THE CONNECTION

SEPT/OCT/NOV 2016

VOLUME LXI

Warren-Watchung Edition

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PUBLISHER'S MESSAGE

SEPTEMBER, ahh the Autumn leaves, Back to School, Back to Life after a wonderful summer! Welcome to this fabulous issue full of NEW advertisers , very interesting editorials, Community News and convenient sections, which make the magazine easier to read and local merchants simpler to find. Two fall community events worth mentioning are: **Wagner Farm Arboretum** in Warren presents its Pumpkin Extravaganza – "Brite Nites." It's a great Halloween themed event open for 6 nights in October. Details on page 26! In addition, **Keeping Babies Safe** – a 501(c)(3) nonprofit organization that provides education, assistance, advocacy and leadership in the development of safer children's products and practices, is hosting their annual 5K walk & run on October 30, 2016 in Harry Dunham Park – Basking Ridge. See page 96 for important information or to donate to this worthwhile cause!

Featured from our business/professional community this issue are: **4 Brothers Breakfast, Bedminster ON SITE Drapery Care, Branchburg Oral, Maxillofacial & Implant Surgery, Celebrity Pediatrics, Congregation Knesseth Israel, Delta Financial Group, Martinsville Gardens, Preferred Property Improvements, S&G Cleaning Services, Somerset Hills Memorial Park, Truefitt & Hill** and **Warren Dermatology and Laser Center.** Our talented writers have provided unique insight into these businesses and their respective owners.

Local artist, **Rita Koch,** adorns our cover with an oil on canvas painting entitled, ***"Bovine Grapevine."*** Rita, a 30 year resident in Central New Jersey, still marvels at the natural beauty surrounding her. Hiking, kayaking or bicycling locally provide her with much of her painting inspirations. This piece was motivated by a field of cows across from the gym Rita attends. She met a couple at the gym who coincidentally own the farm these cows were grazing on, and the invitation to meet them was set. Rita states, "These three *ladies* seem to be chatting… maybe about me, who I was and what I was doing there anyway. Their wary expression just captivated me and I couldn't wait to get them on canvas. I usually need to refer to my photos often while painting, but not for these girls. We (the cows and I) somehow made a connection so they took shape easily with very little need for reference pictures." Please read Rita's impressive bio on page 8.

Look for our FUN contest in this issue: **SPOT THE FAKE!** Somewhere in this issue is a fake ad. Find it and email us at **Spotthefake@theconnectionsnj.com.** Please use the subject line: **FAKE** and include the answer, your name, town and phone number. The Winner will be chosen randomly from a list of those who entered the correct answer and will receive a prize from a local business. Good luck and have fun **SPOTTING THE FAKE!**

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Robin Fand, Publisher

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More than 300 people took part in our Spot The Fake Ad Contest in the June issue. Congratulations to everyone who "spotted" *Waterview!* The winner, selected randomly from a list of all those who entered and provided the correct answer, is April Simmons of Warren. The winner received a gift certificate to Rudolph's Steak House.

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On The Cover

RITA KOCH

My love of color and texture began as a child, when I discovered oils and pastels at Humes School of Art in Rutherford, NJ. Watercolors were my form of expression in high school and college. And then, a hiatus until I happily traded my business career for paint, brushes and study at the Center for Contemporary Art, Hunterdon Museum of Art and Pennsylvania Academy of Fine Art. To my delight, my passion for creating art rekindled with ease and I've rediscovered the fun of other media such as oil and pastel as well.

I'm drawn to paint images that express the natural world, stimulate the senses and – in our fast-paced world – reveal moments that invite us to pause and consider how extraordinary the ordinary can be. Inspiration comes from faraway travels, my sunny kitchen or Sunday rides with my husband through Hunterdon County, NJ, in our 1960 Nash Metropolitan or 1959 Morris Minor Traveler (restoring classic cars is my husband's hobby and another of my passions).

I work primarily in studio from digital photograph, so am often found with camera in hand, ready to capture the cool gray of a winter day, sun-warmed adobe against azure skies, soft red cardinal feathers, prickly yellow-green flower stems or the butter-colored stones of a Tuscan village. I want my paintings to convey all the beauty, all the humor and all the mystery of the moment.

You can see more of my work at www.ritakoch.com

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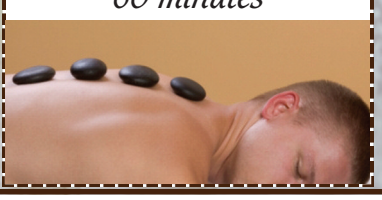

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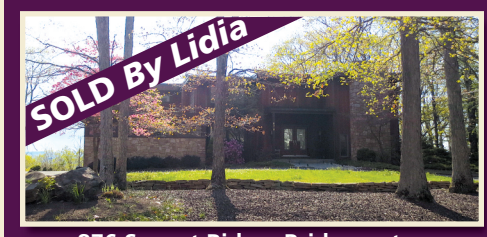

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LAWYER'S VIEW

ESTATE TRANSFER TAX: WHAT DO YOU KNOW ABOUT IT?

By: Gail L. Abrams, Attorney At Law

Despite all the news about the Repeal of the Estate Tax in New Jersey, it still exists and if you are a New Jersey resident and your overall estate is over $675,000 at the time of your death, your estate will be subject to the New Jersey Transfer Inheritance Tax. The New Jersey Transfer Inheritance tax is based on the size of your assets and automatically kicks in upon your death if your overall net worth of your estate is over the $675,000 threshold. Most individuals are not aware of this tax and for the few that are they are under the false impression that this tax will not affect them because they do not have that much in the bank. However, your estate encompasses much more than you may think. It can include anything from real estate, to cash, cars, stocks, bonds, life insurance, retirement accounts and even personal effects. For most New Jersey residents this $675,000 threshold is satisfied just alone in real estate and a retirement plan.

How can your family avoid the New Jersey Transfer Inheritance Tax? Well for starters, you will want to meet with an experienced estate planning attorney who will recommend certain legal documents that are specifically tailored towards your individual needs and will help you minimize this impact on your estate at death. A useful estate planning legal document that the law office of Gail L. Abrams uses is called a Discretionary Living Trust. This is a great document to consider if your estate is over $675,000 because it will help minimize taxes at death. Essentially, upon the death of one spouse $675,000 is shielded from estate taxes and then a second $675,000 is exempted at the death of the surviving spouse.

What about Federal Estate Taxes and Income Taxes? It is best to think of Federal Estate Taxes as a snapshot of what you own on the date of your death. Essentially in order to be taxed your estate must be over the $5.4 million federal exemption. Most American's generally won't be affected by this, however will still end up paying Income Taxes. For instance, if you own real estate and there is a step up from the initial cost basis you will pay income taxes upon your death.

What about gifting? In 2016, an individual can gift $14,000 a year indexed for inflation without filing a gift tax return. What does this mean for you and your family? This means you can continue, if you have not started, gifting to your children large lump sums of money tax-free. Moreover, if you are married you can combine your individual $14,000 annual exclusion gifts and gift up to $28,000 per person, per year.

If you and your family have not thought about gifting, now is the time to do so. This is an especially helpful tool if your children are looking to put a down payment on a new home or even helping them pay off a student loan. However, in doing so it is crucial that you meet with an estate and financial planning professional such as Gail L. Abrams an attorney to help you properly plan for your family's financial growth and stability. It's never too late to start planning.

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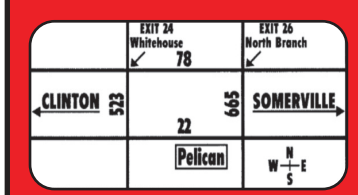

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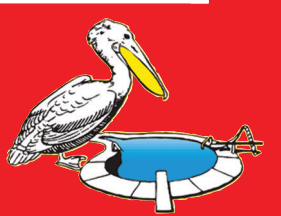

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The Fashion Flash

By: Sabine Barrett
Fashion Stylist/FIT (Fashion Institute of Technology)

Jewelry Trends

- Leopard print is never truly out, per se, but it came roaring back this season
- Multi layered skirts, tiers on tiers
- Black and Sheer - the Black Sheer top will be an evening standard
- Ruffles with wearability skirts and tops
- Shades of Tan - expect to see tons of pants, knits, skirts and outerwear with varying shades of tan, muted khaki to soft camel. The other color trends for fall include olive, blue, copper tone, rust, and scarlet
- Turtlenecks Under Dresses - this falls "mega trend" an easy fix for taking those slinky slip, glitzy sequin, and low cut cocktail dresses out in the day time.
- Sweaters with playful embellishments
- Shoulder bearing ruffled tops and sleek gowns
- Velvet ruled the fall runways
- Shirting - The classic shirt is anything but basic this coming season!
- Fur Accents - furry bits and pieces
- Sharply tailored coats
- For those who want to shine this will be your season; as designers have piled glitter onto skirts, dresses, and even pantsuits

Jewelry Trends

- Chokers - fragile leather and velvet to chunky metal
- Ear Cuffs and Hoop Earrings - the 90's are coming back
- Multi layering your jewelry is on! Layers over layers, cascading metallic necklaces with or without charms
- Vibrant jewel tone gems in "the ruff" - one of the biggest fall trends
- Bracelet combos

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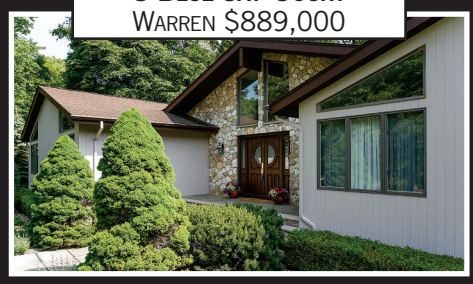

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CREATING AN OUTDOOR LIVING SPACE & CURB APPEAL - THE HIGHEST RECOVERY VALUE OF ANY INTERIOR OR EXTERIOR IMPROVEMENT

By: Scott Parker, Parker Homescape, LLC

Most homeowners realize that a kitchen makeover can greatly impact the resale value of a home, but many people do not realize that a professionally landscaped home and/or a beautiful outdoor living space can provide the single, largest boost to a home's value. A study out of Emory University showed that remodeling a kitchen brought a recovery rate of between 75% to 125% and remodeling a bathroom ranging between 20% to 120%. The same study showed landscaping ranging between a 100% to 200% recovery value. In a study by the National Association of Realtors, 68% of new buyers of homes said that landscape and hardscape features were "very important" factors in their decision to buy their house. Trendnomics, a polling company, found that 99% of real estate appraisers concurred that landscaping enhances the resale value of a home.

The realization that a well landscaped property can add 15-25% to a home's value has recently spurred a new market. Appraisal companies are now offering valuations for insurance or tax purposes to the exterior of a home, and the market is growing quickly.

As the housing market continues to stagnate, the creation of a beautiful outdoor living space continues to be a great hedge in a weak economic environment. Specific improvements that were statistically shown to greatly impact resale value were – patios, seating walls, fire pits and outdoor fireplaces, landscape lighting, landscaping, pathways, outdoor kitchens and bars.

Come home to an outdoor oasis that not only provides enjoyment and memories for many years to come, but also reap the financial reward of boosting the value of your home!

Scott Parker is the owner of Parker Homescape, a design/build landscape firm that has been recognized as one of the Top Landscape Design/Build Firms in the United States, and has been recognized locally by Design NJ Magazine, New York Spaces Magazine, The Suburban News and many other prestigious publications. In 2012, Parker Homescape's award winning work was chosen to be published in a book that is currently being distributed worldwide.

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MEDICAL MINUTES

A PROVEN NON-SURGICAL BACK PAIN TREATMENT FOR PATIENTS AT PEAK MEDICAL

Submitted By: Peak Medical

One of the most prevalent pain disorders in the United States is low back pain, and 80% of all Americans experience it. According to the American Academy of Pain Medicine, one half of all working Americans have some form of back pain symptoms each year. The American Academy of Pain Medicine states that Americans under the age of 45 that are disabled due to chronic back pain and thus unable to work. The causes of back pain are so general, that everyone can have back pain. Back pain can be caused by sprained ligaments, strained muscles, ruptured discs, irritated joints and even simple movements, like over-stretching. As people age, there is a decrease in bone strength and muscle elasticity. This causes discs in the back to lose fluid and flexibility. A disc may rupture putting pressure on more than 50 nerves. When these nerves become irritated, back pain occurs.

As stated by the AAPM&R, back pain that is not treated can cause your posture to get worse and may in turn worsen the problem or cause new ones. Many people who suffer from back pain think that medication or back surgery is the only resolution to the problem. Today, there are many non-invasive and medication free ways to help reduce or prevent the pain from returning. With the help of treatments and training available through Peak Medical, people are finding relief from their back pain.

Peak Medical, a multidisciplinary physical medicine and rehabilitation center, successfully improves chronic back pain through many non-invasive and safe treatments. As every individual has a unique set of pain symptoms, we customize specific treatment using an array of FDA cleared technology, treatments, and medical experience. Peak Medical offers patients a highly successful, non-surgical spinal decompression to relieve back pain and pressure.

Non-surgical spinal decompression gently lengthens and decompresses the spine, creating negative pressure within the discs and easing the burden. Also known as the DRX9000TM, this state-of-the-art technology provides a comprehensive approach to the successful treatment of cervical pain. It utilizes a sophisticated method of cycling the patient through a series of gentle pulls, holds and releases. The super-smooth transitions between each phase of therapy can make for an experience so relaxing that many patients often fall asleep. A spinal decompression treatment regimen consists of 20-25 sessions over four to six weeks. Several patients have reported relief from their pain during the first few treatment sessions.

For years, Peak Medical has helped the residents of Berkeley Heights and many surrounding communities to find relief from severe and chronic pain, by enlisting a team approach to care. By utilizing the eyes and ears of several different specialists, our patients receive better results. We provide patients with an Integrative Treatment Protocol that goes beyond physical therapy or chiropractic care alone. We continually invest in the latest technology and treatments, to ensure that our patients are receiving the best care possible. On staff, we have medical doctors, doctors of physical therapy, chiropractic physicians, acupuncturists and more. All of whom are trained in treating pain non-surgically. This experience combined with the latest FDA cleared technology provides amazing results for our patients. Plus, with the personal attention that we give each individual, it is not uncommon for patients to feel as though they are part of our family. We feel the same way and are anxious to help people find viable solutions to their pain.

If you would like to know more about our options for relieving pain and our non-surgical solutions for chronic back pain, please contact our office. To find out more about our services and expertise, please visit us at www.peakmedicalnow.com or call 908-897-0474.

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FAMILY ADVENTURES

FALL PICKING ON THE FARM

By: Jill Stolz

Besides the autumn poets sing,
A few prosaic days
A little this side of the snow
And that side of the haze.
– Emily Dickinson

The change of seasons from summer to fall conjures up so many images, from the cool, crisp air and uniquely blue skies to the glorious colors of the leaves. While the shorter days and increasingly cold temperatures confirm that the summer has gone, there is something so special about this time of year that inspires us to take advantage of the great outdoors before the winter approaches.

Lucky for us, we live in an area surrounded by farm country, and one of the great joys of the season is to spend the day at a farm picking apples or pumpkins, enjoying hayrides, petting animals, navigating a corn maze, and maybe enjoying a fresh donut or cup of cider. There are so many great farms in New Jersey, so I am highlighting just a few that have stood the test of time. Most are open from late September to early November, but check the websites for directions, dates and hours of operations and special events.

Best All-Around

Terhune Orchards, Princeton - The Family Fun weekends here are filled with activities for families including pumpkin picking, food, music, pony rides, farm animals, adventure barn and hay rides. The adults will also not want to miss the farm store and winery.

Ort Farms, Long Valley - Pumpkin picking, hayrides, train rides, pony rides, farm animals and a petting zoo. There is also a farm stand with produce and delicious cider and treats

Alstede Farms, Chester - Take a hayride to the pumpkin patch and then enjoy the farm animals, bluegrass music and farm stand, including honey made from local hives around the farm.

Best Apple Picking

No need to go far for delicious apples **Melick's Orchards in Oldwick** and **Hillview Farms in Gillete** have plenty of varieties to pick your own apples for snacking and baking.

For Maze-Crazed Kids

Wightman's Farms, Morristown - In addition to pick your own apples and an on-site produce market, Wightman's features a crawl maze, a giant hay maze, a pipe maze and a corn maze. A-MAZ-ing!

Least Crowded

If you are looking for less of a scene, **Conklin Farm U-Pick in Montville** has it all but in a smaller, quieter way. Here you will find pumpkin picking, a corn maze, and hayrides for families, and haunted hay rides for older children. A farm stand offers hot cider, fresh donuts and candy apples.

Fall Festival Worth the Drive

Heaven Hills Farm, Vernon - The Great Pumpkin Festival, held from September 20 - October 31, is the largest fall festival in northern New Jersey. Open Wednesday - Sunday, activities include pumpkin picking, hay rides, pig races, carnival rides on weekends, corn and hay mazes, farm animals, a boo barn, and more.

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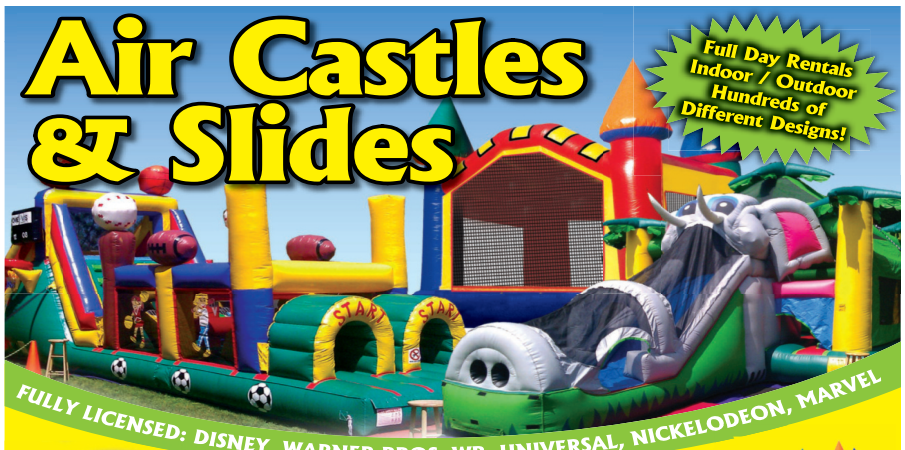

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School Notes

THE NEW SCHOOL YEAR: EAGERNESS OR ALARM?

By: Sandy Eberle

The glorious days of summer will soon be coming to an end. There is the excitement of starting a new school year, purchasing school supplies, and reconnecting with friends. For some students who struggle with reading, there is also a certain amount of apprehension. For these students reading is a laborious process that requires a significant amount of effort to read a word or a sentence on a page. Parents may wonder, "Why does my bright, intelligent child, who can do so many things well, struggle with reading, writing, and spelling? Why can't he remember the weekly spelling list words we've spent hours reviewing? Why does he read so slowly?" There is the possibility that the student has dyslexia or a reading disability.

The International Dyslexia Association defines dyslexia as a "language based learning disability. Dyslexia refers to a cluster of symptoms, which result in people having difficulties with specific language skills such as spelling, writing, and pronouncing words." Brain imaging studies show differences in the way the brain of a person with dyslexia develops and functions.

Dyslexia isn't rare. About one in five students have dyslexia. It occurs in people of all backgrounds and intellectual levels. Dyslexia is familial; parents, aunts, uncles, or cousins may have similar difficulties. Dyslexia is also on a continuum and can range from very mild to severe. Early identification and treatment is the key to helping individuals with dyslexia achieve in school and life. The most effective treatment utilizes scientifically proven methods for teaching reading.

Sally Shaywitz, M.D, the author of Overcoming Dyslexia, reports common warning signs of dyslexia.

The Preschool Years

- Trouble learning common nursery rhymes, such as "Jack and Jill"
- Difficulty learning (and remembering) the names of letters in the alphabet
- Difficulty with recognizing letters in his/her own name
- Mispronounces familiar words; persistent "baby talk"
- Doesn't recognize rhyming patterns like cat, bat, rat

Kindergarten & First Grade - Reading

- Reading errors that show no connection to the sounds of the letters on the page – will say "puppy" instead of the written word "dog" in an illustrated page with a dog shown
- Does not understand that words come apart
- Complains about how hard reading is, or "disappearing" when it is time to read
- A history of reading problems in parents or siblings
- Speaking
- Cannot sound out even simple words like cat, map, nap
- Does not associate letters with sounds, such as the letter b with the "b" sound

Second Grade and Up - Reading

- Very slow in acquiring reading skills. Reading is slow and awkward
- Trouble reading unfamiliar words, often making wild guesses because he cannot sound out the word
- Doesn't seem to have a strategy for reading new words
- Avoids reading out loud

Speaking

- Searches for a specific word and ends up using vague language such as "stuff" or "thing" a lot, without naming the object
- Pauses, hesitates, and/or uses lots of "umm's" when speaking
- Confuses words that sound alike, such as saying "tornado" for "volcano," substituting "lotion" for "ocean"
- Mispronunciation of long, unfamiliar, or complicated words
- Seems to need extra time to respond to questions

School and Life

- Trouble with remembering dates, names, telephone numbers, random lists
- Has trouble finishing tests on time
- Extreme difficulty learning a foreign language
- Messy handwriting
- Low self-esteem that may not be immediately visible

The typical process to identify and confirm this condition is evaluation, interpretation, planning, and remediation. Although this appears to be a daunting task, don't despair. With over 30 years experience in this area, I can provide you with assistance and guidance with all or any of these steps. Contact Sandy Eberle ebsldtc247@gmail.com.

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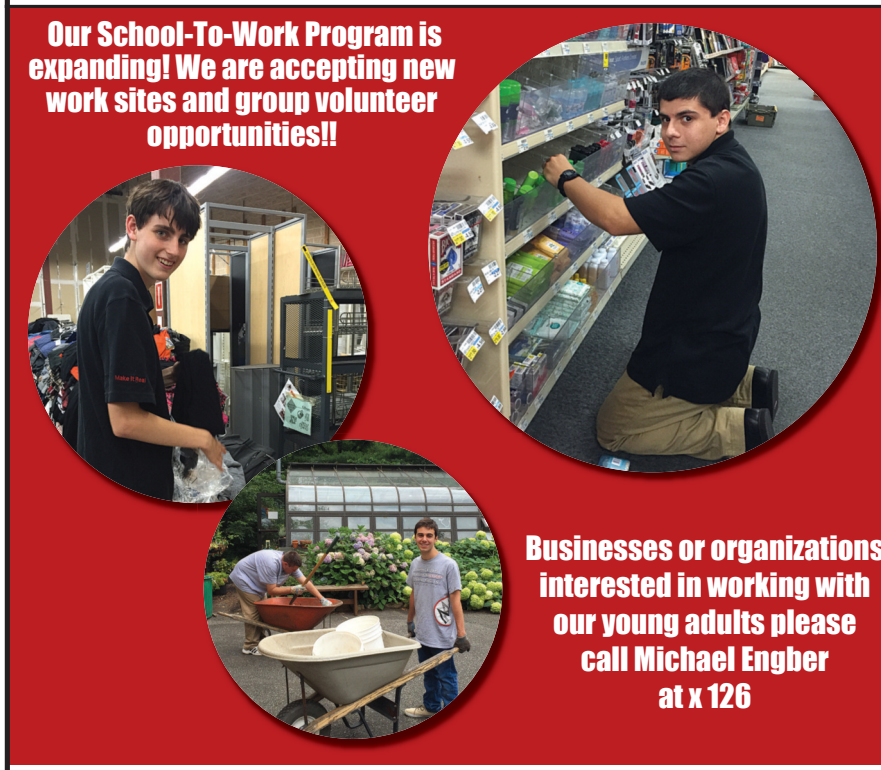

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Community News...

Wagner Farm Arboretum Presents its Pumpkin Extravaganza "Brite Nites"

Returning for a sixth year, Wagner Farm Arboretum's spectacular Halloween-themed event "Brite Nites" showcases an elaborate display of intricately and creatively hand-carved and lighted pumpkins, a Secret Haunted Garden and the ever popular Black Hat Café. Meander through our garden path filled with breathtaking pumpkin sculptures, where you will be astounded by their complexity and originality. We promise that you will be mesmerized by our spectacular jack o'lantern displays. Travel above and under the ocean, past pirates and giant serpents and through the Wild West, looking out for famous people on the way. Your journey will take you through a multitude of amazing scenes that our artists have created using pumpkins. Don't miss out on a visit to our Secret Haunted Garden, which is inhabited by ghouls, vampires, ghosts and zombies. At the end of your journey, don't forget to stop at the Black Hat Café for seasonal refreshments like cider, hot cocoa, fabulous cupcakes or cookies. Wandering entertainers like a magician, musicians, or dancers will keep you entertained on this night the whole family will remember.

About Wagner Farm Arboretum: Established in 2004 as non-profit organization, the Arboretum seeks to enrich, educate and inspire the community by increasing environmental awareness and recreational opportunities.

Brite Nites 2016 Dates: October 14, 15, 21, 22, 28, 29 and 30. Entry times are from 6:45 PM to 8:00 PM.

Where: Wagner Farm Arboretum 197 Mountain Ave., Warren Twp, NJ 07059.

Contact: Lisa Young Email: Britenites@wfafnj.org Tel. 908-656-1402.

Website: www.wfafnj.org

Tickets: sold on-line, in 15-minute increments.

Admission: $15 per Adult; $10 Senior; $10 Military Police, Veterans & Firemen; $10 Child ages 4 to12; Age 2 and under are free.

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Hints for the Home

By: Lori Vaynstein

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Aside from adding color, design and warmth to your home, stair runners also make your stairs child and pet safe. Wood stairs that are not covered can be very slippery and dangerous.

Choosing a stair runner can be a daunting process because there are so many options. Our design consultants at Worldwide can help you select the perfect option for your home depending on your style, your colors and your budget. We stock over 50 styles of pre-made runners and in our designer showroom we offer hundreds of other designs and styles to choose from.

An option that has become very popular is to choose a broadloom style and we will fabricate the carpet into a runner at your home. If you decide to go with broadloom, there is no limit to the possibilities.

When you come to select your runner, bring paint swatches, pictures of your staircase, pictures of adjacent rooms, and fabric swatches so we can get a "feel" for your design style.

Many of our customers will use Houzz and Pinterest to get runner ideas which is also very helpful in the selection process.

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By: Mitch Frieber

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Bedminster ON-SITE Drapery Care is well known for cleaning and removing difficult stains from fine fabrics in the home, notably window treatments and upholstery. Dry cleaners, decorators and collectors recognize our expertise and often turn to us for tackling stain issues on high risk, delicate fabric items. We have built our reputation in this exclusive niche.

We became involved in leather repair and restoration quite by accident several years ago. One of our customers asked, after we had dry cleaned all of her drapes, if we knew anyone who could clean her aniline leather couch. Not finding anyone in the area specializing in leather restoration, we took on the challenge ourselves. The couch came out like new and thus was born the Leather Restoration Division of **Bedminster ON-SITE Drapery Care.**

Homeowners are usually surprised to learn that their faded leather upholstery can usually be restored. In fact, it often makes economic sense today to restore leather furniture rather than replace. This is because much of the manufacture of leather upholstery including frame construction has been outsourced overseas with a commensurate drop in overall quality. Consequently, replacing with the same or better new leather furniture has become very costly.

Our leather restoration process is labor intensive and time consuming because it requires numerous steps with drying times in between. We take all the cushions with us to be worked on in our shop because they are always in much worse shape than the main part of the piece. We deep clean, rehydrate, soften and apply UV protection. Approximately two weeks later, we return to complete the rest of the piece in the customer's home. Recoloring to an exact original match is often a worthwhile option. See before/after pictures on our website: www.draperycare.net.

We strongly recommend cleaning and applying conditioner every three months to any piece of leather furniture in order to prevent wear. We recommend using softening products, which are the same as the tanners use rather than locally available leather care products, which contain harmful alkaline cleaners. The product we use contains six times the collagens and proteins found in typical skin moisturizers. We can show you how to perform this periodic maintenance or provide this service for you.

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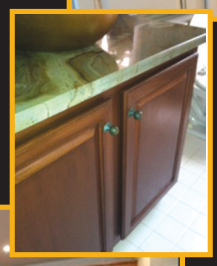

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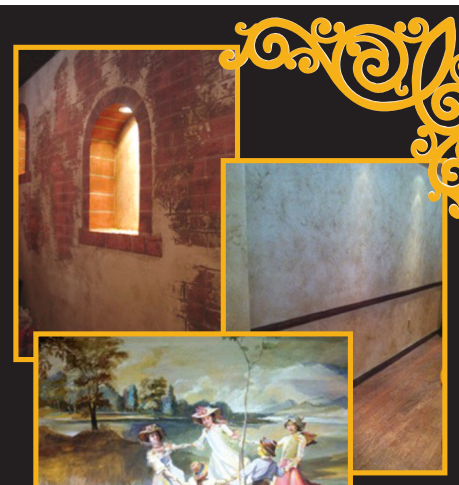

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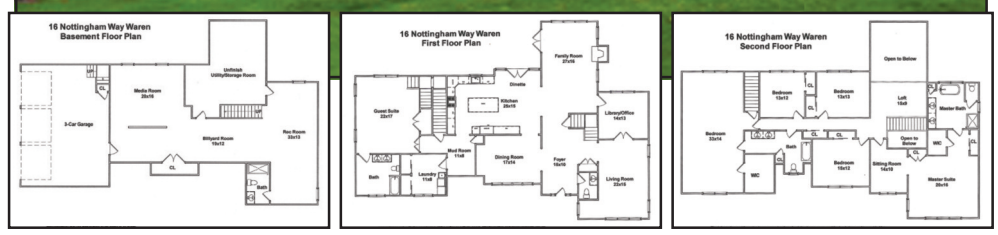

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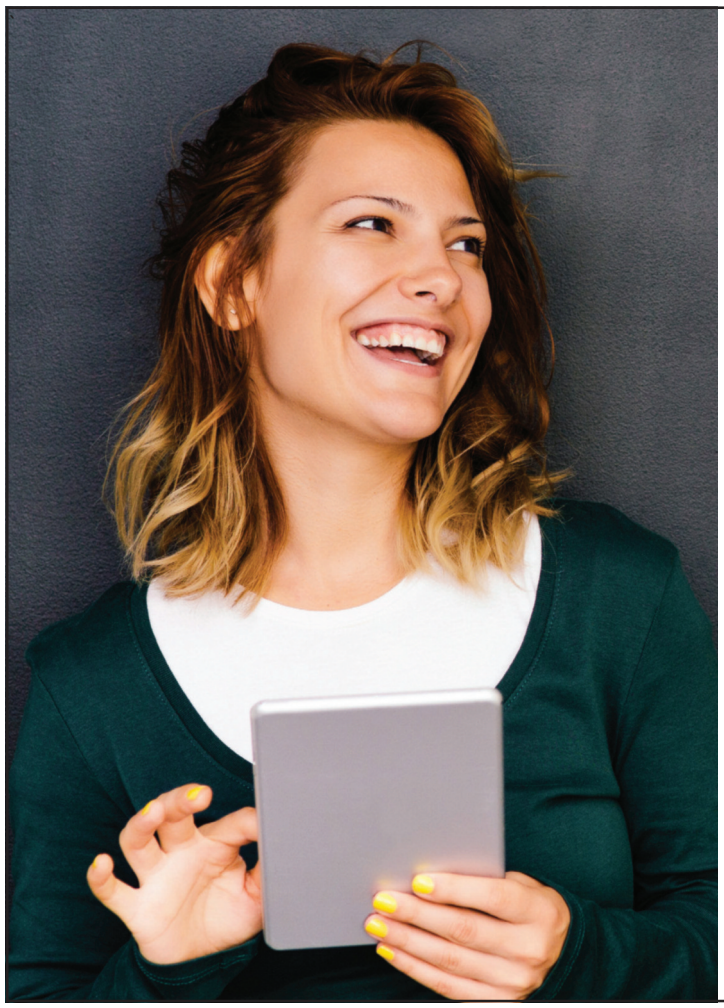

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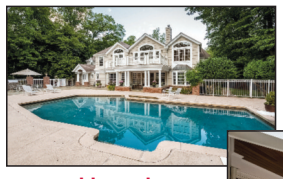

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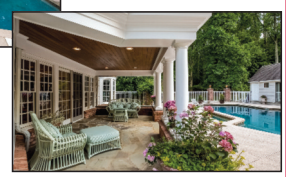

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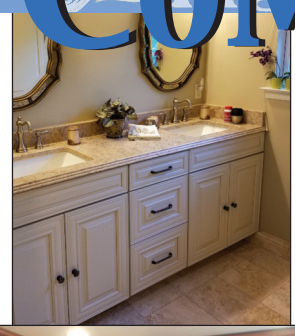

Preferred Property Improvements is a family owned company rooted in exceptional customer service and craftsmanship. Representing over a decade of remodeling experience, **Preferred Property Improvements** has provided creative solutions for everything from decks, kitchen and bath remodeling, and a vast array of home improvement projects. The owner, Steve Pagliocco operates with his people-friendly approach and his strong work ethic of "treating every home as if it was my own" philosophy.

What distinguishes **Preferred Property Improvements** from other home remodeling businesses is the level of personal attention and care for their customers. Customers looking to embark on a remodeling or home improvement project will find a thoughtful balance between personalized face to face interaction, education on the variety of products available and innovative design solutions. Steve is personally involved in every remodeling project, and engaged every step of the way with the goal of providing the service his customers and their homes deserve. Pagliocco's expert knowledge of building technology is invaluable in helping clients conceptualize, design and make real the home of their dreams.

"I am going to do it right, that's what I base my work on. We don't take shortcuts, we don't cut corners… If it was my home I wouldn't want someone taking the easy way out, so I simply won't give my customers anything short of one hundred percent. Every customer has my personal commitment to ensure their vision is realized and that the experience is pleasant."

At **Preferred Property Improvements** the certified and professional team stops at nothing to not only get the job done, but to do so in a matter that leaves customers and clients satisfied and stress free. "If you don't cater to the customer, you won't have a business." Pagliocco explains, "If they want to change their design a thousand times? I'd be happy to do it. Ultimately it's not finished until the customer is a satisfied client and would recommend me to their friends and family"

Some customers already have a plan and a clear vision of their future bathroom or kitchen. **Preferred Property Improvements** is happy to work with them to define the scope and budget. With **Preferred Property Improvements,** customers don't have to feel like they are doing this alone. Homeowners can stop worrying about the details and focus on enjoying the designs.

Before beginning work on your new project, consider setting up a complimentary consultation with Steve Pagliocco and maximize your home's potential. **Preferred Property Improvements** helps customers achieve a design they'll love working within your budget. Steve has an A+ rating with the Better Business Bureau, is licensed and insured in the state of NJ and a TimberTech certified deck builder. To schedule an appointment today, call Steve at **Preferred Property Improvements** at 908-313-5810.

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"When it comes to Home Cleaning, it is important to get the whole family involved, and make it fun by offering a reward for a job well done," she explains.

"I love the change of seasons, and at my house we use that as an excuse to get together and throw a "De-clutter Party": we start room by room and the whole family participates in getting rid of anything that is not essential in the upcoming season. For example, we don't need our beach bags, toys or towels during fall and winter months, so we just pack them all up, label the box or bin and immediately stow them away. You organize by leaving out only what is needed for the new season."

Shirley adds: "You just keep at it and once you are satisfied that the house is de-cluttered, just call the **S&G** cleaning crew in to perform a top-to-bottom cleaning, including windows and carpets."

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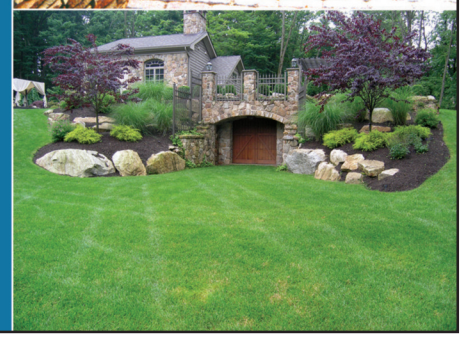

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By: Lidia S. Gabinelli, Sales Associate
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What's Cooking with Lidia... Achieving Financial Freedom!

Did you know that less than 40% of Americans can cover an unexpected emergency bill between $500 and $1000? Further, at least 25% of that 40% would most likely cut back on spending, 16% would ask a family member for a loan, and 12% would resort to their credit card. Whether you are facing an unexpected financial challenge, or just want to exercise more frugality, these are some ways to track your cash and save more of what your earn:

1. Know where your money is going. Make it a habit to list your fixed monthly expenses such as mortgage, taxes, insurance, utilities, groceries, car payments, and credit card payments. Next, list what you spent last month on "extras" including social activities, shopping, dining, morning coffee, toiletries, and so forth. Finally, make a third list of more infrequent expenses you have a few times a year, such as car maintenance, vacations, birthdays, holiday shopping. Total up the first two lists for monthly expenditures and compare them to your net income. For a full picture, multiply the total monthly lists by 12, add the yearly infrequent expenses, and compare to annual net income. If you are spending more than you earn per year, first make cuts on your monthly "extras" where possible, then look for a way to cut your infrequent spending.

2. Set a budget. This allows you to keep track of how much more you are spending over your budget per month. Make sure to include savings into that budget! It is always a good idea to have a family meeting to discuss ways to cut back on spending.

3. Look for ways to save. Be cognizant of the utilities, cell phone, internet & cable costs, and shop around for reduced service rates.

4. Set up automatic savings. This way, you don't have to think about transferring money each pay day. The money automatically transfers and is removed from your spending pool. Pretend it is not part of the income you have to work with! This allows a nest egg for an unexpected rainy day.

5. Pay off debt. Each month, make it a goal to pay off the balance amount. Some debts like mortgages or student loans are considered "good" debts because they are investments. On the other hand, credit card debt is a problem for many Americans. Make a special note for credit card debt in your budget. In America, the average household pays over $6600 of INTEREST each year on credit card balances! Avoid not being able to make a credit card payment (and incurring large interest fees) by consistently making timely payments on the full statement balance for that statement cycle. Don't let credit card debt build in case of a financial pitfall!

6. Maintain good credit. Maintaining good credit is the revolving door to all avenues to financial stability and ultimately to getting organized and achieving financial freedom. Make all payments on time. As a best practice, pay the full statement balance. If that is not possible, make sure to consistently pay at least the minimum amount due. This way, if an emergency bill does arise, there is no added worry of damaging your credit or falling short on other expenses.

If you are thinking of buying a home, selling a home, or downsizing, contact me before your next move!

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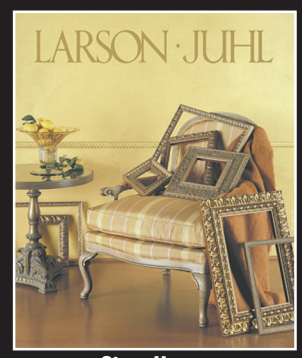

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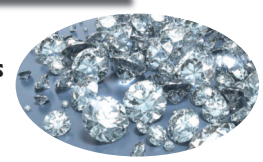

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"Random" Connections

WHY DO WE CONNECT WITH SOME PEOPLE AND NOT OTHERS?

By: Dan Rosenberg

In 2012, I knew very little about James, one of my colleagues at a company in Boston where we worked. James' specialty is creating websites that people find appealing and easy to use.

In my role, I would not normally be involved in the details of James and his team. However, we found ourselves collaborating closely for a few weeks on a small project. One morning, during that period, James broadcast an e-mail that he was not feeling well, didn't want to infect others and therefore would be working from home. He would be available by cell phone as needed. He provided his number, which contained a 207 area code.

I returned an email, recognizing the 207 as the area code for Maine, asking James if he was from there. I told him that I had spent a considerable amount of time in Maine and looked forward to talking with him about it when he returned to the office.

James didn't wait until his return to the office. He responded immediately that he was born and raised in Brewer, Maine. In my comeback, I told him of a prominent family I knew in Bangor, the neighboring town to Brewer. I also mentioned friends, originally from Princeton, that had settled in Brunswick becoming involved in the local community and Bowdoin University, which two of their children had attended. James did not know of the family in Bangor. However, he did attend and graduated from Bowdoin.

I then asked James if he had heard the news from a couple days before about the female graduate from Bowdoin, Hilary Strasburger, who was traveling in Africa. On one leg of her journey she took a ferry in Tanzania from the port of Dar es Salaam to Zanzibar.

The ferry capsized in rough seas on the Indian ocean. Nearly 150 people drowned. The ferry's captain was warned not to sail. Although there were about 250 on the manifest, the boat was packed with as many as 400 people. Hilary, was able to escape through a window and swam to the safety of a rescue boat.

We have known Hilary, now 30, since birth. She is the daughter of our close friends, Carrie and Frank Strasburger, who have been featured in this column in previous articles.

Very few Americans heard about this tragedy as opposed to the South Korean ferry and Italian cruise ship disasters, which received so much media coverage. I encourage you to do a web search and read Frank's op ed, published in the Washington Post, May 9, 2014, "Why Do We Care About Some People and Not Others?"

James responded that he had been following this situation closely. He was more interested than most Bowdoin alums. His fiancé, Julia, was Hilary's roommate at Bowdoin. James left the company but we have stayed in touch and celebrated together at Hilary's wedding a couple of years later.

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Jeralyn L. Lawrence, a Member of Norris McLaughlin & Marcus and its Matrimonial & Family Law Group, devotes her practice to matrimonial, divorce, and family law. She is certified by the Supreme Court of New Jersey as a Matrimonial Law Attorney, certified by the American Academy of Matrimonial Lawyers as a Family Law Arbitrator, and is a trained collaborative lawyer and divorce mediator.

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Jeralyn is a former Chair of the Family Law Section of the New Jersey State Bar Association, President of the Somerset County Bar Association, and a Fellow of the American Academy of Matrimonial Lawyers.

Jeralyn has been widely recognized for her contributions to her profession. In 2014 she received her third New Jersey State Bar Association Distinguished Legislative Service Award, the highest recognition of a member's noteworthy legislative service. She also received the 2014 New Jersey Professional Lawyer of the Year Award, which honors attorneys whose character, competence, and commitment to the highest professional standards mark them as outstanding members of the bar. The National Academy of Family Law Attorneys selected her as one of the TOP 10 Family Law Attorneys in New Jersey for her hard work and dedication in the field of family law. Jeralyn was selected for inclusion in the Family Law section of Super Lawyers® and *The Best Lawyers In America*®, and recognized as one of the Top 100 New Jersey Super Lawyers®, and the Top 50 Female New Jersey Super Lawyers®. She has been named as one of New Jersey's Top 50 Women in Business by *NJBIZ* and as an Outstanding Woman in Somerset County by the Somerset County Commission on the Status of Women. In the past, Jeralyn was recognized by her peers as one of the Ten Under Forty, New Jersey's top 10 matrimonial lawyers under the age of 40; and *New Jersey Law Journal*'s 40 Under 40, 40 accomplished and promising attorneys in the State of New Jersey under the age of 40.

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LAWYER'S VIEW

GRANDPARENT VISITATION

By: Jeralyn L. Lawrence, Esq.
Norris McLaughlin & Marcus, P.A.

During oral argument of an application seeking grandparent visitation a few years ago, a judge made it clear that if a biological grandparent wants visitation with a minor child, and the parent of that child says "jump," the grandparents' are expected to respond with "how high?" Unfortunate as that might be, the rights of grandparents as it relates to custody and parenting time are very much limited in our state. A parent deemed fit and able has a fundamental due process right to the care and nurturance of his or her child. This right is guaranteed by the 14th Amendment of the United States Constitution. Therefore, if a fit parent decides that he or she does not want to permit a biological grandparent access to said child, that decision is given great weight and deference by our Court. However, in New Jersey, there is a grandparent visitation statute and a significant volume of case law that seeks to balance a fit parent's discretion and the right of a grandparent to have a relationship with his or her grandchild.

The 2003 New Jersey Supreme Court case of Moriarty v. Bradt has established legal precedent upon which a grandparent visitation application is measured. The burden of proof is on the grandparent to show that by a preponderance of the evidence, grandparent visitation is necessary between the grandparent and the child and that the denial of such visitation would irreparably harm a child. If it can be demonstrated that the lack of visitation between the grandparent and the child will result in irreparable harm, the grandparent can overcome the presumption in favor of a parent's decision to prohibit visitation. If a grandparent cannot overcome this standard, the parent's decision will be afforded deference and the grandparent's application to establish visitation may be denied, ultimately leaving that grandparent at the mercy of the biological parents.

Subsequent cases interpreting Moriarty have held that a grandparent must prove that by denying visitation, a particular, identifiable harm will come to the child. A simple, conclusory statement or allegation of harm is not enough. An example of a particular identifiable harm is if one of the parents has died and the grandparent is the only remaining lineage to the deceased parent. Other situations which may give rise to a successful application by the grandparent may include when the grandparent's relationship with the child was akin to that of the parent and child parent for an extended period of time, and the grandparent played an active role in the child-rearing process,or where both parents are found to be unfit parents to care for the safety and well-being of the child.

I seldom threaten litigation until visitation has been denied with finality, leaving litigation as the only recourse. I counsel the grandparent to make deliberate and cautious attempts with the parent to establish and agree upon a visitation schedule for the grandparent with the utmost respect for the parents' right to their child. In instances where we cannot come to an agreement, or we reach an impasse, litigation may be the only resort, and the strategy must be changed in order to proceed through the Court. However, realistically, it is important to realize and understand that succeeding on the issue of grandparent visitation is a difficult and trying task, which is not unique to any matters in which family is brought into the legal arena. In my experience, I have found that it Is most beneficial to approach these particular areas delicately, putting a great amount of focus on repairing the relationship between grandparent and parent, rather than taking a litigious position. It is important to remain open-minded, cooperative and optimistic that a swift resolution can be achieved, which everyone involved can live with comfortably, and one in the best interests of the children involved.

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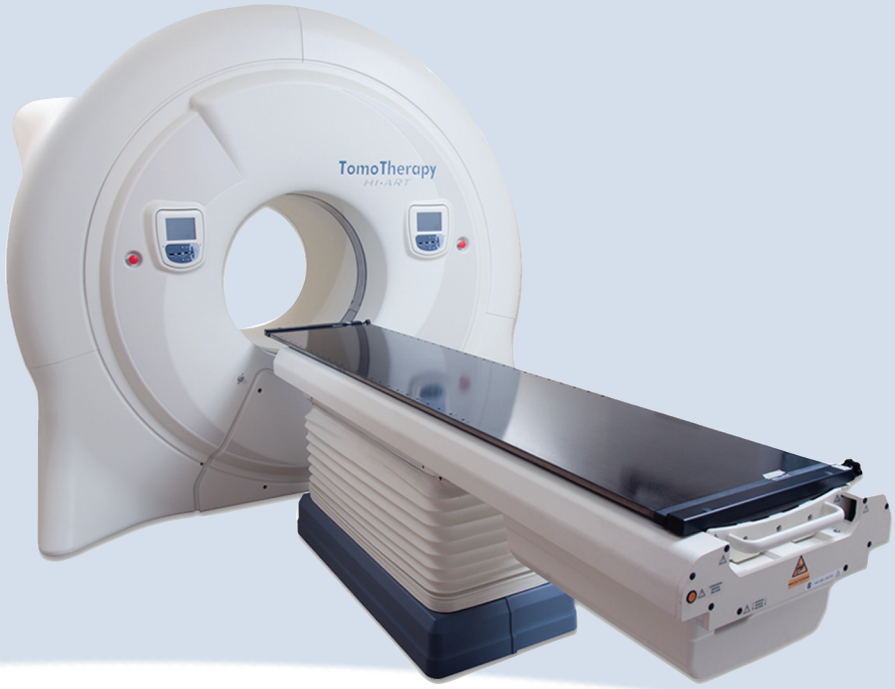

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Style Status

IT IS TIME FOR YOUR FALL REFRESHER COURSE OF MOISTURE!

By: Courtney Stevens, Fiorilli Hair Design

Summer is fun, but it can be rough on your hair. Fiorilli knows that your hair isn't at its best at the end of summer. That is why we encourage our clients to come in for conditioning treatments. There are three main ways a summer in the sun can damage your hair:

Frizz – Frizzy hair is usually a problem for most during the warm weather. A perfect solution to help treat those untamable fly aways would be Redken's "Frizz Dismiss Mask." This amazing product is an "intense smoothing treatment" that helps to smooth and reduce that unwanted frizz and nurse your hair back to shiny, luscious locks.

Color – We all love our bright tones and sun-kissed highlights. However, sitting poolside during the summer can affect the vibrancy of these fun colors, and ultimately lead to dull, lifeless hair. To help revive your faded color, Redken's "Color Extend Line" is just what you need to bring your hair back to life. Along with an intense conditioning and strengthening treatment, this mask also provides an "anti-fade protection" to help keep your color rich and vibrant.

Breakage – Along with color fading and fly away frizz, breakage is another major factor that comes into play during this season. To best treat those split ends and broken tresses, Redken's "Extreme Strength Builder Plus" mask is the perfect solution to help replenish your destressed hair. Working not only on the surface of your hair, but internally also, your hair will look "healthy-looking and resilient" in no time.

So come see our team and let us help you bring your hair back to life. With the new season just around the corner, let us help you regain and maintain those rich and vibrant locks. Now through 10/01/2016, we are offering a Complimentary Deep Conditioning Treatment with a color service. Looking forward to seeing you!

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4 BROTHERS BREAKFAST

41 Mountain Boulevard
Warren

By: Diane Cawley

SOUTHERN COMFORT FOOD

Tucked in amongst the shops at The Village Square, 41 Mountain Boulevard, in Warren, NJ you can find **4 Brothers Breakfast**, a unique eatery that is an eclectic cross between rustic charm and a hip hangout. **4 Brothers Breakfast** is a small yet comfortable restaurant that is developing into quite the spot to find the taste of the Alabama bayou.

4 Brothers Breakfast is a wonderful place to sit down and have a delicious meal or call in an order for pick-up. From breakfast through lunch and dinner **4 Brothers Breakfast** meals have generous portions that are filled with unique southern influences. If breakfast is your meal you are in luck as breakfast is available all day at **4 Brothers Breakfast**. Try a sweet potato waffle or a red velvet waffle with warm homemade candy yam syrup and a side of crispy chicken, a wonderfully southern experience. The brothers have been cooking alongside their southern grandmother since the age of five. All their classic breakfast platters, whether it is eggs with salmon cakes, catfish or whiting are served with grits. A freshly baked homemade biscuit accompanies the meal. If you don't have time for breakfast then just pop into **4 Brothers Breakfast** and pick up a freshly baked red velvet muffin, a sweet potato muffin, carrot muffin, corn muffin or their authentic southern biscuit for the road.

Lunch runs from the classic salads thru wraps and Reuben's to the turkey burger. If you like changing up your lunch selections then immerse yourself in the brothers' southern talents with Cajun shrimp & chips or fried whiting or catfish. All of the sides at **4 Brothers Breakfast** are from a truly southern kitchen with options of catfish nuggets, fried pickles, fried green tomatoes and fried okra. This is southern food at its finest.

At **4 Brothers Breakfast** every meal is made in-house using fresh ingredients. The in- season vegetables are handpicked at a local New Jersey farm. It is a BYOB establishment and the brothers are currently working with a local winery to include wine offerings with lunch and dinner.

4 Brothers Breakfast is rolling out their down the bayou Cajun gumbo in time for the cooler fall weather. For dinner the brothers slow cook their Barbequed Beef Ribs allowing the flavors of the south to dance through the meat. The spicy Bayou shrimp is served over perfectly prepared grits and why not try some southern macaroni and cheese that has flavors reflecting the influence of Alabama's Chattahooche River. The **4 Brothers Breakfast** crawfish crab boil is cooked slowly to allow these savory flavors to meld into each other and is sure to be a favorite. Conveniently located in Warren, NJ the **4 Brothers Breakfast** is worth the visit to experience the flavors of the Alabama bayou.

4 Brothers Breakfast is open seven days a week for breakfast, lunch and dinner from 9am to 9pm. Call 908-834-8889 to order take-out. Delivery is available for a generous five mile radius.

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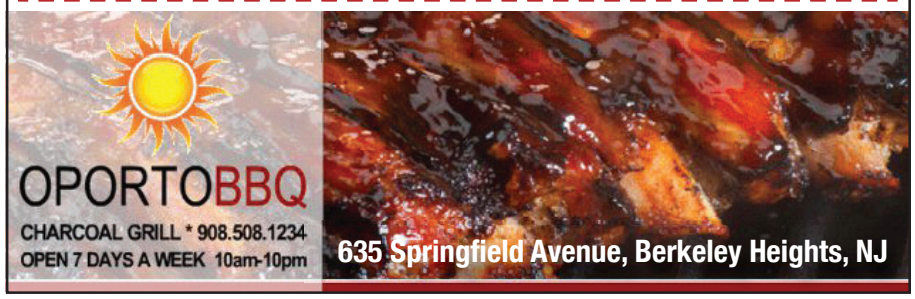

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Ajay Chaudhry

A culinary delight with thematic and innovative settings for events is how Ajay describes his new venture **Martinsville Gardens,** the new acquisition of Chand Palace. After preparing and presenting an individualized dining experience for about 25 events in 2 months with excellent feedback from guests, Ajay is distinguishing himself as a culinary entrepreneur.

"From here we will expand further and launch a chain of restaurants with our Asian fusion cuisine," says Ajay Chaudhry. Ajay brings with him 26 years of experience in the culinary industry from heading the largest convention Centre at *The Ashok,* New Delhi to his most prestigious assignment of organizing State Banquets for the Honorable Prime minister of India and visiting dignitaries, including former President Bill Clinton and Hillary Clinton on their visits to India. He has won the Presidential award for working on this big event in India. Ajay remarks humbly that the guests said that their taste buds were tingling with excitement just thinking about the menu and food that would be served at the party.

Ajay's success mantra is: whether your banquet hall is in a historic mansion, a freestanding building or is part of a hotel, a well-thought out marketing plan is critical to success. Ajay's many years of experience enables him to merge his culinary knowledge with his savvy marketing in forging a plan suited to the target clientele.

Ajay says, "Whether an event includes weddings, special events, birthdays or anniversaries, business gatherings and charitable events, implementing a creative marketing plan helps you broaden your customer base. But before you do that, you have to make your product look unique and your cuisine palatable for all. To be ahead of competition you have to keep developing new settings for presentation, new ideas and new dishes. Offer something that your guests have not seen before, and that's what they want."

Hosting a charity or fundraiser at a minimal fee, or perhaps just for the cost and preparation of the food, gives back to the community. Participating in the life of the community is very important to Ajay and the staff at **Martinsville Gardens.** They are hiring locally and they welcome every guest with any budget. Becoming part of the community means forging relationships and tapping into the creativity and talent that is around. For example, in their local hiring, **Martinsville Gardens** need not look any further than the talented students from the Culinary Arts Program at the Community College of Morris where Ajay is on the advisory board.

Ajay observes, "Why do we need to look somewhere else when the talent we need is right at our doorstep?" We are inviting the community for a tour of **Martinsville Gardens** and we will be offering discounts on events. Brides-to-be and other interested guests should know that booking the event on certain days and times will mean less expense.

Ajay's knowledge of the Culinary Arts and combined Banquet Management expertise is turning a property that had been closed for many years into a thriving local business, benefitting our community and State and those seeking jobs from the immediate and surrounding areas.

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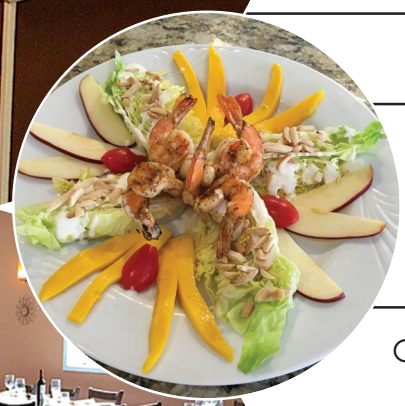

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RECIPE BY Rosemary

By: Rosemary Scoleri
Paisiano's Restaurant

Braised Short Ribs

Serves: 4
Prep Time: 20 minutes
Cook Time: 2 Hours, 30 Minutes

Ingredients:

6 tablespoons extra virgin olive oil

2 pounds boneless Beef Short Ribs, cut into 3 inch cubes

2 large Spanish onions cut into ½ dice

1 medium carrot, sliced into ½ inch thick rounds

2 ribs celery, cut into ½ inch thick slices

8 ounces Portobello mushrooms, 1/8 inch thick slices

4 ounces, Pancetta, cut into ¼ inch dice

2 cups Barolo or other hearty red wine

2 cups basic tomato sauce

Bouquet of Herbs - Rosemary, Thyme and Marjoram (wrapped in twine)

Salt and freshly ground black pepper

Directions:

In a large Dutch oven, heat the olive oil over high heat until smoking. Season the meat liberally with salt and pepper. Working in batches to avoid overcrowding the pot, brown the meat all over, turning frequently, until dark golden brown, 10-12 minutes per batch. Transfer to a platter and set aside.

Pour the excess oil out of the pot. Add the onions, carrots, celery, mushrooms and pancetta and cook until the vegetables are light brown and starting to soften, about 8 minutes. Add the wine and tomato sauce and bring to a boil.

Add the meat and bring back to a boil, then lower the heat to a gentle simmer. Place the herb bouquet on top of the meat and vegetable mixture. Cook until the meat is tender about 2 hours.

Remove herb bouquet. Transfer the meat to a large platter. Bring the cooking liquid to a boil and reduce to 2 ½ cups. Season with salt and pepper, pour over meat. Serve over noodles or rice.

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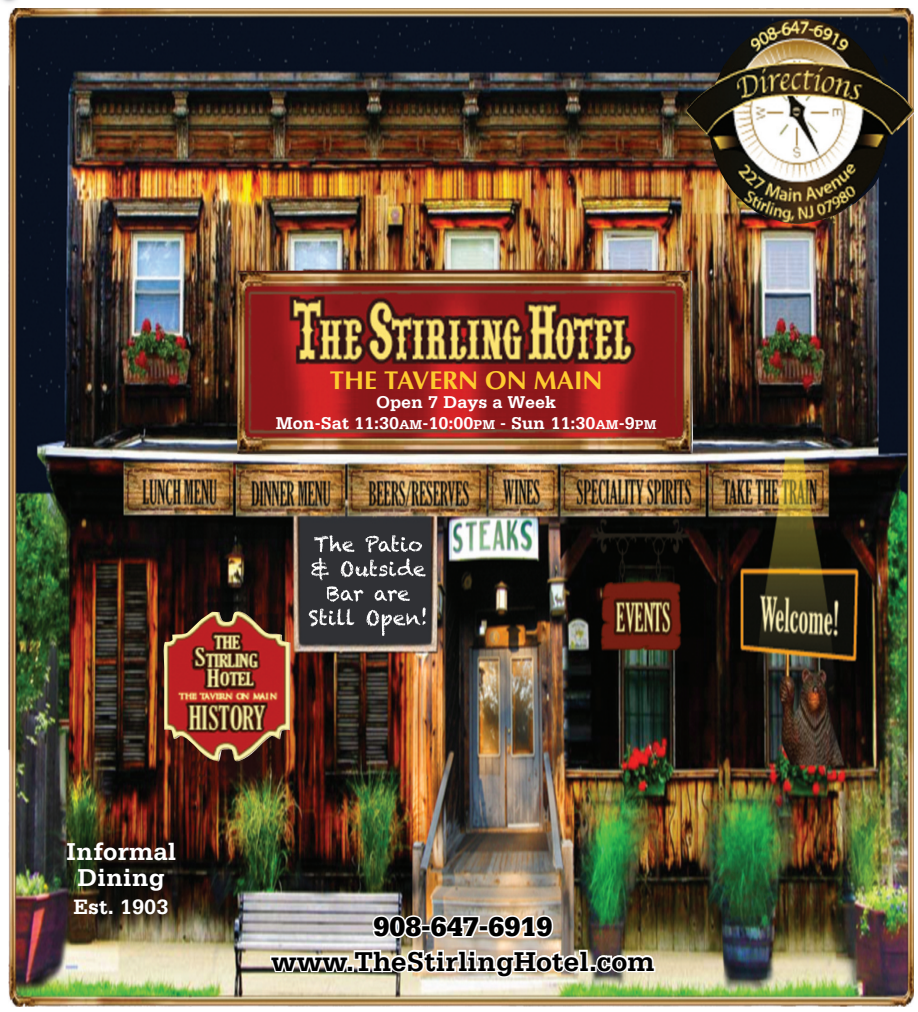

Big Apple Bites

The Lower East Side is Old and New

By: Linda Seigelman

I recently spent time on the Lower East Side (LES) and was again reminded how much I enjoy the neighborhood and all it has to offer. Once home to the city's largest Jewish population, the LES is now a mix of boutiques, lounges, restaurants and hotels interspersed among landmark buildings and a sadly dwindling number of mom and pop storefronts that reflect its immigrant roots. Because of this diversity, the Lower East Side is a wonderful place to explore day or night.

Stretching from the Bowery to the East River and from Canal Street north to Houston, the Lower East Side can be reached in less than an hour. Orchard Street, the heart of the LES, is a shopping haven with small stores offering everything from clothing, furs, leather goods and shoes to fabrics, trim and cigars. On Sundays, Orchard becomes a pedestrian mall where local merchants set up tables and rolling racks on the sidewalks creating a festive shopping atmosphere for bargain-hunters of all types.

Recalling the area's heritage and providing interesting historical context is the Eldridge Street Synagogue, which was originally built in 1887. Now lovingly restored and a National Historic Landmark, the Synagogue is a wonderful museum offering tours, exhibits and educational programs that highlight the history and culture of the Jewish experience and the immigrant population in general (see www.eldridgestreet.org for details). A short walk away is The Lower East Side Tenement Museum where you can tour typical turn of the century apartments and view life as it was lived over 100 years ago. Discount tickets for entrance to both museums are available.

It is easy to eat your way through the neighborhood. A stop at one or more of the famous LES food spots is a must: sample a corned beef or pastrami sandwich at Katz's deli, a knish at Yonah Schimmels or a bagel and lox from Russ & Daughters. Economy Candy will put a smile on the face of kids of all ages. Visit the Essex Street Market to take home some delicious cheeses and other provisions. Around the corner is the Donut Plant. Don't pass by without getting on line; the donuts are worth the wait.

In the evening, the Lower East Side offers some of the best of New York City nightlife. The streets fill with locals and tourists heading out for drinks, dinner, music or a movie. Whether you want to listen to music at an intimate club like the Rockwood, enjoy the scene at a boutique hotel like the Ludlow, or find a dinner spot to meet a group of friends, the Lower East Side is a wonderful choice.

SOME FAVORITE SPOTS

Clinton Street Baking Company, 4 Clinton Street (bet/ Stanton & Houston) – great spot for brunch, breakfast served all day, many come for the pancakes

Donut Plant, 379 Grand Street (bet/ Essex and Norfolk) – worth the trip for the donuts alone, try the square-shaped jelly, the blackout cake, the seasonal specials, a personal favorite

Economy Candy, 108 Rivington Street (bet/ Ludlow & Essex) – a LES treasure, every childhood candy and then some: Bonomo Turkish Taffy, Chuckles, Candy Dots, Pez dispensers, etc., you name it they have it, bulk candy for parties and events too

Katz's Delicatessen, 205 East Houston Street (at Ludlow) – NYC's oldest deli, famous for top notch pastrami and corned beef sandwiches, crisp hot dogs, and that scene from "When Harry Met Sally"

Il Laboratorio del Gelato, 188 Ludlow Street (at Houston) – excellent gelato and sorbet, classics and seasonal flavors, a refreshing stop

The Meatball Shop, 84 Stanton Street (bet/ Allen and Orchard) – pork, beef, chicken or vegetarian meatballs, in sliders or heroes, with pasta or vegetables, good food and prices

Russ & Daughters, 179 East Houston (bet/ Allen and Orchard) – for over 100 years, the best of NY appetizing and more: lox, white fish, sable, herring, babkas, take a number, take some home

Russ & Daughters Café, 127 Orchard Street (bet/ Rivington & Delancey) – finally a sit-down restaurant serving the classics: salmon, herring sable, sturgeon, caviar and blinis, eggs all day (yes they make a LEO – lox, eggs and onions), potato latkes and knishes, blintzes, excellent soups and borscht, try the chocolate babka ice cream sandwich for dessert, egg creams and a full bar

Saxelby Cheesemongers, 120 Essex Street (Essex Street Market) – purveyors of high quality American cheeses from small local farmers, a real treat to bring home

Shopsins, 120 Essex Street (Essex Street Market) – famed for ornery owner Kenny Shopsin, eclectic breakfast/lunch menu with over 900 items, a few tables and a counter

The Stanton Social, 99 Stanton Street (bet/ Orchard & Ludlow) – great selection of international small plates for brunch or dinner, fun drinks, still very popular

Sweet Chick, 178 Ludlow Street (bet/ East Houston & Stanton) – excellent fried chicken and waffles, BBQ pork and duck sliders too, casual, fun, reasonably priced

Yona Schimmel Knish Bakery, 137 East Houston (bet/ 1st & 2nd) – original home of the potato knish, now many other fillings as well, the perfect street food

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DELTA FINANCIAL GROUP, INC.

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By: Brian Macellara

Delta Financial Group, Inc., a Registered Investment Advisor (RIA) based in Basking Ridge, NJ, is celebrating our 25th year of business. The quarter-century mark brings with it some exciting developments, including our beautiful new office building pictured above. Our team of dedicated professionals now has over 175 years of collective experience in the financial services industry, and we were recognized by the Financial Times as one of the nation's Top 300 RIA firms.

Delta Financial Group, Inc. was founded in 1991 by the managing partners, Sean F. Donovan and Joseph J. Macellara. They had a vision of helping people with their finances in a true fiduciary capacity by placing the client's goals, dreams and objectives ahead of everything else. They were two advisors that did not want to sell financial products, but instead provide independent financial advice with absolutely no conflicts of interest. Above all, they believed trust, integrity and customer service to be the most valued aspects of the client/advisor relationship.

Since then we have grown to manage over $400 million in assets, more than double the amount just ten years ago. Our existing clients continue to bring more and more of their assets under our management, while also encouraging their friends and family to join **Delta.** We consider client referrals to be the greatest compliment we can receive, and we'd like to thank each of our clients for the confidence they have placed in our firm. In addition, the firm has added two skillful advisors in David E. Pasi, Jr. and Wayne W. Howell CPA®, CFP®, CCPS®.

The financial services industry has transformed in many ways these past 25 years, but the fiduciary standard remains unchanged at **Delta.** We consider it necessary for the services we provide: wealth management, advisory planning and financial consultation. Objectivity makes our firm unique because unlike most investment firms, **Delta** is fee-only. This means that our compensation is based solely on a percentage of the value of assets under management. We do not receive compensation for selling any financial products, nor do we generate commissions for trading. Instead, the fee structure reinforces our choice to place our clients' interests first.

At **Delta,** we establish an individual investment policy for each client based on financial goals, investment horizon, and risk temperament. We manage each portfolio by carefully monitoring all investment vehicles and making sure the structure of the portfolio is tailored to the individual client's income and tax concerns. As Certified Financial Planners (CFP®), we develop financial strategies to address retirement planning, tax and estate planning, college tuition, and risk management. This ensures that clients are financially prepared for the changes that life is sure to bring.

Whether you are planning for your next major life event or simply interested in getting an independent and objective review of your financial health, we are happy to help. Feel welcome to call our offices at (908) 542-9400 to schedule an introductory meeting or visit www.deltafinancialgroup.com for more information.

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By: Gina Walker

THE HARD CHOICE

We plan ahead for birthdays, anniversaries, vacations but rarely death. Not a subject most of us want to think about let alone talk about. Have you known someone, who suddenly faced the death of a loved one? Was the first question, "What do I do?" Most of us have, it's a scary place to be. "What did Mom want, cremation, burial, entombment?" "How much money is available for a funeral and cemetery property?" These are just a few of the questions you can take off the table and relieve your loved ones from facing these tough decisions in their time of great sadness, just by planning ahead.

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SENIOR CORNER

WHY IS IT IMPORTANT TO MAKE MY PARENTS' HOME LOOK BEAUTIFUL?

By: Ellyn Mantell

We all know that moving into a senior living situation requires a great deal of planning and decision-making. Whether it is for our parents or ourselves, looking at the bigger picture requires evaluating what works best for the person/s at this moment. Some seniors never worried about how their homes looked, so why start now that they are making a big move? Some always cared about their home, but feel it no longer makes a difference, since, after all, they are getting older, why bother?

I can tell you exactly why, regardless of what one's perspective was before this decision was made…awakening each day to beauty is **inspiring, energizing** and **life-enhancing!** Having a lovely bed to return to at night makes for **peaceful sleep,** possibly grateful reflections of a day gone well. The sense of pride one has in their new home will radiate to their involvement with others. It is so much more enjoyable to invite a friend to "have coffee" with that sense of pride, and companionship is paramount to a good adjustment.

When Carol, my partner in **SENIOR ASSISTANTS** and **DESIGN DIVAS,** and I do our first home visit to a prospective client, we notice their style, favorite colors, attention to detail, and possessions they display. We are already envisioning how their new home may look through their eyes. But we have serious questions to ask about size, layout, bump outs and existing materials. Additionally, depending upon their need/desire to downsize, which of these objects comes with the client, and where are those not being taken to go? Familiarity with objects is quite important, yet typically, we need to be quite discerning, since square footage is the main consideration.

Some of our clients want to "start from scratch" with an eye toward a fresh approach to decorating their new home. We shop for everything from furniture to dish towels, and dozens of items in between. We establish a color scheme from something as simple as a decorative pillow they love.

Others want to take everything that will fit and want to add nothing more than window treatments, (since they are rarely provided by new facilities, and must be produced to fit each window.) In that case, expect the furniture mover to take the lion's share of moving costs. We can be of great help with packing/unpacking, organizing, creation of floor plan, as well as thinking through where items will be placed. All of this is paramount to creating as stress free a move as possible.

Whether you/your parent needs a little "hand-holding by experienced and caring women" or an entire schedule designed from downsizing through sleeping their first night in a beautiful new room, please call me at **908-883-0469** or write me at **ellynmantell@aol.com.** We are "the daughters any senior needs when it is time to move!"

SENIOR HEALTH

EMS AND OLDER PATIENTS

Submitted by the Chelsea, Senior Living

Calling 911 can be a heart-pounding experience for anyone. But for older people, it can be even more difficult because of chronic illness, physical limitations, memory loss and plain old fear. The simple act of getting to a phone, picking up the receiver and pushing 911 can take longer and be painful. People who have been healthy all their lives and are suddenly faced with an injury or significant medical condition may deny the need to call 911 (this, by the way, happens in people of all ages). People with Alzheimer's disease or dementia may forget why they called or deny anything's wrong once EMS arrives. And patients who have been to the hospital one too many times may resist transport after a 911 call made by a concerned loved one.

EMT's and paramedics are trained to observe and question all their patients closely, including those with fading memories or those reluctant to cooperate. And, while mentally competent adults can deny any treatment, emergency responders are trained to err on the side of caution and try to convince a patient to go to the hospital. They may be persistent if their experience tells them a certain set of symptoms suggests a serious condition, even if the patient is adamant about not going. This can be a difficult tightrope for medical personnel to walk as they balance a patient's right of refusal against their belief that a better outcome will result if the patient is transported.

To make the whole 911 experience less scary and frustrating if and when it happens, senior citizens and their families can do some things to prepare:

- **Legible house numbers.** Not being able to find a house because the number is missing or obscured adds precious time to a 911 response. Make sure the house number is easy for police, fire and EMS responders to see, especially at night.
- **List medications and history.** Make a one-page list of your medications, medical history, allergies and primary doctor that you can simply hand to EMS personnel. Put your full name and date of birth right at the top. Keep it taped to the refrigerator or in some place where you and your family members will find it. This way, you won't have to wrack your brain to remember everything at a stressful time.
- **Keep DNR/POLST visible, or at least handy.** For a *Do Not Resuscitate* order to be honored by police or EMT's, they must see the document for themselves. It's not enough just to say there's a DNR. It must be presented and have a valid signature from a doctor. Keep it handy, maybe even post it over the patient's bed. Remember that *Do Not Resuscitate* doesn't mean do not treat. Short of doing CPR and defibrillation, emergency responders are required to continue treating a patient who is still alive unless the patient is able to refuse.
- **Know which hospital.** If you've never had to go to a hospital emergency room, check in advance with your doctor(s) about which hospital is best for you.
- **Care of pets, home security.** Plan ahead who will care for pets, who will lock up and who, if anyone, will have access to the home while you're in the hospital.

Older victims who do not suffer from memory impairment are usually perfectly capable of answering questions about their condition. Thus, well meaning family members who jump in and answer questions posed by EMS personnel on behalf of their older loved ones should be patient and chime in only if asked. But do let EMS know if mom or dad is hearing impaired or requires a little extra time to formulate an answer because of a past stroke or other condition.

Let's hope you never have to call 911 for any reason. But if you do, a little advance planning can make the whole experience go more smoothly.

Sources: Tom Kranz, NJEMT; John Mateus, RN/MICN, Less Stress Instructional Services

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Oct 12: 9:30 am

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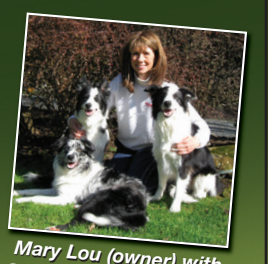

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SHALOM! **Congregation Knesseth Israel,** located at 229 Mountain Avenue in Bound Brook, is a warm and welcoming congregation serving the area's Jewish communities since 1920. Our synagogue provides a rich environment for spiritual renewal and growth, celebration, and life-long learning.

CKI is also a caring and supportive spiritual family. Our close-knit and involved community is a source of joy and social interaction for all of our members: individuals and couples of all ages, families both large and small, newcomers and longstanding members. Our members come from a variety of Jewish traditions and backgrounds, and our inclusive community welcomes all who are part of a Jewish family, including interfaith families.

Our religious services are a beautiful blend of the traditional and contemporary. We hold weekly Friday night Shabbat services year-round. Saturday morning services take place monthly, in addition to scheduled Bar/Bat Mitzvahs. Once a month, 30-minute Tot Shabbat services designed for pre-schoolers feature songs, simple prayers, and a story. We also schedule special services and meals to celebrate events including Sukkot, Shavu'ot, Hanukkah, Purim, and Shabbat Across America. **CKI** members receive tickets to the High Holidays and can purchase additional tickets for extended family and guests. Non-members may also purchase tickets, and the second day of Rosh Hashanah is open to all – no tickets required.

Our strength and vitality come from our membership. Women and men participate equally in **CKI's** synagogue life. Many of our congregants volunteer their time and efforts to run our committees, activities, and social events, and we truly value the role they play in defining and shaping our future.

Our Men's Club builds our Sukkah, runs our Hanukkah dinner and summer picnic, and organizes trips to bowling, sporting events and other venues. Sisterhood meetings have featured invited speakers, cooking classes, and movies, and they hold a Hanukkah "Vodka-Latke" evening, and an annual spring dinner. We are especially proud of **CKI's** Adult Education programs which have included Book groups, Hebrew classes, cooking demos, celebrations of Israeli Independence Day, discussions on Jewish religion, history, and culture, and Adult Bar/Bat Mitzvahs.

Children in **CKI's** Religious School learn our enduring values and heritage from pre-school through Bar/Bat Mitzvah. In addition to teaching Hebrew, prayers, holidays, history, and culture, we strive to instill a strong sense of Jewish identity in our children. Our school's size allows us to tailor instruction to meet the individual needs of our students. Students are placed in Hebrew language classes according to their proficiency. Our Bar/Bat Mitzvah students receive individual dates for their ceremonies, where they can shine!

Religious School classes meet on Sundays for children in Kindergarten through 7th grade. Bar/Bat Mitzvah students have additional studies with Rabbi Kramer during the week, in addition to opportunities for one-on-one tutoring. Our Temple Tots class, for children ages 2-4 and their parents/caregivers, meets two Sundays a month. This class is also open to families who are not members of **CKI.**

CKI is currently running a Membership Special for new first-year members at a cost of $90 per individual and $180 per family. Affiliate Memberships at discounted rates are also available for members of other synagogues who would like to attend our High Holiday and other services, and/or enroll students in our Religious School.

We encourage you to visit **CKI** and experience what we have to offer! Guests are always welcome at our weekly Shabbat services and Adult Education sessions. Prospective students can sit in on one of our Sunday Religious School classes.

You can find our calendar of events on-line at www.ckibbnj.org. For additional information, please contact our Membership Chairperson, Lori Siegel at membership@ckibbnj.org or 908-705-6572.

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Michael Haratz, Esq. has over 30 years of experience in complex commercial litigation, negotiation, general commercial/corporate counseling, and risk management. His legal strategies have resulted in demonstrable business and financial benefits for his clients.

He holds a Juris Doctor degree from The Cornell Law School, a Bachelor of Arts degree from The University of Pennsylvania, where he graduated magna cum laude; and he received an MBA in Finance and Entrepreneurial Management from Rutgers Business School, where he led a team of MBA candidate consultants recognized with the Walters Award for excellence on a year-long cross-disciplinary business consulting engagement. More recently, he has taught MBA candidates how best to navigate legal and ethical minefields and manage relations with the wide range of corporate stakeholders, as mid- and senior-level managers of a global business.

Michael strives each day to earn anew the respect of his clients on a professional level, while interacting in a manner that leads them to like him on a personal level.

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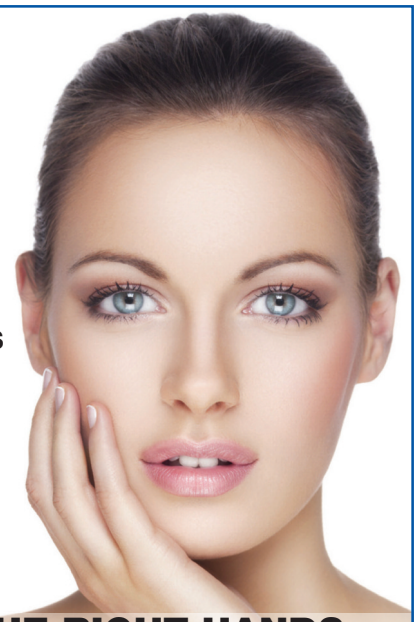

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By: Sherry Kevoe

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With their first venture into a suburban setting, **Truefitt & Hill** comes to Warren, N.J. led by Master Barber Karena Bertolli.

Karena Bertolli, a Watchung resident, first came to the U.S. in 1991 as a gifted stylist with little more than her dreams and began a career working at the original Art of Shaving in N.Y.C. As a result of her hard work, talent and dedication Karena soon realized her vision of opening her own salons. The first shop opened in NYC which was a small, elegant men's salon serving busy bankers, traders and brokers in the Wall Street area. Karena next opened a second, larger salon serving a more residential clientele as the character of the area (aka FiDi) evolved. With the support of her husband, Robert, himself an ex-trader, they developed a true family enterprise. The couple moved to Watchung 7 years ago to raise their son Alexander and daughter Laura.

Established in St. James's London in 1805, **Truefitt & Hill** is the world's oldest barbershop as listed in the Guinness Book of World Records. **Truefitt & Hill** holds the proud distinction of having been awarded the title "official barbers to the Royal family," honored by the Duke of Edinburgh with the Royal crest.

For over two centuries **Truefitt & Hill** has been recognized as one of the finest traditional gentlemen's barbers and perfumers in the world. Many celebrity clientele like Frank Sinatra, Dean Martin, Steve McQueen, Sir Laurence Olivier, Clarke Gable have frequented **Truefitt & Hill.** This impressive list includes Winston Churchill and many world leaders who have frequented **Truefitt & Hill** over the years as well.

T&H expanded from London internationally in locations such as Dubai, Singapore, Beijing, Baku, as well as numerous cities across India. Subsequently, **T&H** brought their unique brand of sophisticated grooming across the pond to North America with shops in Toronto, Canada and Chicago. Washington, D.C. is set to open this summer and additional locations are planned in major cities across the continent.

Karena and Robert were carefully chosen by **Truefitt & Hill** based on their experience and high standards of customer service in the men's grooming industry. Upon walking into this very elegant salon, you are greeted with the lingering scents of hot shaving lather and fine men's products with names like Trafalgar and West Indian-Lime. You are transported back to a time of rich wood and elegant surroundings, timeless music, and the most comfortable luxurious leather chairs. This is bespoke, with an overall level of sophistication truly befitting the upscale surrounding communities. As the first salon in a suburban setting, **T&H** Warren will set the stage for future establishments throughout the U.S.

As Robert so aptly expressed, "when you walk out of a **Truefitt & Hill,** you come away renewed and empowered, with a feeling you carry with you throughout the day… and you smell pretty good too!" **Truefitt & Hill** services include: hot lather 10 step straight razor shaves, grooming, discreet color, and pedicures / manicures and **T&H** features a full range of exceptional products for men.

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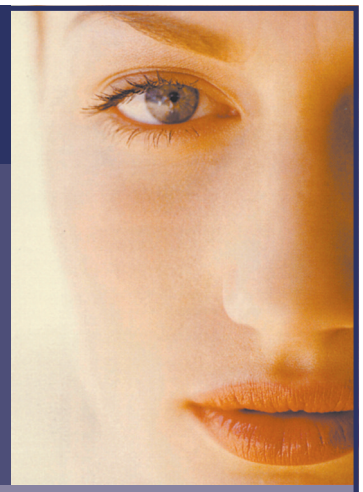

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Health Hotline

FALL SKIN REJUVENATION

By: Rebecca Lu, MD, FAAD
Mohs and Dermatologic Surgeon

Now that summer has come and gone, it's time to address all that sun damage from those days at the pool and down the shore! There are several in-office laser and light devices that rejuvenate the skin and even reverse some of the damaging effects caused by the sun's harmful rays.

1. IPL Photofacial

IPL (Intense Pulsed Light) is a broad band light device that targets brown spots, age spots, and redness. Certain models have adjustable filters to target specific skin problems, such as birthmarks, broken blood vessels, brown spots, and age spots, as well as leg veins, tattoos, and even hair removal. It feels like a warm snap and is associated with minimal downtime. This is a very effective option to improve brown spots on the face, chest, and hands, as well as improve the redness and broken blood vessels seen in rosacea. Like most procedures, it is typical to require multiple treatments to achieve a significant result.

2. Fractionated Resurfacing

I offer the Fraxel DUAL, which is the premier device in fractionated nonablative resurfacing lasers. Fraxel® is FDA-approved to treat fine lines and wrinkles, sun damage, brown spots, melasma, acne scarring, surgical scars, and even precancerous growths known as actinic keratoses. It works by creating microscopic columns in the skin to stimulate new collagen formation, which heals the skin from the inside out to soften wrinkles and fine lines, erase brown spots, improve skin tone and texture, and even do a little tightening. Most patients will experience several days of redness after the procedure, but it is very tolerable and can be covered with make up. The results can be very dramatic and long-lasting.

3. Clear + Brilliant®

Clear + Brilliant® is a revolutionary gentle laser that improves skin tone, pigmentation, and the appearance of pores with little or no downtime. Because it is a gentle laser treatment, like a "laser facial," it is perfect for those with busy lifestyles where downtime is not possible. My patients tell me they love the "glow" they get after a Clear + Brilliant treatment. It is great for younger patients and as a maintenance treatment after Fraxel. While this is a gentle treatment, it also stimulates new collagen formation so that the benefits can be long-lasting.

Fortunately, with advances in technology, there are many options to reverse the signs of aging and sun damage. However, even with daily sunscreen, it is still possible to sustain sun damage accumulated over time, so a "skin clean-up" is necessary every now and then for healthier, rejuvenated, younger-looking skin.

Dr. Rebecca Lu is a board-certified dermatologist with an office located at 7 Mt Bethel Rd in Warren, NJ. Dr. Lu specializes in skin cancer, skin cancer treatments, laser treatments, as well as cosmetic dermatology. The office also carries a suite of skin care products, including award-winning Jan Marini and SkinMedica, to address your cosmetic concerns. Please visit our website www.eliteskinmd.com or call **908-787-8088** for an appointment to discuss your skincare goals.

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Dr. Rebecca Lu is a Board-Certified Dermatologist and Fellowship-Trained Mohs Surgeon specializing in the treatment of skin cancer, laser surgery, and non-surgical facial rejuvenation. She has performed thousands of surgeries and has a reputation for excellence.

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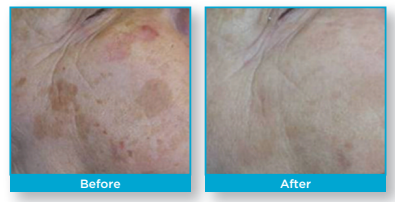
- Visibly illuminated skin tone
- Renewed, ultra-soft and smoother texture
- Naturally radiant and glowing skin
- Improved tone, texture and radiance

Isolaz is a unique acne treatment:
- Helps remove dirt, blackheads, dead cells and excess oils
- Reduces the appearance of pores
- Improves skin tone and texture

Fraxel can help:
- Improve skin tone and texture
- Reduce wrinkles around the eyes
- Lighten brown spots
- Improve the appearance of acne scars and surgical scars



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All Before and After photos have not been retouched. Individual results may vary based on the aggressiveness of treatment and skin condition.

Clear + Brilliant indications for use:
Dermatological procedures requiring the coagulation of soft tissue and general skin resurfacing procedures. **Talk to your doctor for more information about Clear + Brilliant, and see www.clearandbrilliant.com for additional details.**

Fraxel DUAL 1550/1927 indications for use:
1550 nm: The Fraxel 1550 nm laser is indicated for use in dermatological procedures requiring the coagulation of soft tissue, as well as for skin resurfacing procedures. It is also indicated for treatment of dyschromia and cutaneous lesions, such as, but not limited to lentigos (age spots), solar lentigos (sun spots), actinic keratosis, and melasma, and for treatment of periorbital wrinkles, acne scars and surgical scars. 1927 nm: The Fraxel 1927 laser is indicated for use in dermatological procedures requiring the coagulation of soft tissue, treatment of actinic keratosis and treatment of pigmented lesions such as, but not limited to lentigos (age spots), solar lentigos (sun spots) and ephelides (freckles). **Talk to your doctor for more information about Fraxel, and see www.fraxel.com for additional details.**

Isolaz indications for use:
The treatment of mild to moderate acne, including pustular acne, comedonal acne and mild to moderate inflammatory acne (acne vulgaris) in all skin types (Fitzpatrick I-VI). Talk to your doctor for more information about Fraxel, and see www.fraxel.com for additional details.
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By: Katie Kleinle

The old saying goes that beauty is more than skin-deep – and while that may be true, having great skin sure can't hurt. Luckily, the doctors at **Warren Dermatology** make that attainable. Since opening in 1962, **Warren Dermatology** has provided both state-of-the-art facilities and pedigreed doctors with years of experience. All associates are Board Certified by the American Medical Association, and each brings something unique to the table.

Dr. Sciales, former president of the Dermatological Society of New Jersey, is recognized by Allergan, maker of Botox, as the area's only certified Botox instructor. As a National Education Faculty member, he is a leading provider of injectables like Botox, Dysport, Juvederm, Restylane, and Radiesse. He has spent over twenty years pioneering laser therapy, using cutting-edge technology to help his patients look their best. What's the secret to Dr. Sciales' success? In his own words, "whether I am erasing a wrinkle, treating a rash, or applying a chemical peel, I proceed with a cautious hand." His care, experience, and attention to detail truly set him apart.

If you're looking for brighter, more cosmetically appealing skin, look no further than Dr. Michael Bagley. With extensive experience in cosmetic dermatology, he's an expert in fillers, cosmetic peels, lasers, and the administration of Botox. Along with his associates, Dr. Bagley also performs full body scans and treats skin cancer, Psoriasis, Eczema, acne, Rosacea, and more.

It can be tough for children to visit the dermatologist, and nobody knows that better than Dr. Helen C. Halasios. With a special interest in children, she has extensive experience creating a fun, comfortable experience for even the youngest of patients. She also specializes in allergic skin disorders, allergic skin disease, and the Patch Testing Procedure – which helps her determine whether or not patients are allergic to the products they use.

Dr. Rosaline Akhami has extensive background with all kinds of dermatology, and takes special care to apply these talents to women. She combines dermatological skill with personal understanding of what women's skin needs, and takes pride in restoring feminine, youthful appearance to the skin of all her patients.

With a growing practice within **Warren Dermatology,** Physician Assistant Melissa Bouffard has proven herself to be an integral member of the team. Skilled in all aspects of dermatology, her kindness and attention to detail helps her build a caring, comfortable environment for every patient who walks through her doors.

Dr. Helen Radoszycki is a recent addition, having joined the team 3 years ago. A Board-certified dermatologist, she has quickly made a name for herself, saying, "I strive to provide patients with compassionate and comprehensive care in all aspects of dermatology, and to deliver the highest quality."

Another new member is Donna Thompson, who began as a dermatological nurse. Having since gained her degree as a nurse practitioner, she's continued to advance her career – all the while staying with the team at **Warren Dermatology.**

Between a welcoming environment and highly skilled doctors, **Warren Dermatology** has whatever it takes to suit the needs of your skin. Maybe beauty isn't just skin-deep – but that doesn't mean they can't make your skin beautiful.

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HEALTH HOTLINE

BACK TO SCHOOL CAN LEAD TO BACK REHAB

By: Russell Altman, PT, DPT

Now that School is coming back in to session, it is a good time to point out some interesting tips for optimum health and function. Summer is great in the sense that we get a break from the usual routine. Everyone gets to play in the sun and move away from the computers, gaming, phones, and sedentary lifestyle. This is true of both kids and adults. Having this break is important because it allows our bodies to be free of the confines of technology that make us keep our attention to just in front of us and not being able to move more freely. What I mean is that our necks and upper backs are fixed on whatever device (ipad, laptop, desk top, tv screen) is in front of us which can cause a number of maladies, including text neck, headaches, neck and back pain, carpal tunnel syndrome, and a number of other conditions. Going back to school brings back the routine of being in school, completeing homework, checking emails for communication between teachers and classmates and other parents, and reading for schoolwork and recreation.

While back in this routine, there are a few tips to remember to reduce chances of injury. One tip for all the cell phone users out there is to bring the screen up your face instead of looking down at the phone. This will allow your neck to remain in an optimal position and puts less strain on the muscles of the back of your neck from holding the weight of your head forward. Not doing so can lead to frequent headaches and neck strains and poor posture. Another tip is to make sure that your computer screen is only 18 inches away from your eyes and the top of the monitor is eye level. This will prevent you from straining your eyes and/or your neck by having to adjust your head position so you can properly read and interact with the screen for longer periods of time.

Another tip that may be helpful for all the kids with back packs out there is to make sure the straps are tightened for a snug fit while carrying all the books to and from school. Having a heavy back pack that is not properly fastened can lead to undue pressure on the shoulders and lower back by forcing them to work harder than they should to balance the load on the body while walking. Some suggestions can include a rolling back pack, an over the shoulder satchel, or requesting two sets of books, one for home and one for school.

One last tip for that applies to all walks of life. MOVE. Your body is meant to move and your body will thank you for moving. Studies show that sitting for long periods of time is detrimental both physically and mentally. Getting up after walking around after sitting for an hour or more will boost brain productivity and produce clarity especially if you are stuck in a rut mentally working on a problem. Some people might simply walk, some will do jumping jacks or squats, some might climb stairs but at least they are moving.

So come on down to **ProActiveCare** and have a free screening and evaluation to see if there are any changes you can make to help you function optimally. Visit www.proactivecarenj.com or give us a call at 908-903-1199 to schedule your appointment.

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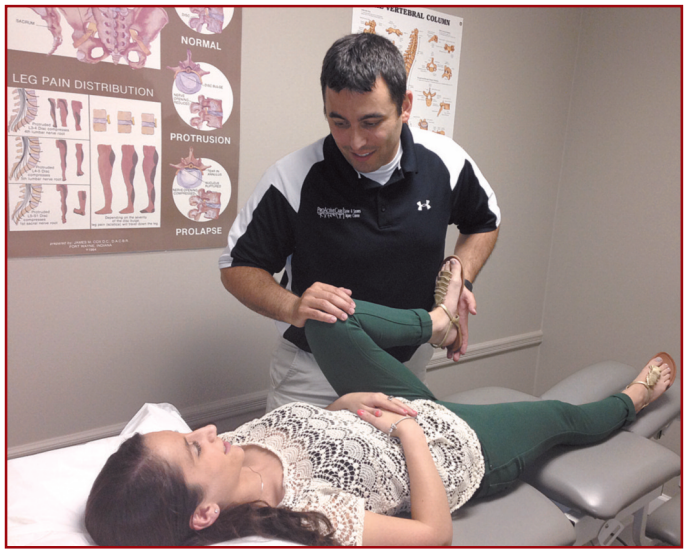

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By: Dr. Karl Maloney

Karl Maloney, D.D.S.

What is Oral and Maxillofacial Surgery?

In the United States, according to the **American Dental Association,** *Oral and Maxillofacial Surgery, or OMS,* is "the specialty of dentistry which includes the diagnosis, surgical and adjunctive treatment of diseases, injuries and defects involving both the functional and esthetic aspects of the hard and soft tissues of the oral and maxillofacial region."

To specialize in OMS one must first graduate from dental school. After dental school you must be accepted into a hospital-based surgical residency program that can range from four to six years.

All residency programs will include a number of different rotations to gain knowledge, skill and experience in multiple related disciplines such as general surgery, plastic surgery, head and neck surgery, anesthesia, and internal medicine. The majority of time spent in residency pertains to OMS. This includes caring for all patients admitted to the hospital under the OMS service, attending lectures and conferences, taking 24 hour call for hospital emergencies, treating patients in the oral surgery clinic, and performing invasive and longer operations in the operating room.

Though not required by law to practice OMS, many offices and hospitals will require that surgeons become board certified in order to practice with them. This requires taking separate written and oral examinations. Only after passing both parts of the examination will the surgeon be recognized by the American Board of Oral and Maxillofacial Surgery as a diplomate. This is the highest level of recognition a surgeon can obtain within the specialty.

In addition to providing multiple surgical services, OMS specialists also receive extensive training in anesthesia. They are able to safely offer patients general anesthesia in the office to achieve better pain control, less anxiety, and increased comfort during surgery. Oral and Maxillofacial Surgeons are trained to do the following:

- Manage dental disease as well as supporting hard and soft tissue structures
- Perform surgical reconstruction of the jawbones
- Treatment plan and place single or multiple dental implants to restore a single tooth, multiple teeth or all teeth
- Evaluate and manage traumatic injuries to the teeth, face and jawbones
- Diagnose and treat facial pain
- Diagnose and treat malignant and benign diseases of the maxillofacial region
- Perform corrective jaw, craniofacial and cleft surgery
- Evaluate and treat obstructive sleep apnea
- Perform cosmetic procedures to improve facial aesthetics

Currently, advancements are being made that are allowing surgeons to virtually perform procedures preoperatively to ensure a faster, less invasive and more accurate operation with an excellent outcome. In the area of bone regeneration, technology is emerging with the hope that in the future we will no longer need to harvest a patient's bone to accomplish bony reconstruction for implant placement, or reconstruct defects secondary to trauma or disease. These are just a few examples of many that are currently being developed.

As technology and science continue to improve, Oral and Maxillofacial Surgery will continue to evolve and remain one of the most exciting fields in dentistry, medicine and surgery.

Dr. Maloney is a board certified oral and maxillofacial surgeon. In addition, he is a Fellow of the American Association of Oral and Maxillofacial Surgeons and Fellow of the International Association of Oral and Maxillofacial Surgeons. To schedule an appointment at **Branchburg Oral, Maxillofacial & Implant Surgery,** call 908-218-0300.

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What does Watchung, NJ have in common with Kim Kardashian, Jennifer Lopez, Solange Knowles, NBA stars like Carmelo Anthony, Amare Stoudamire, Yankees Pitcher CC Sabathia, Hollywood Directors, Celebrity Fitness trainers Tracy Anderson, and countless other stars? Dr. Edward Kulich of **Celebrity Pediatrics. Celebrity Pediatrics** is "Where you do not need to be a celebrity to be treated like one." (And they take insurance too!)

Dr. Edward Kulich has spent the last decade in New York City caring for children of celebrities and high profile New Yorkers. In this practice, the celebrities demand personal attention for their children above and beyond the standard pediatric practice. He often makes house calls and became very close to both the children and parents. Knowing his patients on this personal level allows him to give them special care and helps him to better diagnose and treat ailments.

When he moved his own family out to Warren, he wanted to bring this same level of service to his friends and neighbors. Dr. Kulich, his wife and children have strong community ties to Warren and the surrounding towns. They are involved in the schools and many sports and service groups. They count many of their friends and neighbors as patients. Dr. Kulich established **Celebrity Pediatrics** here in New Jersey in order to bring his unique level of care to everyone in his own community. Dr. Kulich is committed to providing medical care by accepting all major insurance plans. **Celebrity Pediatrics** makes this specialized, personalized medical care available to all.

Celebrity Pediatrics' website at www.celebritypediatrics.com is full of testimonials from grateful families relating stories of how Dr. Kulich went the extra mile. He provides physicals, urgent care, and even infant sleep training and is available to his patients nights and weekends as emergencies arise. **Celebrity Pediatrics** has offices located in Watchung and Morristown, but Dr. Kulich also makes house calls as needed!

The word is out about **Celebrity Pediatrics.** Dr. Kulich has been featured on ABC News, NBC News, CBS News, ParentsTV, Parents Magazine, the New York Post, Time Magazine, and the Wall Street Journal. He is also the author of the highly acclaimed infant sleep training book: The Best Baby Sleep Book and has been chosen as a "New Jersey Favorite Kids Doctor" by New Jersey Family Magazine.

You won't need a Malibu beach house to feel like a celebrity, because you and your children will be treated like a star at **Celebrity Pediatrics.** Your child deserves it. Let Dr. Kulich give your children the same care and attention as his celebrity clients. Call 908-666-2671 to set up an appointment for your child today.

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MEDICAL MINUTES

HAPPY NEW (SCHOOL) YEAR

Douglas Haymaker, Ph.D

Stephanie Haymaker, Ph.D

Happy new (school) year! Warm summer days are drawing to a close. It's time for new classes and teachers, new activities, and planning new family events. It can be a hectic time. The challenge and temptation to "do it all" will be hard to resist.

Over the years, we have seen families approach the new school year in different ways. Every family is unique. Some families thrive in circumstances that other families could not tolerate for a day. But we also have observed some characteristics that differentiate "healthy families" from troubled ones. We define healthy families as families whose members function well in school and in relationships. Family members like and respect each other. Healthy families communicate with each other in productive ways. Here are some ways to improve your family's functioning.

Healthy families get enough sleep. The importance of good sleep cannot be over-stated. How much is enough? While it varies somewhat for people, it does not vary as much as people think. Most children need nine hours of sleep in a night - many kids/teens think they need seven. This also means that if your child is getting up at 6:30 am to go to school, s/he should be asleep at 9:30pm.

Sleep is a fascinating process. It gives the body a time to remove toxins. Sleep gives the brain time to do neural housekeeping. Sleep consolidates memories of things learned during the day. Sleep is necessary to form the neural connections associated with learning.

Sleep also performs a mental health function. People who are sleep-deprived show symptoms that are identical to symptoms of Attention Deficit/Hyperactivity Disorder. Sleep difficulties are associated with depression and anxiety (in adults as well as children). Sleep difficulties are associated with later-life behavioral problems in pre-teens and adolescents. Setting a regular bedtime, enforcing it, and removing electronics at night all are excellent ways to help your child (and yourself).

Having trouble wrestling the iPhone from your child's hand? There are programs available (we recommend Circle with Disney) that will switch off wi-fi at selected times. Through a simple mobile app, parents can filter content and time limits for every device in their home network.

Healthy families eat together. Research shows a clear connection between dinner and family functioning. Families that had dinner together at least three times a week had fewer problems than families that had dinner together only once a week (or less). Moreover, families that had dinner together five days a week or more had fewer problems still. They had better communication and children with fewer behavior problems than the three-day-a-week dinner families.

Sometimes, families that start to have dinner together more often may not know what to talk about. Go around the table, ask each person to tell something good that happened that day, and something they're looking forward to. Keep the conversation pleasant and not critical, make sure everyone gets a turn. You may be surprised at what you hear.

Healthy families lead balanced lives. This means scheduling time for sports and homework, time for family activities, time for friends, and time for nothing at all. A schedule provides structure and limits procrastination. If 4:30 to 5:30 is homework time, then there is less chance of putting it off. The decision "when to do homework" has already been made.

Nothing-at-all time is particularly important. Amazing things happen when electronics are put away for a while. The mind drifts, thoughts come together in creative ways, plans get made and intentions are set. In a world of constant stimulation, having a period of time when children (and adults) can just be, is crucial. Much like the benefits of sleep, periods of quiet reflection have therapeutic benefits. Over scheduling is the enemy of reflection.

These suggestions can be hard to put in place. Children (and adults) are often over scheduled. Time to connect with each other may be neglected, or done hastily during a ride to school.

Pick one thing to focus on - sleep is a good place to start. Work slowly and work together. A family meeting is a great place to announce a few changes to make the new (school) year better than ever. If you and your family are so busy that you don't have time for sleep, for eating together or for time to do nothing at all, you may be doing too much!

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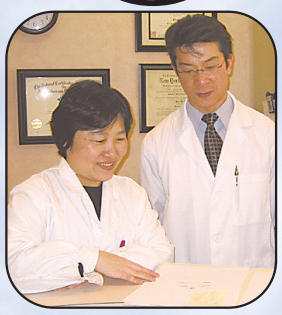

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MIND THE MIND

WHAT WILL IT TAKE TO MAKE YOU HAPPY?

By: Dr. Michael Osit

What does it take to be happy? Happiness is one of our ultimate goals in life. Yet, I see people all around, in my personal life and patients in my office, who are just not happy. We often get caught up in our fast paced, complex lives, keeping happiness a distant, elusive goal instead of something we experience. People seem to be looking for something that is either missing or they just don't know what it is that will make them happy. Many people actually know what will make them happy yet they have no idea how to go about making it happen.

Life Doesn't Have To Be Terrible

Malia, a 37-year-old woman, began therapy with me because she had the aching feeling that something was missing in her life. As I got to know and understand her, the initial feeling she presented was guilt. Malia was married, had two children and lived in an affluent town. She described her marriage as relatively happy. She and her husband had some marital problems 3 or 4 years prior to her seeing me but her husband made major changes. Still, she wasn't happy. Malia had the typical complaints about her two children including some sibling rivalry, homework battles from time to time, and having to ask them to clean their rooms 5 times until she had to yell and threaten punishment. That probably sounds sort of familiar to you. Malia was a full time homemaker and her family was financially secure. She had a limited social life because she felt very out of place in the upper middle class community in which she lived. Her own background included a similar socio-economic status, but she grew up in Texas. She found it difficult to relate to the values and culture of the New York metropolitan suburban stay-at-home mom. College educated with a degree in marketing and public relations, Malia initially identified feeling intellectually unfulfilled as being the piece that was missing in her life. As we explored her thoughts and feelings about this issue, it became apparent that renewing her career path that was purposefully shut down when she started having children was not the only issue. In fact, it wasn't even the real issue. All was good in Malia's life yet she felt a semblance of unhappiness. All was good but it just wasn't good enough. Comparing herself to less fortunate or overtly dysfunctional people in her life made her feel guilty for complaining. For years, she accepted her unhappiness because of that very fact. But, life doesn't have to be that terrible. And it doesn't have to be that average. Your life doesn't have to be mediocre, or boring, or less than what you fantasize it to be. Regardless of your specific situation there are things you can do to rectify the problem areas in your life, and improve the overall quality of your life.

Whoa Is Me! It's A Pity Party

If you think you are a victim, never catching a break, it is time to stop the pity party and start to take control of your life. Maybe you are a victim. Or, could it be that you just make bad decisions and you create scenarios where the outcome tends to be a negative consequence for you? There is also a possibility that you view yourself as a victim as a defense mechanism. Seeing yourself as a victim and never catching a break can be a means of protection against really bad feelings. If you are the victim, you don't have to change. Change means you must confront your feelings and your actions to see the connection to the negative outcomes you tend to experience in your life. That may be a bit too difficult and emotionally threatening to your self-esteem. So, you become the victim both by not seeing your responsibility in creating bad situations and by feeling too emotionally tenuous to face the fact that you need to make changes.

Taking Charge Of Your Own Life

For you to achieve trio-happiness, freedom, and self-fulfillment in your life, you must take charge of your own life. When I was doing my clinical training I had a wonderful mentor. He told me that he could see that I was very passionate about helping people and that I was going to be very successful as a psychologist. He felt the need to caution me saying, "Make sure you run your practice and do not let the practice run you." Are you running your life or is your life running you?

A core concept for your happiness is making sure you are taking charge of your life. So that the train doesn't leave without you, you need to be taking action, changing behavior patterns, and being proactive to head off problems. A common theme with patients is that they often feel trapped in their lives. That there is no way out with no options. Rarely, if ever, are there no options. Trapped is only a state of mind and is usually not a reality. Yes, sometimes the options aren't great options but, nevertheless, they can "untrap" you.

The Formula For Success

There are numerous subtle and significant changes you can make in your life to overcome problems, cope with stress, improve your present life, or simply promote self-growth. This book is the accumulation of the thousands of therapy sessions I have had with thousands of patients. I have found that there are certain common themes that apply to everyone's lives that can improve and enrich this one chance you have at making it all worthwhile. Anyone can benefit from my experience and everyone can better themselves using the formula I purpose in the subsequent chapters.

I have identified the essential dimensions of daily living that are required to obtain happiness, freedom, and self-fulfillment. Remember, you need the trio-the 3 dimensions for matter to be solid – length, width, and height. If you are missing one of these dimensions it cannot be solid. With the number "3" applied to each of these critical areas of an individual's life there will always be 3 factors to address in order to acquire success in each area of your life. The total picture will help you navigate through life with less effort, less stress, and more happiness. Remember… you deserve to be happy. Mahatma Gandhi said that, "Happiness is when what you think, what you say, and what you do are in harmony." May I be so bold as to add one more piece to Gandhi's definition of happiness? It is also what you feel. Like Malia, even if your thinking, doing, and saying are in harmony, if you don't feel it, then something is missing or wrong. Collectively, each chapter in this book helps you make sure to fill in the gaps and solve the problems in your life.

Dr. Michael Osit is a Licensed Psychologist practicing in Warren, and author of *Generation Text: Raising Well Adjusted Kids In An Age Of Instant Everything* (07/08) and *The Train Keeps Leaving Without Me: A Guide to Freedom, Self Fulfillment, and Happiness* (06/16)

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MEDICAL MINUTES

HEAVY BACKPACKS POSE BACK PROBLEMS

By: Dr. Jeanine Baer Feinstein
Stirling Health & Pain Management
908-903-0111

Picked up your kid's backpack this week? It's really heavy. You can actually see them bending and leaning under the strain of it. Throw a trombone in the mix and your child looks like an adorable pack mule. But before you conference call all his teachers, the principal and the mayor, here are some things you can do to ease the burden.

Weigh the backpack and then weigh your child. The weight of the backpack should be no more than 10-15% of the child's total body weight. The Association of NJ Chiropractors (ANJC) recommends between 10% and 15% and we will call this the Yellow (Warning) Zone. If your child's backpack weight is in the Yellow Zone, or even the Red Zone (>15% of their body weight), it's time to re-think what's in there.

Remove any un-needed items: last week's homework, loose change, filled-up or un-used notebooks, library books not needed right away, water bottles, etc. These items can pack on the pounds.

Next, discuss with your child the need to carry every single book and notebook they have around with them at all times. You may uncover worries over having what they need, or not having enough time at their locker, or that they aren't confident about using their assignment pad. Talking about their worries will ease their stress over schoolwork and help them have the confidence to be more organized. This teaches them to strategize and will lighten the weight they carry (AKA-desired result).

Many schools provide 2 sets of books, one for home and one for school. Some districts even have access to textbooks online. If not, email the teacher and see if there's spare copy that your child can use at school, or check online for inexpensive, used copies.

After all of this and the backpack is still in the Yellow or Red Zone, have your child carry a few books in their arms (so old-school). This reduces the weight and balances the load. If it still seems like a problem, or you have questions, please call us or make an appointment. Backpack fittings are no charge in our office. We are happy to take 10 minutes to lighten the load on you and your child.

Dr. Jeannine Baer Feinstein

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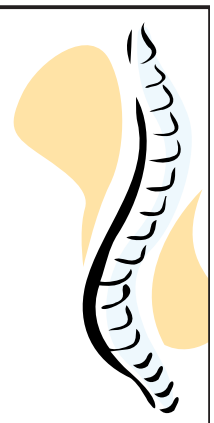

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Dr. Baer has 19 years experience and is passionate about helping her patients live healthier, pain-free lives and teaching fellow doctors about the latest in treatments and techniques while serving on the Board of Directors of the Assoc. of NJ Chiropractors. She is married to her best friend and they have two amazing kids, who love to build forts in the living room, but she doesn't mind and even lets them eat in there sometimes. In her spare time, she loves to hike and practice yoga-especially head balance.

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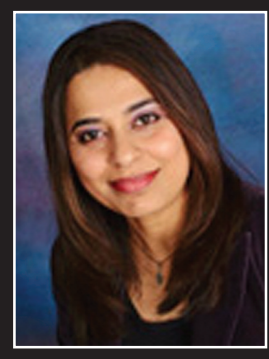

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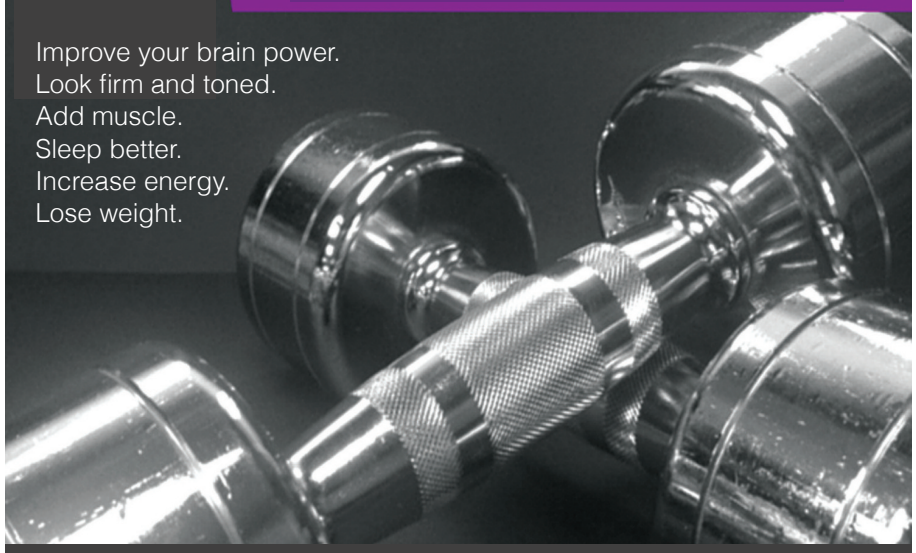

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YOU CAN HAVE CAKE AND EAT IT TOO

By: Rosie Battista, Self Love Coach
Founder of the Sleeping Naked After 40 Lifestyle

You can have your cake and eat it too… without feeling guilty or gaining unwanted pounds.

But you have to do 2 things. Let's talk about some possibilities.

You may have experienced the pressure of the next event. In any given month, there are holidays, birthdays or celebrations that present multiple sweet treat opportunities in front of your "but I am trying and never lose weight" self. Consider that you have 2 options for eating the cake without the guilt and weight gain.

1. REPLACE A GUILTY FEELING WITH A MINDFUL CHOICE.

You choose. You can eat it and enjoy it, making the entire experience worth it OR you can eat it with guilt, anxiety and shame and not enjoy it.

Eating mindfully means just that. Be selective about when you eat it, why you eat it and how you eat it.

Let me explain how this could look. Suppose it's your birthday and your Mom baked your Grandmother's secret recipe and surprised you with it. You might feel excited and honored and decide that you want to enhance your life with the **experience** of enjoying this cake. So you savor every delicious bite knowing this, eating slowly, eating with pleasure, and eating with thanks and gratitude. Your cake eating experience is a divine chance to be totally in the present moment. Being full on responsible for what you are doing. You make this choice and this feels awesome!

The other scenario would look like this. You're out at a party and everyone is eating cake, but you really don't feel like eating it. You feel that's the best choice for you, BUT… you get side swiped but what others will think. You feel pressured to make others happy and join them. They say "Oh come one, have just a small piece," and so you do it. You eat it with the goal to please them. Then you suffer. Because you judge yourself, beat yourself up and you feel sick to your stomach both for dishonoring yourself and your decision. This feels yucky!

2. REPLACE THE SUGAR WITH THE REAL DEAL.

Moving onto number 2 with a creative idea for a very creative cake using whole food. The best part is that you can eat this sweet delite for dinner and feel totally satisfied and nutritionally nourished.

A homemade cake could have 2 cups white sugar, 1 cup white four, 1 cup vegetable oil or butter. Or you can consider an alternative. I'm not suggesting a fake fat free diet cake. Instead I'm happy to share that you can concoct the most delicious good-for-you cake using naked food ingredients. So nutritionally dense that you can substitute a slice for dinner!

Here is the very easy recipe for a cake you can make using all naked foods. This recipe is fitting for almost any food plan you may be on. It's gluten, dairy and sugar free. The dates, sweet potato and the beets are what make it sweet. The fact that you feel great after eating it is even sweeter.

NAKED CHOCOLATE CAKE:

Throw it all into the vitamix or high powered blender and mix.

- 4 pitted mejool dates
- 1 cup cashew butter
- 1/2 roasted beet
- 1 very large baked sweet potato (or 2 mediums)
- 1/3 cup raw cacao
- 2 eggs
- 1/2 tbsp cinnamon
- 2 tsp vanilla
- 1 tsp baking soda

Mix till smooth and creamy. Pour into greased cake pan or into cupcake papers (makes about 10 cupcakes when you generously fill the papers or 1 8 inch round pan or square cake pan) bake at 350° for 35 minutes. Allow to cool before icing.

ICING:

Combine into vitamix and whirl until smooth and creamy.

- 1 avocado
- 3 pitted mejool dates
- 2 tbsp water
- 1/2 cup raw cacoa
- 1 tbsp coconut oil
- squeeze fresh lemon
- dab of salt

Spread on to cake or cupcakes. This makes a substantial amount of icing and spreads nicely.

Enjoy!

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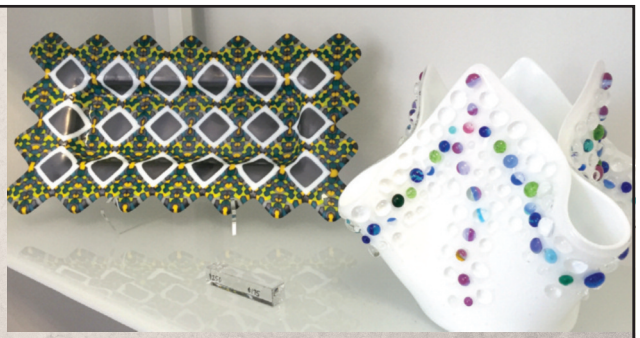

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Slice of Life

Do You Love Me?

By: Ellyn Mantell

"Sunrise, Sunset"…"Matchmaker, Matchmaker"…"Tradition!" Our entire group walked out singing after seeing the revised production of **FIDDLER ON THE ROOF** on Broadway…they are truly wonderful songs that speak to feelings we universally share. We relate to Tevya's strong sense of Tradition guiding him and his community. We relate to a sense there is a Matchmaker somewhere to help us find our destined partner (the poor family marries their daughter to a butcher so she will always have meat.) And all who are parents relate to the wonder of how "swiftly fly the years!" Countless tears of awareness are shed about the passage of time by parents and grandparents at children's milestones. But the song that most formidably resonated with me was when Tevya asks Golda, his wife, of 25 years "Do You Love Me?" I felt my heart flutter, because it is filled with adoration for not only my loving husband, Bruce, but for the life we have created, the love we have that has grown and continues to grow over the years. There isn't a day that goes by that I don't say "I love you" to him, all of my family, and frequently, my friends. Nobody ever has to ask, "do you love me?"

Although Golda might think it strange that Tevya asks her this very important question at that moment, she responds that "for 25 years she washed his clothes, cooked his meals, cared for his daughters." To her, these are obvious expressions of her love. And in the late 19th century, when dwelling in a small community, where people rarely left or where an independent thought might cost one his/her life, or at the very least, exile, who would stop to wonder about love? In fact, as Tina Turner so spiritedly asked, "what's love got to do with it?" There were far more important logistical concerns than to focus on the luxury of love.

How fortunate am I that my life truly does afford me the luxury of love and loving? And not that I have ever taken it for granted, but as I age, I am ever more mindful of the richness of a life layered with this glorious emotion. As a college student, I remember learning that according to Dr. Sigmund Freud, who many credit as the father of psychotherapy, "in order for a person to be truly happy and mentally healthy, one must have something or someone to love," rather than to have others love us. This was counter-intuitive at that time in my life, when I was struggling to feel that I was loved; upon more and more understanding and reflection, I realized that one must first learn for themselves the intrinsic feelings of love in order to recognize them in others. Perhaps if Dr. Freud was involved, Tevya would have asked himself, more importantly, if, in fact, he loved Golda?

The other thing I learned from Dr. Freud is that there is no one way to feel love. And it can come at us from all directions. The more open we are to it, the more omnipresent it appears. Our ability to love and be loved is, I believe, a vast reservoir, filled over and over again. The love Bruce and I have is so different from the love I have for our daughters and all of our family. My friends fill my vast container with love I could never have thought possible, especially as I age. Like a sand sculpture in a jar, these are all the layers of an incredible emotion I am blessed to recognize.

Lastly, what I have learned from Dr. Freud is that there is no perfect love.

My parents didn't love me perfectly, and I am certain I didn't love my children perfectly. And the same is true of romantic love and friendship. But knowing love/loving is not a game of perfect, liberates us to just be in it, just be in the moment, just give and take, just feel love and feel what it is to be loved. That warmth that may surround you could be your own happiness…

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Warren–Watchung Community Calendar

September – October – November

ACTIVITIES

WARREN TOWNSHIP VOLUNTEER FIRE DEPT.

Annual Antique & Classic Car Show: Sunday, September 11, 9am-3pm. Behind Warren Township Municipal complex. Free admission & parking, donations appreciated. For more info, visit www.warrennjcarshow.org

THE ARTS

THE CENTER FOR CONTEMPORARY ART (CCA) "Linked" Online

2020 Burnt Mills Road, Bedminster, NJ 07921. For information, gallery hours & to register for classes, contact Elie Porter Trubert, Executive Director at 908-234-2345, ext. 100, etrubert@ccabedminster. org or visit us online at ccabedminster.org

Upcoming Exhibits:

Members' Non-juried Exhibition: Through Saturday, Sept 3. Judge: Serena Bocchino.

"Mel Leipzig - Friends and Families": Sept. 16 - Oct. 29, curated by Donna Gustafson, PhD. ***Opening Reception & Artist Talk:*** Sept. 16, 6-8pm.

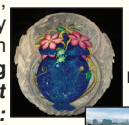
Mel Leipzig

2016 International Juried Exhibition: Thursday, Nov. 10-Friday, Dec. 23. Consists of 2 & 3 dimensional work in all media. Juror: Jonathan Goodman. ***Opening Reception:*** Thursday, Nov. 10, 6-8pm.

Upcoming Art Activities & Events: Fall Art Classes & Workshops. Sept. through Dec. All ages.

Spirits in the Night: Friday, October 21, 6-10pm. Walk-around tasting of NJ distilled spirits & craft beers. Food & live music.

STUDIO 7 FINE ART GALLERY "Linked" Online



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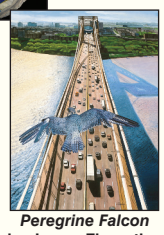

Peregrine Falcon by James Fiorentino

Fine art gallery at 5 Morristown Rd., Bernardsville, 908-630-9770. Gallery hours: Tuesday-Saturday 10am-4pm and by appointment. **Upcoming Events:** ***Three Generations of Art Glass - Vandermark Merritt Studios:*** Thursday, September 1 - Sunday, October 30. Over 100 pieces from their 44 year history available in one place.

Rare Wildlife Revealed - The James Fiorentino Traveling Art Exhibition: Tuesday, November 1 - Saturday, January 14, 2017.

Contact owner, Kathleen Palmer for information at 908-963-0365, pskjpalmer@verizon.net www.studio7artgallery.com

WATCHUNG ARTS CENTER "Linked" Online

18 Stirling Road, Watchung, NJ 07069, 908-753-0190. Art Center hours: Tuesday-Friday, 12-5pm, Saturday, 10am-3pm. Volunteer/non-profit organization. Offers art exhibitions, live music performances, comedy & improv, & classes in drawing, yoga & Zumba. For more information, visit www.WatchungArts.org

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THE GARDEN CLUB OF WATCHUNG

The residents of Watchung & surrounding communities are invited to join. Meetings held at various locations. First Wednesday of the month, 11am, September thru June. For membership info, visit www.thegardenclubofwatchung.org or call 908-754-5766.

Fall Fundraiser "A Scentsational Night": Thursday, October 13, 7-9, Saint Mary's Stony Hill, Watchung. Create your fragrance, under the guidance of Sue Phillips, innovative owner of "The Scentarium" in NY. $50.00/person, after September 13, $60.00/person. For further information email:gardenclub2016@aol.com

GARDENERS OF WAGNER FARM ARBORETUM

Meets 4th Wednesday of each month, 7pm, Westminster Presbyterian Church, 725 Mountain Ave., Berkeley Heights (corners Plainfield & Mountain Aves.) Guests welcome. Always looking for new members. For information, visit www.wfafnj.org

INTERNATIONAL FRIENDS CLUB

Cultural and social activities connecting women who have lived or are living internationally. Meets monthly. For more information, visit, http://www.ifcnjandny.com

JEWISH FAMILY SERVICE OF SOMERSET, HUNTERDON AND WARREN COUNTIES "Linked" Online

150-A West High Street, Somerville, NJ. Unless otherwise noted, for information or to register for programs, contact Elise Prezant, JFS at 908-725-7799 or eprezant@Jewish-Family Svc.org, Admin@JewishFamilySvc.org or www.jewishfamilysvc.org **Upcoming Programs:**

Yearn to Learn (Y2L): Interactive learning experiences for retirees in local group settings, promoting stimulating group interaction, self-exploration & interpersonal connections. Email Y2L@Jewish-FamilySvc.org.

Family and Senior Mentor Volunteers Needed: 9-hour orientation & training program over 3 evenings. Call 908-725-7799.

Café Europa: A social group for Holocaust Survivors. Wednesdays, September 15, October 19, November 16.

Job Seekers Support Group: Wednesdays, 7-9pm, September 7, November 2. Free & open to the community.

Bereavement Group: Six session group for those who have recently experienced the loss of a spouse. Contact Jeanne Lankin at 908-725-7799.

Social Learning Group: 10 week program, meeting on Sundays, focuses on social, relationship & communication skills for teens on the Autism spectrum.

Social Club for Young Adults with Asperger Syndrome or Developmental Challenges: Group meets monthly.

Sibling Support Group: Peer Support for brothers & sisters of children with special needs.

Parent Support Group: Peer Support for parents with a special needs child. 6 sessions.

MOMS CLUB OF WARREN

PO Box 4541, Warren, NJ 07059, http://bit.ly/298wMOMS ClubofWarrenNJ For more information, please contact Carolyn Bolcar at carolynbolcar@optimum.net

NEWCOMERS AND NEIGHBORS OF SOMERSET HILLS (NNSH)

A non-profit, social organization open to ALL AREA RESIDENTS offering a variety of activities including wine tasting, dining out, book discussion, day trips, bridge/bunco/Mahjong & much more. **Upcoming Event:** ***Welcome Coffee Evening Social,*** Wednesday, October 12, 6-8pm, Bernards Township Library. Visit us at www.NNSHClub.org or see us at www.facebook.com/Newcomers & Neighbors of Somerset Hills, NJ.

NEIGHBORS & NEWCOMERS CLUB OF WATCHUNG HILLS

Social club for women living in Warren, Watchung, Long Hill & Green Brook. Always looking for new members. Club offers various activities & social events: *monthly meetings* - call for time & location. For information or to join, call Laura Merizio, 908-490-0140 or ajmlam4@aol.com or visit www.nncwhnj.org

RUTGERS MASTER GARDENERS OF SOMERSET COUNTY "Linked" Online

Rutgers Cooperative & Extension Office of Somerset County HELPLINE-NJAES, 310 Milltown Road, Bridgewater is open 9am-Noon, Monday-Friday. Inquiries can be made by phoning 908-526-6293 press option 4 or residents can bring sample of their problem to the office on Milltown Road or email complete description of their problem to rcemastergardener@co.somerset.nj.us

SPEECH MEISTERS TOASTMASTERS CLUB "Linked" Online

A worldwide non-profit organization which helps develop public speaking presentation & leadership skills. Meets every Wednesday noon at Basking Ridge Library, 32 So. Maple Ave., Basking Ridge. For information, contact Ken Schaefer at 732-356-6148 or visit www.speechmeisters.org

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WARREN SENIORS

Warren Senior Bus: Runs Wednesdays only. Bus is FREE & available to **all** Warren Seniors. Must register for seating at least 2 days prior to ride. Call Somerset County Transportation for reservations: 1-800-246-0527 or 908-231-7115. Use it or lose it.

Warren Senior Club: General meeting 1st Wednesday of each month, 11am, Our Lady of the Mount Parish Center, 167 Mt. Bethel Road, lower level. New members welcome (must be 55). For information, call Mary Ellen Florey 732-469-4771.

Warren Senior Citizen Advisory Committee: Meets 4th Wednesday of every month, 11am, Annex Room, Warren Courthouse. ALL senior citizens residing in Warren Township are invited to meetings. For information, call Betty Grossweiler at 908-755-7029 or email bgrosslane@gmail.com.

Warren Seniors Picnic: Wednesday, September 14, 12pm. Pavilion behind the Municipal building. Ticket $5. Plenty of food choices.

WARREN TOWNSHIP "Linked" Online

Township Committee meets monthly. Call 908-753-8000 or visit www.warrennj.org for information and meeting agenda.

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CLUBS AND SERVICES

WARREN TOWNSHIP CHAMBER OF COMMERCE
"Linked" Online

Warren Township Chamber of Commerce meets 4th Thursday of the month, 8am for breakfast, networking & presentations from experts in various industries. Locations TBD. All are welcome! For more information about this event & the Chamber call Evan Tornquist, Chairman at 908-541-0404.

WARREN TOWNSHIP LION'S CLUB
(Formerly Lions Club of Warren)

Meets 2 & 4 Wednesdays of each month, 7pm at *Prezzos,* Warren. For info, contact Adriane Stewart at 908-768-0264, email adrianejstewart@aol.com or visit www.warrenlionsclub.org.

WARREN WOMEN IN BUSINESS NETWORKING GROUP
(formerly, Warren Ladies Lunch Group)

Karen Swartz Organizer

Networking group for professional women from all industries & sizes. Looking for a diverse cross-section of industries & experiences. Group meets for lunch 1st Wednesday each month 12:30pm, Water & Wine Ristorante-Taverna, 141 Stirling Road, Watchung, 07069. Registration & reservations a MUST. RSVP through Meetup.com Website http://www.meetup.com/Warren-Ladies-Lunch/.

WARRENBROOK SENIOR WELLNESS CENTER "Linked" Online

For active adults 60+. Center offers variety of educational, recreational & entertaining activities including wellness programs & health screenings. Open 9am-3pm Monday-Friday, Warrenbrook Golf Course, 500 Warrenville Road. Accessible to individuals with disabilities. For information call 908-753-9440, email chalker @co.somerset.nj.us or visit www.co.somerset.nj.us/senior.html

WATCHUNG HILLS COIN CLUB

Meets 1st Tuesday of each month 7:30pm at Rolf's. Club open to the public. For information, call Pete Doelger 732-469-0446.

WATCHUNG SENIORS CLUB

55+ - Regular meetings held 2nd Wednesday of each month, September-June,11am, Firemen's Exempt Hall (lower level, handicap accessible), 57 Mountain Blvd, Watchung. Refreshments, guest speakers, trips, pizza party & picnic in June. Join us! For information, call Carolyn 908-279-7809 or Madelyn 908-561-1932 for trips.

WATCHUNG-WARREN ROTARY CLUB

Meets every Wednesday, 12:15pm at Prezzo Italian Restaurant, 50 Mt. Bethel Road, Warren. For more information about club, call Bob Aznar at 908-755-8724 or email at rara1055@optonline.net.

LIBRARIES

WARREN TOWNSHIP LIBRARY "Linked" Online

42 Mountain Boulevard, Warren, NJ 07059 908-754-5554, www.sclsnj.org All programs **FREE. Registration required for ALL programs (unless otherwise noted).** Program dates and times subject to change. For complete program information go to library website: www.sclsnj.org/warren.htm or call library to sign up. **NOTE: Library will be closed September 5 for Labor Day.**

ALL AGES:

Family Game Days: September, 1, 2, & 3, during Library operating hours.

Curious George Celebration: Saturday, September 17, 11-11:45am.

CHILDREN'S PROGRAMS:

Back to Bach: (Grades K-5 & their families) Wednesday, September 28, 6:30-7:15pm.

From the Mouths of Owls: (Grades 3-6) Thursday, October 20, 4-5pm.

TWEENS & TEENS PROGRAMS:

Super Smash Brothers Tournament: (Grades 6-12) Monday, September 26, 7-8pm.

Disney Lip Sync Contest: (Grades 4-8) Wednesday, October 12, 7-8 pm.

ADULT PROGRAMS:

Relax, Renew, & Rejuvenate - Seated Yoga: Thursdays, September 1, 8, 15, 22, & 29, & October 6, 13, 20, & 27, 11 am-12pm.

Chess Club for Adults: Fridays, September 2, 9, 16, 23, & 30 & October 7, 14, 21, & 28, 10 am-1pm. **No registration required.**

Mah Jongg Players Afternoon: Tuesdays, September 6, 13, 20, & 27, & October 4, 11, 18, & 25, 1-4pm.

English Conversation Group: Mondays, September 12, 19, & 26 & October 3, 10, 17, 24, & 31, 10-11:30am.

Bridge Players Afternoon: Mondays, September 12, 19, & 26, & October 3, 10, 17, 24, & 31, 1-4pm.

Recipe Club: *Everything Apples,* Monday, September 12 & ***Get Ready for the Cold Weather with Soups & Stews***, Monday, October 10, 7-8pm.

Needlepoint Open Group: Tuesdays, September 13 & October 11, 7-8:30pm.

The Romance of the Revolution: Wednesday, September 14, 7-8:30pm.

Afternoon Book Discussion: Thursdays, September 15 & October 13,1:30-3:15pm. Titles TBD!

Antiques & Collectibles Appraisal with Alan Snyder: Saturday, September 17, 2-4pm.

Cyber Security for Small Business: Monday, September 19, 8:30-10:30am.

Open Knitting with Pam MacKenzie: Mondays, September 19, October 3, & 17, 10-11:30am.

Special Needs Social Hour: *Play Bingo & Make Friends*, Tuesday, September 20 & ***Music with Tweed Schade,*** Monday, October 17, 7-8pm.

Secrets Recruiters Don't Want You To Know: Thursday, September 22, 7-8:30pm.

Everything You Need to Know About Zika: Saturday, September 24, 10:30 am-12pm.

BROgrams - Interest Group 4 Men: Tuesday, September 27, 7-9pm.

Evening Book Discussion: Wednesdays, September 28 & October 26, 7:15-8:45pm. Titles TBD!

Film Discussion: *"The Heiress,"* Thursdays, September 29, 1-5pm & ***Title TBD,*** October 20, 12-5pm.

Computer Maintenance & Performance: Tuesday, October 4, 7-8pm.

Friends of the Warren Township Library Meeting: Monday, October 10, 5-7pm.

Theodore Roosevelt - American in the Arena: Wednesday, October 19, 7-8pm.

Mystery Story Hour with The Mystery Writers of America: Saturday, October 22, 2-3:30pm.

Warren Workshop: *Needlepoint, Part I*, Monday, October 24, 7-8:30pm.

Tips to Online Shopping: Thursday, October 27, 7-8:30pm.

WATCHUNG PUBLIC LIBRARY "Linked" Online

12 Stirling Road, Watchung, NJ Phone 908-561-0117. Hours Monday-Thursday 10am-9pm, Friday 10am-4:30pm, Saturday 10am-4:00pm. All programs **FREE. Registration required for ALL programs (unless otherwise noted).** Register, in-person, by telephone or online at www.sclsnj.org click on EVENTS/PROGRAMS for Watchung. **NOTE:** Program information subject to change; check online for library hours/closings, updated information and added programs. **NOTE: Library will be closed September 5 for Labor Day.**

CHILDREN'S PROGRAMS:

Watchung Library Chess Club: (Grades 3-8) Mondays, September 12 & 26, 7-8pm.

Pop Up Story Time: (3-5 yrs with caregiver) Friday, September 16, 10:30-11am.

ADULT PROGRAMS:

Watchung Writers Group: Thursdays, September 1, 8, 15, 22, & 29 & October 6, 13, 20, & 27, 10:30am-12:30pm.

Mah Jong Club of Watchung: Mondays & Tuesdays, September 6, 12, 13, 19, 20, 26, & 27 & October 3, 4, 10, 11, 17, 18, 24, 25, & 31, 1-4pm. Contact Melanie Novello at Novello1800@aol.com for more information.

Breaking the Barriers to College Admissions - *Why Be Rejected When You Can Become One of the Select Few:* (Teens & Adults) Wednesday, September 7, 7-8pm.

Tips & Tricks for 2017 Health Insurance Open Enrollment: Wednesday, September 14, 7-8pm.

RECREATION

WARREN TOWNSHIP RECREATION COMMISSION
"Linked" Online

46 Mountain Boulevard, Warren, NJ 07059, 908-753-8000 Ext. 270, Fax 908-757-9173, recreation@warrennj.org, www.warrennj.org/recreation
Meets first Wed. of the month (except Feb., July, Sept.) 7pm, Suzie B. Boyce Court House, 44 Mountain Blvd., Warren.

NOTE: *Watchung & Green Brook residents may register for Warren programs & visa versa. (See selected registration dates).* Upcoming Activities:

Fall Tennis Lessons with Steve Levin: Sept 12-Nov 2. Registration open! Visit warrennj.org/recreation to register.

Adult Co-Ed Volleyball: September 19 - June 2017. **No registration required.**

Adult Pick-Up Basketball: September 19 - June 2017. **No registration required.**

High School Recreation Intramural Basketball: Registration begins Oct 3. Open to students in grades 9-12 from Watchung Hills sending districts.

SCAN HERE FOR PROGRAM DETAILS

Free Singin' and Swingin' Concert with Nostalgia the Big Band, Bob Marino, &Barbara Lawson: Oct 22, 3 pm, Watchung Hills Regional High School Performing Arts Center.

Remember to send in your letters to Santa! - November 18 - Deadline, December 16, 2016.

WATCHUNG BOROUGH RECREATION COMMISSION

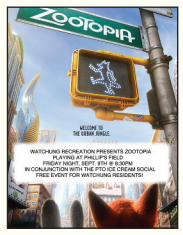
15 Mountain Blvd., Watchung, NJ 07069, 908-756-0080 Ext. 210, Fax 908-757-7027, www.watchungnj.gov

Warren & Green Brook may also register for programs & camps. Visit Warren & Green Brook websites for programs & camps available to Watchung residents. Check website for all sports registration sign up information & program links.

Mah Jongg Club: Monday & Tuesdays, 1-5pm (All year) Seniors Room, Watchung Library. For more information, contact Melanie Novello at novello1800@aol.com.

Adult Game Day: Thursdays, 1-4pm Seniors Room, Warren Library.

Adult Women's Volleyball: Mondays, 7-9pm, Valley View School September- May.



Adult Men's Basketball: Fridays, 7-9pm, Bayberry School October- June 10.

Tennis Lessons: Toddler, Youth, Teen & Adult Starting Fall.

Little League: Now registering

Movie Night: *Zootopia,* Friday, September 9, 8:30pm. At Phillip's Field. Free event for Watchung residents!

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CREATIVE CORNER

THE MANY USES AND METHODS FOR I-CORDS

By: Carolyn Hanson

What is an i-cord? When is it used?

An I-Cord is a tube of circular knitting over 3-6 stitches using double pointed needles. Elizabeth Zimmerman coined the term i-cord, where "I" stands for idiot since it's so simple even an idiot could do it. It is simple and has many uses, but tedious to knit when making many small or long cords. You may remember making long i-cords as a child by tapping 4 small headless nails into a wooden spool and wrapping the yarn around the 4 nails and then lifting the lower thread over the upper thread of each nail and pulling a knitted cord through the hole. I remember making this on "The Little Red Spinning Wheel" and after using all the yarn having no idea what to do with it? Well I was 5 and had no idea how to make a rug (one of the ideas in the instruction guide).

Since then, I've learned the many uses of I-cords as embellishments.

- Make many and add as fringe for a shaggy look, see Maggie Jackson's designs.
- Make long cords and attach into elaborate surface designs.
- Make into frogs for sweater closures with toggle buttons.
- Make fingers for gloves; use more stitches as needed
- Join the ends of long i-cords to make a necklace.
- Make one or two and use as purse handles.

Here are 4 methods that give the same results and provide variety and interest.

Double Points or Circular Needles – Cast on 3-4 stitches.Knit each stitch across the row. Do Not Turn, instead, slide the stitches back to the tip of the needle where you started. Carry the working yarn across the back and knit the next row. Repeat. The work will begin to form a cord. It does take a few rows for the cord to form.

Straights – Cast on 3-4 stitches. Knit each stitch across the row. Do Not Turn, instead, move the stitches from the right hand needle back to the left hand needle. Carry the working yarn across the back and knit the next row. Repeat.

Crochet – This was a surprise! I came across this method on YouTube. Tried it and loved it. Looks like it was knitted. Can easily be substituted for the knitted version. Uses a regular crochet hook. You only need to know how to chain to do it. Check it out https://www.youtube.com/watch?v=cjXsRkr1oWo

I-cord Spool or Embellish Knit Tool – If you need to make a really long cord using thin yarn, this is the way to go. The i-cord spool is so easy a child can do it, so gather your little ones to make these for you. You can also purchase the Embellish Knit Tool, which has a hand crank which turns the spool and lifts the hooks to make the cord. One ingenious user replaced the hand crank with an electric drill to speed the process along. https://www.youtube.com/watch?v=MAUylZadsOI

I-cord can even be used as a bind off to make a rolled edge or an "applied" edge to a finished project.

For an i-cord bindoff:

Start with the stitches you want to bind off. Cast on 3 additional stitches. Knit two stitches, then SSK the next 2 stitches. There are now 3 stitches on the right-hand needle. You have decreased one stitch. Now slide the 3 stitches back to the left-hand needle and repeat. Continue until only 3 stitches remain and then bind off all.

An Applied I-Cord is added to the edge of a finished project. It's similar to the I-Cord bind-off. Start by casting on 3 stitches. Pick up one stitch from the edge to which you are applying the i-cord and place it on the left needle, *slip the 3 stitches onto the left needle, k2, knit the 3rd and4th stitches together. Pick up another stitch from the edge and place it on the left needle; repeat from * until the edging is complete.

If all else fails, make a faux i-cord by knitting 4-7 stitches in stockinette; knit one row, purl one row, and repeat. Since stockinette is an unbalanced stitch, it will naturally curl inward giving the same effect without making a tube. Ta da.

Carolyn Hanson is a local knitting and crochet designer, teacher and fiber artist. She can be contacted at cchanson3@gmail.com.

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