THE CONNECTION

SEPT/OCT/NOV 2017

VOLUME LXI

Bernards-Ridge Edition

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16 Valley View Ave., Peapack/Gladstone



1045 Shadowlawn Drive, Green Brook



2 Renee Court, Edison



1847 Woodland Terrace, Bridgewater



122 Branch Road, Bridgewater



25 Stafford Court, Bedminster



98 Alder Lane, Basking Ridge



44 Hillcrest Road, Martinsville



1619 Mountain Rop Rd., Bridgewater



343 Garretson Road, Bridgewater
(Participated)



11 Hastings Court, Bridgewater



37 Heinrick Way, Bridgewater



6 Noble Court, Bridgewater



555 Lyme Rock Road, Bridgewater



11 Colmart Way, Bridgewater
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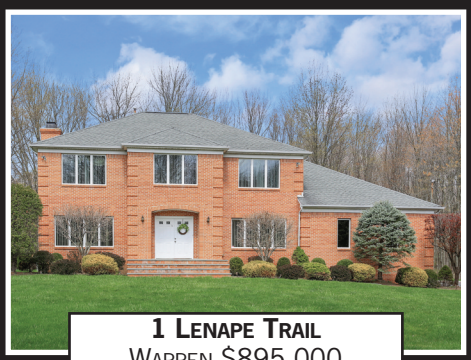
3 Rambling Brook Lane
Warren $1,200,000



32 Morning Glory Road
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30 Spruce Hollow Road
Green Brook $899,000



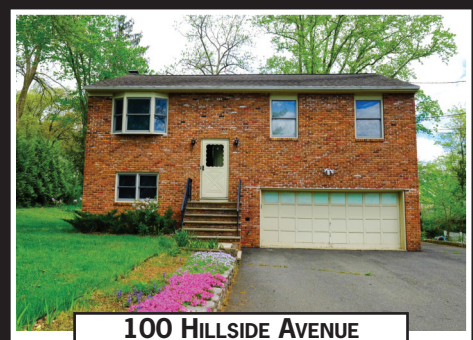
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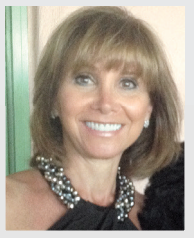
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PUBLISHER'S MESSAGE



We are delighted to welcome the Fall Season with a fabulous Back 2 School edition of **The Bernards-Ridge Connection.** Included in this issue are new and returning advertisers, great editorial content, dedicated sections, community news and much more! Our dedicated sections, this issue include: **Back 2 School,** featuring many local learning options and more, **Dining Out,** with local eateries, **Health & Wellness, Home & Design, Tie The Knot, Charming Chester, Spotlight on Seniors** and of course the **Community Calendar.** We are excited to welcome the town of **Morristown** as a section this issue filled with lots of new businesses to experience as well as a wonderful article about the 4th Annual Morristown Festival of Books!

Featured from our business/professional community this issue are: **Mediterranean Tile, The Depot/Baby Crossing, Piano Workshop of Chester, CMK Marketing, Morristown Deli, Laufer, Dalena, Cadicina, Jensen & Boyd, LLC., Ellen Ganek, MD, Bernardsville Dental Care and Shop Rite Wines & Spirits of Chester.** Our talented writers have given us unique insight into these businesses and their respective owners.

Local artist, **Serena Bocchino,** adorns our front cover with an enamel paint and gold leaf on canvas entitled, ***"Rhythm and Lace (from the Twirl Series)."*** The Twirl series is inspired by dance and movement. Serena states, "This painting is particularly my response to seeing Merce Cunningham and his Dance Company perform in NYC in the 1990s." In keeping with this theme, Serena's most recent project collaboration is ***"Serena Bocchino's Couture Collection."*** This painting will be featured on a Cashmere and Silk Pashmina with fox fur trim around the collar and fox fur pom-poms. It will be available for purchase at The Red Toad boutique in Far Hills, NJ. For inquiries about the Collection and/or Studio visits for painting purchases please contact: Patricia Kaufman at 908-872-7289 or info@serenabocchino.com. Please read Serena's very 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! Congratulations to Kathleen Dunn of Bernardsville,** winner of the June 2017 **Spot the Fake Contest!**

We encourage you to visit our new interactive website **www.theconnectionsnj.com.** View our **NEW ONLINE RECIPE BOOK.** To submit your favorite recipe click on the recipe tab. Read our **ONLINE editions,** view **YouTube videos** on many of the digital ads and click directly on the ad to visit our advertisers' websites. Visit the **CONNECTIONS YOUTUBE CHANNEL** which features videos from local advertisers at **www.youtube.com/user/ConnectionsNJ** in addition to viewing them on their digital ads!

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Sincerely,

Robin Fand, Publisher

SPOT THE FAKE!

Somewhere in this Magazine is a FAKE AD.

Spot it and send your answer, name, city and phone number to:

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Subject Line: FAKE



More than 300 people took part in our Spot The Fake Ad Contest in the June issue. Congratulations to everyone who "spotted" *Basket 2 Go!* The winner, selected randomly from a list of all those who entered and provided the correct answer, is Kathleen Dunn of Bernardsville. The winner received a gift certificate to Morristown Deli in Morristown.

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On The Cover



SERENA BOCCHINO

American artist, Serena Bocchino has been recognized by many art institutions for her work and is the recipient of numerous awards including the Pollock-Krasner Foundation Grant, the PS 1 International Studio Residency, the Artists Space/Artists Grant, the Art Matters Grant, the Brodsky Center Printmaking Residency and the Basil Alkazzi Award, USA. The New Jersey State Council on the Arts has granted her Fellowships in both Painting and Drawing.

The Museum of Modern Art in New York featured Bocchino's paintings and methodology in a film documentary by Monica Scharf. From 1989-2013 Bocchino's work has been the subject of six films.

Bocchino's exhibitions have received critical attention from The New York Times, The New Yorker, Artnews, Art in America, Newsday the San Francisco Art Examiner, ArtCritical, On Verge magazine and the Star Ledger. In 2015, her first monograph was released written by Lisa A. Banner, Jonathan Goodman and Lily Zhang.

Serena Bocchino is just back from an exhibition at the Taoxichuan Art Museum of China Central Academy of Fine Arts. She will be at a residency at the the Eileen Kaminsky Family Foundatoin (ESKFF) at MANA Contemporary Art in Jersey City NJ in the Fall 2017.

Public Art Collections that her work is part of include the following:

Art in Embassies Program, Bergen Museum of Art and Science, Bronx Museum of the Arts, Fidelity Investments, Islip Art Museum, Janssen Pharmaceuticals, Lotus Museum, Beijing China, McKinsey & Co. Incorporated, Moelis International, Montclair Art Museum, Morris Museum, Newark Public Library, New Jersey State Council on the Arts, Noyes Museum, Pfizer Inc, Price, Waterhouse and Coopers, Saks Fifth Avenue, New York, NY, Smithsonian Museum, Irma and Bill Seitz Collection, Washington D.C., Springfield Museum of Art, St. Louis Art Museum,The Prudential, The Brodsky Center, Rutgers University, Trenton State Museum, the Taoxichuan Art Museum of China Central Academy of Fine Arts and The Zimmerli Art Museum.

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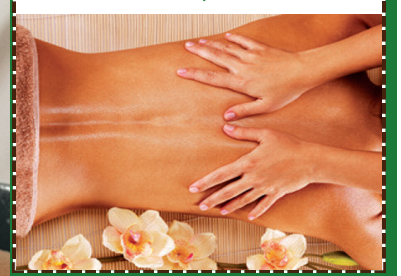


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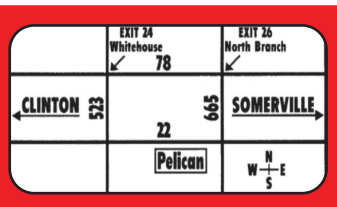
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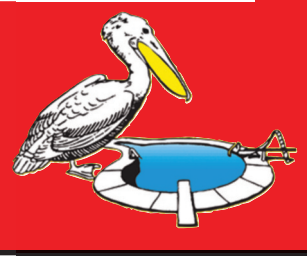
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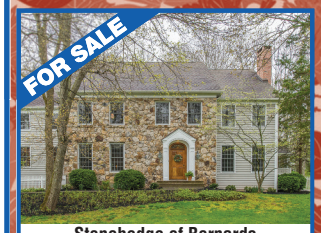
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By: Glenn R. Wyder,
G.M. Mediterranean Tile

10 Years of Living a Well Designed Life in Bernardsville

Time flies when you're having fun! When **Medtile** owners Frank Matarazzo and Maria Cappello decided to open a second location in 2006 the big question was…where? We knew that we wanted to expand our business to the southwest so we took a drive out Rt. 287 South to Exit 30B and drove through the center of Bernardsville. The problem was that there was little available on our first pass through town. I left a voice mail for a local real estate agent – his sign in a very small space available for rent. I received a return call moments later, described our business in very general terms, and he said "come to 7 Olcott Square, I have your new location." Sure enough he was correct. We signed the lease and began construction on what you know now to be **Mediterranean Tile Bernardsville.** On June 9, 2007 we opened for business!

Opening a new business literally months before the start of the recession may have been deemed by some to be a mistake but little did we know how embracing and supportive the local people were of businesses in town. Today about 80% of our business comes from a 5-7 mile radius of the center of Bernardsville! Thank you to all of you who have been our loyal clients since day one and to those of you who have recently discovered our vast array of materials, our talented design staff, and merchandising that you just don't see in highway and big box stores!

Our Bernardsville location has gone through significant changes since 2007. We have seen design trends go from relatively traditional to a more clean line transitional look. We have seen color go from dark gold, green, and red to white and gray and now to splashes of brilliant color. Our display vignettes have transitioned from predominantly stone tile and mosaics to cleaner limestones and porcelains intermingled with beautiful water jet cut stone, glass, and metal. **Medtile** was in on the ground floor of the onset of concrete tiles, displaying the unique, bold, colorful, designs long before they were so prevalent on just about every DIY & Design social media site!

Medtile clients have come to appreciate and expect cutting edge, state of the art materials, creative merchandising, and superior design consultation and customer service. What they have found is that we deliver all of the above with pride and joy. It has been an honor to be of service to all of you for the past 10 years and we very much look forward to continuing to deliver extraordinary service into the future. Thank you from the bottom of our hearts for your loyalty and support!

Mediterranean Tile is truly Celebrating 10 Years in Bernardsville!

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Looking for a birthday gift for that "hard to buy for" sister-in-law? Tired of bringing that same bottle of wine to a friend for dinner? Having a ho-hum day and could use a "pick me up" for yourself? Whether you're looking for a quick gift, a difficult one, an "extra special" present, a "little something" to say thank you, or just wanting to browse, we ask the questions to help you find exactly what you feel great about giving or receiving! Our personalized attention will ensure that you leave with a smile and a feeling of "That was easy!"

Need a refresh at home for company arriving next weekend? Want to update your dinner table look and add some flair? We love to see photos of your space, an upholstery or wallpaper sample, or even a candlestick brought in as a jumping off point. We have loads of fun talking color, texture, contrast, symmetry, vignettes, etc. Are we interior designers? No! We are experts at mix & match, layering, experimenting, with an authentic, organic process that is never based on "rules," but more on what feels right. A vase, tealight holder and small dish, and voila - a focal point is pulled together! Sometimes a simple color shift can brighten a space and give it new life.

The Depot gift shop is the perfect place to consider a thoughtful gift that is unexpected. It's shopping the way it's meant to be, filled with wonder, surprise and endless possibilities. A welcome change of pace in the internet age.

And just when your to do list expands to include finding a new outfit to the company dinner or a baby gift for your new bundle of joy look no further! Located in the same building under one roof we are also proud to have you visit Baby Crossing, a baby boutique for newborns through 24 months and Paradise, a women's' clothing shop boasting all that's Lilly Pulitzer!

With Fall upon us, and kids back in school, days seem to shorten, sports are in season and Halloween is around the corner. Holidays too seem to creep up on us before we know it. Let **The Depot** help with your gift giving and to do list. It's time for throws, pillows, candlelight and cozy touches. Cookbooks, baking dishes, and tea towels. Placemats, napkins, a table runner. How about some girly touches like scarves, clutch handbags, bracelets, hand soaps & lotions. DO come see us! Ask questions as you go. We offer wish lists, nationwide shipping and storefront parking.

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Mark Weisman, Director

A wide range of programs, instruments and an extraordinary culture of talented music teachers is what makes the **Piano Workshop at Chester** exceptional as they celebrate their 10th year. "We have consistently been raising the bar enabling students to become passionate about making music," says Mark Weisman.

With 14 teachers, all with degrees or advanced degrees in music or education related fields, the **Piano Workshop at Chester** provides private lessons in Piano, Voice, Guitar, Drums and Woodwinds to over 200 students in the Chester and surrounding areas including Long Valley, Mendham, Basking Ridge, Bernardsville, Far Hills and Randolph.

Last year **Piano Workshop** had 23 students who won awards at various Piano festivals and competitions. Six of whom qualified to perform at *Carnegie Hall.* An opportunity of a lifetime!

"All of our teachers have different strengths and styles of teaching, and all students have their own agenda and learning style," Weisman says. "We pride ourselves on the fact that we are able to match each student to a particular teacher based on goals, experience and learning styles."

This past winter **Piano Workshop** students participated in their own *"Canon in D"* project, where students of different ages and abilities played the same piece, and made a wonderful video. This summer the **Piano Workshop** rock Band got to perform at Mendham H.S. *Relay for Life* event. Videos of both of these projects can be seen on their You Tube channel (The Piano Workshop at Chester).

"A lot of parents consider music a life skill, especially for the younger kids," Weisman says. "It all relates to math and science and reading and lots of times people who learn to read music have higher math and reading scores in high school."

"Ultimately, my big inspiration is keeping kids excited about music and loving how to learn it," says Weisman. "We instill that culture to the teachers we bring in: Be cool with the kids, know how to teach them, get them engaged and know how to communicate." Compared with other music education programs, "We have better, more experienced teachers and ecstatic parents," says Weisman.

Weisman graduated from New York University in 1975 with degrees in music education and musicology and went on to study piano with some of the most esteemed professionals in the industry. He also has performed throughout the tri-state area in high-profile piano engagements at New York City's Marriot Marquis and the "W" hotels and conducts and/or performs in a plethora of community theater and high school musical productions all over the local area.

Recently he just opened his second location in Ridgewood with one of his co teachers as a partner, where in addition to private lessons they are New Jersey's only authorized dealer of the *world class* Petrof Pianos.

For information about setting up a free trial lesson or Petrof Pianos, the **Piano Workshop at Chester** can be reached at 908-955-3022. Email: director@thepianoworkshopatchester.com Website: thepianoworkshopatchester.com



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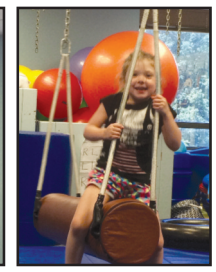
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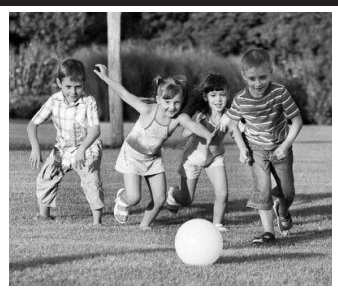
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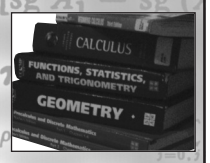
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By: Jill Stolz

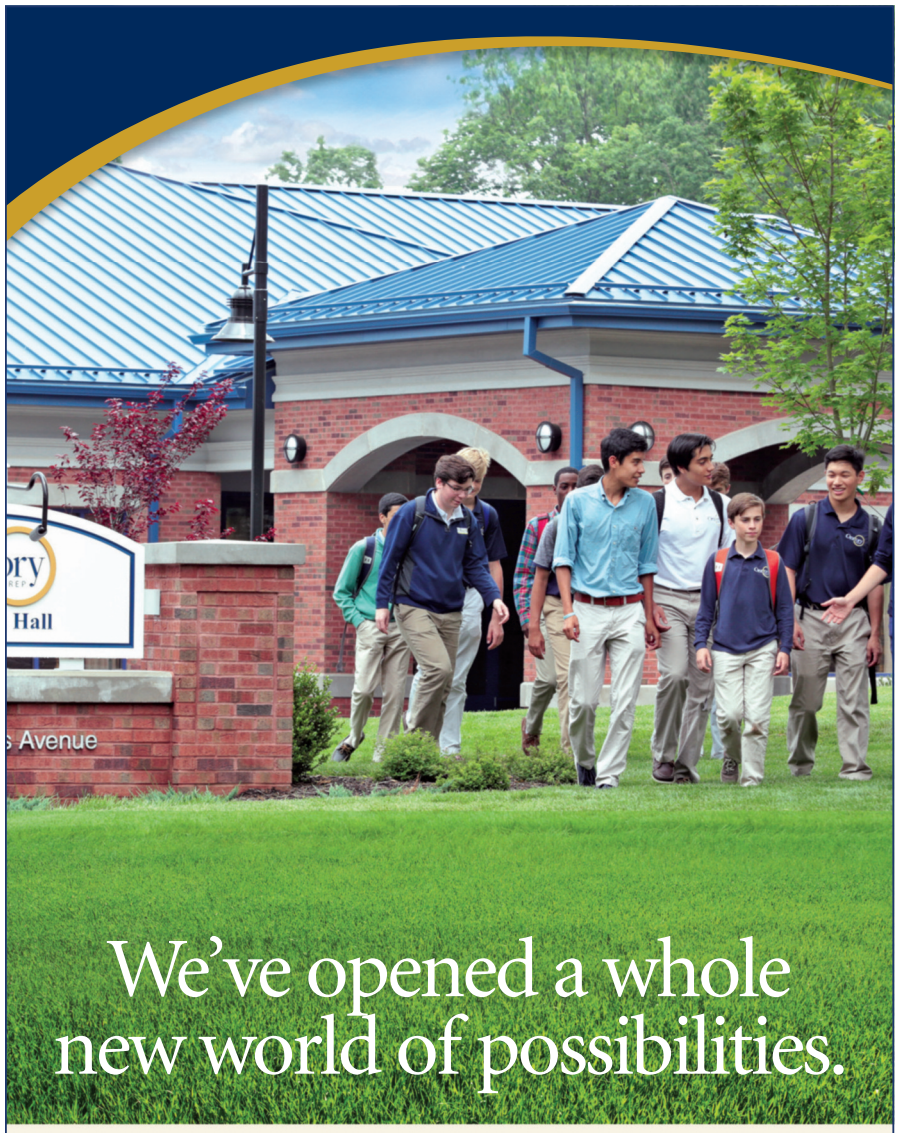
As the weather begins to turn towards colder temperatures, it's nice to have some indoor options to explore. One of them could be a trip to the Westfield Mall World Trade Center and Brookfield Place. Simply take the train or drive to Hoboken and take either the PATH train or the ferry to the state-of-the-art World Trade Center Hub, completed in 2016. Designed by an internationally acclaimed architect, the 800,000-square-foot, ultra-modern and sleek transportation center is a design spectacle for the 250,000 daily commuters and millions of annual visitors from around the world.



The centerpiece of the World Trade Center Transportation Hub is the Oculus, 78,000 square feet of retail and dining, with additional retail and dining on multi-level concourses. This is the Westfield World Trade Center, filled with high end retailers as well as more typical mall stores. A random sample of the range of retailers includes: The Apple Store, Buttercup Bake Shop, Cole Haan, Dior Beauty, Dylan's Candy Bar, Eataly, Forever 21 and Forever Flawless, H & M, Joe Coffee, Kiehl's, Lacoste, L.K. Bennett, Lobster Press, Mrs. Blooms, Neuhaus Belgian Chocolate, Pressed Juicery, Roberto Coin, Sam Edelman, Shake Shack, Stuart Weitzman, Sugarfina, Under Armour and Ugg Australia. Not the Metropolitan Museum but fun, right?

Adjacent to the WTC is Brookfield Place (just a six-minute walk), also filled with luxury retailers as well as more affordable brands.Here you will find hip baby and children's clothing, luxury clothing for men and women, luxury leather goods, athletic wear, jewelry, bath and body brands, and eyewear. With multiple powerhouse businesses and a sprawling downtown housing boom, it is not surprising that Brookfield Place also has an Equinox Gym, Saks Fifth Avenue and Drybar for those last-minute blowouts. Le District, an upscale food court, has abundant choices, including: Black Seed Bagel, Blue Ribbon Sushi, Chop't, Del Frisco's Grill, Mighty Quinn's Barbeque, Parm, Skinny Pizza, Sprinkles, and Umami Burger.

Enjoy outdoor concerts in the warmer weather and ice skating in the colder months, or just watch the boats float past the Statue of Liberty in the harbor. On a nice day, take a walk along the Battery Park promenade where the views are priceless. Before you know it, it's time to catch the ferry or the PATH back to New Jersey.



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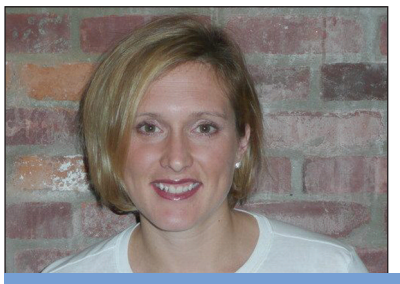
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By: Liza Viana
CEO of CMK Marketing

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On top of the day-to-day tasks that help your business run and get customers in the door, you now also have to think about what your business looks like, says, and does online. Still waiting to update your website so that it no longer utilizes clip art or breaks when consumers search on their mobile phone? Do it now! Thinking you need to start investing in search engine optimization (SEO) so your website is found in Google Search? Do it now! Wanting to tip your toe into Facebook advertising? Do it right now!

We get it, and we can help.

At **CMK Marketing,** we go above and beyond to help local entrepreneurs take their business to the next level – we *get it done right and within your budget.* We focus our services on those that most benefit you and will give you the *greatest return on your investment.* Those include:

Your Website

So, you have a website – but is it optimized for SEO? Can anyone find you if they search for "electronics retailer in Morristown" or "best day spa near me?" Or do all of your competitors' websites come up before yours on the results pages? Or is your site not bringing in the number of new leads (potential customers) that you were hoping for? Worse yet – do you not have a website at all?

Our SEO specialists are pros at local search and getting your websites found by the search engines, while our web and content team know how to create affordable websites that will get you found, increase clicks, and bring in more sales.

Social Media Marketing: Does social media make you want to crawl into a ball and cry? Let us help! Business owners are usually too busy to deal with social media themselves, or they just don't want to touch it. Here's why that won't fly:

Anyone under the age of 40 discovers a business for the first time in one of two ways: 1) Google searching or 2) Finding the company's content on social media. If you're not putting great content on social media, you're going to become obsolete. Our social media team not only gets it, but they're awesome at it – and they love doing it!

Social Media Advertising:

Consider these stats:

- 50 million small businesses have Facebook pages
- There are 2 billion active monthly Facebook users
- 65% of those users scroll through their newsfeeds daily
- 92% of marketers advertise for their employers on Facebook
- 97% of consumers ages 18-24 read online reviews to judge a local business

Social media is the most effective advertising method you can utilize – you don't need a big budget, and you can target your exact ideal customer by interest, demographic, geography, past purchase habits, etc… Facebook ads in particular are a goldmine for small business, but platforms like Instagram and YouTube can be winners for you, as well – it all depends on your exact type of business and your ideal customer.

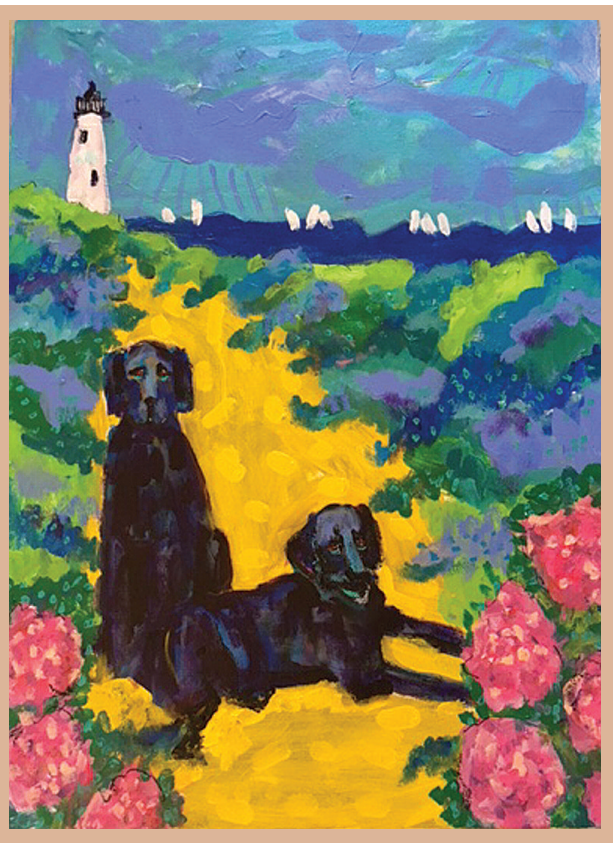
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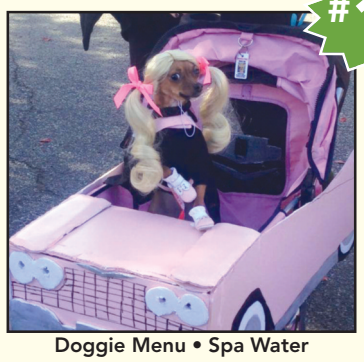
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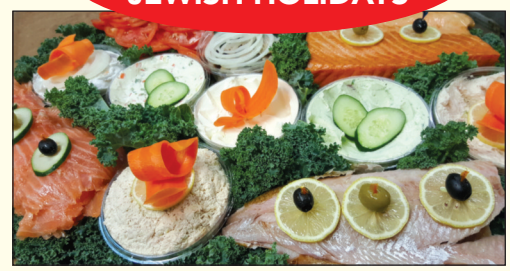
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SATURDAY, OCTOBER 14: ALL-DAY MAIN FESTIVAL

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Community News...

4TH ANNUAL MORRISTOWN FESTIVAL OF BOOKS

The 4th Annual Morristown Festival of Books is thrilled to announce its much-anticipated 2017 award-winning author lineup. The festival will take place on Friday & Saturday, October 13th and 14th. Keynote speaker and Pulitzer Prize-winner Ron Chernow, whose best-selling book inspired the musical hit ***Hamilton,*** kicks off the festival weekend on Friday, October 13 with a discussion of his newest biography, ***Grant.***

The all-day, free main festival on Saturday, October 14 features over 40 award-winning fiction, nonfiction, poetry, children's, and young adult authors, including Pulitzer Prize-winner and poet Paul Muldoon, novelists Alice Hoffman, Tess Gerritsen, Lincoln Child, Megan Miranda and Min Jin Lee, nonfiction writers David Grann, Chris Whipple and Bianca Bosker, Young Adult novelists Libba Bray, Scott Westerfeld, and Daniel José Older, and best-selling children's authors Kate DiCamillo, Laurie Hernandez, Cressida Cowell, Laurie Berkner, and the husband-and-wife creative team behind the popular Ladybug Girl and Duck & Goose series, Jacky Davis & David Soman.

At this all day festival, over 40 award-winning and best-selling authors will speak and answer questions at five locales, all within walking distance of each other along South Street in historic Morristown, including St. Peter's Church Sanctuary and Parish House, The Church of the Redeemer, the Morristown/Morris Township Library and the Starlight Room at the Mayo Performing Arts Center. Book sales and signings will occur at a tent on the grounds of the historic Vail Mansion.

The Friday, October 13 keynote event is generously sponsored by Investors Bank. The Saturday, October 14 festival is presented by Morgan Stanley Private Wealth Management.

Morristown Festival of Books offers something for everyone. Young readers will delight in the ever-popular KidFest featuring award-winning singer and songwriter Laurie Berkner, whose best-selling hit, *"We Are the Dinosaurs,"* is now a picture book; Cressida Cowell, whose best-selling ***How to Train Your Dragon*** series inspired the popular animated films; Newbery Award-winner Kate DiCamillo, whose wordless, graphic story ***La La La*** will enchant both children and parents alike; and gold medal-winning Olympic gymnast and ***Dancing with the Stars*** champion Laurie Hernandez, whose memoir will captivate fans of all ages.

History buffs and nonfiction lovers will be excited to hear that The New Yorker staff writer David Grann will be discussing his masterpiece of narrative nonfiction, ***Killers of the Flower Moon: The Osage Murders and the Birth of the FBI.*** Other nonfiction titles include Bianca Bosker's ***Cork Dork*** and Chris Whipple's ***The Gatekeepers: How the White House Chiefs of Staff Define Every Presidency.***

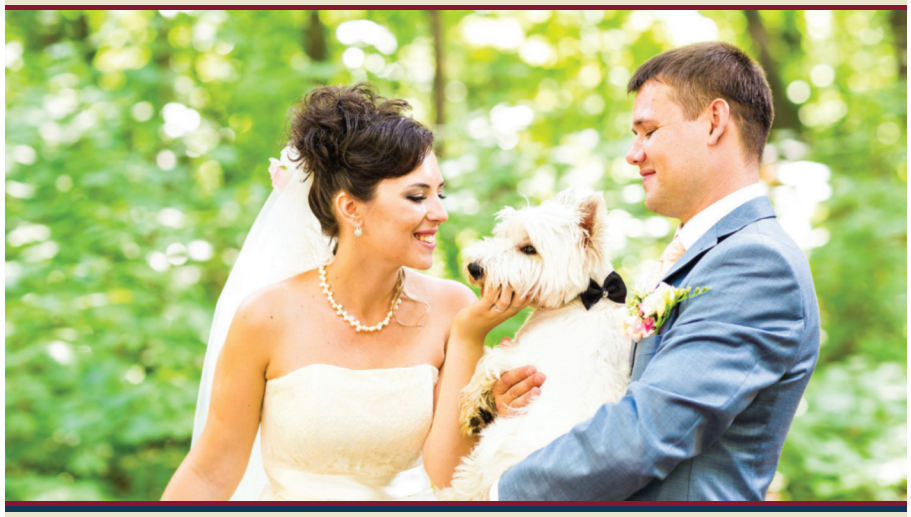
Fiction lovers will be thrilled by the vast array of novelists featured at the festival including Alice Hoffman ***(The Rules of Magic),*** Tess Gerritsen ***(I Know a Secret: A Rizzoli & Isles Novel),*** Lincoln Child ***(Full Wolf Moon: A Novel),*** Megan Miranda ***(The Perfect Stranger)*** and Min Jin Lee ***(Pachinko).***

Morristown Festival of Books is a not-for-profit organization that proudly supports education in our community, through a partnership with the Morris Educational Foundation.

For more information, go to www.morristownbooks.org and please like us on Facebook.

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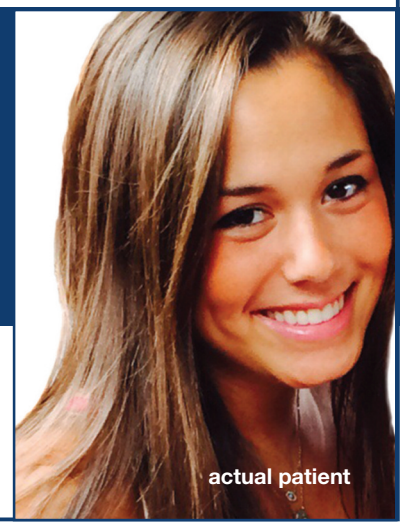
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Joseph P. Cadicina is the managing member of the firm Laufer, Dalena, Cadicina, Jensen & Boyd, LLC and concentrates his practice in the area of matrimonial/family law and related matters. He previously served as a judicial clerk to the Honorable Mark M. Russello, JSC, Family Division, Bergen County. Mr. Cadicina is admitted to practice law in New Jersey, New York and Washington, DC. He received his undergraduate degree from Seton Hall University and attended Western Michigan University Thomas M. Cooley Law School where he obtained a Juris Doctorate Degree with Distinction. Mr. Cadicina is an officer of the Morris County Bar Association and serves on the Family Law Committee. He is also a member of the NJ State Bar Association and serves on the Family Law Executive Committee. Mr. Cadicina is also a member of the New Jersey Association for Justice and its Family Law Executive Committee. In addition, he is a Master in the Northern New Jersey Family Law Inns of Court. Mr. Cadicina is a Court Approved Economic Mediator for Family Law Cases and performs private mediation for clients. He is also a volunteer panelist for the Morris County Early Settlement Program. Mr. Cadicina has lectured on numerous family law topics throughout the State. Mr. Cadicina is the immediate past Chairman of the Board for the Northern New Jersey American Heart Association / American Stroke Association and serves as a councilman in the Borough of Franklin Lakes.



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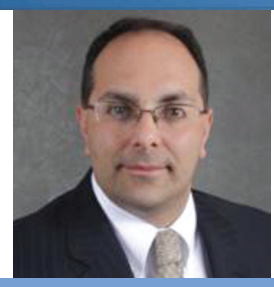
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By: Joseph P. Cadicina, Esq.

During my 20 year legal career, I have been a family law attorney. My practice is exclusively devoted to family law and related matters. I have helped thousands of individuals in their divorce and post judgment matters and have earned an excellent reputation in the area of family law. I serve on the Family Law Executive Committee for the NJ State Bar Association, which is limited to leading family law attorneys and judges who address family law issues. I also serve on the Family Law Executive Committee for the NJ Association for Justice and have achieved the highest level of membership in the Northern NJ Family Law Inns of Court. Through my involvement with these organizations, I often lecture and write articles regarding family law.

In addition to representing clients in divorce and post judgment matters, I serve as a family law mediator. I recognize the benefits of resolving matters amicably and expeditiously when the parties are able to work together for the benefit of their family, to resolve their issues. As a mediator, I do not represent either party, but rather serve as a neutral party assisting litigants and their counsel in resolving disputes. Many individuals find mediation an excellent opportunity to resolve their family law issues while avoiding the significant expense and delay of litigating in Court.

In addition to my professional relationships, I am also actively involved in the American Heart Association and American Stroke Association where I've been on the Board of Directors for over ten years. I enjoy raising awareness and educating people about heart disease and stroke, while raising significant funds for great organizations. It is also important to me to give back to my local community where I have served as a councilman for the past four years in the Borough of Franklin Lakes.

My law office is conveniently located across the street from the Morris County Courthouse. I serve on the Morris County Bar Association as a Trustee and an Officer, of which I am currently the Treasurer, and will be President within the next three years. My position as an Officer gives me the opportunity to work with the Bench and Bar in Morris County to improve their relationship and the services provided to the public.

I believe that one of the most important things when meeting with potential new clients is to provide them with a realistic expectation of how their case will proceed based upon the facts presented to me. I never over promise results and I'm honest about potential results. The attorney/client relationship works best and remains the strongest when the parties have realistic and accurate expectations. Clients are confident in my representation because of my extensive experience and the fact that I'm married with two young children, which gives me an invaluable perspective on family life. Clients often refer family and friends to me for representation because they are satisfied with my services. I also get referrals from numerous professionals, including accountants, doctors, therapists and attorneys who do not practice family law. Due to my experience and reputation, I am a very sought after attorney in northern NJ. I welcome the opportunity to assist new clients in their divorce and/or post judgment matters. I also encourage potential clients to research me on the internet to see my recognitions by Super Lawyers, Best Lawyers and Martindale Hubble.

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ELLEN GANEK, M.D.

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In 2010 pediatrician, **Dr. Ellen Ganek** *found herself facing a medical challenge that was tougher than any she had faced in her pediatric career. This time it was a personal challenge. Her third son was born with a rare life-threatening genetic disorder and it changed how she practiced medicine.*

When my son was just six days old, I was told by a specialist that his brain was normal but that if he got any of the common childhood illnesses he could suffer permanent neurologic injury. I was then told that he needed more bloodwork and that I must take him through a busy hospital, up three floors in a crowded elevator, and sit in a waiting room full of sick people. It didn't seem right. That was just the beginning of our journey through the medical system where simple logic is often overlooked, where the needs of so many patients and families are not being met.

After taking a leave to care for my son, I felt compelled to return to medicine in a more meaningful way. I have kept mental notes of all of the things that I felt I needed and did not have as the mother of a sick child. I have also kept mental notes of all of our positive experiences in the medical system. I compiled all of these notes and started a boutique style pediatric housecalls practice designed specifically to fill the voids that exist in so many busy pediatric practices today.

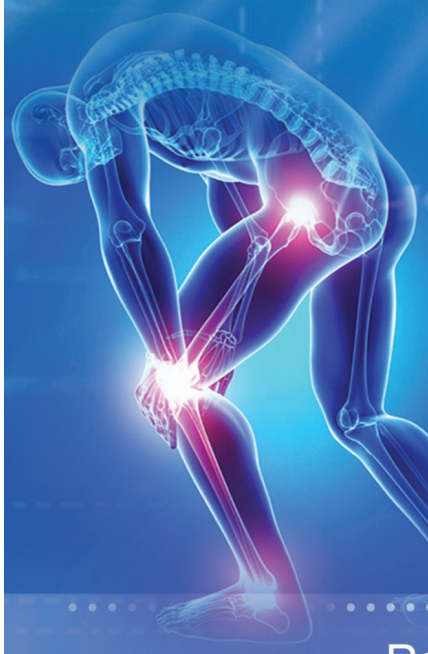
Whether you have a healthy child or a child with a medical condition, parenting is incredibly stressful. When I started my practice I wanted to truly be available for my patients and to help minimize the stress and anxiety that so many parents experience. I could think of no better way to do this than to bring care to the patient in their own home where both parents and children feel most comfortable. Bringing care to the home also eliminates long wait times and unnecessary germ exposure in the office.

The average pediatric practice allots a mere 5-10 minutes for sick visits, and 15-30 minutes for well visits – resulting in a diminished quality of care. Maintaining a small practice size, focusing on acute care only, allows me to give each patient the best personalized care without being rushed. I value the relationship that I have developed with each patient and family in my practice. Having the opportunity to really get to know them enables me to make individualized management decisions that are best for each child. Taking the time to thoroughly explain diagnoses and treatment plans greatly improves outcomes. My patients also have direct access to me and can call me with any questions or concerns. It is a return to a simpler more logical approach to medicine.

Today, my son is thriving and the experience has made me a better pediatrician.

Dr. Ganek *is a board certified pediatrician. She resides in Tewksbury Township with her husband and three sons and makes housecalls in and around Tewksbury (including Bernardsville, Basking Ridge, Bedminster, Mendham, Far Hills, Peapack/Gladstone, Chester, Long Valley and Whitehouse). You may contact her directly at 908-578-4653.*

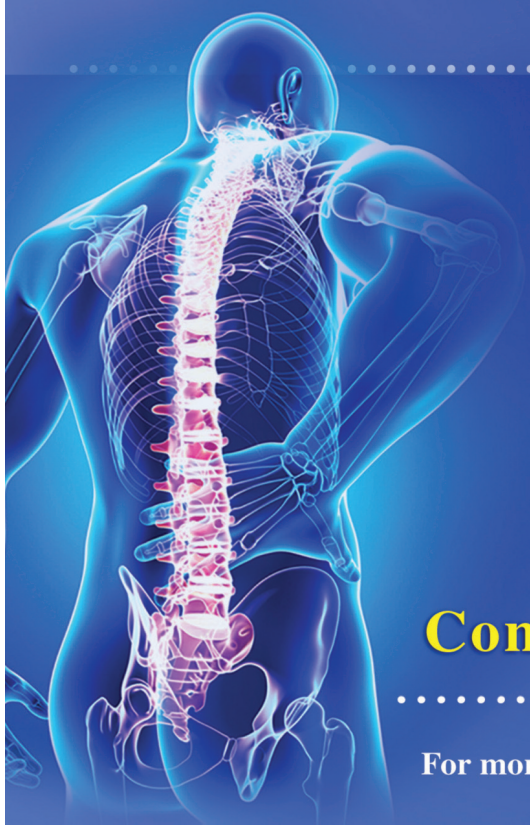
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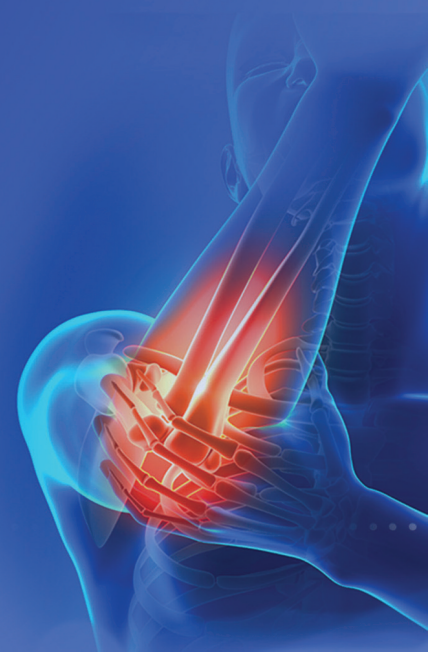


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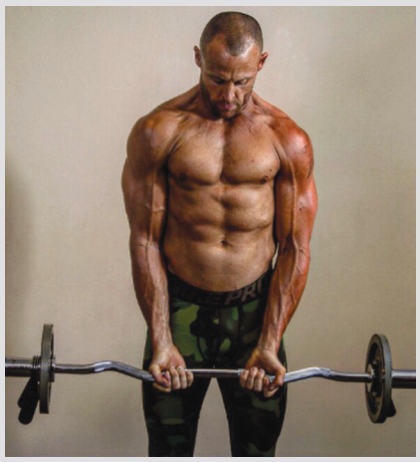
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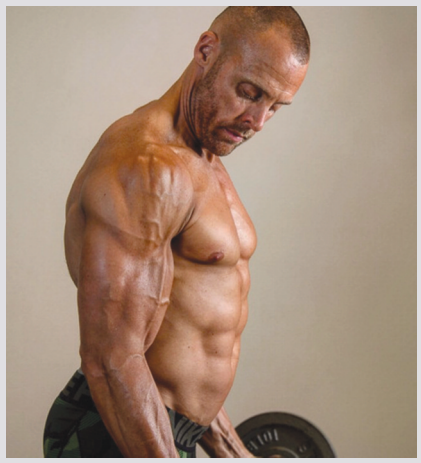
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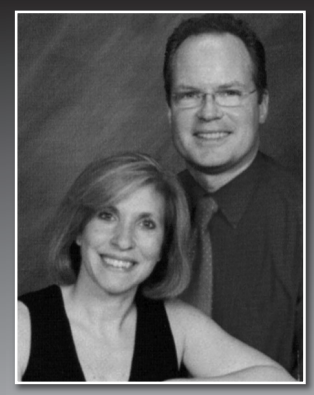
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MEDICAL MINUTES



FOCUS ON SKIN CANCER AWARENESS

By: Rebecca Lu, MD, Elite SkinMD
Mohs and Dermatologic Surgeon

Nearly 5 million people each year are diagnosed with skin cancer in the U.S. This is more than the incidence of breast, colon, prostate, and lung cancer combined. A recent study in the *Archives of Dermatology* found that there has been a 300 percent rise in skin cancer incidence since 1994, making skin cancer an epidemic that deserves more awareness.

Non-melanoma skin cancers, such as basal cell carcinoma (BCC) and squamous cell carcinoma (SCC), are the most common forms of skin cancer. These types of skin cancer rarely become life threatening, but can be locally destructive and disfiguring if left untreated.

Melanoma is the deadliest form of skin cancer. While it accounts for less than 2 percent of skin cancer cases, it is responsible for the vast majority of deaths due to skin cancer. In fact, according to the American Cancer Society, nearly 10,000 people are estimated to die from melanoma in the U.S. in 2015. It is also the most common cancer in adults 25-29 years old and second most common cancer in adolescents and young adults 15-29 years old. Fortunately, when detected early, melanoma is highly curable.

More recently, an association has been found between breast cancer and melanoma. People with a history of breast cancer have a higher risk of developing melanoma and vice versa. Although the reason for this is not completely clear, it is likely due to multiple factors. It would make sense for those with a history of breast cancer to get checked for skin cancer annually.

Early Detection and Warning Signs

Regular monthly self-exams, along with annual skin exams by a dermatologist, are key to early detection. Those with a history of skin cancer may require semi-annual or even more frequent skin exams.

Because the 3 major types of skin cancer present in different ways, it is important to look for early warning signs. See a dermatologist or a physician that specializes in skin diseases if you notice any of these red flags.

- Look for changes of any kind, especially a growth that increases in size, appears pearly, translucent, crusty, scaly, tan, brown, black, or multicolored
- A sore or pimple-like growth that does that heal within 3 weeks
- A growth or spot that bleeds easily, ulcerates, continues to itch, hurt, bleed, crust, scab, erode
- ABCDEs of melanoma: **A**symmetrical; **B**order that is irregular; **C**olor that is of varying shades of tan, brown, black or even red, white, and blue; **D**iameter that is larger than a pencil eraser (but may be smaller), **E**volving or changing in size, color, shape, elevation, sensation, symptoms, or another trait
- Do not ignore a suspicious growth just because it does not hurt - skin cancers may be painless

For step by step self-exam instructions, please see the American Academy of Dermatology website or the Skin Cancer Foundation website. If you notice a suspicious growth or spot, please see your dermatologist or physician.

Dr. Rebecca Lu is a highly skilled board-certified dermatologist and fellowship-trained Mohs surgeon with an office located at 7 Mt Bethel Rd in Warren, NJ, where she specializes in skin cancer treatments, Mohs surgery, and laser and cosmetic procedures. Dr. Lu is passionate about keeping your skin healthy, clear, and radiant. In addition to treating and diagnosing skin cancers, Dr. Lu also specializes in reversing the signs of aging and sun damage through different procedures and treatments. Dr. Lu and her staff are happy to see you for any of your skin concerns. Please call 908-787-8088 for an appointment. www.eliteskinmd.com

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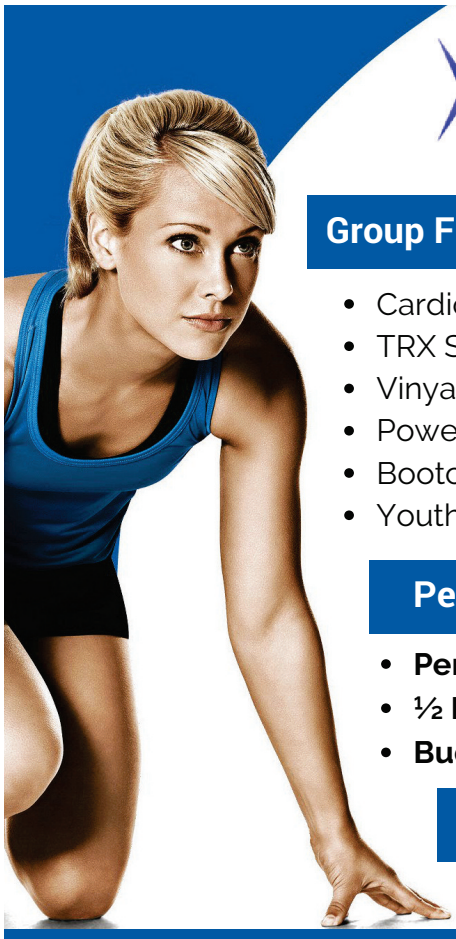
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By: Joanne Kleinle

John A. Kellam, DDS, FAGD

Get ready to see a lot more smiles in Bernardsville! After over twenty years in downtown Far Hills, Dr. John Kellam's premier dental practice has relocated to Bernardsville's Olcott Square. Far Hills Dental Care is now **Bernardsville Dental Care,** and its beautiful, modern office space is outfitted with brand new, top-of-the-line equipment- giving both existing clients and the whole town a reason to show off those smiles.

Every patient who walks into the offices of **Bernardsville Dental Care** can immediately sense that this practice is different. **Bernardsville Dental Care** is a traditional, local dental practice that is not afraid to embrace the modern age. The friendly staff personally knows both the patients and their families, constantly doing all that they can to accommodate patients' busy schedules. Dr. Kellam himself even rearranges his hours to take care of patients' dental emergencies.

Medicine itself is always evolving and improving, and **Bernardsville Dental Care** is constantly seeking cutting-edge dental methods and technology. In their large, modern new Bernardsville office, they can seamlessly integrate this new technology and accommodate their growing practice- including Dr. Barry Gordon, a periodontist, who is on staff to provide periodontal care to patients as well as dental implants.

One patient, RK of Basking Ridge, states, "I trust John [Dr. Kellam]. Whatever he is doing, he always looks at the whole picture, and not only treats the problem, but also looks for the reason behind it." One example of this is Dr. Kellam's extensive advanced training in treating TMJ. Temporomandibilar joint disorders, or TMJ, occur as a result of a problem with the jaw and can cause many health issues. Often, these problems can be lessened or avoided by adjusting a person's bite, which is often thrown off by stress, teeth grinding, and other problems. Dr. Kellam's extensive training allows him to realign the bite, often alleviating pain and preventing future dental problems such as the replacement of crowns and wear and tear on the teeth.

Another reason that **Bernardsville Dental Care** patients are smiling is that Dr. Kellam has the unique talent of blending clinical expertise and innate artistry to give every patient a truly beautiful smile. In addition to a Bachelor of Science from Johns Hopkins University and his Doctorate of Dental Surgery from the University of Maryland Dental School, Dr. Kellam has a fellowship in Oral Implantology and Advanced General and Cosmetic Dentistry and is a member of the American Academy of Cosmetic Dentistry. Whether the procedure is as simple as filling a cavity or as complicated as bridgework, Dr. Kellam is extremely conscious of how the tooth will ultimately look and feel, and he takes the extra time to make his work look and feel just like your natural teeth (or, in most cases, better!) Dr. Kellam provides the highest quality dentistry to make sure that his work stands the test of time. No matter the procedure, he always takes special care for the comfort of his patients, impressing them with his "gentle hands."

No time is better than the present to come and see what everyone is smiling about. For a limited time, **Bernardsville Dental Care** is offering free cosmetic dentistry consultations, and all new patients will receive a free cosmetic whitening kit (a $420 value.) Trust your smile to Dr. Kellam and Bernardsville Dental Care. Call 908-719-2910 for an appointment today.



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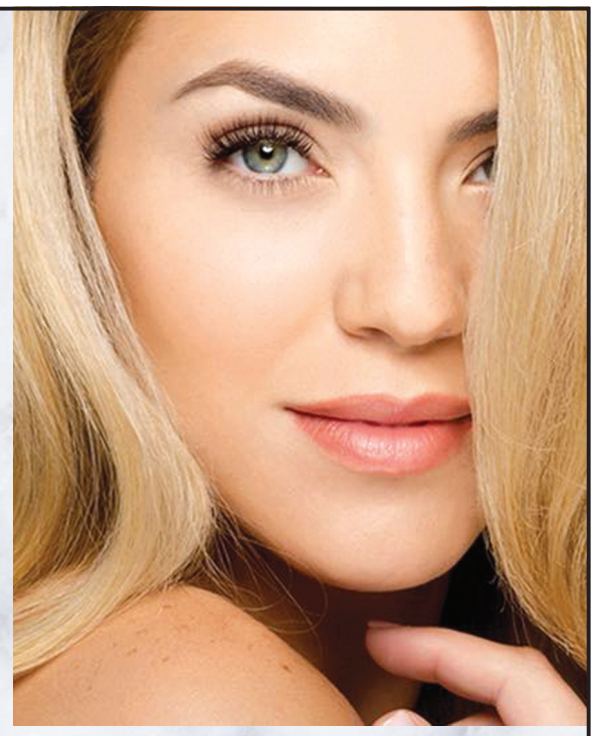
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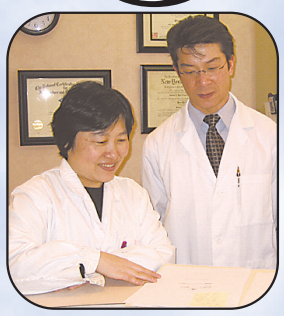


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Many people who suffer from debilitating back pain resist surgery – thanks to failed stories from years past. While surgery should be the final option after trying other non-invasive therapies, today's success rates for spine surgery are significantly different from the past.

Take, for example, Denise Kordulak, a 66-year-old retired x-ray technician from Neptune, NJ. Years of pushing, lifting and carrying equipment and positioning patients played a huge toll on her back. Fourteen years ago, she had surgery to relieve her pain and restore the feeling in her feet. While it was somewhat successful, she never returned to normal.

Denise started walking with a hunched back. Last year, the pain became unbearable. Eventually, she lost feeling in her left leg from the knee down, and the pain migrated to her right leg. It was so bad she couldn't stand for more than a few minutes.

Denise contacted Dr. Pinakin R. Jethwa, a board-certified neurosurgeon at Atlantic NeuroSurgical Specialists (ANS).



Atlantic NeuroSurgical Specialists, Dr. Pinakin Jethwa

"When Denise came to me, she was suffering from a complex lumbar spine issue. Compression of the nerves was causing her leg pain. Degeneration of her discs was causing her back pain. And, one of the bones of her spine had slipped out of place, causing her hunched back," Dr. Jethwa explains. "In an eight-hour surgery, we performed a multi-level spinal decompression and fusion operation."

The parts of the bones and discs that were compressing Denise's nerves were removed. Screws and rods were placed in the bones to stabilize and fuse the degenerated discs, and the bone that was slipped out of place was realigned into a more normal position."

"Since then, I have been pain free," Denise says excitedly. "I am a completely new person. I can stand up straight again, and I feel wonderful!"

"Denise actually drove herself to the office and, for the first time in years, walked in unassisted," Dr. Jethwa adds. "She told me she has her life back. In her case – and many others – the benefits far outweighed the risk."

For more information about spinal decompression and fusion, contact ANS at 973.285.7800, and visit ansdocs.com.

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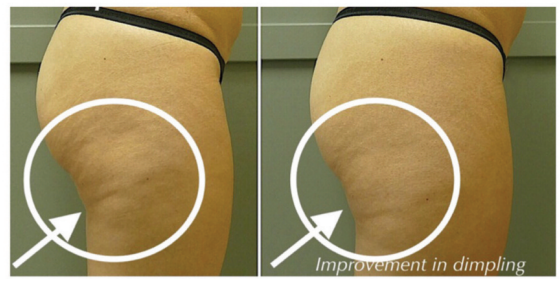


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MEDICAL MINUTES





HIGH FUNCTIONING ANXIETY IN ADULTS AND TEENS

Douglas Haymaker, Ph.D **Stephanie Haymaker, Ph.D**

Anxiety is a complex set of reactions designed to keep us safe. In the days of saber toothed tigers, the "fight or flight response" was, literally, a lifesaver. When a person faced a dangerous situation, a series of physical and mental events occurred: the heart raced, attention focused on the threat, blood flow changed to allow extra energy for the muscles. Blood pressure rose and the brain tried to anticipate what would happen next. There was a rapid calculation - should I fight for my life…or run for it? In caveman days, this was as much decision-making as was needed. And these two options covered most situations.

Things were simpler back then. Anxiety about giving a presentation for school or work does not allow for either fight or flight. You just have to get through it. Being anxious about being unprepared for your geometry test also doesn't allow for fight or flight (unless you can squeeze in a sick day). In the extreme, anxiety can become panic - with racing heart, clouded mind, and sense of doom. There is an urge to flee the situation. Because fleeing the situation makes the anxiety less, the behavior gets reinforced. People tend to avoid similar situations in the future. Life can feel like it is all about avoiding anxiety.

Anxiety is the single most frequent reason people choose to begin therapy. And, treatment for anxiety has the highest rate of success. It has been estimated that 18% of the population over 18 years of age will experience an anxiety disorder. Despite the fact that anxiety disorders are treatable, only 1 person in 3 seeks treatment. Everyone experiences anxiety. It draws our attention to potential danger and focuses us. But, like a car alarm that keeps going off even when no one is around - sometimes anxiety is a distracting, or even debilitating, false alarm.

Recently, "high functioning anxiety" has been getting attention in the media. In 2014, Scott Stossel wrote in *The Atlantic* that he had struggled with severe anxiety despite being a successful magazine editor. Asked by a doctor how many episodes of anxiety he had, his answer was, "One, my whole life." With high functioning anxiety (HFA), the individual suffers with anxiety, but somehow is able to do what they need to do. People with HFA may be very successful. Often, the suffering is not apparent to others. But, inside, it can feel like torment.

Despite their success, people with HFA may doubt the adequacy of what they do. They may worry for days about something they said, or did, or something that was said to them. Decisions can be difficult because of fear of making the wrong one. Sufferers may seem angry or irritable since they feel like they are constantly on the verge of being overwhelmed. A problem at work may feel like a catastrophe. At home, frantic activity or social avoidance may be how these individuals try to regain equilibrium.

For adolescents, anxiety may focus on appearance in addition to competency. Self-consciousness is commonly the main concern. Feeling too fat, or too thin, too tall or short may plague the most seemingly-successful teens. For teens with high functioning anxiety, perfectionism is the goal, and the enemy. Teens are social creatures, and there is much social learning to be done in high school and college. Fearful withdrawal can limit a teen's chance to grow. Sports, academics, friendships, romantic relationships, college applications and the need to choose a vocation all can be anxiety provoking and all can be fuel for HFA. HFA teens perform, but with much struggle. Anxious teens often have physical complaints - headaches and stomach aches are the most common. These physical symptoms may take the place of feeling anxious, and may take on a life of their own.

The worries can seem endless. Each promotion, or success, can bring fears of being "found out" as incompetent (the imposter syndrome). Some of these fears can become self-fulfilling prophecies. If these problems sound familiar, they are. Everyone struggles with these issues to some extent. Those with HFA suffer more and more often. Too much anxiety can rob people of the experience of joy in their lives, and satisfaction with themselves.

Likely, no one will suggest they get help – only a few people very close to people with HFA know how hard it is for them. But, if the private battle interferes with well-being, perhaps it is time to talk with someone who can help.

Dr. Douglas Haymaker is a licensed clinical psychologist with over 20 years of clinical experience. He is presently a partner at Haymaker and Haymaker Psychological Services, a private practice setting where your confidentiality is assured, in Bridgewater, NJ. He attended college at Brown University and graduate school at the University of Florida in Gainesville, FL. Areas of specialization include relationship issues, coping with transitions such as loss and divorce, and the assessment and treatment of AD/HD, anxiety, depression and PTSD. He also performs psychological, neuropsychological and educational evaluations.

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MIND THE MIND



"WHAT IF?" THINKING
THE BENEFITS AND HAZARDS

By: Dr. Michael Osit

The dominant thread throughout my new book, *The Train Keeps Leaving Without Me: A Practical Guide to Happiness, Freedom, and Self-Fulfillment* is to take control over your life and be planful. Taking charge of your life will increase the chance for personal happiness. One aspect of doing so is to try to anticipate different scenarios in both your life as well as in specific situations so that you are prepared for anything. We call this "What if?" thinking. Examples of What if? thinking are as follows:

What if…?

… my company goes out of business?

… it rains and I want to have an outdoor wedding?

… my boyfriend cheats on me?

… I can't afford to pay my mortgage this month?

The first important fact in these real life examples is that some are within your locus of control to do something about and others are completely out of your hands. There is little or nothing you can do to prevent What if? scenarios when you are totally at the mercy of fate. You can prepare for unpleasant outcomes but not prevent them. Your goal has to be to develop a plan that will hopefully minimize the negative effects should they occur. If you don't, you can get bogged down by a great deal of anxiety due to obsessive-repetitive thoughts from an overflow of information, conflicting thoughts, and catastrophizing. So, if your company is in danger of going out of business, instead of simply worrying about something completely out of your control, get your resume together, start networking, contact a head hunter, and peruse the job websites. Without a productive plan your anxiety becomes more of the problem than the actual situation because you will be spending your time ruminating, which interferes with your ability to enjoy your life in the moment. A football coach once said, "Be where your feet are on the field." That suggests that you need to focus on the moment and be aware of where you are right now. So, make a plan to prepare for potentially unpleasant scenarios and then let them go to enjoy the present. Another adage, "Don't argue with a fool" also comes to mind. Try not to allow the worries to re-enter your mind by catching yourself, seeing a big red stop sign, and diverting your attention elsewhere.

There are also benefits to What if? thinking. The benefit is that you can prevent potential problems by thinking through different scenarios. Tantamount to things like the Internet and fire, when used with balance, wisely, judiciously, and in a calculated controlled manner, they become beneficial tools instead of perilous ones. When you worry wisely and judiciously you are able to consider every angle and every factor to potentiate a positive outcome. In problem solving it can help you plug up holes in a plan to also potentiate success. But remember, whether your "What if?" is something that you can control or not, you need to limit your thinking about it. Make a plan and implement it to deal with the controllable situations. Direct your attention elsewhere to stop thinking and worrying about the situations you have no control over. By doing so, you can facilitate your happiness and minimize a worry ridden life.

Dr. Michael Osit is a Licensed Psychologist practicing in Warren, and author of *The Train Keeps Leaving Without Me: A Practical Guide to Freedom, Self-Fulfillment, and Happiness* (09/16) and *Generation Text: Raising Well Adjusted Kids In An Age Of Instant Everything* (07/08).

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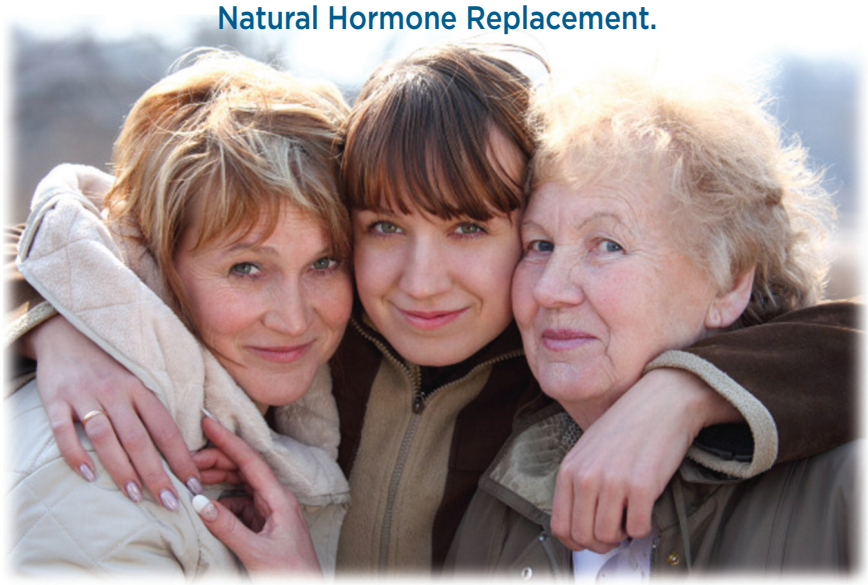
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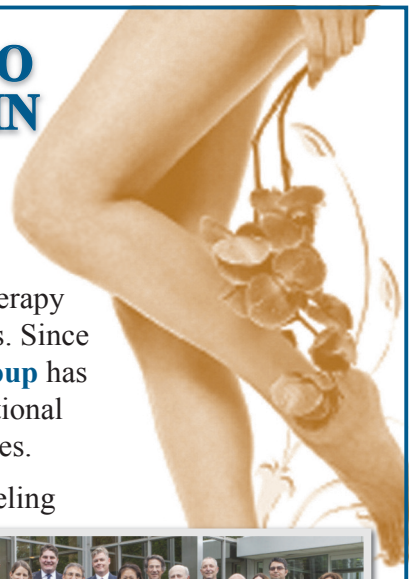
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HOW CLUTTERED IS YOUR BRAIN?

By: Patricia Diesel, CPC

A cluttered brain can be filled with many things, ranging from all the things that are on your 'to do' list to worrying about how you will be able to complete everything successfully. One area that can predominately clutter up our brain is the constant banter we have with ourselves – our internal dialogue. This private conversation can influence our brains to have negative attitudes and thus, negative outcomes if we feed it negative thoughts.

Take Tammy for example. When she woke up from a bad night's sleep (because her co-worker had ticked her off so much that she couldn't get it out of her mind), she was already grouchy. Her kids weren't in a good mood either (maybe because the first thing she did was yell at them), and they were moving slowly.

Everything seemed to take forever. She couldn't find her blouse or the shoes that she wanted to wear, her three-year-old spilled milk all over her new pants, and her 10-year-old told Tammy that she needed to bring snacks in for her class that day. That was only the beginning of her problems!

The car started to act funny on the way to work and Tammy realized that she was way overdue for the oil change. The air conditioning no longer worked in her car so by the time she arrived at work, perspiration marks were showing through her blouse. To top it off, she was running late for an important meeting.

All these things turned her bad mood into a horrible one, and the meeting reflected it. What Tammy didn't know was that this meeting was a test, deliberately scheduled to see how well she performed under pressure because Tammy was being considered for a promotion. As one might expect, she didn't get the position.

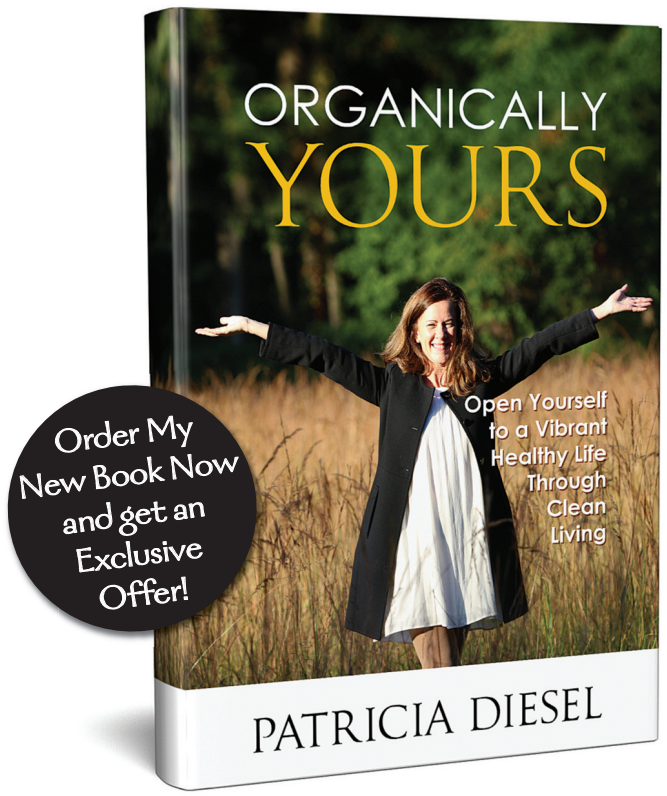
On the way home, all Tammy could think of was every negative thing that had ever happened in her life…

The next morning, she got a call from her sister Lisa. Lisa was bubbling over with excitement about the raise she had just gotten. Tammy tried to be pleasant and supportive over the phone, but on the inside, she was seething with resentment. *Why do good things always happen to Lisa, while I always get the short end of the stick? It just isn't fair!*

This thought led Tammy to thinking about Lisa's elegant home and how it is always neat and tidy compared to Tammy's disaster area. *It was enough to make a person sick!* As she pondered these thoughts, Tammy started to realize that Lisa has always had a positive attitude. *It doesn't seem to matter what happens. Lisa handles it with ease and looks for the good in all situations.*

Maybe it's time Tammy finds out more about healthy thinking. It certainly couldn't hurt…

Can you identify with Tammy? Or do you fall more into the category of her sister's mindset? There were certain things that led up to Tammy's aha moment that helped her transform her thinking. Would you like to learn how she did it? Then, you should grab a copy of my new book, ***Organically Yours; Open Yourself to a Healthy Vibrant Life Through Clean Living.*** *Email me @ Patricia@patriciadiesel.com to receive a very special offer.*



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Dr. Sferra

WHEN YOU'VE TRIED EVERYTHING, AND THE PAIN STILL WON'T GO AWAY


Dr. Kandra

By: Drs. Vince Sferra & Arun Kandra
Natural Medicine, Rehabilitation & Pain Management

It can be frustrating to feel you have tried everything, but the pain still won't go away – or returns after a short period of time. Before you go down the slippery slope of taking pain medications to cover-up the pain to get through your day, consider how we can help you move past the pain, restore function, and enjoy living pain-free without the dependence of medication.

Our bodies are designed to feel pain; it is our warning system to protect us and encourage us to take action. Covering up the pain without identifying and managing the causative factors can cause more damage. Alleviating pain with medication in the early stages can reduce inflammation and swelling to help you begin a rehabilitation program, but when pain is not responding to natural approaches (physical therapy, chiropractic care, acupuncture, massage) the following focused interventions make sense once we have diagnosed the source of the problem:

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The foundation of our practice is to reduce pain by identifying the cause through comprehensive assessment, then treating and strengthening the body to improve its capabilities and prevent future problems or recurrence. Our team of physicians, including Medical, Physical Therapy, Chiropractic, Clinical Nutritionist, Acupuncture and Biofeedback will provide services to help patients maintain a healthy lifestyle including exercise, healthy nutritional habits and stress reduction techniques that are fundamental to true long-term health and can also help with chronic pain relief.

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Dr. Kandra, Medical Director of Natural Medicine, Rehabilitation & Pain Management, is board certified in Anesthesiology and Pain Management. He is trained at Vanderbilt University Medical Center, one of the country`s top Pain Management training programs and is the Chairman at Easton Hospital for the Division of Pain Medicine.

Dr. Sferra, Founder and Clinic Director of Natural Medicine & Rehabilitation, is board certified in Chiropractic Medicine and Chiropractic Neurology, a Certified Clinical Nutritionist and is a Certified Strength and Conditioning Specialist certified by the National Strength & Conditioning Association.

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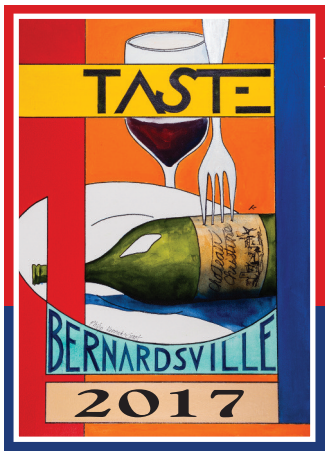
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Jeralyn L. Lawrence, a Member of Norris McLaughlin & Marcus and Chair of its Matrimonial & Family Law Group, devotes her practice to matrimonial, divorce, and family law. She is certified by the Supreme Court of New Jersey as a Matrimonial Law Attorney, 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 Secretary of the New Jersey State Bar Association, a former Chair of the Family Law Section of the New Jersey State Bar Association, Immediate Past 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. New Jersey Family has named her one of the 2017 Best Lawyers in New Jersey for Family Law and 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





A LOOK INTO THE LEGISLATIVE IMPACT ON FAMILY LAW

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

I knew as early as the sixth grade that I wanted to be a lawyer. My father is a retired juvenile detective, and I developed my love for the law through him. Law school proved challenging, requiring round-the-clock studying, but this diligence allowed me to graduate second in my class. Throughout law school and to this day, I have remained intrigued by how the law changes, whether it be in case decisions written by judges or by statutes enacted through the legislature and then signed by the governor. Either way, the laws, and the daily lives of my clients, are impacted by any change.

Having the popular childhood cartoon "School House Rock – How a Bill Becomes a Law," as my only prior experience of the legislative process, I certainly was not prepared for how significant the influence of the legislative and executive branches can be on the law.

Practitioners of divorce and family law still grapple with the recent legislative changes to the alimony laws. The legislature saw fit to move a bill instituting changes to alimony, and in 2014, the governor signed the bill into law. Since that time, alimony payers and recipients have been analyzing the law and how it impacts their individual circumstances. The new law deals with the length of time alimony is paid as well as changes in circumstances that are used to modify alimony. It is an important statute that is being interpreted and, unfortunately, misinterpreted, daily.

Further legislative action was recently taken concerning child support. New Jersey receives federal funding based on how many open child support accounts the probation department maintains. To cut down on unnecessary open accounts, the legislature drafted, and the governor ultimately signed, a bill providing for a termination of child support by a set age. This termination, however, is not the same as emancipation; even in light of this new statute, if a child is not self-sufficient, child support may continue.

When dealing with a divorce or family law matter, it is important to be aware of any changes to the law as a result of a judge's decision, but equally important to have an understanding of the legislative process and bills the governor signs into law and how they impact your individual situation.

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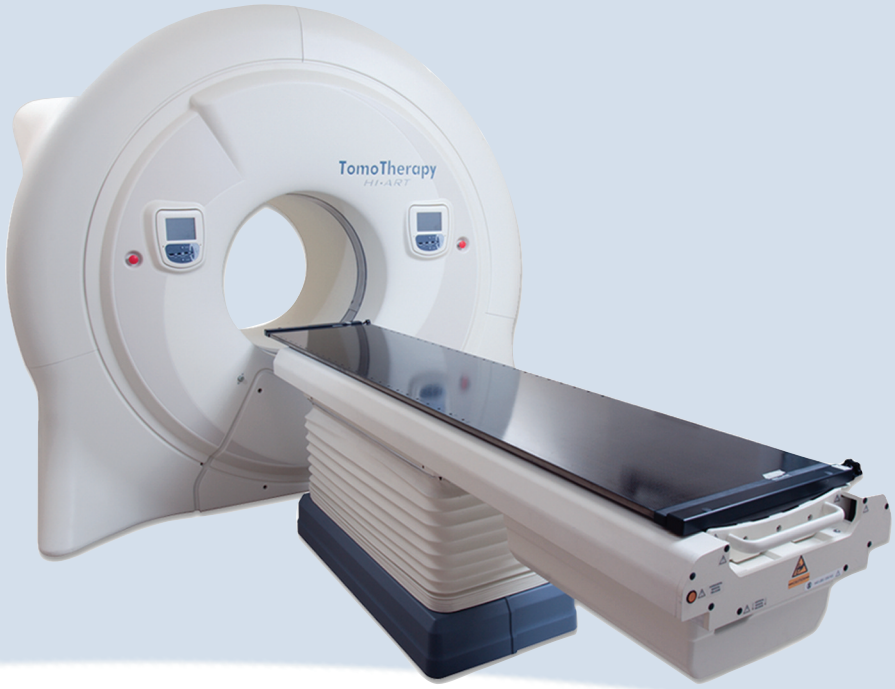
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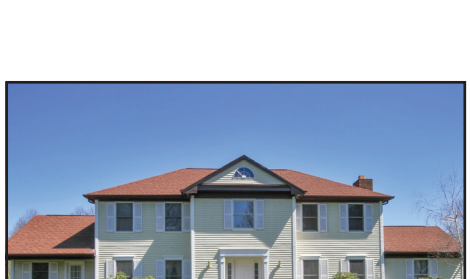


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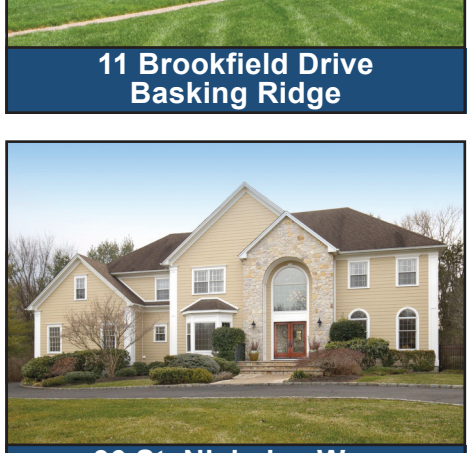
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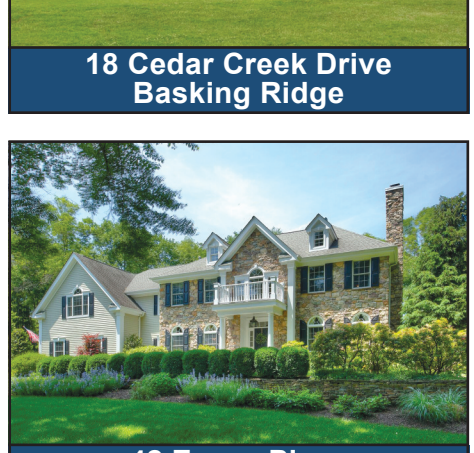
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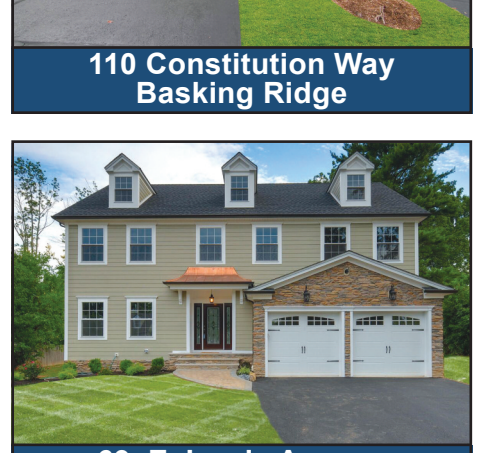
24 Georgetown Court
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42 Essex Place
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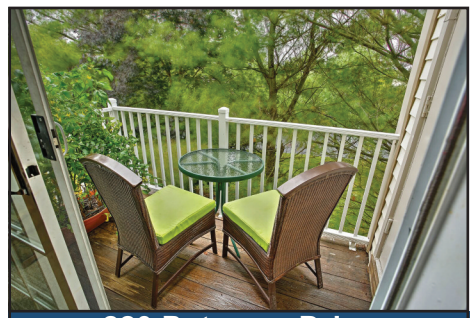
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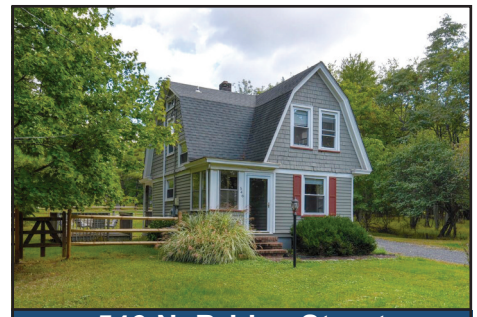
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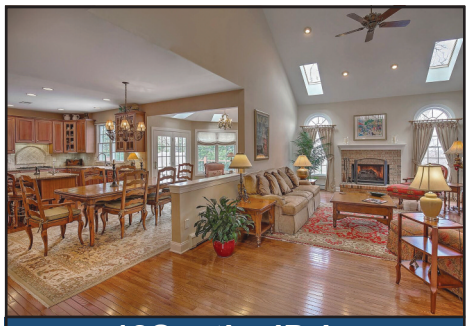
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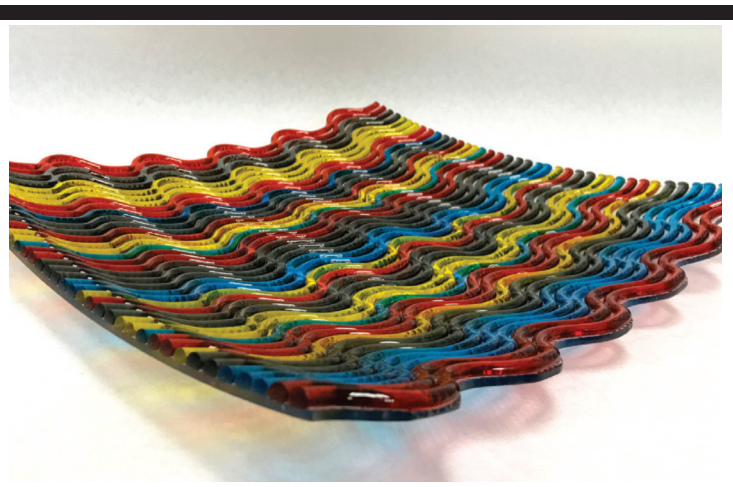
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The broad selection and convenient location on Route 206 help to make **Shop Rite Wines & Spirits of Chester** a flagship retail store of New Jersey's Shop Rite Beverage Group. It is a destination for shoppers seeking a large selection of products and a well-educated, professional staff whose goal is to exceed customer's expectations. People regularly travel from New York City, Philadelphia, and other considerable distances because of their excellence.

The desire to provide excellence includes bringing to the store, and having available for their customers, thousands of items, from the common to the obscure, and hard to find from all over the world. In addition, they provide local delivery, discounts on mixed cases and price matching, along with weekly specials.

Their website, ShopRiteWines.com, allows customers to "Shop at Home" and have their order shipped or ready when they arrive at the store. ShopRiteWines.com allows customers the advantage and benefit to browse and search through thousands of available items, email special requests and ask questions of their professional staff. Many special order items can be ready for pick-up the very next day.

In 2015, the 8,000 square foot selling space went through a significant renovation to provide a warm and well organized shopping experience. As you enter the store, the first aisle is filled with beers from brands easily recognized. But walking slowly, you will find unusual craft beers, ales, lagers, ciders and more from all around the world. Many beer enthusiasts arrive at the store and immediately seek out the new and unique that have recently arrived. Some of these items are of such limited availability, that they have to limit their sale so that everyone has an opportunity to try. Their professional staff can offer you suggestions to satisfy any requirement.

Choosing from wine all around the world offers you the diversity of flavors and characteristics that can satisfy virtually any palate. In addition to wines of the United States, **Shop Rite Wines & Spirits of Chester** provides wine from all seven continents. New wines, with interesting profiles, arrive in the store weekly. Many customers express appreciation of having such a wide and diversified selection: It expands and accentuates the adventure of "the joys of wine" and the pairing of wine with food.

Their selection of spirits goes well beyond what is commonly found in most retailers. On display is almost every spirit imaginable – all the whiskies: Scotch, Irish, Canadian – you name it; Rums, Bourbons, Ryes, Tequilas, Gins Vodkas and more! If you do not see something, ask, because if they do not have it – they will work their very hardest to find it for you.

One motto that permeates their entire staff is "...only offer a product that fits a customer's need." They continually focus on being customer-centric. The staff will never try to sell you a product that you do not want. They genuinely care about their customers and have earned that reputation because of consistent conduct and building relationships, over time, with virtually every customer.

Visit **Shop Rite Wines & Spirits of Chester** today and experience for yourself how their staff, product selection, and goal to exceed your expectations is a reality. You will return many times preparing for parties, gifts, informal get-togethers, special events and more. They truly offer excellent prices, quality service and a knowledgeable and friendly staff.

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Big Apple Bites

Enjoy The Joyce

By: Linda Seigelman

When September rolls around, it is the perfect time to start thinking about all of the wonderful things to do in Manhattan in the fall: new plays on Broadway, major new exhibitions at the museums and smaller shows at the galleries along Madison Avenue and in Chelsea, and of course, many restaurants to try. As a fan of dance, I always check to see what's happening at The Joyce. The Joyce Theater is one of the great venues for dance in Manhattan, and each season it presents a wonderful slate of performances, from classical favorites to New York debuts and world premieres. This fall, the legendary Twyla Tharp will have a three-week residence at The Joyce starting on September 19. She will debut a new dance set to the music of Bob Dylan and perform some favorite classics as well.

The Joyce Theater itself is an intimate Chelsea gem with a warm and welcoming ambiance. Converted from an old 1941 movie house, each of the seats offers an excellent view of the stage - there are no bad sight lines. Since its inception in 1982, The Joyce has hosted more than 270 New York City-based, national and international dance companies on its stage. Many companies return year after year. In addition, The Joyce hosts dance festivals devoted to themes, artists or individual countries. There is something for everyone.

Located at 175 Eighth Avenue at the corner of 19th Street, The Joyce is very easy to get to. Take the Holland Tunnel and then head North on Hudson Street which becomes Eighth Avenue. The trip is often less than an hour door to door. Parking on most of the cross streets near the theater is available starting at 6:00pm, perfect timing for a pre-theater meal or drink.

In keeping with The Joyce Theater's mission to enhance the public interest in dance and the related arts, ticket prices are usually very reasonable though they vary a bit according to the dance company that is performing. Lesser known or smaller company tickets often start at $10 and may run to $35 or $40. Tickets for more well-known/popular companies are usually priced from around $19 to $69. To attract future generations of dance lovers, the theater offers a number of family matinees throughout the year with children's tickets priced at $10. In addition, Joyce Theater members get substantial discounts on all performances.

The neighborhood surrounding The Joyce is perfect for a stroll before or after the show. And it is only a couple of blocks to the High Line which is great by day and lovely in the evening. A few favorite spots for a snack or a meal are listed below, but there are many more in the area. So consider a dance performance at The Joyce Theater. It is a wonderful New York experience.

WHERE TO EAT

Aldea, 31 West 17th Street (bet/ Fifth and Sixth) – excellent food with a Portuguese/Mediterranean flair, great ambiance, small plates, select menu, a lovely spot

Cafeteria, 119 Seventh Avenue (at 17th) – very popular place for good, reasonably-priced American food 24/7, stop in for a drink, a snack or a meal, outdoor seating

Cookshop, 156 Tenth Avenue (at 20th) – a neighborhood favorite, customers return for fresh, local ingredients in a modern setting, outdoor seating in good weather

Donut Plant at the Chelsea Hotel, 220 West 23rd Street (bet/ Seventh and Eighth) – my favorite donut shop, classics and seasonal specials: amazing glazed, jelly with homemade jam in every bite, cake donuts like blackout and carrot, cream-filled doughseeds – try the pistachio, the line moves quickly, good coffee too

Le Bergamote, 177 Ninth Avenue (at 20th) – the best French pastries and bread in the area, perfect spot for coffee and a treat, BLD available as well including sandwiches, salads, steak frites and roast chicken

Le Grainne Café, 183 Ninth Avenue (at 21st) – casual little French bistro/café, savory and sweet crepes, sandwiches, salads, eggs all day, a favorite spot for a meal or a steaming café au lait, open late

The Meatball Shop, 200 Ninth Avenue (bet/ 22nd & 23rd) – everything you wanted in a meatball – chicken, beef, pork or vegetable, anyway you want it - sliders, heroes, with pasta, in a sauce, always freshly made

Omai, 158 Ninth Avenue (bet/ 19th & 20th) – consistent, high quality Vietnamese food in a Zen-like setting, wonderful soups, spring and summer rolls, noodle and rice dishes, friendly service

Tia Pol, 205 Tenth Avenue (bet/ 22nd & 23rd) – tiny tapas restaurant, delicious chorizo, ham and cheese croquettes, stuffed peppers, fried chick peas and seasonal daily specials, small bar area and a few tables inside and out, always busy

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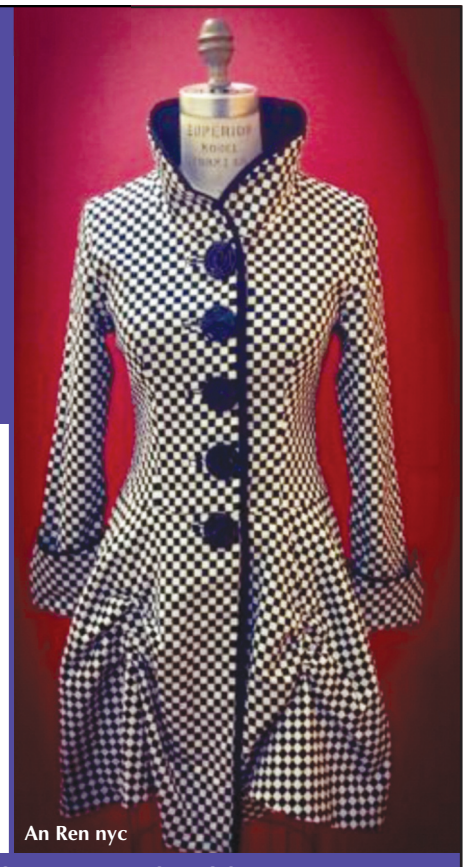
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Slice of Life

A Widow's Secret To A Loving Marriage

By: Ellyn Mantell

As supporters of the Overlook Foundation at Overlook Medical Center in Summit, Bruce and I had the opportunity to attend a very inspiring and informative program recently. The speaker was a beautiful young woman who actually walked into the Medical Center as we did on a rainy Thursday night, and I recognized her immediately from her press shot. When I told her we were there to hear her speak, she looked humbled and pleased, and I could see in her eyes she had something important to say. It turned out she had several important things to say, and I want to share a few of them with you.

Dr. Lucy Kalanithi is an Internist and on the staff at Stanford School of Medicine; and she is the widow of Dr. Paul Kalanithi. He wrote a best-selling book entitled **When Breath Becomes Air** about the process of dying of advanced stage lung cancer. Paul, as she referred to him, was a fourth-year Resident in Neuro-surgery when his life turned upside down with this life-ending diagnosis. He survived for two years, and he shared so much with the reader, and through Lucy, as I will respectfully refer to her. She is doing the book tour he couldn't do, and speaking of what impact the book had on all of their lives, as well as the many who have or will read it. He may have only lived into his late thirties, but he left a profound legacy of wisdom in his few years here.

After a brief visual of Paul while he was still able to walk through his daily life, Lucy read two passages from his book, espousing his philosophies and thoughts. Then, Dr. Sophie Morse, a young Oncologist from the Cancer Center at Overlook Medical Center, sat with her on the stage, two chairs facing each other, as friends would sit. Dr. Morse asked questions that were at once incredibly simple, and yet so difficult to answer. One of the questions that hit me hard addressed the fact that in a family where there are two doctors spending so much time on their careers, how did they create a happy marriage. Without skipping a beat, Lucy said they learned to "give each other the benefit of the doubt!" How simple...how profound! Incredible to me was yes, that is so true. In order to gain one's love and support, one must offer the same, and instead of focusing on what is missing, or errant, focusing on what effort was put out. Not challenging, not expecting perfection, accepting that regardless of how differently we may want something to be, this is the way it is, goes a long way to actually giving someone the benefit of the doubt, and to not assume we know better. My feeling is that is the issue at the center of so many relationships. It is key to acknowledge that we are not each other's judge and jury, but rather that building what is positive and fulfilling, is best for the partnership.

Dr. Lucy Kalanithi also told us that her husband gave up his suffering when he internalized that the "non-acceptance" of pain (perhaps the anger one feels at pain and loss) is what causes the suffering. He used his time to work until he could no longer; they chose to have a child, a little girl, who was 8 months old when he died. He implored his loved ones to help support his wife through her pregnancy and after, so she could continue to care for and support him. His circle of family and friends was ever more important as time went on. She also spoke of the incredible importance of the caregiver at such a vulnerable time, and that it is incumbent upon the medical community to partner with the family for the best possible outcome. Provide honesty, yes, but kindness and understanding, as well.

Lastly, Dr. Morse asked Dr. Lucy Kalanithi if her husband had an answer to the question, what makes life meaningful? Yes, yes, he did. She explained that he felt quite certain after all he had endured, loved, gained and lost, the struggle to find the meaning of life, is in actuality, that which is meaningful! And I suppose for each and every one of us, the journey to discovering that meaning will be unique, special, beautiful, passionate, enduring, fulfilling, satisfying or still searching...even if it is too short, and too hard to say goodbye.

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Senior Corner



WHY SENIOR LIVING WORKS!

By: Ellyn Mantell

As I write this, we are recovering from a snow event that had the area blanketed with frigid temperatures and double digit inches of white. Glistening as it may be, it is the bane of all of us caring for people in need. My mind goes back to the days when our Mom was in her home in which she raised my sister-in-law and husband, just two years ago. Weather like this would bring so much worry...loss of electricity? Enough food? Dangerous driving conditions?

Moving Mom from her home of 57 years was so difficult for all of us. Mom was angry about leaving what she knew, as well as her feelings about aging out of her comfort zone. Every room and closet was filled to capacity with items no longer relevant to her lifestyle, and she believed, as so many do, that her collections of china, silver, serving pieces, etc. were worth so much more than they turned out to be. Fortunately, the three of us, Mom's "children," were proactive and knew the time had come to help her transition to the assisted side of Chelsea at Warren.

In truth, without the tools my business partner, Carol, and I had, I am not certain we would have so comfortably helped her make the transition we did when it came to downsizing her house, and preparing for her new home at Chelsea. Cleaning out is so much easier with another person! Not only do you have the opportunity to make better decisions, but packing up as you go along is a double time saver. We have learned that as little as we think we need, we need even less. And that, depending upon the new place, so much is provided. No longer in need of kitchen items, Mom, who was an amazing cook, baker and entertainer, needed nothing more than a mug or two, since all meals are provided. Even in facilities where only one or two meals are provided, few need more than service for 2-4 people. Many find themselves eating outside their room with friends they have made!

What we have learned is very important, however, is having an attractive home. More than ever, people socialize and showing their new home is a big part of that event. Frequently, Carol and I in the halls of a senior living community and a resident will offer to show us their new home...they are happy and proud! That pride goes a long way to enabling the new resident to have the self-esteem necessary when meeting new people. It is easy to forget that "first impressions" are important at any age.

If we can help your parent or yourself transition to a senior facility, or if you want to discuss downsizing and adjustment issues around that process, please contact me at **908-883-0469** or **ellynmantell@aol.com.** Carol and I **(SENIOR ASSISTANTS)** will gladly be there for you!

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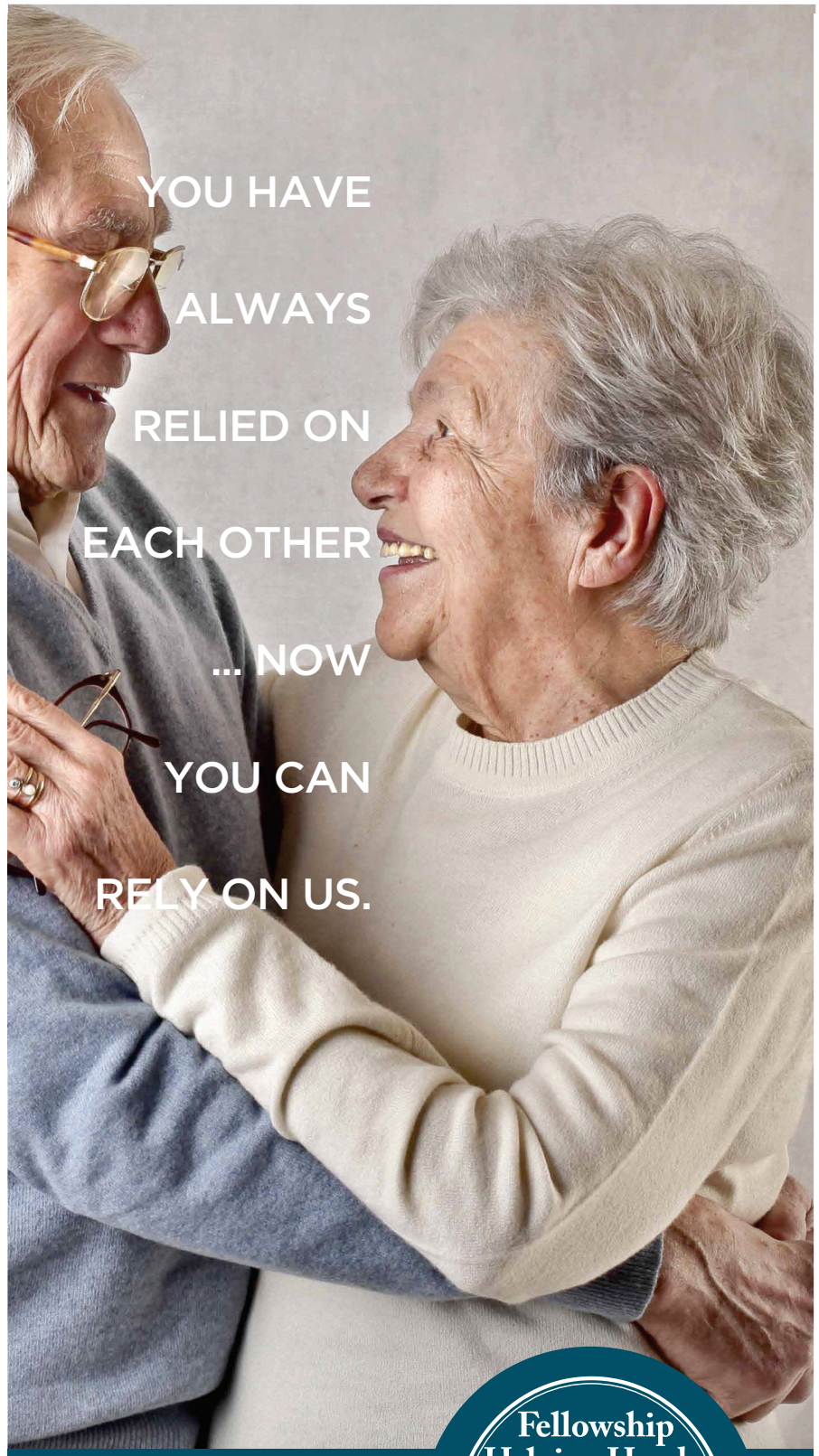
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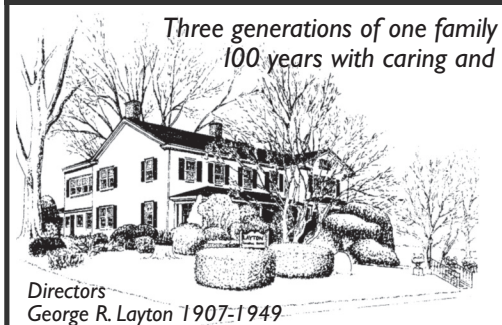
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"RANDOM" CONNECTIONS

DID YOU HEAR THE ONE ABOUT THE PRIEST AND THE RABBI?

By: Dan Rosenberg

No doubt there are many jokes that start with this sort of question. This is the story of one of them. Some people might find religious oriented jokes offensive so we'll just call it "The Joke" (although based on what we see on television and social media, it seems tame by today's standards). If you want to hear it, then write to me at The Connection and I will be happy to share it with you.

In the winter of 1970, I signed on to be the drama counselor at a summer camp for the upcoming season. A few months later, I stopped by the house of some long-time friends to see their teenage son, David, who would be a camper. I wanted to see if David would be willing to take a lead role in a play I would be directing that summer.

When I arrived, David was on an errand so I visited with his father for a few minutes awaiting his return. His father was a Rabbi and Professor at The Hebrew Union College where Reform Rabbis are educated and ordained. I thought he would enjoy The Joke. It was obvious that he did not, although he was kind enough to let it pass without any reaction, as he took a slow draw on a small cigar and changed the topic.

I lost touch with David when he went off to college and I moved away for work. He too became a Rabbi. As many young Rabbis do, he moved from smaller to larger congregations around the United States. His name would come up from time to time. At one point, he was the spiritual leader for a congregation in Portland, Maine, where good friends of ours worshipped.

Following in his father's footsteps, he left the congregational world to focus on interfaith and interreligious relationships. A couple of years ago, he became the Director of Interfaith Affairs at the ADL (Anti-Defamation League).

I saw on Linkedin that he was based in New York City. After over a year of trying to make our schedules fit, I met him for a cup of coffee (less than two weeks before he would relocate to New England with the ADL). As we were catching up I mentioned to David that over 45 years ago I had told his father a joke that I don't think he liked very much. I then began to tell David The Joke.

David started smiling halfway through my delivery. David knew The Joke. However, he told me he had no idea that his father knew The Joke nor that I had told his father any jokes, let alone The Joke. David then said, "I actually use The Joke as an ice breaker when I am kicking off events around the world to interfaith groups and I am not joking with you now."



CREATIVE CORNER

TASSELS GALORE

By: Carolyn Hanson

Tassels are everywhere…on the runway, on purses, on curtains, on pillows, on jewelry and key chains. They can be made from yarn, thread, beads, feathers, leather, ribbon, etc. They are relatively easy to make. The key is to make them thick. Length is up to you. Long or short. Tassels use a lot of fiber, so purchase an extra skein just for this purpose.





Until recently, I had only made tassels from yarn, then, I saw these long beaded necklaces with silk tassels and had to try. Surprisingly, they were just as easy to make with thread as with yarn. For the gray strand, I added the tassels to the existing strand of hematite beads. For the coral strand, the beads were strung for the necklace and the bead extensions for the tassels.

Materials

- Silk Thread (1 spool) – for a fine rich look to decorate jewelry; yarn - for thick full look on pillows or afghans (1 skein); etc
- Heavy cardboard, book, ruler, anything that is stiff and the size of the finished length
- Scissors
- Thin crochet hook or sewing needle with eye large enough for yarn or thread

1. Decide on the finished length. [Silk tassels are 2" and 2.5" long]
2. Cut cardboard slightly longer than the finished length and a few inches wide for thread (4'-5" for yarn)
3. Cut 2 12" pieces of thread/yarn. One will be used for attaching the tassel to your chosen project and the other will be used to wrap around all the strands to form the tassel.
4. Starting at the bottom begin wrapping the yarn vertically around the cardboard. The more wraps, the thicker the tassel. [Note: If using silk thread, wrap 200-300 times; one time completely around is one wrap. For yarn, try not to stretch while wrapping to avoid the tassel from shrinking once removed from the cardboard. I like thick tassels, the thickness of the yarn will determine the # of wraps. Count as you go so that all tassels for the project use the same # of wraps.
5. Once the tassel is the desired thickness, finish on the same end where the wraps started and cut the yarn. Take the 12" piece cut earlier and slide it under all thicknesses as the top of the tassel and tie a knot.
6. Now cut through all thicknesses at the opposite end (bottom) and remove the cardboard. The 12" yarn is now tied around the top center of the cut lengths.
7. Fold the tassel in half so the 12" tied piece is at the top. Now take the remaining 12" length and wrap it tightly around all loose threads slightly below the connector thread leaving enough yarn exposed on both ends to tie a knot.
8. To hide the knot, use the crochet hook or thread the sewing needle with both loose ends and pull it down into the center of the tassel.
9. Trim all ends to the same length. That's it!

There are so many fun and easy ways to make tassels. I found a few on YouTube that I plan to try. They use DMC embroidery floss. There is no need to wrap or even remove the labels. Think of it as a tassel that's already premeasured! https://www.youtube.com/watch?v=l4oekPDLbck - DIY Tutorial How to Make a Tassel - Tassels Tassle Tassles Borlas - Easy Simple

For variations, use a ring at the top of the tassel instead of the string. This can then be easily added to jewelry or a key chain, etc. Choose a ring that fits the size of your project. Add a lobster claw to clip to your purse, or ear wires for earrings.

Add some fun to any project. Enjoy.

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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IS IT TIME TO RIGHT-SIZE?

By: Jody Udelsman
Coldwell Banker

My husband and I are empty-nesters and sold our home earlier this year. "Did you downsize?" was the question we kept getting asked. "Ah…not exactly," was my response. "We right-sized." We moved from a four bedroom colonial to a three bedroom ranch, and from a busy road with few neighbors to a quiet side street where everyone walks their dog or jogs by with a friendly wave. Although we have slightly more square footage in our new house, it's really just a different use of space. It's the right size for us at this time in our lives.

Ask yourself these questions to see if you might be ready to right-size:

Are the walls closing in?

If you bought your house 20 years ago, chances are you don't have the "open concept" that has continued to gain in popularity. If you do not want to live through a major renovation to open up your space, move to a house that has an open floor plan.

Do you have too many empty bedrooms?

If two or more bedrooms in your house are unoccupied most of the time and you haven't found another use for them, it might be time to reassess if you really need them.

Do you have the wrong rooms?

Maybe you're using a bedroom as an office but you would really prefer to have your office on the first floor so you can take breaks on your patio or keep an eye on dinner. Maybe you're tired of hauling laundry up and down the basement steps.

Are you tired of stairs?

Stairs are a great way to stay in shape but there comes a time when we don't want too many of them in our homes. If you want the exercise, you can use the stairs instead of the elevator to get to your second floor condo. You can use the stairs to the basement of your ranch house. Or you can use the Stairmaster® at the gym!

Has house maintenance become a burden?

Maintaining a large house or yard can be a financial burden as well as a physical one. Cleaning out your own gutters when you're in your 30s or 40s shows pride of ownership. Continuing to do so in your 60s and 70s shows you've lost your mind.

Has everyone on your street moved away?

Are you feeling lonely? The community living in townhomes or condominiums provides an opportunity to meet your neighbors and make friends at the pool or at social events organized by the home owner association.

Are you too far from family?

There's a time to be close to our families, whether to lend support or to be supported. It's also nice to be close enough to join in on the fun.

If you are thinking of selling, the fall market may be the right time. Reassess your living space and make sure it's still right for you. Call me, or your local Realtor, to discuss your options for moving to a house that's the right size.

Jody Udelsman is a Realtor - Sales Associate with Coldwell Banker Residential Brokerage - Basking Ridge office. Jody lives in Basking Ridge with her husband Lee and dog Abby and cat Little One.

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Ask the Designer

HOW TO HIRE AND WORK WITH AN INTERIOR DESIGNER

Deciding to hire and work with an Interior Designer can be a pretty scary thought. You are inviting someone into your home, into your most personal of spaces to help plan, execute and translate your tastes into a photo ready space. While a designer is ready with color swatches, window treatment ideas, furniture placement and lighting, a designer contributes much more, and understanding the design process will ensure a happy ending for all.

A designer envisions plans and specifies furniture, lighting, accessories, etc. for a space that is both functional and beautiful. He/she will take into consideration special structural features of the room, the client's lifestyle and who will be using the space. An experienced Interior Designer will also have cultivated relationships with vendors and craftspeople who can execute the design.

When should you hire a Designer? You have a vision for your home but just unsure how to execute it? You've spent hours on the internet and are so confused you've given up? A Designer will help edit all the choices to the ones that fit, are the right look for the space and in your budget. With a creative eye and training, a good Designer might come up with a space planning solution you never thought of. The end goal for all is a space that looks polished and pulled together.

Is hiring an Interior Designer in your budget? Is waiting 4 months for a sofa that is too large and comes in looking all wrong really worth it? It's like buying an insurance policy. Except this one pays dividends right away. There are several ways a Designer will charge for their services. They might charge an hourly rate, a flat fee and a cost plus. Cost plus is simple. The Designer buys goods at a discount from their accounts and then adds in a percentage. I find that this generally offers the client a discount of 25-30% off the MSRP.

- Before you start your search for your new Interior Designer, collect pictures of rooms you like.
- Be ready to articulate what you like about the room. Try starting an idea book on Pinterest. Then decide what pieces in your room are staying, and what must go.
- Be ready with a budget. Whether it's for the whole room or just one piece it's important for everyone involved to know and understand the budget.

I'm ready, but how do I find a good Interior Designer? Houzz is a great resource as is your local chapter of the American Society of Interior Designers (ASID). Friends with personal recommendations are also a great way to start your search.

Most designers will offer a phone interview to get to know you. A site visit fee is often negotiated separately. And remember…

A small house well filled is better than an empty palace.

Lori Levine is an Interior Designer in Basking Ridge. Her work has appeared several times in Design NJ and several showhouses.

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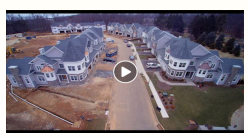




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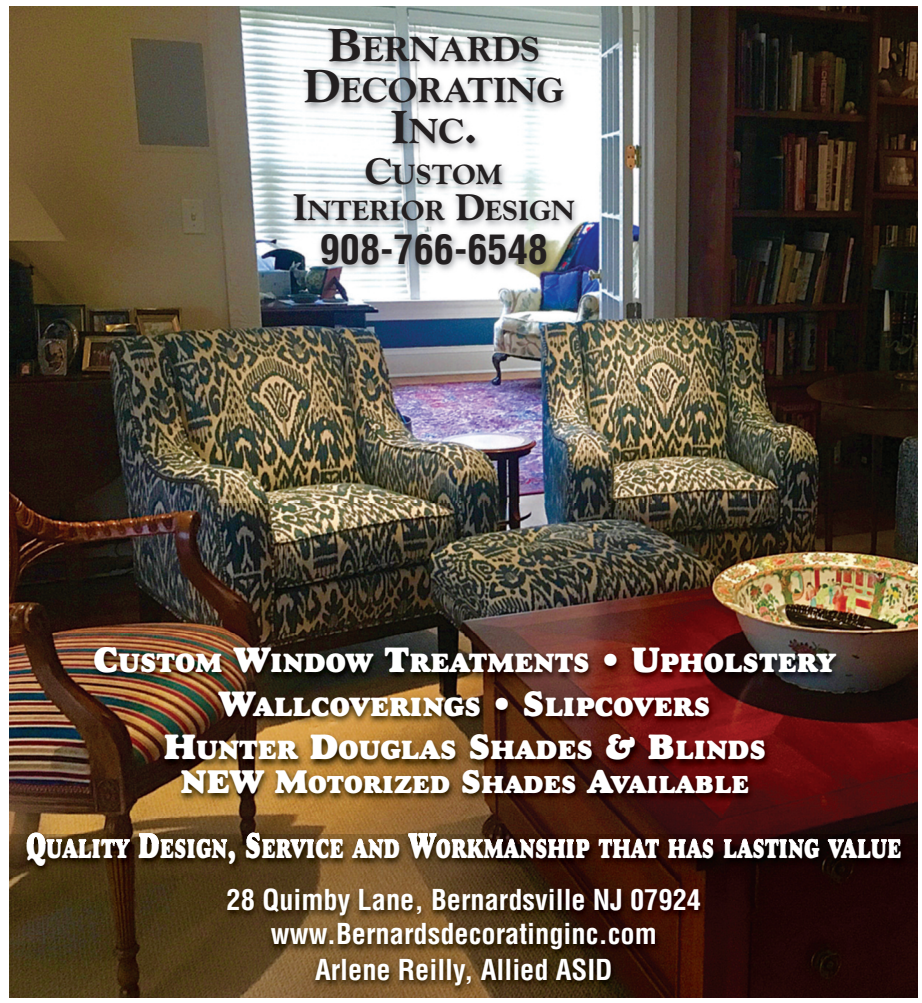
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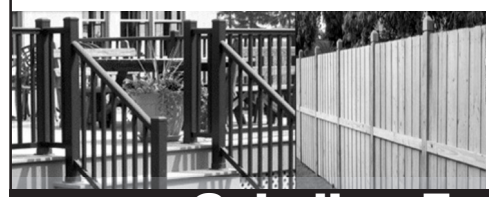


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Real Estate Design Tips



THE POWER OF CREATIVITY ON PAPER: WHAT DOES IT ACTUALLY MEAN?

By: Judith Sutton
Coldwell Banker Residential

The Art of Being Connected

When was the last time you actually wrote something down on paper and mailed it? This was the way we used to stay in touch. Now, we can email, text, post, chat, tweet or snap – with a click! Everything is ethereal.

Somehow an actual letter, written on beautiful stock paper seems to mysteriously connect the sender with the receiver in a special way. Paper encourages the reader and writer to reflect on one another in ways that digital correspondence does not; hand-written messages has you re-think and re-feel because of its potential forever presence. Tuck that special note, card or letter in your pocket and have someone special in your life remember you.

There is a special place and a reason why you kept your artifacts, keepsake letters and mementos in a "shoebox" instead of an "Inbox" you have received over the years – to transport your memory back to happy times or into the future. It becomes a connection. Send someone you are thinking about a personal note – you will be fondly remembered.



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OPPOSITES ATTRACT



There is so much polarization and discord in the world today that we desperately need one space that we have control over, our homes, which we can make peaceful and harmonious. Ironically, the trend today is to use opposites, and items that you wouldn't expect to be put together, to create an inviting and relaxing space for your family. This means fusing things that are old vs. new, light vs. dark, simple vs. high tech, and ideas that help us to connect vs. disconnect.

Old vs. New

Everyone want to embrace the future yet still hold on to the comforts of the past, so using shiny new and high tech things next to rustic, weathered items is the way to do this in your space. Brushed brass and stainless steel appliances and fixtures are popularly used together with reclaimed wood floors and beams.

Light vs. Dark

Using the simplicity and elegance of black and white is on trend with or without accent colors like indigo, butter yellow and dark turquois.

Simple vs. High Tech

Today's designs are simple, clean and uncluttered. But, hidden behind the sleek and elegant designs are the latest space saving gadgets and technological conveniences like hydraulic lift up cabinet doors, universal whole house remote control systems and appliances that are controlled with your phone.

Disconnect vs. Connect

You want an environment at home that helps you disconnect with work and outside chaos and invites your family to be together. Incorporating cozy, cushioned seating in and around the kitchen area is one of the best ways to encourage gathering. However, even though the family is spending time together, everyone wants to stay connected. So, many conveniently located USB ports are necessary along with a couple of perching areas, with power, for laptops.

Opposites do attract and can bring great beauty to your home and your life. To help you create your special place call TrueLeaf Kitchens at 908-766-2006 for an appointment, visit our showroom in downtown Basking Ridge at 134 S. Finley Ave. or view our design gallery at www.trueleafkitchens.com.

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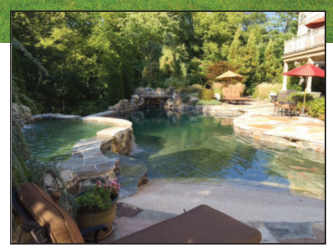
The main floor provides an elegant setting with a formal living room open to an adjacent conservatory, a study, formal dining room with wet bar and butler's pantry. The well appointed gourmet kitchen boasts beautiful custom Cabinets, a Viking stove, double ovens, two dishwashers, center island, flanked by a breakfast nook and an octagonal hearth room with ceiling to floor windows and access to a flagstone deck. A family room with fireplace, in-law/guest space with large bedroom, full bath and patio, laundry room and mudroom complete this level.

Tree top views and restful spaces can be enjoyed on the upper level. The expansive master suite is comprised of a sitting room, coffee nook, luxury bath, custom closets and juliet balcony. Within the turret; a suite complete with a sitting room and private sundeck is sure to delight your guests. Uniting these spaces are two additional bedrooms with en suite baths and walk-in closets, oversized linen closets as well as laundry room and bonus room.

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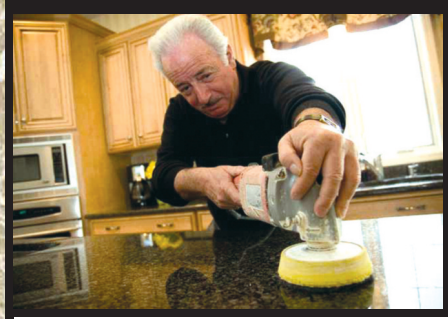
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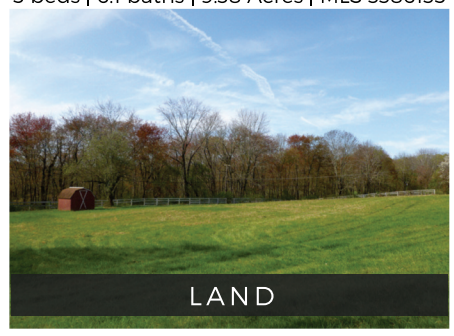
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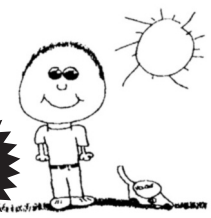
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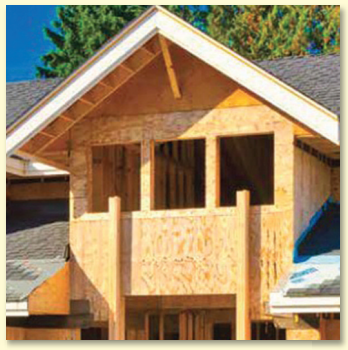
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FRAS-AIR/GENERAL SERVICE EXPERTS OF HILLSBOROUGH, NJ MAKES A HEARTWARMING CONNECTION

A small gesture can mean a lot to someone who is facing a difficult time in life. David Schneider, General Manager of Fras-Air Heating & Air Conditioning in Hillsborough, believes that a small act of kindness can go a long way in alleviating someone's struggle.



Shannon Brown-Kaye, Breast Cancer Survivor, David Schneider, General Manager, Fras-Air/ General Service Experts.

Last month, Schneider's technicians made a service call to the home of Shannon Brown-Kaye of Flemington. Upon finding a 22-year-old air-conditioning unit that hadn't worked in years, they diagnosed it as beyond repair. But unlike any other company, their diagnosis did not stop there. They also found that Shannon, a mother of five, was undergoing chemotherapy – a treatment that can cause severe hot flashes.

Schneider says, "Sean May, our technician, was very touched by her story." He adds, "Her unit hadn't worked in a few years, but this year she was facing the added discomfort of going through chemotherapy while also taking care of her family. Sean told me she wasn't in a financial position to upgrade to a new system, and instead, was going to settle on a single window unit to get her through the hot summer months. We immediately decided to donate a system in cooperation with Lennox. She has been so gracious about our offer, and we have all been so affected by her courage."

Diagnosed with breast cancer in January and undergone two major surgeries, Shannon will complete her treatments in August. She says, "it took me a while to process the enormity of Fras-Air's offer, and whether to accept it or not…" said Shannon. My family is beyond grateful, and I am beyond touched."

Fras Air and Lennox donated a new air conditioner unit, air handler, air purifier, duct work, a state-of-the-art thermostat and a 10-year warranty on parts, labor, and the compressor as well as maintenance.

The day the system was delivered; many employees came to Shannon's home, including Judy Collins, a Fras-Air Coordinator, who brought with her several pre-cooked meals for Shannon and her family. When the box covering the new air handler unit was removed, Shannon was speechless looking at a Lennox unit wrapped in pink, with a beautiful tree-of-life decal adorned with pink breast cancer ribbons.

Kelly Nagle Witkowski, Executive Director of Susan G. Komen North Jersey, says that Schneider is a true hero. Susan G. Komen has a MORE THAN PINK campaign, which encourages individuals to do something that makes a difference. "Dave is a genuine MORE THAN PINK hero, in every sense of the word, and we are so grateful to have him and Fras-Air as partners in the fight against breast cancer. We wanted to tell his story as an example of how one person, one company, can truly make a true difference in this world – one 'act of kindness' at a time," says Witkowski.

Schneider's mother had passed away from colon cancer, and two years ago, he decided to find a way to give something back. He covered two of his repair vans in pink, and committed a percentage of every service call in October (National Breast Cancer Awareness Month) to Susan G. Komen North Jersey as a donation.



Well wishers at "Big Reveal" with Shannon Brown-Kaye & David Schneider.

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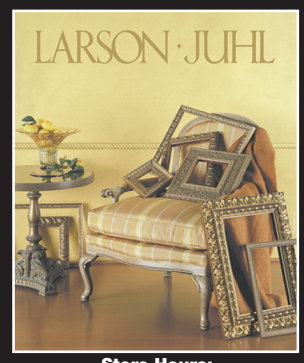
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Pets' Corner

"FOOD" FOR THOUGHT

By: Dr. Vedrana Gjivoje, DVM, Bernardsville Animal Hospital
908-766-0041 www.bernardsvilleanimalhospital.com

I recently switched our 2 dogs and 2 cats to **Transparent Nutrition®**. Not only do they love the food, I as a veterinarian, love the idea that I can finally feed them a diet that is **pure, humane and wholesome** and exceeds any other diet on the market. No more confusion, and direct shipping means no trips to the pet food store. I finally have peace of mind knowing my companions are getting the best diet for a long and healthy life.

As the saying goes "you are what you eat." That adage is especially true today with the global nature of our food sources. The question must strike us all "what exactly AM I eating?" The same holds true for providing sound nutrition for our companion animals. In most situations, we have 100% control over what our dogs and cats eat. They are entirely dependent on us to make the right choice for them. The unfortunate reality is that the majority of the pet food brands out there, including high-priced boutique brands, are owned by large human food companies. Many are best known for making candy bars. These mass-produced pet food brands rely on less expensive and easily obtained protein and carbohydrate sources that often originate from overflow of the human food market and can come from anywhere in the world. Quality control of pet food sources is difficult if not impossible when thousands of different suppliers are used. It's no shame to admit you have little time to analyze the small print on pet food bags. Veterinarians have suffered along with you, equally perplexed by the mountain of options and the questionable ingredients in even the most expensive brands. We've been recommending brands for decades with limited reliance on the origin or the quality of ingredients. It was difficult to recommend one brand over another...until now.

Recognizing the need for purer pet foods that were designed and produced by veterinarians rather than candy bar companies prompted the Pennsylvania company, **Veterinary Recommended Solutions® (VRS)**, to source and produce a line of pet foods called Transparent Nutrition. VRS chose the name to reflect the transparent nature of all of the USA-sourced ingredients in their food. From **certified antibiotic-free** organic chicken to sustainable **wild-caught pacific cod**, all ingredients are clearly labeled with full manufacturing transparency. These labels are easy to read and understand. Furthermore, the animal products are obtained thru the Global Animal Partnership which **ensures free-range, pasture-fed**, humanely raised conditions for all Transparent Nutrition animal stock. Every bag of food comes with a lot number which you can plug into the **VRS** website and see exactly from what farms and what states your ingredients came from. That's pretty cool!

Equally importantly, **VRS** tests every batch of food for the presence of contaminants (heavy metals, mycotoxins, microbes, toxic compounds like melamine, etc…) Pet food companies are not required by regulatory agencies to test for certain contaminants, nor are they required to share their results with consumers. **VRS** is veterinary-owned and not only surpasses current testing guidelines, it freely shares these results with you, the consumer.

And guess what, whereas other companies either fail to test all together, or, once tested, accept a variety of different levels of contamination, **VRS** accepts ZERO as the only passing standard of purity. With the highest level of sourcing, testing and content transparency, **these pet foods are simply the finest and cleanest pet foods on the planet.**

I urge you to **make the switch to VRS Transparent Nutrition** for your pets and to share in the peace of mind knowing you are feeding them the best and cleanest commercial food on the market.

For more info, please visit our website at www.bah41@verizon.net or call our office at 908-766-0041.

Dr. Vedrana Gjivoje, DVM, was named one of New Jersey's Top 25 Leading Women Entrepreneurs for 2017. Dr. Gjivoje, together with her husband, James Baxter, DVM, has been the owner of the Bernardsville Animal Hospital for the past 21 years. Drs. Gjivoje and Baxter have been providing outstanding veterinary care for the pets in our community and have expanded their veterinary services to include the latest in health and wellness care, laser surgery and therapy, and pet boarding. The doctors and staff at the Bernardsville Animal Hospital are proud to celebrate 60 years of service to the Bernardsville and surrounding communities this fall of 2017. Dr. Gjivoje has dedicated her life to improving the health of our canine and feline companions while providing support and education to pet owners and family members alike. Her latest passion is focused on educating pet owners on optimal nutrition for all members of the family. In addition to her professional responsibilities, servicing her clients, and growing a successful business, Dr. Gjivoje has a passion for community service both here and abroad supporting charitable organizations such as Heartworks (Basking Ridge, NJ) and More Than Me (Monrovia, Liberia). Stop by the clinic or call 908-766-0041 to arrange an appointment if you have interest in learning more.

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Bernards-Ridge Community Calendar

September - October - November

ACTIVITIES/EVENTS

FARMSTEAD ARTS CENTER

Bluegrass Bar-B-Q Barn Dance: Saturday, September 9, 6-9 pm. Music by mandolinist Wayne Fugate and Uncommon Ground (www.waynefugate.com/music). $10 cash only at the door, children 12 & under FREE.

HISTORIC CHESTER BUSINESS ASSOCIATION "Linked" Online

44th Annual Fall Craft Show: Saturday & Sunday, September 9, 10, 10am-5pm (Rain or Shine), Municipal Field & Perry Street, Chester. $5/person. $1 off single admission with this Ad. Children under 12, free. No pets allowed.

34th Annual Harvest Celebration: Saturday & Sunday, October 14,15, 10 am-5 pm. (Rain or Shine).

For more information, visit www.ilovechester.com.

MORRISTOWN FESTIVAL OF BOOKS

4th Annual Morristown Festival of Books: Friday & Saturday, October 13 &14. All day, FREE. Meet authors at five locales, along South Street, Morristown.

RIDGE OAK SENIOR HOUSING

Ridge Oak Basement Blow Out Sale: Friday, June, 2, 9-3pm, 150 Manchester Drive, Basking Ridge. Collectibles, art work, furniture, housewares, toys. Rain or Shine, 908-221-0266.

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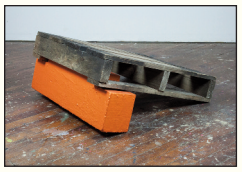
7th Annual ARTsee Open Studio Tour: Saturday & Sunday, September 23, 24, 12-5pm, Basking Ridge. For more info, visit www.artseenj.org

THE CENTER FOR CONTEMPORARY ART (CCA)

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

Synthesizing Nature: Friday, September 15-Saturday, November 4. Curated by Cory E. Card (View Arts Center) and Wes Sherman.

Lucas Kelly curated by Wes Sherman. Faculty Exhibition: Gary Godbee. ***Opening Reception:*** Friday, September 15, 6-8 pm.



***18 Wheels* by Lucas Kelly**

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Pre-registration required. Register online at www.jvanderveerhouse.org or contact Museum Coordinator Taryn Bossert Nie at 908-396-6053 or tnie@jvanderveer house.org. Museum open 1-4pm.

Open House Sunday: Sunday, September 10, Museum open 1-4pm. Walk in the footsteps of Generals George Washington and Henry Knox. $10 pp; members free; children 12 & under free. For more info, visit www.jvanderveerhouse.org.

Colonial Tavern Night: Friday, September 29, 7pm. Learn to create Colonial cocktails. $30 pp, **advance registration required.**

Bedminster Charities Fall Fest: Saturday, October 14,11am-5pm, River Road Park, Bedminster. Live music, entertainment, & food. Admission $5 pp, Children 3 & under free. Visit http://bedminstercharities.org/.

Paranormal Night at the Vanderveer House: (Ages 16 & older) Saturday, October 21. Two Sessions: 6:30-8pm & 8:30-10pm. Tickets $15 pp. Members $5. Advance registration required. Session limited to 25 people.

"A Taste of Change" by Peter G. Rose: Sunday, November 5, 2pm. Museum Open 1-4pm. $10 pp. Members Free, Children 12 & under free.

15th Annual Colonial Christmas: Saturday-Sunday, November 25, 26 & December 2, 3.

Tree Lighting: Friday, November 24, 6:30pm.

House Tours: Daily,10am-4pm. Admission $10 pp. Members Free.

STUDIO 7 FINE ART GALLERY

Fine art gallery at 5 Morristown Road, Bernardsville, 908-630-9770. Gallery hours: Tuesday-Saturday 10am-4pm & by appointment. **Upcoming Events:**

Paintings and Drawings by Anthony Panzera, NA; William Bouguereau - It's All in the Details: September 1 - October 28. ***Artist Receptions: Fridays, September 8, October 6, 6-9pm.***

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BERNARDSVILLE CHAMBER OF COMMERCE "Linked" Online

Meetings held third Tuesday of each month, 9am, Bernardsville Public Library, 1 Anderson Hill Road, Bernardsville. Welcoming new members from Bernardsville and neighboring towns. Contact Eileen Loughnane at info@bvillechamber.com or visit website at www.bernardsvillechamber.com

BERNARDSVILLE KIWANIS CLUB

A non-profit organization working towards building a better community, providing scholarships and enhancing goodwill. Meets every Tuesday, 6:30pm, Bernards Café & Grille, 8 Mine Brook Rd., Bernardsville. New members always welcome. For more information, contact Spencer Wissinger at 908-766-4456.

THE BONAFIDES OF SOMERSET HILLS

Group of diverse women who take an active interest in civic & social welfare of Somerset Hills Community. To join, visit www.thebonafidesofsomersethills.org or email thebonafidesofsomersethills@gmail.com. Check www.facebook.com/thebonafidesofsomersethills. Business meetings held 2nd Wednesday of each month, September-June, 10 am, Liberty Corner Presbyterian Church, Douglas Hall, 45 Church St., Liberty Corner. **Upcoming Event:**

Bonafides' Tricky Tray: Friday, November 10, St. James Chapel Hall, 184 South Finley Avenue, Basking Ridge. Doors open, 6:30pm. Drawing, 8pm.

If you are interested in joining The Bonafides, please call Bonafides'President, Sue Brewer at 908-766-2052.

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NEWCOMERS AND NEIGHBORS OF SOMERSET HILLS (NNSH)

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PEAPACK GLADSTONE HAPPY ROCKERS

All local and surrounding towns' residents 55+ are invited to join our monthly meetings held 4th Monday of the month (except July, August, December). Refreshments 12:30, meeting 1pm, Peapack Gladstone Municipal Building, 1 School Street, Peapack. Any questions call Lina Calabrese 908-234-2377.

Future Meetings: September 25, October 23, November 27. Refreshments are served at 12:30pm. Elizabeth Roberts, Visiting Nurse, present at each meeting to take blood pressure and discuss any health issues.

Upcoming Event: ***Meditation & Chair Exercise,*** Tuesday, September 26.

Upcoming Trips:

Spirit of Philadelphia - Lunch & Cruise: Wednesday, September 20. Guided tour of the National Constitution Center, Philadelphia.

Live at the Sands - Frank, Dean & Sammy Revisited Show: Thursday, October 19, Penn's Peak, Jim Thorpe Pennsylvania.

Sight & Sound - Miracle of Christmas: Wednesday, November 8, Lancaster, Pennsylvania.

Annual Christmas Luncheon: Monday, December 4, Basking Ridge Country Club, Basking Ridge.

ROTARY CLUB OF BERNARDSVILLE

"Service Above Self" meets every Tuesday, 7:45am for breakfast at Olde Mill Inn. 225 US Hwy 202, Basking Ridge, 07920. Evening meeting held once a month. Call before attending. Contact R. Goodman at 908-647-0435 for more information or visit www.bernardsvillerotary.org. **Upcoming Event:**

Family Fall Fest and Classic Car Show: Sunday, October 1 (Rain Date October 15), 1-5pm. Somerset Hills YMCA, 140 Mt. Airy Road,Basking Ridge.

SOMERSET COUNTY SENIOR WELLNESS CENTER

202 Mount Airy Rd., Basking Ridge, NJ 07920. Open Monday-Friday 9am-3pm. **All** seniors welcome to participate in all activities. Lunch served daily - reservations required 24 hrs in advance, by 10am. Volunteers always wanted for *Meals on Wheels* Program. For more information about the Center & programs call Kristen Grieco at 908-204-3435 or visit www.co.somerset.nj.us. Transportation available to center. Programs begin at 10:30am unless noted.

Ongoing Programs:

Dancercise: Mondays, 10:30am.

Tai Chi: Wednesdays, 1pm.

Upcoming Programs:

Helen Vasko Discussion Group: Tuesdays, September 5, October 3, 10:30am.

FREE Blood Pressure Screenings: Tuesdays, September 5, October 3, 10:30am.

Disasters that Shaped New Jersey: Tuesday, September12, 10:30am.

Clifford Seay Sings the Songs that You Love: Wednesday, September 20, 10:30am.

Crooners of the 1930-1960s, performance by Gordon James: Friday, September, 22, 10:30am.

Rubber Stamping Halloween Gift Card Workshop: Wednesday, September 27, 10:30am.

Triskaidekaphobia (fear of the number 13): Friday, October 13, 10:30am, Meg Wastie Museum of Early Trades & Crafts.

Vintage Views - Photographic Journey, Walter Choroszewski: Friday, October 20,10:30am.

Rubber Stamping Thanksgiving Gift Card Workshop: Monday, October 25, 10:30am.

Halloween Celebration: Tuesday, October 31, 10:30am.

SPEECH MEISTERS TOASTMASTERS CLUB

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

SWIM, INC. "Linked" Online



Provides free aquatic exercise for adults with mobility impairments. State wide organization, with 17 chapters across NJ. Three locations in Somerset County: *Somerset Hills YMCA,* contact Dr. Paul Kiell, 908-230-3581, *Somerset Valley YMCA*, Bridgewater, contact Janet McCloskey, 908-704-0630, *HRC Fitness,* Hillsborough, contact Angela Horan, 908-399-3097. Accepting new participants & seeking volunteers. For additional information contact Eileen Loughnane, 908-766-6085, info@swim-inc.org or visit our website at www.swim-inc.org

VISITING NURSE ASSOCIATION OF SOMERSET HILLS (VNA)

200 Mt. Airy Road, Basking Ridge, NJ 07920, 908-766-0180.

Adult Day Center of the Visiting Nurse Association of Somerset Hills offers free tours of its facilities Monday-Friday between 10am & 3pm. Call Maria 908-766-0180 x 260. For information about the Day Center, visit www.visitingnurse.org

Caregiver Support Group (FARE): *Bridgewater Group* - Meets 2nd Wednesday of every month, The Chelsea in Bridgewater across from Green Knoll Grill, 6pm. Welcome to bring a brown bag dinner. *Basking Ridge Group* - Meets 4th Monday of every month Location: Adult Day Center of the VNA of Somerset Hills, Basking Ridge, 1:30pm. For information, call the FARE Information Line (908) 766-0180, ext. 241 or visit www.visitingnurse.org.

Bereavement Group: Support group. Meets 2nd and 4th Wednesday of each month, 10:30am-12pm, VNA of Somerset Hills. For information, call (908) 766-0180, ext. 142 or ext. 118.

VNA Rummage Sale Donations: Monday-Saturday, September 9-27, 10am-1pm, Far Hills Fairgrounds. For more info: http://bit.ly/vnarummagesaledonations

VNA Rummage Sale: October 6,7, & 8, Far Hills Fairgrounds. Friday & Saturday 9:30am-3:30pm, Sunday 12:30-3:30pm. Rain or shine. Credit cards accepted. For more info: http://bit.ly/thevnarummagesale

LIBRARIES

BERNARDS TOWNSHIP LIBRARY, BASKING RIDGE

32 South Maple Avenue, Basking Ridge, 908-204-3031. Open Mon.-Thur. 9:30am-9pm, Fri. 9:30am-5pm, Sat. 10am-5pm, Sun. 1pm-4pm, e-mail Rlufkin@ bernards.org. For further information on all programs & to register, please visit our website at www.bernardslibrary.org or call 908-204-3038. Registration required unless otherwise noted.

FAMILY PROGRAMS:

Twilight Tales: Tuesdays, September 5, 12, 19, 26; October 3, 10, 17, 24, 31; November 7, 14, 21, 28; 6:30pm.

Turtle Dance Music: Saturday, September 16, 10:30am.

Saturday Stories: September 9, 30; October 21, 28 (Halloween), November 11; 10:30am.

Saturday Drop-In Craft: September 23, October 28 (Halloween), 10:30am. November 18, 1pm.

Somerset Hills Kennel Club: Saturday, October 14 at 10:30am.

Outragehisss Pets, A Live Animal Event: Saturday, October 7, 10:30am.

Hootin' Halloween Monster Mash with Presley and Melody: Monday, October 30, 6:30pm.

Book Bingo: Friday, November 10,3pm.

CHILDREN'S PROGRAMS:

Fall 10-week Storytime Sessions: September, 12.

Junior Explorers: (Ages 4-6) Tuesdays, September 12, October 2, November 6; 4:15pm.

Baby Time: (Birth-15mos) Thursdays, September 14, 21, 28, October 5, 12, 19, 26, November 2, 9, 16, 9:30am.

Preschool Yoga Storytime: (Ages 5 & under with adult) Friday, September 15, 10:30am.

African Mask Making: (Ages 5-9) Thursday, October 5, 12, 4pm. Registration requested.

Somerset Hills Kennel Club: (All ages) Saturday, October 14, 10:30am.

Creature Comfort Read to the Dogs: (Ages 6 & up) Saturdays, September 16, October 14, November 11, 2pm.

Legos @ the Library: Sundays, September 24, October 8, November 12, 26, 2pm.

Steam Time: (Grades 3-6) Thursdays, ***Paper Circuits,*** October 12; ***Engineering Challenge,*** November 9, 4pm.

Tortoise and the Hare's Puppet Show: Wednesday, November 8; 7pm. No registration required.

Endangered in New Jersey- Great Swamp Education Center Outreach: Friday, November 10; 10:30am.

Tweens Fun: (Grades 4-6) Thursdays, September 28, ***Light Saber Workout;*** October 26, ***Comic Book Drawing Workshop;*** November 16, Event TBD.

"LINK" YOUR ENTRY TO YOUR WEBSITE – CALL PRACHI 908-903-1799

LIBRARIES

BERNARDS TOWNSHIP LIBRARY (CONTINUED)

TEEN PROGRAMS:

Anime Club: Wednesdays, September 6, October 4, November 1, 7pm.

Teen Volunteer Fair: Wednesday, October 11, 7pm.

Teen Advisory Board: Wednesdays September 13, October 11, November 8, 7pm.

Girls Who Code: Tuesdays, October 3, 10, 17, 24, 31, November 7, 14, 21, 28, 6pm.

SAT/Act Combo Practice Test: Saturday, November 4, 10am-2pm.

ADULT PROGRAMS:

Knit & Crochet Circle: Tuesdays, September 5, 19; October 3, 17; November 7, 21,10am.

Evening Book Discussion: Tuesdays, September 5, ***Billy Lynn's Long Halftime Walk*** by Ben Fountain, October 3, ***A Canticle for Leibowitz*** by Walter M. Miller, Jr., November 1, ***A Man Called Ove*** by Fredrik Backman, 7:30pm.

Serious Fun Tech Classes – Smart Phone Basics: Tuesday, September 12, 2pm.

Adult Chair Yoga: Friday, September 15, 11:15am.

The Desperados – Eagles Tribute Band: Sunday, September 17, 2pm.

Free Monday Fall Concert Series: Mondays,September 18, 25; October 2, 16, 23, 30, November 6, 13, 1pm, Westminster Hall, Basking Ridge Presbyterian Church. **No registration required.**

The Irish Impact on the American Presidency: Thursday, September 21, 7pm.

Investment Help with Eve Kaplan, My Portfolio Looks Like Greek to Me – A Guide for the Perplexed: Wednesday, September 27, 7pm.

Serious Fun Tech Classes – Travel Apps: Monday, October 2, 7pm.

Big Screen Thursdays – A Month-long October Film Series: Thursdays, October 5, 12, 19, 26, 12 Noon. No registration required.

Daytime Book Discussion: Wednesdays, September 20, ***Lolita*** by Vladimir Nabokov, October 18, ***The Wright Brothers*** by David McCullough, November 15, ***Circling the Sun: A Novel by Paula McLain,*** 10am. No registration required.

Family History Interest Group (FHIG): Tuesdays, September 26, October 24, November 28, 6:30pm.

Organically Yours – Open yourself to a Vibrant Healthy Life Through Clean Living with Author/Speaker Patricia Diesel: Thursday, October 5, 7pm.

Ecuador and Galapagos Islands – NJ Audubon Presentation: Tuesday, October 17, 7pm.

Friday Night at the Opera with Dr. Robert Butts: Fridays, September 22, October 6, 13, 23, 30; November 3, 10, 17, 7:30pm. $5 at the door.

The Jersey Devil: Sunday, October 29, 2pm. Presenter: Angus Kress Gillespie, Ph.D., Professor of American Studies, Rutgers University.

George & Martha - A Love Story: Thursday, November 2, 7pm.

Raconteur Radio's Casablanca -A Staged Radio Play: Sunday, November 5, 2pm.

Meditation for Peace and Well Being: Thursday, November 16, 7pm.

Paul Cezanne – An Armchair Art Tour with Dr. Michael Norris: Monday, November 20, 7pm.

Career Forum-Resources for Job Hunters: Tuesday, November 21, 7:30pm.

U.S. Constitution: Wednesday, November 29, 7pm. Presenter, Nolan Asch.

BERNARDSVILLE PUBLIC LIBRARY

1 Anderson Hill Road, Bernardsville, 908-766-0118. Open Monday-Thursday 10am-9pm, Friday-Saturday 10am-5pm, Sunday 1pm-5pm. **All programs are FREE.** Children under 8 must be accompanied by an adult at all programs. **Most children's programs are drop-in,** but advance sign-up is required for some. Check library website www.bernardsville library.org for more programs. Register online or call library to sign up. **No sign up needed unless otherwise stated.**

SEPTEMBER ART EXHIBITION: On view, September 5-29, ***Connections,*** Pastels by Linda Schwartz.

OCTOBER ART EXHIBITION: On view October 3-30, ***Photographs by Jim DelGuidice.*** Opening reception: Sunday, October 8, 2-4pm.

Monthly Meditations: Fridays, September 8, October 13, November 10, 10am. Led by Mary Bodenstein and Jean Leigh. Free.

Saturday Samplers: Saturday, September 9, 11am, ***Endurance*** (1959) by Alfred Lansing. November 4, title TBD!

English-As-A-Second-Language (ESL): Mondays & Thursdays, September 11-November 16, 3pm & 7:15pm. Thursday evening classes, Bernards High School Community Room. Free.

9/11 Remembrance: Monday, 6:30pm.

50 Book Challenge: Saturday, September 16, 10:30am.

Sunday Science with John Lyga (Grade 2 & up with adult) Sundays, September 17, October 15, 2pm. Advance registration.

Qi Gong with Wanda Knapik: Wednesday, September 20, 7pm. Learn ***Dancing Dragonfly.*** Advance sign-up requested.

Friday Afternoon Movie: Fridays, September 22, ***Paths of Glory,*** October 27, ***Fences,*** 2pm.

Bingo Night: (18 or older) September 22, 6:30-9pm. Admission ($25 at the door) includes a game booklet, an ink stamper & snacks/drinks.

Saturday Crafters: September 23, October 21, November 18,11am. Work on your own projects & get tips.

Meet Carolyn Murnick - Author of The Hot One: Sunday, September 24, 3pm. Advance sign-up requested.

Memoirs & Coffee: Tuesdays, September 26, October 24, November 28, 10:30am. Book discussion group led by Manager Pat Kennedy-Grant.

Egypt - Sands of Time, Part II: September 26, 7pm. Audience members will learn to write their names in hieroglyphs. Advance sign-up requested.

Make YOUR Difference: Wednesdays, September 27,October 25, November 29, 7pm. Professional Inspirer Andrea Mastrobattista helps you uncover unique talents. Advance sign-up requested.

Saturday Samplers: Saturday, October 7, 11am. ***Shows for Days,*** a play by Douglas Carter Beane.

Keep This, Toss That: Wednesday, October 11, 7 pm. Join organizing humorist™ Jamie Novak on how to clear clutter and store stuff. Advance sign-up requested.

Save the Date! **Friends of the Library Fall Bash:** Friday, October 27, 7-10pm, Bernards Inn. Dinner, 50/50, and silent auction. $95/person.

Tea and Conversation with M.J. Rose: Sunday, October 29, 2pm. Julie Maloney of Women Reading Aloud will conduct an interview with New York Times best-selling author M.J. Rose.

CLARENCE DILLON PUBLIC LIBRARY

2336 Lamington Road, Bedminster Township, NJ 07921, 908-234-2325. For more program information & registration, visit front desk, call 908-234-2325 ext. 0, or email ref@dillonlibrary.org or visit www2.youseemore.com/clarencedillon. **Enroll ahead unless otherwise noted.** $5 admission paid at door unless otherwise noted.

Enroll Ahead Yoga-$5.

Ongoing Programs:

Mondays, **Yoga,** 9am; **Intermediate Bridge,** 11:30am.

Tuesdays, **Drop-In Computer Help,** 3pm, **Classic Movie Screening,** 6:45pm.

Wednesdays, **Knitting in the Café**, 11am; **Yoga,** 4:30pm; **Guided Meditation & Mindfulness,** 6:15pm.

Thursdays, **Yoga,** 9am.

Friday, **Current Movie Screening**, 1:30pm.

Children's Story Times: Mondays, Preschool (Ages 3-5), 10:30am.

Wednesdays, **Mother Tot** (Ages 18 months-3 yrs),10:30am.

Summer's End Party - Arrivederci Summer: Saturday, Sept. 30, 6pm.

Women's Forum - ***An Intriguing New Program:*** Thursdays, Sept 21, November 2, 16, 11:30am.

Sunday Afternoon Lectures - ***The Vanishing Faces of Tibet , Doug Munch*****:** Sunday, Sept 17, 2pm.

Frida Kahlo: Barbara Tomlinson, Sunday, Sept 24, 2pm.

Café Nooners: 12-12:45pm

Literary Discussion: Tuesdays, September 12, Short Stories by ***Jhumpa Lahiri & Laurie Colwin;*** October 3, ***John Updike & Grantland Rice;*** November 7, ***Ruth Rendell & Graham Greene.***

Sandy's Music: Wednesdays, September 13, October 11, November 8.

The Art Scene: Thursdays, September 14, ***Michelangelo Lecture;*** October 19, ***Cloisters Museum visit.*** Bus leaves 9am, $40 pay on bus. Nov 15, ***Prof. William Kloss examines abstract expressionist painters Pollock and Hofmann.***

Local Leaders: Wednesdays, September 20, October 25, November 21.

Financial Planning for Retirement by Ash Rajan: Wednesday, September 13, 20, 6:30pm.

Book Discussion: Tuesdays, Sept 12, ***No Ordinary Time;*** October 3, ***House of Sand and Fog;*** November 7, ***Growing Up,*** 10am.

Photography Meet Up: Wednesdays, September13, October 11, November 8, 7pm.

Sunday Performances: October 1, ***Misuzu Tanaka Piano Recital;*** October 15, ***Linda Kenyon "Becomes" Eleanor Roosevelt,*** 2pm,

Met Museum lecturer Mike Norris's pre-trip talk on the Cloisters Museum: October 5, 11:30am.

College Admission Strategies: Thursday, October 26, 6:30pm.

Classic Movies Discussion Group: Wed, Oct 11, ***City Slickers;*** November 15, ***Trading Places,*** 10am.

Lectures and Concerts: ***Commodore Vanderbilt,*** Sunday, Nov 5, 2pm.

Carolyn Enger Piano Recital: Sunday, November 12, 2pm.

Understanding Social Security: Wednesday, November 1, 6:30pm.

Instagram "How To": Saturday, November 4, 10:30-Noon.

MORRISTOWN & MORRIS TOWNSHIP LIBRARY

1 Miller Road, Morristown, 973-538-6161, email: info@jfpl.org. Open: Sun 1-5, Mon-Thurs, 9am-9pm, Fri, 9am-6pm, Sat 9:30am-5pm. Closed Sept, 2-4 for Labor Day. All programs FREE, no registration required. For more info, visit www.jfpl.org

Friends of the Library Book Sales: Every Tuesday & 1st & 3rd Saturday of each month, 10am-2pm.

Art Exhibition: ***Photography of France by Jim DelGiudice,*** through October 13. ***Photographer Reception:*** Tuesday, October 10, 7pm.

CHILDREN'S PROGRAMS:

After School Craft Table: (All ages) Thursdays, September 7, 21 & October 12, 26, 3-5:30pm.

Johnny Appleseed Birthday Craft Table: (All ages)Tuesday, September 26, 3-5:30pm.

Craft Story Time: (Ages 2-5) Tuesdays & Wednesdays, October 3, 4, 10, 11, 17, 18, 24, 25, 31, 10am.

Family Craft Story Time: (Ages 3-8) Saturdays, October 7, 28, 11am.

ADULT PROGRAMS:

Spirituality Book Discussions: Wednesdays, September 6, T***he Boy Who Knew Too Much*** by Cathy Byrd; October 4, ***Talking to Heaven*** by James Van Praagh. 7pm.

Criminal Justice Reform and Expungement Seminar: ***Info from the Superior Court of New Jersey, Morris-Sussex Vicinage,*** Tuesday, September 12, 7pm, Meeting Room.

Scrabble Club: Wednesdays, September 13, October 11, 2-4pm.

By the Book-A Morning Book Club: Thursdays, September 14, ***Commonwealth*** by Ann Patchett, October 12, ***The Rainbow Comes and Goes*** by Anderson Cooper & Gloria Vanderbilt, 10am.

Let's Spend the Night Together - An Evening Book Club: September & October.

FAFSA Form Program: Thursday, September 14, 7pm.

Foreign Cinema Series: Recent foreign films of note. Wednesdays, September 20, October 25, Films TBA, 7 pm.

North Jersey Sewing Circle: Saturdays, September 23, ***Alterations Basics,*** October 28, ***Working with Vintage Sewing Patterns.*** 10am-1pm.

Just Out of the Box…Office Film Series: Wednesdays, September 27, October 25, 2pm & 7pm.

ACT vs SAT Program: Thursday, September 28, 7pm.

Coloring Book Club: Monday, October 2, 7-9pm.

Financial Problems of the Middle Class: ***Why are Americans Struggling,*** Book talk with Joseph N. Cohen, Tuesday, October 3, 7pm.

American Civilization Institute of Morristown historical presentation: Sunday, October 8, 2pm.

The Divorce Process in NJ: Info from the Superior Court of New Jersey, Morris-Sussex Vicinage, 7pm.

The Sunken Gold - ***A Story of World War I, Espionage, and the Greatest Treasure Salvage in History:*** Wednesday, October 11, Lecture and book talk with Joseph A. Williams, 7pm.

How to Write your College Application Essay: Thursday, October 12, 7pm.

Morocco - ***Land of Contrasts, a Travelogue:*** Photos & lecture by Mark Rochkind. Thursday, October 19, 7 pm.

100 Years Ago in Popular Music with Phonograph DJ MAC: Sunday, October, 22, 2pm.

New Jersey Folk Revival Music: Tuesday, October 24, 7 pm.

Fall Film Series: Thursdays, October 26, Nov. 2, 9, 16, 7pm.Films TBA.

SCLSNJ PEAPACK & GLADSTONE LIBRARY BRANCH

Peapack & Gladstone Municipal Complex, School St., Peapack, 908-234-0598, www.sclsnj.org. Program dates & times subject to change. **All programs are FREE. Registration required unless otherwise indicated.** Visit website or call library for more information & to register. **Note: The branch will be closed September 4, November 23.**

CHILDREN'S PROGRAMS:

Rhyme Time: (Babies and Toddlers) Wednesdays, September 13, 20, 27, October 4, 11, 18, November 8, 15, 22, 29, 10:30-11am.

Storytime: (Ages 2.5-5) Fridays, September 15, 22, 29, October 6, 13, 20, November 10, 17, 10:30-11am.

Get the Scoop with SPOON! (Ages 3-7) Saturday, September 16, 10-12pm.

Little Builders: (Ages 1-5) Thursday, September 21, 10-11am.

LEGO Club: (Grades K-5) Tuesdays, September 26, October 24, November 21, 4:30-5:30pm.

Cardboard Challenge: (Ages 4 & up) Saturday, September 30, 1-4pm.

Paws for Reading: (Ages 4 & up) Saturdays, October 21, November 18, 10-11am.

Toddler Dance Party: (All ages) Thursday, October 26, 10:30-11am.

STEM Saturday: (Ages 5 & up) Saturday, October 28, 1-4pm.

Parachute Play: (Ages 2-5) Thursday, November 16, 10:30-11am.

TEEN PROGRAMS:

Ellis Island and Immigration Policies (Teens and adults): Wednesday, September 27, 7-8:30 pm.

ADULT PROGRAMS:

Estate Planning and Wills: Wednesday, September 6, 7-8pm.

Thursday Movie Matinee: Thursdays, September 7, ***Their Finest,*** 1-3:30pm; September 21, ***Fences,*** 1-4pm.

Better Health without Breaking the Bank: Friday, September 8, 1-2pm.

Book Discussion: Wednesday, September 20, 7:30-9 pm.

One Hour De-Stress Meditation and Yoga: Wednesday, October 4, 7-8pm.

The Story of America's First Female Jockey: Wednesday, October 11, 7-8:30pm.

RECREATION

SOMERSET COUNTY PARK COMMISSION

Somerset County Park Commission

Information on all activities available at www.somersetcountyparks.org or by calling 908-722-1200.

Duke Island Walkers: Wednesdays, 9:30 am, Duke Island Visitor's Center. FREE.

Bonsai Exhibit: Saturday, September 9-Friday, September 15. Monday-Friday, 10am- 4pm; Saturday, 10am-5pm, Sunday, 12 Noon-5pm.Leonard J. Buck Garden. FREE. Donations appreciated.

58th Annual Somerset County Dr. Michael S. Kline Golf Tournament: September 9, 10, 16, 17, Green Knoll, Warrenbrook, Spooky Brook, and Quail Brook Golf Courses.

Flower & Garden Photograph: Saturday, September 16, 9-11:30am.Create flower images & garden landscape photographs. Fee, $35 pp. Limited to 12 people. Horticulture Building next to the Colonial Park Rose Garden, Parking Lot A.

Horse Care Workshop 101: Saturdays, September 16, 23, 30, October 7, 14, 1-3pm, Lord Stirling Stable, 256 South Maple Avenue, Basking Ridge. $60 for Somerset County residents & $90 for non-residents.

Dog Days – A Very Silly Dog Show: Sunday, September 17, Lord Stirling Stable, 256 South Maple Avenue, Basking Ridge. More info on www.flssnj.org.

Annual Fall Nature Ride: (Ages 9 & older & under 200lbs) Sunday, September 24, 8:30am. Lord Stirling Stable. $35 for members and Lord Stirling Stable students; $40/Somerset County residents; $50 for non-residents.

1770's Festival at the Environmental Education Center: Sunday, October 1, 11:30am-4:30 pm. Suggested donation $5.00.

"Home On the Range" Introductory Horseback Ride: (Ages 9 & up) Sunday, October 1, 29, 1pm, Lord Stirling Park. Fee, $40 for Somerset County residents. $50 for non-residents.

Peony Propagation Workshop: Thursday, October 5, 4:30-6:30pm. Participants meet at the Colonial Park Garden Rudolf W. van der Goot Rose Garden, Parking Lot A. For information call 732 873-2459 ext. 21 or visit www.somersetcountyparks.org.

Introductory Horseback Ride: (Ages 9 & up) Sunday, October 8, 1pm, Lord Stirling Stable. $35 for Somerset County residents, $45 for non-residents.

By the Light of the Moon: Friday, October 13, 6:30-7:30pm, (Rain date Saturday, October 14), Environmental Education Center. Fee, $6 pp, preregistration required.

Live Animal Show at the EEC: Sunday, October 15, 1-2pm. FREE. Suggested donation $5 per person.

Proper Techniques for Cleaning & Sharpening Gardening Tools: Tuesday, October 17, 10-11:30am. Fee $15 pp & preregistration required

Goofs and Ghouls: Sunday, October 22, 1-3pm, Colonial Park Gardens, Stone Cottage at Parking Lot A,Mettlers Lane, Franklin Township. FREE. For information call 732-873-2459, ext. 21 or www.somersetcountyparks.org.

Flower & Landscape Photography – Autumnal Brilliance: Tuesday, October 24, 9-11:30am, Leonard J. Buck Garden, 11 Layton Road, Far Hills. Pre-registration required. Fee $35 pp. Call 908-234-2677, ext. 21 for more info.

Cape May Birding Adventure: Depart Tuesday, October 24 and return Thursday, October 26. Call 908-766-2489 for pricing and details.

Mischief Night Madness - Colonial Park Putting Course: Friday, October 27, 4-9pm (Rain date Saturday, October 28),Colonial Park Putting Course, East Millstone. Fee: $8 for family of two; $10 for family of 3 or more.

Fall Festival at Lord Stirling Stable: Saturday, October 28, 5-8pm. Additional information may be found at www.flss.org.

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www.theconnectionsnj.com

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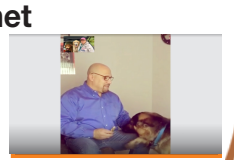


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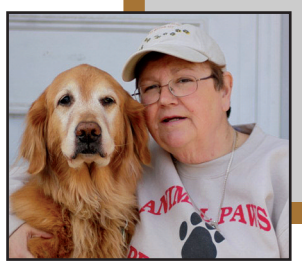


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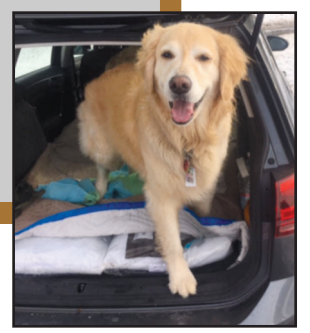
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Hope all had a wonderful summer. Enjoy the fall. My favorite time of the year!

PETS' HEALTH



DIARRHEA IN DOGS

By: Michele Patanio, Animal Paws Pet Sitting LLC
908-963-0311 animalpaws.net

Diarrhea is characterized by frequent loose or liquid bowel movements. It can be caused by something as simple as a change in diet or a more serious illness or infection. Diarrhea may be sudden in onset and short in duration. It can also last for weeks to months or occur off and on. A single bout of diarrhea is generally not a cause for concern in dogs -- but if it persists for more than a day, it can lead to dehydration, or it may indicate an underlying health issue and should be checked out by a veterinarian.

What Causes Diarrhea in Dogs?

- Change in diet
- Food intolerance
- Ingestion of garbage or spoiled food
- Ingestion of poisonous substances or toxic plant material
- Ingestion of foreign body (for example, toy, rubber band, plastic bag, etc.)
- Allergic reaction
- Bacterial or viral infection
- Internal parasites, such as roundworms, coccidia and giardia
- Inflammatory bowel disease
- Kidney or liver disease
- Cancer or other tumors of the digestive tract
- Certain medications
- Colitis
- Stress
- Hemorrhagic gastroenteritis

What Are the General Symptoms of Diarrhea?

Loose or liquid, frequent stools are the most common symptoms of diarrhea in dogs. Other signs include gas, blood or mucus in stool, changes in volume of stool and straining to defecate. Lethargy, dehydration, fever, vomiting, decreased appetite, weight loss and an increased urgency to defecate may also accompany diarrhea.

If your dog's diarrhea is black, he could be experiencing internal bleeding of the stomach or small intestine and should be examined by a vet immediately.

How Do I Treat Diarrhea?

It is often recommended that you avoid giving your dog any food for 12-24 hours while he's experiencing diarrhea, but do provide plenty of fresh, clean water to stave off dehydration. Check with your veterinarian about the proper course of treatment for your dog's specific case. Give boiled chicken or boiled chopped meat and long grain rice. If after a few days your dog seems better, go back to regular food a little amount at a time.

When Should I Take My Dog to the Vet?

Bring your dog to the vet if his diarrhea continues for more than a day, or if you observe lethargy, vomiting, fever, dark-colored or bloody stools, straining to defecate, decreased appetite or unexplained weight loss. Contact your veterinarian immediately if you notice your puppy has diarrhea, as it can be an important indicator of serious diseases in young dogs.

What Can I Expect at the Vet's Office?

Your veterinarian will examine your dog for underlying illnesses and assess for dehydration. He or she may take a stool sample to check for the presence of internal parasites, as well as conduct blood tests to identify a possible cause of the diarrhea.

Other diagnostic tests might include radiographs, ultrasound, cultures, endoscopy and biopsy. The diagnostic tests performed and treatment recommended will depend on how long the diarrhea has been going on and the severity of your dog's condition.

Please always check with your regular veterinarian.

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