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GUNTHER
Publishing Enterprises, Inc.

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Inside this issue: *Beloved Teacher Counts Down Her Days, Does Your Mailbox Say Something About Your Personality?, Bullying...We're Kickin It!, Warm Weather Is Here: It's Time to Protect Against Ticks*

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Second Entrepreneur Networking Event Proves “There’s No Place like Home”

by: Susan Heckler

On Thursday March 9, Gunther Publishing Enterprises held their second Millstone-area Networking Event at Luchento's Ristorante at 520 Route 33 in Millstone Township. The event was organized by Gunther Publishing Enterprises Inc. owner Cami Gunther and Gunther Publishing Account Executive, Jolene Conoscenti. As promised, this event was even bigger and better than the first one in March.

This meet and greet event was a great opportunity for local business merchants as well as the new businesses in the area to network in a relaxed, social atmosphere. As in many networking events, you never know who you may meet and what connections you will forge for the future of your business. In so many cases, who you know can be more helpful than what you know. The beauty of this event is it highlighted the businesses in the Millstone area, giving all a chance to meet their neighboring businesses, always a plus for referrals and friendships. The attendees had a chance to mingle, network, make new business contacts while enjoying the great food and drinks.

Co-Sponsors Ronnie J. Guidone, CFP (Financial Advisor, Financial Planning Specialist with Morgan Stanley and Matthew Merritt (a Broker Associate for Prudential NJ Properties) were in attendance. These gentlemen made the rounds and made sure everyone got a proper introduction and made themselves at home.

The Charity for the evening- Lorraine's I Believe Foundation was highlighted, as will other charities in the future. For more information on the charity, check out their website www.LorrainesIBelieveFoundation.com. The outpouring



“Our Smiles Say It All.” From Left to right; Matt Merritt- Prudential NJ Properties, Gunther Publishing Enterprises, Inc., owner - Cami Gunther, Ronnie Guidone- Morgan Stanley and Gunther Publishing Enterprises's Account Executive - Jolene Conoscenti at Luchento's Ristorante at 520 Route 33 in Millstone Township.

of gift donations for the raffle made the fundraising aspect a great success. Many thanks go to the Giordano Family of Lorraine's I Believe Foundation for the Summer Tray and Back Yard Basket, Cami Gunther of Gunther Publishing for the Gift Certificate towards advertising, Morgan Tracey from Barndore for the Barndore basket giving a sample of their great offerings including an apron, spices, mug and treats. Brian Curiale of DoubleTree by Hilton Newark Airport

continues on page 32

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ASK the DOCTOR

by: Sumeera Baig, MD,
RWJ Family & Internal Medicine,
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I'm stressed out! Should I see a doctor?

We all feel stressed sometimes. Frustrations at work, relationship issues, family problems – these can all lead to stress.

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

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

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

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

Find your quiet place. Close the blinds in your office, take a walk in the park or schedule a massage. Whatever your stressor, take time to be quiet. Listen to yourself breathe and reclaim your balance. Don't multitask. Multitasking is a myth not a gift. It creates stress and average results. The key to productivity – and reduced stress – is to do one thing at a time. – Sumeera Baig, MD, RWJ Family & Internal Medicine, Robert Wood Johnson University Hospital Hamilton

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

Allentown Garden Club And Allentown Art Guild To Partner On 2013 Hidden Gardens Tour Saturday, June 8 • 9:00 AM – 2:00 PM

Allentown, NJ – Garden and art lovers are in for a special treat this June, when the Allentown Garden Club and Allentown Art Guild partner on the Hidden Gardens Tour. The tour, historically offered just every two years, offers rare glimpses into area residents' most exquisite private gardens. The 2013 Hidden Gardens Tour features a number of gardens in Allentown, NJ and surrounding areas and, for the first time, will also include art displays from Allentown Art Guild artists with artists at work in the gardens.

The tour date is Saturday, June 8, 2013, 9:00 am to 2:00 pm, rain or shine and advance tickets are currently available for \$15 at Allentown Public Library, Main Street, Allentown or by sending a self-addressed stamped envelope to Allentown Garden Club, PO Box 74, Allentown, NJ 08501. Tickets will be available on the day of the Tour for \$20 at Keris Tree Farm, Route 524,

Allentown, NJ.

Attendees will also have the unique opportunity to shop for plants at Pleasant Run Nursery. This wholesale nursery has graciously opened its doors for this one day to allow tour ticket-holders to visit, view their display gardens and purchase plant material during the tour. Sales are cash or check only. The nursery is over 15 acres and features many rare and hard-to-find Woody Ornamentals, Perennials, Vines, Grasses and Tropicals.

The Hidden Gardens Tour is recommended for gardening lovers of all experience levels and varied gardening interests. In addition to the opportunity to tour the private gardens and see the artists at work, one lucky person will receive a painting by AAG artist Andree Lisette Herz.

For more information about the Hidden Gardens Tour, please contact Pat Brown at 609-259-0334.

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Beloved Teacher Counts Down Her Days

by: Pam Teel



Joanne Schiumo helping out during the MCE play rehearsal of the Jungle Book.

Millstone resident, Joanne Schiumo has mixed emotions about retiring in June. Although she loves working with children, she feels it's time to do other things, like traveling, and gardening, and getting ready for her new grandchildren in mid September. Her daughter in law Melissa is having not just one baby, but triplets, and knowing the kind of woman that JoAnne is, there is no doubt that she will be there to help her son Michael's new family out any way that she can. Teaching has been her life for the past twenty six years. Mrs. Schiumo started out as a substitute teacher in the Clarksburg school, now the Municipal Building, before being hired as a second grade teacher in the newly built elementary school at the time. Some of us were lucky enough to have had the pleasure of our children attending the Clarksburg school and getting to know the teachers on a more personal level before the school could no longer handle the new growth in the township. There is nothing but fond memories of the teachers who started out at the Clarksburg school and their devotion and dedication to each and every child. That devotion and passion from these very same teachers followed them over into the Elementary School. Especially in Mrs. Schiumo's second grade class where she greeted little faces every morning with a song and a poem and if needed, a hug. Joanne started what was to be called the Friendship club in her classroom. She wanted the atmosphere to be one of family where everyone helps each other. She wanted her kids to know that when they walk in her door, they are in a safe place; that respect for each other is everything. She taught students to care about

each other as they worked within teams in the classroom. She also taught them how to be good listeners and how to stay organized. Mrs. Schiumo felt it important to establish these good rules in the beginning and use it as a guide as the school year progressed. She taught her children to look on the bright side of everything and to be open and positive. It's no wonder she was able to switch gears so easily from teaching second grade for twenty one years to kindergarten for the past three years. Her loving nature and her genuine concern about each individual student made it an easy transformation for her.

Joanne clearly cares about the children that have crossed her path. Striving to help each student become successful in her classroom has been her main goal and she doesn't forget about her students once they've moved on either. Katie Citron is a senior at a Biotechnical High School in the area. She had the privilege of having Mrs. Schiumo in second grade. She remembers what a great teacher she was and how she had such a positive influence on her. She even called Katie at home when she was in eighth grade to personally congratulate her for getting the top student award.

Second grader Mia Colsom had Mrs. Schiumo for kindergarten. Her mother Marcy couldn't empathize enough the amount of compassion that this woman had for all of her students; the passion in her teaching and the love she had for them all as if they were her own family. Her daughter couldn't have had any one better to start off her academics.

Another former student, Matthew Merritt, who works as a Realtor and Broker for Prudential Real Estate in Millstone, had this to say, "Mrs. Schiumo was my 2nd grade teacher. I can remember her always being very involved with every student as if they were her own child. She is the type of person that would go over and above to help, guide or educate someone. Even to this day when we have seen each other from time to time, she has always been a positive individual who seems to always lift you up no matter what the situation. I consider her teaching and mentoring as one of the core building blocks in my life. Looking back on where I am today, she is definitely one of the few people who I can say made a lasting impression and difference in my life."

Former teacher, since retired, Gail Hillman has nothing but the best to say about her long time friend and co-worker. She knew from the minute Joanne walked into her classroom with her small son Michael that they were destined to be friends. Michael was in her kindergarten class and the two women immediately became friends. Gail considers Joanne her sister friend. They are a big part of each other's families. Having worked side by side together for many years, Gail describes Joanne as a soft spoken person. Aside from her wonderful knack for teaching, she credits Joanne for her gentle, loving, nurturing way toward every child that walked into her classroom. "The children responded to her love," Gail pointed out. "She stayed true to her values of what a good teacher should be. She never had a harsh word for anyone. Her devotion was to her students and her family beliefs. Her heart makes her who she is. Her love for what she does is her center core," Gail went on. "Any child that needed help, Joanne would have lunch with them and give up her spare time to give them the extra attention that they needed. Parents adored her and they knew that their children were very lucky to get such a devoted teacher." Parents still continue to adore her and everyone that I spoke to about her had nothing but good things to say about this woman who touched so many hearts.

Joanne was lucky to have the career that she always dreamed of. When she was in sixth grade, she was a monitor for a kindergarten teacher. She got to help the teacher with her class. She credits her love for teaching on the great experience she received being the teachers helper. A seed was planted in her and as she got older the desire to teach became greater and greater. Joanne had the pleasure of tracking down her former mentor, who is now an award winning poet, and thank her personally. They still keep in touch.

Perhaps one day one of Joanne's own students will be knocking at her door or calling her up on the phone telling her how much they were inspired by her. I have no doubt that will happen, if it hasn't already.

Although she won't be teaching kindergarten after June, Joanne will still be active in the community. She plans on continuing helping out with the homework club, various fundraisers, and teaching CCD at church. She would still like to work with the kids in the school plays and perhaps

even go into private tutoring. Whatever the case, she may be leaving the school, but not the community. She will always find ways to help nurture and guide the children of this town. As for her former students, you're never too old to give a hug! Best wishes to you Joanne in all your future endeavors.




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Does your Mailbox Say Something About Your Personality?

by: Pam Teel

At the end of most driveways is a mailbox. Tin ones, plastic ones, metal, rock, and wooden ones that come in all shapes and sizes. We pass them every day to and from our busy life schedule, but we don't really pay much attention to them other than putting in and retrieving our mail from them. Some are like fortresses with lock and key to get in, piece of mind against mail predators, and some look neglected and are just rusting away. Some even have planters on the side of them. Some are so durable they'll outlive us all, never to worry about replacing them in our lifetime. Some are built to stand up to the town snowplows and even an F4 Tornado, but did you ever come across one that just makes you downright smile? A mailbox that seems to draw you to it, attracts the eye, says, "Look at me, I'm different." A mailbox that seems to reflect the person's personality and interests, that makes you want to know more about just who it is that lives in the house that goes with that mailbox? Perhaps you might share a common interest? Perhaps you might find a good friend?

Your mailbox is the first thing that greets you, your family and friends. Can they create a first impression? Is your mailbox your welcoming mat to your property? It's quite exciting to drive along a road and come across a mailbox where the owner dares to be different, giving you a small invitation of their likes, or creations that are inspired by objects, hobbies, or animals dear to their hearts. We tend to remember these whimsical mailboxes that are too few between. Yes, it's true; some communities have HOA's that don't allow you to be creative, thus having you succumb to the same old boring mailbox as everyone else.

Here's to the ones that can be brave and daring, that aren't afraid to show the world a side of their personality. Perhaps you're a holiday dabbler; someone who likes to dress up your mailbox on certain occasions such as St. Patrick's Day or Christmas. You want to show the whole world that you have spirit! There's nothing wrong with

that, just don't leave it up for the rest of the year.

It's springtime, time for growth and change. Perhaps you might want to think about sprucing up your own mailbox, maybe putting a more personal spin on it, after all, the mailbox is the first thing people will see when turning into your house.

What does your mailbox say about you? In my daily travels around the area, I have come upon some personal favorites that make me smile every time I pass them. I'll share my pix with you here. Perhaps you've seen them around too! Perhaps they will give you the incentive to be daring and different and give your old mailbox a makeover. That's totally up to you!



Finding Yield in a Low-Rate Environment With Dividend-Paying Stocks

Finding Yield in a Low-Rate Environment With Dividend-Paying Stocks

Courtesy of: Ronnie J Guidone, CFP

For today's income-oriented investor, it's been a frustrating time. Yields on US Treasury bonds, as well as investment-grade municipal and corporate bonds have hovered near historical lows. Even longer-term issues remain in the doldrums; rates on 30-year Treasuries have not topped 4% since October 2008¹

But for investors seeking income, there is an alternative: dividend-paying stocks. There are now 395 companies in the S&P 500 that pay dividends, and the average yield on these stocks has been rising since 2000. As of December 31, 2012, the average yield of a dividend-paying stock in the S&P 500 was 2.4%, compared with 1.9% for 10-year US Treasuries.¹

But there's more to dividend-paying stocks than yield. The long-term benefits of dividends are significant:

- **Dividends are a key driver of total return.**

There are several factors that may contribute to the superior total return of dividend-paying stocks over the long term. One of them is dividend reinvestment. The longer the period in which dividends are reinvested, the greater the spread between price return and dividend reinvested total return.

- **Dividends help boost returns in down markets.**

Since 1926, dividends have accounted for over a third of the returns of the S&P 500. In down years, when price return is negative, dividends help offset the drop. Since 1926, dividends have provided an average return of 4.5% in all 12-month periods where the index declined, which helped offset the average price decline of 18.6%.¹

- **Dividend-paying stocks offer potentially stronger returns and lower volatility.**

Dividend-paying stocks have outperformed the broader market over time. Stocks with a history of increasing their dividend each year have produced higher returns with lower risk than non-dividend-paying stocks. For instance, since 1990, the S&P 500 Dividend Aristocrats--those stocks within the S&P 500 that have increased their dividends each year for the past 25 years--produced annualized returns of 11.04% versus 8.23% for the S&P 500 overall, with less volatility, as measured by standard deviation (14.14% versus 15.22%, respectively).²

- **Dividends benefit from continued favorable tax treatment.**

The extension of the Bush-era tax cuts helps to reinforce the current case for dividend stocks. The tax bill passed in late 2010 extended the 15% tax on qualifying dividends and other forms of

investment income through December 31, 2012. Because there are restrictions on the types of dividend income subject to the lower 15% rate, investors should consult a tax advisor to determine how tax laws apply to their situation.

- **Dividends are a sign of corporate financial health.**

Dividend payouts are often indicative of a company's financial health and management's confidence in future cash flow. They are usually paid by mature businesses, and communicate a positive message to investors who perceive a long-term dividend as a sign of corporate strength.

Keep in mind that like any stock, dividend-paying stocks can lose money, and there is no guarantee that dividends will be paid in the future. But for investors seeking current income or an income-producing alternative to diversify a portfolio, dividend-paying stocks can be an attractive choice. Our team, the SVS Team at Morgan Stanley,

can help you find dividend-paying stocks that suit your portfolio.

Equity Securities' prices may fluctuate in response to specific situations for each company, industry, market conditions, and general economic environment.

¹Sources: Standard & Poor's; The Federal Reserve, *Selected Interest Rates (Daily)* – Report H.15.

²Source: Standard & Poor's. *The S&P 500 Dividend Aristocrats index measures the performance of all stocks within the S&P 500 that have increased their dividends each year for the past 25 years. Stocks are represented by the S&P 500, an unmanaged index considered representative of the broad US stock market. For the period January 1, 1950, through December 31, 2011. Past performance is not indicative of future results. Investors cannot invest directly in any index.*

If you'd like to learn more, please contact Ronnie J. Guidone, CFP®.

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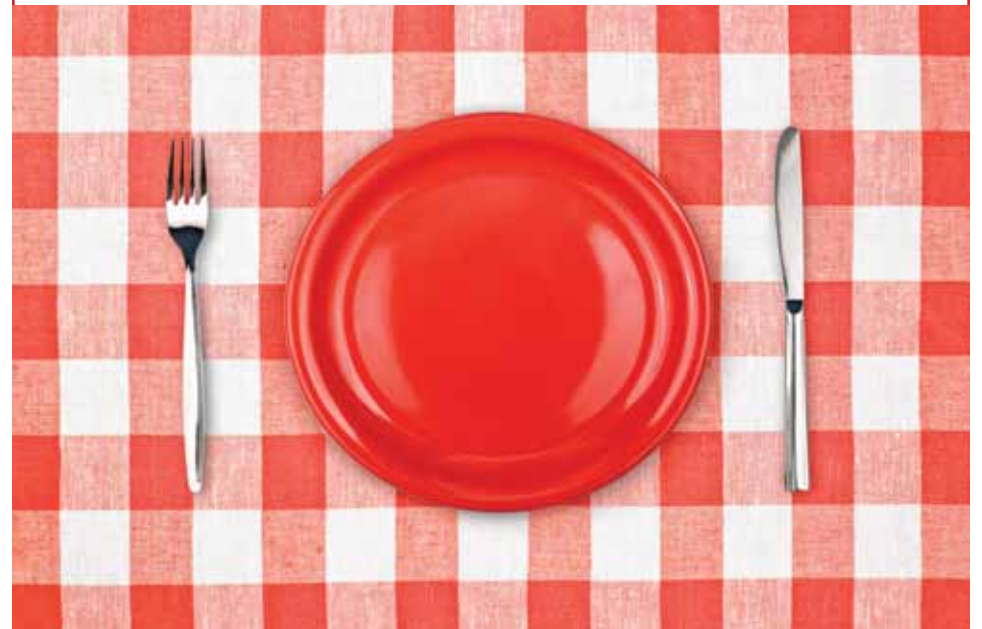
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PLEASE MENTION YOU SAW THIS AD IN THE MILLSTONE TIMES

Let Me Shake Your Hand— Kim Silverstein

by: Susan Heckler



Eagle Scout, something only 2% of boys who start out in Scouting will do. Three out of three is astounding.

She has worked with NJCAP, New Jersey Child Assault Prevention (NJ CAP) which is a statewide community based prevention program. According to their website, their motto "All Children Deserve to be Safe, Strong and Free"®, the CAP program seeks to reduce children's vulnerability to abuse, neglect and bullying by providing comprehensive prevention workshops for children, parent and school staff. The project is sponsored by the NJ Department of Children and Families and supported by school districts across the State. NJ CAP is one of 35 CAP Regional Training Centers of the International Center for Assault Prevention.

Kim became involved with the Manalapan Board of Health in 1999 and held the position of chair 4 times. The members are charged with the responsibility of protecting the health of the residents. Working hand in hand with the Health Department, topics that are routinely addressed by the Board are food protection in the local food establishments, review of proposed development that are served with septic systems, water quality, communicable disease incidence and control, animal control, public health emergency and disaster planning including management of the Manalapan MRC-CERT and other traditional public health services.

Shortly after 9/11, Kim began a volunteer medical reserve corps after realizing the need for it. Being a RN, she had the medical background to approach the Surgeon General's office and get the MRC up and running. Shortly after, she worked through FEMA to begin a CERT program (Community Emergency Response Team) and arranged for their program to be granted \$50,000 per year for three years,

from The Surgeon General's office, to go toward equipment. The grant allowed for salaries to be paid, but Kim and her team waived that right and put the money toward improving the readiness for emergency for her neighbors. Thanks to her efforts, Manalapan now has a field hospital to help tend to injuries on sight. Kim now supervises 334 volunteer emergency responders.

Kim's philosophy has always been "It's better to give than to receive. If everyone did one nice thing, the world would be a much better place for all of us." Following in the wake of Hurricane Sandy, Kim mobilized her volunteers to assist the battered Manalapan, leaving many residents without food, shelter, heat and electricity. With the help of Manalapan's Samaritan Center and good neighbors like Wegmans, Kim and her team mobilized two shelters and emergency hotlines to service the residents, ice dispensing stations as well as mobile cellphone charging stations so the residents can stay in touch with family and keep their perishables chilled. Somehow

she and her volunteers managed to feed 150 emergency workers and volunteers 3 meals a day for the 12 days it took to put crumbled Manalapan back together again.

Manalapan recently held their Mayor's Ball where the volunteers who served in 2011 were celebrated. Kim received a special award for her service to Manalapan and its residents.

You would think that with all of the above, Kim's dance card would be very full. She also works part time through St. Peter's Hospital providing skilled nursing to residents of Cranbury's adult communities.

So when I say it is our good fortune as a community to have Kim Silverstein among us (and my good fortune to know her personally), think of all of the nice things Kim has done as a volunteer to make our world a better place. She has taken her knowledge and energy and has become an inspiration to many. It is for this reason; I believe she deserves a hand shake and much appreciation.

Nursing, according to my friend Wikipedia, "is a profession within the health care sector focused on the care of individuals, families, and communities so they may attain, maintain, or recover optimal health and quality of life." Kim Silverstein, Manalapan resident and Registered Nurse for 32 years, has taken this definition seriously and lives every day of her life to achieve it.

Kim grew up in Peabody, Massachusetts as you can tell from her accent. She discovered her love for New Jersey in 1976 when she attended Fairleigh Dickenson University. She has lived in Monmouth County with her husband Jay and three sons since 1985 and in Manalapan since 1993. It is our good fortune that she did.

Shortly after moving to Monmouth County, Kim and Jay jumped right in and got involved in the Boy Scouts of America. Kim became a Cub Scout leader in 1993 and stayed involved as leader until 2005. Her husband, Jay, became a Boy Scout leader when his own son 'crossed over' to becoming a Boy Scout. Kim and Jay's three sons, Corey, Sam and Brad, all stayed with the program and achieved the level of

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Dog lovers...sorry, but hugging your dog will not suffice. If you are going to be "into" this day, you simply must hug a cat!

Our research did not find the origin of this day, but we did our research after seeing June 4th consistently listed as a humorous holiday on many calendars. We are figuring this day came from the fact that the month of June is "Adopt a Cat Month."



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Well -Water Testing Initiative

The Crosswicks-Doctors Creek Watershed Association (CDCWA) announces the continuation of a well-water testing initiative within the Crosswicks- Doctors Creek Watershed. This is an opportunity for local residents to learn about the safety of their well water. The initiative is being funded, in part, by a grant from The Watershed Institute. The test will determine the chemistry and characteristics of the water sample for the following parameters: total coliforms (e. coli), nitrates, hardness, pH (acidity/alkalinity), iron, lead and arsenic. All of these parameters are a subset of the much more rigorous New Jersey Private Well Testing Act (PWTa) analysis. This test is not a substitute for the PWTa test.

Through this initiative, the CDCWA is able to offer the test to residents of the watershed for \$95. The regular price of this test is \$225. All water samples will be analyzed by a certified New Jersey laboratory and all who participate in the program will receive a one-year membership to the CDCWA. All new members also receive a free CDCWA T-shirt.

This offer is time limited and is good for the first 43 respondents or until Oct. 31, whichever occurs first. To order a well water test, visit www.ccdcgreenway.org, click on the blue "Well Water Test Offer" button on the homepage, use coupon code "NEWS2013" upon checkout, clicking the "Validate" button to get the special price.

The CDCWA is a New Jersey non-profit environmental and educational public charity and is also federally tax-exempt under 501(c)3. For more information, contact Marc Covitz at 609-752-1832 or email to info@ccdcgreenway.org.

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—Publisher, Cami Gunther

Please send your feedback, news and needs via email to: tmft@optonline.net

Warm Weather Is Here: It's Time to Protect Against Ticks

From May through July, people get tick bites and tick borne diseases more often than any other time of year in the United States, but many may not know they are at risk.

Each year, nearly 30,000 confirmed cases of Lyme disease are reported to CDC, but a recent national survey reported that nearly 20 percent of people in areas where Lyme disease is common were unaware that it was a risk. Monmouth County is one of these areas where Lyme disease is more common.

And even in those areas where the disease is common, 42 percent of individuals reported taking no personal preventive measures against ticks.

Other key tick borne diseases include Rocky Mountain spotted fever, anaplasmosis, ehrlichiosis, and babesiosis. These diseases tend to be concentrated in specific parts of the country.

Nearly 95 percent of Lyme disease cases occur in 12 states (NJ is one of them).

Reducing exposure to ticks is the best defense against Lyme disease and other tick borne infections.

CDC recommends people:

- Avoid areas with high grass and leaf litter and walk in the center of trails when hiking.
- Use repellent that contains 20 percent or more DEET on exposed skin for protection that lasts several hours. Parents should apply repellent to children; the American Academy of Pediatrics recommends products with up to 30 percent DEET for kids.

Always follow product instructions.

- Use products that contain permethrin to treat clothing and gear, such as boots, pants, socks and tents or look for clothing pre-treated with permethrin.
- Treat dogs for ticks. Dogs are very susceptible to tick bites and to some tick borne diseases, and may also bring ticks into your home. Tick collars, sprays, shampoos, or monthly "top spot" medications help protect against ticks.
- Bathe or shower as soon as possible after coming indoors to wash off and more easily find crawling ticks before they bite you.
- Conduct a full-body tick check using a hand-held or full-length mirror to view all parts of your body upon returning from tick-infested areas. Parents should help children check thoroughly for ticks. Remove any ticks right away.

Tick borne diseases can cause mild symptoms to severe infections requiring hospitalization. The most common symptoms of tick-related illnesses can include fever/chills, aches and pains, and rash. Early recognition and treatment of the infection decreases the risk of serious complications, so see your doctor immediately if you have been bitten by a tick and experience any of these symptoms.

For more information, visit <http://www.cdc.gov/ticks> or call CDC Info at 1-800-CDC-INFO.



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PLEASE MENTION YOU SAW THIS AD IN THE MILLSTONE TIMES

“Bullying...We’re Kickin It!”

by: Gloria Cirulli

On Saturday, May 18, 2013, the premier Kickin It Kids Anti Bullying Event in Freehold, NJ was covered “live” by Gunther Publications, a Media Sponsor. The day began with a free community event at Park 33. A Ribbon Cutting Ceremony followed at the new Kickin It Kids Anti Bullying and Leadership Center at 3429 Route 9 North, Freehold. The festivities continued with an evening event at Bella Vista Country Club in Marlboro.

The visionary behind all of this is Gina Marie Raimondo. When she speaks about the Center, her passion clearly comes to life. Her message is simple, “Our kids need a place to feel validated and safe.” The Kickin It Kids Anti Bullying Center will offer programs for children from early age through college including a Pre-School, Summer Camp, Child Care, After School Programs featuring Martial Arts, Yoga, Music, Recreational Sports, Peer Leadership & Mentoring. These programs are designed to build character and respectful social behaviors. It is Gina Marie’s hope that this will help not only the child who is being bullied, but also the child who is doing the bullying, to “redirect negative stresses, feelings and emotions into fostering positive, respectful behaviors.”

Master Alan Goldberg, Director of Business Development of the Center has been practicing Martial Arts for 50 years. He believes, “the programs offered will allow kids to focus on what they can accomplish in life.” Phillipe Nover, a professional Mixed Martial Arts Fighter and Ultimate Fighting Champion is also on board to tell kids, “Bullying is not cool.”

Miss NJ Teen USA 2010, Erica Szmanski makes public appearances sharing her story of being bullied. Hearing the experiences from those who have gone through it builds trust. Performing at the evening event, Reverse Order’s, band members use their music to support kids

who are being bullied.

Having Celebrity Supporters opens the door to get the message across to kids. Nick Lembo, State Athletic Control Board Counsel expressed, “When kids are bullied they tend to withdraw and not participate. They’ll listen to a famous face and hear the message more clearly.”

Rocky Marciano Jr., son of the late Heavyweight Champion, Rocky Marciano became involved in the Center because he wanted to “do something to stop kids from hurting others or themselves because of bullying.”

Manny Garcia, a young musician and a former bully is now a supporter of anti bullying. His music video, “I’m Gonna Make It” was shown at the event. Proceeds will go to support the cause.

Many celebrity supporters were in attendance including children’s author Alysia Stern and her associate Cris Melendez who co-host a radio program, Ray Mercer former Olympic Gold Medalist and WBO Heavyweight title holder, Jose Hernandez Jr., formerly on the HBO series “Oz” and Mike Straka of Fuse TV were participants at the event. David Toma, renowned Newark Police Detective, having 2 TV shows based upon his life “Baretta” and “Toma”, was on hand to lend his support.

Other major sponsors include: Tic Tac, Rocher Chocolates, The Double Tree Hilton of Newark and Hotels Unlimited Inc.; The Tajfel Family. Their Continuous Support has been a tremendous Benefit to the Kickin’ It Center.

For more information on how you can get involved in the Kickin It Kids Anti Bullying Center: www.werekickinit.org or contact: office@werekickinit.org / 732-409-1132.

Article and photos courtesy of Gloria Cirulli & Marcy Gitterman, co-owners of Priceless Events LLC & Priceless Events Pics.



From left to right: Gina Marie Raimondo; KI Director, Event Promoters: John & Wendy Bruzzesi of Synergy Event Planners, Cami Gunther; Gunther Publications owner, Brennan Quintano & Glenn Cohen; Martial Arts Instructors with Caravaglio Self Defense & Fitness Center and proud supporter and sponsor Mark Caravaglio



Dr. Liya, with TenderSmiles 4Kids and Jose Hernandez Jr., formerly on the HBO series “OZ” showed their support



KI Advocates; Rob Imperato, owner of Self Empowerment Coaching LLC. and Chelsea Linder; Teen Actress & Celebrity Reporter for Chelsea’s Channel enjoyed the day



Shown are: The “Kid Faces” of KI; Nick & Aiden Diaz along with Shane, Dean & Nathan Caseri. Veteran Broadcaster Mike Straka, American television host, author and producer; Nick Lembo; N.J. State Athletic Chief Council, both came to support the KI event and are avid campaign supporters for KI.



Tonya Schulze, Manager & Sponsor of “The Doctor’s Office” in Manalapan with “IRON MAN”



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PLEASE MENTION YOU SAW THIS AD IN THE MILLSTONE TIMES

The Roads of Progress; Information from Monmouth County on our Roads

by: Susan Heckler

Do you drive down County Road 537 and wonder what is going on at the intersection of County Road 527? I drive by daily and have seen lots of progress but couldn't figure out what the objective is. I put in a call to Tom Arnone, Monmouth County Freeholder, who gladly introduced me to our County Engineer, Joe Eto.

The objective is an overall improvement at the intersection of CR527 (Smithburg Road/Siloam Road) and CR537 (Monmouth Road), effecting the townships of Freehold, Manalapan and Millstone. Many of us have noticed and been inconvenienced by the traffic backup at certain times of the day... your elected officials have heard you!

The proposed improvements entail the replacement of the existing traffic signals with new pole-mounted traffic signals. There will be widening of roadways to accommodate the construction of an additional through lane in each direction on CR 537 (total 5 lanes through the intersection) and an additional through lane northbound on CR 527 (total 4 lanes through the intersection.)

There will be construction of Full Depth Pavement, concrete curbs, driveway aprons, and drainage improvements; milling and

overlaying of the roadway. Once completed, the plans include topsoiling, fertilizing, seeding, and mulching the disturbed soil area. There will also be the needed signing and striping; and any other incidental work.

Not to worry neighbors, the anticipated date of completion is June 30, 2013. If you have ever done home improvements or any kind of construction, you may understand that that date is a projection and isn't carved in stone. Hopefully the contract amount: \$2,283,344.21 project will be an on-time performance.

You may also have noticed resurfacing of County Road 571 (Millstone Road) in the Township of Millstone. The improvements entailed the milling, resurfacing and striping of 1.3 miles of CR 571 (Millstone Road). The limits of these improvements started at the intersection of CR 526 (Trenton-Lakewood Road) and extended to the intersection of CR 524 (Stagecoach Road).

This work has been completed and was done as part of the County's \$4.8 Million 2012 Resurfacing Program contract. The County annually awards a resurfacing program contract to mill and overlay approximately 15 centerline miles of County roads. This

Resurfacing program has been instituted by the County in order to maintain the ride ability and structural integrity of our 380 mile County roadway network.

Proposed but not yet approved projects are as follows:

*Intersection Improvements at CR 524 (Stage Coach Road), CR 571 (Millstone Road), and Paint Island Springs Road, in the Township of Millstone:

The existing intersection is an unconventional configuration made up of 5 approaches. The County is evaluating alternatives to improve traffic flow through this intersection. A design contract is in progress and construction is anticipated in late 2014.

Consultant: Greenman-Pedersen, Inc.
Contract Amount: \$158,750.00 Lebanon, New Jersey

*Bridge MS-48 Reconstruction and Replacement of the Perrineville Lake Dam in the Township of Millstone:

The existing timber bridge and dam spilling will be reconstructed in their entirety. The new structures will be designed to meet current NJDOT codes and NJDEP

hydraulic requirements. Estimated Construction Cost: \$3.5 Million

*Intersection Improvements at CR 537 (Monmouth Road) and Burnt Tavern Road in the Township of Millstone:

The existing intersection will be upgraded to improve sight distance and weaving movements from the nearby interchange at Interstate 195. Estimated Construction Cost: \$450,000.00

*Drainage Improvements at CR 527A (Woodville Road) near Baird Road (Wagner Farm Park) in the Townships of Millstone and Manalapan:

The existing roadway is higher than the adjacent property and is retaining storm water runoff on private property located on the west side of CR 527A. Drainage facilities will be installed to alleviate this chronic flooding along Woodville Road by conveying the storm water runoff across the roadway to a natural water course on the east side. Estimated Construction Cost: \$120,000.00

Stay tuned for more information on the proposals and other projects that affect our area. It is nice to see our tax dollars at work!

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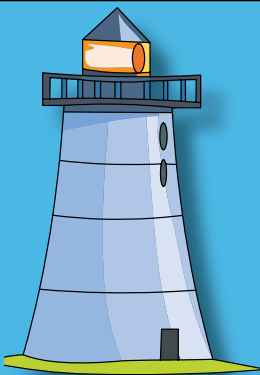
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Elder Care

*Are You Trying to Take Care of Your Parents, While Raising Your Children?
Are You Part of the Sandwich Generation?*



In memory of our mother, Lorraine Giordano, we would like to discuss important information on elder care and important steps to take during a health crisis. With the assistance of an attorney and personal insight from our own experiences, we want to fulfill our mission of raising awareness and educating families by providing this information monthly. After three years of taking care of our mother, we understand the financial and mental burden of trying to research the various options of elder

care and health issues. In addition, Lorraine's I Believe Foundation will spread awareness about options regarding brain radiation. Recognizing the overwhelming and devastating feeling of this process, we wish to help families save money and time in researching this information on their own. This way, families could reduce the incurred expenses of hiring expensive elder care advocates. As a result, families will have more time to not only take care of their loved ones, but also enjoy their

time together. www.LorrainesIBelieveFoundation.com

The Giordano's suggestion – If you have a loved one who is ill, start up a CaringBridge website. It's a free service and you could set this up for any ill family member. This website is designed for you to communicate with your loved ones everyday and provide daily updates on their health. It avoids all return phone calls and gives the care taker much needed emotional support.

Discussion - Durable Power of Attorney

Who Will Handle Your Parents Affairs If They Cannot

by Barry M. Weiner Attorney at Law

If you think you can just take over that job, sadly you are mistaken. So how can you protect loved ones,

who find themselves unable to manage their affairs due to aging, sickness or accident? If a person is married, no one but a spouse has authority to act on another person's behalf and there are limits to what a spouse can do as well.

When a client's father had a stroke, she found that she could not legally access his checking account, admit him to a nursing home or sell his home, among other things. Merely signing his name on checks or other documents is considered forgery and is illegal. Such actions could create many problems between family members as well.

Since her dad was already incapacitated, my client had to initiate a legal proceeding to become his court appointed guardian. Even though it was simple and uncontested, the proceeding was costly, time consuming and stressful. This simple proceeding took several months and cost thousands of dollars during which time she could not act on her father's behalf and his home and stock portfolio, which she could not access, lost considerable value.

This terrible situation can be easily avoided with common sense planning and foresight. The solution is to have your loved one execute a document known as a durable power of attorney before they become incapacitated.

Once a person becomes incapacitated it is too late for them to execute this extremely valuable and important document.

A durable power of attorney appoints an agent who is authorized to pay bills, cash checks, sell property, invest money and perform many other acts on behalf of the

person that has chosen that has signed the document. You don't need court approval to have one and it is not necessary to transfer title to assets, although, with this document you can legally do so, should it be needed.

There are different types of powers of attorney. A durable power of attorney is effective immediately upon proper execution and remains in force until the death of the person who signed it. This is recommended for individuals who feel they need help in managing their affairs due to aging or illness. A durable power of attorney is a powerful document that can prevent many potential complications and expenses by assuring that someone trusted by the person needing help is handling their finances and personal affairs in a way they require and prefer.

It is an easy and cost effective way to avoid a costly and time consuming court proceedings to be appointed guardian or conservator by the court. However, it must be done while a person is of sound mind. So please consider having your loved one execute this document before you think they may need it. Doing so will certainly make things less stressful when it is needed and will help preserve the assets of the person needing it for you and yours.

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Dear Millstone Times Editor,

I am an active hiker and a resident of Upper Freehold Township in Monmouth County. The Union Transportation Trail which is part of a network of linear parks or "rails to trails" is a very popular concept that has been widely accepted throughout the country. The partially completed trail currently ends at Davis Station Road. Instead of the trail continuing forward on the permanent easement established in 1998 specifically for recreational trail use, it appears that the trail is being diverted to follow a route along Davis Station Road and along Route 539 where it will be within about 10 feet from the road.

There have been horrific accidents along the stretch of Route 539 where this trail is being diverted to. There is an extraordinary volume of truck traffic with the trucks traveling at high rates of speed along this stretch of roadway and the trail diversion seems to be a recipe for disaster. The recreational trail is used primarily by hikers, horseback riders and bicyclers. Has there been any consideration that families will not have the expectation to let their children wander a few feet in front of them in fulfillment of the rails to trails concept? Riders and their horses on the trail will definitely get "spooked" by the traffic traveling at speeds in excess of 50+mph. Current laws in sections of Upper Freehold Township state that

vehicular traffic must slow to 25 mph when horseback riders are present. Will that happen on this busy stretch of road with the presence of horses?

Why is the trail being diverted off the serene permanent right of way which was granted to the Monmouth County Park System more than a decade ago and relocated to an inevitably doomed location? I am fearful to think of not only the possible scenarios but of the probable scenarios when such an extreme and direct conflict between heavy truck traffic and recreational trail users will exist.

Ray Chiste
Upper Freehold Township



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- ☐ Our salt level doesn't go down, or our salt tank is overflowing.
- ☐ We need to upgrade our water treatment system.
- ☐ Can my water softener handle my sprinkling system?
- ☐ We're spending too much money on bottled water.
- ☐ "Wet dog" smell in our water.
- ☐ Wet floor near our water treatment equipment.
- ☐ Leaks in plumbing. (low pH = acidic water) can eat away at my copper pipes.
- ☐ I understand that all salts are not the same. Can the "orange bags" be bad for my softener?
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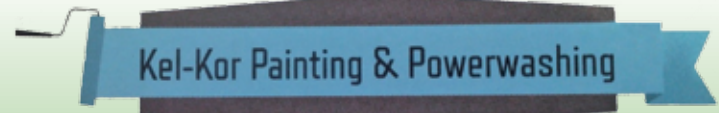
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RWJ Hamilton Earns an “A” in Patient Safety by Hospital Safety Score

Robert Wood Johnson University Hospital Hamilton (RWJ Hamilton) was recognized with an “A” Hospital Safety Score by The Leapfrog Group, an independent national nonprofit run by employers and other large purchasers of health benefits. The A score was awarded in the latest update to the Hospital Safety ScoreSM, the A, B, C, D or F scores assigned to U.S. hospitals based on preventable medical errors, injuries accidents, and infections. The Hospital Safety Score was compiled under the guidance of the nation’s leading experts on patient safety. The first and only hospital safety rating to be peer-reviewed in the Journal of Patient Safety (April 2013), Hospital Safety Score is designed

to give the public information they can use to protect themselves and their families.

“RWJ Hamilton’s physicians, nurses, and staff are committed to providing the communities we serve with safe, high quality, patient care,” says Skip Cimino, president & CEO of RWJ Hamilton. “Whether it’s a hospital-wide initiative to curb falls through patient education or following best practices and protocols for stroke care, safety and quality have always been top priorities for RWJ Hamilton.”

“Earning an ‘A’ on the Hospital Safety Score demonstrates that this hospital has exhibited excellence in our national database of patient safety measures,” said

Leah Binder, President and CEO of The Leapfrog Group. “I’d like to congratulate RWJ Hamilton for their achievements and encourage them to continue to put a priority on the safety of their patients.”

To see RWJ Hamilton’s scores as they compare nationally and locally, visit the Hospital Safety Score website at www.hospitalsafetyscore.org, which provides information on how the public can protect themselves and loved ones during a hospital stay. Local hospitals’ scores are also available on the free mobile app, available at www.hospitalsafetyscore.org.

Calculated under the guidance of The Leapfrog Group’s eight-member Blue

Ribbon Expert Panel, the Hospital Safety Score uses 26 measures of publicly available hospital safety data to produce a single score representing a hospital’s overall capacity to keep patients safe from infections, injuries, and medical and medication errors. The panel includes: John Birkmeyer (University of Michigan), Ashish Jha (Harvard University), Arnold Millstein (Stanford University), Peter Pronovost (Johns Hopkins University), Patrick Romano (University of California, Davis), Sara Singer (Harvard University), Tim Vogus (Vanderbilt University), and Robert Wachter (University of California, San Francisco).

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Suggested Donation of \$10. All donations will go to Manalapan High School Student for Community Service & will be donated to CentraState Hospital. Caravaglio Training Center, 957 Route 33 West, Monroe Township NJ 08831, 732-598-1829

RWJ Hamilton partners with Princeton Photography Club to open Lakefront Gallery

Hamilton, NJ – Robert Wood Johnson University Hospital Hamilton (RWJ Hamilton) recently opened a new art gallery in collaboration with the Princeton Photography Club. Lakefront Gallery brings original photographic art to the walls of the hospital, enriching the patient and visitor experience and providing additional creative exposure for local artists.

Developed with the guidance of director Ilya Genin, MD, a Hamilton cardiologist, and curator Sheila Geisler, Lakefront Gallery is dedicated to emerging artists and provides show space at no charge to the artist. The first exhibit, “A Point of View”, begins June 13 and features five full series selected from the works of members of the Princeton Photography Club. An opening reception will be held between 5:30 and 7 p.m.

Lakefront Gallery is organized and managed by Diane Grillo, vice president of marketing and communications at RWJ Hamilton. The gallery space is ADA-accessible and is located on the first floor of the hospital along the mezzanine above the Roma Bank Café. To submit your photographic art for consideration, contact Sheila Geisler, curator, at 732.422.3676 or sgeisler@rci.rutgers.edu.

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The Importance of Routine Eye Exams

by: Candice Tolud, O.D., FAAO

Regular eye exams are an invaluable tool in maintaining your eyes' health by detecting and preventing disease. Some diseases develop slowly without causing pain or vision loss. Early detection of any problems can reduce the risk of further harm and allow for a choice of treatment options. Routine eye exams have many benefits:

Alert for Systemic Disease & Eye Conditions

Many health problems can be diagnosed through a comprehensive eye exam. Early detection can help lessen some of the long-term effects and help preserve vision. Some of the systemic diseases, health conditions, and eye disorders that may be identified and diagnosed are:

- Diabetes
- Cataracts
- High blood pressure
- Glaucoma
- High cholesterol
- Macular degeneration
- Thyroid disease
- Retinal detachment

How often should you have an eye examination?

Children should have a screening of their vision by about age 3 and on a yearly basis thereafter. This can be done in our office, by the pediatrician or school nurse. After the initial childhood eye examination, routine examinations should be done in our office about every 2-3 years to make sure that sight is developing normally. For adults, a routine eye exam every 1-2 years is recommended, and at least once a year after age 50.

People with diabetes should have an eye examination every year starting when they are diagnosed with diabetes, no matter how old they are. And people who have relatives with eye diseases, such as glaucoma or macular degeneration, should have examinations as early as possible.

Dr. Candice Tolud is an optometrist at South Jersey Eye Physicians, PA; 411 Route 539 Cream Ridge, NJ. For more information visit www.sjeye.com or call 609-752-0333.





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Monmouth County Board of Health – Mold Guidelines for NJ Residents and Businesses

As New Jersey continues to rebuild from Super-storm Sandy, the New Jersey Department of Health has partnered with state, local, and federal partners to develop a pamphlet to guide New Jersey homeowners on mold and mold remediation. Molds are found in virtually every environment and can be detected, indoors and outdoors, year round. Mold growth is encouraged by warm and humid conditions. Outdoors they can be found in shady, damp areas or places where leaves or other vegetation is decomposing. Indoors they can be found where humidity levels are high, such as basements or showers. Although molds are common in our environment, mold may become a problem when it grows inside homes. These guidelines were developed to better inform homeowners on how to ensure their homes are cleaned and remediated properly to avoid mold problems now and in the future. Molds can cause staining of walls and ceilings and can affect building components causing property damage. Exposure to mold can cause nasal and throat irritation, coughing or wheezing, eye irritation, or, in some cases, skin irritation.

The pamphlet addresses a number of topics including mold-related health concerns, how to inspect for mold and tools and techniques for clean-up.

The pamphlet also includes checklists on inspection services and mold remediation to

help guide residents in steps they should take when addressing mold problems in their home.

The guidance also contains tips and questions to ask when hiring a consultant or remediation contractor that will help residents evaluate these professionals. It is important to know that the MOLD Assessment should be performed by a different company other than the Remediation company. It is considered a conflict of interest to do both testing and remediation in the same company. The assessment company should provide the scope of work, then the remediation company should then estimate for only the services recommended by the assessment company. ServPro of Freehold, located in Millstone, is a professional company which provides mold remediation services. SERVPRO of Freehold proudly serves all of New Jersey. They are available 24 hours/7 days a week and are ready to restore damage to your home or commercial structure "Like It Never Even Happened!". Project Manager, Diana Moore, is happy to answer any questions regarding mold remediation and can be reached on her cell phone: 732-489-3705.

Residents can receive copies of the pamphlet by calling the Monmouth County Health Department at 732-431-7456 or visit the Monmouth County Health Department website at http://nj.gov/health/er/hurricane_recovery_resources.shtml.



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Vacationing with Less Stress

by: Susan Heckler

On a recent vacation, I made the dreaded mistake of planning a very early morning flight. I had to be at my destination early to be sure to catch my cruise and I wanted to get down there with plenty of time to spare. What choice did I have? Take a later flight, risk delays and missing my drink of the day as I sailed off to paradise?

I was so nervous about oversleeping, I did not get any sleep. The limo arrived at 3 a.m. to transport my sleepless body to Newark Airport to catch my plane. I was cranky, which is no way to start a vacation. I apologized publicly to my travel partner for ruining the first day. Oh well, I told myself, I will sleep on the plane. NOT. The kicking toddler behind me had other plans for the back of my seat.

After a long day, I got on the ship and went to check out my stateroom. I told myself I was just going to shut my eyes for a few minutes for a power nap and have a personal revival meeting with a pillow. I woke up to darkness and the sound of water lapping. I missed the Bon Voyage party and most of dinner. My 40 winks

had some unexpected zeros added to it. I woke up a bit dopey.

After dinner, we were sitting with other people who happened to be from New Jersey. I made a snide comment on how relaxed they were after what should have been an exhaustingly long travel day. It turns out that they had a secret on how to cut down the stress of travel. They headed to the airport the night before and stayed overnight at DoubleTree by Hilton Hotel Newark Airport. How smart are they???

The DoubleTree by Hilton Hotel Newark Airport is located a short distance from the Newark International Airport (affectionately known as EWR). For us New Jerseyans, we get to enjoy our warm, freshly baked chocolate chip cookie on arrival, and let their friendly staff show us to our guest room or suite. Every spacious guest room offers cable TV, high-speed internet access and a large work space – so you've got everything you need for both work and play during your stay. The next morning, you are 10 minutes from the airport and can have a leisurely breakfast

before meandering over to catch your flight.

For those visiting New Jersey or the New York area, the hotel offers guests proximity to the attractions, shops and restaurants of both. Treat yourself to a soak in the spacious bathroom's separate bathtub, or enjoy watching your favorite shows on the large TV with complimentary cable. Upgrade to a suite for separate living and dining areas. They offer a surprising range of amenities to make your stay at this Newark Airport hotel as comfortable as possible, whether you're there for just one night or many. The Newark Airport hotel boasts all of the great amenities you've come to expect from a DoubleTree by Hilton hotel. Swim laps in the hotel's large swimming pool, and work out in the brand new 24-hour fitness center with a range of modern equipment, including cardio machines and weights. Maintain your work routine in the hotel's business center, fully equipped with printer, photocopying and fax access. Host your meetings in over 18,000 sq. ft. of flexible meeting and event space for up to 900 guests. Treat yourself to delicious

food after a long day at Bistro 128, or wind down with friends and colleagues in The Bar, a chic lounge with 7 flat screen televisions where you can watch your favorite team and an extensive drink menu and casual atmosphere. They offer so much more than a hotel in Manhattan at a substantially lower cost.

Apparently airport hotels have become a favorite among seasoned travelers. A good night's sleep at a hotel located close to the airport can alleviate the fear of missing your flight due to heavy traffic, bad weather or airport security measures. It makes so much sense, why didn't I ever think of it before?

The Double Tree by Hilton Hotel Newark Airport received rave reviews from my bingo buddies on the cruise. Check them out when planning your next vacation newarkairport.doubletree.com located at 128 Frontage Road, Newark, New Jersey, 07114. Telephone: 1-973-690-5500.

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Books That Hit Theaters This Summer

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Shannon Hale

208 pages

Much Ado About Nothing

William Shakespeare

304 pages

The Great Gatsby

F. Scott Fitzgerald

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The Return of the Luchento's We Know and Love

by: Susan Heckler

The Millstone area has more than its share of amazing restaurants. Apparently, our neighbors who frequent these dining establishments know good food. It was with much sadness, several years ago, that one of the local favorites closed.

Luchento's building at 520 Route 33 in Millstone had been several restaurants over the years. It was a quaint restaurant when it was Down on the Farm and an interesting choice of buildings for a Chinese restaurant when it was Paul and Nancy's. Both of those restaurants struggled. When the Luchento family opened its doors many moons ago, it became an instant success.

One of the reasons it was a frequent eatery was the interesting menu. There is a wide variety of places to get traditional Italian food, but for the longest time they were the only restaurant I can remember that had Cajun on the menu. So many people had their all-time favorite dishes that



could only be gotten from this one great restaurant.

And then it closed. It was a sad day for Cajun fans. But fear not! New owners took over the building and the Luchento name. Owner, Javier Gomez, as well as co-owner Patricio Mondragon, both originally from Argentina, purchased the place in 2009. It was extensively remodeled with over \$1.5 million in renovations as well as a state of the art kitchen. It reopened in 2010. This is the first venture in the restaurant business for this Uncle and Nephew team who have made their livings as Teyma

General Contractor LLC. They took all of their construction know-how and poured it, lovingly, into their new restaurant, leaving the building with Modern Italian Casual design, with clean lines, subtle, warm colors and overall very elegant and appealing.

Even more exciting was the return of Tom Luchento Jr. as head chef, and with him came his recipes. Mother Carol once again mans the front desk; overseeing all to be sure the restaurant is up to Luchento's standards. Many of the same friendly faces are there with new flair.

One new addition is Jose Martin-Serrano as the General Manager. Jose joined the restaurant in April 2013. Formally the owner of Europa, in Monroe Township, Jose brought with him 25 years of restaurant experience.

Some changes are the new age dishes which reflect up-to-date recipes mixed with traditional dishes and the favorites of customers. They

now boast three private rooms which can accommodate parties of 90 people, 50 people and 25 people. They have a beautiful new patio for outdoor dining and now offer off-site catering for patrons looking to entertain at home or in another venue. Check out the delicious pizzas coming out of their new pizza oven. There is a wide variety from traditional cheese pizza to gourmet choices.

Coming soon is their new delivery service as well as a modified, new take-out menu with affordable pricing. Welcome Home!!



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continues from page 1

donated one complimentary night at the hotel with breakfast, Lisa Giuliano of Vend 4 Wellness- Vending donated a basket of healthy snacks & drinks for wellness, Fran Vaina from Spa with Fran- In-Home Spa donated two Gift Certificates, Al Ferro from Ferrod Computer Corp. brought a beautiful basket of candy and treats, Michael and Stephanie Siino from Angelina's Restaurant donated a gift certificate, Brian Carson from Brian the Dry Cleaning Guy donated seven gift certificates towards dry cleaning and last but not least, Robert Bucci of New Response Marketing – Generating referrals through Web Video donated two Gift Certificates.

A very special thank you to Luchento's owners, Javier Gomez, as well as co-owner Patricio Mondragon, manager Jose Martin-Serrano and their chef, Tom Luchento Jr. for making the night special. The private room in their beautifully renovated restaurant and delicious food made it an evening to remember. The delicious food was donated by Morgan Stanley's Ronnie Guidone.

Thank you to lucky attendees who enjoyed the event:

Gloria Cirulli – Priceless Events
 Marcy Gitterman- Priceless Events
 Morgan Tracey – Barndoore
 Jeffrey Smith – Ignite Independent Associates powered by Stream Energy
 Carol Wingerter- Under the Radar – Integrated Energy Therapy



Lorraine's I Believe Foundation

Brian Carson – Brian the Dry Cleaning Guy
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 Louise Siudy- Make-A-Wish Volunteer
 Judy Banjany –Software Synergy

As always, Gunther Publications is always looking for opportunities to help our advertisers and feature the Millstone area in the spotlight. Stay tuned for details of the next event.



*Al Ferro, Ferrod Computer Corp.,
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Kevin and Rose Oxley, Software Synergy



Luchento's owners and staff - Jose Martin-Serrano, Manager, Patricio Mondragon, Owner, Tom Luchento Jr., Chef, Javier Gomez, Owner



Richard Allan Wiener, Esq., Jackie Berman, Cartridge Renewal, Donn Sharer, Allstat, James Troyano, Digital Marketing

A Special Thank You,

On behalf of Gunther Publishing Enterprises, Inc., owner - Cami Gunther, Account Executive - Jolene Conoscenti and co-sponsors, Matt Merritt- Prudential NJ Properties and Ronnie Guidone- Morgan Stanley, held their Second Entrepreneur Networking Event in Millstone at Luchento's Ristorante at 520 Route 33 in Millstone Township.

We would like to thank all the companies who donated gift baskets and gift certificates to raffle off raising the money for this foundation.

Our charity for the evening was Lorraine's I Believe Foundation –in memory of Lorraine Giordano- www.LorrainesIBelieveFoundation.com

All donations towards this foundation are sent directly to Make-A-Wish NJ, in memory of Lorraine Giordano who will fund a wish for a child.

A special thank you to Ronnie Guidone from Morgan Stanley for donating the food and drinks and to Luchento's owners, manager and staff for making this night so special!

We sincerely thank all of you, for your help and participation in this event and we look forward to seeing you at the next event.

Please follow us on Facebook and Twitter for our next networking event!



On behalf of the Lorraine's I Believe Foundation, our family would like to thank The Entrepreneur Networking Event in Millstone Twp., Luchento's Restaurant and all the wonderful business owners who attended this event. Everyone was so generous and so supportive of this great foundation. Since all the donations go directly to Make-A-Wish NJ, let's imagine

the smile on a child's face once their wish is granted with the money that we raised. Thank you for allowing us to share our story. We are so grateful, The Giordano Family – Lorraine's I Believe Foundation.



Jean Klerman; Planting the Seed Which Became The Jewish Heritage Museum Of Monmouth County

by: Susan Heckler

Jean Klerman has been a resident of Monmouth County since 1967. Having been raised in New York City, attending The University of Michigan and later living in Maryland, Monmouth County became her home. Jean was an art history and history major in college. She had many years of experience as a librarian. She combined this with her strong feeling about the Jewish people and delved into intense research to chronicle their history in New Jersey.

Jean worked for the Monmouth County Library System for 25 years and retired in 2001. During her time there, she worked on a collaboration with The Jewish Bicentennial Committee which published "Peddler to Suburbanite: The History of the Jewish people in Monmouth County, New Jersey" in 1981. After her retirement, she put her efforts into updating the book, starting with the colonial period. In 2003 she made a presentation of her research to The Friends of Monmouth Battlefield entitled "Jewstown, Monmouth County 1778." This coincided with the 225th anniversary of the Battle of Monmouth.

Four years later, Cheryl Cook, member of the Freehold Township Historic Preservation Committee and fellow library retiree, approached Jean with information about the availability of the Levi Solomon Barn as a possible site for a Jewish Museum. For those long time residents of the area, you may remember a home and barn at the corner of Route 537 and Wemrock Road which was preserved and moved toward the back of the property to

allow for commercial development, now the Mount's Corner Shopping Center. When the property was before Freehold Township with a development plan, it was agreed with the developer, Bernard (Nardie) Hochberg, that the second story hayloft would remain open to the public as a historic venue.

In February 2006, the Jewish Heritage Museum of Monmouth County was incorporated as a New Jersey nonprofit corporation. After many years of planning and many, many hands involved in the development, Freehold Township now has this jewel of a building to house the museum and to fulfill their mission "To connect Jews to their heritage and to present exhibits, programs, and publications that celebrate, preserve, explore and illustrate the rich and unique history of the Jewish residents of Monmouth County."

Jean, a Fairhaven resident, says the museum is her greatest satisfaction after her two children and six grandchildren. It has combined her love and interest in history, art and organization. Jean is a Co-founder of the museum and it's first Director.

When I went to meet with Jean in early May, the exhibit was about the Jewish farming community in our area titled, "The Land Was Theirs." The exhibits change after a few months and encompass many interesting topics. I attended a few years ago when they exhibited information and artifacts from the Jewish people who fought in WWII. Being that the first documented Jewish resident, Isaac Emanuel, settled in Freehold in 1720, there are almost 300

years of history to work with. The events encompass history, music, theater, art and a host of other cultural events.

Although Jean herself has never farmed, she is a farmer of sorts. She, along with other volunteers, came up with a concept and planted a seed of an idea. Through the hard work and dedication of a team of volunteers, they nurtured this seed and watched it grow to fruition. Generations to come will benefit from the fruits of their labor.

and benefit from them, they would love to hear from you. Volunteers are always welcome and appreciated as are donations. Most importantly, check out their website to see what they have cooking <http://www.jhmomc.org/> and visit the museum and see for yourself. You are stepping back in time to a building dating back to 1875 and getting a lesson on the history of Monmouth County and the Jewish people that helped it grow.

Thanks to Jean and her group, I thoroughly



The museum is constantly in search of new information and exhibits. If you know of any facts or have interesting items you would loan to them so the area can learn

enjoyed my visit and the programs I have attended and look forward to seeing some of my readers there in the future.

Have Some Fun in the Sun Beaches and Boardwalks are Ready!

Summer is finally here and everything you love about summer on the Shore is set to begin! Throughout the county, residents have been oozing with anticipation and enthusiasm to kick off the "unofficial" start of summer after a long winter of Hurricane Sandy recovery.

It has been proven that even a powerful storm such as Sandy cannot take the love of the Shore away. It's that love that drove residents and local leaders to work diligently to ensure our beaches and boardwalks were ready for locals and visitors alike by Memorial Day Weekend.

"Our boardwalks are being rebuilt as restaurants, stores and rental properties are reopening each day," said Freeholder

Director Thomas A. Arnone. "Our community leaders and our residents have worked hard and are now rolling out the welcome mat for 2013.

"We invite you to get to know all of Monmouth County," added Arnone. "From our Atlantic beaches to sprawling horse farms you are sure to find out why Monmouth County is the place you want to be."

Outdoors or in, the best source of information for activities and events in Monmouth County can be found on the Calendar of Events, at www.visitmonmouth.com. Compiled by the County's Department of Public Information and Tourism, the calendar is updated daily and contains

everything you need to make your summer plans special. You can also request that a packet of information be mailed to you by calling 1-800-523-2587 or stop by One East Main St. in Freehold between 8:30 a.m. and 4:30 p.m. weekdays to browse the extensive literature.

Pick up some fresh produce at Atlantic Highlands' farmer's market every Friday from noon to 6 p.m., at The Galleria farmer's market in Red Bank every Sunday from 9 a.m. to

2 p.m. or at Belmar's farmer's market every Saturday from 9 a.m. to 2 p.m.

If you have a love of theatre there is plenty to consider. You can catch shows and performances at New Jersey Repertory

Company in Long Branch, Two River Theater and County Basie Theatre in Red Bank, Center Playhouse in Freehold, Monmouth University, Spring Lake's Wesley Hall, Atlantic Highlands' First Avenue Playhouse and Manasquan's Algonquin Arts Theatre.

Craft festivals, flea markets, sidewalk sales and like the will be popping up throughout the county. Check the Calendar of Events for dates and specifics at www.visitmonmouth.com.

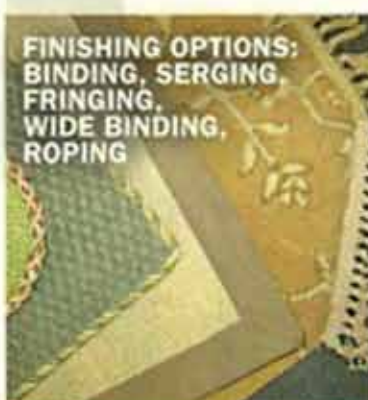
Don't forget to "like" the Monmouth County Tourism page on Facebook and follow on Twitter, too. They'll keep you up to date on things to do and make sure your summer in Monmouth County is one to remember.

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How Old Are You Now?

by: Susan Heckler

Are you a June birthday? Did you know that June is one of the four months with a length of 30 days? In both common and leap years, no other month begins on the same day of the week as June. This month and May are the only two months that have this property. June ends on the same day of the week as March every year. June is the month with the longest daylight hours of the year in the Northern Hemisphere and the shortest daylight hours of the year in the Southern Hemisphere. June in the Northern Hemisphere is the seasonal equivalent to December in the Southern Hemisphere and vice versa. There are some pretty interesting people who were born in June. A smattering of some of the memorable who have left us, but are fondly remembered are:

Marilyn Monroe	(1926-1962)	Paul Lynde	(1926-1982)
Andy Griffith	(1926-2012)	Tupac Shakur	(1971-1996)
Martha Washington	(1731-1802)	Stan Laurel	(1890-1965)
Johnny Weissmuller	(1904-1984)	Geronimo	(1829-1909)
Marvin Hamlisch	(1944-2012)	Roger Ebert	(1942-2013)
Tony Curtis	(1925-2010)	Lou Gehrig	(1903-1941)
Jefferson Davis	(1808-1889)	Freddie Prinze	(1954-1977)
Rosalind Russell	(1907-1976)	Bob Keeshan	(1927-2004)
Nathan Hale	(1755-1776)	King Henry VIII	
Dean Martin	(1917-1995)	of England	(1491-1547)
Frank Lloyd Wright	(1867-1959)	Slim Pickens	(1919-1983)
Judy Garland	(1922-1969)	Gilda Radner	(1946-1989)
Vince Lombardi	(1913-1970)	Les Paul	(1915-2009)
Anne Frank	(1929-1945)		

There are plenty of wonderful people who share June as their birth month who still touch us with their talents. Can you guess how old they are?

Morgan Freeman	75	Boz Scaggs	68
Heidi Klum	39	James Darren	76
Pat Boone	78	Johnny Depp	49
Jerry Mathers	64	Jackie Mason	81
Angelina Jolie	37	Elizabeth Hurley	47
Michelle Phillips	68	Prince Philip	91
Dr. Ruth Westheimer	84	F. Lee Bailey	79
Kenny G	56	Gene Wilder	79
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Harvey Fierstein	60	Ashley Olsen	26
Prince	54	Bob McGrath	80
Tom Jones	72	Barry Manilow	69
Joan Rivers	79	Blake Shelton	36
Nancy Sinatra	72	Paul McCartney	70
Jerry Stiller	85	Gena Rowlands	82
Barbara Bush	87		

I don't know about the rest of you, but for me, when someone is no longer in the public eye as much as they had been, time seems to stand still. I was shocked to realize some of the ages.

Happy Birthday to all of you!



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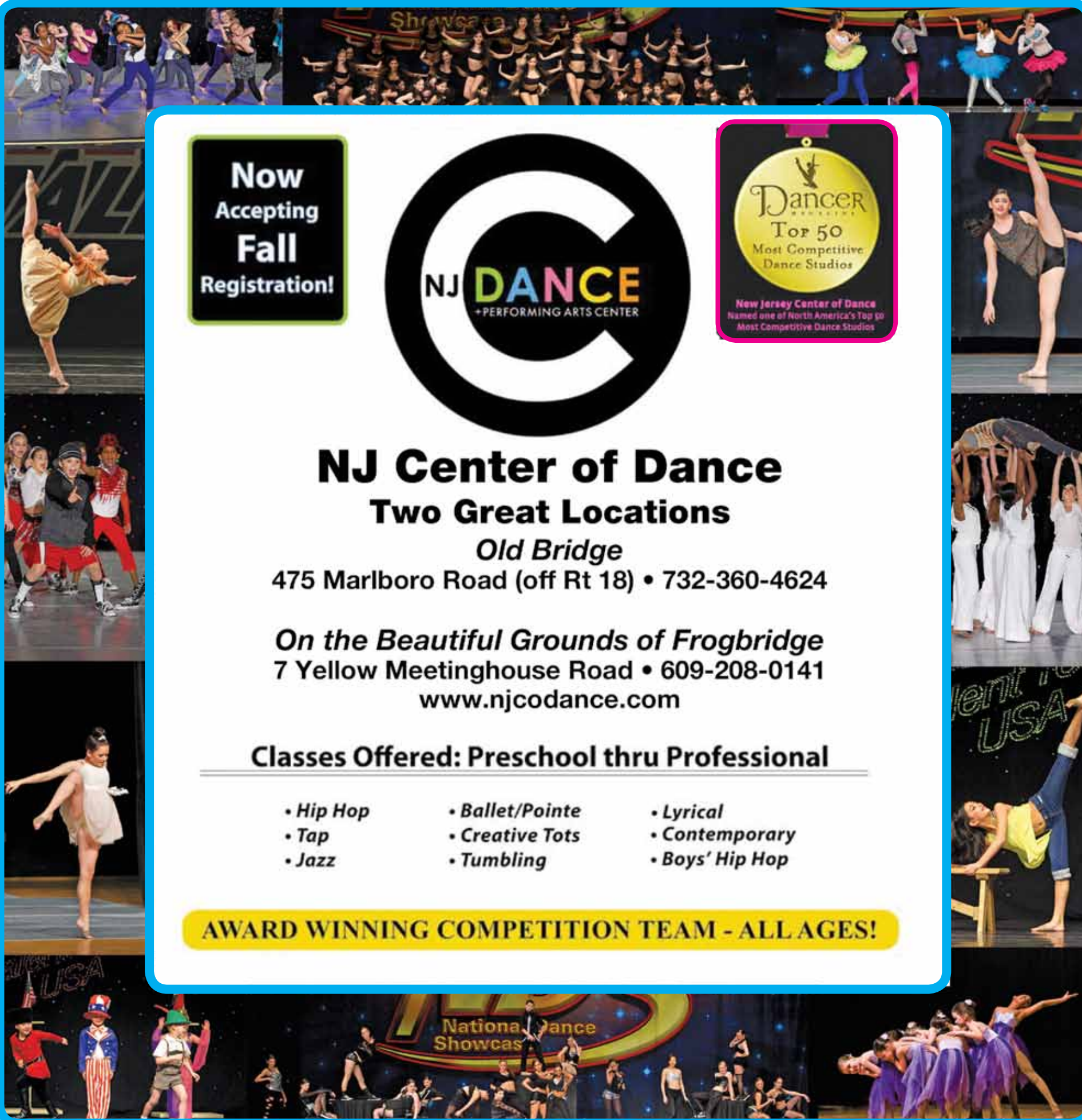
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Roosevelt

RAP Celebrates its 25th Anniversary

A Tiny town with a Whole lot of Talent

by: Pam Teel

Following along route 571, one would pass through Roosevelt before realizing that they just passed through it. They might have noticed the bust on the far side of the Elementary school's lawn of President Franklin D. Roosevelt, to whom the town was named after, but they probably never realized the history or the talent that lies within its tiny border. A town with a rich and meaningful history that dates back to the Great Depression as a part of President Roosevelt's New Deal Act. The town grew around the idea of cooperative farming and manufacturing. The planning of the town was started by Benjamin Brown and Hyman Alef after purchasing land to build homes. It was furthered carried on by Rexford Tugwell, head of the New Deal Resettlement Corporation, who helped to shape the town and bring in the people from the city to work. People earned their living by farming and working in the garment factory that was built. The reasoning behind building the town was to help people in urban situations relocate in order to escape poverty. The project was called the Jersey Homesteads and there are many of the original one-story cinder block homes still existing today. The Jersey Homestead cooperative didn't last through World War Two due to internal fighting and political opposition. In 1983, it was added to the New Jersey Register of Historic places. What it did leave behind was a growing number of talented people who would shape Roosevelt into the Artsy little nook in the woods that it is today. One of the earliest artists in town was Ben Shahn, who was hired to paint a fresco mural in 1937 on the wall inside the Roosevelt Public School. During the painting of the mural, he decided to stay in Roosevelt. Shahn was a major artist in mid century America. His presence drew other artists into the area; most notably Jacob Landau, David Stone Martin and his son Stefan Martin, Gregorio Prestopino and his wife Elizabeth Dauber Prestopino. Over the decades, many more artists and musicians followed.

Ben Shahn's mural is made up of three panels that show the history of the Jersey Homestead, starting with the eastern European Origins of its Jewish Residents, their passage through Ellis Island, and the making of plans for the community of Roosevelt. With the celebration of the 25th Anniversary of the Roosevelt Arts Project, people were able to view the mural at the school over the past weekend.

The Roosevelt Arts Project (RAP) is a collaborative venture of Friends and neighbors in and around Roosevelt bringing together their art works, music, and other media to the public. It was founded in 1986 by nationally known Artists Bernarda Bryson Shahn and Jacob Landau, and also includes writers, musicians, playwrights, painters, potters, poets, folksingers, composers, and more. What better way to commemorate the 25th anniversary of RAP by holding an Anniversary weekend starting at the Public school underneath the Ben Shahn mural. The event showcased the works of over forty artists both past and present. It represented paintings, sculptures, pottery, and more. The weekend event hosted talks, poetry, videos, and music. Paul Prestopino, former member of Peter Paul

and Mary, David Brahinsky, Nancy Hamilton, and Ed Cedars performed folk songs for the crowd while David Herrstrom, Judith McNally and David Keller read their poetry. Bill Leech and Chris Martin also played the guitar. Children's artwork was displayed throughout the school hallways.

A video by Ben Johnson played in a nearby classroom talking about the architecture of Roosevelt. The original houses were designed by a German Immigrant named Alfred Kastner who designed a modern home for the times. Roosevelt pianist and composer, Alan Mallach, gave a public performance as he presented a piano recital featuring the music of prominent American composers of the New Deal Era. A light/sound parade followed in the evening adjacent to the school. Though tiny in square miles, Roosevelt is mighty proud of the number of talented people who started out within its boundaries. The Roosevelt Art Project is a way to preserve the past, remembering the ones who paved the way, and to celebrate the present and newly emerging artists in the area. If you would like more info on becoming a member of RAP, you can contact: RAP, P.O. Box 5, Roosevelt, NJ 08555 or David Herrstrom, President- dherrstrom@comcast.net

Some of the notable current and former residents of Roosevelt include:

(Note this is only a partial list. To see more artists go to: <http://www.music.columbia.edu/roosevelt/artists.html>)

Benjamin Appel (1907-1977) crime novelist

Benjamin Brown (1885-1939) poultry trader who developed Roosevelt

John Stanley Grauel (1917-86) Methodist minister and Zionist leader

Lois Hunt (1925-2009) Soprano opera singer

Irwin Lachman – one of the inventors of the catalytic converter

Jacob Landau (1917-2001) printmaker, painter and humanist

David Stone Martin- artist known for his designs on jazz covers

Gregorio Prestopino 1907-1984- Social realist painter of the NEW Deal Era

Greg Prestopino- singer, songwriter- music producer

Paul Prestopino- musician

Sara Prestopino- visual Artist

Louise Roskam (1910-2003) - documentary photographer

Ben Shahn (1898-1969) -Social realist painter

Bernarda Bryson Shahn (1903-2004)- painter and wife of Ben

Abby Shahn- visual artist

Jonathon Shahn - noted sculptor

Silent Lotus- Spiritual Advisor

Rachel Folsom- realist artist

Mary Elting Folsom- writer

Frank Folsom- writer

Mark Zuckerman- composer



Music by Paul Prestopino, David Brahinsky, Nancy Hamilton, Ed Cedar



Ben Shahn mural- the planning of a town



Sculpture by Jonathon Shahn



Ben Shahn Mural - The origin and shaping of a town



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The Little Things That IRK Us!

by: Pam Teel

We all have them, those annoying things that seem to raise our blood pressure up a notch or so. That minor annoyance that is, to some degree, more annoying to you than to someone else. They're called Pet Peeves. The phrase, which originated around 1919, originally came from the 14th century formation of the word, Peevish, which means ornery or ill tempered. Though it might not have anything to do with an animal, the phrase, "Take the pet," has been around since the 1500's. In this sense, Pet refers to something personal which particularly vexes someone. Somehow the two words got linked together and formed the phrase that we commonly use today to describe certain situations that seem to irritate some people more than others. I guess it could have been worse. Have you ever heard the saying, "He really gets my goat," also meaning an occurrence or object that has caused annoyance. We could have been calling it a goat peeve, but somehow the pet version of it won out in the English language. Pet peeves concern small behaviors, which are not terribly important in the long run but can be perceived as extremely irksome to others. They can

range from personal ones about someone or people in general, job situations, you name it, whatever gets your goat, over and over and over again.

I thought it would be interesting to ask people from all over what their pet peeves were and I got the following responses. Perhaps you can see if you share one or two or more of these irksome circumstances. I'll start with my number one pet peeve, though this one does have to do with animals, or shall I say more with the owners that walk the animals. I hate when people walk their dogs on my lawn and let them urinate by my mailbox and they don't even clean up after them. Coming in at a close second, I hate when landscapers come with their big trucks and equipment to do work at my neighbors' and think they can park on my grass, put ruts in my lawn, knock my mailbox down, run over my garbage cans and think nothing of it. Pure Ignorance!

Karen Schlacter for Atco, NJ, hates people who change lanes without using a turn signal and people who check their phone messages when you are having a conversation with them. John Goodman

of Hamilton hates when you are talking and someone interrupts you. Agnes Mills of Trenton hates people touching her food. Robert Reid of Hamilton hates people chewing with their mouth open and spitting food all over you. Linda Dowhaniuk of Canada hates when people leave their phones on during movies and concerts and the phone rings. She also hates people who insist on smoking in non-smoking areas with no regard to nonsmokers.

Lisa Conlin of Myrtle Beach, S.C., hates it when you are talking to someone about something and some busy body butts into your conversation. Joann Cherefko of Virginia hates it when she hears of animals that were abused and neglected. She also hates when people she knows gossip.

Gia Barbiero of Hamilton hates obnoxious gum chewing. Monica Schilling from Trenton hates when people drive slow in the left lane and they refuse to move over. She also hates finding globs of toothpaste in the bathroom sink. At work she hates when someone leaves the empty coffee pot on the burners and when someone uses the copy machine and leaves one piece of paper in there for the next person. Donna

Matusik from Bayville hates it when she calls someone and they put her on speakerphone. Sue Breazeale of Hamilton hates it when people turn onto the road right in front of you. She also hates it when people are talking on their cell phone and driving at the same time. They seem to slow down because they can't drive and talk at the same time. Mark Teel hates it when someone is driving a lot slower than the speed limit on a country road where you have a non-passing zone. We could go on and on!

Think about it. What's your pet peeve? What makes your blood boil? Is there anything you can do to alleviate the situation? Did you know there is a website with one of the largest list of pet peeves on the internet? Want to add to it or read about more pet peeves? www.getannoyed.com or www.gargaro.com/peeves.html. Maybe just ranting about it might help you get it off your chest and in the process help lower your blood pressure. Let's face it, we're human. We all have at least one thing that irks us. If we can't do something to change it, we just have to find a way to learn to live with it!

Risky Business

by: Michelle Cho

From January 22 to April 15, my dad becomes a slave to taxes. Always on a tight schedule, my dad is not able to spare time to attend church events or family gatherings. Whereas most church members spent their Sunday afternoons playing soccer at the park, my dad is forced to rush back to work in order to meet his many deadlines. Often working until two in the morning, he was unable to watch me in my middle school spring musicals.

Graduated from Rider University, my dad landed a job at one of the largest accounting firms, Ernst & Young. After working there for almost ten years, he sought to establish his own company. This way, he would not be restricted by demanding quotas, maintain ethical business practices and have more free time. My dad started his company in 1989 but did not acquire much success until three years later. He gave

up his position at Ernst & Young and started working at a flea market with my mom while trying to find potential clients.

Despite the struggles and stress of sustaining his own business, there are many benefits to being in a family with a small business. When I was younger, my mother left for work at six in the morning and returned just in time to make dinner. Therefore, my dad assumed the role of cooking breakfast and driving me to school. Since I wasn't allowed to be home alone, I frequently stayed at my dad's office, also known as free day care. My mom had only a limited number of vacation days so she was unable to take off work for my national cheerleading competition. Instead, my dad easily cleared his schedule and accompanied me to Orlando, Florida for my competition at Disney World.

After April 15, my dad enjoys a nice vacation with my mom to the Caribbean Islands. On the other hand, my brother and I enjoy the freedom to eat out and go to the movies whenever we want. As

the daughter of a small business owner, I also experience the various difficulties and special advantages. Overall, his risky decision resulted in a balance between professional and personal lives.

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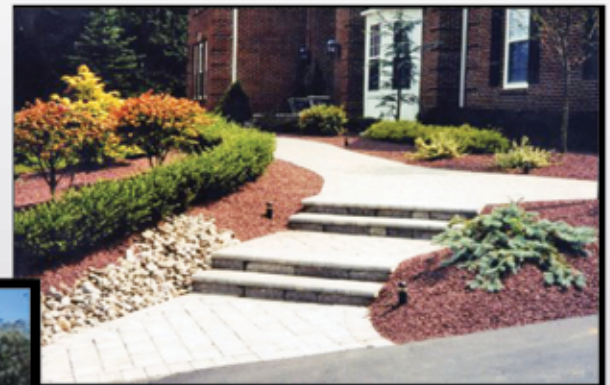
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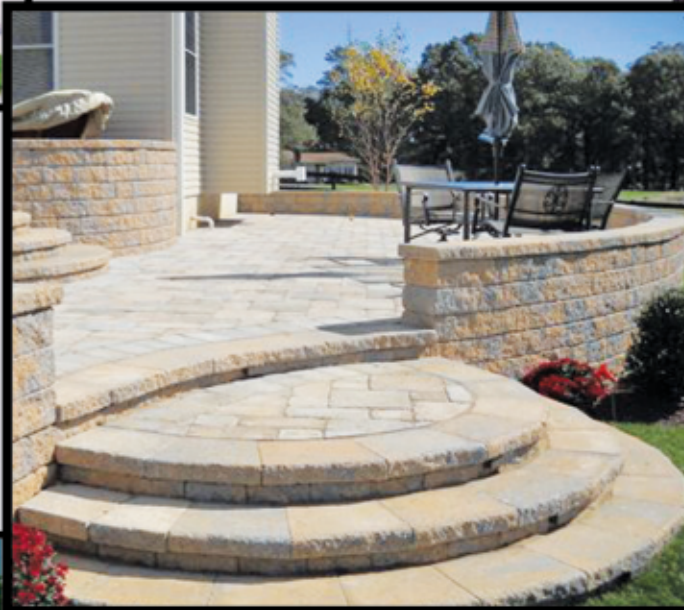
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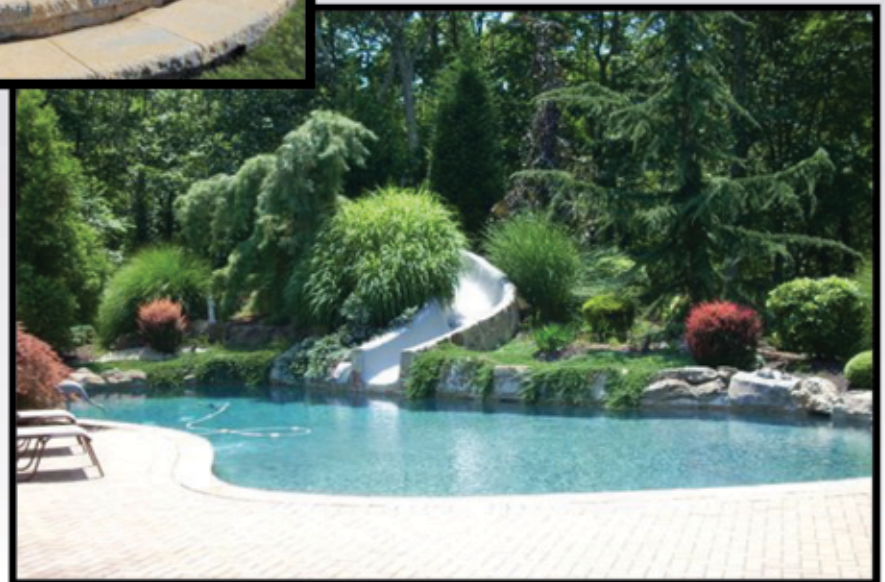
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CERT-ify= Able

by: Susan Heckler

Over the years we have all come to realize that bad things happen to good people. Whether it is an act of God like a natural disaster or the act of a disastrous human, emergencies can happen at any time, anywhere. Often times, panic sets in and well-meaning people step up to take an active role in a remedy, many times without a clue of the best course of action. A game plan was needed but no one had it. The Federal Emergency Management Agency (FEMA) recognizes the importance of preparing citizens.

Most towns have emergency services in place. Police departments, fire departments and Emergency Medical Services (EMS) are very effective for the day to day life situations. On a larger scale such as a natural disaster as we have seen in the past, i.e. earthquakes, hurricanes, large scale fires and the threat of terrorist activities, the first responders are not be able to meet the demands, which have made it necessary to expand. People will have to rely on each other for help in order to meet their immediate lifesaving and life sustaining needs. Unfortunately, untrained people have lost their lives in a valiant attempt at rescues and may jeopardize others as well. If a community wants to enhance its response capability after a disaster, civilians can be recruited and trained as neighborhood, business and government teams that, in principle, will be auxiliary responders.

According to FEMA, "The Community Emergency Response Team (CERT) concept was developed and implemented by the Los Angeles City Fire Department

(LAFD) in 1985. The Whittier Narrows earthquake in 1987 underscored the area-wide threat of a major disaster in California. Further, it confirmed the need for training civilians to meet their immediate needs." The CERT program expands the development of citizens understanding their responsibility in preparing for disaster, as well as increasing their skill to safely help themselves, their family and their neighbors. The Emergency Management Institute (EMI) and the National Fire Academy adopted and expanded the CERT materials believing them applicable to all hazards." CERT is about readiness, people helping people, rescuer safety, and doing the greatest good for the greatest number. CERT is a positive and realistic approach to emergency and disaster situations where citizens will initially be on their own and their actions can make a difference. Through training, citizens can manage utilities and put out small fires; prevent death by opening airways, controlling bleeding, and treating for shock; provide basic medical aid; search for and rescue victims safely, and organize themselves and spontaneous volunteers to be effective."

The CERT course is delivered in the community by a team of first responders who have the requisite knowledge and skills to instruct the sessions. It is suggested that the instructors complete a CERT Train-the-Trainer (TTT) course conducted by their State Training Office for Emergency Management or the Emergency Management Institute in order to learn the training techniques that

are used successfully by the LAFD.

The CERT training for community groups is usually delivered in 2 1/2 hour sessions, one evening a week over a 7 week period. The training consists of the following:

- Session I, DISASTER

PREPAREDNESS: Addresses hazards to which people are vulnerable in their community. Materials cover actions that participants and their families take before, during and after a disaster. As the session progresses, the instructor begins to explore an expanded response role for civilians in that they should begin to consider themselves disaster workers. Since they will want to help their family members and neighbors, this training can help them operate in a safe and appropriate manner. The CERT concept and organization are discussed as well as applicable laws governing volunteers in that jurisdiction.

- Session II, DISASTER FIRE

SUPPRESSION: Briefly covers fire chemistry, hazardous materials, fire hazards and fire suppression strategies. However, the thrust of this session is the safe use of fire extinguishers, sizing up the situation, controlling utilities and extinguishing a small fire.

- Session III, DISASTER MEDICAL OPERATIONS PART I: Participants practice diagnosing and treating airway obstruction, bleeding, and shock by using simple triage and rapid treatment techniques.

- Session IV, DISASTER MEDICAL OPERATIONS, PART II: Covers evaluating patients by doing a head to toe assessment, establishing a medical treatment area, performing basic first aid and practicing in a safe and sanitary manner.

- Session V, LIGHT SEARCH AND RESCUE OPERATIONS: Participants learn about search and rescue planning, size-up, search techniques, rescue techniques and, most important, rescuer safety.

- Session VI, DISASTER PSYCHOLOGY AND TEAM ORGANIZATION: Covers signs and symptoms that might be experienced by the disaster victim and worker. It addresses CERT organization and management principles and the need for documentation.

- Session VII, COURSE REVIEW AND DISASTER SIMULATION: Participants review their answers from a take home examination. Finally, they

practice the skills that they have learned during the previous six sessions in disaster activity.

During each session participants are required to bring safety equipment (gloves, goggles, mask) and disaster supplies (bandages, flashlight, dressings) which will be used during the session. By doing this for each session, participants are building a disaster response kit of items that they will need during a disaster.

There is CERT training for adults as well as for teens. For information on some of the local teams:

- Monmouth County started a CERT Program in June of 2003.

Point of Contact: Gary McTighe
CERT Coordinator
Monmouth County
300 Hall Mills Rd
Freehold, NJ 07728
(732) 431-7410
(732) 409-7532
gmctighe@co.monmouth.nj.us

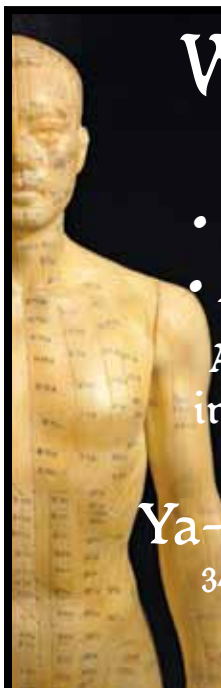
- Manalapan has two very active CERT teams, In September 2003
Point of Contact: Steven Levine
Advisor
Manalapan Township CERT/Board of Health
120 Route 522
Manalapan, NJ 07726
(732) 446-8345
TeenCERT@MTNJ.org

- Manalapan MRC-CERT was started and in July 2009, Manalapan Crew 120 was started.

Point of Contact:
Kim Silverstein
Coordinator
Manalapan MRC-CERT
120 Route 522
Manalapan, NJ 07726
(732) 446-8345
(732) 446-1576
brsatb@aol.com

For more information on the program, finding a CERT team or initiating one, check out the FEMA website; <http://www.fema.gov/community-emergency-response-teams/about-community-emergency-response-team>.

The next time a hurricane is looming over your head, you could be prepared to take charge of a bad situation and help your household and your community. Then I can write an article about you because I would want to shake your hand.



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