



The Milford Journal

art • food • history • life • nature

Spring
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6th Year Anniversary!

April 2015

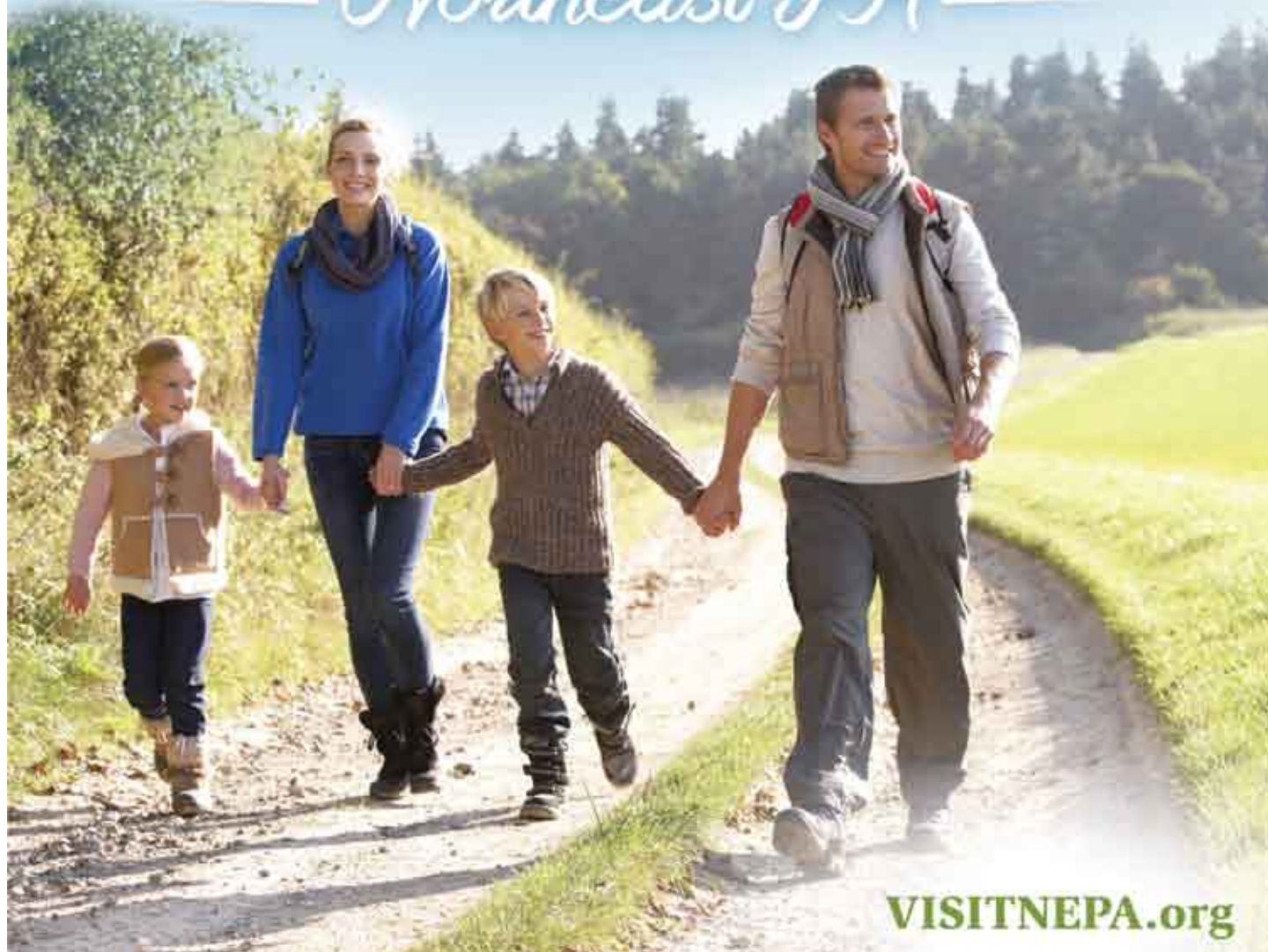
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art • food • history • life • nature

April 2015

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Mission

The upper Delaware River highlands and valleys are a place of rare beauty... Seeing it and living in it almost aren't enough. Such beauty should be captured on canvas or film so that one can truly appreciate it, glimpse it in the quiet of an art gallery or museum, or between the pages of a poetry book or literary sketch.

The *Milford Journal's* mission is to capture these momentary snapshots of beauty graphically and through the written word. We celebrate our area and the uniqueness of the people who live and work in our tri-state region. From Pike to Wayne, Monroe to Lackawanna counties in PA, up river to Sullivan County and on to Orange County, NY, and over the rolling hills to Sussex County, NJ, with quaint and historic Milford, PA, at its center, the *Milford Journal* opens its doors to our communities, businesses, and organizations, to serve as a communicative journal of all that we have to offer for those who live here and for those who love to visit us, too.

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THE JOURNAL GROUP

PO Box 1026 • Milford, PA 18337 • 570.390.7090
www.milfordjournal.com

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Cover Line
Spring blossoms in all of its glory.
Photo by Michael Hartnett





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Calendar

March 28th–April 19th
Saturdays & Mondays 11 a.m.–6 p.m.
Sundays 11 a.m.–3 p.m.

Sullivan County High School Art Show. CAS Arts Center, Livingston Manor, NY. Hosted by the Catskill Art Society. Info: 845.436.4227, catskillartsociety.org.

April 4th
Saturday 11 a.m.–2 p.m.

Easter Egg Hunt. United Methodist Church, Dingmans Ferry, PA. Free. Info: 570.828.2288, www.dfumc.com.

April 8th
Wednesday 2–4 p.m.

SUNY Orange Student Exhibition: Reception. Orange Hall Gallery, SUNY Orange, Middletown, NY. Exhibit: **April 3rd–May 4th.** Free. Info: 845.341.4891, www.sunyorange.edu.

April 10th
Friday 8 p.m.

Comedian Rich Vos with Bonnie MacFarlane. Sugar Loaf Performing Arts Center, Sugar Loaf, NY. \$23. Benefits Orange County Cerebral Palsy Association. Info: 845.610.5900, info@sugarloafpac.org.

April 11th
Saturday 9 a.m.–8 p.m.

Ladies' Retreat. Sussex County Community College, Newton, NJ. \$80 including dinner and Ladies of Comedy show. Tickets: 973.300.2121, sussex.edu/ladiesretreat.

11 a.m.–4 p.m.

Health and Wellness Day. St. Thomas Church, Sandyston, NJ. Workshops & mini-services. \$20/at door. Info/tickets: 973.948.2296.

1:00–2:30 p.m.

The Nature of Vernal Pools. Kittatinny Valley State Park, Andover, NJ. \$4. Pre-registration: 973.786.6445.

6–9 p.m.

Milford Art District's Art After Dark. Milford, PA. Golden Fish Gallery, The Artery, The Artisan Exchange.

7:30–8:30 p.m.

Concert: Yosif Feigelson & Gwendolyn Toth. Church of the Good Shepherd and St. John the Evangelist, Milford, PA. \$45. Organized by Kindred Spirits Arts Program. Info: 570.409.1269, kindredspir@yahoo.com.

April 12th
Sunday 1–3 p.m.

Wilderness Skills. PEEC, Dingmans Ferry, PA. \$5. Info: 570.828.2319, www.peec.org.

April 17th
Friday 8:00 a.m.–4:30 p.m.

Disney Institute Professional Development Course. Crystal Springs Country Club, Hamburg, NJ. Sponsored by Sussex County Chamber of Commerce. Info: 973.579.1811, www.sussexcountychamber.org.

April 18th
Saturday 9:30–10:30 a.m.

Zumba on the Mountain. High Point State Park Interpretive Center, High Point State Park, Sussex, NJ. Free, \$5 donation appreciated. Info: 973.702.0488.

1–4 p.m.

Poetry Workshop. Middletown Thrall Library, Middletown, NY. Registration: 845.341.5483, thrall3@warwick.net.

3–5 p.m.

My Cancer Diary. Pike County Public Library, Milford, PA. Book signing and reading by Robert Keiber. Info: 570.296.8211.

4–7 p.m.

Italian Dinner. St. Patrick's Church Annex, Milford, PA. Sponsored by the Pike County Humane Society. \$12. Info: 570.296.7654.

6–10 p.m.

Karen Ann Quinlan Hospice Gala. Perona Farms, Andover, NJ. \$135. Info/reservations: 973.383.0115, www.karenannquinlanhospice.org.

April 18th–19th
Saturday–Sunday

Entrance Fee-Free Weekend. Steamtown NHS, Scranton, PA. Celebrate National Park Week. Info: 570.340.5200, www.nps.gov/stea.

April 19th
Sunday 8:30 a.m.–4 p.m.

Spring Mah Jongg Tournament. Lake Mohawk Golf Club, Sparta, NJ. \$65. Benefits Ginnie's House. Registration: 973.579.0770, friendlymahjongg@gmail.com.

3 p.m.

Skylands "Got Talent." The Newton Theatre, Newton, NJ. Participants from Sussex, Warren and Pike Counties. \$20/adults,

\$10/child. Proceeds benefit autism related organizations. Tickets/info: 973.383.3700, www.thenewtontheatre.com.

April 20th
Monday 6 p.m.

A Taste of Talent. Perona Farms, Andover, NJ. Food from more than 30 area restaurants. \$200. Benefits Project Self-Sufficiency. Info: 973.940.3500, www.projectsselfsufficiency.org.

April 24th–26th
Friday–Sunday

Hawley Earth Fest. PPL's Wallenpaupack Environmental Learning Center, Hawley, PA. Celebrate Earth Day. Presented by the Downtown Hawley Partnership. Info: www.hawleyearthfest.com.

April 25th
Saturday 8 a.m.

Main Street 5K/10K Festival & Fitness Expo. P.A.L. Building, Sparta, NJ. Benefits Sparta P.A.L. Info: www.mainstreetevents.org.

9 a.m.

8K Run and Walk for the Wildflowers. Grey Towers, Milford, PA. \$30/adults, \$15/under 17. Registration: 8 a.m. Info: 570.296.9630, www.greytowers.org.

9 a.m.–11 p.m.

Sterling Hill Super Dig. Sterling Hill Mining Museum, Ogdensburg, NJ. \$20. Info: 973.209.7212, sterlinghillminingmuseum.org.

10 a.m.–4 p.m.

Earth Day Festival. PEEC, Dingmans Ferry, PA. \$5/per car. Info: 570.828.2319, www.peec.org.

12 noon

Tricky Tray. Delaware Valley Middle School, Milford, PA. \$5. Benefits Pike County Chamber of Commerce & Delaware Valley Future Business Leaders of America. Info: 570.296.8700, www.pikechamber.com.

7 p.m.

Under the Big Top: LGBTQ & Ally Prom. Best Western Inn, Matamoras, PA. \$50/adults, \$30/14-20 year olds. Tickets: www.udglbt.org.

April 25th–26th
Saturday–Sunday 10 a.m.–5 p.m.

Women and Their Woods Spring Workshop. Grey Towers, Milford, PA. Free. Hosted by Delaware Highlands Conservancy. Info: 570.226.3164, www.delawarehighlands.org.

April 26th
Sunday 9 a.m.

Skylands March for Babies. Sussex County Fairgrounds, Augusta, NJ. Benefits March of Dimes. Info: 973.296.8803, marchforbabies.org.

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Vernon Earthfest. Heaven Hill Farm, Vernon, NJ. Presented by Vernon Chamber Charities. Info: 973.764.0764, vernonearthfest.com.

2–4 p.m.

New York Wind Symphony Chamber Ensemble. Albert Wisner Public Library, Warwick, NY. Registration: 845.986.1047 x3, warref@rcls.org.

2:00–4:30 p.m.

Kids Are Great Day. Fire House, Matamoras, PA. Hosted by REECHE. Info: 570.491.9888, www.reeche4kids.org.

May 2nd
Saturday 9 a.m.–3 p.m.

GardenFest 2015. Pike County Training Center, Lords Valley, PA. Workshops led by Penn State Master Gardeners. \$30. Registration required: 570.296.3400.

1–8 p.m.

Citywide Garage Sale. Port Jervis, NY. Hosted by Tourism Board. Info: 845.858.4017, pjtourismboard@gmail.com.

4–6 p.m.

Skylands Regional Juried Art Sale: Champagne Reception. Sussex County Arts & Heritage Council Gallery, Newton, NJ. \$20/in advance, \$25/at door. Exhibit: **May 2nd–June 13th.** Info: 973.383.0027, www.scahc.org.

5–9 p.m.

Foods of the Delaware Highlands Gala Dinner. The Settlers Inn, Hawley, PA. \$125. Hosted by Delaware Highlands Conservancy. Tickets: 570.226.3164, www.delawarehighlands.org.

May 3rd
Sunday Noon–4 p.m.

Sussex County Day. Sussex County Community College, Newton, NJ. Sponsored by Sussex County Chamber of Commerce. Info: 973.579.1811, www.sussexcountychamber.org.

Noon–5 p.m.

Annual Open House & Historic Bevans Day. Peters Valley School of Craft, Layton, NJ. Info: 973.948.5200, www.petersvalley.org.





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Photos by Michael Hartnett

My walks along the trails of our region yield many gifts. Most precious is a growing familiarity with nature's flora and fauna. New friends, who routinely visit the parks, share their individual enthusiasms. Whether for fitness, recreation or otherwise, we each enjoy the benefits of experiencing the great outdoors.

In recent weeks, Mother Nature cast her spell on Andover Township, NJ, with the rare sighting of a painted bunting at a local bird feeder. With a range of flight usually in the southern United States and Mexico, its rainbow of tropical colors is a joy to behold. By the hundreds, bird

watchers have traveled to see this avian jewel. The homeowner even put out a guest book for visitors to sign.

Through the years, readers have seen the results of my camera yoga spread across the pages of the *Journal*. Nature features have appeared in the magazine on insects, lichen and wildflowers. This is a place where beauty, light and color have a home—a true refuge from the contentious world around us. I appreciate this more than I can say.

And like the painted bunting, no matter how far your range, I hope you find the seeds here that nurture your journey!

Guest Entry- *Michael Hartnett*

The Dance to Open Time

As I mill about the group, waiting in the large room
I feel anxious, anonymous - still under the hood of my day
when the lights turn dark, but for one naked bulb
in a far corner, where the music begins to play.
And I find a dip to my waist, a turn of a twirl, a sway, a stomp
my arms stagger to catch the churn and my feet reach
to pound a deep sound-surf. There is time to writhe and burn
until time dances out of the room, slips away from space
away from my darkling lids - where I meet the music
face to face, sole to soul, camber to clap, bobble to birth. For now
I move between song and night, and am light.

- Tracey Gass Ranze

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The Musical Journey of Don Oriolo & Qeuhl Tickets to Ride

Qeuhl, The Budding Musician

On a bitter cold morning in February, 22-year-old R&B musician Qeuhl is up early and is getting ready to leave his Bronx neighborhood for a day trip to Sussex County. Just like in most of his waking hours, on this morning, Qeuhl is thinking about music—his music—and how to move forward as an artist.

Today, that involves catching a bus at Port Authority and heading to Hamburg, NJ, where he will meet with his producer and mentor, Don Oriolo, and discuss his next career moves.

Before he leaves his apartment, he starts to shovel some snow, and despite the brutal weather and knowing he has a long trek ahead, he finds himself singing before he's done clearing the sidewalk.

"Singing is my passion. I love it," Qeuhl says with a laugh when sharing the snow shovel story. "There are times I can't do anything without singing. Bruce Springsteen said music is like the ultimate drug, and he's right. Once you figure out that's what drives you, nothing else works."

That he sings to himself because he loves music is not all that surprising; most artists incorporate their work into the menial tasks of their lives. What separates Qeuhl from the majority of musicians at the early stages in their careers is his enthusiastic embrace of the behind-the-scenes struggle that goes into launching a successful career in one of the most cutthroat industries around.

For Qeuhl, each triumph over the many obstacles on the road to fame and fortune is not just a step closer to that end, but also a necessary method of proving his worth as an artist.

Don Oriolo, The Veteran Producer

When Qeuhl arrives at Oriolo Productions, he's surrounded by accolades attesting to Don Oriolo's 40 years in the entertainment industry; Oriolo-brand guitars are

stuffed in the corners of a conference room, gold records and other awards hang on a nearby wall, along with dozens of paintings of Felix the Cat—the cartoon character Oriolo's father helped create and whose legacy Oriolo has overseen since his father passed away 30 years ago.

These footnotes are a testament to Oriolo's long and successful career in entertainment. There are his recording, publishing and producing credits for household names like Gloria Gaynor and Meatloaf. "I signed Meat, and then [John Lennon's assistant] May Pang took him out for his first Chinese food dinner ever," Oriolo remembers.

He enjoyed dozens, if not hundreds, of stints as a studio musician and songwriter. "I wrote Jon Bon Jovi's first charted record," he notes. And of course, there's all the work he's done with the Felix the Cat franchise, including turning the character into the top cartoon in the highly coveted Japanese market.

But none of this would have happened if Oriolo hadn't maintained a near-obsene level of ambition from the very beginning. Just like Qeuhl, he knew from the start that he wanted a career in music, and he would stop at nothing until he made that happen.

"I used to cut [high school] and ride the bus into the City with my guitar, and I would go around to different publishers and pitch my songs," Oriolo says, adding that it was this sort of tenacity that led to his big break.

"By doing that, I got my first song published, and I met [producer] Bob Reno. He sort of became a mentor, someone who listened to me and gave me confidence. And so now Qeuhl has been fighting for a long time to get noticed, and I definitely know what that's like."

Hitting the Road

The two met at a video shoot for a mutual friend at Oriolo's Lafayette, NJ, home last summer. During the shoot, Qeuhl had been eyeing the stage built in Oriolo's yard, the microphone, instruments and speakers all seemingly calling to him to step up and perform.

Continued on next page



After getting the go-ahead from other guests at the shoot, Qeuhl took to the stage and did the only thing he really loves to do—sing. After a few minutes, Oriolo—then still virtually a stranger to Qeuhl—got on stage, and the pair started to jam together. Later that night, they signed a contract. Qeuhl had found his producer, and Oriolo found potential with familiar ambition.

Since then, Qeuhl has relished nearly every bit of the advice Oriolo has to offer, and Oriolo seems just as excited to help guide a new artist through the overwhelming nature of the entertainment industry.

“Making a record is easy; all that takes is time and money,” Oriolo says. “Getting it out there for the world, that’s the trick. 20% of the process is ‘Okay, you have a great song,’ but the other 80% is ‘What are you going to do with it?’ and that’s where the real work comes in.”

For now, the pair is taking small steps into that 80% territory. Together with Branchville-based photographer Agnes Rizzo, they’ve released a music video for an Oriolo-penned track called “UR The Best,” and they have been putting in hours at the studio recording demos. And all the while, Oriolo’s hand helps project the young voice into something strong enough for the world to hear.

With so many parallels between Oriolo and Qeuhl’s passion as artists, it almost seems as if fate had a hand in their collaboration. The resemblance of their shared ambition during their respective “early” years—each riding nearly identical bus routes to and from New York City in hopes of furthering their careers—approaches the uncanny.

Yes, the road is the same and the trip just as difficult, the only difference now is that Oriolo rode that bus 40 years ago, and Qeuhl is still logging miles. ●

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History

By Joe Dimeck

Lake Mohawk Golf Club A Sporty Course

With a Bavarian-themed town center and the hundreds of mixed European-style dwellings and lakeside cottages dotting the dammed up waters of the Wallkill River, Lake Mohawk in Sparta, NJ, is truly a unique point of contrasting aesthetics.

Subtly tucked into the rolling hills that wrap around the manmade lake is the Lake Mohawk Golf Club. The club was constructed in 1928 by the Arthur Crane Company, who, along with Herbert Closs, built both the community and the lake at the center of it.

The private golf club began humbly as a nine-hole track meant to provide leisure and socialization for the residents of the community, which was created as a summertime village and respite from urban life. The course opened on August 30, 1929 and consisted of current holes: 1, 2, 3, 9, 10, 15, 16, 17 and 18.

Given the naturally rocky terrain of Sparta, development of the course was more of an embellishment upon the landscape than a total reconstruction of it. As a result, the course, designed by architect Irving Sewell, has a natural flow to the terrain.

Five years after the opening of the course, the original clubhouse was built. Part of it still exists today. Adding to the club's rich history, a cornerstone once used in the Old Morris Canal was flown to Sparta for use in the clubhouse's construction. (A seaplane landed on the lake to deliver it.) Renowned Scottish pro Johnny Langlands was hired, and the club enjoyed a reputation as one of the "sportiest courses in the state."

While the club was originally only offered to the residents of the Lake Mohawk Reservation, member eligibility changed in the mid-1930s during the Great Depression. Due to a downturn in the housing market, the Crane Company was forced to sell the club. Members bought it, turning it into a private equity, or member-owned, club.

Ultimately, the club survived the Depression as well as World War II, despite the economic difficulties brought on by both. And while it is now a separate entity from the Lake Mohawk community, tennis club and pool, there's been a renewed synergy between the club and Lake Mohawk in recent years.

Throughout its existence, the club has played host to a variety of PGA tour pros and hosted numerous parties, outings and dinner dances. Business executives and



prominent politicians from New York City and even show business celebrities became the fabric of the membership. It's said that Babe Ruth, who used to frequent Sussex County to hunt, played the course.

In recent years, the Lake Mohawk Golf Club hired a golf course architectural firm to create a master plan for course improvements. While the original course was built according to the natural terrain, many of the trees that line the holes were planted to create an intimate and idyllic ambiance. Over time, they've become overgrown, but the course architect has a history of restoring and improving upon the charm of a course's original design.

The improvements, however, may not be enough to thwart the nature of the course's infamous 14th hole—a link that's frustrated Lake Mohawk golfers for decades. Nicknamed "Nicky," this short 130-yard, par-3 has an unusual lump near the front of the green, the origins of which are unknown. Some think it might be an old piece of excavating equipment, while others jokingly surmise it is the burial grounds for a local fictional folklore character named "Nicky." Either way, the lump makes for a truly challenging green and some great grillroom conversation.

"This April marks the 87th anniversary of the Lake Mohawk Golf Club," said club secretary, Steve Bieganousky, "and while our history is part of our character—resiliency and adaptation also play their part. We've gone through a lot of ups and downs. We made it through a depression; we made it through a war."

He concluded, "As a club, we look toward our future, and now we're moving forward. What do we want to be? We are evolving into a club that is going to be family-oriented, a fun place to be, but we will always retain the fact that we are a golf club, and that's never going to change. Our key component will always be golf." ●

Photos courtesy of Lake Mohawk Golf Club



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Olive Oil

"The whole Mediterranean, the sculpture, the palms, the gold breads, the bearded heroes, the wine, the ideas, the ships, the moonlight, the winged gorgons, the bronze men, the philosophers—all of it seems to rise in the sour, pungent smell of these black olives between the teeth. A taste older than meat, older than wine...."

—Lawrence Durrell

For more than 6,000 years, the olive tree has been treasured for its fruit and its oil, which promotes health, well being and beauty.

The origin of olive cultivation has been lost in time, but according to Greek mythology, the goddess Athena planted the first olive tree in a competition with Poseidon that held Athens as the prize. Stabbing his trident into the earth and bringing forth a gush of seawater, Poseidon claimed ownership of the city, but the tree that Athena gave to its citizens was seen to be much more valuable, and the royal court declared her victorious.

The Greeks and Romans savored the edible olive, and the oil released by pressing was used for heat, lamp light, lubricants, medicines, body oils and perfumes—poet Homer proclaimed it “liquid gold.” Olive branches adorned Roman coins as symbols of peace, and they were shaped into the crowns, called *kotinos*, that were awarded to the victors in the ancient Olympic Games.

With the spread of the Roman Empire throughout the Mediterranean region and into Western Europe, olive oil became an important trade commodity. In the 15th and 16th centuries, Spanish and Portuguese explorers introduced olives to the Western world, and 200 years later, Franciscan missionaries planted the first olive groves in temperate northern California.

There are an estimated 800 million olive trees today worldwide, and at least 500 cultivars, or varieties, with fruits ranging in size from tiny orbs to large plumps. Their assorted colors, from light green to purple-black, are not related to cultivar, but rather the amount of time the fruit is allowed to ripen on the tree.

Uncured olives are very bitter and unpleasant to most people, but curing processes (brine curing is the most common) transform them into an array of exquisite, complex tastes and tantalizing textures.

Where grapes grow well, so do olives, so it's not surprising that olive oil stepped forward in the American kitchen in the 1990s with the emergence of the so-called California Cuisine.

A handful of wine country artisans began to create delectable extra virgin olive oils (EVOOs) with as much depth, character and flavor as fine wines. These small batch products were compared to the fresh, complex flavors found in Italy. Two decades later, best quality olive oils—imported, as well as California grown and certified—have gained a loyal and growing following, as consumers are won over by EVOO's delectable taste and significant health benefits.

When it comes to health, modern food science is giving credence to what early civilizations knew: EVOO, made simply by cold crushing olives and extracting the juice without additives, is a remarkable therapeutic elixir. Rich in omega-9 fatty acids and phenols, it's being proven to help prevent and counter a myriad of diseases, including high cholesterol, stroke, diabetes, immune deficiencies, inflammation and even cancer. (See *Journal of Molecular and Cellular Oncology*, January 2015.)

“To enjoy the substantial health benefits of olive oil, experts recommend ingesting 2-3 tablespoons per day and not skimping on quality,” says Patty DeStefano, purveyor at Ghiggeri's Fine Olive Oils in Milford, PA. “First cold press EVOO is made within hours of harvesting the fruits and kept at temperatures below 70 degrees to retain antioxidants and other healthy components. Fresh oil is always best,” she continues.

Choose an EVOO and check the harvest or “Best by” date on the bottle. Keep oil in a dark, cool place, away from the stove, in a dark glass container, and, although not in Rome, do what the Greeks and Romans do—enjoy in a multitude of ways, and often! [Continued on next page](#)

OLIVE OIL PRIMER

Extra Virgin (EVOO) • Highest grade, highest cost. No additives, pressed and processed at low temperatures, “excellent” aroma and flavor, best health benefits. Use unheated to maintain flavors and quality. *Best used as a condiment, for dipping, drizzling. OK for sautéing or browning, although some taste and aroma will be lost with heat. Apply directly to skin and hair to moisturize.*

Virgin • Has a higher fatty acid content than EVOO and “reasonably good” aroma and flavor. *Best used for sauté or browning, not recommended for frying. Add to the bath.*

Olive Oil • A blend of refined (low-grade, treated) oil and virgin oil with “acceptable” aroma and flavor. *Use in the bath or for making soap.*

Pomace • Obtained by treating the remnants of pressing (skins and pit fragments) with solvents or other physical treatments. “Poor flavor.” *Use for making soap or in an oil lamp.*

Black Cherry Roasted Chicken

1/2 cup Black Cherry Balsamic Vinegar
1/4 cup extra virgin olive oil
salt and pepper to taste
12-24 large chicken legs

Mix all ingredients in a large Ziploc plastic bag. Refrigerate over night.

Preheat oven to 350 degrees F.

Remove the chicken from the marinade.

Place the chicken legs on a large baking tray with sides and pour the marinade over the top.

Bake for about 40-45 minutes and sprinkle with sesame seeds.

ENJOY!!

Recipe courtesy of Patty DeStefano

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A Quick Word about Life & Golf with the "Specialist" Jeff Feagles

Drafted into the NFL after graduating with a bachelor's degree in business management from the University of Miami, Jeff Feagles, the renowned punter, has the third longest career of any NFL player.

Feagles was a punter—a specialist. Usually out of harm's way from the most brutal action, he was a record-holding kicker who played in 352 consecutive games over a career that spanned five teams and 22 years.

This May, Jeff Feagles will be coming to Sussex County, NJ, as the celebrity host at Sussex County Community College Foundation's annual golf outing, supporting student athletes and scholarships.

Feagles' career in the NFL is as noteworthy as every other pursuit of this dedicated family man and businessman.

"In high school, I thought I wanted to play baseball professionally, but in junior college, I went out for the football team in the fall, loved the position, and I was good at it," he says.

"My education was always a priority. I knew I'd need something to fall back on. Something I'd enjoy after I was done playing. Making it in the NFL is rare and a small percentage of those who try do get in. The average player plays three to four years," Feagles recounts.

Family was another huge priority for Feagles. He has been married to his high school sweetheart, Michelle, for nearly 28 years, and together they raised four boys (now 17 to 24 years old). As they moved from state to state for different football teams, they taught their sons the value of education and giving back.

In 2003, the punter was a free agent and seized the opportunity to play for the Giants and live in NJ. The young family loved the neighborhood and was very involved in local sports and charity events.

But in 2005 in his late 30s, Feagles faced an injury that had him considering retirement. He moved the family back to Phoenix, where they'd lived when he'd played for the Arizona Cardinals.

The boys, all still in school, plotted to convince their parents to go back to NJ. Jeff and Michelle found themselves being wooed one morning—the kids were up and awake at the crack of dawn preparing a special breakfast



to promote their case. Soon after, the Feagles flew out to NJ on a secret mission to secure the house they would live in as a surprise for the boys.

Although the length of Feagles' football career was astounding, he did not rest on his success and wait until his time in the NFL was done to begin preparing for the next phase. He found he had an aptitude for real estate that was fed by the career moves he made with his family. During the off-season for almost 15 years of his football career, Feagles bought and sold residential real estate, practicing his "second career" while pursuing the first.

Post-NFL life has been busy and fruitful for the Feagles. When Jeff could no longer perform as he desired, he retired at 44, holding records for most punts and most punting yards, among others.

In 2010, he joined the NY Giants broadcast team, doing pre- and post-game radio and analysis on Fox My9 Giants Postgame Live, taking the opportunity to keep talking about the game.

Feagles says working with the Giants has been the pinnacle of his experience with different teams because of

Continued on next page



the owners, the Mara family, who believed in taking care of the business and the players like family. As part of the Giants' Alumni Association he attends meet & greets, dinners and various charity events with a family-oriented "once a Giant, always a Giant" attitude.

Today, Jeff Feagles is still in real estate, a specialist in the commercial real estate field. Having gotten a good taste of different parts of the country playing for the New England Patriots, the Arizona Cardinals and the Seattle Seahawks, he appreciates working with the range of diversity that New Jersey offers.

The Golf Outing on May 4th at Ballyowen Golf Club at Crystal Springs in Hamburg, NJ, will be an opportunity to meet an NFL legend—elected by ESPN as one of the 50 all-time great Giants players—a "specialist" in football, family and giving back to the community. ●

Jeff Feagles, who enjoys connecting with fans, will tee off with guests, pose for photos and hand sign photographs, as well as attend the luncheon and post-game ceremony. He has also donated a jersey and a signed football for the auction that day. For more information on the event, visit foundation@sussex.edu or call 973.300.2121.

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Be it Yorkie or Labrador, poodle or spaniel, mixed-breed or crossbreed, all dogs can benefit from a romp in the park.

“Man’s best friends” delight in their own playground at the Wantage Dog Park in Wantage, New Jersey.

The park was the brainchild of Stuart and Marilyn Baker. They were inspired to open a dog park after bringing their two dogs to High Point State Park and receiving a warning as the dogs ran off-leash.

The couple found the ideal spot adjacent to Woodbourne Park in Wantage and approached township officials with their vision. “It took less than a minute to get permission,” laughed Stuart. The only downside was the township couldn’t help fund the project.

Stuart and Marilyn formed a committee and initiated a fundraising campaign. It wasn’t long before their dream came to fruition. They raised approximately \$45,000 from private donations for construction of the park, which opened in December 2006. The park’s been a haven for dogs and their owners ever since.

The dog park is the largest in the tri-state area and is open to all dog owners. It encompasses about eight acres and is complete with safe, fenced-in areas for off-leash

dog play and exercise. There are two separate fenced-in areas—one for large dogs and another for smaller ones. There is also an agility course, a pagoda, rest room facilities and a water well. A beautiful stream trickles outside the park, and the dogs often go for a refreshing swim in the warmer months.

Aside from the obvious health benefits of regular exercise, bringing dogs to a park can increase their socialization and make them less aggressive and better behaved. This works easier if a dog is introduced to others at a young age.

“If dog parents have a concern about a dog that has never visited a park, we suggest they start in the small park,” advised Stuart. “The dogs can interact through the fence, and then the parents can make a judgment. Dogs are social animals, and the earlier they’re exposed to other dogs, the better it is for them.”

If a dog spends a lot of time home alone, they are not getting the proper amount of physical and mental stimulation. “It’s possible that this is the reason some dogs destroy home contents,” said Stuart. “At the park, they can run willy-nilly without escaping. What better way to burn off all that youthful energy than to run endlessly around the park with your buddies? Playing with others is more exhilarating than playing alone.”

Continued on next page

According to Stuart, the recreation area is so popular, some people drive over an hour each way to visit. During a typical summer weekend, about 1,000 visitors come to the park. "Knowing that people are enjoying the area with their dogs and that both are forming friendships makes this all worthwhile."

Melissa Maher of Blairstown, NJ, brings her dog Lilly along with Lilly's dog friend, a yellow lab named Linc. "It's a place that brings happiness, new friendships and opportunities, all within a cozy, wooden-fenced area," Melissa enthused. "Lilly and Linc play in a large, safe space with the perfect mix of dogs to romp around with. During her early years, Lilly was a challenge with other dogs and recently made a breakthrough. There is no question that it's because of the incredibly kind personalities of the other visitors, human and dog alike. I usually see the same group of dogs and people there, which makes Lilly's socialization easier."

Melissa made lasting friendships at the park, and Lilly's socialization skills have increased by leaps and bounds. "I would venture to say one of the people I've met through

the park has become one of my dearest friends. We're even traveling together to Washington, DC, to visit our families who live just 30 minutes apart. What a small world!"

A true testament to the popularity of the park is the amount of time people spend there, even if they don't have a pet themselves. "Some people without dogs visit the park just to watch these adorable creatures run and have a blast," said Stuart. "To witness these free spirits dash around the park is pure joy."

The Wantage Dog Park is open all year round, from dawn to dusk. All owners are responsible for their own pets, which must be licensed and vaccinated. The park is entirely privately funded and always in need of funds. Although there is no mandatory fee to use the park, people are kindly asked to leave a small contribution each time they visit by placing \$1 in the barrel by the exit. Donations help with the park's daily maintenance. ●

For more information about the dog park, visit www.wantage-dogpark.com.



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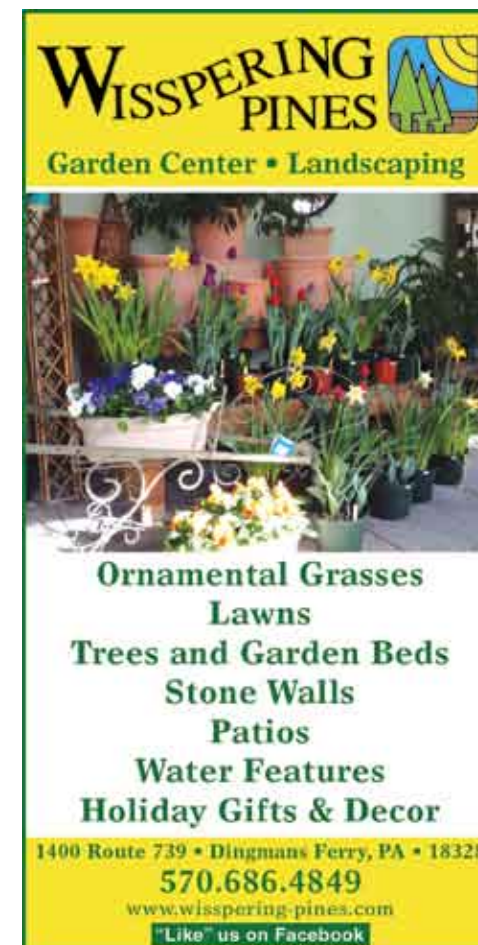


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Profile

By Carolyn Moore

Capturing the Passion Judge Lorraine Parker

Lorraine Parker is a persuasive communicator and mentor.

She has had not one, but three, successful careers in her lifetime and has recently embarked on a fourth. The ever-evolving Judge Parker now creates art, a pursuit she had always wanted to indulge in, but never had the time. The retired appellate division judge has added painter and sculptor to her list of accomplishments.

"I've always had the notion that my right brain was saying, 'Please let me out, let me out.' So I took some classes," says Parker. The classes led to artistic explorations in sculpture and watercolors and subsequently to showing her work at Sussex County Arts and Heritage Council shows, NJPAC, the Paper Mill Playhouse in Millburn, NJ, and the Conception Gallery in New York City.

As a teacher, lawyer, judge, artist—one unifying thread has captured the passion of Lorraine Parker. "I think communication is the common element across these fields. In my previous careers, I spent a lot of time trying to persuade people to do what would benefit them most. In my art, the focus is 'what do I want to say?' I want to have a cohesive message."

In her post-college life, Parker was a teacher specializing in special education. After that career, she studied law and practiced commercial litigation before sitting on the bench as a Superior Court judge in Newton, NJ.

Along the way, her husband, Dr. George Parker, provided much support and encouragement. When her children were middle-school age, Parker began, by her definition, to get a bit restless with teaching. Her husband asked: "Well, if you could do anything you wanted to do and you didn't have to worry about money or kids or a husband, what would you want to do?"

Parker admitted she had had a life-long desire to study the law, an idea that was not well received by her family in the 50s. "My father said 'You'd be a great lawyer, it's too bad you're a girl.'" Parker instead had studied education and taught for several years in NYC schools.

Though Parker is serious about pursuing her new career as a fine artist, she continues to encourage and advocate through her role as Chair of the Board of Trustees for Sussex County Community College. The Trustees, who oversee policy for the college, recently accepted the resignation of college president Paul Mazur. Parker praised Mazur's tenure at the college, saying that his "steadying influence" helped guide the college successfully through some very difficult years.



One challenge on Mazur's plate had been to increase the value of the community college experience by developing on-campus bachelor degree programs with Felician College and partnerships with in-state four-year colleges such as NJIT, William Paterson University and Rutgers. These partnerships provide seamless transitions from SCCC to four-year schools with no loss in credits between similar programs.

Parker says the college will continue to build on the work that Mazur set in motion with partnerships, for example, in the nursing field with Rutgers.

The Trustees, with Parker at the helm, will focus on those in transition, changing lifestyles and careers, something with which Judge Parker readily identifies.

Currently, Sussex County Community College enrolls 22% of county high school graduates, and Parker and the Trustees also want to do more to increase that number. Parker says the focus needs to be on "education here, jobs here," keeping young people in the county by giving them viable occupations after their education.

Judge Parker is also involved with the 100 Women Project Scholarship Fund at SCCC, providing education funds for women by women. This is an endowed, self-generating scholarship whose participants commit to making donations of \$100 every year for five years.

In the community, she initiated the Gap Committee within the nonprofit agency Project Self-Sufficiency to provide legal advice for women who do not qualify for legal aid but need help preparing to represent themselves in court.

As an older law associate, Parker was an anomaly, but she was given more responsibility based on how well she handled herself; something she attributes to her years of experience as a teacher and school board member. She values how open people were to mentoring her and advises other women to "say yes" to opportunities that come their way.

Parker, who believes strongly in mentoring, gives this advice to those who need to, or desire to, begin a new career: "Never think you're too old for something. Just do it." ●

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Signs

Aries (March 20-April 19)

Your mantra in these weeks can be "anything is possible," as events conspire to open up new worlds of potential. What comes your way may not be what you were expecting, what you thought was likely or the thing you seem to want the most. Even so, what transpires has the power to send your life in bold, new directions you never could have planned.

Taurus (April 19-May 20)

Desire is your most trustworthy ally this month. Set your priorities, start at the top of the list and work your way down. Charm, elegance and co-operation will help you assert your will. Though you may be tempted, an easygoing approach will work better than competition or aggression. Keep your mind as focused as a warrior, never forgetting your goals for a moment.

Gemini (May 20-June 21)

Your solar chart is vibrating with genius, ideas and revelations. It's as if you can tap into all of your past lifetimes as an inventor and artist and remember everything you once knew. At least one idea will easily connect to a source of income, though I suggest you let everything other than money motivate you, for now anyway.

Cancer (June 21-July 22)

You're feeling at your very boldest and brightest, and it won't be a coincidence if you're summoned into a leadership role. If that happens, handle any form of authority gently. Be fair at every turn. Move at a slower pace than you may be inclined. You have so much energy that people will need to work to keep up with you. Give them a chance.

Leo (July 22-Aug. 23)

Business travel is highly favored this month, and you're ready to burst free from your present surroundings. In any event you're going somewhere, as Mars moves over the success angle of your chart, giving you a surge of faith in your talents and abilities. The goals to pursue are your newest ones -- what you're excited about right now.

Virgo (Aug. 23-Sep. 22)

Focus one specific idea or objective and you are bound to succeed -- that is, if you're willing to work with others who push you. Sometimes you are at your best when you're challenged by partners or collaborators. Take all of your work or financial involvements as learning opportunities and you cannot go wrong. Yet the potential for profit is much greater than knowledge.

Libra (Sep. 22-Oct. 23)

You may feel the invisible hand on your shoulder, guiding you quietly. Still, be sure you make clear decisions rather than allowing others to make up your mind for you. You might not understand what seems like a complex situation, though the picture will come into focus soon enough. Listen carefully and you'll hear people reveal their motives -- always useful information.

Scorpio (Oct. 23-Nov. 22)

Events this month are drawing you directly into the action. Do not hesitate to step up. There's plenty to get done, and you have something to offer. For one thing, there are no limits on what you can get done. And in any work project situation you're likely to be the one with the idea that solves the big puzzle.

Sagittarius (Nov. 22-Dec. 22)

Everything you touch turns to beauty, to something exciting, something of value. Experiment with your most out-there ideas. Give them life, give them a voice and a place where they can be seen. Reveal your boldest, splashiest work. In other words, don't hold back, especially for fear of being different. You may be shocked how useful those ideas turn out to be.

Capricorn (Dec. 22-Jan. 20)

You may find yourself needing to reconcile your work-related responsibilities with so much that's happening at home. The truth is, your domestic life is more important, for the moment. Though you won't read this in any stock definition of Capricorn, it's your foundation, both of your identity and your success. It's far more meaningful than you typically let on. Remind yourself of that often.

Aquarius (Jan. 20-Feb. 19)

You have something to say, and whatever that is will benefit the people around you. Though you're not one to keep your opinions to yourself, I suggest you be especially generous this month -- especially with what you know from direct experience. People look up to you as one with wisdom to offer, and as someone they trust dearly.

Pisces (Feb. 19-March 20)

You're still under the influence of a potent solar eclipse in your sign, which has set you free from many old ideas about yourself. The real question is about where you're going and what you're becoming. You're being empowered to rise to your highest concept of yourself. For that to work, start now actively visualizing your ideals, through imagination, clear description or photography. Then look, see and become.

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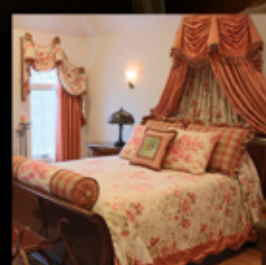
Around Milford



(1) At the 2015 Springfest Garden Show at the Sussex County Fairgrounds, amid gardening tools and flower arrangements, we found Greeley's Fred Kelly. (2) We enjoyed watching the Bonsai Master Martin Schmalenberg in action. (3) Best of Show winners, Tom Sandstrom and Tim Dille, took a seat in front of the Garden State Koi display. (4) Tree fan Fran Stoveken of Dingmans Ferry posed under the arbor "Groot." Meanwhile back in town, (5) Milford's Christie Ferguson and (6) Caitlin Roa were ready to serve up some spring weather. (7) And over at the Columns Museum, we found Lori Strelecki trying out Jennie Gourlay's costume, (8) and good thing Alan Kaplan, a "real" photographer, was in the house. (9) Wendy Stuart Kaplan checked out the new display of Audubon prints from Dick Snyder's residence and taxidermy birds from John Bell's collection. (10) Docent Ken Corcoran stood under the flag display that pays tribute to the Lincoln Flag's journey to D.C. (11) And on the other side of town, Amy Bridge congratulates Nicole Patrisso, winner of the Journal Group Twitter contest. Nicole won a gift certificate to TLC Salon and Spa.

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