



# THE MILLSTONE TIMES™

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VOL. 3 NO. 6

AUGUST 2013



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**Inside this issue:** *Extreme Machines hosts Bikers and Babes Outing Fundraiser for Mike Gaboff, Cycling for Cancer Patients Across America, Millstone Little League Spring Season Wraps Up, The Housing Recovery: Will It Last?, Millstone's Hidden Past, Cooks Cemetery, The Expansion of Monmouth County Park System, Local Businesses Connect With The Ronald McDonald House*



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## Millstone Teens Learn How to Acquire Entrepreneur Skills By Hosting Saturday Soirees

by: Pam Teel

Millstone Township resident, Pam Angeles, had an idea to help teach her two teens and two of their friends certain skills needed to succeed in life. Her idea was to start off the teens with a group project that they would coordinate and run on their own and along the way learn some basic skills that they can apply to future endeavors. The group calls themselves the PHILOS Group, which stands for Perseverance, Hard Working and Independent Learners, who strive to Overachieve and seek Solutions.

The group consists of Pam's two teenage children, William, a freshman in high school, and Eleni, a junior. Also in the group is junior Gabrielle Merse and freshman Braedan Fitzgerald. The group came up with an idea to host a Soiree every Saturday night throughout the summer where the group will be responsible for organizing, preparing and serving a dinner for up to 32 people. Having grown up in the restaurant business, Pam will be able to help orchestrate the whole process and show the children some building blocks that will help them along the way.

The teens are in the process of making up tee shirts, flyers, and finding ways to get the word out about the Saturday night dinners across town. Through organized planning, the group will meet each week to look through circulars, plan the menu, determine their budget, work out any issues, and make the shopping list and other things. The dinner tables are under tents in the Angeles spacious backyard overlooking a two-acre pond. The price for dinner is \$20.00



Standing ( L to R ) Eleni, Gabrielle, William sitting- Braedan

per person, which includes a drink, a starter, dinner and a small dessert with a different menu every week.

What the teens will likely learn from this experience is how to be good leaders, how to market a product, how to sell themselves, how to work within budgets, how to think outside of their comfort zone, how to work as a team, how to address concerns and how to develop solutions. Together, they will discuss ways to improve in certain areas, if needed, but at the

*continues on page 12*

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## ASK the DOCTOR

by Sumeera Baig, MD,  
RWJ Family & Internal Medicine  
Robert Wood Johnson University  
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We all feel stressed sometimes. Frustrations at work, relationship issues, family problems – these can all lead to stress.

In small amounts, stress is normal, but too much can contribute to physical and emotional health problems. Constant daily stressors can increase our blood pressure, heart rate, blood sugar and make us more susceptible to infections, weight gain, diabetes, and heart disease.

It's therefore important to be aware of your stress and know how to manage it to help prevent health threats.

Everyone responds to stress differently. For some, the signs may be physical such as back or neck pain, headaches or diarrhea. Others may experience emotional symptoms such as difficulty sleeping, a change in eating habits, or a lack of energy. Any combination of these signs and symptoms is reason enough to make an appointment with your doctor, but here are a few tips to help manage stress in your life.

Give yourself a pep talk. It's easy to get sidetracked from your priorities. The moment you start to go off course and feel overwhelmed – stop! Pull yourself in and refocus.

Find your quiet place. Close the blinds in your office, take a walk in the park or schedule a massage. Whatever your stressor, take time to be quiet. Listen to yourself breathe and reclaim your balance.

Don't multitask. Multitasking is a myth not a gift. It creates stress and average results. The key to productivity – and reduced stress – is to do one thing at a time.

## Food Pantry

The Food Pantry at the DeBows United Methodist Church is open on the second and fourth Monday of each month from 6:30 to 7:30 pm.

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## Extreme Machines hosts Bikers and Babes Outing Fundraiser for Mike Gaboff

by: Pam Teel



You might remember back in April 2012, Millstone Township resident Mike Gaboff was performing a stunt in California that was to be used in the trailer for the movie Ghost Rider starring Nicholas Cage. The stunt involved driving a motorcycle up a ramp while on fire and landing in the lake below, but everything changed on that fateful day when the stunt went entirely wrong. Although agreeing to go on with the stunt, Mike was not comfortable with the angle of the ramp and after voicing his dislikes, he was assured by a stunt coordinator that everything was tested and was fine. Mike ended up gaining too much height and flying through the air some two and a half stories high, missing the lake and

falling hard on the dirt bank just behind it. He ended up in critical condition breaking everything from the neck down, lucky to have missed damage to his spine and paralysis by mere inches.

His injuries amounted to six broken ribs, a shattered pelvis, two broken arms, collapsed lungs, a broken neck and back, a ruptured spleen, 2nd and 3rd degree burns and extensive radial nerve damage in his right arm. Mike's progress in just one year has been miraculous, though he is still trying to regain the use of his right arm through daily physical therapy and he now walks with a cane. He can sometimes feel the metal plates in his body that are keeping his pelvic bones together and emotionally he is still struggling with the realization that physically he won't be able to perform any more stunts on a professional level. Mike has the ability to draw a crowd and

loves being in the limelight. He is also great behind the camera and over the past 7 years, along with his brother and some close friends, have produced and sold four of their own video productions filled with crazy wild antics, which led to a distribution deal to sell his videos when he was just 21 years old. The video's are titled, "WE PLAY CRAZY," and are suited for mature audiences only. (I'm sure you can find some of his antics on you tube too!) Those DVD distributions led to many TV performances.

Aside from his independent movies, Mike has appeared on the reality show, Daisy of Love, On Fox and Friends, Worlds

Most Outrageous Behaviors, Whacked out Sports, Sixty Minutes in Australia, The Maury Show, Dr. Phil, Good Morning America, and the show Ridiculousness. He also worked for Mark Ecko providing content for Ecko TV, and he did some modeling while in California. Mike has also helped to orchestrate the last four Bikers and Babes Outings along with the owner, Genevieve Resciniti, of Extreme Machines on Route 33 in Millstone Township. Mike brought in friends from all over to help with the entertainment. There were plenty of Motorcycles to view and plenty of good food to eat. Crowds of people were entertained by a DJ and a live band, a boxing match, oil wrestling, live stunts, motorcycle burn outs and wheelies, and of course biker babes in bikini's washing patrons motorcycles for a fee.

This event was a little more personal for Mike because it was set up as a fundraiser for him to try to help him and his family with the medical bills, which have surpassed the one million dollar mark. Mike had no insurance at the time and is fighting an ongoing court battle with the company that hired him for the stunt. He still needs more surgeries and at this time cannot pay for them.

Mike is a guy that likes to think out of the box and is very creative with a video camera. One would think that after breaking nearly every bone in your body, you would just want to relax and give yourself time to heal, but not him. During his year of pain and recuperation, Mike decided to make a documentary about his life, including the painful footage that nearly cost him his. Mike told me that that the contents of the documentary are a life lesson for everyone. He will be presenting his documentary



at the Strand Theatre in Lakewood with a free screening on August 31st, thanks to the theatre owner for sponsoring the event. Mike assures me that the content is suitable for all. You can also go onto his site, ([helpcrazymike.com](http://helpcrazymike.com)) to download the documentary for just one dollar starting on August 31st or check out his site if you just want to donate to his cause.

Broken bones can't keep this young man down. Mike may not be able to perform in front of the camera, but his talent behind the camera is one that should be explored. Mike would be an asset to any production company with his imaginative creativity and knowledge in the field. Check out his documentary on August 31st either in person or on the internet and you can see for yourself. All proceeds will be used to help pay hospital bills and hopefully provide future surgery on Mike's arm so he can regain the use of the nerves to his fingers.

For more info go to [helpcrazymike.com](http://helpcrazymike.com)

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## Cycling for Cancer Patients Across America

### *You Can Keep Up with Their Journey and Even Help Them Meet Their Goals!*

by: Pam Teel

In last month's issue, you were introduced to two college students named, Jaime Kirsthardt and Dalton Trebow, who are in the midst of a seventy day cycling event across America to help fight cancer. Jaime, having lost her mother to brain cancer, and Dalton having seen his uncle's struggle with Burkett's lymphoma, set out on June 2nd with thirty other cyclists all heading to different locations on the west coast. Their goal is to raise enough money to help other cancer patients. The money will go to the Ulman Cancer fund for Young Adults up to the age of thirty-nine. Jaime and Dalton will make stops along the way to offer hope, inspiration and support to communities affected by this terrible disease.

The young couple started out on June 2nd with a tribute dinner, had an all day training session the following day, and were off and cycling on Sunday the 4th. At the send off ceremony all of the cyclists dipped their back tires into the Baltimore Bay and when they get to the west coast, they will dip their front tires into the Pacific Ocean. The first day they rode an average of 63 miles, 88 miles the second day, and the third day they averaged about 58 miles. Jaime and Dalton are cycling from Baltimore to Seattle, over 4,500 miles, in 70 days so they can raise money to help children with cancer. The itinerary in June took them through the states of Pennsylvania, NY, Ohio, Michigan, Indiana, Illinois, Wisconsin, and right about now they should be somewhere near Minneapolis, Minnesota.

Jaime and Dalton have set their goals to each raise \$6,500.00 dollars for the Ulman Cancer Fund. So far, Jaime has made \$4,245.00 and Dalton \$4,640.00 dollars for the cause. They're close but they still need more donations to help them meet their goal.

Here's where you can help. If you go to the site <http://4kforcancer.org/profiles/jaimelynn-kirsthardt> and <http://4kforcancer.org/profiles/dalton-trembow> you can donate online and help them fulfill their dream of reaching their goals by the time they wind down their journey to the west coast. Donations can be in any amount, starting at \$5.00. You can also follow their blog that details events of their journey across the country and the people they have come in contact with.

Won't you help them to meet their goals, even with a five dollar donation? Please tell your friends about these two people and their courageous journey and see if they would like to help out. Donations can be made at the above websites. Just remember, all of their efforts and all of your donations will be going to help young cancer victims all across the United States. Here are a few excerpts from Jaime and Dalton's blog:

#### *Amazing People - (Jaime)*

June 5, 2013 | Day 3

It's the end of Day 3 and it's already been an incredible journey. Yesterday, Bradley and I were in the lunch van and had a pretty rough time getting food. We kept at it, and eventually got some ice, taco bell, tons of groceries and 28 really good Subway subs for the entire team (Shout out to the AWESOME owner of the Subway in Elizabethtown, PA!). We chalked a lot of the route,

including a construction detour and some words of encouragement up the Ginormous Mountain.

It was a long day so it was pretty late before the first group got to our host site. Our hosts in Lykens, PA were absolutely amazing. They were ready for us at 4pm and waited patiently until the first group of riders got there more than 3 hours late. They worked so hard to prepare really awesome food and provided us with plenty of space and supplies for our ride. They had everything from chapstick to toothpaste and were more than willing to help us out. Everyone was so welcoming and they opened their homes to us to take showers, shuttling riders in their own vehicles to their houses to use their showers.

After a long day in the van, and making sure everything was taken care of, I was the very last person to get a shower. One of our hosts, Linda, drove me to her house to use her shower very late in the evening. We talked the whole ride in the car and I chatted with her and her husband while I was at her house. I told her all about the ride and the van and what we had to do to get lunch, and she asked me a lot of questions. She asked about days we have trouble getting donations of food for lunch and what we do when we get further west. I explained that we try to get gift cards from bigger chain stores and save them for when we have no other options.

This morning when I was running around getting ready, Spencer told me that Linda was looking for me. I found her a few minutes later in the church kitchen helping everyone with breakfast. She pulled me aside and handed me an envelope that said, "Bon appétit!" and told me that she was giving us some money to use on days when we have trouble getting food. She had decided to make a donation of her own money after all she had done for us, because she wanted to make sure we would be well fed. It was more than enough to feed the entire team for future days when we can't get donations, and we are all so grateful for her kindheartedness and hospitality. I hugged her, and thanked her while fighting back tears at her generosity.

Tomorrow I will be riding for Linda. Linda is a breast cancer survivor and an amazing woman. She was so friendly and loving, and she took care of each and every rider like we were her own children. At the dedication circle that morning, she shared with us that another woman in the church had lung cancer and just recently found out that it had metastasized to her brain. Not only had I felt a personal connection with Linda, but I was shocked that at only our second host, there was someone who had the identical cancer my mom had.

Everyone we have met so far has been amazing, and Lykens, Pennsylvania was a true testament to the greatness and generosity of all those we have met. If today has taught me anything it is that even in the midst of all the sadness and the hurt that comes from cancer, it is something that unites us and brings out the absolute best in people. Thank you, Lykens, faith in humanity restored.

#### *I am the Master of my Fate (Jaime)*

June 11, 2013 | Day 9

So last night we stayed in Lockport, NY. Our hosts at the church were outstanding. Pete and Paula took really good care of us and made sure we got everything we needed. Everyone has had a turn in the van, so I was in the water van and we spent a lot of time chalking and setting up the water stops (The riders barely used their cue sheets, yay!). When we arrived we all felt so welcomed, there was plenty of really good food and they even set up a bouncy house for us, which everyone loved. We got showers down at the community bathrooms right off the Erie canal, which was actually pretty cool to sit on the dock on the water while we waited. They were truly amazing and really put in a lot of hard work to make sure we were taken care of.

Today we rode to Buffalo, NY, which means, NIAGARA FALLS! The weather was beautiful this morning and we had a smooth, comfortable ride most of the way.

It started raining after we left the falls and we got really lost in Buffalo and had a really hard time getting here, but we powered through it (Our hosts at The Harvest House are awesome!) We took tons of pictures at the falls, which were amazing. I dedicated today to my friend and teammate from high school and her dad. Her father passed away from cancer very shortly after my mom died when we were in high school. Today was special



*Dalton far left- Jaime far right with other 4k cyclists*



*At fountain in Chicago*

*continues on next page*

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because I know Mr. Francis loved boats, and in our town each year they have a kayak race in his honor, so he would have loved the falls and the great lakes. I wanted to ride for him today because Katie has always been a strong girl, and an inspiration to me. I know how it feels to have to be strong for others when you yourself are falling apart.

Losing a parent at such a critical time in your life is by far one of the most difficult challenges, and to be forced to move on so quickly, you never really get to deal with the grief. Your world is crushed, but the rest of the world won't wait for you. I became an adult at the age of fourteen. I am the person I am today because of my wonderful mom, because she was strong through fighting cancer and an amazing role model. Everything I do, every accomplishment, everything, is motivated by her. She taught me to love others and to appreciate the beauty in everything. Losing a parent shapes you in many ways, and I have found that you are forced to choose between letting it get the better of you, and dedicating your life to making a difference. Katie has a tattoo in memory of her dad which is a quote from the poem Invictus by William Ernest Henley, which says, "I am the master of my fate: I am the captain of my soul." Every word rings true.

#### Day 19 Already?

Dalton's Blog June 23, 2013 | Day 19

Today riding was very average. It was a 68 mile day; there were some hills but nothing too major. Overall it was a good, enjoyable day. Once we arrived in South Haven we were

able to go to the beach on Lake Michigan. Before this trip, I lived a very sheltered life in my small hometown of New Egypt, NJ. My town is mostly farmland and everyone knows everyone else. Therefore, most of the experiences we have on this trip are new to me. This includes visiting the Great Lakes. I did not expect the lakes to be so vast and serene. Although I have been to the ocean countless times, there is a difference that I can't describe. Either way the beach was very refreshing after a day of riding.

Also while Jaime and I were walking to the host, after stopping at local shops in town, we stopped to talk to a man on his porch. After we began explaining our cause his fiancé joined us and told us that she had recently fought her battle with cervical cancer. Her fight lasted several years and involved a multitude of surgeries and near relapses. These total strangers were so kind and enthused about our cause. We promised to ride for her tomorrow, day 20. Thank you for sharing your story with us Linda. The 60 mile ride from South Haven to South Bend is for you. Best of luck.

#### Crossing the Timeline- Daltons Blog

July 1, 2013

Today we crossed over the timeline on our way to Chicago, Illinois. Although it was very close to a century, it was an enjoyable day. We finished the day in a short amount of time while maintaining a comfortable pace. Arriving in Chicago was one of my favorite experiences on the trip thus far. First off, the city had a bike path that ran along the lake.

This bike path was not only well maintained but very scenic as well. Before we went to the host, my group and I cycled to the bean. The bean was so much cooler than I thought it was going to be. Seeing the reflection of the skyline was awesome. But the best part of the day was that people knew who we were. A couple on the bike path asked us, "Are you part of the 4K group?" and they wished us luck on the rest of our ride. Also, a man offered to take a picture of our group in front of a fountain. Before we could tell him about the ride he said, "I'm a big fan of the 4K, I'm from Seattle." He also took a picture with us because he was so excited that he ran into us. It's the little encounters like this that drive me while I'm on the bike. We all have someone we started the ride for, but we all add names to the list every day.

You can keep up with Jaime and Dalton and read more about their incredible experience by going to the websites above. Please think about donating to this worthwhile cause. Help these courageous young adults and all the others who are riding for cancer in their quest to help others in need. Cycling across America on a bike is not an easy thing to do. Just think about the conditions they are riding in, the hills, the detours, the weather, cars and traffic, and all the taxing physical work they are enduring to help raise money for cancer victims. They are driven by your donations! Jaime and Dalton and all of your 4kfor Cancer friends who are along with you on the journey, we wish you all the best of luck. We hope each and every one of you reaches your goal before you hit the west coast.



*Dalton and Jaime make it to Niagara Falls*



*A stop along the way at a host Church*

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## The Doctors' Office Walk-in Urgent Care; a Welcome Addition to the Community

by: Susan Heckler

In January 2013, neighboring Manalapan welcomed Doctors' Office Walk-in Urgent Care on Craig Road. Their official Grand Opening was this past April. This is the fourth location for this group of seven doctors who are board certified in either Emergency Medicine or Family Practice.

This unique practice is open 7 days a week, 8:30AM-8PM on weekdays and 9AM-4PM

on weekends. There are two doctors who attend to the office, rotating so someone is always there during working hours. They are available to treat non-life threatening illness and injuries by appointment or as a walk-in. Their caring staff is well equipped with everything needed to make a fast diagnosis and treatment of non-life-threatening illness and injury. Unlike most doctor's offices who

refer you out for lab work and other testing, they are able to provide Occupational Medicine, Physicals, Vaccines, Drug testing, X-rays, Laboratory and blood work as well as General medical care.

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According to Managing Partner Dr. Alvin

Goldberg, "We feel we are a great service to the community and a valuable alternative to an overcrowded and expensive Emergency Room." Dr. Goldberg has spent the last 18 years as a medical director of numerous hospital emergency departments in New Jersey. He is trained in family practice and is board-certified in emergency medicine. He is also a fellow of the American Academy of Emergency Physicians. He is a graduate of the University of Medicine and Dentistry of New Jersey in Newark, NJ.

While we wish our readers the best of health, we welcome The Doctors' Office Urgent Care to our area as an asset to our community just in case. For more information, visit them at 120 Craig Road, Manalapan near Best Buy, call them at (732) 414-2991 or check out their website. Watch for their opening of other offices in the near future.

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## Thunder 8U Softball Takes Firecracker Tournament Championship

The East Windsor Thunder 8U softball team, borne from the combined Millstone Baseball and Softball and East Windsor PAL Little League partnership, were the champions at the North Edison Firecracker Softball tournament held over the Fourth of July weekend. The tournament consisted of 42 teams, six of which competed in the 8U

division. The 14 dedicated Thunder players battled the 100 degree weather to finish the tournament 5-0, outscoring the opponents 69-16. "I am so proud of the girls and the way they are playing. I would like to thank the coaches, parents and fans for their support," head coach Joe Rosoluk said after the winning game.



*Back row: Coach Jill Beggs, Coach Anthony Benitez, Coach Joe Rosoluk, Coach Phil Pscolka, Coach Chris Morris. Middle row: Morgan Beggs, Isabella Benitez, Brielle Peerboom, Jackie Marucci, Cassandra Leach, Jordan Rosoluk, Ryann Buchner. Front row: Kristyn Pscolka, Emma Morris, Marissa Caniano, Courtney Sabogal, Riley Failla. Not pictured: Alex Desiderio and Maddie Miester*





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## Local Businesses Connect With The Ronald McDonald House

The first annual Suits & Stilettos Networking Event benefiting The Ronald McDonald House of Long Branch and New Brunswick was held July 25th at Bella Vista Country Club. The event was coordinated by Cami Gunther, owner/publisher of Gunther Publishing Enterprises, Inc. with the support of Anthony Beshera of Bella Vista Country Club to connect local

business owners, help create awareness and raise funds for the Ronald McDonald House here in Central New Jersey. The event was a huge success for the RMH by raising thousands of dollars as well as for the many business owners and corporate professionals throughout Monmouth County that got to mingle and network.



*"Our goal is to provide a true 'home away from home' for families of seriously ill children receiving care at medical facilities near our locations in Long Branch and New Brunswick. We also offer Family Rooms and a Hospitality Suite in the pediatric units of three hospitals in Monmouth and Middlesex County."* Lynne Siedentop, Business Director

*(Right) Cami Gunther introduced 11 year old Daniella Olt to the crowd. Daniella heard about the event and wanted to help. She collected over 60lbs. of POP TABS from friends and family over the past 3 months.*

*"We offer a welcoming, supportive environment for families during a time of uncertainty and stress. Family members can stay together in a comfortable home with private rooms and many amenities, helping them to remain strong throughout the course of their child's treatment."*

*– Susan Collin, Director*



*Marcy Gitterman & Gloria Cirulli; Priceless events LLC., were all smiles all night as they presented their event planning company and non-profit event planning experience.*



*"At The Ronald McDonald House, we understand how a family is impacted when a child becomes seriously ill – especially when treatment is far from home."* MaryBeth Murphy; top right



*Kaitlyn Anness; Managing Reporter of Marlboro-Colts Neck Patch and Anthony Beshera, Owner of Bella Vista Country Club*



*Adele Reinstein, owner of Ad Pression Marketing and Promotions was a McHeart Sponsor. Adele and Ken Dietz, CPA networked at the event.*



*Richard Allan Wiener, Esq. and Jackie Berman, President NJAWBO Shore Region and Cartridge Renewal Systems*



*Matthew Blaine, Esq, Lomurro, Davison, Eastman & Munoz, PA Linda and Mike Chiarella, Hunter Pest Services*



*Allan Proske; owner of LPA Strategic Capital & Rebecca Proske; Independent Branch Leader Of New Charles Schwab Office in Freehold. "This has been such a beautiful evening for us to meet and connect with local people and support this wonderful cause."*

### Evening's Sponsors:

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*Photos, Rebecca Ginsberg, Graphic Art Services*



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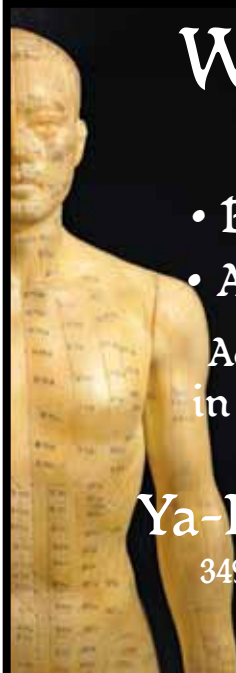
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*continues from page 1*

same time have fun and make a little money.

Eleni would like to gain more experience in working and dealing with people. Gabrielle likes the idea of stepping out of her comfort zone and trying something new. She wants to learn how to deal with certain situations and learn how to seek solutions. Braedan and William like the idea of thinking outside of the box and not spending the whole summer immersed in games and on the internet. The young men are looking forward to learning about the responsibilities in running these dinners and also earning some summer spending money. Pam is looking forward to guiding them along and teaching them some successful traits that will carry them through with future opportunities.

The Saturday Night Soiree started on July 13th and will run every Saturday throughout the summer. You can help to support the development of Successful Traits in these youths by attending one or more of their dinners. Please check out their website for more info: [www.saturdaysoiree.com](http://www.saturdaysoiree.com) or email [satsoiree@gmail.com](mailto:satsoiree@gmail.com). Please call now for reservations and let them know in advance if there are any special diet requirements, so that they can accommodate you the best that they can. Bring your whole family for a night of being pampered and enjoy a quiet Saturday night dinner in a tranquil atmosphere looking over the pond. The Philos Group is waiting to serve you and learn a few things along the way!


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## RWJ Hamilton Expands Behavioral Health Services to Meet Mercer's Growing Demand

Partnership addresses shortage of mental health providers.

Hamilton, NJ – Robert Wood Johnson University Hospital Hamilton announced today it has expanded its behavioral health services through a partnership with a Burlington County provider.

The partnership with Hampton Behavioral Health Center, of Westampton, will provide RWJ Hamilton with a full-time inpatient psychiatrist and an assessment coordinator in the emergency department. Hampton is also providing state-of-the-art telepsychiatry capabilities as a rapid response for patients going through a mental-health or substance-abuse episode during hours when a physician is not on-site.

"We have seen a steady influx of patients in our emergency department with mental health issues, but appropriate services cannot be provided if the supply of mental health providers cannot keep pace with the demand," says Skip Cimino, president and CEO of RWJ Hamilton. "This partnership will help us meet the rising needs of our community with the care they've come to trust."

Behavioral health care was cited as a major concern of the community in a 2012 Mercer County Community Health Assessment report conducted by the Greater Mercer Public Health Partnership. Focus group members and interviewees reported rising rates of depression and other mental health issues among people in the region, and closely connected those issues to substance abuse, the economic

downturn and the region's achievement culture.

Nationwide, many providers have shifted from practicing in hospitals to practicing in outpatient settings, creating a shortage in inpatient psychiatry.

Even though RWJ Hamilton has a psychiatrist available to evaluate people going through a behavioral health crisis, the partnership with Hampton provides critical staffing to reduce wait times. In addition, Hampton's telepsychiatry program connects RWJ Hamilton's patients to the Behavioral Health Center's 24/7 Access Center.

Craig Hilton, CEO and Managing Director of Hampton Behavioral Health Center, said telepsychiatry "is a unique way to serve patients in the comfort of their local hospital and not have to be burdened by waiting extensive hours at a county psychiatric crisis center. The vast majority of patients presenting in the emergency department can be assessed quickly via the telemedicine equipment, usually within an hour of their arrival to the hospital."

"We are extremely proud to partner with Robert Wood Johnson University Hospital Hamilton," Hilton said.

Hampton, a leader in providing behavioral health services in South Jersey since 1986, operates an acute care psychiatric hospital in Westampton. With plans to build an outpatient facility in Hamilton Township, Hampton is positioned to coordinate health care with RWJ Hamilton and the community.

## Volunteers Needed

Millstone Township Environmental Commission is seeking volunteers to be appointed as a member of our Commission. Please complete the Talent Bank Form located on Millstone's website ([www.millstone.nj.us/](http://www.millstone.nj.us/)) and return to Maria Dellasala, Municipal Clerk, Millstone Township, 240 Stagecoach Road, Millstone Township, NJ 08525.

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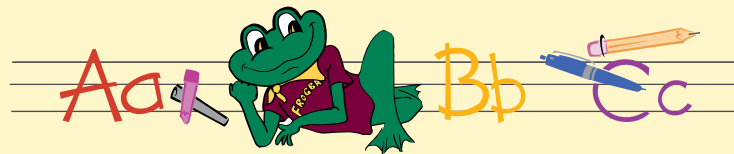


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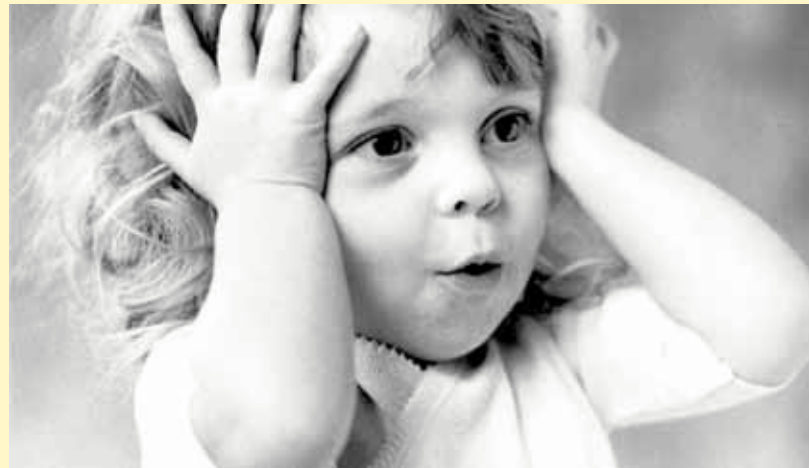
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## Elder Care: "Are you trying to take care of your parents, while raising your children?" "Are you part of the sandwich generation?"

In memory of our mother, Lorraine Giordano, we would like to discuss important information on elder care and important steps 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 information monthly. After three years of taking care of our mother, we understand the financial and mental burden of trying to

research the various options of elder care and health issues. In addition, Lorraine's I Believe Foundation will spread awareness about options regarding brain radiation. Recognizing the overwhelming and devastating feeling of this process, we wish to help families save money and time in researching this information on their own. This way, families could reduce the incurred expenses of hiring expensive elder care advocates. As a result, families will have

more time to not only take care of their loved ones but also enjoy their time together.

The Giordano's suggestion for the month – If you have elderly parents living at home with or without any type of aide taking care of them, it is wise to have surveillance cameras placed into their home. This will enable you to watch your parents from your home, computer or Smartphone at any time. Having this tool set into your loved one's home gives



you such a feeling of peace, knowing that at any time you can turn on your computer or Smartphone and see if they are safe! Also, if you do have any type of aide/nurse taking care of your parents this tool can help you manage their care and help you determine if something is needed. Their safety and security is priceless and this gives you so much peace.

### What a living trust can do for you and your family

by Barry M. Weiner Attorney at Law

There are many advantages and benefits that establishing and then funding a living trust can offer. As opposed to simply having a will. A living trust enables your family to avoid the time and expense of probate in New Jersey and allows your heirs to receive their inheritance immediately and in full. If you own property outside of New Jersey, it will also enable your family to avoid probate in other states, like New York or Florida, where probate is very expensive, when you put property you own there, into your living trust.

By avoiding probate, you also keep your family's financial affairs private. All information of estates, that is probated, is available to the public. Do you want anyone to know what

your children are inheriting? I think not.

Even if you have a will, should you become incapacitated, your family would need to go through a costly and time consuming court proceeding to appoint someone to help handle your affairs. During this time, assets, that your family may want to sell, could drastically lose value. A living trust will allow a successor trustee of your choosing to immediately complete the sale on your behalf. In addition, a living will is harder to contest than a will.

A living trust is just one type of trust. A properly drafted and timed medicaid trust can help preserve the estate of a person who goes into a nursing home. A special needs trust will preserve a recipients federal benefits where they might otherwise be lost. I strongly suggest you

review the advantages of trusts with your financial advisors and consider employing them for your family's benefit.

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## Media Divas, the Ones to Listen To

by: Susan Heckler

The term Diva use to apply to a prima donna in the entertainment business. This woman has outstanding talent and, because of this, a lot of power and respect. The word Diva is derived from the Italian noun diva, meaning a goddess. Through the years, other descriptive words such as temperamental, intolerant, demanding, self-centered, hustler, and determined describe a woman with an exaggerated sense of self-importance who requires a great deal of attention and excessive effort to maintain beauty, style and image.

The tabloids are crammed with tales of Divas and their demands. Mariah Carrey demands chilled Cristal, two dozen white roses, and dark-colored couches without busy patterns for her dressing room. J.Lo insists and gets an all-white dressing room, including white couches, white candles, and an assortment of white flowers. Madonna requires a brand new toilet seat at every show, in addition to dozens of white roses and candles to protect from "negative glances and mean-spiritedness." She attempted to ban air conditioning in every venue to protect her vocal chords but she

was overruled due to the health and safety concerns it presented.

A new type of Diva has come into focus for women entrepreneurs, a Media Diva. These high powered women have mastered the art of social media and social networking. They can be a tremendous asset to businesses; therefore, they are quite in demand. Social media and social networking are exceptional ways to stimulate a business, especially in conjunction with a strong marketing and brand building campaign.

The internet has become a global playground for bloggers. Facebook, LinkedIn, Pinterest, Fan Page and Twitter are among the powerful weapons in the war to gain market share. Add some Search Engine Optimization into the mix and you have amazing visibility and an audience for whatever it is you want to say or sell. Your geographic location means nothing as long as you are connected to the internet.

To be a Diva these days, you don't sing, you tweet. You don't make friends, you have to request them. Who you know is just as important as how many you know.

This is word of mouth advertising for our generation. What was formerly called a yenta is now a very effective Social Media Diva, the know-it-all who knows everyone.

How can you become a Diva? You need to familiarize yourself with all of the possible platforms and networks. You don't need to be on everyone, but you need to know about them to decide which is the most effective for your clientele. You need to use your platforms consistently to make a presence on the web. With time, your followers will hang on your every word and you will be the trend setter.

Many Divas play it backwards; they start from their ultimate goal and work from there. Decide on what you are trying to achieve and then learn and understand your audience. Your posts need to be tailored to

your followers so pay careful attention to wording and content. Repetition is key, post several times a day to maintain contact and relationships. Observe the rules of each site so they don't boot you off. Take the time to reflect on the success or lack thereof. Don't wait too long to reassess your game plan and make changes when needed.

Just like in middle school, everyone wants to be in the "in-crowd." The Social Media Diva is queen of the In-Crowd, the one to watch and listen to if you want to "be" somebody. You want to get her tweets and be the one to spread them. Being a Diva has its responsibilities though. You need to use your power for promoting good, whether it is good business, good causes or good news.

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# The Housing Recovery: Will It Last?

Courtesy of: Ronnie J. Guidone

## The Housing Recovery: Will It Last?

### Descriptor

Housing appears to be on the verge of a significant recovery. Home price indicators suggest new potential for impending price appreciation; polls show growing confidence in the housing market; and business prospects for the industry show early signs of strengthening--all suggesting that the long-awaited housing recovery may finally be here.

### Body Copy

The housing market looks to be getting stronger, which could be taken as an omen of more generally good economic news to come. After all, home values are an important barometer of consumer wealth. Home construction is a significant fraction of the U.S. economy. Both of those elements had taken significant hits in recent years.

### The Rebound in Home Prices

The average home value (as measured by the S&P/Case-Shiller 10-City Composite Home Price Index) shrank 33% from 2006 to 2009. But since those difficult days, home prices have begun to recover. As of the latest data (at the end of 2013's first quarter), the S&P 10-City Composite had gained 5.4% from its recession low, and most of that gain took place during the past year.<sup>1</sup>

Overall, S&P/Case-Shiller home price indexes cover 20 metropolitan real estate markets around the United States. All 20 of those markets showed solid gains from their year-ago levels in the March 2013 report. Phoenix, which saw some of the steepest price declines of the past decade, led the way with a 23.2% recovery. Of the remaining 19, Detroit was the only city whose rate of growth did not increase.<sup>2</sup>

### Homebuilding Follows Apace

With home prices rising, construction activity should recover as well. Housing starts are now up 23.6%, year over year, supporting a solid growth trajectory in 2013. More

importantly, new housing permits, a leading indicator for future construction, have been rebounding even more strongly, to a 925,000-unit pace in January, the highest rate since June 2008.<sup>3</sup>

Builders are building because demand has picked up, as evidenced by the shrinking inventory of unsold homes. New home sales surged nearly 16% to an annual rate of 437,000 units in January--the strongest gain since July 2008. Existing home sales came in a little weaker, but in both cases, the data have maintained an upward trend since last June, keeping the housing recovery in place.<sup>3</sup>

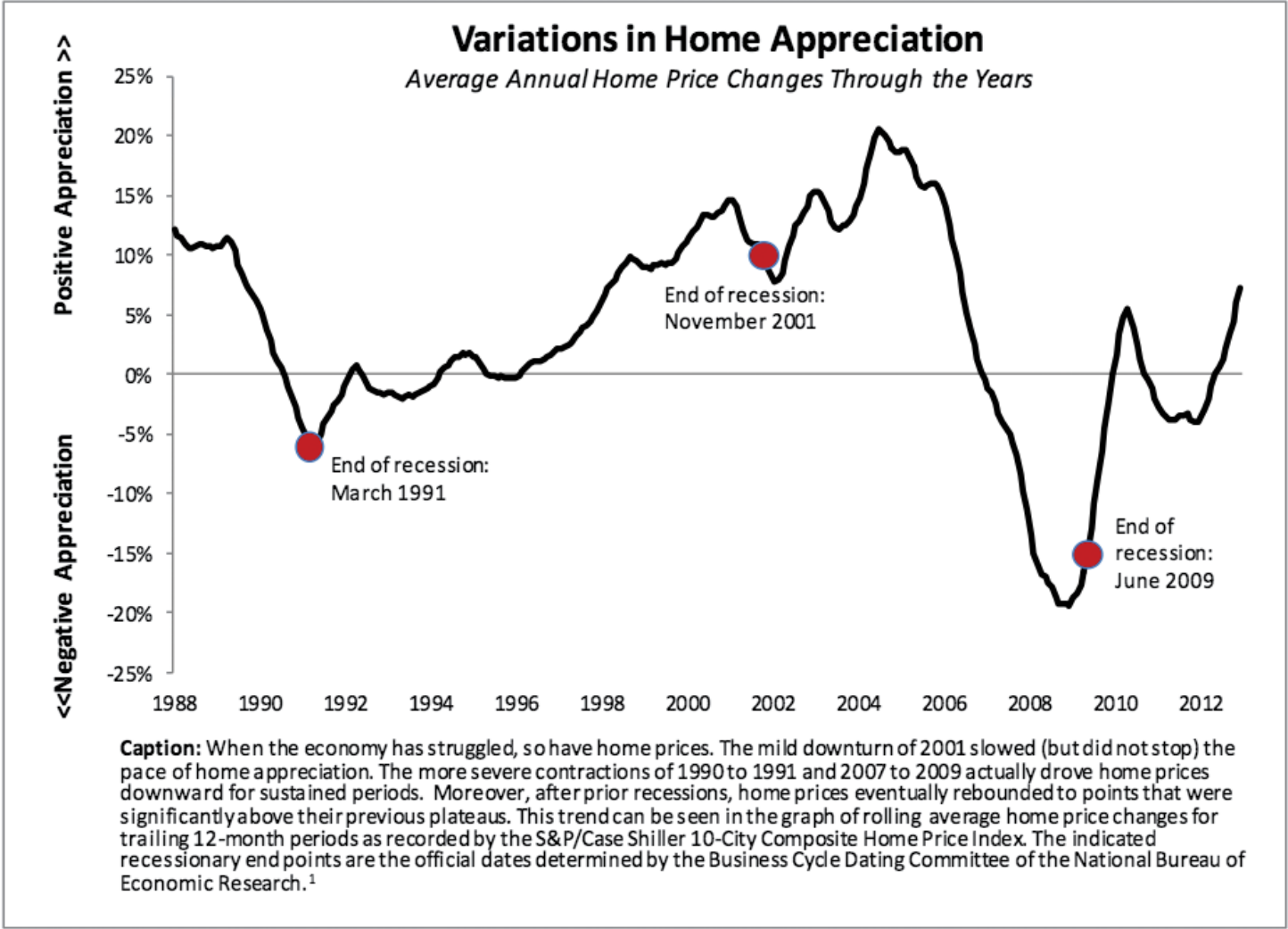
Other measures of market strength come from the National Association of Realtors (NAR). As of January, NAR's measure of buyer traffic is up a whopping 40% from year-earlier levels, but the companion measure of seller traffic has held steady. That's resulted in a near-record low of inventory for sale--it would take just 4.1 months to eliminate the supply of unsold new homes. The inventory of existing homes, at 4.2 months, is the lowest since April 2005, when the housing boom was near its peak.<sup>3</sup>

A third measure of market prospects is the monthly expectations survey by the mortgage bank Fannie Mae. They report that nearly half of the people they polled (48%) believe home prices will go up in the next 12 months. The number who fear home prices will decline was just 10%, the lowest level ever recorded in the survey. Similar numbers believe that rental prices will also go up in the year ahead.<sup>4</sup>

### Capitalizing on the Recovery

There are significant implications in this turnaround for investors as well as homeowners.

Certain industries stand to benefit from a housing recovery. Homebuilders themselves are not the only business actors who stand to gain from a turnaround. Home furnishing and consumer electronics retailers tend to benefit from increased real estate activity. Further down the road, so do certain manufacturers.



### Footnotes/Disclaimers

<sup>1</sup>Source: S&P Dow Jones Indices LLC. The S&P/Case Shiller 10-City Composite Home Price Index is an unmanaged index that is calculated monthly to reflect the average prices recorded for single family home sales in 10 major U.S. cities--Boston, Chicago, Denver, Las Vegas, Los Angeles, Miami, New York, San Diego, San Francisco and Washington, D.C. Data are as of January 2013 and reported on March 26, 2013. The S&P/Case Shiller 10-City Composite Home Price Index has been calculated monthly from then-current market reports since May 2006; index values prior to that date were calculated from historical real estate transaction records using the same methodology. You cannot invest directly in any index. Past performance does not assure future results.

<sup>2</sup>Source: Home Prices Accelerate in January 2013 According to the S&P/Case-Shiller Home Price Indices, S&P Dow Jones Indices press release, March 26, 2013.

<sup>3</sup>Source: Trends & Projections, Standard & Poor's, March 2013.

<sup>4</sup>Source: Consumers' Positive Housing Attitudes Withstand Fiscal Concerns, Fannie Mae press release, April 8, 2013.

If you'd like to learn more, please contact Ronnie J. Guidone 732-389-5162





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## Millstone Little League Spring Season Wraps Up

It was another great season for Millstone Little League! MRLL is a baseball and softball organization open to all residents, some 350 players from over 200 MRLL families, translating to 23 baseball and 11 softball teams. This season, Millstone combined its softball organization with East Windsor PAL, and a very productive partnership was born. "East Windsor was a fantastic partner and we had a terrific softball season. I received many compliments on how welcoming East Windsor PAL was and on the program as a whole," says MRLL President Chris Morris.

Millstone Baseball and Softball started its season in March, with an Opening Day Carnival celebration for all players and their families held in early April. League Fundraising events this past season included the annual trip to a Lakewood Blue Claws game, the raffle ticket fundraiser and a Golf Outing Fundraiser held in May at Forsgate Country Club. MRLL finished its regular season during the month of June, after which with the All Stars Division quickly followed. The

Baseball Majors Division Champions and Reserve Champions were the Marlins and the Yankees respectively. In the Minors Division, the A's took the championship, with the Rockies in the reserve position.

MRLL is a 100% volunteer run organization, which fully funds its program through enrollment fees, sponsors, donations and fundraising. Stavola Asphalt Company, a longtime MRLL supporter, donated paving of the

back parking lot and sponsored a new entrance sign this year. MRLL is truly thankful for the support of all its sponsors and donors, which also helped to provide new entrance landscaping, new fence and field/batting cage renovation as well as assistance in maintenance of the facility. If you are interested in supporting the MRLL sponsors, volunteering for the organization or Fall Ball, please visit [mr-ll.org](http://mr-ll.org).



*Back Row: Coach Steve Noto, Coach Jack Aprile, Coach Rene Peerboom. Middle Row: Nolan Pecci, Anthony Lisi, Andrew Peerboom, Jamison Gould, Ryan Morris, Joseph Rogero, Head Coach Chris Morris. Front Row: Jack Nitti, Gioacchino Aprile, Nick Noto, Joseph Pallante Jr., Daniel Galindo, Adam Gorstein, Coach Joseph Pallante*



*Front row: Matthew Martinez, Jake Arata, Connor Rainford, Brett Pyhel, Matthew Tannenbaum, Reece Eng. Second row: Christopher Palladino, Matthew Paglia, James Morris, Justin Marcario, Matthew Dellea. Last row: Coach Joe Marcario, Head Coach Joe Paglia, Coach Al Rainford, Coach Tom Dellea*



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## Millstone's Hidden Past, Cooks Cemetery

by: Pam Teel

Somewhere amongst the overgrown weeds and the sweet smelling honeysuckle, in a large field slated for a development, is a cemetery where its inhabitants have rested in peace under the tree line for over two hundred and fifty years. Long before Millstone even became an established township, when Indians still roamed the hills, the Cook family lived and thrived. Most of the early family made a living by farming, having owned acres upon acres of property on the Millstone border just southwest of Manalapan.

It was here on the very same land that one of the matriarchs of the Cook Family and some of his immediate family members were laid to rest. As generations passed quickly by, and ancestors moved away, and with the changing of property ownership, the small gated cemetery succumbed to the environment. The burial ground itself is contained within an iron fence. A sign on the fence indicates that in 1965 a Boy Scout troop was involved in maintaining the small cemetery, but over the next few decades it laid abandoned and forgotten. Millstone Historian, Joann Kelty, has been trying for the past few years to keep the weeds down and maintain the gravesite, but where it is located is a hindrance to get to because of the wildly overgrown field one has to cross to get to it. Yet there is something that brings her back every now and then with snippers in hand, trying to cut back the tall grass around the head stones. She feels a connection, at least with one of the Cooks buried in the cemetery. Perhaps it's because she lives in the very same house that David Cook lived in; a house that his father built that dates back to 1785. It was built on a fieldstone foundation and was originally built in three sections. The house had a service wing and it was noted in documents that the Cook Family did own black servants. (There are some outbuildings that were added on later throughout the centuries.)

The home has seen many owners after David Cook, but I don't think any value the history of it as much as Joann does. She and her husband admired the house even before they bought it, and when it came up for sale, they jumped at the opportunity to own it. The Kelty's have been in the house since 1995 and according to Joann, she feels nothing but good vibes living there. Though there are times, she says, she can sense that someone else is with her. There are times when she feels cold air around her and times when she sees things swish quickly past her. Even though she's a skeptic, Joann keeps an open mind as to what or who it is that comes to visit. Could it actually be the spirit of David Cook who died on his way home one night after coming from Nicklaus Reid's Bar? (Which was located somewhere near Bergen Mills Road) According to Joann's research, David Cook died when he fell out of his own wagon along the fields of William Wickoff's property. Could it be that he had a little too much to drink that night and is still trying to find his way home?

The Cook family in this area can be recorded back to 1708-09. A will of Benjamin Cook of Freehold was recorded in 1709. It named his wife Bridget and four of his children, Thomas, Nicholas, Anna and

David. They would go on to have six more children. According to records, there were 18 graves listed at the burial site. (Two with just initials and one unseen.) The dates of death are listed from 1758-1861. Here is a list of those family members lying at peace in the family plot.

Nicholas Cook, the son of Benjamin and Bridget, is buried in the Cook Cemetery along with his wife Elizabeth Campbell Cook. He was born in 1703 and died in 1785 at 82 years old. His headstone is alongside his wife's in the cemetery. His wife died in 1792 at age 72. In 1780, it was recorded that he owned 145 acres, and six horned cattle. The earliest marked burial was that of their son Benjamin who died in 1758 at age three.

Son, Thomas Cook Esq., died in 1809 at age 75. Thomas was a lieutenant in the Heard's Brigade of the Monmouth County Militia. He was among 70 others who were taken prisoner aboard a ship in 1777 in the Battle of Navesink. He remained a prisoner for three years. In his will he ordered that decent tombstones were to be purchased for his mother and father and for his 2 deceased brothers and two deceased sisters who died single. All of these original stones still exist and until the Township can safely protect the cemetery from vandalism, the whereabouts are best kept a secret for now, but it would be something to one day be able to share this small parcel of history with other township residents.

Elizabeth Cook died in 1772 and age 32.

John Cook died in 1782 at 44 years old. He was captain second regiment in the Monmouth County Militia and served under Col. Samuel Forman for a year before being killed in the battle of the blockhouse in Tom's River.

Jonathon Cook died in 1772 at age 22. (Perhaps he and his sister Elizabeth died from the same illness, the same year)

Rachel Cook died in 1763 at age 20.

George Cook died in 1808 at age sixty. He was an adjutant and a lieutenant in the Monmouth County Militia. He served in many battles including the Battle of Germantown in 1777 and the Battle of Monmouth in 1778. It was noted that he also owned a tavern in Crosswicks. His first wife Margaret, who died in 1771, is buried at the cemetery along with his second wife Perthenia, who died in 1813 at age 59. It was noted that when George Cook died, he left his wife his black woman, black boy Timothy was to be sold, and black man Peter was to be manumitted.

Aaron F. Cook, son of George and Perthenia, died at 23 years old.

David Cook, who was killed when he fell off his wagon, died in 1813 at age 60. His wife Mary died 1838 at age 77. She taught the first Sunday school at the house that Joann Kelty now lives in before the 1800's. Perhaps this is why Joann feels nothing but good vibes from within!

Jane Cook, who was the wife of Joseph, (David and Mary's son) is buried at the cemetery. She died in 1861 at the age of 64.



*Cook house circa 1785. Now owned by Town Historian Joann Kelty.*



*Gravestones of Rachel and Jonathon Cook in front, Perthenia Cook in rear.*

David Cook, (son of Joseph and Jane) died 1860 at age 44.

David Embley, son of Robert and Margaret, died in 1765 at 2 years old.

There are also two other graves. One is marked G.W.C. and the other N.C. N.C. initials could be that of Nancy Cook, (George and second wife Perthenia's daughter.) G.W.C. initials are probably the marker for their son, George Walker Cook.

Four of Nicholas and Elizabeth's sons served in the Revolutionary War, one losing his life in the war. It's interesting to note that the names associated with the Cooks, dating back to the mid 1700's, whether through marriage or just neighbors, are names of families

that have been a big part of the history of this town, with some families still living in the township today. The Bairds, Claytons, Perrines, Palmers, Reids, Deys, Andersons, Embleys, Formans, Conovers, mentioned in the Cook Documents will always be a part of Millstone History.

Hopefully sometime in the near future, work will be done to restore the cemetery in honor of the people who are buried there. A big thank you goes to Joann Kelty for sharing all of her research with me, and for sharing the love that we both have of past histories. You were meant to find that house, as others did before you, but somehow I get the feeling that the Cook House really chose you!



## CentraState Neurosurgeon Held Boot Camp for Army Football Coaches



*Army football head coach, Rich Ellerson (left), and members of the coaching staff present Dr. Mark McLaughlin with an autographed team football after their hands-on neurosurgery boot camp at CentraState Medical Center.*



*Dr. Mark McLaughlin teaches Army football coaches about concentration, precision and execution under stress, and eliminating self-limiting behaviors and thoughts.*



*Dr. Mark McLaughlin (left) guides Army football coaches as they perform mock surgery on spine and brain models to learn about concentration, precision and execution under stress during a hands-on boot camp on July 15 at CentraState Medical Center.*

CentraState's board-certified neurosurgeon Mark R. McLaughlin, MD, held a neurosurgery boot camp for West Point Army head football coach, Rich Ellerson, and his entire coaching staff on Monday, July 15, at CentraState Medical Center. Dr. McLaughlin guided the coaches as they performed mock surgery on spine and brain models to learn about concentration, precision and execution under stress, and eliminating self-limiting behaviors and thoughts.

Dr. McLaughlin also lectured on improving concentration, execution and overall performance to teach Army football coaches how to help create a stronger environment

within their coaching staff and inspire their team. He explained the concept that performance is non-specific; whether you're a surgeon, football coach, military officer or parent, every task has to be done with focus and commitment as well as eliminating distractions that make us less effective.

The hands-on workshop taught the coaching staff that the discipline of concentration, precision, and execution of neurosurgery can be paralleled in their own profession and more effectively enlist their players in being better football players and commissioned officers.

In addition to being on the medical staff at CentraState Medical Center, Dr. McLaughlin is the medical director at Princeton Brain & Spine Care. He provides individualized care to emergency patients, inpatients and outpatients suffering from neurological disorders. His areas of expertise are cranial conditions and specific spine disorders. Dr. McLaughlin's practice, Princeton Brain & Spine Care, has an office located in CentraState's Star and Barry Tobias Ambulatory Campus, Suite 267, at 901 W. Main Street in Freehold. He can be reached by calling (732) 333-8702.

CentraState Healthcare System is a non-profit community health organization consisting of

an acute-care hospital, a health and wellness campus, three senior living communities, a Family Medicine Residency Program, and a charitable foundation. CentraState's teaching program is sponsored by Rutgers Robert Wood Johnson Medical School.

## 7 Summer Grilling Safety Tips

1. Use grills only in well-ventilated areas outdoors. Never use grills in enclosed spaces such as carports, tents, garages, etc.
2. Keep the grill several feet away from any combustible materials, including the house, deck rails, garage, and out from under eaves, tree branches, etc.
3. When you're lighting a gas grill, the lid should always be open. If not, it could explode.
4. Never add starter fluid or any other flammable liquid to an existing fire. The fluid could ignite the can and cause it to explode. In fact, we advocate avoiding lighter fuel completely because it gives off flavors to food. Use either crumbled newspaper or fire starter cubes to start your fire. If you use a chimney or electric fire starter, be careful where you put it when you remove it. Don't put it on the grass or near leaves, twigs, etc.
5. Don't store propane tanks indoors or in the garage.
6. If you want to spray the grate with nonstick spray, remove it from the grill and spray it while it's cool.
7. Use long-handled barbecue tools to keep hands and arms away from the heat of the grill. Do not wear loose-fitting clothes or long, flowing sleeves when grilling..

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# The Expansion of Monmouth County Park System

by: Susan Heckler

Picturesque Monmouth County is home to a very vast park system. Throughout the County, there are 30 beautiful parks to explore and enjoy. Whether it is the beaches or playgrounds or historic sites, the Monmouth County Park System has facilities to meet the pleasures of all residents of Monmouth County. All year round there's always something available. The Parks System offers areas for passive recreation; to relax and enjoy the surroundings, active recreation for hikers and bikers and exercise lovers. Each park offers planned activities for groups and special events.

- Baysholm Tract
- Bayshore Waterfront Park
- Big Brook Park
- Clayton Park
- Crosswicks Creek Greenway
- DeBois Creek Recreation Area
- Deep Cut Gardens
- Deep Run Recreation Area
- Dorbrook Recreation Area
- Durand Tract (Freehold Township Park)
- East Freehold Showgrounds

- Fisherman's Cove Conservation Area
- Hartshorne Woods Park
- Henry Hudson Trail
- Holmdel Park
- Huber Woods Park
- Historic Longstreet Farm
- Manasquan Reservoir
- Manasquan River Greenway
- Metedeconk River Greenway
- Monmouth Cove Marina
- Mount Mitchill Scenic Overlook
- Perrineville Lake Park
- Seven Presidents Oceanfront Park
- Shark River Park
- Sunnyside Recreation Area
- Tatum Park
- Thompson Park
- Turkey Swamp Park
- Union Transportation Trail
- Historic Walnford
- Weltz Park
- Wolf Hill Recreation Area

- Yellow Brook Tract

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732-462-9222
- Howell Park  
405 Squankum-Yellowbrook Road,  
Farmingdale, NJ  
732-938-4771
- Pine Brook  
1 Covered Bridge Blvd.  
Manalapan, NJ  
732-536-7272
- Shark River  
320 Old Corlies Avenue  
Neptune, NJ

732-922-4141 According to Monmouth County Freeholder Lillian Burry, they will be adding 11 acres from the former Fort Monmouth which will house a teen center, Olympic pool, basketball and other activities, all free to the County thanks to tough negotiating on behalf of our Freeholders.

The long-time vacant area of the Marlboro Psychiatric Hospital will join the system shortly. Closed since 1998 after 60 years in operation the 411 acre site, which hosts both the former hospital and a wastewater treatment facility, will undergo remediation for environmental contaminants and deteriorating structures in order to make it safe for recreation and public use.

As announced in November 2011, Governor Christie's administration's efforts will convert the Marlboro Psychiatric Hospital facility, which has sat idle for years, into open space and recreational land for Monmouth County residents. "For years, Marl-

boro officials sought assistance to demolish buildings, remediate the land, and convert the property into open space for community use," Acting Governor Kim Guadagno said. "Thanks to our efforts, there is finally a prudent, cost-effective way to meet this goal. This site, which sat dormant for so many years, will soon be a park for the Monmouth community and its visitors. As a resident of Monmouth, I know that this will be an important asset to our community for years to come."

According to the press release issued, the plan for the facility proposes an open space and recreational land re-design over a two-year period. Included in the proposal is a plan to demolish existing buildings, environmentally remediate the property, and transfer operational oversight to the Monmouth County park system. The financial commitment, estimated at \$27 million, will be met through a partnership with local governments and financed through bonds available through the New Jersey Economic Development Authority.

Senator Jennifer Beck stated back in November of 2011, "This 411 acre State owned property is incredibly important to Monmouth County and Governor Christie deserves credit for being the first and only Governor to commit real State resources to make this site usable again. Today's announcement complements and continues the legislative work I and my colleagues have done to get \$3.6 million to repair the wastewater treatment facility. It is a good day for our residents in Marlboro and Monmouth County."

This acquisition is well placed, across County Route 520 from the over 400 acres owned by the County and currently being leased to the YMCA for Camp Arrowhead. The 415-acre Big Brook Park was formerly used as farmland for patients at Marlboro Psychiatric. The Park System purchased this property, which once contained a pigery, dairy farm and other agricultural operations, from the state in 1997.

Thank you to our elected officials at every level of government for their hard work to keep Monmouth County green, beautiful and a wonderful place to live and raise a family!

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## Prudential Real Estate Ranked Highest for Customer Satisfaction in Three Segments of J.D. Power and Associates 2013 Home Buyer/Seller Study

Prudential Real Estate, an HSF Affiliates LLC company, and Prudential New Jersey Properties announced that the Prudential Real Estate affiliate network ranked highest for customer satisfaction in three of the four segments included in J.D. Power and Associates' annual Home Buyer/Seller Satisfaction Study. The network scored highest in Repeat Home Buyer, First-Time Home Buyer, and First-Time Home Seller categories. It ranked third in the Repeat Home Seller segment.

The sixth annual study measures customer satisfaction among

the nation's largest real estate brokerage companies. Overall satisfaction is gauged across four factors of the home-buying experience: agent/salesperson, real estate office, closing process, and variety of additional services. Seller satisfaction is evaluated through the same four factors plus marketing.


Among repeat home buyers, Prudential Real Estate scored 829 on a 1,000-point scale, performing particularly well in agent/sales person, variety of additional services and closing process. The

network tallied 811 points among first-time home buyers, showing strength in all factors. Prudential Real Estate scored 809 points in the First-Time Home-Seller segment, drawing strong marks for marketing and closing process. This represents the third time in six years Prudential Real Estate ranked highest in seller satisfaction including recognition in 2008 and 2010.

"Prudential Real Estate stands for quality and consistency in neighborhoods across America," said Earl Lee, network president


and CEO of HSF Affiliates LLC. "Buyers and sellers alike appreciate our affiliates' market leadership and our agents' skill and innovation."


Lee added that the Prudential Real Estate network enjoys one of the industry's highest average selling prices and that its agents stand out as local-market experts. "Affiliate to affiliate, Prudential Real Estate sales professionals have a strong work ethic and drive for client satisfaction. These prestigious awards further underscore our agents' success and the quality of our network."



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## John Abbott House

### *A Bit of History so close to Home*

by: Pam Teel

The kids are out of school and the never-ending task of finding ways to entertain them is at hand. Traveling out of state is just not feasible, so why not discover what's in your own backyard. There are so many places in the area where a family can go and spend an hour or two brushing up on a little bit of New Jersey history without having to spend a whole day driving. One such place is the John II Abbott house on Kuser Road in Hamilton, NJ. Just a quick ride up interstate 195 to exit 3B, (Hamilton Square exit), make a left at the first light and about 2 miles up on the right, and you will see a sign for the house. Pull off onto the long driveway and be prepared to step back into the past, as guides will give you a tour of the house.

The original part of the house was built in 1730 by John Abbott II and his father, John Abbott. The elder Abbott was a successful merchant and dealt locally in Philadelphia. His son chose to be a farmer, not wanting to follow in his father's footsteps as a merchant. John Abbott never married and lived to be 87 years old when he died in 1795. It was noted that he had many nieces and nephews who came often to help with his farm, cook, and even live there during certain times. The home is now a museum; saved by the Hamilton Township Historical Society in 1969 from being razed to the ground. It is also on the National Registry, having served an important function during the Revolutionary War.

The home was a salt box style home which had an addition added on in the 1840's. The rooms are set up with purchased and donated items that represent the actual living conditions of the period. On the newer side of the house is the large parlor. There is a master fireplace and an old pump organ in pristine condition. A wonderful old grandfather clock hugs the corner. The newer section has higher raised ceilings both on the lower level and the upper level. The bedrooms are filled with early style beds and furniture that would have portrayed the era of those that originally lived in the home. Rope beds, rockers, baby cradles, chamber pots, and more items decorate the rooms.

The 1730 section of the home has

a large hearth kitchen, a birthing sick room, a spice room and a door to a small winding staircase to the upstairs bedroom (perhaps a servant's entrance). The windows still have the original glass panes and the wall in the kitchen has been purposely left open so you can view the brick and beams used to build the original section.

The basement of the home has the chimney supports, which hold a time capsule that was cemented in the wall in 1976, to be opened 100 years from now. There are also showcases of American Indian artifacts such as local arrowheads and mortar and pestles, among other native relics located in the basement.

The most intriguing thing about the house is the secret of the patriot funds, which were hidden from the British as they were coming towards Trenton in 1776. The story goes as follows: Toward the end of 1776, the British were advancing on Trenton. Samuel Tucker, the State Treasurer wanted to save the state's money and his own. He took his personal effects and those of the estates of which he was executor, along with unsigned public money, to the home of John Abbott. He also took the signed state money that amounted to more than fifteen hundred pounds and a thousand pounds he held in trust, and secreted it with the other money in the Abbot home. Back then money had to have three signatures on it to be worth anything. Unsigned money was not worth anything. The British were told of the hiding place by Mrs. Mary Pointing of Trenton who led a detachment of British troops about five hundred or so, to John Abbott's house. They raised the house and captured a trunk containing deeds. They took the unsigned paper money, which was worthless that John Abbott left for them to find. John Abbott and his relatives hid the real money and worthwhile papers in rounds baskets of broken pottery and took them to the cellar. The soldiers ransacked the house, but left the broken pottery alone. Thinking that they seized all the money, they left. The hidden money would then be used to help aid in the war efforts against the British.

The foundation of the barn is located outside behind the house.

There is also an old millstone, herb garden, smokehouse and a Doctor's office on the premises. David Ivins purchased the house from the Abbott relatives in 1839, who built the large addition to it. The property was also used by two different families as a dairy farm and residence, the Tindalls and the Sharps. The house is located at 2200 Kuser Road in Hamilton Township, just inside the entrance to Hamilton's Veteran Park. Its open Saturday and Sunday from 12-5pm. Admission is one dollar. Children are free. The guide will be happy to give you a tour of the house and grounds. For more info, please call (609) 585-8900 or (609)585-4841. Take 195 to exit 3b- Yardville Hamilton Square Road. Get off ramp and turn left at first light. About three or four miles down on the right, you will see the sign for the John Abbott House. Turn into the long driveway. The Civil War museum is also located here.

Adjacent to the property is another building where John Abbott was said to hang his hot peppers to dry, called the pepper house. This was one of his main crops that he sold. The house is now being used as a Civil War and Native Indian Museum. Camp Olden Civil War museum has many artifacts from the war including old guns and swords on display. It also houses many Indian artifacts found in the area. A must see for Civil War enthusiasts. The building is open every 2nd and 3rd weekend of the month from 1-4.

Bring a picnic lunch with you and enjoy it either on the Abbott House grounds or the Veterans Memorial Park adjacent to the house (all within walking distance). There are four different entrances to the park. Two entrances can be found on Yardville Hamilton Square Road. The park offers over 4 miles of paved trails for both walking and biking, agility trails, picnic areas, athletic fields, a playground, lake, a dog park located within the park, and much more. What a great way to spend a lazy summer day so close to home!

Front park entrance- Take Route 195 to exit 3B. Get off exit and go straight through light. You will see the entrances to the park about 100 feet up on the left. (1865 Yardville Hamilton Square Road).



*John II Abbott House circa 1740- addition added 1840*



*Original kitchen*



*Guide standing next to original hearth in kitchen*



*Inside Civil War Museum*

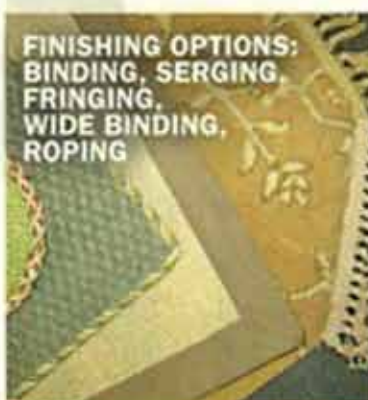


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## Horse Park Of NJ August Event Calendar



The Horse Park of New Jersey represents a unique combination of state government and private not-for-profit groups working together to develop a world class facility for the exhibition of horses. It is located seven miles from Exit 7A of the New Jersey Turnpike, one mile off Exit 11 of Route 195 on Route 524. The Department of Environmental Protection, the Department of Agriculture, and the Horse Park of New Jersey at Stone Tavern, Inc., have worked together for many years to acquire the land, design the project, secure the funding and execute the plan. The Park is a 501(C)3 not for profit charitable\educational organization.



Friday August 2nd - Sunday August 4th

### WOODEDGE AT THE PARK

Website <http://www.woodedge.com/>

Contact: Bob Allen

(856) 235-5623

Friday August 9th - Sunday August 11th

### NJ PALOMINO EXHIBITORS

Contact: Martha Hoff

(732) 236-4623

Wednesday August 14th - Sunday August 18th

### MONMOUTH CO. HORSE SHOW

Website <http://www.monmouthhorseshow.com/>

Contact: Creigh Duncan 609-213-3737

Friday August 23rd - Sunday August 25th

### STATE 4-H HORSE SHOW

Contact: Carol Ward

908-526-6644

Friday August 30th - Sunday September 1st

### DRESSAGE AT STONE TAVERN

Website [horseparkofnewjersey.com](http://horseparkofnewjersey.com)

Contact: Jane Cory

(215) 262-2870

### Contact Information:

Horse Park Of New Jersey at Stone Tavern

626 Route #524, Stagecoach Road

Allentown, NJ 08501

Phone: 609-259-0170

Fax: 609-259-0174

E-Mail: [Horseparkofnj@Aol.Com](mailto:Horseparkofnj@Aol.Com).

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**Wednesday** - Chef Farber's Favorites - \$19.95 Appetizer & Entrée from Select Menu

**Thursday** - Half Price Pizza

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

**Sunday** - Pasta Night - \$14.95 (Salad - pasta - dessert)

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

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## Census Bureau Adds Inflation and Employment Indicators to America's Economy Mobile App

### Popular App Now Brings 19 Key Economic Statistics to Users

The U.S. Census Bureau in cooperation with the U.S. Bureau of Labor Statistics (BLS) today added three key economic indicators to America's Economy, the Census Bureau's widely downloaded mobile app that provides constantly updated statistics on the U.S. economy, including monthly economic indicators and trends, along with a schedule of upcoming releases. These indicators join 16 others that were already available on America's Economy and means that the top four BLS data sets are now included in the app. The number of people accessing the Census Bureau's economic indicators has quintupled since the app's launch in August 2012.

"I'm extremely pleased that the Census Bureau continues to iterate and expand upon its highly successful mobile app," said Steven VanRoekel, chief information officer of the United States. "America's Economy embodies the goals of the Digital Government Strategy, which seeks to build a government that is efficient, effective and focused on improving the delivery of information and services to the American people."

The producer price index (PPI), consumer price index (CPI) and nonfarm payroll employment indicators each come from the Bureau of

Labor Statistics. The CPI program measures change in prices paid by urban consumers for a representative mix of goods and services. The PPI measures change over time in the selling prices received by U.S. producers. Nonfarm payroll employment represents the number of jobs in the economy.

"We are pleased that our colleagues at the Census Bureau have added non-farm payroll employment, the PPI and the CPI to America's Economy. This mobile app now has the four most widely referenced BLS economic indicators, with the unemployment rate being the other," said Erica Groshen, The Bureau of Labor Statistics commissioner.

America's Economy is the first mobile app from the Census Bureau and provides smartphone and tablet users with the real-time government statistics that drive business hiring, sales and production decisions and assists economists, researchers, planners and policymakers. In addition to BLS, the app combines statistics from the Census Bureau and the Bureau of Economic Analysis. The economic indicators track monthly and quarterly trends in industries, such as employment, housing construction, international trade, personal income, retail sales and manufacturing.

The America's Economy app was developed

as part of the Census Bureau's Digital Transformation Project to provide the general public and government workforce with access to information anywhere, anytime, on any device.

"The creation of this app is consistent with the Census Bureau's longtime mission of providing accurate statistics about the nation's growing, changing economy. We're using 21st century technology to make that information available more quickly and easily," said William G. Bostic Jr., the Census Bureau's associate director for economic programs.

The 19 indicators on the app are:

#### Census Bureau:

Advance Monthly Retail Sales  
New Residential Construction  
New Residential Sales  
Construction Spending  
International Trade  
Advance Report Durable Goods  
Business Inventories  
Manufacturers' Goods  
Monthly Wholesale  
Homeownership Rate  
Quarterly Services Survey  
Quarterly Financial Report — Retail Trade  
Quarterly Financial Report — Manufacturing

**Bureau of Economic Analysis:**  
Gross Domestic Product  
Personal Income and Outlays

#### Bureau of Labor Statistics:

Unemployment Rate  
Producer Price Index — New  
Consumer Price Index — New  
Non-farm Payroll Employment — New

Users may set alerts to receive notifications when economic indicators are updated. They can also add statistical release schedules to their personal calendars. When each indicator is released, users can also share the news on both Facebook and Twitter.

America's Economy is available now for Android and Apple smartphone and tablet users. To learn more about the economic statistics the Census Bureau produces, visit: <http://www.census.gov/econ/>. To learn more about the economic statistics the Bureau of Economic Analysis produces, visit: <http://bea.gov/>. To learn more about the economic statistics the Bureau of Labor Statistics produces, visit: <http://www.bls.gov/>. For more information on how to download the "America's Economy" app, visit either the Apple page or the Android page.

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##### Residential and Commercial Restoration Services

- Water Damage
- Fire Damage
- Disaster, storm and flood damage
- Mold Damage

##### Water Damage Restoration

Basement flooding or storm damage doesn't wait for regular business hours and neither do we. We respond to your residential or commercial water removal and cleanup needs. Our fast response time and advanced drying methods help prevent secondary damage and mold. Common causes of water damage are:

- Flooding caused by severe weather
- Plumbing leaks
- Sink, bathtub or toilet overflow
- Sewage backup

##### Fire Damage Restoration

We understand that smoke and fire damage is both devastating and disruptive to your family or business. SERVPRO of Freehold Professionals respond quickly to repair fire, smoke, and soot damage, including:

##### Fire Damage Cleanup

**Our number one goal is  
returning damaged areas and  
items to pre-loss condition, doing  
all we can to make it "Like it  
never even happened."**

- Smoke and soot damage cleaning and repair
- Cleaning your home's contents and belonging
- Eliminating fire and smoke odor and deodorization

##### Mold Remediation

Mold can present serious health concerns and can spread quickly through your home or business if left unchecked. SERVPRO of

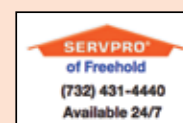
Freehold Professionals utilize proven mold remediation techniques and state-of-the-art equipment to protect you and your property. SERVPRO of Freehold Professionals can assist you with:

- Mold Remediation
- Concerns about black mold
- Mold inspection and prevention

##### Biohazard Remediation

Exposure to biological and chemical contaminants can pose serious health consequences. SERVPRO of Freehold Professionals are trained to safely remove biohazardous substances and dispose of them properly in accordance with OSHA and health regulations. SERVPRO of Freehold Professionals can assist you with:

- Sewage cleanup
- Crime scene cleanup
- Vandalism cleanup



### Diana's Tips



#### WHAT NOT TO DO AFTER FLOODING

- Don't leave wet fabrics in place. Hang furs and leather goods.
- Don't leave books, magazines or other colored items on wet carpet or floors.
- Don't use your household vacuum to remove water.
- Don't use television or other household appliances.
- Don't turn on ceiling fixtures if ceiling is wet, and keep out of rooms where ceilings are sagging.

#### WHAT TO DO AFTER FLOODING

- Remove excess water by mopping and blotting.
- Wipe excess water from wood furniture after removal of lamps and tabletop items.
- Remove and prop wet upholstery and cushions.
- Place aluminum foil or wood blocks between furniture legs and wet carpeting.
- Turn air conditioning on for maximum drying in summer.
- Remove colored rugs from wet carpeting.
- Remove art objects to a safe, dry place.
- Gather loose items from floors.



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