE MILLSTONE TIMES

Life is too short for the wrong coffee!

We'll send you a sample of our **BARNDOORE** *Signature blend* coffee

Call or email 732-446-7900 coffee@Barndoore.com

Enjoy us before we open!

BARNDOORE

Real. Fresh. Local.

353 Sweetmans Lane • Millstone Twp. • 732-446-7900

Barndoore.com

Coming Soon !

breakfast • artisan sandwiches • deli salads • gourmet burgers • soup • great coffee

