



THE MILLSTONE TIMES™

ALLENTOWN CLARKSBURG CREAM RIDGE HAMILTON MILLSTONE PERRINEVILLE ROOSEVELT UPPER FREEHOLD

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Inside this issue: *Declarations for Independent Living, Cycling For Cancer Patients, The Curse Of A Fuzzy Face, Happy Birthday Zip Codes, Sprinkling Some Happiness, Millstone Rockets Complete Their Season Undeclared*

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Girl Scout High Honor Awards Recipients

A special awards presentation was held prior to the business meeting for the Girl Scout leaders in Millstone Township, Girl Scouts of the Jersey Shore Council on May 8th. Four girls were recognized for earning their Silver Award which is the highest award a Girl Scout Cadette can earn. They are Carle Gould and Alex Mardega for their project, "Read Across Millstone" and Alexandra Sosa and Jullianne Wenc for their project, "Confidence Through Performing Arts." Also four girls were recognized as Gold Award recipients and were presented with a plaque from Mayor Nancy Grbelja. The Gold Award recipients are: Isabella Cerri, Julia Dreifus (not in attendance), Tara Matthews and Jami Porzl.

A Gold Award is the highest achievement that can be earned in Girl Scouts. It is only available to high school girls during their years as a Senior and Ambassador Girl Scout. This award challenges a girl to make a change in the world.

Isabella Cerri's project was based on the World Health Organization's finding that social isolation is a major issue facing the elderly population. Factors such as retirement, death of a spouse and poor health are cited reasons. This often leads to depression, alcohol dependence and prescription drug abuse. Isabella researched events and activities which offer opportunities for socializing among the Senior Citizen population within



Pictured left to right: Isabella Cerri, Mayor Grbelja, Tara Matthews and Jami Porzl. Missing from the picture is Julia Dreifus

her community and she discovered that they have a very limited social calendar. She therefore decided to organize and host a Senior Citizen Prom on March 23rd for her Gold Award project. It was her goal to provide a very enjoyable afternoon of music, dancing, dining and socializing that the seniors could look forward to year after year. With help from other Girl Scout troops, the Allentown High School National Honor Society, Margaret Patterson, her family and others, plus the donations of the Millstone Twp. Fire Hall, flowers and food, her event was a success.

Julia Dreifus' project was to make a series of informative videos for different ages (including young children, Middle School students, parents, and research based projects) to help people better understand the use of their libraries.

continues on page 12

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Declarations for Independent Living

by: Susan Heckler

New Jersey, as with any state, is home to many individuals with disabilities. These disabilities can be physical or mental illness, or even a dual diagnosis. As many as one-third of the disabled population is affected with developmental disabilities, and mental health issues together. They create challenges to the individuals and their loved ones, making the lives of both often frustrating and unhappy. Depending on the severity of the disabilities, many of these people may be able to live independent lives with the assistance and guidance of trained professionals. "Give me a fish and I eat for a day. Teach me to fish and I eat for a lifetime."

Founded in 2003, Declarations, Inc. has been using the innovative training methods developed by Dr. James R. Marhold to assist each individual to become self-sufficient. Based on compassion, reassurance and understanding; fear, anger and frustration can be diminished which may allow them to accept assistance and achieve a life of independence and meaning. Pride, developing self-reliance, personal dignity, and self-esteem play a big part in turning their lives around in conjunction with learned skills and support.

Dr. Marhold has 25 years of experience in direct care programs. He holds an MBA, a Masters in Non-Profit Administration and a Doctorate in Business Administration. He combines his expertise with a well trained staff of 17. His Behavioral Specialists, Life Coaches and Nursing staff provide individually tailored care, and are on-call 24/7. During his career, he has provided services to over 500 individuals and trained over 1,000 human services workers throughout New Jersey. He designed the "Life Coaching Model," which is the program Declarations is utilizing to change the lives of so many.

These people, who they serve in residential settings, receive varying degrees of supervision and assistance. The consumer's specific needs are determined by their trained professionals, with a focus on client and family input.

In addition to residential support, they provide assistance in obtaining gainful employment, daily living skills, medical care, behavioral health care, transportation and financial benefits. Assistance is provided at various times throughout the week on an individualized basis to help individuals live as independently

as possible. This includes meal planning, general health care management, grocery shopping, scheduling medical appointments, arranging transportation and paying bills. Social services such as job training, alcohol and drug abuse programs and case management are provided as needed.

Declarations, Inc. is contracted through the NJ Division of Mental Health and Addiction Services as a supportive housing provider and as an approved provider of behavioral healthcare and housing services for the NJ Division of Developmental Disabilities. The social services agency is largely State funded and also works closely with the NJ DMHAS to define which individuals within our community would benefit most from their unique program. Throughout Monmouth County, and over their 10 years in business, their housing and support services have changed many lives.

Declarations, Inc. is a member of the following organizations:

National Association for the Dually Diagnosed

National Council for Community Behavioral Healthcare

National Low Income Housing Coalition

New Jersey Association of Mental Health Agencies

Supportive Housing Association of NJ

United States Psychiatric Rehabilitation Association

Recently due to budget cuts, Declarations has begun doing their own fundraising to be

able to provide necessary social programs which are not available from state funds. The agency held its flagship fundraising event recently on Saturday, May 4, 2013 to also commemorate its 10th Anniversary. The event had a Kentucky Derby theme and offered guests complimentary mint juleps and scotch-tasting, open bar, hand-rolled cigars, a full course buffet dinner as well as festive hats, activities and prizes post-race. The event was held in the private "Living Room" at 709 Restaurant in Point Pleasant Beach. The event was a great success and will be held again next year on Saturday, May 3, 2014.

Currently, Declarations is a participating charity in Macy's "Shop for a Cause Day" on Saturday, August 24th. Your \$5.00 purchase of a Special 25% off Savings Pass allows proceeds to go directly from Macy's to Declarations, Inc., a 501c3 organization. To purchase your shopping pass, simply phone their office and ask for Deborah, or email your inquiry to development@declarationsinc.org.

For more information on Declarations, Inc., check out their website: www.declarationsinc.org or you can call them at (732)792-6990. Also be sure to visit their Facebook page: <https://www.facebook.com/pages/Declarations-Inc> for updates on their good work and to follow their advocacy efforts in Washington. They are based in Manalapan. There are limited volunteer positions and unlimited need for donations and support. Donations can be made directly through PayPal on their website.


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Allyson K. Falk, DDS

On May 10, 2013 during a ceremony at Avery Fisher Hall at Lincoln Center, Allyson Falk received a Doctor of Dental Surgery degree from New York University. Dr. Falk lives with her husband Christopher Dinoia and their son Tyler in Cranbury, NJ. She is the daughter of Dr. & Mrs. Jerry Falk of Clarksburg, NJ.

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by: MORGAN TRACEY

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The word salad (mixed greens and dressing) comes from the Latin word salata, meaning salted herb, the ancients believing the dressing to be the most important ingredient. The Greeks and Romans loved salads, serving them for lunch and for dinner mostly as what we know today as dinner salads.

Hippocrates believed raw vegetables were good for the digestive system and should be served before the meal. But the Italians believed that the vinegar in the dressing made the wine taste bitter and served the salad last, a tradition that continues in many Italian American households today.

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Rustic Elegance, from **BARNDOORE's** Morgan Tracey. Each month we feature delicious recipes & news on all things culinary. This month: Our favorite Summer Salad from **BARNDOORE's** Executive Chef, Richard Zukowski.

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1/4 C Honey
2 T Basil, chopped

2 Pears, Bosc or Anjou
1 Cup Pecan halves
4 T Butter
1 C White Balsamic Vinegar
1 t Minced Fresh Garlic
2 T Tarragon, chopped
Salt & pepper to taste

Salad. Pears. Core pears and cut into 1/2" slices. Saute in butter over medium heat, about 3 mins on each side. Set aside. **Prosciutto.** Roll slices into cigar shaped cylinders. Slice into 3/4" thick rounds. Set aside. **Pecans.** Melt 2 T butter and 1/4 C sugar on medium heat. When sugar begins to melt add nuts stirring constantly until sugar is a light amber color. Quickly remove nuts, spreading out so they don't stick together. Let cool. **Salad.** Combine salad ingredients, reserving some for garnish. Toss with White Balsmaic Vinaigrette to taste.

White Balsamic Vinaigrette. In a food processore add vinegar, garlic, tarragon and basil. Pulse until well mixed. Add mustard and honey, pulsing just to combine all the ingredients. On low, slowly drizzle in 1/2 of the olive oil. Turn food processor on high and add the rest of the olive oil to emulsify. Season with salt and pepper.

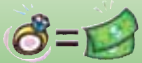
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Cycling For Cancer Patients

A Seventy Day Journey Across America

by: Pam Teel

Most College students from Jersey look forward to the onslaught of summer by just kicking back and enjoying their free time before having to head back to school in the fall. Whether hanging out with friends, lying out on the beach, or finding a temporary job, summer is all about fun. But for two Rowan Students from the area, it's all about what they can do for other people. Sophomore Jaime Kisthardt from Creamridge, and Dalton Trembow from New Egypt, will be cycling across America to help raise money for the Ulman Cancer Fund for Young Adults. Their expedition began on Sunday, June 2nd where the two met up with other cyclists in Baltimore, Maryland, to begin their journey across America to their final destination, Seattle Washington. That's right, over 4,500 miles in approximately 70 days, trekking from state to state using nothing but leg power, all in hopes of raising money to help young cancer survivors in the toughest battle of their lives.

Jaime lost her mom to cancer when she was just a freshman in high school. Jaime was fourteen years old. Her mom fought lung cancer for several years before it metastasized in her brain. Losing her mom was the hardest thing she ever had to face, but according to Jaime, it taught her, poise, humility, and a special appreciation for every facet of life. During her mom's illness Jaime was a relay for life Captain, which is a walk for Cancer, sponsored by the American Cancer Society. She made it her mission to raise money to help reduce the number of lives impacted by cancer. Jaime wanted to do more, so when a friend told her about the Ulman Cancer Fund and the ride across America for Cancer, Jaime felt the calling. "If I can help to change the life of even one person by fighting this disease, that's one less person who has to suffer the way my mom did and the way my family has suffered. This is what the ride is all about," Jaime emphasized.

Dalton, a freshman at Rowan has seen firsthand how hard it was on his girlfriend Jaime and her family after the loss of her mother. His uncle was also diagnosed with Burkitt's lymphoma after doctors found two large masses in his abdomen. His survival rate was expected to be less than 50 percent but after a tough battle and with the support of his family and friends, he beat the cancer. Dalton had

also participated in Relay for Life for a number of years, but over the past three years it had become more personal to him. His resolve to fight cancer has only strengthened his determination to raise money for the Ulman Cancer Fund.

Both Jaime and Dalton were Warrior award recipients in high school and are both biology majors and student athletes at Rowan University. They have been training for the ride for some time now and feel they are in the best physical condition for the journey. Sponsored by 4k for Cancer, the two cyclists, along with a team of thirty, some going to other west coast locations, will average about ten hours of cycling a day- approximately one hundred miles. With bikes donated by Princeton Sports, they will rest at host places such as churches, YMCA's, and schools. On their journey they will visit hospices, and other places to talk about young adult cancer.

The Ulman Cancer fund was started by college student, Doug Ulman, when at nineteen years old, after complaining about loss of breath, Doctor's found a malignant tumor on his ribcage. After it was removed, Doug struggled to find any support groups and related materials to read. Frustrated by the lack of resources and literature, Doug and his family helped create materials and provide resources to help aid other young adults affected by cancer. Their charity deals with young adults up to age 39. They stand by their motto that nobody should have to go through cancer alone.

4K for Cancer began as the Hopkins 4K for Cancer, when in 2001 a group of undergraduate students at the Johns Hopkins University decided to combine their desire to fight against cancer with their dream of cycling across the country. Founded by Ryan Hanley in the memory of his father who passed away from cancer, the 4K set off on the first 4,000-mile journey from Baltimore to San Francisco in the summer of 2002. After seven successful years riding under the Johns Hopkins umbrella and three years as a stand alone non-profit, the 4K became a program of the Ulman Cancer Fund for Young Adults.

This merger united two organizations that have similar histories, a common vision, and an extraordinary base of supporters. Both organizations were started and

grown on college campuses, and the long history of positive impact on the cancer community is derived directly from the passionate base of students and alumni. Their goal for the merger is to continue to empower their riders and alumni to make a positive impact in the cancer community, while improving the support that they receive to do so. The 4k is dedicated to enhancing lives by supporting, educating, and connecting young adults and their loved ones affected by cancer.

Since 2002, over 400 college students from all over America have journeyed over 4000 miles across America. Their goal has been to offer hope, inspiration, and support to communities affected by cancer along the way. You can help by donating and supporting Jaime and Dalton with a donation to their cause at the following websites. <http://4kforcancer.org/profiles/jamielynn-kisthardt> and <http://4kforcancer.org/profiles/dalton-trembow>.

You can also watch their progress as they



Dalton Trembow- wearing his- Ask me why I'm cycling over 4,000 miles shirt & Jaime Kisthardt wearing her 4Kfor Cancer jacket just before they left for Baltimore.

report back to this paper month by month, keep tabs on how much they have raised, and encourage others to donate a few dollars to their mission. A donation in any amount would be appreciated.

For more information about the 4K for Cancer program, or if you would like to learn more about becoming a participant in future 4000 mile journey's to help raise money for the Ulman Cancer Fund, please go to their website at: 4KforCancer/EveryMileMatters.

Help Support Jaime and Dalton on their mission! They're counting on you!

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The Curse Of A Fuzzy Face

by: Susan Heckler

Are you a sucker for a pretty face? Do animal rescue commercials tug at your heart? Does your home and your heart have room for one more?

It is very important to work with a reputable, experienced organization when deciding on pet adoption. Pet adoption finds a loving home for fuzzy faces. This is not something to be taken lightly. Animals come in many shapes and sizes but also temperaments. You want to be sure that the animal you chose is a good choice for your family. Some pets need large yards and plenty of exercise while others are not as energetic. Some pets socialize well with other animals and some need to be only pets. Do your family members have allergies? Does your pet-to-be appreciate the humans in your home? Not all pets are child-friendly. Experienced agencies will temperament test the animals before placing them for adoption.

In some cases, it may be a good idea to foster a pet. This provides a temporary home while a more permanent arrangement is being made. You can test-drive being a pet owner to see if you like it before making a long term commitment. It is also a big help since many rescue organizations have limited space to house the animals. Out of the 3 people I know who fostered dogs, all

3 ended up adopting them. The personalities were a good match and the story had a happy ending.

There are so many stray animals and unexpected litters. One solution is to spay and neuter your own pets to avoid unwanted pregnancies. A pair of breeding cats, which can have two or more litters per year, can exponentially produce 420,000 offspring over a seven-year period. There is a difference between a stray cat and a feral cat. A stray cat is social to humans. It is a domestic cat that has been abandoned or has 'strayed' from home and become lost. Stray cats were once pets and they can usually be successfully rescued and placed in homes. A feral cat is a cat who has either never had any contact with humans or her contact with humans has diminished over time. She is fearful of people and survives on her own outdoors. A feral cat is not likely to ever become a lap cat or enjoy living indoors. A feral cat is social within its own colony but not with people. Kittens of feral cats can be socialized if taught at an early age. Feral cats, in general, do not make good house pets.



One local organization, All Fur Love Animal Rescue, has taken a proactive approach to stray and feral cats. All Fur Love opened in 2011 AFLAR (All Fur Love Animal Rescue) was officially incorporated in the State of New Jersey on March 5, 2012. It is a 501(c)(3) organization, federal tax ID#

(EIN) 45-4715848.

AFLAR operates with a few volunteers and a small network of foster homes. Their goal for the future is to secure a piece of property on which to operate an animal sanctuary. They rescue animals

and arrange for adoption and fostering. They also perform TNR; Trap, Neuter, and Release. The purpose of this activity is to control the feral cat population, and prevent the spread of diseases among the feral and domestic cats, with the help of vaccination. Feral cats are trapped, spayed or neutered, vaccinated, tested for diseases, ear tipped for identification and returned to their original colonies. Caregivers provide shelter and food and monitor the colony.

The entire community benefits from the practice of trapping, neutering and returning animals to their original colony

locations. Through TNR, feral cat colonies are managed by licensed caregivers, who collect data on the animals. Cats that have been spayed/ neutered are less likely to roam, engage in nuisance behaviors or hunt. They are also completely incapable of reproducing.

All Fur Love provides sanctuary to older cats and those scheduled for euthanization by other shelters. Right now, its kitten season, so they are taking in as many as they can in order to socialize them and get them in to homes so they don't have to live outside as community cats. They have four adoption centers, Petco Howell, Petco Freehold, PetSmart West Long Branch and PetSmart Howell.

I saw the most adorable kitten huddled in the outside alcove of a government building recently. It was shaking and terrified. I called All Fur Love and within the hour, a volunteer came and picked the little guy up. He is 6 weeks old and now safe and warm and awaiting a new home, either foster or adoption.

If you are interested in fostering, adopting, TNR, donating or volunteering, they would love to hear from you! You can call 732-982-7235 or check out their website www.allfurlove.org



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Sector Rotation: Tailor Your Portfolio for Markets on the Move

Courtesy of: *Ronnie J. Guidone, CFP®*

Sector Rotation: Tailor Your Portfolio for Markets on the Move

Not long ago, sector investing was the province of institutional investors, who moved in and out of stocks in different industries to take advantage of cyclical changes in business activity. Today, this “sector rotation” strategy is readily accessible to individual investors through sector funds and exchange-traded funds (ETFs).

Sector Investing Defined

Simply put, sector investing is an investment strategy that involves identifying specific economic sectors and subsectors that are expected to outperform, and investing in strong companies within them.¹ It is a way of

capitalizing on market shifts caused by changing business conditions and investor focus.

Fundamental to sector investing is the fact that different sectors and industries perform differently in different phases of the business cycle. Typically, growth sectors, such as information technology, do best during an expansion, while defensive sectors, such as food products and tobacco, fare better during a contraction. At any given time, some sectors will perform better than others, creating opportunities for investors.

The table below illustrates how the five largest sectors within the S&P 500 have ranked in terms of performance in recent years.

Table Head: Leadership Rotation (Total Return)

2007	2008	2009	2010	2011
Energy 34.41%	Health Care -22.81%	Information Technology 61.71%	Consumer Discretionary 27.68%	Health Care 12.73%
Information Technology 16.33%	Consumer Discretionary -33.48%	Consumer Discretionary 41.30%	Energy 20.46%	Consumer Discretionary 6.12%
Health Care 7.16%	Energy -34.88%	Health Care 19.70%	Financials 12.13%	Energy 4.74%
Consumer Discretionary -13.21%	Information Technology -43.14%	Financials 17.20%	Information Technology 10.18%	Information Technology 2.42%
Financials -18.64%	Financials -55.32%	Energy 13.82%	Health Care 2.90%	Financials -17.06%
S&P 500				
5.50%	-36.99%	26.45%	15.05%	2.12%

As the table illustrates, no one sector consistently outperforms the S&P 500.

Source: *Standard & Poor's Capital IQ Financial Communications*. Sector performance is represented by the total returns of the top five GICS sectors within the S&P 500 for the five years ended December 31, 2011. Past performance is no guarantee of future results.

Where We Are Today

For sector investors, today's slow-growth economic environment poses potential opportunities—and pitfalls—depending upon the sector and the prognosis for what lies ahead. In 2011, defensive sectors such as utilities, consumer staples and healthcare outperformed growth sectors, which were the hardest hit by the halting recovery (see table below).

History has shown that the sectors and sub-industries with the worst performance during sharp market declines typically

perform best during recoveries. This appears to hold true during the market rally in the first part of 2012, in which growth sectors such as information technology and consumer discretionary outperformed.

Whether these same sectors continue to outperform for the remainder of the year will depend largely on the economy. If the recovery picks up steam, it may be reasonable to expect growth-oriented companies to benefit. On the other hand, if the recovery stalls or the economy slips back into recession, a shift back to defensive stocks might be in order. Thus, for the sector investor, it boils down to making a call on where the economy is headed, buying stocks of companies in sectors that stand most to gain, and selling those that stand to get hurt the most.

Sector Performance (Price Return)

	% Change	
	YTD as of May 22, 2012	2011
Consumer Discretionary	9.8%	4.4%
Consumer Staples	3.5%	10.5%
Energy	(6.1)%	2.8%
Financials	7.4%	(18.4)%
Health Care	4.6%	10.2%
Industrials	3.4%	(2.9)%
Information Technology	10.4%	1.3%
Materials	(0.2)%	(11.6)%
Telecommunication Services	5.9%	0.8%
Utilities	(1.3)%	14.8%
S&P 500	4.7%	0.0%

Source: *Standard & Poor's, U.S. Investment Policy Committee Notes, May 23, 2012.*
Past performance is no guarantee of future results.

Keep in mind, however, that sector shifts can occur quickly, and that unanticipated market shocks can derail even the most sophisticated investing strategy. That's why it's a good idea to limit your sector exposure to only a portion of your portfolio and to consider diversifying your sector exposure to more than one sector.

It's also wise to work with a Financial Advisor. I can help you identify the sector investments that may benefit from different economic scenarios and that complements your overall risk profile and asset allocation strategy.

¹Investments in specialized industry sectors have additional risks, which are outlined in the prospectus.

For More Information

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

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pertaining to one's personal finance, investing, and money in general. Our job is to guide you in finding better ways to manage your money and use your money to your best advantage. Keep in mind that your finances are always under your control, no one else's.

Working side by side with you, Millstone Financial Group can help you with your cash flow management. As an example, we can show you ways to help pay off your credit card bills by

finding money from other sources you might have within your means, or we can help you plan for your child's College Fund. We can help you with retirement planning, investment planning, risk management, insurance planning, and Estate planning by creating a detailed strategic plan tailored to a client's specific situation. We are up on all the changes that take place in tax laws, inflation, and ever changing interest rates that could impact earnings that you have already set aside. Let's face it, not everyone is good at managing money. A Financial Professional can help you better protect your assets; perhaps save you money you didn't even know you were losing.

Coming from similar backgrounds, both business partners graduated with a degree in Business and Economics, both worked on Wall Street and met each other while working for MetLife Financial Services. Michael worked for MetLife for twelve years and Donald for eleven, before being recruited by their mentor, Frank Congilose, who Donald quotes as having

changed their lives forever. Mr. Congilose broadened our knowledge and taught us to work for the client and not the company. As affiliates of Mr. Congilose, CEO of the prestigious C&A Financial Group, we stand behind our mentor's philosophy that our clients come first and are provided with the same advice and service that they would give to their own families or to themselves. We are here to help ensure that the wealth that you have built will grow and will be efficiently protected.

If you are interested in obtaining a Financial Professional, begin by asking friends, co-workers, and relatives for recommendations. Check credentials, look for experienced Professionals. Ask about background and experience. Don't be afraid to ask for references. A reliable Financial Professional will be more than happy to provide you with such information. We can tell you that many of our clients are from referrals from other clients and they can range in all ages from young families with kids, up to retirees.

Our goal is to help create wealth for our client while trying to minimize risks and to build long lasting relationships with our client that is based on stability. We can help you restructure finances; we can also show you potential mistakes that could be causing you to lose money that you didn't even know you were losing.

The Millstone Financial Group is here to help you with your long term hopes and dreams by trying to show you the best way to manage your money in order to obtain your life goals. If you need help with managing your finances, or you

want to make sure you are on the right track, call and make an appointment. The Millstone Office is located at 490 Route 33 West, Bldg. 2, Suite 5. They can be reached at (732) 385-8544.

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Local Award Recipients

The Millstone Township Girl Scouts Recognition Committee is happy to honor individuals who have made a difference to the Girl Scouts in our Community. This year's Recognition Committee has spent countless hours discussing this past year's events and who have made an impact on the girls. Michele Stillwell, Diana Kohlhepp, Sally Maloney, Michele Bomba, and Susan Bernieri are happy to announce the following individuals.

Three individuals were recognized as Regional Good Neighborhood Award recipients. This award recognizes community members, such as businesses or individual citizens, whose services have contributed directly to a troop/group, community or region.

Mrs. Patricia Meyer was a Girl Scout Volunteer who in 2012 celebrated her 20th year in Scouting. In the past, Patty has received various Girl Scout awards. This year she comes to us not as a leader, but as a citizen of Millstone Twp. to continue her dedication to the American Cancer Society Relay For Life movement. This event gives everyone in communities across the globe a chance to celebrate the lives of people who have battled cancer, remember loved ones lost, and fight back against the disease. Patty has been coordinating the New Egypt Relay For Life Cancer Survivor's Luncheon since 2009. She would attend Leader Meetings and announce the Kick Off, put out Relay information, secure donations and volunteers, collect donations for the Luminaries Ceremony bags, and transfer collected meals and supplies to the New Egypt event. Then Patty, along with other volunteers, worked diligently to make the Survivor's Luncheon a success. Upon Patty's retirement as a Girl Scout leader, we thought our involvement in Relay might respectfully fall into someone else's hands, or be dismissed as an annual project. Lucky for us, Patty showed up at a Leader Meeting



*front row: Maria Dellasala, and Patricia Meyers
back row: Michele Stillwell, Diana Kohlhepp, Mayor Grbelja, Margaret Patterson,
Stephen Hudacko, Michele Bomba and Susan Bernieri*

and offered to coordinate the event again. Therefore, Patty was nominated for the Good Neighbor Award for keeping Relay For Life in the Millstone Twp. Girl Scouts.

Mr. Stephen Hudacko is the father of one of our leaders and a grandfather to one of our scouts. Mr. Hudacko was a huge help with the Millstone Twp. Girl Scouts during our Encampment weekend last June. The theme for the weekend was a birthday celebration for the 100 year Birthday celebration of Girl Scouts. We planned on all the troops to gather under the big top and share a meal together as well as a cupcake and sing Happy Birthday to Girl Scouts everywhere. The problem with the idea was how were we going to cook for all these girls, set up camp, and do fun activities with the girls. Mr. Hudacko was approached by his daughter and he was more than happy to come up to Camp Sacagawea and cook for the whole Millstone Twp. Girl Scout Community. He with an older troop cooked up the food,

kept it warm and then helped serve us all. The night was a big success and ran very smoothly because of his assistance.

Mrs. Margaret Patterson was honored with Monmouth Council's Good Neighbor Award for her multiple years of Cookie Delivery Day involvement. Since her last award in 2007, Margaret stayed involved with the Millstone Twp. Girl Scouts by being our liaison to the Seniors and Girl Scouts for the Senior's Holiday Luncheon so the girls can experience bringing joy to the Seniors each holiday season. The Wishing Well Project is our Millstone Twp. Scouting project that has been bringing in donations of food, household and personal items for many years. Margaret is the contact person and helps in the distribution of our Wishing Well items. Margaret finds homes for our donations by distributing them to the Seniors and needy families within the community. This year Margaret also became the Seniors' contact person for

Isabella Cerri's Gold Award Project, which was a Senior Citizen Prom.

In Addition to those awards, Maria Dellasala and Mayor Nancy Grbelja received the Council Good Neighbor Award, along with a plaque, and was recognized at the Council Awards Recognition Ceremony on April 23rd. The Council Good Neighbor Award recognizes community members similar to the regional award, but the difference is the candidate has provided service to a Girl Scout Region for more than five consecutive years.

Maria Dellasala is the municipal clerk of Millstone Township. Over the years of being municipal clerk, Maria has served the Girl Scouts in various ways. She has worked with Paula Kinsey, Diana Kohlhepp and several others to secure rooms at the Community Center for our Leader Meetings. She has helped with supporting food and supplies for events like community clean up and Make a Difference Day. She has been a great contact between the Girl Scouts and the mayor's office. She was instrumental in getting the Gold Award girls their beautiful proclamations and plaques and for inviting the girls to the township meetings. She is a very busy person in her job, yet she always has time to help Nancy Grbelja is the mayor of Millstone Township. Over the years of being mayor, Nancy has served the Girl Scouts in various ways. She has attended events when invited, approved the township support of food and other items for our community based events, invites Girl Scouts of every age to come to the televised township meetings to congratulate them on their projects, services and more. This past year, Nancy came to our leader meeting and presented our Gold Award girls with proclamations and plaques for completing their Gold Awards. We were very honored to have her and we hope to make this a yearly tradition.



continued from cover

Tara Matthews earned her Gold Award while studying abroad in Costa Rica. For her project, she taught underprivileged children to speak English. Prior to her trip, she collected almost 1000 school supplies from her church, local troops and friends in order to donate them and aid them as she taught them English. As a result, Tara has become more appreciative of everything she has and it helped her find her passion in life, teaching.

Jamie Porzl started a club at Allentown High School that has been doing all sorts of yearly fundraisers and collecting school supplies and clothes that are sent to orphanages in South Africa. Jami will finally be going to Swaziland, South Africa this summer for two weeks to meet and help out the children she has been supporting for the past three years. On this trip, Jami will be teaching, distributing clothes and taking care of the sick children that are orphans infected with AIDS in the world where children are raising children. Jami's project proves that Girl Scouting is not all about doing crafts and selling cookies, but that the girls and volunteers do make this world a better place.

Silver Awards: Jullianne Wenc, Alexandra Sosa, and Carle Gould. Missing from the picture is Alex Mardega

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Happy Birthday Zip Codes

by: Susan Heckler

On July 1, 1963, non-mandatory ZIP codes were announced for the entire country. Happy 50th birthday!! The Post Office kicked off a massive advertising campaign that included the cartoon character "Mr. ZIP," and the mailing that day of more than 72,000,000 postcards to every mailing address in the United States, in order to inform the addressees of their new five digit postal code.

Prior to that, only large cities had postal zones. Concurrently with the introduction of the ZIP code, two-letter state abbreviations were introduced. This was all done to streamline the mail sorting and delivery process. The term ZIP, an acronym for Zone Improvement Plan, is properly written in capital letters and was chosen to suggest that the mail travels more efficiently, and therefore more quickly, when senders use the code in the postal address. The term ZIP code was originally registered as a service mark (a type of trademark) by the U.S. Postal Service, but its registration has since expired.

Robert Moon, an employee of the post office, is considered the father of the ZIP code. He designed a 3 digit code in 1944 which describes the sectional center facility (SCF) which is the mail processing facility nearest the address. The last 2 digits narrow down the closest post office. ZIP codes are numbered with the first digit representing a certain group of U.S. states, the second and third digits together representing a region in that group (or perhaps a large city) and the fourth and fifth digits representing a group of delivery addresses within that region.

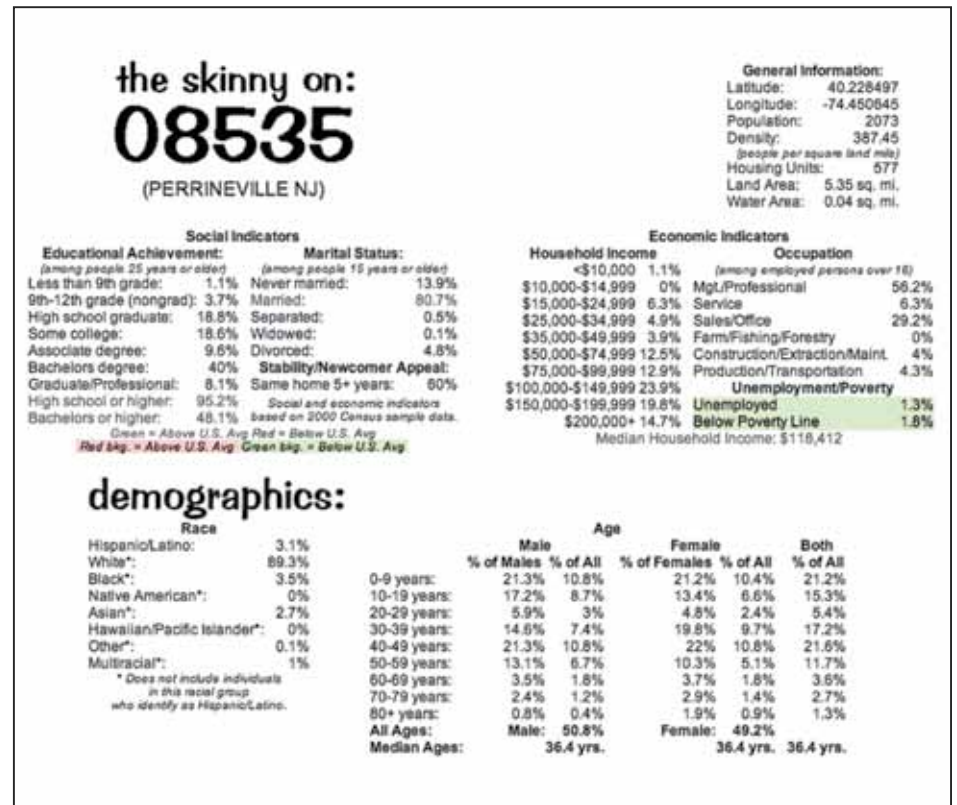
In 1983, the U.S. Postal Service began using an expanded ZIP code system that it called

ZIP+4, often called "plus-four codes," "add-on codes," or "add ons." A ZIP+4 code uses the basic five-digit code plus four additional digits to identify a geographic segment within the five-digit delivery area. There are over 42,000 ZIP Codes in the United States.

The basic format consists of five decimal numerical digits. An extended ZIP+4 code, introduced in the 1980s, includes the five digits of the ZIP code, a hyphen, and four more digits that determine a more specific location within a given ZIP code. ZIP codes designate only delivery points within the United States and its dependencies, as well as locations of its armed forces. The last line of a foreign address must only show the name of the country of destination.

In addition to easing mail delivery, Zip Codes have become valuable for statistical information. ZIP codes are used not only for tracking of mail but also in gathering geographical statistics in the United States. The Census Bureau provides many statistical data sets for ZIP Codes. The data is often used in direct mail marketing campaigns in a process called ZIP-code marketing. Point-of-sale cashiers sometimes ask consumers their home ZIP code. Besides providing purchasing-pattern data useful in determining the location of new business establishments, retailers can use directories to correlate this ZIP code with the name on a credit card to obtain a consumer's full address and telephone number. ZIP-coded data are also used in analyzing geographic factors in risk.

There are actually websites devoted to zip code information. Check out the below information available at the touch of a button.





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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 – it is wise to always have an updated list of all medications your parents take on a daily basis. You can place this in your



computer, phone, wallet or on a bulletin board. If there is ever an emergency the first question the paramedic will ask you are the current medications taken on a daily basis. It is so important to keep this list updated. Also, if they are allergic to any medications, have this information included on this list.

Discussion - Durable Power of Attorney **Why You Need a Will**

by Barry M. Weiner Attorney at Law

When a person dies without a will, many negative things can happen that would certainly be against the wishes of that person. The following are examples of disasters I have witnessed.

My wife's cousin, Albert, died at age 70 with an estate of 2 million dollars. He was abandoned at birth by his father and his mother died when he was 2. He was raised by my wife's family, always attended that family's functions and was estranged from all his fathers' relatives. Yet, due to the fact that Albert died without a will, his father's brother's son, whom he had never met, but was his closest blood relative, inherited the entire estate. I think Albert is turning over in his grave. At least I convinced him to put a tombstone on his grave, which reads "our favorite cousin Albert."

Even more depressing was the case of a widowed mom, who inherited her husband's home and specifically told me she wanted her young son to get the property. She remarried, needed money and put the house in her and her new husband's name to take advantage of his good credit when they refinanced. Unfortunately, when she passed away her new husband got the entire property and she unintentionally disinherited her son.

Situations like this can be avoided by having a properly executed will. A will lets you decide who the guardians of your children will be as opposed to having the state of New Jersey choose them. I have seen situations where the state names older grandparents where a sibling or friend may have been preferable.

A will allows you to give what you want, to who you want, when you want. It allows you to stagger distributions to your children and even

provide encouragement for higher education or drug testing for problem children to continue to get their inheritance. In addition, having a will makes it much easier for your family in time of need. So please take advantage of all the advantages having a will brings to you and your family.

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Millstone Township Foundation For Educational Excellence Awards Grant To Primary School For Interactive Author Visit

MILLSTONE TOWNSHIP, NJ, May 22, 2013 – Millstone Township Foundation for Educational Excellence (MTFEE) awarded a \$1,600 grant today at the “First Grade Show” to Millstone Township Primary School for an interactive author visit. MTFEE is a non-profit organization devoted to funding grants for items that nurture extraordinary educational experiences for every student in Millstone Township Public Schools, that are beyond the scope of the general school budget. MTFEE also awarded two grants in February for STEM (Science, Technology, Engineering and Mathematics) education programs, totaling \$4,203.19.

The award granted today was submitted by Collen Henkin, second grade teacher, on behalf of the second grade team which also includes Karen Gurico, Jackie Happich, Cheryl Hoffmann, Laura Hughes, Marian Peck and Donna Romano. The grant consists of a visit from published children’s author, Marcie Aboff, who will present a school-wide program

(Pre-K through 2) entitled, “My Life as an Author” to show students how ideas become books. During the presentation, she will read a story aloud and explain how she gets the ideas for her writing. She will also identify all of the people that are needed to publish a book. In addition, she will present her “What’s Your Story?” interactive personal narrative writing workshop to the second grade students to inspire them as writers. Ms. Aboff will return for a follow up visit with the second graders to provide feedback about their writing. The program is scheduled to be implemented in the fall of 2013.

In keeping with its mission, the grant will enhance the Writing Workshop curriculum for all grades—with special focus on the second grade curriculum—by providing Millstone Township Primary School students the opportunity to interact with a published author in a small setting and understand the process involved in publishing a book. Since 2002, MTFEE has awarded more than \$437,800 to Millstone Township

Public Schools. There are currently more than 60 MTFEE-funded grant programs running in the Millstone Township School District. Every child that matriculates through the school district will in some way benefit from an MTFEE-funded grant.

MTFEE grants are awarded every school year. Once grant applications are received and compiled, the grant committee has an opportunity to review them individually and then come together as a group to discuss them before their recommendations are presented to the entire MTFEE board of trustees for final approval. The committee utilizes a grading system, similar to a rubric that the teachers use, during the review process to fairly evaluate the applications.

For more information about donating to MTFEE, becoming a trustee, or its fundraising activities and events, please e-mail info@mtfee.org, visit www.mtfee.org and become a Facebook friend.



Collen Henkin, second grade teacher, Millstone Township Primary School and MTFEE Grant Award recipient



From left to right: Beth Cotler, vice president, MTFEE; Nicole Pyhel, president & information officer, MTFEE; Collen Henkin, second grade teacher, Millstone Township Primary School; Sarah DelGuercio, MTFEE trustee; Linda Griggs, auctions chairperson, MTFEE and Jennifer Pratt, MTFEE trustee

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Heroes to Heroes

by: Susan Heckler

We all have experiences in our lives that leave us with a lot to think about. Emotional experiences are dealt with in many different ways; some of us think long and hard, some of us find a hiding place to put sadness, and some of us take a negative and strive to find the positive.

Millstone resident Anthony Conoscenti co-chairs a veteran's business network in his firm in lower Manhattan and Jersey City. Heroes to Heroes was introduced to the network recently. Realizing the value this organization brings to veterans; Anthony felt it was very important to spread awareness closer to home amongst veterans and business owners.

Judy Schaffer is one of those people who finds a positive and fights for it. Judy's father, Irving M. Isaacson, was a World War II veteran. Unbeknownst to her, until his death in 2001, he had been working with wounded veterans for many years. She began searching for a way to continue with his good work.

In December 2009, Judy visited the Walter Reid Army Medical Center in Washington D.C. She met with many wounded soldiers and their families in search of finding an unfulfilled need in their care. In addition to physical injuries, many suffer from Post-Traumatic Stress Disorder (PTSD) which is a severe anxiety disorder with specific symptoms that can develop after the experience of an extremely traumatic incident such as the threat of a violent death or serious injury. PTSD can significantly impair social, occupational, or other important areas of functioning. This makes it very difficult for a returning veteran to resume the life they once lived and to live happily and productively. One common thread she found was that most of them wanted to go back to their combat unit. They wanted to finish the job they started, but they also missed being part of a team or their brotherhood. Many felt isolated and that only another veteran would understand their feelings. Unfortunately, the routine way to treat their emotional and physical wounds was through medication.

Shortly after Judy's visit at Walter Reid, she

traveled to Israel to visit her son. While there, she met with wounded Israeli veterans and saw very interesting and positive programs the Israeli government offers. She met with their directors and they gladly offered their services to American veterans of all backgrounds...a donation from various organizations with the assistance of the Israeli government.

Judy returned home and founded Heroes to Heroes. Many American Veterans are so disabled, they are unable to work. For those that may possibly be able to work, fear that if they attempt a job, they may lose their disability benefits. If the job didn't work out, it may take years to be able to get assistance. Because of this, there is no incentive to try and resume a normal, productive life as there is no safety net in place for them. Depression and suicide are very common among veterans. In 2007 the Department of Veterans Affairs began an intensive effort to reduce suicides among veterans and identify those at high risk.

In a 2012 report from the Department of Veteran Affairs, "of the 147,763 suicides reported in 21 states, 27,062 (18.3%) were identified as having history of U.S. military service on death certificates. Among cases where history of U.S. military service was reported, Veterans comprised approximately 22.2% of all suicides reported during the project period. If this prevalence estimate is assumed to be constant across all U.S. states, an estimated 22 Veterans will have died from suicide each day in the calendar year 2010." They are still gathering data and checking statistics, but this information is undoubtedly alarming.

Heroes to Heroes forms teams of 10 American veterans and send them to Israel for 10 days. There, they are partnered with 5 Israeli veterans who have had similar experiences. According to their website <http://heroestoheroes.org> "The purpose of the trip is to have participants motivate, inspire, teach and support one another as they are exposed to different perspectives, veteran's services and the sights and sounds

of the Holy Land. The trips are secular and veterans from all services and all backgrounds."

While on the journey, the participants are reintroduced to their spirituality. Visiting the holy sights of all religions can help them regain faith. Faith is so important in the healing process. They have the option of being baptized in the Jordan River, which many have said is an emotional cleansing and a fresh start on life. They plant trees in Israel and dedicate them to whoever they want, lost comrades, family, friends or themselves. Many pledge to come back to see their tree with family and friends, a positive sign of planning for their future and care for the next generation...renewal of faith and hope. They visit Jerusalem's 9/11 memorial, dedicated to Americans lost in the attacks. They visit the Western Wall and the Stations of the Cross.

The team enjoys physical activity as they do lots of walking, cycling and sailing throughout Israel. According to Harvard Health Publications "A review of studies stretching back to 1981 concluded that regular exercise can improve mood in people with mild to moderate depression. It also may play a supporting role in treating severe depression. Experts have known that exercise enhances the action of endorphins, chemicals that circulate throughout the body. Endorphins improve natural immunity and reduce the perception of pain. They may also serve to improve mood. Another theory is that exercise stimulates the neurotransmitter norepinephrine, which may directly improve mood."

The participants visit Israeli facilities available to their disabled veterans as well as learn from Israeli activist veterans about how they were able to turn their dreams into reality. Some of these individual disabled Israeli veterans have become business leaders who turned their military service skills into marketable private sector experience.

These 15 veterans are together for the entire 10 days, forcing them to socialize and feel the lost sense of a brotherhood and team. They have forged relationships with their American and Israeli peers - creating a new unit that is built on support and post-war experiences. This gives them the safe environment to begin to feel again, removing their sense of isolation, emotional numbness and emptiness. Each evening they come back and discuss the events of the day and share feelings. The teams are grouped geographically so upon their return home, they have friends who understand what they have endured. They come back to the United States and share their experience and do outreach to other veterans.

Heroes to Heroes are looking for veterans who would benefit from their program. To participate, there is an application process where they must come recommended and be screened. The third team will be leaving in October 2013 and has some slots open. These participants will be from the New York and New Jersey area. They are hoping to send 7 teams annually. Grand Rapids and Houston are currently building teams.

As with many organizations, funding is an object. They are entirely volunteer-based and the Israeli government has volunteered their services. Given this, the cost per veteran is only \$7,500. They depend on private donations and fundraising activities like their Golf Outing June 26 in Marine Park in Brooklyn.

If you know of a veteran who may be interested in participating or if you are interested in donating or volunteering, Judy would love to hear from you. She can be reached at info@heroestoheroes.org.

I have to say, people like Judy are my hero because they make a difference in our world for total strangers.

www.heroestoheroes.org



Team members from the 2012 trip meet with Israeli PM Benjamin Netanyahu

Hightstown A Glimpse of the Past

by: Pam Teel

Everyone who lives in the area has probably driven through Hightstown some time or other. Approaching the town via Route 33, just past the turnpike entrance, you're greeted by a sign on a rock wall that says, "Welcome to Hightstown- 1721," but did you know that very rock wall was once part of a railroad buttress that held up the elevated train track that crossed over Main Street and ran behind the storefronts? Passing over the Rocky Brook River on the other side of the Hightstown pond (Peddie Lake), one can still see the two rock structures on both sides of the bank.

Hightstown is a shining example of an old established town that first came to exist along a stagecoach route. At one time, it was the hub of agricultural activity, the center of rural mercantile endeavors, and famous for stagecoach stops along the way to various towns and cities. Later, it was to be known as a passenger and freight center, when in 1831, the railroad came to town. The John Bull, the nation's most famous old steam engine, chugged its way through Hightstown in 1833 along the Camden

and Amboy Lines. It made a daily trip from Bordentown to South Amboy as the first regularly scheduled passenger run from New York to Philadelphia. The train went parallel to Main Street where it stopped at the Hightstown Station en route to others towns and larger cities. John West, Sr. from Hightstown, was considered one of the oldest train engineers on record in 1887. In the 1880's, an additional railroad, the Union Transportation Company, called the U T for short, met the Camden- Amboy Railroad line at Hightstown. Coming from Pemberton, it ran through the NJ farm belt transferring milk, potatoes, cattle, and produce from Cream Ridge, Sharon, New Egypt, Wrightstown and other rural areas. Apples from Lee Farm in East Windsor were often taken to a cider mill and vinegar works in Imlaystown. Most of the other apples were sold to small grocery stores in Trenton. In 1938, young Dick Lee was given some chickens and turkeys to begin a 4-H project. Little did he know that over the years, it would grow into a thriving business. Lee's turkey farm is still up and running.

The history of the beginning of Hightstown dates back to 1721 when John and Mary Hight purchased some 3000 acres of land from the British crown in what is now known as the town of Hightstown. They built a log cabin next to the lake, on the north side of the Rocky Brook, and raised a family. The original cabin is said to have existed where the present fire station is located. (Before the fire station was built, there was also a large hotel on the same site). Sometime after their arrival, a mill was built, a blacksmith shop and other buildings, which would be the foundation for the center of the town. John and Mary's youngest son Joseph was born in 1739. He was a colonel in the American Army serving alongside such patriots as General Daniel Morgan.

Around 1834, there were about five hundred people living in Hightstown. There were six stores, a grist and saw mill, a millers house, a fulling mill, Aunt Purdie's House where cakes, cookies, soda, and baked goods were sold, the hotel, known as the Railroad Hotel, which was kept by David Perrine, Mrs. McChensey residence, and the



Formerly Wilson Hall circa 1869- now the Walter H. Annenberg building (Peddie School)



Longstreet Library on the Peddie campus

continues on page 32



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Stand Up For Those Who Stand Alone

by: Susan Heckler

Thanks to the many generations of veterans, we live a free life and enjoy The American Dream. Many men and women have lost their lives or have been severely injured in their efforts with the Armed Forces.

On May 7, 2008, US Army 1st Lt. Brian Brennan of Howell, an Operation Enduring Freedom combat veteran, was seriously injured in Afghanistan when an IED (Improvised Explosive Device) exploded under the Humvee in which he was traveling. The attack killed two other soldiers and a civilian. Lt. Brennan and Specialist Ryan Price of California were the only two survivors. Lt. Brennan suffered cardiac arrest, multiple fractures and traumatic brain injury. He returned home a double amputee. He received therapy for the traumatic brain injury at James A. Haley Veterans Hospital in Tampa, Florida. Brian was fitted with prosthetics and is currently able to walk. He has made remarkable strides in his recovery due to his determination and positive attitude. Miraculously, he not only has made a dramatic comeback from his injuries, but remains in the military service in Fort Benning, Ga. In September of 2012, he became the new commander of

Headquarters and Headquarters Company, Maneuver Center of Excellence, according Jack McNaboe, board member of Brennan Stands Alone.

When he returned home, Brian received tremendous outpouring of support from family, friends and total strangers. His community rallied around him to assist in getting his life back on track. The community came together to insure Brian had a handicap-accessible apartment to call his own. Brian and the entire Brennan family realize that the impact of the support he received, both medically and emotionally, assisted his recovery in ways they never thought possible. In an effort to give back and support his fellow military friends, **Brennan Stands Alone Foundation** was started in 2009.

The 7 member volunteer board has been busy raising funds, awareness and the lives of other wounded veterans. They travel to Walter Reid National Military Medical Center to meet with and help the families. They have financially assisted dozens of families from small amounts up to \$10,000 based on need. They form support groups for spouses and families, realizing the wounded veteran is not the only person traumatized by the injuries.

Some of the great projects that raised funds:

In 2009, Sgt. Michael Minard's home in Union Beach was made handicapped-accessible for the double amputee hero of our country. This was partially funded and furnished by Brennan Stands Alone Foundation. Hurricane Sandy caused some new construction in 2012. The foundation helped finance and fundraise the hands-on repair.

In 2010 Army Specialist Brendan Marrocco's Staten Island home's construction was partially financed by the foundation, allowing the quadruple amputee to have a home he could use and enjoy. He lost all four limbs fighting in Iraq.

In 2011 Marine Lance Cpl. Colin Pascik of Monroe Township's family home had an apartment added on for living space for this 21 year old who lost both of his legs to a roadside bomb. This was partially funded by the foundation.

UPCOMING FUNDRAISING EVENTS:

- August 3, 2013 VETStock at the Manalapan Parks and Recreation Center where there will be a free outdoor

concert, car show, craft vendors and family entertainment to benefit The Brennan Stands Alone Foundation

- August 7, 2013 Sixth Annual Golf Outing at Pebble Creek Golf Course in Colt's Neck to benefit The Brennan Stands Alone Foundation

- November 23, 2013 the Fifth Annual Let's Give Thanks Dinner held at Southard Fire House in Howell to benefit The Brennan Stands Alone Foundation

For more information on the Brennan Stands Alone Foundation and how you can help, contact them at Brennan Stands Alone Foundation, 10 Stratton Drive, Howell NJ 07731 or email brennanstandsalone@yahoo.com or check out their website / brennanstandsalone.org

Over the past few years, many concerts have taken a few moments to acknowledge veterans and enlisted people and saluted them with a patriotic song and a standing ovation. If you see someone in uniform, go shake their hand and thank them for putting their lives on the line for freedom. You will both walk away feeling really great. Anything you can do to support your veterans is greatly appreciated.



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Millstone Rockets Complete Their Season Undefeated

by: Pam Teel

The Millstone Girls United Traveling Soccer Team ended recently with an amazing season. Coming through winning two tournaments and becoming undefeated league champions, the girls and their coaches are ecstatic over their accomplishments. The rockets have dominated all season long playing other competitive teams such as the team from Wall, who they beat in the Manalapan Memorial Day Tournament; final score was 3-0. They also won the Monroe Flight A Champions, and came in first in their league. According to their head coach, Scott Bernstiel, "The Rockets are having one of those seasons where they have dominated all season long and have only gotten better week after week. They played their best soccer in their biggest games." Through the season they have collectively scored 38 goals and have given up only seven goals. They completed an amazing undefeated season finishing 13-0-3.

Bernstiel, assisted by coaches Sean Conaghan, Jim Keefe, and John Zeleznik, couldn't have been prouder of their girls as they continuously celebrated each win, taking their celebration to the Clarksburg Inn after the last game of the season where the girls triumphed over their undefeated status. Coach Bernstiel couldn't help but boast about the group of talented and dedicated girls that started playing traveling soccer together three years ago. He watched as they continued to get better and better every year, leading up to their best season ever. This group started playing traveling soccer when they were eight years old and now at ten and eleven years old they are one of the best teams around defeating other young

competitive girl traveling soccer teams from all over the county. Training three days a week, and averaging one game a week, their focus was on fundamentals and getting as many touches on the ball as possible. According to coach Bernstiel, "At each training, they touched the ball at least one thousand times and worked on improving their skill and touch. The focus throughout the year was on progression, not just winning. They focused on keeping control of the ball and did just that when it came down to the wire. The best part of this group is that they have become great friends both on and off the field. When not playing soccer, they can be found hanging out together just being kids." Bernstiel has two children on the team, Kaila and Tara. Tara stated that the reason they have so much success is the fact that they are great friends and that they can talk to each other about anything. It's a family atmosphere and it's a group that trusts each other and will stick up for each other on and off the field.

Madi Keefe said that when they are down in the count, they never give up. We keep going. In the beginning of the game she would look at her friend Tara and say, "We didn't come here to play a game, we came here to win." She especially loved the coach's second half pumped up speeches. We do clown around a lot but when we are on that field there is no stopping us. I love my team.

Team player, Alivia Caba, is thankful to be on the team, having signed up to play last year. She said that the practices helped her improve her skills. Her older sister, who used to play traveling soccer, has also helped her with her skills by doing drills with her at



Millstone Rockets team members include: Madi Keefe, Nicole Winouski, Christina Zelznik, Tara Bernstiel, Olivia Denney, Morgan Bell, Kayla Denney, Bella Denney, Alexa Abbate, Caroline Walker, Kaila Bernstiel, Hallie Conaghan, Sofia Micklovic, Alivia Caba, Stephanie Alves, not pictured- Sydney McIlvaine

home. "The team is like my family," she told me. "They all made me feel welcomed. The coaches were very supportive and never made anyone upset. They tell you what you are doing wrong in a nice way and help you get better."

The coaches have truly enjoyed watching the girls grow as players. Watching them work so hard and

being lucky enough to have gotten as far as they did is because of all the hard work they put into it. The Rockets have soared high! Where they go from here is anyone's guess. Here's hoping that your next season is as eventful as this last one!

For more info on Millstone United Traveling Soccer (MUTS), go to: www.millstonesoccer.com



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Consumer Affairs To The Rescue!

by: Susan Heckler

In the last few months, New Jersey is abuzz with stories of residents being taken advantage of by unscrupulous businesses preying on the victims of Hurricane Sandy. Unfortunately, many of those are true.

Monmouth County residents have a wonderful ally on their side, the Department of Consumer Affairs. The Monmouth County Department of Consumer Affairs has been servicing residents since 1977, handling complaints and resolving disputes which have saved consumers over \$12,000,000. Their principal objective is to carry out and enforce State consumer laws. They are sworn in by the Attorney General's office as quasi law enforcement officials but they only handle civil matters. Criminal matters are handled by the Prosecutor's Office.

In 2012, they recovered over \$1 million for consumers and to date in 2013, already exceeded \$1.6 million. Part of the increase in recovered funds was the exponential increase in claims thanks to Sandy. More importantly, is the proactive stance and public outreach the department has been doing under the guidance of County Freeholder Lillian Burry and the capable hands of the Consumer Affairs Director Annmarie Howley. Both women can be referred to as Women on a Mission.

Mrs. Howley assumed the position of Director a short 18 months ago. Since that time, the department has gone on a mission to reach out to the public to educate them on their rights and responsibilities as a consumer and also to the business owners. She has been able to do this thanks to the support of her liaison, Freeholder Lillian Burry. Rather than wait for claims to happen and then deal with the repercussions, they have opted to get out there and take the department on the road and seek out potential problem areas. One example of this is they have looked into one of the most frequent consumer complaints...used car sales. They compiled information from complaints on 34 used car businesses in Monmouth County and paid them a visit. Of the 34 businesses, half

were not in compliance with the consumer laws. Consumer Affairs tries to be business friendly while protecting the consumer. They endeavor to bring the businesses up to the proper standards to protect the residents. They educate the business owners to promote a healthy business environment. If situations are not remedied, Consumer Affairs will proceed with investigations and fines where applicable. Their preference is to keep the consumer whole, meaning to receive funds due them, rather than collect fines which will not benefit the injured party.

One very vulnerable sector of our population is the seniors. Monmouth County has many age-restricted developments and a large population of senior citizens throughout. Unfortunately, there are many less than reputable businesses that prey on the seniors. AnnMarie and her team visit two to three senior developments monthly with an educational program, explaining the scams that are out there and what a consumer can do to protect themselves against them.

They are also very involved in a state-wide program called The High School Consumer Bowl, which is an educational competition for high school students across the state. It was established in 1997 to educate young adults on a variety of consumer issues and is approved under the New Jersey Department of Education Professional Development Guidelines, thus enabling teachers who coach the students to obtain professional development credits. Our neighbors at Freehold Township High School won in 2008, 2009 and 2011. All participating students receive Certificates of Achievement. Winners at the county and regional level receive trophies. First, second and third-place winners at the state level, which is the final level of competition, receive individual medals and United States Savings Bonds.

Freeholder Burry has stressed the importance of reaching out into the community to educate the residents to be wise consumers and to have an approachable government. Much

of the job of this service oriented government agency revolves around consumers alerting them to rip-offs, price gauging, and other shady business dealings. If you have had problems with contractors or other businesses, contact Consumer Affairs immediately. They will do their best to assist the residents, and if they are unable to they will guide you to someone who may possibly be able to.

What Does Consumer

Affairs Do?

Investigates and mediates individual complaints

- Investigates the business practices of a particular business or industry when patterns of fraud appear
- Enforces the Consumer Fraud Act and state • regulations
- Refers complaints to the proper agency when necessary
- Conducts educational programs through speaking engagements, radio and T.V.
- Distributes publications warning consumers of unfair and deceptive business practices

What Consumer Affairs Cannot Do

- We cannot handle every kind of complaint. If we can't handle yours, we will put you in touch with someone who may be able to assist you.
- We cannot impose a resolution on either party.
- We cannot give legal advice or act as your lawyer.
- We cannot recommend one business or product over another.
- We cannot control the price for which a merchant sells his or her goods and services

They have a very user friendly website with very helpful tips for all consumers. Before making home improvement arrangements, donating to a charity, collecting on a sweepstakes, and other day to day decisions and transactions, take a moment to visit the site and be a wiser consumer. www.njconsumeraffairs.gov or you can call their office for information 732-431-7900.

New Jersey's Top 10 Consumer Complaints Trends

- Used Cars; Advertising / Used Car Lemon Law / Prior Use and Damage
- Computer Sales; Advertising / Unsatisfactory Service / Billing Disputes
- Debt Collection; Harassment / Billing Disputes
- Internet Sales / Goods; Defective Merchandise / Failure to Deliver
- Telecommunications; Unsatisfactory Service / Billing Disputes
- Home Improvement Repair – General ; Unsatisfactory Service / Billing Disputes
- Health Spas / Health Clubs Unsatisfactory Membership Services / Billing Disputes
- Home Furniture / Furnishings; Failure to Deliver / Damaged Furniture / Refunds
- Car Repair-General; Unsatisfactory



Freeholder Lillian Burry

Service / Billing Disputes

- Model Agencies / Talent Agencies; Unsatisfactory Service / Billing Disputes

One of their 'Rules of Thumb' to residents is that if something seems too good to be true, it probably is. The site gives great information on scams claiming prize winnings, how to check the honesty of a charity, how to hire a contractor and warnings about mail order shopping.

Unfortunately, Sandy caused much of New Jersey to be in a State of Desperation, with many residents making impulsive decisions to try and save their homes from destruction and exist without basic services. Your Consumer Affairs Department was out on the road, in neighborhoods and holding seminars (more comprehensive than those offered through FEMA) to help the residents deal with the aftermath. The agency had firm orders from Freeholder Burry, with help from the ever responsive Congressman Chris Smith, that although the offices were closed due to power outages, their jobs still needed to be done and they must be sure promises were delivered.

Remember those horror stories of contractors taking advantage of residents during desperate times? Suffice it to say they have learned that New Jersey is strong in more ways than they realized. If you mess with the residents of Monmouth County, you will have Lillian Burry and AnnMarie Howley to deal with!

The moral of this story is age-old, caveat emptor or "Let the Buyer Beware." You have a great reference in The Monmouth County Department of Consumer Affairs to help you make the right decisions. If those decisions don't work out, they have your back. It's just another example of your elected officials making good use of your tax money and doing the job you elected them to do. Thanks guys!



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continued from page 24

store of R.M. Smith. By the 1840's, more store followed. There was a Methodist, Baptist, and a Universalist church in town. An Academy was also built, along with 80 to 100 new dwellings. Some of the original buildings are still standing today.

In 1854, the Hightstown Female Seminary was founded. It was an American Baptist school. The school changed its name to The New Jersey Classical and Scientific Institute in 1865. In 1866 the buildings name was changed to Wilson Hall after President, William B. Wilson, of the Board of Coordinators at the time. In 1869, it had 150 students and 10 masters. Later that year, boys were admitted. In 1872, the school took the name of Peddie Institute after Philanthropist and Politician, Thomas B. Peddie, who gave the school \$25,000. The earliest sport of the school was baseball. The first game was played in 1870 against Freehold. It wasn't until 1885 that the baseball team became an interscholastic team. In 1885 there was a voluntary cadet corps organized where military drills were provided to all who enlisted. Under the direction of Rev. Dr. Joseph Perry, who served as the acting Principle from 1892-98, a dining room hall was added, an octagon house was acquired and eight acres to the south of the campus and the Peddie woods were purchased. In 1897, the school was recognized as one of the eleven schools having the largest endowments and the finest facilities for education in the entire country, School rates ranged from 200-250 per year for boarding students. There were 12 teachers whose pay ranged from 400-650 per year and included from boarding.

Former student, Walter Annenberg, class of 1927, became the ambassador to the United Kingdom and founder of the TV guide and Seventeen magazines. He helped fund a new library for the school, dormitories, an athletic center and a science center. After his death in 2002, he left \$100 million dollars, that's correct; you read it right, to the Peddie School, which was to be used for financial aid so students from all backgrounds could attend. The name was officially changed in 1923 to the Peddie School. He helped shape the school into what is it today. The campus is sprawling with architecturally designed buildings and in the middle is a large grassy field or common area for the students to enjoy. To find out more about the Peddie School, go to: <http://www.peddie.org/>

There was a school called the Hightstown Academy, which was the first public school in the town. It was a two-story two room structure, built in 1841 on Mercer Street. Two additional rooms were added later because of overcrowding. It was torn down in 1894 to make room for the new Mercer Street School. There was also the Hickory Corner School circa 1910, the Etra School, circa 1911, and a new high school that was built on Stockton Street in 1913. Students were transported to and from the Mercer Street School by horse drawn wagons called Carryalls. Each vehicle held about 15- 20 students. Along Mercer Street a boardwalk was erected because of a brook flowing underneath.

Clara Barton, founder and president of the Red Cross, taught for seven months at the Cedar Swamp Seminary on Cedarville Road after visiting friend Charles Norton and staying at his family farm on Imlaystown Road. Norton picked her up in horse and buggy at night from the Hightstown Train Station and drove three miles in complete darkness back to his farm. She didn't get to see much of the charming countryside until the following morning.

The Baptist Church was built in 1785. A Methodist church was built in 1860. It is located at 171-173 Stockton Street. The first Presbyterian Church was built in 1869. The first St. Anthony's R.C. church was built in the mid 1800's in a little building on South Main Street near the corner of Mercer. The Universalist church lasted until 1936 when it was razed to make way for the new post office

Although fire destroyed many of the original stores on Main Street, some of the old original structures still exist today. Across from Peddie lake, on the very end is a tiny building that has a Psychic sign above it. This tiny building was used as a clam and oyster house during stagecoach stop over's. It could only fit 3 stools in it. It has remained unchanged throughout the years. The fire station in Hightstown was around since 1835.

The Borough has seen many floods in its history due to storms that caused the lake waters to rise, but some claim it was never as bad as it was in 2011 when Hurricane Irene blew through. The fire station and surrounding stores were under 2 to 3 feet of water and damage to Main Street was extensive.

Driving down Stockton Street and throughout the back roads, you will see well preserved renovated homes that reflect the architecture of the times. Listed on the National and State Register of Historic places, the Stockton Street Historic District includes fifty-six dwellings, twenty-six support structures, one monument and one great church. The district contains mostly residential dwellings dating just prior to the civil war through the turn of the twentieth century. A small triangular park with a marble monument to the Civil War is located at the intersection of Rogers and Stockton Street. The homes are of historical architectural value. Some are in the federal style, some high style Victorian, and some turn of the century eclectic. Some of these homes are displayed in yearly tours. They include the Pullen-Black House circa 1850's, The Woolsey Baldwin house circa 1789, The William Norton House circa 1853, George W. Ford House, circa 1917, William R. Hancock House, circa 1922, and the Ely house. The Ely House, located at 164 North Main Street, also serves as a museum and reference library with history and artifacts from Hightstown and East Windsor. It is open to public the last Sunday of each month. The house stands on land originally purchased by John and Mary Hight.

During the 1940's approximately 350 people were employed by the Hightstown rug mill on Bank Street. The mill is no longer in operation,



Psychic shop was used as an oyster and clam bar for stagecoach passengers passing through. Notice the stone railroad wall on the side of the building behind the iron gate. This is where the elevated train tracks rested.



Small Falls on the lake



The Ely House - now a museum



Railroad Buttress where Train track once was elevated over the main road. Sign attached to it welcomes you to Hightstown Circa 1721



The First Baptist church on Main Street dating back to the mid 1700's- in the foreground- the obelisk fountain

but the old factory remains. The town council has been trying for years to come up with a plan to restore it and make some use of it. There was also a lace factory in town, thus giving way to the industrial era in Hightstown.

Hightstown Borough was incorporated in 1853. As of the 2010 census, Hightstown has a little under 5,500 people living within its borders. Main Street is made up of varied businesses and restaurants that extend down old route 33, bordering along its close neighbor, East Windsor.

Did you know Hightstown had its own parachute tower located in a field off of route 130? It was built by The Switlik Company, and it was said that Amelia Earhart gave Switlik the idea for the structure based on one she saw in the USSR. At the time it was used for US Marine Corps training. The Hightstown diner was started in 1927. It was replaced with a new diner in 1936 that is still serving customers today.

Though traces of the old railroad are all but gone except for the town's stone buttresses, Hightstown remains a quaint lakeside town and welcomes visitors to enjoy the ambiance of its community. In the spring, downtown Main Street is lined with beautiful hanging baskets. Park your car and enjoy a nice stroll by the lake where you can see the small waterfall filtering the pond water down into the brook below. Walk through town and visit the quaint shops that include Second Chances, an antique store, the Perennial Home Store that sells home furnishings, accents and giftware. They also showcase the works of local artists and craftsmen, The Reed House Art Gallery, Musing Antiques, located at the famous Smith House on Stockton Street, The Shoe Buckle, Hightstown Pharmacy, and other small businesses, or enjoy a drink or two at the tavern by the lake. Study the carvings of the obelisk fountain that commemorates the history of the town or admire the Historic District and the architecture of the Victorian homes on Stockton Street. Stroll by the Peddie Campus, which is a non-dimensional, coeducational College Preparatory school located on 280 beautiful ly landscaped acres. If you like history, Hightstown borough has plenty of it. It certainly is worth an hour or two of your time! For more information on the history and people that made Hightstown what it is, I recommend reading- Images of America- Hightstown and East Windsor by Peggy and Frank J. Brennan, Jr. For an update on Events in Hightstown go to: www.downtownhightstown.org/about-hightstown/historic-district.

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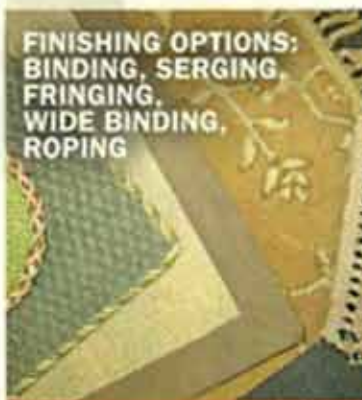
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PLEASE MENTION YOU SAW THIS AD IN THE MILLSTONE TIMES

First Step Education Preschool

Providing Academic Excellence to Young Inquisitive Minds

Open House July 1st / Summer Programs- Register Now!

by: Pam Teel

First Step Preschool recently opened its doors to the surrounding communities that share its borders. Located just off of Route 33, (heading towards Freehold,) and in between Woodward Road and Sweetman's Lane, look for their preschool sign on the right along with another sign that says, "Enrolling Now." Turn into the long driveway that takes you away from the busy road and into the quiet bliss of the countryside. The preschool is nestled among tall pines and set back far enough to give you a great sense of privacy and security for your child. The building is also wheelchair accessible.

The Preschool is run by Owner and Director, Ruth Garcis, who started a small preschool out of her home two years ago and because of her love for children and her quest for quality education, decided to relocate to a larger facility. After renovating an existing building, Ruth transformed it into a bright and cheery school for little ones to come and expand their horizons. The preschool has a capacity to hold 45 students from the ages of 2 ½- 6 years old. It offers both half days and full days. Regular time is 7-5:30, but earlier and later times are available at no extra cost for those who need to be in work earlier or come home later. (6:30am-6:30pm) The classrooms are broken down by age groups and a kindergarten class is offered. With the guidance of certified and qualified teachers, the day is broken down according to half and full day schedules where a creative curriculum is followed. Some activities covered include, creative arts, music, library time, social skills, dance, small group work, story time, language Arts, reading, math, science, storytime, puzzles, and games. There is also a safe secured fenced in play area outside. Breakfast,

snacks and lunch are also served depending on length of stay.

Parent involvement is important to Ms. Garcis. Parents are encouraged to come in and read or do an activity with the children as well as come along on field trips. There are also hands on activities like simple science projects, story writing, activities working toward developing fine and gross motor skills and cognitive activities that help enhance and nurture the child as they continue to grow and learn. "They learn at their own pace," states Ms. Garcis, "thus promoting independence that leads to greater self esteem."

After receiving her BA in Sociology and her MBA in Management, Ms. Garcis's love for this age group came when she was hired as a consultant to help set up preschools for the State. This is where she fell in love with the preschool age group and decided to shift her career in a more satisfying direction.

July 1st is the official opening for the school. Stop by and help kick off the school's nine weeks of summer camp where children will create great art projects, participate in some fun water play, go on field trips, and much more. If you're looking for a preschool in the Fall, registration is now open. Register early and save \$100.00 dollars on registration fees. If you live in the Freehold, Monroe, Millstone Township, and Manalapan area, and are looking for a more personable, one on one preschool, then call and set up an appointment with Ruth. The preschool has a lot to offer in both Academics and fine care. The bright cheery rooms and the private location are ideal for those concerned with security issues. Go and check it

out for yourselves. It's a great place to send your kids. They'll be sure to get the extra attention that they deserve.

There are also twenty spots open for children who fall under the eligibility of the Child Care Resource Program of NJ. (Under the Department of Human Services and the Division of Family Development.) CCRNJ helps New Jersey families find quality child care and educational services. The program pays for and helps children stay in preschool whose parents might have lost their jobs, or for children being cared for by relatives, or children needing extra care before and after preschool, and other circumstances. To find out if you are eligible for CCRNJ go to: info@CCRNJ.org.

To reach Ruth B. Garcis- phone 732-446- 0850 / FAX: 732-851-7909 / Email: fsedul@gmail.com or go to the website: www.fsepreschool.com The school is located at 251 Route 33 East, Manalapan, NJ (if you pass Monarch Glass on the right, you went too far).



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Sprinkling Some Happiness

by: Susan Heckler

You are pregnant again! How exciting! Mazel Tov in Hebrew, Felicitaciones in Spanish, Gong xi in Chinese, Felicitações in French, Glückwünsche in German, Congratulazioni in Italian, Gelukwens in Dutch, Parabéns in Portuguese, поздравления in Russian, Gratulerer in Norwegian, Omedetou in Japanese, Mubarak ho in Urdu and Badhai ho in Hindi. In any country and in any language, a baby is a blessing and an exciting time for the new Mom.

With your first child came your first experience expecting your baby's arrival. It is all so new and exciting. You need everything the aisles of Babies R Us has to offer and hope to receive most of it in your 'surprise' baby shower, the one where you have already gone up and down the aisles with a scanner, entering your heart's desire into the computer registry. When you open your gifts, you get to act surprised but in actuality you are thankful it is something you want and need and won't have to figure out how to exchange. This part gets a little testy when you have relatives that re-gift.

With your second pregnancy or even your third or fourth, you are just as happy and excited. Each child is a miracle all to themselves. There are plenty of opinions as to whether or not a shower should be thrown after the first child is born. The new trend is to tone down a baby shower into what they have called a Sprinkle. Rather than showering the mom-to-be with gifts, you sprinkle her with a few necessities.

Since a baby sprinkle is less formal than a shower, it isn't necessary to go all out when compiling the guest list, decorating, catering, providing entertainment and

offering baby shower favors. Some expectant parents prefer a coed celebration with children, and this is perfectly acceptable in the case of a sprinkle. Some people opt for an abbreviated guest list to keep the cost and the chaos down. Be careful with this; you don't want your friends to feel they didn't make the "A" list since they were invited to the first shower and got cut from your list.

For Mom's having the same sex baby as their first child, this celebration will stock repeat parents with basic affordable necessities they'll need right away and go through quickly, like diapers, diaper cream, baby bathroom essentials and wipes. New outfits are great if your second isn't the same season as your first or a different sex. Guests of a sprinkle should not feel limited from buying big ticket items. Most of those will have been received with your first child, but sometimes a duplicate item may be helpful like a second car seat if the children are close in age, a double stroller, or crib bedding if you have two in cribs.

A sprinkle is mostly about family and friends celebrating a new addition. You can still play the typical baby shower games, have fun with a theme and have just as good a time. Happiness and family are stressed rather than gift giving. Your first child can take part in the sprinkle, and hopefully your guests will be mindful of them and make them feel special. After all, you are also celebrating their becoming an older sibling.

Shower, Sprinkle...call it what you wish. It is wonderful to have a happy occasion to celebrate with those you love.

MRLLA's Win Minors Baseball Championship

The Millstone-Roosevelt Minors A's won the minors championship on June 17th, 3-0. They finished the regular season undefeated and ended up with a 14-1-1 record. Last week was a game for the ages as Justin Kobrin and Michael Timberlake combined on the shutout. Michael Ragosa and Matthew Cook delivered timely hits to put the A's up for good in the bottom of the 5th inning. Michael Doran was the hard luck losing pitcher giving way to a sore arm in the bottom of the 5th. Coach David Dominici praised his whole team on an outstanding performance and stressed that the A's won as a team and everyone contributed one way or another. He also praised his coaching staff for a tremendous effort all season as well as congratulating The Rockies on their performance.



Team Roster

Joseph Abarno, Matthew Cook, Antonio Dominici, Justin Kobrin, Max Kuchar, Jack Martinek, Drew Paglia, Brandon Payne, Michael Ragosa, Michael Timberlake, Ben Uher

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