

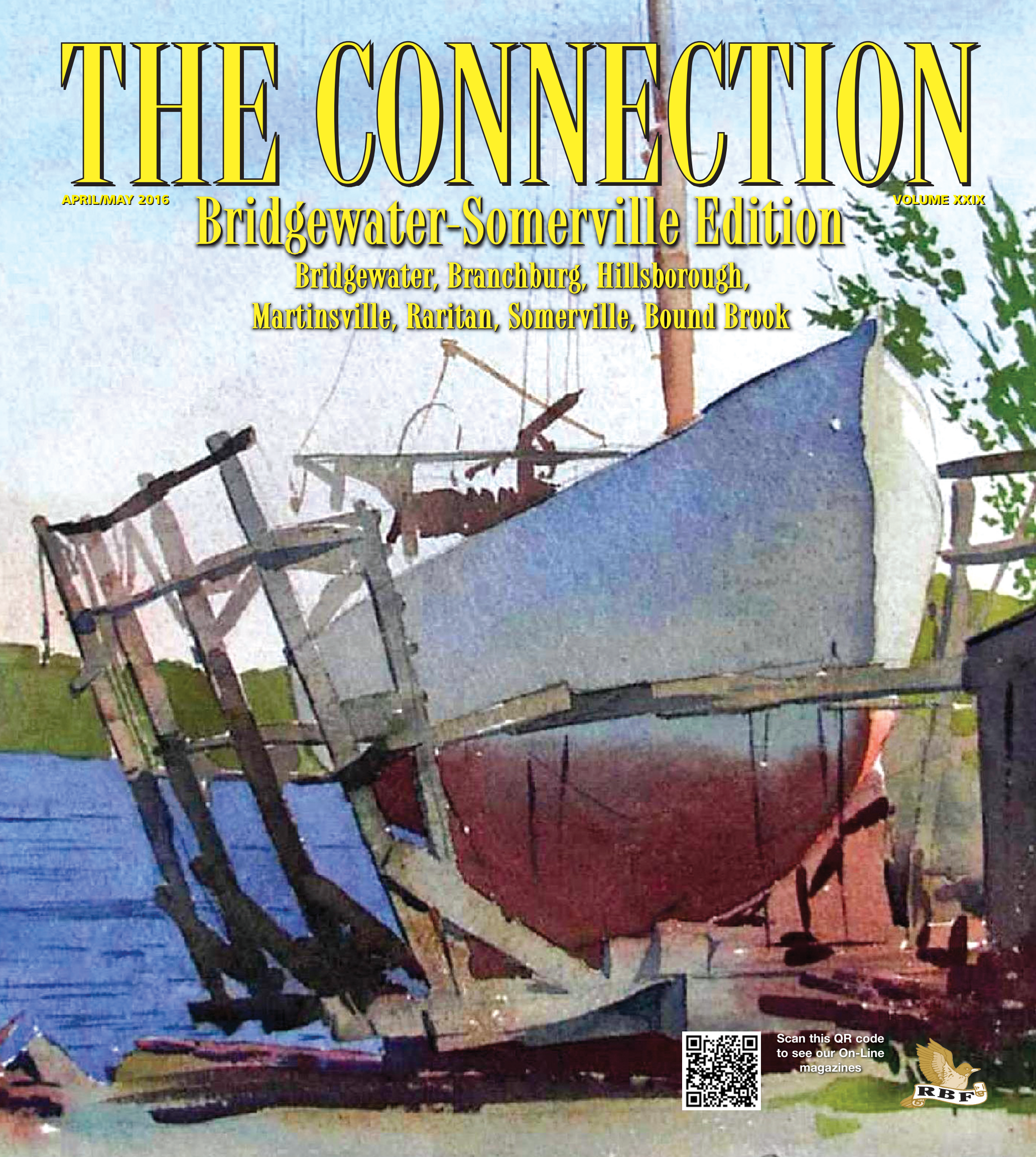
# THE CONNECTION

APRIL/MAY 2016

VOLUME XXIX

## Bridgewater-Somerville Edition

Bridgewater, Branchburg, Hillsborough,  
Martinsville, Raritan, Somerville, Bound Brook



Scan this QR code  
to see our On-Line  
magazines







*"The Cleaner Greener Sealer"*



**FREE  
ESTIMATES**

Fully Insured

**(908) 271-9797**

**www.greatsealcoating.com**

NJ License #13V801319300



**DRIVEWAY SEALCOATING AND REPAIR!**



**\$50 OFF**

**Driveway Sealcoating**

Job Must Be Scheduled Prior to Expiration Date

**(908) 271-9797**

With This Coupon. Cannot Be Combined With Any Other Offers.  
Expires 5/31/16

**10% OFF**

**Infrared Driveway Repair**

Job Must Be Scheduled Prior to Expiration Date

**(908) 271-9797**

With This Coupon. Cannot Be Combined With Any Other Offers.  
Expires 5/31/16





# SANDRA O'KEEFE & JOHANNA WISEMAN



## Buying or Selling?

### No one will work harder for you!



Search Properties at:  
[www.SandyOKeefe.com](http://www.SandyOKeefe.com)



**Contact us for a free analysis of your home's market value and readiness for sale.**

#### INDUSTRY RECOGNITION:

- NJAR Circle of Excellence Sales Award, 1996 – 2015
- NJ Five Star Real Estate Agent 2011, 2013, 2014, 2015 (As seen in NJ Monthly)
- NJAR Distinguished Sales Club
- RE/MAX 100% Sales Club

#### TAKE ADVANTAGE OF OUR EXPERTISE:

- Clear and concise marketing plan
- Successful internet buyer capture
- Strategic advice and negotiation
- Award-winning customer service
- 38 years combined experience
- RE/MAX worldwide brand



1502 Doolittle Drive, Bridgewater  
**SOLD / SELLERS**



525 Stony Brook, Bridgewater  
**SOLD / BUYERS & SELLERS**



39 North Clark Avenue, Somerville  
**SOLD / SELLERS**



703 John Christian Rd, Bridgewater  
**SOLD / BUYERS**



12 Glen Eyre Drive, Bridgewater  
**SOLD / SELLERS**

*"Our house sold in 5 days, their marketing advice was excellent. Johanna and Sandy were professional and supportive during this process."*

– R. & J. McGraw, Bridgewater

*"Johanna and Sandy provided us with excellent professional real estate service and advice. Their websites and property photos looked great, were updated as needed, and really highlighted our home's unique qualities. If you're buying or selling a home, you'll really appreciate having Johanna and Sandy on your side!"*

– John and Peg Pendergast, Bridgewater

*"They went ABOVE and BEYOND in terms of all the extra work that they did to get this property sold. Their responses were IMMEDIATE to all issues. They are great negotiators, and are widely admired in the Realtor community so that negotiations with the other side were always productive. I would use them again and again."*

– Amy Alkoff Chasin, Bridgewater



389 Waterview Road, Bridgewater  
**UNDER CONTRACT**



2510 Lindsley Road, Bridgewater  
**UNDER CONTRACT**



93 Highland Avenue, Bridgewater  
**UNDER CONTRACT**



744 Old Forge Road, Bridgewater  
**FOR SALE**



991 Papen Road, Bridgewater  
**SOLD / SELLERS**

## RE/MAX Preferred Professionals

1170 Route 22 East • Suite 300 • Bridgewater, NJ 08807 • 908-685-0700 Office  
908-642-0997 Sandra Direct • 908-705-0652 Johanna Direct



Like us for local real estate news: [facebook.com/BridgewaterRealEstateFriend](https://facebook.com/BridgewaterRealEstateFriend)







# Spend a Little, GET A LOT BACK!

## \$10 A MONTH

Expires Tuesday, May 31, 2016

SAVE TODAY WITH THIS SPECIAL COUPON!



### 1 FREE hydromassage session

With this special coupon only. Must be 18 or older. Coupon and ID needed. Unlimited Hydromassage is an exclusive benefit of the PF Black Card® membership. Valid at Hillsborough, NJ location only. Expires 5/31/16.

**EXPIRES TUESDAY, MAY 31, 2016**



SAVE TODAY WITH THIS SPECIAL COUPON!



### 1 FREE Tanning Visit

With this special coupon only. Must be 18 or older. Coupon and ID needed. Unlimited Tanning is an exclusive benefit of the PF Black Card® membership. Valid at Hillsborough, NJ location only. Expires 5/31/16.

**EXPIRES TUESDAY, MAY 31, 2016**

## COME CHECK OUT OUR 22,708 SQ. FT LOCATION!

256 Route 206 S, Hillsborough, NJ 08844  
**908.615.0100**



\*Home Club only. Billed monthly to a checking account. Subject to a \$29 annual membership fee. With a \$29 one time start up fee. Includes T-shirt. Must be at least 18 years old, or 13 with parent/guardian. Incentives offered for enrolling in other memberships. Participating locations only. Planet Fitness facilities are independently owned and operated. ©Planet Fitness



**planetfitness.com**



## ***Before You Pay Too Much For Orthodontic Treatment... CALL US***



### **Orthodontics For Adults & Children**

- ★ *Ask Friends and Neighbors who they use or who they've heard is the best.*  
We've earned our reputation in the community with over 25 years of more than satisfied parents and patients. We're confident that when you ask... our name will be the one they mention.
- ★ *The Atmosphere is one that your child likes and you like.*  
Ours is a friendly, family atmosphere (Check us out...Anytime)
- ★ *The Doctor always communicates with the patient and parent.*  
You always receive clear, consistent and understandable communication ... Every Visit!
- ★ *Your needs are considered when scheduling and rescheduling appointments.*  
We are open Monday thru Friday and most Saturdays. Early hours and evening hours to accommodate your child's after school activities and your work schedules.
- ★ *You receive assistance with insurance and payment plans.*  
We offer in-house interest free payment plans. We can apply your payments to your charge card, debit cards and flex cards for your convenience. We also participate with Care Credit.
- ★ *We are an Elite Invisalign Provider.* 
- ★ *We are In-Network Providers with:*        and many more.

Somerville/Bridgewater, Branchburg • 901 U.S. Hwy 202 • Raritan, NJ 08869

908-231-1860

[www.fivestarorthodontics.com](http://www.fivestarorthodontics.com)



# **\$500 off Orthodontic Treatment**

For new patients only. Must present this ad at consultation.  
Not valid with any other offer or prior services. Expires 5/31/16.

[www.theconnectionsny.com](http://www.theconnectionsny.com)



## TABLE OF CONTENTS

## ON THE COVER

Joel Popadics .....Page 8

## CONNECTION COMMENDS...

Performance In Technique.....Page 14

Raritan Music Center.....Page 16

TJC Far Hills.....Page 22

Café Venezia.....Page 40

Branchurg Oral Surgery.....Page 48

## SUMMER PROGRAMS SECTION.....Pages 14-19

Family Adventures Column.....Page 18

Medical Minutes - Peak Medical.....Page 20

## HOME SWEET HOME SECTION.....Pages 22-32

Real Estate Corner Column.....Page 24

"Random" Connections Column.....Page 33

Slice of Life Column.....Page 34

## DINING OUT SECTION.....Pages 40-42

Big Apple Bites Column.....Page 42

A Caring Community.....Page 43

## SPOTLIGHT ON "SENIORS".....Pages 44-45

Creative Corner Column.....Page 44

Senior Corner Column.....Page 45

Mind The Mind Column.....Page 46

## HEALTH &amp; WELLNESS SECTION.....Pages 48-61

Health Hotline - Rebecca Lu, MD.....Page 50

Health Hotline - Andrea Strauss, MD.....Page 52

Medical Minutes -

Douglas Haymaker, Ph.D.....Page 54

Health Hotline -

Hillsborough Pediatric Dentistry.....Page 56

Medical Minutes - Dr. Vincent Sferra.....Page 58

Medical Minutes -

Dr. Steven Balestracci.....Page 60

Organize That Column.....Page 61

## EXPLORE DOWNTOWN

SOMERVILLE SECTION.....Pages 62-64

## COMMUNITY CALENDAR.....Pages 66-67

## SPOTLIGHT ON

HILLSBOROUGH SECTION.....Page 68

THE CONNECTION  
Bridgewater-Somerville Edition

## PUBLISHER

Robin Fand

908-903-1799 • Fax 732-667-8488 • Connectionsnj@gmail.com

## OFFICE MANAGER

Anna Petro

## PRODUCTION COORDINATORS

Roslyn Nina-Cianfano, Jody Varvaro

## SOCIAL MEDIA/CONNECTORY COORDINATOR

Prachi Jain

## ADVERTISING EXECUTIVES

Tasha Cassella, Shavaun Gliksman,  
Patty Herman, Alicia Singman

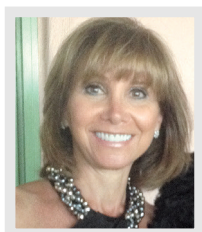
## CONTRIBUTING WRITERS

Dr. Steven Balestracci, Patricia Diesel, Lidia S. Gabinelli,  
Lauren Greenberg, Carolyn Hanson, Douglas Haymaker, Ph.D.,  
Joanne, Kleinle, Rebecca Lu, MD, Dr. Karl Maloney,  
Ellyn Mantell, Dr. Michael Osit, Peak Medical, Dan Rosenberg,  
Linda Seigelman, Dr. Vincent Sferra, Jerry Starr, LCSW,  
Andrea Strauss, M.D. F.A.C.S., Jill Stolz*The Bridgewater-Somerville Connection has a circulation of over 31,000, mailed to residents in Bridgewater, Martinsville, Branchburg, Somerville, Raritan & Hillsborough with Bonus circulation to the business community.*

## PUBLISHED BY

RBF Consulting LLC • P.O. Box 4081 • Warren, NJ 07059  
www.theconnectionsny.com

## PUBLISHER'S MESSAGE



Happy Spring to our loyal readers! It is with great pleasure and beautiful sunshine we present the April issue of **The Bridgewater-Somerville Connection**. This installment we present a fantastic **Summer Programs Section** filled with many options parents may want to explore to keep the kids busy this summer, **Spotlight on "Seniors" Section** has some thought provoking articles and advertisers, **Home Sweet Home Section**, filled with exceptional local craftsmen, landscapers and all your needs around the house, **Dining Out** this issue is packed with eating venues and notable articles and the **Health & Wellness Section** is brimming with wonderful solutions, tips and hints for everything health related. In addition we feature **Explore Downtown Somerville** and hope to continue this section as we see the town evolving with new businesses every day! Plus a **Spotlight on Hillsborough** and the **Community Calendar** which gives our readers club meetings, library programs and more!

Featured from our business/professional community this issue are: **Branchburg Oral Surgery**, **Café Venezia**, **Performance in Technique**, **Raritan Music Center** and **TJC Far Hills**. Our talented writers have given us unique insight into these businesses and their respective owners.

Local artist, **Joel Popadics**, adorns our front cover with a watercolor on paper entitled, **"In the Cradle."** Joel has been enthralled with the sea, boats and maritime subjects ever since a trip to Acadia National Park in Mount Desert Island, Maine in 1991. Always inspired by light, fog and mood of weather, the artist can be seen working at his easel along the Northeast coast. Joel reflects, **"'In the Cradle' was painted in a "pure" manner (without the use of white paint) and was painted en plein air (on location directly from life) at a Boatyard in Rockland, Maine. I was inspired by the early morning light bathing the schooner and the old wooden apparatus that supported the boat, which was up for repairs."** Please read Joel's impressive bio on page 8.

Look for our FUN contest in this issue: **SPOT THE FAKE!** Somewhere in this issue is a fake ad. Find it and

email us at **Spotthefake@theconnectionsny.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!** In addition, we have a **PHOTO CONTEST: TAKE YOUR BEST FAMILY PIC!** Take a picture of your family doing something fun, tag it with #ConnectionPics and send it to **INSTAGRAM** at **Connectionmag!** Watch for a **PHOTO COLLAGE** in the **JUNE ISSUES** to see if your picture made it in!

We encourage you to visit our website and read our ON-LINE 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!

Our Digital Magazines can also be viewed on your smart phone and iPad. We are only a "touch" away! **www.theconnectionsny.com**.



Looking for a Physician, Caterer, Dentist, Fitness Expert, Home Improvement help and much more? Check out **The CONNECTory**, our **ON-LINE Business Directory**, which is growing every day with new businesses joining featuring their respective contact information.

**www.connectory.theconnectionsny.com**

Like us on Facebook at **The Connection Magazines**, visit our blog at **www.blog.theconnectionsny.com** and follow us on Twitter at **Connectionsny**. We work to keep you updated at all times!

Follow us on **INSTAGRAM@Connectionmag** to see pictures of people in your local community who stay "Connected!"

**STAY CONNECTED TO YOUR COMMUNITY WITH THE CONNECTION MAGAZINES AND RE-MEMBER TO SHOP LOCAL!**

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:

**Spotthefake@theconnectionsny.com**

**Subject Line: FAKE**

More than 200 people took part in our **Spot The Fake Ad Contest** in the February issue. Congratulations to everyone who "spotted" **The Gluten Factory!** The winner, selected randomly from a list of all those who entered and provided the correct answer, is **Susan Walczak** of Branchburg. The winner received a gift certificate to **Olive Garden Restaurant**.



**www.theconnectionsny.com**



OYSTER PERPETUAL SUBMARINER DATE



ROLEX



 *Sherman & Sons*  
JEWELERS

Somerset Shopping Center  
Bridgewater, NJ  
(908) 526-0111

ROLEX OYSTER PERPETUAL AND SUBMARINER ARE ® TRADEMARKS.



**GUARINO FUR SERVICES**

**SPRING MAKEOVER & STORAGE SALE**

*Celebrating Our 70th Anniversary!*

- On Premises Cold Storage Vault •
- Expert Cleaning, Repairs, and Remodels •
- Guarino Family Owned and Operated since 1946! •

**REMODEL YOUR FUR INTO A NEW STYLE  
CREATE A VEST, JACKET, OR EVEN A  
REVERSIBLE FUR & FABRIC COMBINATION.**

|   |   |
|---|---|
| <b>PREPAY &amp; SAVE<br/>STORAGE</b><br><b>\$44.95</b> +TAX*<br>ON ANY FUR, LEATHER<br>OR SHEARLING<br>REG. 49.95                           | <b>PREPAY CLEAN &amp; GLAZE<br/>STORAGE</b><br><b>\$129.45</b> +TAX*<br>FULL LENGTH FUR,<br>LEATHER, OR SHEARLING<br>REG. 139.95                                      |
| <b>PREPAY CLOTH COAT<br/>STORAGE</b><br><b>\$5.00</b> \$24.50 VALUE<br>1 CLOTH OR WOOL COAT<br>WITH EACH PRE-PAID<br>FUR OR LEATHER STORAGE | <b>25% Off</b><br><b>RESTYLES,<br/>CONVERSIONS and<br/>REMODELS</b><br><small>New invoices only; not applicable for<br/>any other labor charges. Exp. 6/15/16</small> |

\*Excludes prior purchases. Not to be combined with other offers, trade-ins or discounts.  
All furs labeled to show country of origin. Details posted in store. Present coupon at  
time of sale. All prices subject to applicable sales tax. Exp. 6/30/16

**Furs by Guarino**  
[www.fursbyguarino.com](http://www.fursbyguarino.com)  
 GREEN BROOK • 190 ROUTE 22W • 732-968-8700



**ON THE COVER**

**JOEL POPADICS**

Joel Popadics has been a professional artist for over 30 years. His watercolors have been exhibited in solo and group exhibitions in galleries and museums across the United States including the National Academy of Art and Design in New York; the Place St. Charles Gallery in New Orleans and the San Francisco Academy of Art in San Francisco. He is an annual exhibitor in "The Gathering of Marine Masters" hosted by Art of the Sea Galleries, South Thomaston, Maine and the "Annual International Marine Art Exhibition" at the Maritime Gallery at Mystic Seaport, Mystic, Connecticut.

His paintings are in public and private collections most notably, the Art for Healing Program at University Medical Center of Princeton at Plainsboro, NJ; the Hamilton House Museum in Clifton, NJ; The Ridgewood Art Institute Permanent Collection and the United Methodist Church in Ridgewood, NJ. His artwork has raised money for charitable organizations such as the Make-A-Wish Foundation, Table-to-Table Food Bank Network and the LAM Foundation.

Mr. Popadics is the recipient of numerous national awards. He has received the Edgar A. Whitney Memorial Award from the Hudson Valley Art Association; the Grumbacher Gold Medal from the California Watercolor Association and the Silver Medal of Honor (twice) from the New Jersey Watercolor Society (NJWCS). He has been featured many times in *American Artist*, *The Artist's Magazine*, *Watercolor Artist*, and *Watercolor Magic Magazines*.

Popadics is an advocate of watercolor and has dedicated his career to the advancement and appreciation of the medium. He is the First Vice-President of the prestigious American Watercolor Society in New York City and a Past-President of the NJWCS. He has also served on the board of the Ridgewood Art Institute in Ridgewood, NJ, where he currently teaches watercolor and drawing to adults and children.

During the summer, he leads outdoor painting workshops to various locations in the United States and Europe. For the past five years he has been an Artist-in Residence at Shelburne Farms in Shelburne, Vermont. He has been a lecturer at Parsons School of Design and at The King's College in NYC.

Joel Popadics was born in Passaic County, NJ in 1961. He received a BFA from the School of Visual Arts in New York. He is represented in some of the finest galleries in the Northeast. He resides in Wayne, NJ with his wife Patricia and their two sons.

For more information about Joel and his art, visit his website at: [www.watercolorpop.com](http://www.watercolorpop.com)




Photo Credit: Kate Faust

**Great Lengths**  
*Salon at Bridgewater*

**Full Service Salon**  
**GOLDWELL** **AVEDA**  
**L'ORÉAL PROFESSIONNEL**

**A Warm Welcome to New Clients**

|   |   |
|---|---|
| <b>Receive 50% OFF</b>                          | <b>Receive 25% OFF</b>                          |
| Any of our Salon/Spa Services on your 1st visit | Any of our Salon/Spa Services on your 2nd visit |

*With select stylists and estheticians  
 Excluding Relaxing & Smoothing Treatments • Excluding Owners*

Valid until May 31, 2016. Offer cannot be combined with any other promotion. Mention ad when calling for appointment.

1325 Prince Rodgers Ave., Bridgewater, NJ  
**908-218-1110**  
[www.glsalon.com](http://www.glsalon.com)

Like us on  

**Demandforce**

[www.theconnectionsny.com](http://www.theconnectionsny.com)








**Lisa Berchoff**  
Cell: 908-334-9399  
LBerchoff@weichert.com

# Redefining Real Estate

## Professionally Staging Homes

## Yielding Maximum Results

3290 Route 22 West, Branchburg, NJ 08876  
908-526-5444  
Lisa ext. 116 / Robert ext. 158



**Robert Incao**  
Cell: 908-528-0580  
RJIHomes@aol.com

**Innovative Marketing | Maximum Exposure | Unbelievable Results**

|  |   |   |   |  |   |
|--|---|---|---|--|---|
| <b>FOR SALE</b><br><br>383 River Road<br>Branchburg      | <b>FOR SALE</b><br><br>14 Watchung Drive<br>Basking Ridge | <b>FOR SALE</b><br><br>36 Hastings Road<br>Montgomery | <b>UNDER CONTRACT</b><br><br>102 Winfield Terrace<br>Branchburg | <b>UNDER CONTRACT</b><br><br>16 Wexford Way<br>Bridgewater | <b>SOLD</b><br><br>10 Purcell Road West<br>Bridgewater  |
| <b>SOLD</b><br><br>2 Laurel Court<br>Branchburg          | <b>SOLD</b><br><br>8 Heritage Court<br>Branchburg         | <b>SOLD</b><br><br>7 Overlook Drive<br>Bridgewater    | <b>SOLD</b><br><br>1191 Evergreen Drive<br>Bridgewater          | <b>SOLD</b><br><br>30 Oak Tavern Circle<br>Branchburg      | <b>SOLD</b><br><br>15 Oak Tavern Circle<br>Branchburg   |
| <b>SOLD</b><br><br>568 Cabot Hill Road<br>Bridgewater    | <b>SOLD</b><br><br>10 Langan Hollow Road<br>Bridgewater   | <b>SOLD</b><br><br>121 Stony Brook Road<br>Branchburg | <b>SOLD</b><br><br>82 Arapaho Trail<br>Branchburg               | <b>SOLD</b><br><br>9A Frelinghuysen Avenue<br>Raritan Boro | <b>SOLD</b><br><br>24 Indian Run<br>Readington          |
| <b>SOLD</b><br><br>8 John Stevens Road<br>Readington     | <b>SOLD</b><br><br>538 East Main Street<br>Bridgewater    | <b>SOLD</b><br><br>7 Twin Oaks Lane<br>Clinton        | <b>SOLD</b><br><br>1277 Oxford Road<br>Bridgewater              | <b>SOLD</b><br><br>232 Marcia Way<br>Bridgewater           | <b>SOLD</b><br><br>255 Short Hills Drive<br>Bridgewater |
| <b>SOLD</b><br><br>700 Donald Drive South<br>Bridgewater | <b>SOLD</b><br><br>28 Apache Way<br>Branchburg            | <b>SOLD</b><br><br>903 Rhodes Drive<br>Montgomery     | <b>SOLD</b><br><br>49 Ebersohl Circle<br>Readington Township    | <b>SOLD</b><br><br>101 Vanderveer Road<br>Somerville       | <b>SOLD</b><br><br>155 Davenport Street<br>Somerville   |



**Wondering what your home is worth?**  
For a complimentary home price evaluation,  
just give **us a call.**



**Weichert,  
Realtors®**



*Revisit*

# MAIN STREET Flemington!

**Be Part of the Revitalization!**  
**RETHINK MAIN STREET**  
**Bring Your Office or Business to Town!**



Presently there are many business and professional offices located at Eight Main. Each office space has its own heat and air conditioning system, private bath and utilities. We are located on Main Street, directly across the street from the Post Office, within walking distance to the Courthouse and all Main Street facilities including many restaurants and local businesses. Building is Handicapped Accessible and has plenty of parking onsite for your clients or patients.

**Join  
Us!**

Office Suite Currently Available - 1102 sq. ft.  
Office Suite Soon Available - 2500 sq. ft.

**Call 908-310-4303**

## MAIN STREET FLEMINGTON...

**A Great Place To Visit!**

- Tea House
- Restaurants
- Dentists
- Orthodontists
- Physicians
- Offices
- Attorneys

## MAKE SURE TO VISIT...

Among others, the well-cared-for Broadhead Building at 1 Main Street. Notice Teaberry's at 2 Main Street - it's a wonderful luncheon Tea House!

Other great restaurants are present for your enjoyment as you shop on Main Street.

## HAVE YOUR HEARD?

Up and down Main Street, well-kept properties are For Rent! Rethink Main Street - take part and experience the newness that is occurring!

## READY TO RENT?

There are well-cared-for buildings with interested owners ready to house your retail stores, business or offices on Main Street, with parking nearby!

## Your Local Market Experts!

*Let us put our experience and local market expertise to work for you.\**



**Kimberley Dabrowski  
Lisa Middleton**

Realtors, SFR, ABR, ASP

908-309-1849 (Kim)

908-872-4027 (Lisa)

908-271-6503 (e-fax)

your2agents@yahoo.com

www.your2agents.net

- Top Producers Branchburg Office 2010-2015
- Weichert, Realtors Directors Club 2014-2015
- Multi-Million Dollar Sales Club 2007-2015
- Accredited Staging Professionals
- Short Sale and Foreclosure Specialists
- Accredited Buyer Representatives
- Local residents for 20+ years

Call or email us for your complimentary local market snapshot and individual home value analysis. We're here to help and we get the job done!

**FOR SALE**



51 Whiton Road, Branchburg

**FOR SALE**



41 Bernard Street, Branchburg

**FOR SALE**



1925 Burnt Mills Road, Bedminster

**FOR SALE**



10 Village Court, Bound Brook

**UNDER CONTRACT**



114 N. Branch River Road, Branchburg

**UNDER CONTRACT**



7 Hopi Trail, Branchburg

**UNDER CONTRACT**



14 Haver Farm Road, Clinton

**UNDER CONTRACT**



33 Canterbury Circle, Franklin

**Weichert,  
Realtors®**

*Weichert... Invite us in, we'll bring results*

3290 Route 22 West  
Branchburg, NJ 08875  
908-526-5444



\*Proudly serving all of Somerset and Hunterdon Counties as well as southern Morris County



# NJ'S LARGEST OUTDOOR FURNITURE DISPLAY CLEARANCE!

SAVE UP TO **50-70% OFF** FURNITURE, SPAS, GRILLS & POOLS

## Patio Furniture

WE DELIVER  
TO THE JERSEY  
SHORE!

HUGE  
SELECTION!  
Cushions &  
Umbrellas  
Available

PRESENT THIS AD FOR  
ADDITIONAL  
**10% OFF\***  
PATIO FURNITURE

\*Weber Grills Are Excluded.  
Ends 4/30/16.



## Family Living Hot Tubs



Pelican is known for having the "Biggest and Best" Hot Tub Displays. Over 35 tubs displayed and over 50 in stock for immediate delivery. Always discount pricing and you are buying from a family owned business.

Servicing What We Sell for Over 55 Years!



## SWIM SPAS

## GRILLS



Free  
Delivery &  
Assembly  
30 Mile  
Radius



|          |                            | REGULAR      | SALE    |
|----------|----------------------------|--------------|---------|
| 522001   | Weber Q1400 Electric Grill | \$ 299.....  | \$ 249  |
| 592001   | Weber Q2400 Electric Grill | \$ 349.....  | \$ 299  |
| 566002   | Weber Q2200 Gas Grill      | \$ 299.....  | \$ 249  |
| 4411001  | Weber Spirit E-210         | \$ 499.....  | \$ 399  |
| 4421001  | Weber Spirit E-310         | \$ 599.....  | \$ 499  |
| 4420201  | Weber Spirit SP-310        | \$ 649.....  | \$ 549  |
| 46800401 | Weber Spirit SP-330        | \$ 799.....  | \$ 649  |
| 6550001  | Weber Genesis S-310        | \$ 999.....  | \$ 849  |
| 6531301  | Weber Genesis S-330        | \$1,099..... | \$ 949  |
| 7120001  | Weber Summit S-420         | \$1,699..... | \$1,499 |
| 7170001  | Weber Summit S-470         | \$2,149..... | \$1,899 |
| 7320001  | Weber Summit S-620         | \$2,149..... | \$1,899 |
| 7160001  | Weber Summit S-460         | \$2,399..... | \$2,099 |
| 7370001  | Weber Summit S-670         | \$2,799..... | \$2,499 |
| 7360001  | Weber Summit S-660         | \$2,999..... | \$2,699 |
| 293101   | Weber Summit Grill Center  | \$4,999..... | \$4,499 |

NG Available at Additional Charge

## ABOVE GROUND POOLS



UP TO **50% OFF**  
AMBASADOR

### 52" Pool

|     | REGULAR | SALE    |
|-----|---------|---------|
| 12' | \$1,795 | \$1,077 |
| 15' | \$1,995 | \$1,197 |
| 18' | \$2,350 | \$1,399 |
| 21' | \$2,750 | \$1,649 |
| 24' | \$3,195 | \$1,899 |
| 27' | \$3,438 | \$1,999 |

### 52" Oval Pool

|         | REGULAR | SALE    |
|---------|---------|---------|
| 12 x 18 | \$3,295 | \$1,899 |
| 12 x 24 | \$3,495 | \$2,099 |
| 15 x 24 | \$3,696 | \$2,299 |
| 15 x 30 | \$3,995 | \$2,399 |
| 18 x 33 | \$4,595 | \$2,799 |



SCAN FOR  
EXCLUSIVE  
**50% OFF**  
OFFER

PelicanShops.com/Connection

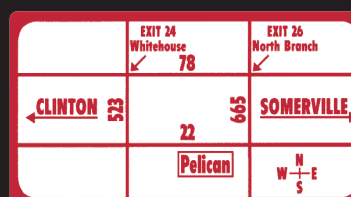


# Pelican

Route 22 • Whitehouse  
For GPS Enter Somerville, NJ 08876

908-534-2534

www.theconnectionsny.com



5 miles West of Somerville

You Tube The CONNECTIONS  
Visit our  
Connection On-Line ad  
to view our video



## HERITAGE

INVESTMENT PARTNERS, LLP  
REGISTERED INVESTMENT ADVISOR

- ~ 401k rollovers
- ~ Retirement income planning
- ~ Asset allocation and risk assessment
- ~ Social Security maximization strategies
- ~ Professional account management
- ~ Roth IRA conversion analysis
- ~ 529 college savings plans
- ~ Annuities and life insurance

RYAN P. WOODRING, CFP®  
MANAGING PARTNER

RYAN.WOODRING@LPL.COM

973-635-9500 EXT 207

97 MAIN STREET  
CHATHAM, NJ 07928



Heritage Investment Partners, LLP is a private investment management and financial planning services firm whose goal is to provide the most appropriate advice and best client experience within the financial services industry.



Securities offered through LPL Financial member FINRA/SIPC | Financial planning offered through Heritage Investment Partners, LLP – a separate entity from LPL Financial

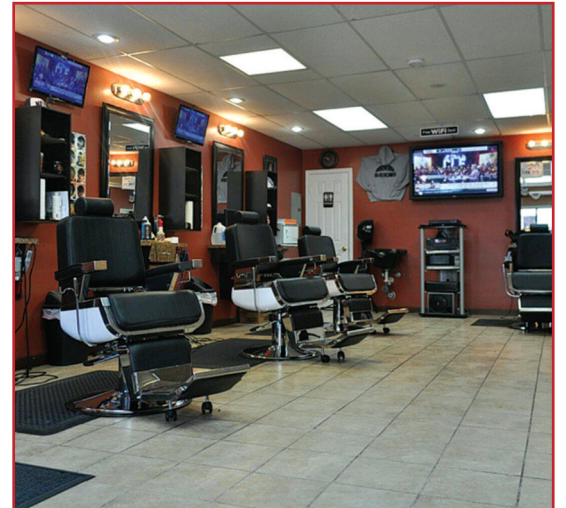
[heritageinvestmentpartners.com](http://heritageinvestmentpartners.com)



## MIRROR IMAGE BARBERSHOP, LLC

*A Reflection of Perfection*

**Monday**  
Appt Only  
**Tues-Wed**  
9am-7pm  
**Thur-Fri**  
9am-8pm  
**Saturday**  
8am-6pm  
**Sunday**  
Appt Only



**732-868-8001**



All ages, genders, and textures welcome • Se Habla Espanol

[www.mibarbershop.com](http://www.mibarbershop.com)



428 E. Main Street, Suite B, Bound Brook, NJ 08805



## HARATZ LAW LLC

CARE AND COMMITMENT

The business world has evolved, and so too should attorneys in the manner in which they conduct their practice and serve the interests of their clients.

**Haratz Law LLC** represents the evolution of legal counsel, delivering legal advice and solutions that are proactive, practical, risk/reward- and cost/benefit-sensible, and driven first and foremost by optimal business, marketplace and strategic objectives of the client. Representing a client means caring not only about the outcome but the welfare of the client on the path to the outcome.

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

He holds a Juris Doctor degree from The Cornell Law School, a Bachelor of Arts degree from The University of Pennsylvania, where he graduated magna cum laude; and he received an MBA in Finance and Entrepreneurial Management from Rutgers Business School, where he led a team of MBA candidate consultants recognized with the Walters Award for excellence on a year-long cross-

disciplinary business consulting engagement. More recently, he has taught MBA candidates how best to navigate legal and ethical minefields and manage relations with the wide range of corporate stakeholders, as mid- and senior-level managers of a global business.

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

His clients have expressed the following observations of their experience:

*"The most intelligent and ethical attorney I have ever had the opportunity to work with in my forty plus years in business."*

*"A wonderful person to have on your side no matter what the circumstances."*

*"A brilliant attorney; a man of utmost integrity ... Michael brings with him a considerable amount of diligence, insight and maturity to every legal case ... and a natural ability to cultivate personal and professional relationships."*

*"I thank you from the bottom of my heart for all that you did for me."*



**Michael S. Haratz, Esq.**

120 Eagle Rock Avenue, Suite 141  
East Hanover, New Jersey 07936  
Telephone: (862) 209-1555  
Fax: (862) 209-1554

140 Broadway, 46th Floor  
New York, New York 10005  
Telephone: (212) 208-1480  
Fax: (212) 208-1483

Email: [Michael.Haratz@HaratzLaw.com](mailto:Michael.Haratz@HaratzLaw.com)  
Website: <http://www.HaratzLaw.com>





*We're All Children  
on Mother's Day*

**No One is More Deserving  
of a Perfect Gift!**

THE **JEWELRY** STORE  
AT MARTINSVILLE  
WHERE UNIQUE MEETS CHIC...  
AT THE RIGHT PRICE

**SALE**

Come Shop **The Jewelry Store**  
at Martinsville...

**WE HAVE IT ALL!**

JEWELER ON SITE

**732-537-0611**

1944 WASHINGTON VALLEY RD • MARTINSVILLE

Shop **Locally**.  
Support Your  
Neighborhood.



**Jeweler  
On-site**



*Petra Azar*



Nora Fleming



conneXion



**Happy  
Mother's  
Day**



Fine Jewelry,  
Fashion **Jewelry**,  
Gifts & More!





Do you want to be sure your child's life has Music this summer?

## ENROLL IN THE COMMUNITY SCHOOL'S Summer Music Academy!

Open to current students in grades 3-7 & 8-11

June 27 through July 22, 2016 (No session Monday, July 4) 9:00 a.m. to Noon

Offering Band and Orchestra instruments and Guitar in small group lessons and Ensemble Play; second instrument available at 8:00 a.m.

MORRIS SCHOOL DISTRICT COMMUNITY SCHOOL

973-292-2063

[www.msdcommunityschool.org](http://www.msdcommunityschool.org)

Call or log on for more information!

## CONNECTION COMMENTS



### PERFORMANCE IN TECHNIQUE FOOTBALL CLUB

908-397-9478

[performanceintechinque.com](http://performanceintechinque.com)

Submitted by:  
Performance in Technique

**Performance In Technique Football Club (PIT FC)** offers one of the most intensive youth soccer experiences in New Jersey. A private soccer club, **PIT FC** is operated by our fully professional staff with the ultimate goal of total individual development for all of our players.

Highly technical trainer/coaches are the core of **PIT FC**. Through truly elite technical training, coaches break down incorrect technical points until replaced with correct technique from head to toe to fingertip. **PIT FC** trains top players, and also creates them. Our 2016 - 2017 program is year round and complete with Speed, Agility, Balance, Strength, Technical, and Tactical Training. These training disciplines combined with our intensive training schedule accelerates player's development dramatically. **PIT FC** trains 12 months of the year, practicing 2-3 times a week with short breaks in between seasons. To enhance our members' development, customized small group training sessions are added to players schedules each month to focus on specific player technical issues. Completing our players comprehensive training regimes, private training sessions are also added to every player's schedule to ensure our player's reach their excellence at our club. Etiquette and respect for all is highly stressed as character building is also an essential product of our Club.

Our first year, featuring limited ages groups, has been highlighted by league play in the Eastern Development Program, Mid Atlantic Premier Soccer & Jersey Area Girls Soccer League as well as Top Showcase Tournaments. Our U16 Boys Spring European Soccer Tour to Northern Italy exemplifies the playing opportunities afforded to our player's and their families.

Coming this Fall, 2016, **PIT FC**, will feature team(s) in each age group,

young ladies and gentlemen from U7 - U23 and U4 - U6 Academy Program. Training and home games are based in Somerset and Hunterdon Counties. Our 15,000 sq. ft. indoor facility has been slated for completion and grand opening this year in Hillsborough, NJ.

Club Director, Jon Sarles heads a truly dedicated staff of coaches and professionals. Sarles, trained by the late Heinz Consten, has been a trainer and coach for over 15 years in New Jersey and Pennsylvania. Earning a Top Rating and Distinguished Pass on his way to the National and Advanced National Diploma and including a Director of Coaching Diploma from the National Soccer Coaches' Association of America, Sarles has developed a reputation for the highest of standards. Standards of not only play, but also etiquette are constantly reinforced every minute of every practice and beyond. **PIT FC** now adopts these same principles and methods with all of our coaches. To ensure all coaches are of the highest standard, coaches are employed by the company, routinely evaluated, and trained in house throughout the year. Coaching education is further advanced through enrollment in NSCAA and USSF Coaching Courses for all trainers.

**PIT FC** open tryouts will be held in June. We hold tryouts late, determining that holding tryouts so early in the Spring is detrimental to in season performance. Also **PIT FC** are not making cuts only placing players onto age and ability appropriate teams for training and game play. Players and parents may feel secure in waiting for our tryouts. All teams get the highest level of training to give every player the best chance to reach their excellence.

Sign up today at [performanceintechinque.com/registration](http://performanceintechinque.com/registration) or call 908-518-TEAM.

## Art-4-All School of Fine Art

- **Classes Year Round**
- **Start Anytime**
- **Children and adult classes available**
- **Painting ▪ Sculpture ▪ Drawing**

265 E. Main Street  
Somerville, NJ 08876  
[www.art-4-all-inc.com](http://www.art-4-all-inc.com)

**908-725-4490**

Barbara Gerson MA Fine Art Education



## 2016 Summer Camp



### Early Registration Enroll Now & SAVE 🍕

Kids will be making friends while engaging in physical fun games, arts & craft projects, adventurous field trips, bully defense workshop, child safety training, and working towards their next rank in daily Taekwondo classes!

952 U.S. Hwy 202S - BRANCBURG NJ 08876

(Across From Holiday Inn Express)

[ChangingLivesMA.com](http://ChangingLivesMA.com)

Call 908-541-9800

E-Mail: [Cory@ChangingLivesMA.com](mailto:Cory@ChangingLivesMA.com)





# Performance in Technique

*The Club of Total Player Development*

***Come Join Performance In Technique Football Club 2016-2017!***

**U4-U19 Boys and Girls • MAPS, JAGS, EDP Leagues • No Players Cuts**

**Private, Fully Professional Club, No Parent Involvement except to enjoy your child's play and development**

**Top Coaches and the High Competitive Play  
Top Regional Tournaments and International Soccer Tours  
(NORTHERN ITALY 2016)**

**PITFC will begin evaluating players for 2016-2017 team placement starting in April. Register in advance online  
New age grouping for 2016-2017 season. *Call us at 908.516.TEAM***

**[www.PerformanceInTechnique.com/registration](http://www.PerformanceInTechnique.com/registration)**



**Register Now! Call for a personal tour!**



**JCC**  
**CAMP RUACH**  
home for the summer

- Ages 2-10<sup>th</sup> Grade
- Flexible Weeks
- Transportation
- High Staff to Camper Ratio
- Amazing Activities
- Camp Programs for Children with Special Needs
- Travel Camp & Much More!



Contact Stacey at 908.725.6994 x223  
sherman@ssbjcc.org



Shimon and Sara Birnbaum  
Jewish Community Center  
775 Talamini Road  
Bridgewater, NJ 08807

[ssbjcc.org/camp](http://ssbjcc.org/camp)



**Making memories for a lifetime.**



# Summer Programs 2016



# Summer Programs 2016

## PRINCE MARTIAL ARTS



**CELEBRATING OUR 14TH YEAR  
AT OUR NEW LOCATION.**

**330 Route 22 East  
off Milltown Road & Traci Road  
Bridgewater, NJ 08807**

**Contact Sensei Rupert**

**732-236-1537**

**rhentley@optonline.net**

**www.princekarate.net**

*No long term contracts.*

### Kids Karate

\$150 registration fee

Two billing options:

\$160/month

\$175 for 10 classes

### Adult Karate

\$150 registration fee

\$100/month

**4 FREE  
CLASSES**  
Exp. 8/31/16

## CLASS SCHEDULE

### Monday

4:00-4:45 Beginner Kids White-Orange  
4:45-5:30 Purple & Brown  
5:30-6:15 Intermediate Orange-Blue  
6:15-7:00 Blue & Purple  
7:00-7:45 Advanced Brown-Black  
7:45-8:30 Adults & Teens

### Tuesday

4:00-4:45 Intermediate Orange-Blue  
4:45-5:30 Blue & Purple  
5:30-6:15 Advanced Kids Brown-Black  
6:15-7:00 Purple & Brown  
7:00-7:45 Beginner Kids White-Orange  
7:45-8:30 Adults & Teens

### Wednesday

4:00-4:45 Beginner Kids White-Orange  
4:45-5:30 Purple & Brown  
5:30-6:15 Intermediate Orange-Blue  
6:15-7:00 Advanced Brown-Black  
7:00-7:45 Blue & Purple  
7:45-8:30 Adults & Teens

### Thursday

4:00-4:45 Beginner Kids White-Orange  
4:45-5:30 Advanced Kids Brown-Black  
5:30-6:15 Blue-Purple/Brown  
6:15-7:00 Beginner Kids White-Green  
7:00-7:45 Adults & Teens  
7:45-8:30 Advanced Kids Brown-Black

### Friday

4:00-4:45 Beginner Kids White-Green  
4:45-5:30 Intermediate Kids Blue-Purple  
5:30-6:15 Purple & Brown  
6:15-7:00 Advanced Kids Brown & up  
7:00-7:45 Adults & Teens

### Saturday

7:45-8:30 Black Belts  
8:30-9:15 Adults & Teens  
9:15-10:00 Advanced Kids Brown & up  
10:00-10:45 Advanced Blue & Purple  
10:45-11:30 Intermediate Green-Blue  
11:30-12:15 Beginner Kids White-Orange

# CONNECTION COMMENDS Raritan Music Center

55-56 W. Somerset Street, Raritan

*Submitted By: Raritan Music Center*

For 20 years, **Raritan Music Center** has offered personal and exceptional music lessons in Raritan, NJ. Over time, the studio has grown to 25 teachers who provide lessons on piano, guitar, orchestral strings, woodwinds, brass, percussion, and voice. Our teachers largely focus on consistent musical growth while offering students various performance experiences, which allow the student to display and solidify their musical accomplishments. Each spring, we hold a month long recital series in which all students are encouraged to participate and perform in front of family, friends, and peers. In addition to **Raritan Music Center** recitals, we also are involved with a number of organizations that allow students the opportunity to be evaluated, such as the Mid-Atlantic Music Teachers Guild (MAMTG), the New Jersey Music Teachers Association (NJMTA), the American String Teachers Association (ASTA), and the Associated Board of the Royal School of Music (ABRSM/Royal Academy).

The ABRSM/Royal Academy program at **Raritan Music Center** is perhaps the most intensive and expansive learning experience, as it incorporates weekly instruction in addition to a weekly preparatory class that focuses on ear training, sight reading, and musical theory – all of which are an integral part of the ABRSM examinations. ABRSM is the UK's largest music education body, one of its largest music publishers and the world's leading provider of music exams, offering assessments to more than 630,000 candidates in 93 countries every year. ABRSM's mission is to inspire achievement in music. In partnership with the Royal Schools of Music, we support high-quality music-making and learning around the world. We offer pathways and resources for learners and teachers that help build musical skills, provide goals and encourage progress.

**Raritan Music Center** is extremely proud to have been selected as a testing facility for the ABRSM examinations, and we look forward to seeing the growth of our students involved with this program.

In addition to our involvement with outside musical organizations, **Raritan Music Center** also holds several in-house programs in which students can participate. Our weekly Rock Program gives our musicians a taste of the band experience, allowing them to run rehearsals, work together as a cohesive group, learn the basics of studio recording, and experience playing a wide variety of musical genres. Their repertoire includes rock, punk, funk, blues, and jazz, and the Rock Program will be performing at local venues. Many of our students also participate in our Summer Camp programs, which provide them with the ability to intensely focus on their instrument for at least five consecutive days and expand their skills even further. Summer Camps also encourage students to explore a new instrument for the first time, or to expand their knowledge of general musical theory. Our newest program, Mommy & Me at **RMC**, will introduce infants and toddlers to joys of melody and rhythm in a group setting.

Perhaps the most life changing aspect of being involved with **Raritan Music Center** is becoming part of a musical community. Students have the opportunity to interact with peers, find inspiration from older students, or encourage younger students who may be just beginning their journey of learning to play an instrument. It is within this community of musicians that students grow the most. **Raritan Music Center** prides itself with the ability to help all students reach their musical goals through this incredible musical community that is comprised of its teachers, students, and families. Hope to see you soon!



**GROUP & PRIVATE  
LESSONS IN EPEE,  
FOIL AND SABRE**

**TOURNAMENTS**

**BOUTING**

**CLINICS**



## SUMMER 2016 FENCING CAMPS

Being at Medeo Summer Camp for one week is like fencing an additional 1/4 of a season! This is one of the best ways for fencers to keep improving their skills and move ahead competitively. It is also a great way to interact and fence with athletes from many different schools and programs.

### 2016 MEDEO SUMMER PROGRAM SCHEDULE

10 One-Week Fencing Day Camps from June 20 - September 2  
Monday-Friday 9:30am - 3:30pm **Only \$445 per week**

**Fencing Camp #1:**  
June 20 - 24

**Fencing Camp #5:**  
July 25 - 29

**Fencing Camp #8:**  
August 15-19

**Fencing Camp #2:**  
June 27 - July 1

**Fencing Camp #6:**  
August 1 - 5

**Fencing Camp #9:**  
August 22 -26

**Fencing Camp #3:**  
July 11 - 15

**Fencing Camp #7:**  
August 8 - 12

**Fencing Camp #10:**  
August 29 - Sept 2

**Fencing Camp #4:**  
July 18 - 22

**Location Fully Air-Conditioned**

**Daily Physical Conditioning,  
Footwork, Fencing Drills,  
Group Lessons, Boutings,  
& a Tournament and  
Ice Cream on Fridays**

**Experts in All Three Weapons**

**Excellent Coaching Service  
with World-Class  
Guest Coaches**

**Scoring Machines**

**Metallic Grounded Strips**

**Fitness Machines**

**Fencing Equipment  
Provided for Beginners**

## TRAIN WITH NATIONAL CHAMPIONS!

783 E. Main Street, Suite G, Bridgewater, NJ 08807

**www.medeofencing.com e-mail: medeofencing@aol.com**

**Phone: (732) 469-2244**



REGISTRATION for lessons can be made either by **PHONE OR ONLINE** at our website.



## AT RARITAN MUSIC CENTER

we offer one-on-one instruction in piano, voice, guitar, brass, woodwinds, strings and percussion.

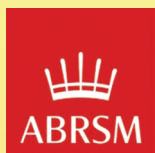
Yearly recitals and competitions.

With our large staff of professional teachers, we will find a lesson time that fits your family's busy schedule.

## CLASSES AND SUMMER CAMPS

In addition to private lessons, we offer group instruction in ABRSM Exam Prep, Theory, Ear Training & Rhythm Classes, as well as a Rock Band Program.

Additionally, every summer we offer a variety of concentrated week long camps focusing on Piano, General Music, Rock & ABRSM Exam Prep. Camps start at the end of June and run through mid-August.



ABRSM Testing Facility



**OFFERING PRIVATE LESSONS**  
piano, voice, strings, brass, woodwinds and percussion.

# Raritan

## Music Center

mon. - fri. 10am - 9pm • sat. 8am - 4pm

55-56 W. Somerset St. • Raritan

**908-595-6980**

[www.raritanmusiccenter.com](http://www.raritanmusiccenter.com)

[raritanmusiccenter@verizon.net](mailto:raritanmusiccenter@verizon.net)

Discover a world of wonder and excitement when you journey into the

**Planetarium at Raritan Valley Community College**



**Star Shows  
Laser Concerts  
Field Trips  
Observatory**

For information  
**908-231-8805**

[www.raritanval.edu/planetarium](http://www.raritanval.edu/planetarium)



Photo by Amie Gallagher

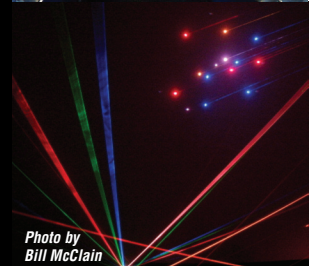


Photo by Bill McClain

CALL (908) 838-9584 for a  
**CONSULTATION  
TODAY!**

**GET ACCESS TO COLLEGE**

Now offering one-on-one counseling sessions to get you into the college of your choice.

[www.accesseducationaladvisors.com](http://www.accesseducationaladvisors.com)



- College Advising
- High School Planning
- Essay Advising
- Application Review
- Interview Preparation
- One-on-One English Tutoring
- Financial Aid Exploration and More!

Access Educational Advisors, LLC is led by President Ayanna Taylor-Venson, an Ivy-League trained and respected leader in the educational field with more than 20 years of success in college placement and guidance.

MAKE YOUR NEXT PARTY A CLASSIC WITH

**Classic Ice Cream Trucks**

Bring a delicious taste of the good old days to your next event with our fully restored and fully stocked 1950s Ice Cream Trucks with uniformed driver.



- Children/Adult Birthday Parties
- Corporate Events & Picnics
- Marketing Events
- Fundraisers
- School Events
- Bar/Bat Mitzvahs
- Weddings
- Graduations
- and much more!

**DELICIOUS ICE CREAM**

**908-766-0468**

[www.deliciousicecreamllc.com](http://www.deliciousicecreamllc.com)





## MONTGOMERY ACADEMY

"WHERE YOU CAN BE YOURSELF"

**Our School-To-Work Program is expanding! We are accepting new work sites and group volunteer opportunities!!**



**Businesses or organizations interested in working with our young adults please call Michael Engber at x 126**

Basking Ridge, NJ

[www.montgomeryacademyonline.org](http://www.montgomeryacademyonline.org)

**908-766-0362**

# Somewhere in the magazine is a



[theconnectionsnj.com](http://theconnectionsnj.com)



**"Spot It"** and send your answer with your name, town & phone number to:

[spotthefake@theconnectionsnj.com](mailto:spotthefake@theconnectionsnj.com)

**Subject Line: FAKE**



## FAMILY ADVENTURES



### FLOWER POWER Exploring Gardens in the Garden State

By: Jill Stolz

*Flowers always make people better, happier, and more helpful. They are sunshine, food and medicine for the soul. – Luther Burbank*

What symbolizes the beauty of spring more than flowers? There are many botanical gardens and arboretums throughout New Jersey where you can take in the beauty of nature and leave with the spirit of spring inside you. Following are a sampling of nearby gardens worth experiencing:

#### Leonard J. Buck Gardens Far Hills

New Jersey's premier rock gardens displaying ecological and beautiful alpine and wooded gardens on 33 acres.

#### Colonial Park Arboretum and Gardens, East Millstone

144 acres of labeled specimen trees, shrubs. Featuring a Sensory Garden for the visually impaired, a 5-acre garden of flowers and grasses plus a formal rose garden displaying more than 3,000 roses.

#### Cross Estate Gardens Bernardsville

Formal and native gardens, plants, trees and ornamental grasses.

#### Frelinghuysen Arboretum Morristown

Native and exotic plants abound in these 127-acre informal gardens. Its buildings and grounds offer a glimpse into Morristown's late Victorian era.

#### Garden for the Blind and Physically Handicapped, Iselin

Sensory garden with Braille signs. Separate sections for summer, primrose, rose, spring, rock, perennials and annuals. A Circle of Senses garden features plants all at waist level.

#### Greenwood Gardens, Short Hills

Located at the Greenwood Estate, adjacent to Short Hills Park, a contemporary garden with a nod to the Arts and Crafts and classical approaches to design. 28 acres of winding paths take visitors through Italianate garden terraces, grottoes, ornamental trees and shrubs, and wildflower meadows.

#### Reeves-Reed Arboretum Summit

A living museum featuring historic buildings and 13.5 acres of pastoral lawns, wooded trails and historic gardens.

#### Rutgers Gardens New Brunswick

180-acre public garden on the RU campus with a wide variety of trees, shrubs and flowers.

#### Rudolf W. van der Goot Rose Garden, Somerset

144-acre arboretum, including a fragrance and sensory garden, and a perennial garden with 285 varieties of roses.

#### Wagner Farm Arboretum Warren

Trees, shrubs and flowers set in the beauty of Warren, including a butterfly garden.

#### Willow Wood Arboretum Chester

130 acres with 3,500 native and exotic plants and trees. Adjacent to the Bamboo Brook Outdoor Education Center.

*Earth laughs in flowers – Ralph Waldo Emerson*





**Call for a personal tour.**



**Register Now for the 2016-2017 School Year**



- Flexible Schedule
- Academic Program
- Swim Instruction, Music & Phys. Ed.
- Certified & Experienced Teachers
- Family Programming
- Summer Camp

Contact Linda Weiss, 908.725.6994 x208;  
LWeiss@ssbjcc.org



Shimon and Sara Birnbaum  
Jewish Community Center  
775 Talamini Road  
Bridgewater, NJ 08807

ssbjcc.org/ecc



Educate  
Entertain  
Love



An Interactive Musical Playtime that Teaches  
through Art, Puppets, and Instruments

Warren • Basking Ridge • Summit  
Morristown • Westfield

**Enroll Now for Spring & Summer Classes**

For more information or to register for a **FREE TRIAL CLASS**  
visit [www.wompys.com](http://www.wompys.com) or call Lauren Greenberg at 908.279.3030.

For Children  
6 Months -  
4 Years  
with Adult







## Make your time more productive! Lube & Lunch

Bring and enjoy your lunch on our **outdoor** patio while we service your vehicle **indoors**.

**BRIDGEWATER**  
1316 Route 22 East  
(908) 231-9800  
Located at Morgan Lane



**FRANKLIN**  
1503 Route 27 South  
(732) 828-6116  
Between Cozzens Lane  
and Bennetts Lane

**JandG.JiffyLube.com**

Hours: Mon.-Fri. 8am-7pm; Sat. 8am-5pm; Sun. 9am-3pm

# LEAVE WORRY BEHIND<sup>SM</sup>

Jiffy Lube, the Jiffy Lube Design Mark and Signature Service are registered trademarks of Jiffy Lube International Inc. All rights reserved.



## THE BENEFITS OF USING A REGISTERED DIETITIAN NUTRITIONIST

*Submitted By: Peak Medical*

A registered dietitian nutritionist (RDN) offers the highest level of nutrition counseling and education. In addition to holding a bachelor's degree, a RDN must complete multiple courses of education and extensive training, established by the Accreditation Council for Education in Nutrition and Dietetics (ACEND). In fact, roughly half of all RDNs hold graduate degrees and many certifications in specialized fields, including sports, pediatric, etc. According to the code of ethics stated by the Academy of Nutrition and Dietetics, registered dietitian nutritionists are expected to practice dietetics based on scientific values and up-to-date information. In addition to nutrition information and advice, dietitians provide their clients with support, accountability, and motivation.

As stated by the American Cancer Society, 550,000 Americans die every year due to cancer. Surprisingly, one third of these deaths are caused by a poor diet. In addition to cancer, poor diets can cause type 2 diabetes, high blood pressure, heart disease, or even stroke. The Center for Disease Control claims 25 percent of Americans do not get the recommended five daily portions of fruit and vegetables. Turning a poor diet into a balanced, healthy diet requires major lifestyle changes. As food experts, registered dietitian nutritionists can help patients develop a safe and effective nutrition plan to get them back on track with healthy eating and exercise.

Peak Medical, a multidisciplinary physical medicine and rehabilitation center, successfully assists patients in reaching their nutritional and health goals. As each individual has a unique set of dietary needs, we customize specific nutrition plans using an array of nutrition counseling services and experience. A few of the services that are offered at Peak Medical include general nutrition, sports nutrition, culinary nutrition, weight loss support, recipe modification, pantry makeover, meal planning, food preparation, and more. Furthermore, registered dietitian nutritionists are able to provide accurate information about nutrients, calories, food groups, allergies, labels, and

ingredients. With the help of counseling, support, and education available through Peak Medical, people are finding their way back to healthy lifestyles.

In addition to Peak Medical's new RDN services, they have recently expanded and renovated their clinic in order to provide a more caring and comprehensive environment to aid in restoring and maintaining optimum health. Peak Medical Center's expansion project includes a 5,900 square foot addition to better accommodate their patients. The Berkeley Heights Clinic offers expanded medical services, including DRX9000 non-surgical spinal decompression, nutritional counseling, fluoroscopy-guided injections (live motion x-ray), expanded treatment & acupuncture rooms, and pelvic floor therapy.

For years, Peak Medical has helped the residents of Berkeley Heights and many surrounding communities to find relief from severe and chronic pain, by enlisting a team approach to care. We feel that by having the eyes and ears of several different specialists, our patients receive better results. We continually invest in the latest technology and treatments to ensure that our patients are receiving the best care possible. Peak Medical enlists a multidisciplinary approach for helping our patients achieve the healthiest lifestyle possible. Not only do we have medical doctors and registered dietitian nutritionists, but our clinic also consists of doctors of physical therapy, chiropractic physicians, acupuncturists, and more. All of whom are trained in treating pain non-surgically. This experience combined with the latest FDA cleared technology provides amazing results for our patients. Plus, with the personal attention that we give each individual, it is not uncommon for patients to feel as though they are part of our family. We feel the same way, and are anxious to help people find viable solutions to their pain.

If you would like to know more about our registered dietitian nutritionist, nutrition services, and non-surgical solutions for chronic pain, please contact our office at 908-897-0474 or visit us at [www.peakmedicalnow.com](http://www.peakmedicalnow.com).

## PIT STOP N WASH Car Wash & Detail Center



**Check Out  
Our Low  
Gas Prices!**

**FREE  
Car Wash**  
(See Coupon Below)

**Ask About  
Our "VIP"  
Services!**

- **VIP Express and Detailing Services while you wait; \$5 OFF, just mention ad.**
- 100% Brushless with Soft Cloth, Wash Promotion & Discounts
- 24 Hour Rain or Snow Guarantee

**Car Wash Coupon**  
**NEW CUSTOMERS**  
Sign up for promotion  
**FREE**  
**Full Service Wash**  
**EXISTING CUSTOMERS**  
**\$5 off any full service**  
Not to be combined with other offers.



- **Leather Conditioning While You Wait**
- **Ladies Day Wednesday, Seniors Everyday**

**555 Union Avenue, Route 28, Bridgewater, NJ**

**732-469-1649**

**OPEN 7 DAYS: Monday-Saturday 8am - 6pm • Sunday 8am - 5pm**

**Family Owned and Operated • Serving Bridgewater for 40 Years.**

[www.theconnectionsny.com](http://www.theconnectionsny.com)



# FDA APPROVED TREATMENT PROVEN TO RELIEVE KNEE PAIN

*"I was in pain that caused me not to want to do much. I had stopped exercising; even taking a walk was a chore.*

*Before going to Peak Medical, I went to see another doctor who prescribed drug and surgery solutions. I wasn't willing to do that.*

*All the doctors and staff at Peak Medical are AWESOME! The atmosphere is friendly and warm. This place is absolutely the best and I would highly recommend it to anyone."*

— Theresa M.

## Knowledge & Experience The Peak Medical Difference

- Allied Team of Health Professionals
- Specialists in Physical Medicine
- Years of Experience
- Non-Surgical Pain Solutions
- Physical Therapy
- Latest FDA Cleared Treatments

### Peak Medical Team

Dr. V. Dasika, MD  
Dr. Robert Dorn, DC  
Dr. Lauren Calado, DPT  
Noelle Bleski, LAc



## Treatment Covered by Most Major Health Insurance Plans - Including Medicare

### What Causes Osteoarthritis?

- Weight
- Injuries
- Genetics
- Joint misalignments
- Wear & tear from age
- Long term activity stresses



Do you wake up with knee pain?

Does your knee pain keep you from certain activities?

Have you been told you need a knee replacement?

Are you active and sometimes suffer from sore knees?

Do you take medications for knee pain?

Do you have difficulty going up and down stairs due to knee pain?

Are you considering surgery to alleviate knee pain?

Have you tried everything to get rid of knee pain with no success?

If you answered yes to any of these questions, you are ready to experience the relief and healing found at Peak Medical.

**Call now if you experience any degree of knee pain or discomfort. Let us help you regain your freedom!**

Treatment is Safe, Easy  
and Requires NO Surgery



Peak Medical

492 Springfield Ave., Berkeley Heights, NJ 07922

[www.peakmedicalnow.com](http://www.peakmedicalnow.com)

**SPACE IS LIMITED TO THE FIRST 30 CALLERS.**

Call today to schedule your  
FREE knee consultation!

**908-897-0474**





# HOME SWEET HOME



Dreaming of a custom home, remodeling project or beautiful addition? We will bid any plan and help bring your dream to reality.

908-781-0777

Email: [info@tjchomes.com](mailto:info@tjchomes.com)

[www.farhillsdb.com](http://www.farhillsdb.com)



**TJC  
Far Hills  
Design Build**

[www.farhillsdb.com](http://www.farhillsdb.com) 908-707-0042

By: Diane Cawley

**Far Hills DB** is the custom home and addition division of **TJC Homes** headquartered in Raritan, NJ owned and managed by Timothy E. Jones. Tim's interest in home building traces back to his father, a homebuilder in Connecticut from whom as a youth Tim learned "the basics." After graduation from Temple University with a Bachelor of Science degree in Civil and Construction Engineering, Tim first worked for one of the East Coast's largest homebuilders, where he successfully tackled a myriad of responsibilities and learned all aspects of sitework as a site superintendent. Jones then went on to another major homebuilder, quickly advancing from site and framing superintendent to Construction Manager in charge of multiple communities.

For more than 3 decades, Tim has had intense hands-on involvement in virtually every component of home-building and community development, always from the viewpoint of "value and quality" to the homebuyer. Today Tim Jones specializes in building and renovating high-end homes in New Jersey and proudly puts his name atop all of his companies. With that name comes a commitment to customer satisfaction from a builder who honed his skills with the best in the business. This second-generation builder

now devotes his talents to offering "more and better" for all his customers. Tim is proud of his personal continued relationship with his customers. "My customers become my friends. I want customizing someone's home to be fun for them as well as for me."

Most **Far Hills DB** projects are found in Somerset, Hunterdon, Morris and Mercer Counties, typically from Route 80 south through Princeton, New Jersey. Good communication is a priority and all projects start with a detailed proposal. Attention to detail allows **Far Hills DB** the ability to provide an accurate schedule which ultimately results in the project being completed in a timely manner.

**Far Hills DB** can provide you with a contract with full specifications and final cost to complete the project or also offers a construction management service where a management fee is charged over the costs. **Far Hills DB** will work with an architect, when appropriate and is flexible in the extent of their involvement in any project. **Far Hills DB** can complete a specific task or manage an entire addition or build as the construction manager, including obtaining full architectural permits, contracts and construction. **Far Hills DB** can be reached at 908-707-0042.

"Our mission is to build homes of exceptional quality and exceed our clients' expectations. Our customer is our first priority and our passion is to build dreams... one home at a time."

## RHODES & SONS

SINCE 1991  
ELECTRICAL CONTRACTING, INC.

Residential • Commercial • Industrial • Historical

NJ Lic. & Bus. Permit #11205 • HIC #13VH05655300 • Middlesex, NJ

732.424.0600

[www.rhodeselectric.com](http://www.rhodeselectric.com)

Your One-Stop Source For All Electric Work!

Authorized Dealer For  
**KOHLER** Generators

*Keeping you out of the dark!*

- Platinum Level & Award Winning Dealer
- Factory Trained & Certified
- Providing Sales & Installations
- Warranty Repairs & Service Agreements

Free OnCue  
with every 14/20  
RESA/L Generator Installation  
\$500 Value





## ***Inground Pools***

- **Vinyl** • **Fiberglass**
- **Concrete**

## ***Renovations***

- **Liners** • **Coping**
- **Tiles** • **Plaster**

## ***Spas***

- **Sundance** • **Marquis**



***Call About Our Pool and Early Spring Specials!***



Spas

**Hillsborough**  
908-874-6666

**Robbinsville**  
609-448-3366 Ext. 161

***National***  
***POOLS & SPAS***

***Everything you need for your  
pool or spa under one roof!***

**[www.NationalPoolsandSpas.com](http://www.NationalPoolsandSpas.com)**





## THE CONNECTION MAGAZINES

**Next Exciting Issue**  
**JUNE 2016**

**908-903-1799**

email: [ConnectionsNJ@gmail.com](mailto:ConnectionsNJ@gmail.com)

[www.theconnectionsNJ.com](http://www.theconnectionsNJ.com)



Scan this code  
to view on-line  
magazines

**ADVERTISING  
DEADLINE**  
**May 2, 2016**

**You Tube The CONNECTIONS**  
Visit our  
Connection On-Line ad  
to view our video



By: *Lidia S. Gabinelli, Sales Associate*  
*Berkshire Hathaway HomeServices New Jersey Properties*

### **What's cooking with Lidia this Spring?**

Manicured landscaping make for beautiful curb appeal. A pristine exterior not only looks good, but also makes a great first impression and ultimately an even better lasting impression.

There is no better time than the Spring season to get outside to inspect the grounds and make a To Do list to clean the yard and spruce up with plantings and flowers for a fresh and colorful look. For a vibrant lawn add seed and fertilizer in early April so that the spring rain showers will harvest the lush lawn. Also, look to edge the plant

beds and replenish mulch.

Plant perennial bulbs like daffodil, tulip and peony in early April for colorful blooms in May and June. Remember, flowers are cheerful and color is therapy for our emotions. Lastly, plan to clean out gutters, touch up doors and shutters as the final touch.

Creating a tasteful curb appeal in today's marketplace promotes the highest selling price! If you are thinking of buying or selling, take advantage of Lidia's recipe for your next move!



**BERKSHIRE  
HATHAWAY**  
HomeServices

New Jersey  
Properties



**LIDIA S. GABINELLI**  
Sales Associate

EMAIL: [Lidia.Gabinelli@BHHSNJ.com](mailto:Lidia.Gabinelli@BHHSNJ.com)

OFFICE: 732.469.1515 ext. 357

CELL: 908.334.1151

Martinsville Office  
1996 Washington Valley Road  
Martinsville, NJ 08836

[www.LidiaGabinelli.com](http://www.LidiaGabinelli.com)

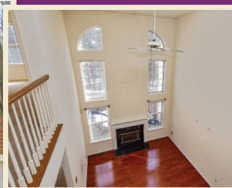
#### **What's Cooking with Lidia?**

**Recipe for a  
Successful  
Purchase or Sale**

If you are thinking of  
buying or selling,  
take advantage of  
Lidia's recipe for  
your next move!



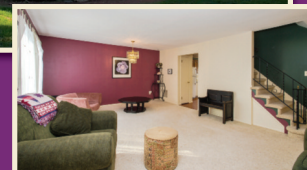
605 Perlee Avenue  
Raritan Borough



2805 Johnson Circle  
Bridgewater



994 Rosemary Drive, Bridgewater



898 H Merritt Drive  
Hillsborough







Once again ideal tile of Green Brook introduces the latest most advanced floors and walls for your home. The next revolution in tile has begun.



**ideal tile co., inc.**

319a Rt. 22 E.  
Green Brook, NJ 08812  
**(732) 752-4700**

Celebrating  
Over 25  
Years

Store Hours: Mon.-Fri. 8:30am - 5:30pm,  
Sat. 9:00am - 4:00pm  
Evening hours available on Thursdays  
until 7:00pm by appt. only.

Please call for a free in home consultation. [www.idealtileofgreenbrook.com](http://www.idealtileofgreenbrook.com)

**BENCH'S  
CARPET ONE FLOOR & HOME®**

*We do a complete job from start to finish!*

31 Frelinghuysen Avenue, Raritan, NJ 08869

**908-725-6466**

— FINANCING AVAILABLE —

Hours: Mon-Fri 9am-7pm, Sat 9am-5pm, Sun 12pm-3pm

**Ceramic • Hardwood • Area Rugs  
Laminate • Linoleum • Remnants  
Cork • Bamboo • VCT Tiles  
Carpet—Residential / Commercial**



*Introducing our New  
Carpet One Showroom  
and New Website:  
**[benchscarpetoneraritan.com](http://benchscarpetoneraritan.com)***

*Family Owned  
Since 1964.  
Same people with New  
& Bigger Display of  
**CARPETS***





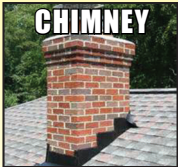
# HOME SWEET HOME



## American Sons



**Chimney & Roof Specialist**  
**DO IT ONCE, DO IT RIGHT**



**CHIMNEY**

- Repairs
- Rebuild
- Reline
- Cleaning
- Capping



**GUTTERS**

- Installation
- Replacement
- Screening
- Cleaning
- Repairs



**MASONRY**

- Steps
- Sidewalks
- Driveways
- Brick & Block
- Foundation Repairs



**ROOFING**

- New Roof
- Roof Repairs
- Re-Roof
- Flat Roof
- Shingles

**WE WILL STOP ANY ROOF LEAK - GUARANTEED**

**\$49.95**

**COMPLETE CHIMNEY CLEANING**  
with 12 pt. Inspection

Not to be combined with other coupons.

**\$39.99**

**GUTTER CLEANING**

Average House

Not to be combined with other coupons.

**\$200 OFF**

**ANY MASONRY STEPS JOB**

Not to be combined with other coupons.

**\$100 OFF**

**ANY JOB \$1000 OR MORE**

Not to be combined with other coupons.

**SPRING SPECIAL SEAMLESS GUTTERS**  
Lifetime Warranty

**Serving Your Area**  
**Fully Insured • 24 Hour Service**  
Family Owned & Operated

**908-463-4204**

Lic # VH08531700

**\$800 OFF**  
Any New Shingle Roof

Senior Citizen Discounts  
Always Available



## Lety's Cleaning Services

Houses • Condos • Offices • Apartments  
Garage Organization

**RESPONSIBLE & DEPENDABLE**

Free Estimates

Reasonable Prices

Lety Arias

**908-255-0558**

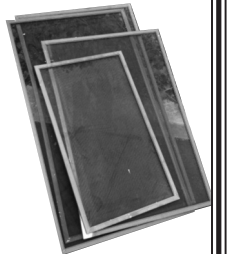
dashoveline1987@gmail.com

Flexible Schedules

## Screen Repair

Quality Work

Call For Prices



1161 Papen Road, Bridgewater, NJ 08807

**Call Fred 908-580-0341**

*"The kitchen is getting better all the time."*

*-John & Theresa*

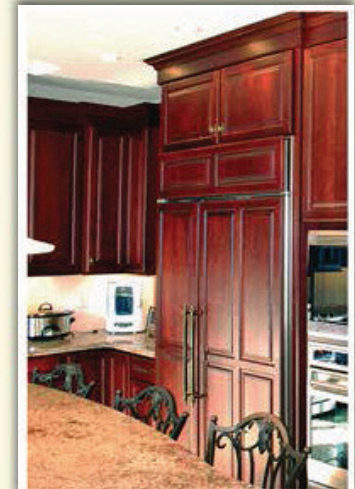


*"Their price was as good as or better than anyone else."*

*-Sid & Vivian*

*"I am speechless. Simply gorgeous. I couldn't be happier."*

*-Sharon*



*"Makes my heart skip a beat....still."*

*-SKOB*

**Kitchens Ltd**  
CABINETRY ENHANCEMENT FOR THE HOME

**908-647-1515**  
**www.kitchensltd.net**  
657 Valley Road, Gillette



Call us to  
Make an  
Appointment  
for a showplace of  
your own.



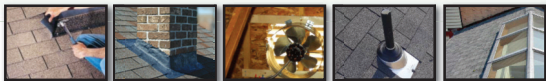


**Free Inspections & Estimates • 24 Hr. Emergency**

**908-448-6777**

**Residential & Commercial**  
**emc-nj.com**

**10 Year Labor Guarantee on All Roofs!**



**Roof Leak Specialists**

**Eastern Mountain Contracting**

**Mold Remediation Experts**

**WE INSTALL PORCH & DECK RAILINGS**

Fully Insured. Certified Roof and Chimney Experts



HIC REG #13VH03881100

**Roofing:** Repairs, Attic Fans – Solar and Electric, Residential & Commercial Roofing

**Chimneys:** Repaired, Rebuild, Relined, Flue Liners Repaired or Replaced, Chimney Caps, Interior & Exterior Inspections

**Masonry:** Steps, Sidewalks, Foundation and Structural Repairs, Brick and Block work

**Siding:** Installation & Repair

**Carpentry:** Additions, Garages, Basements, Railing Installations

## HIDALGO LANDSCAPING, LLC

QUALITY WORK AT AFFORDABLE PRICES



LAWN MAINTENANCE | LANDSCAPING | FALL CLEAN UP  
SNOW REMOVAL | GUTTER CLEANING | POWER WASHING

ANDRES HIDALGO, OWNER HILLSBOROUGH, NJ

**908-295-7115**

## Your Neighborhood Sign Company



Indoor / Outdoor Graphics • Full Color Printing • Large Format Signage  
Vehicle Wraps & Lettering • Decals • Magnetics • Window Graphics  
Banners • Sign Faces & Much More!



Expires May 31st 2016 (USE CODE: SAR10 When Ordering)  
\*This offer cannot be combined with any other offers. ONETIME Use only.

**Signarama**  
The way to grow your business.

32 South Main Street - Manville, NJ 08835 Phone: 908.203.8005 Fax: 908.203.8115

Vist us online: [www.Signarama.com/NJ-Manville](http://www.Signarama.com/NJ-Manville)

# Swim in better water!

New, beautiful, virtually chlorine-free *SmartPure®* Pools with advanced ozone purification systems ensure fresh, healthy, silky soft water without the typical chlorine costs, hassles & hazards!



**100% Financing oac**

**5 OFFICES SERVING PA/ CENTRAL & SOUTH NJ/ DE**

**800.219.2141**

14 Rte. 9 North  
Morganville, NJ

Lic. #13VH04278700

**bluehaven.com**

**Rely on proven expertise from one contractor for your entire backyard**



Custom masonry • Fire pits & outdoor kitchens  
Landscaping • Pergolas, pavilions & pool houses



**Free brochure, in-home estimate & custom 3-D design**



**BLUE HAVEN POOLS & SPAS**  
since 1954  
**World's Largest!**

Locally by **Calvitti**

**EXPERT REMODELS & MODERNIZATIONS**





## Fantastic Finishes



Have you been thinking about painting your kitchen cabinets?

- Murals - Wall Finishes
- Strie & Linen Weave
- Venetian Plasters
- Furniture & Cabinets
- Trim & Medallion Antiquing
- Kids Rooms

908-917-7262



[www.fantasticfinishes.com](http://www.fantasticfinishes.com)



Featuring



Proud NKBA Member

Full Service Design & Installation Company

**CERTIFIED DESIGN STAFF**

**Kitchens • Baths • Hardware • Appliances**  
**Entertainment Units • Home Offices**

Striving to Exceed Customer Expectations for Over 62 Years

**908.722.0126**

[www.fleetwoodkitchens.com](http://www.fleetwoodkitchens.com)

107 Sherman Ave & Rt. 206, Raritan • 1/4 mile South of The Somerville Circle  
Tues., Wed., Fri. 9-5 • Thurs. 9-8 • Sat. 10-3 • Wed. Evenings by Appt.



Residential & Commercial

- Specialized in Trees
- Straightening Trees
- Separate Off The House
- Cable & Bracing

- Pruning
- Stump Grinding or Removal
- Tree Removal
- Trimming

- Storm Clean Up
- Re-Shape
- Top Soil
- Mulch
- Planting Trees

**908-334-2876**

[monkeystreeservice@live.com](mailto:monkeystreeservice@live.com)

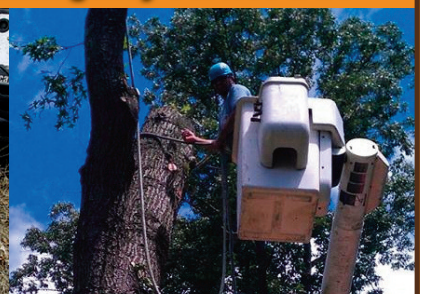
[www.monkeystreeservice.com](http://www.monkeystreeservice.com)

**10% OFF**

FOR JOBS GREATER  
THAN \$1000

Emergency Service 24/7

Call Now  
Free  
Estimate



**Free Estimates & Best Price Warranty • Fully Insured • Experts in Trees**

[www.theconnectionsny.com](http://www.theconnectionsny.com)





Custom  
Electric  
Design LLC

Electrical Contractors Residential/Commercial

Contact Information:

Cedmastro@gmail.com

908 413 3560 Call or text



**HOMEWORKS**  
Certified Installers  
HomeWorks QS

Home Automation

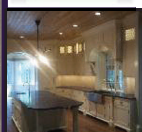
Custom Lighting

Landscape Lighting

Generators Automatic



**RadioRA2**  
Preferred Systems Provider  
LUTRON



Our Showroom is located in the heart of Downtown Somerville NJ. Platinum Designs Kitchen Studio. Call today for an appointment or visit our web site for more information.

NJ License # 12671

458 Elizabeth Ave (Suite 5345)  
Somerset NJ, 08873

[www.customelectricdesign.com](http://www.customelectricdesign.com)



## BACK TO BLACK SEALCOATING

Call Us  
for  
Snow  
Removal

**DRIVEWAYS & PARKING LOTS**

**ASPHALT PATCHWORK**

**CRACK FILLING & REPAIR**

**PARKING LOT LINE STRIPING**

**ASPHALT OR COAL TAR**

**(Emulsion Sealer)**

**SPECIALIZING IN  
COMMERCIAL PARKING LOTS**

**POWERWASHING**

**MASONRY REPAIRS**

**TENNIS COURTS**

**LIC # 13VH0653440**

**\$50 OFF  
ANY JOB  
OVER \$500**

**OR  
10% OFF  
SEAL  
COATING  
JOBS OVER  
\$1,000**

**(not to be  
combined with  
any other offer).**

[www.backtoblacksealcoating.com](http://www.backtoblacksealcoating.com)

**LICENSED 732-968-3646 INSURED**  
[backtoblacksealcoating@yahoo.com](mailto:backtoblacksealcoating@yahoo.com)



**BELLE MEAD:** Special Updated 1790s Dutch Colonial on 2± acres. Hand hewn beams, pumpkin pine floors. 2 barns, prime location. Offered at \$595,000



**BRANCHBURG:** Luxurious 5-bedroom Colonial on 1.6± acres, spacious rooms, volume ceilings, 1st floor bedroom with full bath. Great location. Offered at \$995,000



**PITTSBURY:** Custom cedar home with barn and studio on 10± acres. Lush, open property perfect for animals/farming. Offered at \$535,000



**WATCHUNG:** All-brick custom Colonial on 1.5± acres. 5 bdrs, 4.1 baths. Fantastic lower level, fine details on 4 levels of living. Large patio. Offered at \$1,499,000

*Over 20 years of Real Estate  
and Construction Experience  
Turpin Top Ten 2013 & 2015  
Turpin President's Club 2012-13-14-15*

**TURPIN  
REALTORS**

[WWW.TURPINREALTORS.COM](http://WWW.TURPINREALTORS.COM)



**Mary Licata**  
Sales Associate, GRI, ABR, ePro  
Office: 908-234-9100 ext 215  
Cell: 908-442-3434  
[mlicata@turpinrealtors.com](mailto:mlicata@turpinrealtors.com)  
[www.maryhlicata.com](http://www.maryhlicata.com)

EQUAL HOUSING OPPORTUNITY







**HERCULES**

**SEPTIC & SEWER SERVICE**

208 Glen Crest Drive  
Branchburg, NJ 08853

**908-369-7779**  
**908-229-3181**

[www.herculesseptic.com](http://www.herculesseptic.com)

**Residential • Commercial**

- Septic installation & repair
- Video pipe inspection
- High-velocity water jetting
- Home septic inspections

**25 Years Experience**

**24-hour affordable service**

**Free estimates**

**Fully insured**

Cleaning your septic system can save you thousands in repairs and replacement!

**\$850**

Complete Septic Field Jetting and Septic Seal Field Pumping  
\$1100 value, tax not included



**CLEANING SERVICES WITH A PERSONAL TOUCH**

Sofia **908-342-7921**  
RARITAN RESIDENT

*I know you are busy... so it is my pleasure to provide you with professional house cleaning service that is RELIABLE, TRUSTWORTHY and THOROUGH at an AFFORDABLE, REASONABLE RATE.*

APARTMENT • OFFICE • RESIDENTIAL CLEANING  
FREE ESTIMATES • FLEXIBLE SCHEDULING • REFERENCES AVAILABLE





*We are at your service!*

**\$25 OFF**  
First 2 residential cleanings when you sign up for a scheduled service.

**15% OFF**  
First 2 months commercial cleaning when you sign up for one year of scheduled service.

We Accept:  
VISA MasterCard

**COMMERCIAL AND RESIDENTIAL CLEANING**

**FREE QUOTES**

**732-672-4618**

[customer.service@jrmaintenance-cleaning.com](mailto:customer.service@jrmaintenance-cleaning.com)

**Bonded and Fully Insured**

**www.jrmaintenance-cleaning.com**

## THE STUMP COMPANY

**A FULL SERVICE TREE CARE & STUMP GRINDING SERVICE & LAWN CARE SERVICE**

- Garden Beds & Tree Roots Ground
- Full Service Tree Care
- Residential Back Hoe Service
- Trenching
- Backyard Grading
- Tree Trimming & Removal
- Shrub Trimming



**Local Bridgewater Resident**

**COUPON**

**\$20.00 off**  
any job of \$100.00 or more

Expires 5/31/16

**Free Estimates • Fully Insured**  
Email: [HEALEN@verizon.net](mailto:HEALEN@verizon.net)

**RESIDENTIAL and COMMERCIAL**

- Owner on Every Job
- Emergency Service Available

**Call 908-884-0362**



Scan here to visit

**Be Seen In**

# The CONNECTory

**An On-Line Business & Professional Directory**

[www.connectory.theconnectionsny.com](http://www.connectory.theconnectionsny.com)

You Tube **The CONNECTIONS**

Visit our Connection On-Line ad to view our video






## Warrenville Hardware Design Center



Patty Hernon, Design Consultant  
studio@warrenvillehardware.com

Paint • Wallcoverings • Window Treatments  
Upholstery, Bedding, Space Planning  
Staging, Furniture, Flooring



*Williamsburg* and  are registered marks of The Colonial Williamsburg Foundation.  
©2014 Benjamin Moore & Co. Aura, Benjamin Moore, REGAL and the triangle "M" symbol  
are trademarks licensed to Benjamin Moore & Co.

61A Mountain Blvd., Warren NJ

908-757-9100

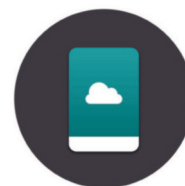
www.warrenvillehardware.com



# mytechguy



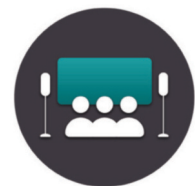
COMPUTERS



MOBILE



TUTORING



HOME THEATER

## Friendly In-Home Service

(908) 242-3322 | MyTechGuy.com | 8 Mtn. Blvd, Warren





**WHATEVER THE WEATHER...  
WE'VE GOT YOU COVERED!**

## The CAP Connection



### TRUCK CAPS & TONNEAU COVERS

Tool Boxes • Bug Shields • Hitches • Running Boards • Bed Liners  
Push Bars • Vent Visors • Floor Mats • Fog Lights • Ladder Racks

**Gift Certificates Available!**

*We Carry a Full Line of  
Washes and Waxes for your Vehicle!*  
JERACO, ACCESS & OTHER QUALITY BRANDS



**908-236-7997**

**Fax: 908-236-7686**

**1260 Rt. 22 West • Lebanon**

(only minutes off Rt. 31, 78, 287, 202 & 206)

**www.capconnections.com**

## CHIPPING SERVICES TREE DOWN? STORM DAMAGE?



- Stump Removal • Stump Grinding
- Wood Splitting • Brush Removal
- Debris Removal

**10% OFF**  
All Services  
Exp. 5/31/16



**908-432-5503**

Fully Insured

License #13VH07265500

## Caballero Fence & Repair

• Specializing in All Types of Fencing •

- Pool Fencing
- Vinyl Fencing
- Chain Link Fencing
- Deer Fencing
- Wood Fencing
- Aluminum Fencing & Railing
- Garden Fencing
- Mailbox Installation



**www.CaballeroFenceRepairs.com**



Free Estimates  
Good Price

**908-392-3195**

CaballeroFenceRepairs@gmail.com  
Hillsborough, New Jersey

Good References  
Available



*A Family Run Business*

- Reliable • Dependable • Trustworthy

**908 448 4976**

- Ground Maintenance
- Lawn Maintenance
- Leaf Maintenance
- Mulch Topsoil Stone
- Patio Walkway & Decks
- Installation
- Repair
- Maintenance
- Landscapes
- Design
- Installation
- Maintenance



**Call For  
Our Senior  
Discounts**

Fully Insured Lic# 13VH05257200

## NEW BREEZE



RESIDENTIAL  
FULLY INSURED

COMMERCIAL  
FREE ESTIMATES

## TREE SERVICE LLC

*Specialist In*

**LANDSCAPING & TREE SERVICES**

**TOPPING • TRIMMING • PRUNING**

**STUMP REMOVAL**

**908.413.6182**

Email: mrosales23@aol.com



# Pretzables

SWEETS WITH A TWIST



As Seen on  
"Good Day  
New York"

ORDER  
TODAY!

**We customize for any occasion, event, or party**  
**Bridal/Baby Showers • Corporate Gifts**  
**Father's Day • Graduations**  
**and more!**

**Alexa Bisignano**

**908.334.3531**

**www.pretzables.com**

**Alexa@pretzables.com**

*Visit our website to see all our  
arrangements of chocolate-coated  
pretzels, cookies and bark with  
customizable coating & wrappings*



## "RANDOM" CONNECTIONS

### AN APPETITE FOR A CONNECTION

*By: Dan Rosenberg*

In the early 90's, a friend of mine in the financial services industry suggested that my wife and I invest a couple thousand dollars from our IRA retirement accounts in shares of an "up and coming" New Jersey based company. About ten years ago, a local guy became the head of the company. Our wives had met some time ago but the chances were low that our paths would ever cross as we worked in very different industries.

A few years ago, I was doing some errands in Warren on a Sunday morning. Normally, I zip around from one place to another, grabbing a cup of coffee, along the way. On this particular day, I was more hungry than usual so I decid-

ed to stop into a bagel shop in town. I can count on one hand the number of times I have patronized this shop on a Sunday morning, as it is packed with customers at that time.

After waiting in line for about fifteen minutes, I ordered my "everything" bagel, toasted with cheese. About five minutes after that my sandwich was ready. Usually I would head back to my car to continue with my "to do" list. However, I was hungry to begin with, and after the total wait time of over twenty minutes, my stomach was having a rather loud conversation with me.

The shop had very few tables and chairs but there was one small

booth open. So I slid into that to consume my sandwich. Someone had left a newspaper on the table. Since I had invested a relatively long time in this stopover, I figured I would browse the paper, taking my time to eat in a civilized way rather than simply inhaling the food.

I was scanning the headlines, reading what I could, as I didn't have a pair of reading glasses with me. I can't remember which paper I was reading but it was magazine-like in size, so between bites I flipped the pages. Eventually I got to a small business section, with an abbreviated listing of stock prices, which did include public companies headquartered in New Jersey.

Stock symbols and prices are

printed with increasingly smaller point sizes in newspapers that still publish them. I had to squint to focus on them, using a finger as a pointer to help me. I stopped on the symbol for the company that had been recommended to me so long ago, just to see how it was doing. I actually leaned over to focus over the top of my finger.

Guess who walked in the door at that moment?

Those of you familiar with this column can anticipate the answer. The head of the company walked in with one of his children. He entered the long line of customers. After I finished my bagel, I introduced myself and tried to explain that we were destined to meet in this way.



# Adornments

JEWELRY • ACCESSORIES • GIFTS

*Communion, Recital, Bar or Bat Mitzvah,  
Teacher, Hostess, Mother's Day, Graduation*

**1982 Washington Valley Road**  
(Next to Quick Mart) **Martinsville**  
**732-667-7560**  
**adornmentsnj.com**

Tues-Fri 11-6  
Sat 11-5  
Closed Sun-Mon



**SAINTS & ANGELS  
COLLECTION**

WHO'S YOUR HERO?  
CHOOSE YOUR SAINT  
PICK YOUR STYLE

"Like" Us on Facebook at [adornmentsnj](#)

**10% OFF**  
**ANY**  
**UPDO HAIR**  
**SERVICE**  
Expires 5/31/16

**Giovanni Todaro**

**THE HAIR  
MOVEMENT**



**MEN'S & WOMEN'S HAIRCUTS & STYLING**

65 Finderne Avenue, Bridgewater  
**908-722-8990**  
**hairmovementsalon.com**

Mon. 10am-7pm, (Closed Tue.),  
Wed.-Fri. 9am-8pm, Sat. 8am-4pm

**EVERY  
MONDAY  
WALK IN  
HAIRCUTS**

Men.....\$15  
Women.....\$20



**Asemet**

**Color  
Relaxers  
Perms  
Foils  
Keratin  
Udos**

**DON'T RISK LOSING PRICELESS MEMORIES!**



**THE ARCHIVAL COMPANY**

RESTORE AND RELIVE

**CREATE YOUR  
DIGITAL LEGACY!**

Convert your old media to a digital  
format and enjoy your family videos  
on your TV. No DVDs required!



Visit our  
Connection On-Line ad  
to view our video

**15% OFF  
WITH THIS AD**

**VIDEO TO DVD & DIGITAL FORMATS:**  
VHS, VHS-C, Hi8, HDV, DIGITAL 8, MINIDV, U-MATIC 3/4", BETA SP, SX, SUPER 8/8MM, 16MM

**Bedminster, NJ | 908-367-2001 | [www.archivalcompany.com](http://www.archivalcompany.com)**



**AAS Tax Services, LLC**  
Branchburg Commons  
Bldg. 4 Ste. #427 (Executive Suites)  
3322 Rt. 22 West  
Branchburg, NJ 08876

**Professional  
Full Service Tax Office  
for Individuals  
and Small Business Entities**

**Income Tax Return  
Preparation, Late Filings,  
IRS & State Tax Problem  
Solving, Tax Debt  
Reduction, Correspondence  
Audit, Amended Returns,  
Installment Payments of  
Tax Liabilities, Planning for  
Taxes & Other Tax Services**

**Affordable Prices**  
(check prices & discounts on our website)

**Andy Adamczuk**  
IRS Licensed Enrolled Agent  
Tax Experience Since 2001  
MS in Accounting  
BS in Accounting • BS in Finance  
All Rutgers University, NJ

**Tel.: 908-231-9500**  
For information on the firm & other details visit:  
**[www.aasTaxServices.com](http://www.aasTaxServices.com)**



# SLICE OF LIFE

## Thank You, Eleanor Roosevelt!

By: *Ellyn Mantell*

Orphaned at 10 years old, the niece of President Theodore Roosevelt, Eleanor, married Franklin Delano Roosevelt, a distant cousin who was president during our involvement in World War II. Since our country was in such turmoil, he was asked to serve an unprecedented four terms, dying before the end of the last. While he was president, he contracted polio, and was wheelchair-bound, putting more and more demands on the First Lady to not only be supportive, but to act on his behalf many times. Do the times make the woman, or does the woman make the times? I continue to ask myself this question throughout my life, and perhaps never has it been as apparent a question as in the life of this incredible woman.

Ms. Roosevelt is credited with changing the role of the First Lady through her activism, outspoken participation in American politics, and her passion for social justice. She gave press conferences, wrote a newspaper column entitled "My Day" and ultimately served at the United Nations. All the while, she suffered severe bouts of depression at a time in our society where such "weaknesses" must be hidden. Yet she always stayed true to her calling to do good for others, to speak for those who were unable to speak for themselves, and to show that the "woman behind the man" of power, was extremely powerful in her own right!

I was always aware of Ms. Roosevelt, but wasn't as enamored as I became upon doing my research on her life. Not glamorous like Jackie Kennedy, she didn't have fashionistas watching her wardrobe for new trends. When she traveled, I assume she wasn't concerned about her suitcase reflecting the wealth of our country or her family. But what I knew of her was that she was extremely bright, outspoken and thought-provoking. In actuality, it wasn't until I saw a quote by her on the wall of the office of my daughter, Allison, that she reappeared in my mind. Allison is a school social worker, and building self-esteem is a major goal in her involvement with her students. To that end, she is a motivator in ways that stress our ability to stand tall against those who may hurt us, and make us feel "less than." Since I am forever telling both her and her sister, Emily, that **"when the student is ready, the teacher will come,"** it isn't by accident that the quote I am referencing came to my mind when it did.

Recently, we were meeting old friends at a party (okay, we are older, and they are life-long friends, so they actually are old friends.) One of the men in the group is quite imperious, and for whatever reason, I always felt whatever I had to say was meaningless...perhaps because I know I will not be heard by him anyway, so why bother? But as I walked into the party that night, I remembered Eleanor Roosevelt's quote, and "the student was ready." She said that **"No One Can Make you feel Inferior Without Your Consent."** And I wasn't giving this man mine!

The reason I want to share this with you is that, although no music played in the background, no closeup with a camera, no moment in history occurred, for me, it was a great moment. This man actually listened to the point I wanted to make, thought about it, reacted poorly, and then, later, as he apparently thought about it, returned to the subject with me, and wanted to further explore my thoughts! How incredible...I refused to give him permission to make me feel trivialized because my education isn't pedigreed like his, my ability to earn income pales by comparison to him, I don't travel the world in the way that he does. But I do have opinions, thoughts, feelings and observations that are of value, and perhaps, just perhaps, he saw that...if only for a moment!

Thank you to Ms. Roosevelt, and not only for her wisdom in her thoughts, but for helping this country feel the respect it did at a time when it was struggling to survive. Times were so difficult for everyone. Camelot was well into our future, and other First Ladies would put their brand on the White House. But I learned through her that regardless of so many outside influences, people like her have such **courage, backbone, determination, and yes, a bit of ability to turn their face away from those who would make them feel inferior...because they refuse to give consent** for that to happen!



# WHAT WILL YOU LOOK LIKE IN 40 DAYS?



## It's as simple as A, B, C.

### Assess:

We look at nearly every factor that may affect your body's ability to burn fat continuously.

### Balance:

Using what we learn, we build a plan to bring your body back into balance for optimal health.

### Clear:

We help you detoxify and clear your cells, tissues and organs of the substances that can be keeping you from living your best life.

JUST \$27\*

#### Body Composition Analysis & Fat Loss Consultation

A complete assesment and teaching of your current body composition in comparison to where you should be. This analysis includes your body fat percentage and mass, visceral fat rating, body water percentage, metabolic age and other important metrics.

A personally integrated session with a trained NutriMost Technology Specialist to discuss how this revolutionary technology can help you naturally detox and heal your body, restore balance to your hormones and neurotransmitters, and reset your metabolism.

Call 908.279.7740 or Visit [Centraljerseyhealth.com](http://Centraljerseyhealth.com)

\*Consultation Cost does not include the weight loss program.

## COMPARE

*Other*  
Weight Loss Programs

vs.

**NUTRIMOST**  
Wellness & Weight Loss

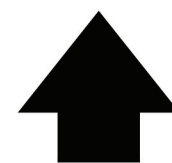
- |   |  |   |
|---|--|---|
| ✗ | HydroMolecular to activate FGF-21      | ✓ |
| ✗ | Guaranteed Results*                    | ✓ |
| ✗ | NutriMost Technology                   | ✓ |
| ✗ | NIVA 24-hour interactive text guidance | ✓ |
| ✗ | HydroVitalize to assist Cell Hydration | ✓ |
| ✗ | Personalized/Customized Food Lists     | ✓ |
| ✗ | Professionally Supervised              | ✓ |

**30-40 WEEKS** Time Period To Lose 20-40 lbs **40 DAYS**

**HIGHER** Cost Per Pound Lost **LOWER**

Comparison established from standard public information available on other weight loss programs.

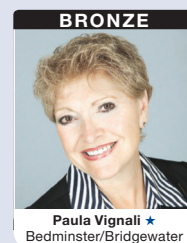
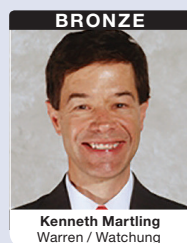
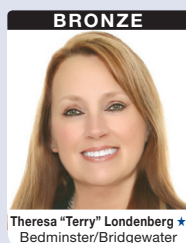
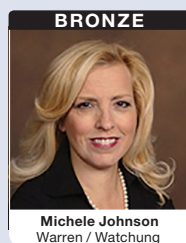
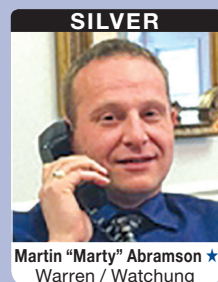
\*Complete details of the NutriMost Guarantee can be seen on our website or in the office upon request and prior to the sale. Results may vary based on an individual's physical health, diet, personal commitment and adherence to the NutriMost program. The weight loss results described in testimonials, photos or video can vary and are not typical for every individual. Information provided is not intended to diagnose, treat, cure or prevent any disease. Doctor Supervision is provided by licensed Professionals.





# Recognizing The Best of the Best

NJ REALTORS® Circle of Excellence Sales Award®



We proudly recognize the commitment of the Coldwell Banker affiliated sales associates who achieved membership in the NJ REALTORS® Circle of Excellence Sales Award® for 2015.

Facebook.com/CBRBNewJersey

**ColdwellBankerHomes.com**

Twitter.com/CBRB\_NewJersey

**Bedminster/Bridgewater Office (908) 658-9000**  
**Warren/Watchung Office (908) 754-7511**

**Platinum:** \$20 Million & 30 Units Minimum or 125 Units  
**Gold:** \$12 Million & 25 Units Minimum or 90 Units  
**Silver:** \$6.5 Million & 20 Units Minimum or 70 Units  
**Bronze:** \$2.5 Million & 15 Units Minimum or 30 Units  
★: Distinguished Sales Club (achiever for 10+ years)



# COLDWELL BANKER

## RESIDENTIAL BROKERAGE



**WARREN/WATCHUNG OFFICE**  
**7 MOUNT BETHEL RD, WARREN, NJ**  
**(908) 754-7511**

**CONTACT ONE OF OUR  
 CONVENIENT LOCATIONS TO  
 PUT THE MOST EFFECTIVE  
 LOCAL TEAM TO WORK  
 FOR YOU TODAY!**



**BEDMINSTER/BRIDGEWATER OFFICE**  
**302 ROUTE 202/206 BEDMINSTER, NJ**  
**(908) 658-9000**



**23 Kiser Lane, Bridgewater** **\$629,000**  
*Benny 'Kevin' Yento Mobile 908.334.4586*



**51 Ridge Rd, Green Brook** **\$925,000**  
*Tracy Hart Mobile 908.227.7639*  
**MLS# 3278914**



**475 Bayberry Rd, Bridgewater** **\$924,900**  
*Martin Abramson Mobile 908.507.1339*  
**MLS# 3209675**



**17 Casale Dr, Warren** **\$1,895,000**  
*Patricia Riccio Mobile 908.285.0928*  
**MLS# 3261428**



**454 Foothill Road, Bridgewater** **\$545,000**  
*Alan Fross Mobile 908.256.9651*  
**MLS# 3278827**



**202 Rock Road West, Greenbrook** **\$1,500,000**  
*Florenta Scheck Mobile 201.230.7327*  
**MLS# 3273166**

 [Facebook.com/CBRBNewJersey](https://www.facebook.com/CBRBNewJersey)

**ColdwellBankerHomes.com**

[Twitter.com/CBRB\\_NewJersey](https://twitter.com/CBRB_NewJersey) 

**Bedminster/Bridgewater Office: 302 Route 202/206 Bedminster, NJ • (908) 658-9000**  
**Warren/Watchung Office: 7 Mount Bethel Rd, Warren, NJ • (908) 754-7511**



## ON OR OFF PREMISE CATERING

Catering for  
all Occasions –  
No Party too Big  
or too Small

**Gift Certificates  
Make Delicious  
Gifts**



63 West Somerset Street, Raritan

Serving the tri-state area:  
New Jersey, New York & Connecticut

**908-704-0500 or 347-865-2237**

**Corporate Events**  
Graduations  
Confirmations  
Baptisms  
Birthdays  
Anniversaries  
Bereavement  
Showers  
Luncheons  
Retirement



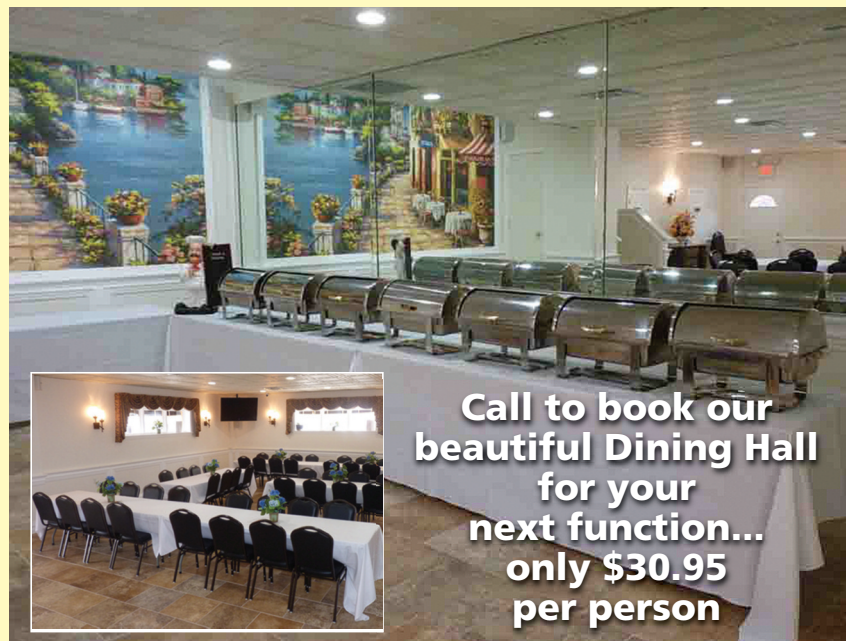
## ENJOY YOUR FAMILY & FRIENDS! Leave the cooking & cleaning to us!

**Are You Ready  
to Book that  
Special Event?  
We Have It All!**

*Customize your  
package to make  
your event special!*

Visit our website  
for details!

- Appetizers
- Hot Deluxe Buffet
- Soda, Ice, Bottled Water
- Linen Table Cloths
- Coffee, Tea, Cookies, and Cake
- Waiter Service • BYOB
- Centerpieces Available at Additional Cost
- Big Screen TV
- XM Radio & Ipod Accessibility
- Rental is Four Hours
- Room Accommodates One Party at a Time



Call to book our  
beautiful Dining Hall  
for your  
next function...  
only \$30.95  
per person

*Our catering menu is available for ALL functions either in our charming private dining room or for delivery to your site. Call for details and menus!*

## Mother's Day Dinner

Serves 12-15 people

(can also accommodate more or less)

**APPETIZER** - Italian Cold Antipasto

**HOMEMADE PASTA** - Your Choice:

- Stuffed Shells • Manicotti • Baked Ziti
- Penne Vodka • Lasagna or Lasagna Rollatini

**ENTREE** - Your Choice:

- Chicken Rollatini • Chicken Marsala/Francese
- Chicken Parmigiana • Eggplant Rollatini
- Veal Parmigiana • Veal Marsala • Veal Francese
- Veal w/Peppers and Onions

**VEGETABLES** - Choice of 2:

- Broccoli Garlic/Oil • Glazed Carrots
- Red Roasted Potatoes • Mashed Potatoes w/Gravy
- Vegetable Medley w/Butter & Garlic or Garlic/Oil

*Includes: Fresh Baby Green Salad or Caesar Salad  
Freshly Baked Rolls and Tray of Italian Cookies*

**Only \$359 + tax**

*Just Heat and Serve*

## Graduation & Summer BBQ Special

Serves 12-15 people

**Sausage & Peppers**

**Grilled Chicken**

**Pulled Pork & BBQ Sauce**

**Corn on the Cob**

**Rolls & Butter**

**Potato Salad**

**Macaroni Salad**

**Cole Slaw**

(All Salads Homemade)

**Caesar Salad**

**Cookie Tray**

**Only  
\$329  
+ tax**

*Pick up only. Heat & Serve. 2 days notice required.*

## Lunch or Dinner Special

Serves 6-8 people

**Only \$45 + tax**

Serves 12-15 people

**Only \$95 + tax**

*Pick up only.  
1-2 days notice required.  
Call for details.*

**7 Days  
a Week!**

**\$15.95 PER PERSON  
Deluxe Hot Buffet**

*See Website for Details!*

**For Details & Menus [www.MangiaBuonoCaterers.com](http://www.MangiaBuonoCaterers.com)**

[www.theconnectionsny.com](http://www.theconnectionsny.com)





## Above All Party Rentals

### A Step Above The Rest!



From A Backyard BBQ To A Wedding. We Can Accommodate Your Every Party Rental Need!

- Tents
- Tables & Chairs
- Bounce Houses
- Dunk Tanks
- Concessions
- Linens
- Coolers
- Photo Booths
- Pipe & Drape
- Fans
- Beverage Fountains

- Lighting
- Stages
- Dance Floors




**908-526-RENT (7368)**  
**www.aboveallpartyrentals.com**

**\$10 OFF**  
Any Order of \$100 or more

**\$20 OFF**  
Any Order of \$200 or more

**\$30 OFF**  
Any Order of \$300 or more

**\$50 OFF**  
Any Order of \$500 or more

**Above All Party Rentals**  
aboveallpartyrentals.com  
908-526-RENT  
With this coupon. Not valid with other offers or prior rentals. Expires 5/31/16.

**\$75 OFF**  
Weekday Bounce House Rentals

**Above All Party Rentals**  
aboveallpartyrentals.com  
908-526-RENT  
With this coupon. Not valid with other offers or prior rentals. Expires 5/31/16.

**\$100 OFF**  
4-Hour Photo Booth Rentals

**Above All Party Rentals**  
aboveallpartyrentals.com  
908-526-RENT  
With this coupon. Not valid with other offers or prior rentals. Expires 5/31/16.

# SAL'S AUTO BODY INC.

315 HIGHWAY 22 (EAST BOUND) • GREEN BROOK

*Serving Your Community for 46 Years*

**HOURS: M-F 8 AM - 6 PM  
SAT 8 AM - 12 PM**

NJ LICENSE NO. 00342A

**Where quality repairs are no accident**  
*We work with all insurance companies for appraisals and repairs.*



- Collision Specialists
- Custom Painting
- Paintless Dent Repairs
- Towing

**(732) 968-2214**  
**www.salsautobodyinc.com**



## ALL TIRE COMPANY

Serving You Since 1945



Come in to see Ray, Mike, Matty and Joe for all of your car-care needs!

**3221 Rt. 22E. • Branchburg**  
Across from Shoprite and Wendys behind Mobil Gas Station

Mon.-Fri. 7:30am-6pm  
Sat. 7:30am-4pm  
Sun. 9am-4pm

NJ State Inspection and Emissions Repair  
**908-725-7373**

**Car Wash on Site**



**OIL CHANGE SPECIAL! \$19<sup>95</sup>**

• New oil filter installed • Fill crankcase up to 5 qts major brand oil  
• Semi & full synthetic oil also available • Free preventive maintenance inspection

No other discounts apply. Must present coupon to get this price.  
Shop supply/hazmat material fees will be added. Offer expires 5/31/16.

**www.alltirecompany.com**



**18 Raritan Avenue, Raritan, NJ**  
**908-526-8590**

**Complete Car Care & Repair Center**  
**Foreign and Domestic**

- Tune-Up
- Name Brand Tires
- Electronics & Wiring
- Mufflers & Exhaust Systems
- Mileage Maintenance Service
- Brakes, Struts, Suspension
- A/C, Heating Services
- Fuel Injection Cleaning
- Window Repair
- Trans Flush
- Radiator Flush



**ASE Certified Technicians**

**Computerized Auto Center**

**Owner on Premises**

**Reasonable Rates • Prompt Friendly Service**  
Monday-Friday 8am to 5:30pm • Sat. Appointments Available




**APalma7358@optonline.net**





FAMILY IS...



JOIN US THIS  
MOTHER'S DAY  
FOR A  
GENUINE ITALIAN  
EXPERIENCE!

OLIVE GARDEN To Go!  
LESS TIME COOKING...MORE TIME TOGETHER

## CATERING DELIVERED

May all life's moments be beautifully catered and delivered. Graduations, showers, birthday parties, family gatherings, office lunches or dinners, meetings, special occasions and sports events.



New lighter fare choices  
that are truly inspiring.

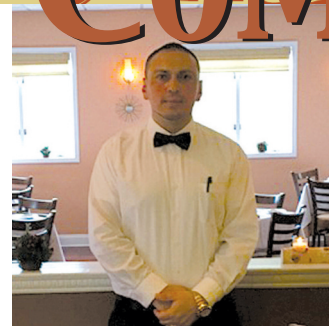
760 US ROUTE 202 SOUTH, BRIDGEWATER, NJ 08807  
AT THE BRIDGEWATER TOWN CENTRE  
(908) 203-3758 | WWW.OLIVEGARDEN.COM

## CONNECTION COMMENTS

### CAFÉ VENEZIA

1938 Washington Valley Road  
Martinsville

By: Joanne Kleinle



Leo Bytyqi

What are the three things that make a meal out a great experience? The setting, the service and most of all, of course, the food. These three elements all come together at **Café Venezia**, the new Italian restaurant in Martinsville. It won't be long before the secret is out and the name **Café Venezia** becomes synonymous with a great Italian meal.

The menu speaks for itself. Owner Leo Bytyqi has been working in the best restaurants in the Somerset Hills area since he was sixteen years old. He and his family know all about good food, quality ingredients and what makes a good meal a great one. When they decided to work together and open their own restaurant, they wanted to create an upscale dining experience, but make it affordable enough that customers did not have to save it for a special occasion. Before opening **Café Venezia**, Leo travelled in Italy for four months tasting the latest dishes, learning traditional recipes and appreciating the fresh ingredients and vibrant mix of flavors. He brought back everything that he learned and recreated it in the menu at **Café Venezia**.

**Café Venezia's** menu includes traditional dishes like veal picatta, fresh gnocchi with pesto and a chicken scarpariello that is incomparable to anywhere else. These traditional dishes stand out because the chef, formerly of Sestri's in Gillette, uses the freshest ingredients and knows how to blend the flavors to make an ordinary dish extraordinary. One standout is **Café Venezia's** signature salad—the Insalate Venezia. The salad mixes avocado, shrimp, arugula, diced tomatoes and onions

with a homemade dressing so good that one customer commented that he would eat it on its own! If you are lucky and the veal saltimbocca is a special, you have to taste it. The tender veal cutlets and salty prosciutto mixing with the creamy wine sauce is out of this world!

**Café Venezia** also offers a new, modern take on some favorite dishes. Fried calamari is served with a homemade ginger balsamic reduction with hot cherry peppers and sweet sausage and the surf and turf—lobster tail and filet mignon—is an amazing blend of fresh flavors in a gigantic portion, making it one of the best values on the menu!

Everything on **Café Venezia's** menu is incredible. You will find yourself coming back again and again—torn between ordering something new until you have tried the whole menu and re-experiencing an old favorite. The restaurant itself is classic and understated. Everything is new and modern with intimate tables and plenty of space so that you do not feel crowded. Mr. Bytyqi has spent his life in the area's finest restaurants, where the customer is treated to a friendly smile and impeccable service every time. Despite the reasonable prices on the menu, the service and the personal attention given to each customer is like that in the most exclusive of restaurants.

So try something new this year. **Café Venezia** is located at 1938 Washington Valley Road in Martinsville. Call 732-356-3500 for a reservation for lunch or dinner. Bring your appetite and bring a bottle (it is BYOB)—whether it is for a party or an intimate dinner for two, you will not be disappointed.

## Chicken Holiday

Remember  
Graduation,  
Mother's Day,  
Home & Office  
Parties, BBQ,  
Picnics



1 FREE Rose to first  
50 Moms on May 8th  
(1 per person)

Chicken • Seafood • Ribs  
Catering & Parties

Memorial Weekend  
Special  
**15% Off**  
Entire Order  
May 28-30, 2016  
Cannot be combined with any other offer.

691 E. Main Street, Bridgewater  
1/4 mile west of TD Ballpark

**732-469-4111**

View our menu and daily dine-in specials on website  
[www.chickenholidaybridgewater.com](http://www.chickenholidaybridgewater.com)

Open 7 Days a Week

Sun.-Thurs. 10:30am-8pm; Fri. & Sat. 10:30am-9pm

### Buckets of Chicken

|                |       |
|----------------|-------|
| 8 Pc. Chicken  | 12.50 |
| 12 Pc. Chicken | 17.95 |
| 16 Pc. Chicken | 23.50 |
| 20 Pc. Chicken | 28.95 |

Expires 6/13/16. Not to be combined with any other offer. Valid at Bridgewater location only.

### Buffalo Wings

|                   |       |
|-------------------|-------|
| 16 Buffalo Wings  | 13.95 |
| 24 Buffalo Wings  | 20.95 |
| 48 Buffalo Wings  | 38.95 |
| 100 Buffalo Wings | 75.95 |

Expires 6/13/16. Not to be combined with any other offer. Valid at Bridgewater location only.

### Dinner For Two

|  |       |
|--|-------|
| 8 Pieces of Chicken  | 14.50 |
| Single French Fries<br>or Mashed Potatoes Plus<br>1/2 lb. of Salad of Choice |       |

Expires 6/13/16. Not to be combined with any other offer. Valid at Bridgewater location only.

### Fiesta Family Special

|   |       |
|---|-------|
| 12 Pieces of Chicken  | 22.95 |
| Double Order of<br>French Fries or Mashed Potatoes<br>Plus 1 lb. of Salad of Choice |       |

Expires 6/13/16. Not to be combined with any other offer. Valid at Bridgewater location only.

### Economy Plan

|                                  |       |
|----------------------------------|-------|
| 24 Pieces of<br>Chicken, 3 lbs.  | 43.50 |
| Salad of Choice, 12 Dinner Rolls |       |

Expires 6/13/16. Not to be combined with any other offer. Valid at Bridgewater location only.

Coupons can be used multiple times



**Serving  
Breakfast  
& Lunch**

**DAILY  
SPECIALS!**

## Kiko's

*Deli & Cafe*

45 Old York Road  
Bridgewater, NJ 08807  
**908-722-2292**

WE CARRY  
**Boar's Head**

**Hot Dogs - Burgers - Eggs - Muffins - Bagels  
Empanadas - Subs - Sandwiches - Paninis  
Homemade Pie, Quiche & Soup  
Frozen Yogurt**

**1 Free  
Empanada  
Per Person**

Expires 5/31/16.

**1 Free  
Small  
Coffee**

with Breakfast  
Order  
Expires 5/31/16.

**Catering  
Available**

**WiFi**

Hours: Mon-Fri 6am-4pm • Sat 7am-3pm • Closed Sun

## Cafe Venezia

*Ristorante Italiano*

**Come visit Leo & his brothers  
in their new restaurant**

**Book Your Reservations  
for Mother's Day!**

Available for Private Parties  
Reservations Recommended

**Check Out  
Our Lunch  
Specials**

**Open 6 Days  
Lunch & Dinner**

Gift Certificates Available  
BYOB

1938 Washington Valley Road, Martinsville, NJ  
**732-356-3500 • 732-356-0100**

facebook.com/CafeVeneziaMartinsville/  
www.cafeveneziaofmartinsville.com

# Flaming

**Grill & Supreme Buffet**

**WE HAVE  
1 LARGE  
PARTY ROOM**

AVAILABLE FOR BIRTHDAY  
PARTIES, OFFICE MEETINGS  
& WEDDINGS. CALL FOR  
RESERVATIONS.

**LUNCH BUFFET**  
Mon.-Sat. 11am-3:30pm

|                    |       |
|--------------------|-------|
| ADULT MON-FRI      | \$759 |
| ADULT SATURDAY     | \$839 |
| KIDS 3-6 years old | \$339 |
| 7-10 years old     | \$499 |

**SUNDAY ALL DAY DINNER** **\$1159**

**DINNER BUFFET**  
Mon.-Thu. 3:30pm-10pm  
Fri. & Sat. 3:30pm-10:30pm

|                    |        |
|--------------------|--------|
| ADULT              | \$1159 |
| KIDS 3-6 years old | \$499  |
| 7-10 years old     | \$699  |

**Buffet To Go**

|                                  |                                 |
|----------------------------------|---------------------------------|
| <b>\$399/lb</b><br>Regular Items | <b>\$499/lb</b><br>with Seafood |
| <b>\$599/lb</b><br>All Seafood   | <b>\$699/lb</b><br>Sushi        |

**Party Tray  
To Go  
Available**

**Mother's Day Special**  
with Lobster and Crab Legs  
**\$15.99 All Day**  
If Available

**www.flaminggrillbuffetmanville.com**

**\$100 OFF**

**LUNCH BUFFET - Dine-In Only**

With purchase of 2 beverages. Coupon must be presented before payment. Limit 2 adults per coupon only. Not valid with any other offer. Offer valid after applicable taxes. Excludes Holidays. Expires 5/31/16.

**\$659**

**Lunch Buffet**

must purchase 2 Beverages

**Dine-In Only Monday - Friday**

Coupon must be presented before payment. Limit 2 adults per coupon only. Not valid with any other offer. Offer valid after applicable taxes. Excludes Holidays. Expires 5/31/16.

**\$150 OFF**

**DINNER BUFFET - Dine-In Only**

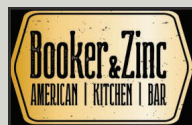
With purchase of 2 beverages. Coupon must be presented before payment. Limit 2 adults per coupon only. Not valid with any other offer. Offer valid after applicable taxes. Excludes Holidays. Expires 5/31/16.

**\$300 OFF**

**DINNER BUFFET FOR 2 ADULTS - Dine-In Only**

With purchase of 2 beverages. Coupon must be presented before payment. Limit 2 adults per coupon only. Not valid with any other offer. Offer valid after applicable taxes. Excludes Holidays. Expires 5/31/16.





## Join us in Booker & Zinc for our Easter Brunch

Sunday, March 27, 2016  
&

## Mother's Day Brunch

Sunday, May 8, 2016

Enjoy a Full Brunch Buffet including Breakfast Offerings,  
Carving Stations, Entrée Selections, and Mimosas.

\*Each are priced at \$35.00 for Adults, \$14.00 for Children 4-12,  
Children under 3 eat free!

Seating available 11:30 a.m.—2:00 p.m. For reservations, please call 908-541-8938

\* Alcoholic beverages, tax and gratuity not included.

Catering for that  
"SPECIAL OCCASION"  
and more...

Italian & Gourmet Specialties  
Freshly Prepared Foods  
Homemade Pasta



- Specialty Cheeses
- Fresh Sauces
- Handcrafted Specialty Sandwiches
- Rare Aged Balsamic Vinegars
- Fine Extra Virgin Olive Oils from Different Regions
- Full Line of Imported Quality Italian Products - Panettone, Torrone, Chocolates, Desserts
- Porcini Truffles
- Fresh Line of Air Shipped Fresh Cheeses From Northern & Southern Italy From Master Cheese Makers
- Dessert Cheeses Hand Crafted from Alba, Piedmont

Rt. 202-206 South, Somerville Circle  
Somerset Shopping Center, Bridgewater, NJ  
www.kandsmarket.com

Tel: 908-595-1606 • Fax: 908-595-1597

Hours: Monday-Friday 9-7, Saturday 9-6, Sunday 9-2



# BIG APPLE BITES

## The Whitney's New Downtown Digs

By: Linda Seigelman

New York City's museums are a huge cultural resource for those of us who live nearby and a tremendous draw for tourists from every corner of the U.S. and around the world. Few other cities rival New York for the breadth and depth of the art and artifacts that are available to us on a daily basis. So, when a museum makes a major move, it is worth taking note. Last May saw the re-opening of the Whitney Museum of American Art in a new downtown location: 99 Gansevoort Street at the foot of the High Line and in the heart of the Meatpacking District.

Designed by renowned architect Renzo Piano, the new building is spectacular. All light, glass and open spaces spread across eight floors of galleries, an education center, a large theater and a Danny Meyer run café and restaurant. The Whitney also features over 13,000 square feet of outdoor exhibition space in balconies and terraces

with site specific installations, amazing sculptures, and incredible views of Manhattan, the Hudson River and the High Line.

The Whitney's collection includes over 22,000 works created by more than 3,000 artists in the United States during the twentieth and twenty-first centuries. Founded by Gertrude Vanderbilt Whitney in 1931, the 500 works from Mrs. Whitney's private collection served as the basis for the founding collection, which she continued to add to throughout her lifetime. Mrs. Whitney was an ardent supporter of living American artists of the time, particularly younger or emerging ones, such as Peggy Bacon, George Bellows, Stuart Davis and Edward Hopper to name a few.

The collection begins with Ashcan School painting and follows the major movements of the twentieth century in America, with a focus on Modernism and Social Realism, Precisionism, Abstract Expressionism, Pop Art, Minimalism, Postminimalism, art centered on identity and politics that came to the fore in the 1980s and 1990s, and contemporary work. Walking through the galleries is an artistic

tour of the highlights of the last century of American history. The Whitney also has deep holdings of the work of certain key artists including Alexander Calder, Jasper Johns, Brice Marden, Georgia O'Keeffe, Claes Oldenburg, Ed Ruscha and Cindy Sherman.

The new Whitney Museum of American Art is a most welcoming and engaging museum in all the ways that matter. The Museum is closed Tuesdays and is open late until 10:00pm on Friday and Saturday. It is definitely worth a visit.

### WHERE TO EAT

The Meatpacking District is filled with food and drink options to satisfy any taste or budget. It just about overflows with restaurants, cafés and bars, and the High Line itself has numerous food carts with everything from barbecue to tacos to shaved ice. The biggest problem is not finding a place to eat but deciding which one(s) to choose. The Whitney also has two great dining options to consider, both run by Danny Meyer's Union Square Hospitality Group.

Studio Cafe, Whitney Museum of

American Art (8th Floor) – seasonal menu of snacks, soups, salads, toasts with delicious toppings such as roasted eggplant or smoked arctic char, and tempting desserts; beer, wine and cocktails too, prix-fixe supper menu starting at 5:30pm on Fridays and Saturdays when the museum is open late; floor to ceiling glass windows capture attention, and in warmer months, outdoor seating offers sweeping views of the Meatpacking District, the Hudson River, and the High Line.

Untitled, Whitney Museum of American Art (Ground Floor) – huge ceilings, tall glass windows on three sides, an inviting bar, and outdoor seating (weather permitting) with views of the river, make this an ideal location for lunch, brunch, dinner or a drink; excellent seasonal menu includes five appetizers, five entrees and assorted snacks and salads, each beautifully prepared and beautifully plated, desserts are irresistible (the triple chocolate chunk cookie has become legendary); with a separate entrance outside the museum, the restaurant has its own hours of operation and is also open Tuesdays when the museum is closed.



# Lawn No More

Turn your high-maintenance lawn into a low-maintenance vegetable or flower garden. Year-round fresh food and a beautiful yard, without the messy mowing!

*Spring's the best time to start new*



[lawnnomore.com](http://lawnnomore.com)

VINCE CAMUTO • MICHAEL KORS • RALPH LAUREN • TAHARI • TRINA TURK • COACH • THEORY • CHICOS • TALEBOTS • KATE SPADE • LUCKY

## the vested interest

WOMEN'S CONSIGNMENT BOUTIQUE  
Designer Clothes, Bags, Shoes & Jewelry  
60-80% Below Retail.

Consignments accepted by appointment.

186 Mount Bethel Road, Warren, NJ  
908-647-7336  
[www.thevestedinterest.com](http://www.thevestedinterest.com)

Spring Items Arriving Daily

Open Tue, Wed, Fri 11am-6pm • Thurs 11am-7pm • Sat 11am-5pm

MARC JACOBS • TORY BURCH • D.V.F. • VINCE • LAUNDRY • BCBG • SEVEN • GUCCI • ANNA TAYLOR • ANN KANY • LILY PULITZER • ELIEN FISHER • JOIE • EILEEN FISHER

## Look On-Line at Ads

with this →



Visit our Connection On-Line ad to view our video

to view Videos from our Advertisers  
[www.theconnectionsny.com](http://www.theconnectionsny.com)



## Sonscreen Graphics

CUSTOM SCREEN PRINTING & EMBROIDERY

# 908-429-1657

77 Tillman Street, Raritan, NJ 08869  
[sonscreengraphic@aol.com](mailto:sonscreengraphic@aol.com)

Teams • Schools • Contractors  
Special Events • Family Reunions • Camps • and More

Call for a Quote

When Joyce and Rich Davis traveled to Florida in December 2000, they never could have imagined the impact of that trip. Visiting Rich's parents with their three young children, 6 year old Eliza, 4 year old Lauren, and their newest addition, 4.5 month old Garret, the family was set for vacation, not for a series of events that would forever change their lives.

A Pack-n-Play, purchased for Garret to sleep in, was made to be "more comfortable" by purchasing a supplemental mattress, sold right next to the crib. The combination of that mattress and the soft-sided crib suffocated Garret when his face was caught between the gap caused by the added mattress and the side of the soft-sided crib, and he tragically passed away.

How the Davis' turned their loss into passion and purpose is the story of **KEEPING BABIES SAFE**. Their timeless dedication to promoting safe sleep for all babies is nothing short of remarkable, and each day, more babies are benefiting from this charity's work.

After Garret's death, Rich, an attorney, did extensive research and found that there were other babies that died in a similar manner. In 2003, he met Jack Walsh, a crib-safety expert, who explained to him that while these risks were known, there were no laws to keep retailers from selling these two items side by side. Together they lobbied Congress, meeting with Robert Torricelli, Robert Frelinghuysen and Jon Corzine (then all Representatives of NJ), fighting for stronger crib laws. While the accomplishments in the field of child safety product laws had been remarkable, there was much

## A Caring COMMUNITY

### Joyce Davis, President KEEPING BABIES SAFE

By: Lauren Greenberg

to be done in the world of safe sleep environments.

In 2008, Joyce, now with 3 girls at home in Warren, (She and Rich became parents to Jamie in 2002) became the president of **KEEPING BABIES SAFE**, a foundation aimed toward the legislation of safer sleep laws. Three years later, thanks to Joyce's tireless efforts, the strongest crib laws in 30 years went into effect. Drop-sided cribs were eliminated with 2 million recalls; stronger hardware was used, and laws for residential cribs mandated 3rd party testing. All hotels and day care centers all had to comply.

But new cribs cost money, and that is where fundraising comes in. **KBS'** "Project Safe Crib" donates cribs to hospitals and human service agencies that get the cribs to needy families in NJ. Every \$125.00 donation pays for a brand new crib for a family in need. To date, **KEEPING BABIES**



Rich, Joyce, Eliza, Lauren, Jamie Davis

**SAFE** has donated over **8,000** cribs! Each year, Joyce coordinates a 5-K walk at Harry Dunham Park in Basking Ridge, where friends, family, and local running enthusiasts come out for a morning of music, food, and of course, a run/walk! This has become a yearly event that many in our community look forward to and participate in. A big part of **KBS'** mission is educating new parents on safe sleep and perhaps the biggest moment for **KBS** came this past January, when Governor Chris Christie signed into law that ALL hospitals and birthing centers were required to educate new parents on crib safety. Until now, parents were taught about car seats and lactation, but never safe sleep!

A quick review: What is safe sleep? **BARE** is best! No bumpers, blankets or stuffed animals! **HOW OLD IS YOUR CRIB or Play Yard?** If it's manufactured before

2013 your crib and play yard are no longer considered safe. Take your emotional attachment out if it, and get rid of any old cribs or play yards that you may have been holding onto. And never, ever, add a supplemental mattress to a portable crib as this is a known suffocation hazard.

Last year **KEEPING BABIES SAFE**, backed by the American Academy of Pediatrics, was successful in docketing a petition with the CPSC (U.S. Consumer Product Safety Commission) to ban the sale of supplemental mattresses. Since the filing of this public petition, TOYS R US, buybuy BABY, K-MART, SEARS and WAYFAIR.COM have all voluntarily pulled the sale of these mattresses, thanks to Joyce and **KBS!** The biggest sale of this dangerous combination right now is AMAZON & WALMART, where unfortunately, no matter how hard Joyce and her team have been trying, there are still moms and grandmas posting reviews of how well their babies slept in a play yard, and contributing that to the extra mattress.

But I know Joyce. And I have no doubt that her dedication and promise to honor her young son will not rest until there are no more sales of supplemental mattresses, and every single baby in the USA is doing what they have a right to do... sleep safely.

To donate to **KEEPING BABIES SAFE** and learn more about safe sleep, visit their website: [keepingbabiesafe.org](http://keepingbabiesafe.org)

If you know of someone in your community who is helping to make a difference in others' lives, please email Anna at [Connectionsny@gmail.com](mailto:Connectionsny@gmail.com) or call 908-903-1799.



# Spotlight on “SENIORS”

**New Design  
& Expansion!**

## New Jersey Eastern Star Home Skilled Nursing Care

### Making a Difference in the Lives of Seniors

- Open to the public and welcoming all
- Assistance with activities of daily living
- Medication administration
- On-site physician services, licensed nurses and C.N.A.'s on duty 24/7
- Laundry and linen services
- Housekeeping and maintenance
- Scheduled transportation to doctors' appointments
- Varied social, educational and spiritual programs
- 24/7 emergency response

#### NEW! Nursing Wing

- Private rooms with bathrooms and spacious showers
- Flat screen TV and WiFi access in room
- Dining room with garden view

**We Also Provide Short-Term Sub-Acute  
Rehabilitation and Short-Term Respite Care.**



**New Jersey Eastern Star Home**

**For more information or a personal tour: 908-722-4140**  
111 Finderne Avenue, Bridgewater, New Jersey 08807  
[www.njeasternstarhome.com](http://www.njeasternstarhome.com)



*"My mother's outlook has brightened due to the help and support she receives from the nurses, aides, and everyone else at New Jersey Eastern Star Home."*



## CREATIVE CORNER

### RECORD KEEPING WITH HAND EMBROIDERY

*By: Carolyn Hanson*

Back in 2003, my mom sent me a Newsday article about a large Swedish family who recorded their "49" births onto the family christening gown. Each family branch used a unique color thread to identify the family tree. It was quite colorful and filled with names. The dress traveled across land and ocean to meet the growing demands. I saved the article with every intention of embroidering our names into our family gown (10 births). Then life got busy and the grand children grew.

Jump to 2015 with the birth of my family's first great grandchild, my mom announced to my nephew that the newest member needed to be added to the hem with the others. Alas, I needed to confess that I had never added the prior names, oops. So, the race against the clock began.

Our family christening gown is now 90 years old and still in pristine condition. The gown was hand made by my paternal grandmother in 1926. The dress is fine handkerchief linen with inserts of handmade lace ribbon, and mother-of-pearl buttons down the back. The slip is sturdier cotton with an 6" eyelet edge. It's simple and beautiful.

Hand stitching is not my strength, and certainly not freeform like this required. I needed a plan



- 1. Stitch Style** - I started by going on-line and researching the best stitches for monogramming; the Stem Stitch was chosen since it did not leave spaces like a running stitch.
- 2. Font** - I scanned the various script fonts available on the computer, settled on "Lucida Handwriting," typed each first and middle name and birth year, and printed using 22 pt. font size.
- 3. Thread** - I wanted a white-on-white effect using the slip as the canvas. [Did not want the stitching to show through the gown.] My expert sewing friend (HF), suggested using the palest gray available from DMC. I used #762. Brilliant!
- 4. Supplies** - Pencil, embroidery hoop, scrap cloth, light board
- 5. Practice** - Using scrap cloth and pencil, I placed the printed name under the cloth and traced. Then cut 24" of embroidery floss and separate the six strands into groups of 2. I liked working from right to left, but choose what seems most natural to you. Follow the traced lines, keeping the stitches uniform in length. I did not use any knots but caught the thread underneath. Continue practicing until you are satisfied with the results. Don't forget to gently hand wash your sample to make sure the pencil washes out. I used a mechanical pencil and had no issues.
- 6. Layout** - Decide where you want to place the names. It took me 2 tries to get this right. HF suggested a family tree layout after I had already started with a linear design. I agreed and I undid several hours of stitching to set the new layout, which I love. So spend some time planning for current and the future additions.
- 7. Placement** - The names need to be straight and spaced according to your design. This is where the light board comes into play, if you are lucky enough to have one. I laid the fabric over a grid and then slid the paper template in-between the grid and the fabric. Then lightly trace all the names.
- 8. Stitching** - Using an embroidery hoop, I started at the center bottom and moved upward and outward. The hoop assures that the fabric does not pucker.
- 9. Finishing** - Gently hand wash the garment to remove the pencil stenciling. I used Ivory Soap for babies, followed by air drying and pressing.

Here is the finished product. It's really lovely and ready for the 4th generation of Cianciabella's and beyond.

You can make any item into an heirloom. Use a pillowcase or blanket. Identify a keeper who will keep it clean and stored away until the next use. If it yellows with time, common, make a wash or a capful of bleach to a gallon of water. Do not soak, but dip until the color changes, then rinse. You can also bleach naturally by leaving in the sun.

Welcome ARR, #11 in our family tree.



Carolyn Hanson is a local knitting and crochet designer, teacher and fiber artist. She can be contacted at [chanson3@gmail.com](mailto:chanson3@gmail.com).

**No Life  
Care Fees!**

## Heath Village

*A Unique Retirement Community!*

**Join us for our SPRING OPEN HOUSE**

**Saturday, April 30th: Tours 11 am or 12:30 pm**

If you are looking to remain **independent and active**, then Heath Village is the place for you. An energetic retirement community with a history of resident satisfaction, financial stability and uncompromising service, Heath Village has been an affordable retirement choice for 50 years.

#### OPTIONAL ENTRANCE FEES

**Call 908-684-5009 TODAY to  
reserve your spot at our  
Open House!**

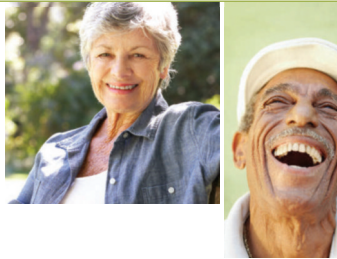
430 Schooley's Mountain Road  
Hackettstown, NJ 07840  
[info@heathvillage.com](mailto:info@heathvillage.com)  
[www.heathvillage.com](http://www.heathvillage.com)  
[www.facebook.com/heathvillage](http://www.facebook.com/heathvillage)





DISCOVER SOMETHING

**FRESH**  
and  
*reNEWed.*



Maintenance-free retirement living with new, more affordable pricing, community and residence upgrades, and a flexible dining plan. Come see Arbor Glen for yourself and join us for lunch. You might just discover Arbor Glen is the *right* community for you.



WELCOMING ALL. *Embracing You.*

100 Monroe Street  
Bridgewater, NJ 08807  
ArborGlen.org  
1-800-519-5170

Sponsored by Friends Retirement Concepts, Inc.



## Move to Senior Living with Ease & Style

We make the move seamless -  
clients never pack or  
unpack a box!



Your precious possessions arranged in  
your new space for style and comfort -  
you'll “feel at home” right away!

## Senior Assistants

Carol Cozewith & Ellyn Mantell

908-883-0469 • [ellynmantell@aol.com](mailto:ellynmantell@aol.com)

The daughters any senior needs  
when it is time to move.



# SENIOR CORNER



## DOES YOUR PARENT NEED A TEMPORARY CAREGIVER?

By: Ellyn Mantell

As I have shared with you over this past year, my mother-in-law, Eleanor, is thriving at **Chelsea at Warren**, and we are so pleased! Recently, however, she had a medical situation that required surgical intervention, and I was very concerned about her ability to be on her own. I reached out to the Wellness Center staff at Chelsea and was given a wonderful lead for caregivers to support Mom through this challenging time.

Kevin McClarren of **HOME CARE ASSISTANCE**, located in Warren, New Jersey, was a gift for us at this time when we had

so many concerns. I called a few days before the surgery, and when Mom returned to Chelsea post-surgery, a wonderful caregiver awaited her. Precious was one of many wonderful caregivers Kevin provided, and the companionship, as well as the support they gave me when I took her to the doctor for her recheck, was invaluable. Kevin was as interested in Eleanor's progress as we were, and I truly felt he made sure she had the right people for the job at each juncture of Mom's recovery. We spoke many times during the recovery period, and I feel so

good that Mom had a good start she might not have had without such wonderful support.

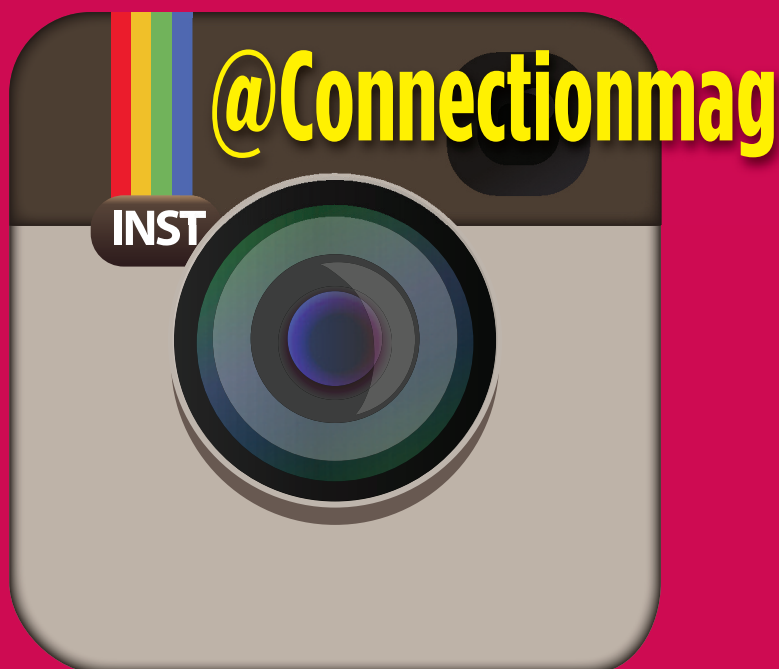
The literature Kevin sent me when we made the arrangements for Mom indicated that **HOME CARE ASSISTANCE** was opened in the fall of 2005, and their office is located at 53 Mountain Boulevard in Warren. All caregivers are employees of the agency, not independent contractors. My interaction with the caregivers indicated a sense of pride they have about their positions, which comes from their commitment to the agency, and vice versa. Incidentally, care-

givers are skilled and experienced in providing safe, effective care for clients with Alzheimer's and other forms of dementia.

Please contact Kevin at **HOME CARE ASSISTANCE** by phone (1-866-4LIVEIN or 908-668-8200) or through their website ([www.HomeCareAssistance.com](http://www.HomeCareAssistance.com)) if you are in the position of needing care for your parent, spouse, sibling or yourself. There is no need to be alone when the support and peace of mind a caregiver can provide is so close, easy, and capable.



# Follow Us On Instagram to See Who's Making Community "Connections"!



## MIND THE MIND

### SECOND CHANCES

By: Dr. Michael Osit

Technology has incorporated a dimension to our lives that gives us second chances. When a website freezes or goes stale we simply press the refresh button and we have a fresh new, updated website to view. Prior to posting on a social media site we can edit video so that it presents ourselves in the most positive light. Pictures can be touched, cropped, enhanced, and perfected so that we can maximize our visual image. If we post something regrettable on a social media site such as Facebook or Instagram we can immediately remove it, hopefully, before anyone else views it. Before anyone reads them, documents can be effortlessly edited and corrected for misspellings, grammar, sentence structure, and content. We send an email or text and we can reread it or even sit on it for a day or so before we are sure we are expressing exactly what we want to say. Video clips, pictures, social media posts, documents, email, and texting have become a significant part of our social interactions. And all of them enable us to put our best foot forward, or give us a second chance to make sure we are communicating exactly what we want to be expressing.

Unfortunately, real life, face-to-face interactions do not give us the second chance that technology has afforded us. Once we say something it cannot be edited before the other person hears it. How we are dressed, how clean our hair is, a facial blemish, and how young we look cannot be changed once we are in a real life social situation. We can't simply push a button to refresh a stale or stagnant relationship. Consequently, we need to be extra careful and pensive as we present ourselves in person. The following are suggestions so that you won't need a second chance.

- Be contemplative and planful prior to meeting with someone. Whether it is a business client, a friend, or your significant other, thinking through how you are going to interact with them prior

to seeing them will help you put your best foot forward. Rehearsing and coaching yourself as to what to say and what not to say will decrease your chances of "putting your foot in your mouth," and increase the potential of a positive interaction.

- As you converse, try to pause for just that split second prior to responding to them. When asked a question that you don't immediately know the answer to, it is perfectly fine to ask "Can I think about that for a second?" It shows that you take their question seriously and that you are careful and pensive.
- Try to be as planful as possible in your life. Proper preparation and planning in your work as well as in your social interactions will decrease the chances that you will make a mistake. Of course, the best laid plans don't always turn out as expected. That is just the way life goes sometimes.
- When you make a mistake on a social media post, the faster you remove it the less chance people will see it. Removing it right away is a good damage control strategy. In real life, the same strategy applies. When you make an error, or hurt someone's feelings, the faster you address it the easier it tends to be to repair the damage.

Living with yourself 24/7 you can become immersed in a jaded view of how your life is going. Just as you can refresh your web page you can refresh your life (sort of). Click on the "objectivity" button, step outside of yourself, and examine how you are conducting your life. Make the appropriate adjustments when you get that fresh look at yourself.

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





# FUN ALL SUMMER LONG!

## PLAN A GROUP OUTING TODAY!

**ALL STAR BIRTHDAYS**



**SUITES**



**DIAMOND CLUB**



**Party Deck**



**BALLPARK BBQ**



Email: [Groups@somersetpatriots.com](mailto:Groups@somersetpatriots.com)

| APRIL                              |     |                  |                          |                   |                   |                        |
|------------------------------------|-----|------------------|--------------------------|-------------------|-------------------|------------------------|
| SUN                                | MON | TUES             | WED                      | THUR              | FRI               | SAT                    |
|                                    |     |                  |                          |                   | 1                 | 2                      |
| 3                                  | 4   | 5                | 6                        | 7                 | 8                 | 9<br>FAN FEST 12PM-3PM |
| 10                                 | 11  | 12               | 13                       | 14                | 15                | 16                     |
| SPRING TRAINING @ TD BANK BALLPARK |     |                  |                          |                   |                   |                        |
| 17                                 | 18  | 19               | 20                       | 21<br>LI 7:05pm   | 22<br>LI 7:05pm   | 23<br>LI 7:05pm        |
| 24<br>LI 1:05pm                    | 25  | 26<br>YRK 7:05pm | 27<br>YRK 11:05am/7:05pm | 28<br>@LAN 7:00pm | 29<br>@LAN 7:00pm | 30<br>@LAN 7:00pm      |

| MAY               |                   |                   |                           |                   |                   |                   |
|-------------------|-------------------|-------------------|---------------------------|-------------------|-------------------|-------------------|
| SUN               | MON               | TUES              | WED                       | THUR              | FRI               | SAT               |
| 1<br>@LAN 2:00pm  | 2                 | 3<br>SMD 7:05pm   | 4<br>SMD 11:05am/7:05pm   | 5<br>SMD 7:05pm   | 6<br>@SL 8:05pm   | 7<br>@SL 7:05pm   |
| 8<br>@SL 3:05pm   | 9                 | 10<br>@LI 6:35pm  | 11<br>@LI 6:35pm          | 12<br>@LI 6:35pm  | 13<br>LAN 7:05pm  | 14<br>LAN 7:05pm  |
| 15<br>LAN 1:05pm  | 16                | 17<br>@BPT 7:12pm | 18<br>@BPT 10:35am/7:12pm | 19<br>@BPT 7:12pm | 20<br>LI 7:05pm   | 21<br>LI 7:05pm   |
| 22<br>LI 1:05pm   | 23                | 24<br>SL 7:05pm   | 25<br>SL 7:05pm           | 26<br>SL 11:05am  | 27<br>@YRK 6:30pm | 28<br>@YRK 6:30pm |
| 29<br>@YRK 1:00pm | 30<br>@YRK 5:00pm | 31<br>@SMD 7:05pm |                           |                   |                   |                   |

| JUNE              |                   |                  |                  |                   |                  |                   |
|-------------------|-------------------|------------------|------------------|-------------------|------------------|-------------------|
| SUN               | MON               | TUES             | WED              | THUR              | FRI              | SAT               |
|                   |                   |                  | 1<br>@SMD 7:05pm | 2<br>@SMD 12:05pm | 3<br>BPT 7:05pm  | 4<br>BPT 7:05pm   |
| 5<br>BPT 1:05pm   | 6                 | 7<br>@NB 6:35pm  | 8<br>@NB 6:35pm  | 9<br>@NB 6:35pm   | 10               | 11<br>@LAN 7:00pm |
| 12<br>@LAN 2:00pm | 13<br>@LAN 7:00pm | 14<br>YRK 7:05pm | 15<br>YRK 7:05pm | 16<br>YRK 7:05pm  | 17<br>SMD 7:05pm | 18<br>SMD 7:05pm  |
| 19<br>SMD 1:05pm  | 20<br>@NB 6:35pm  | 21<br>@NB 6:35pm | 22<br>@NB 6:35pm | 23<br>@SL 8:05pm  | 24<br>@SL 8:05pm | 25<br>@SL 7:05pm  |
| 26<br>@SL 7:05pm  | 27<br>NB 7:05pm   | 28<br>NB 7:05pm  | 29<br>NB 7:05pm  | 30<br>NB 7:05pm   |                  |                   |

| JULY              |                   |                   |                          |                  |                   |                   |
|-------------------|-------------------|-------------------|--------------------------|------------------|-------------------|-------------------|
| SUN               | MON               | TUES              | WED                      | THUR             | FRI               | SAT               |
|                   |                   |                   |                          |                  | 1<br>BPT 7:05pm   | 2<br>BPT 7:05pm   |
| 3<br>BPT 7:05pm   | 4<br>@SMD 7:05pm  | 5<br>@SMD 7:05pm  | 6<br>@SMD 7:05pm         | 7<br>LAN 7:05pm  | 8<br>LAN 7:05pm   | 9<br>LAN 7:05pm   |
| 10<br>LAN 5:05pm  | 11                | 12                | 13<br>All Star Game @LAN | 14               | 15<br>@LI 6:35pm  | 16<br>@LI 6:35pm  |
| 17<br>@LI 5:05pm  | 18                | 19<br>SL 7:05pm   | 20<br>SL 11:05am/7:05pm  | 21<br>SL 7:05pm  | 22<br>@LAN 7:00pm | 23<br>@LAN 7:00pm |
| 24<br>@LAN 2:00pm | 25<br>@YRK 6:30pm | 26<br>@YRK 6:30pm | 27<br>@YRK 6:30pm        | 28<br>BPT 7:05pm | 29<br>BPT 7:05pm  | 30<br>BPT 7:05pm  |
| 31<br>BPT 7:05pm  |                   |                   |                          |                  |                   |                   |

| AUGUST            |                   |                   |                   |                  |                   |                   |
|-------------------|-------------------|-------------------|-------------------|------------------|-------------------|-------------------|
| SUN               | MON               | TUES              | WED               | THUR             | FRI               | SAT               |
|                   | 1<br>GOLF OUTING  | 2<br>LI 7:05pm    | 3<br>LI 7:05pm    | 4<br>LI 11:05am  | 5<br>@SL 8:05pm   | 6<br>@SL 7:05pm   |
| 7<br>@SL 7:05pm   | 8<br>@LI 6:35pm   | 9<br>@LI 6:35pm   | 10<br>@LI 6:35pm  | 11<br>@LI 6:35pm | 12<br>SMD 7:05pm  | 13<br>SMD 7:05pm  |
| 14<br>SMD 5:05pm  | 15<br>YRK 7:05pm  | 16<br>YRK 11:05am | 17<br>YRK 7:05pm  | 18<br>YRK 7:05pm | 19<br>@BPT 7:12pm | 20<br>@BPT 6:12pm |
| 21<br>@BPT 1:12pm | 22                | 23<br>LAN 7:05pm  | 24<br>LAN 7:05pm  | 25<br>LAN 7:05pm | 26<br>NB 7:05pm   | 27<br>NB 7:05pm   |
| 28<br>NB 5:05pm   | 29<br>@SMD 7:05pm | 30<br>@SMD 7:05pm | 31<br>@SMD 7:05pm |                  |                   |                   |

BPT - Bridgeport Bluefish    SL - Sugar Land Skeeters  
 LAN - Lancaster Barnstormers    SMB - Southern Maryland Blue Crabs  
 LI - Long Island Ducks  
 NB - New Britain Bees    YRK - York Revolution

HOME DAY FIREWORKS AWAY TV STREAM ON SPN.TV



SCAN FOR TICKETS

908-252-0700  
[SomersetPatriots.com](http://SomersetPatriots.com)

**The CONNECTIONS**  
 Visit our Connection On-Line ad to view our video







*Branchburg*  
ORAL, MAXILLOFACIAL & IMPLANT SURGERY



**Karl Maloney, D.D.S.**  
Board Certified  
Oral & Maxillofacial  
Surgeon

- Wisdom Teeth
- Dental Implants
- Bone Grafting
- General Anesthesia
- 3D Cone Beam CT
- Jaw Surgery
- Oral Pathology
- Facial Trauma

We Accept Most Major PPO Dental Plans

3322 Route 22 West, Suite 1207-1208, Branchburg, NJ 08876

**908-218-0300**

908-218-0301 (fax)

[www.branchburgoralsurgery.com](http://www.branchburgoralsurgery.com)

## CONNECTION COMMENDS

### BRANCHBURG ORAL, MAXILLOFACIAL & IMPLANT SURGERY

3322 Route 22 West  
Suite 1207-1208  
Branchburg

By: Dr. Karl Maloney



*Karl Maloney, D.D.S.*

### What is Oral and Maxillofacial Surgery?

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

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

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

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

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

- Manage dental disease as well as sup-

porting hard and soft tissue structures

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

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

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

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

# Follow Us On Twitter

[www.Twitter.com/connectionsny](http://www.Twitter.com/connectionsny)

Scan This Code to  
Follow Us On Twitter



The  
Connection  
Magazines



# 908-903-1799

[www.theconnectionsny.com](http://www.theconnectionsny.com)





# SO CLOSE. SO FAR AHEAD.

## ROBOTIC SURGERY

This powerful medicine is now in the skilled hands of the surgeons at Hunterdon Medical Center.

**The results are compelling:**

- Shorter hospital stay
- Reduced blood loss
- Fewer complications
- Less need for narcotic pain medicine
- Faster recovery time
- Smaller incisions for minimal scarring

Our robotic surgical team is extensively trained in using da Vinci technology to perform general, gynecological, urologic and bariatric surgical procedures.

Together, they demonstrate yet another way we're delivering the Hunterdon Promise - the most advanced care for the community we serve.

Propa Ghosh, MD, Director of Robotic Surgery



Learn more at [HunterdonRoboticSurgery.com](http://HunterdonRoboticSurgery.com)



**Hunterdon Healthcare**  
Your full circle of care.





## SPIDER VEINS? GET YOUR LEGS READY FOR SUMMER!

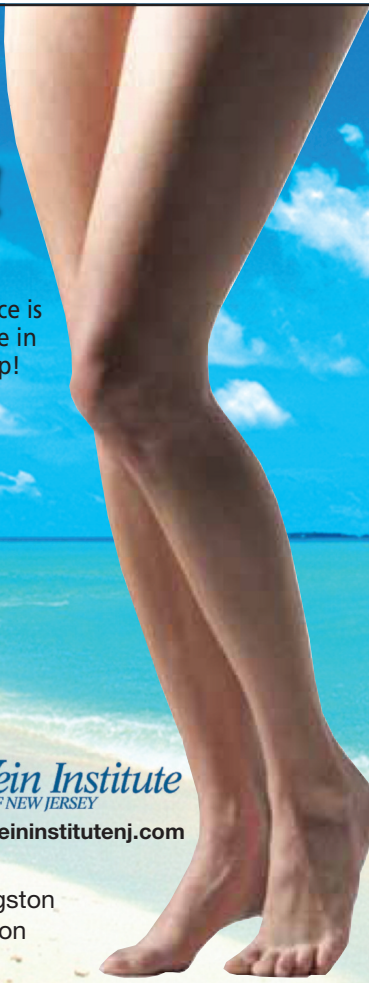
**Amazing results** without surgery using simple sclerotherapy and new laser treatments. NJ's largest and most respected vascular practice is now delivering innovative and exceptional care in eight convenient locations. We are here to help!



THE CARDIOVASCULAR CARE GROUP  
[www.tcvcg.com](http://www.tcvcg.com)

**Vein Institute**  
OF NEW JERSEY  
[www.veininstitutenj.com](http://www.veininstitutenj.com)

Westfield • Morristown • Rockaway • Livingston  
Princeton • Landing • Shrewsbury • Clifton  
**908-224-0735**



## HEALTH HOTLINE



### SKIN CARE TIPS TO REVIVE DULL WINTER SKIN

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

Now that spring is finally around the corner, it's time to revive that dull winter skin. Harsh winter weather, freezing winds, and low humidity wreak havoc on the skin. Check out these skincare tips to brighten and rejuvenate your skin in time for spring!

- 1. Exfoliate** - Exfoliation is critical for sloughing off the layer of dead skin that accumulates on the skin's surface, diffusing light to make your complexion look dull and tired. Look for a gentle product that contains micro-beads, and avoid harsh ingredients, such as apricot or walnut shell, that could irritate the skin even more. Products with glycolic acid are great for daily chemical exfoliation without harsh scrubbing.
- 2. Moisturize** - Now that your skin is exfoliated and primed, it can better absorb a moisturizer. Look for a product that contains a humectant, which will attract and retain moisture, such as hyaluronic acid, glycerin, or ceramides. Everyone should have a morning moisturizer that has SPF 15 or higher.
- 3. Vitamin C** - Not the kind you swallow, but topical vitamin C serum is a powerful antioxidant that helps to brighten and firm the skin, reducing the appearance of fine lines, redness, and brown spots. It also boosts the skin's own defense system to protect against UV damage and helps your sunscreen work better.
- 4. Chemical Peels** - For effective and intensive rejuvenation,

chemical peels are often the best solution. They work by causing the top layer of the skin to slough and flake off, revealing brighter, clearer, more radiant skin. There are various types of chemical peels, but they are not appropriate for all skin types. Please see your dermatologist or skin care specialist to see which chemical peel is best for you.

- 5. Laser Facial** - The Clear+Brilliant® laser is a cutting-edge device that resurfaces the skin to fight the early signs of aging with minimal downtime, and improves skin tone, uneven pigmentation, and enlarged pores to visibly illuminate and brighten your complexion. It is perfect for working or busy people who cannot afford to hide for days after a treatment. Not only is it good for the skin surface, it also stimulates your body to make new collagen (neocollagenesis) so it has long term benefits as well.

Dr. Rebecca Lu is a board-certified dermatologist with an office located at 7 Mt Bethel Rd in Warren, NJ. Dr. Lu specializes in skin cancer, skin cancer treatments, laser treatments, as well as cosmetic dermatology to reverse the signs of aging and sun damage. The office also carries a suite of skin care products, including award-winning Jan Marini and SkinMedica, to banish winter weather skin problems. Please visit our website [www.eliteskinmd.com](http://www.eliteskinmd.com) or call (908) 787-8088 for an appointment to discuss your skin-care goals.

## Grand Opening

\$99 for 1 month *unlimited classes*  
- or -  
\$79/mo. for 3 months  
*unlimited classes*

studio  
BARRE

Studio Barre Somerville  
8 W Main Street, Somerville, NJ 08876  
908.238.3443 | [Somerville@studiobarre.com](mailto:Somerville@studiobarre.com)







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

- Skin cancer screenings and treatment
- Mohs Surgery
- Fraxel® laser skin treatments for a younger looking you
- Clear + Brilliant® laser to help prevent the signs of aging
- Isolaz® system for the treatment of acne
- Botox, facial fillers, laser hair removal, and photofacials
- Plus all the most advanced skin care procedures, products, and treatments from a caring staff in a state of the art office!

**Call now for an appointment!**  
**908-787-8088**



#### Clear + Brilliant helps prevent the signs of aging and improve skin tone and enlarged pores:

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



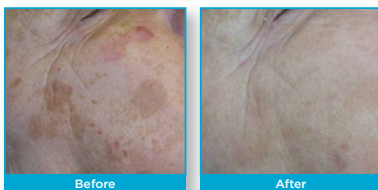
#### Isolaz is a unique acne treatment:

- Helps remove dirt, blackheads, dead cells and excess oils
- Reduces the appearance of pores
- Improves skin tone and texture



#### Fraxel can help:

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



#### Intense Pulsed Light (IPL):

- A laser photorejuvenation treatment for brown spots, redness, broken capillaries, sun damage and more.



#### Laser Hair Removal:

- Permanently decrease the hair growth on your face or body with a series of treatments
- Suitable for all skin types
- Vacuum-assisted technology is fast and nearly painless

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

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

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

**Isolaz indications for use:**  
The treatment of mild to moderate acne, including pustular acne, comedonal acne and mild to moderate inflammatory acne (acne vulgaris) in all skin types (Fitzpatrick I-VI). Talk to your doctor for more information about Isolaz, and see [www.fraxel.com](http://www.fraxel.com) for additional details.  
©/TM are trademarks of Valeant Pharmaceuticals International, Inc. or its affiliates. Any other product or brand names and logos are the property of their respective owners.

**7 Mt. Bethel Road, Warren, NJ 07059**  
**We are in the same building as Coldwell Banker (across from Starbucks)**  
**908-787-8088 • eliteskinmd.com**

## Now offering the ZERONA® Laser



The first non-invasive procedure to effectively remove excess fat.



- +zerodowntime
- +zeropain
- +zeroside-effects

Unlike invasive weight loss surgery, ZERONA is applied externally. This revolutionary method provides results without the dangers associated with surgery, while at the same time allowing patients to remain active during treatment.

Call for a FREE consultation: (908) 221-9654



**ZERONA® z6**  
Non-Invasive Fat Loss Laser

Dr. Matthew Lanum  
40 Morristown Rd, Ste 1E  
Bernardsville, NJ 07924  
[www.myzerona.com](http://www.myzerona.com)

## Dr. Nicole Padovan

### FAMILY, COSMETIC & IMPLANT DENTISTRY

Complete Dental Care  
in a Gentle, Caring  
Environment.  
Come into our office  
to experience it.



**E4D DENTIST® SYSTEM**  
Latest Technology Creates  
Natural-Looking Crowns,  
Veneers, and Fillings in a  
Single Dental Visit

- Professional Friendly Staff
- Convenient Office Hours
- State-of-the-Art Technology

**105 E. Union Ave. (Rt. 28) • Bound Brook**

**732-469-4424**



Website: [www.drnicolepadovan.com](http://www.drnicolepadovan.com)

Email: [doc@drnicolepadovan.com](mailto:doc@drnicolepadovan.com)

**EMERGENCIES  
WELCOME**

Financing  
Available





Do you have **CHRONIC PAIN?**  
Get **RELIEF!**

## Radial Shockwave Therapy

*A non-invasive, effective treatment for soft tissue injury*



Treatment has been scientifically proven to help relieve chronic pain:

- Plantar Fasciitis
- Achilles Tendonitis
- Heel Pain
- Ankle Pain
- Piriformis Syndrome
- Hip Bursitis
- Shoulder Tendonitis
- Patellar Tendonitis
- Tennis Elbow

*Certified in Active Release Technique  
State of the Art Soft Tissue Treatment*



**We welcome Dr. Bradley J. McAdam, Jr.  
to the Practice!**

**McADAM CHIROPRACTIC**

794 Route 202/206N, Bridgewater, NJ

**908-218-0800**

[www.McAdamChiro.com](http://www.McAdamChiro.com)

INSURANCE ACCEPTED • X-RAY ON PREMISES • EMERGENCY CARE

## HEALTH HOTLINE



### HOW "CHOCOLATE" MAKES YOU LOOK YOUNGER

*By: Andrea Strauss, M.D. F.A.C.S.*

The internet is awash with news about the pharmaceutical industry. Allergan – the makers of Botox and breast implants merged with Actavis in Ireland and then Pfizer in a scheme to avoid paying US taxes. Turing CEO Martin Shkreli (the man who raised a lifesaving drug price 5000%) was arrested on securities fraud charges. Valeant CEO J. Michael Pearson went on medical leave to avoid testifying about drug price fixing and allegations of accounting fraud.

But above the scandal shines one bright light. Galderma – an innovative international company specializing in skin care (parent company Nestle – hence the chocolate), recently entered the aesthetic field. They now offer products for facial rejuvenation with a wider selection and at dramatically lower prices. Soon you will see ads for Dysport® (equivalent to Botox®), Restylane® (same as Juvederm®) and Sculptra® Aesthetic, a few of the Galderma products.

Galderma also has a patient loyalty program. Each treatment with one of the above products earns you points which can be redeemed for money off your next treatment or other perks. Joining is free (go to [ASPIRErewards.com](http://ASPIRErewards.com) to enroll) and makes you eligible to participate in their limited special programs. Their current promotion involves Sculptra® Aesthetic which is a collagen stimu-

lator used to treat the global effects of facial aging (flattening of the cheeks, hollows under the eyes, deepening of the "parentheses" and marionette lines as well as jowls). Sculptra® Aesthetic can be classified as a semi-permanent product and has been dubbed by some "the liquid facelift." It can also be used to treat aging of the hands.

When injected under the skin, Sculptra® Aesthetic stimulates the body to ramp up collagen production for increased volume and a more youthful appearance. Full correction of volume loss requires a series of injections (usually 3-4 treatments) spaced over several months. In an unprecedented special, Galderma is offering a limited number of patients undergoing a course of Sculptra® Aesthetic from a select group of doctors between February 1, 2016 and September 30, 2016, a discount of \$150 off the first treatment, \$175 off the second treatment and \$200 off the third treatment.

For more information about this product go to [SculptraAesthetic.com](http://SculptraAesthetic.com) or [plasticsurgicalassociatesnj.com](http://plasticsurgicalassociatesnj.com). To schedule a consult call Plastic Surgical Associates at 908-725-4600.

Dr. Strauss is Board Certified by the American Board of Plastic Surgery. She is on staff at Robert Wood Johnson University Hospital Somerset and CARES Surgical center and has a private practice at 11 Monroe Street in Bridgewater, New Jersey.

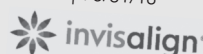


## Smiles Unlimited Dental Center

***Our patient's needs  
always come first!***

**Special Invisalign  
Treatment  
\$3,500**

(Reg. Price \$4,500)  
Exp. 5/31/16



**Emil T. Kesler, DDS  
Valentina M. Kesler, DDS**

We speak Ukranian, Polish, Russian, Slovak, Hungarian  
– and of course, English!

**FREE  
Consultation  
(Value of \$60)  
for Future Dental  
Treatments**

**908.722.5511**

60 South Main Street • Manville  
(Across from Bank of America)

**[www.smilesunlimited-dental.com](http://www.smilesunlimited-dental.com)**

LATE EVENINGS AND SATURDAY APPOINTMENTS AVAILABLE

MOST  
INSURANCE  
PLANS  
ACCEPTED







## PLASTIC SURGICAL ASSOCIATES

ANDREA STRAUSS, MD  
Board Certified in Plastic Surgery

**COSMETIC & RECONSTRUCTIVE SURGERY  
& NON INVASIVE THERAPIES**



Before After

Non Surgical Skin Tightening with No Downtime.  
FDA Approved to Treat Face-Neck-Brow-Chest.



sculptra<sup>aesthetic</sup>  
injectable poly-lactic acid

Before After

The Semi-Permanent Volumizer Known  
as the "Liquid Facelift". Also Used for  
Hand Rejuvenation.

- Breast Reconstruction  
Reduction - Enlargement - Lift
- Body Contouring After Weight Loss  
Liposuction - Tummy Tucks  
C-Section Pouch Correction
- Protruding Ears - Split Earlobes Repaired
- Face Lift - Browlift - Necklift - Eyetuck
- In Office Skin Cancer/Mole Removal
- Fat Injections - Lipodissolve™
- Ultherapy® - Sculptra® Aesthetic
- Dysport® - Restylane® - Restylane® Silk
- Latisse® - Relastin™ Eye Silk®

[www.PlasticSurgicalAssociatesNJ.com](http://www.PlasticSurgicalAssociatesNJ.com)

11 Monroe Street, Bridgewater, NJ 08807

**Maria Desantis**  
D.A.A.M., F.S.P.C.P.  
Permanent Cosmetics  
(Medical Tattooing)

**Larisa Kleiner**  
Skincare Specialist

By Appointment

Evening Hours



**908 725 4600**

## Beverly Hills Hair Studio



### Products:

Beverly Hills - Original Mineral - Unite  
GO24•7 - Color Proof - Ouidad

### Services:

Make-Up - Men & Women Haircuts - Color  
Highlighting - Extensions - Color Correction  
Keratin Smoothing - Milbon Straightening  
Formal Styling - Waxing

WE NOW HAVE  
Olaplex

Now Offering  
Skincare

NOW CARRYING  
Mirabella  
Cosmetics

1982 Washington Valley Road, Martinsville, NJ 08836

**732-271-1919**

[www.beverlyhillshair-studio.com](http://www.beverlyhillshair-studio.com)



Mon 10-4 • Tue 10-7 • Wed 10-8 • Thu 9-8 • Fri 9-8 • Sat 8-3

Spay Tan

**\$2500**

With this coupon. Expires 5/31/16.

**1/2 Price**

Keratin Smoothing  
Treatments on Mondays

With this coupon. Expires 5/31/16.

Updo and Make-up

**\$10500**

With this coupon. Expires 5/31/16.

Prom, Mother's Day  
& Special Occasions





## GASTROMED HEALTHCARE, P.A.

We specialize in Gastroenterology, which is the treatment of diseases and disorders of the digestive system or gastrointestinal (GI) tract.



**ANNOUNCING A NEW NON-SURGICAL ENDOSCOPIC TREATMENT FOR WEIGHT-LOSS MANAGEMENT!!!**

**ORBERA™ IntraGastric Balloon is a New Treatment in Battle Against Obesity**



**Start Your ORBERA™ Journey Right Here, Right Now**

[WWW.GASTROMEDHEALTHCARE.COM](http://WWW.GASTROMEDHEALTHCARE.COM)  
[GASTROMED@AOL.COM](mailto:GASTROMED@AOL.COM)

25 MONROE STREET  
BRIDGEWATER, NJ  
(908) 231-1999

203 TOWNE CENTRE DRIVE  
HILLSBOROUGH, NJ  
(908) 359-1639

1140 STELTON RD.  
SUITE 101  
PISCATAWAY, NJ  
(732) 339-8810



**CALL TO SCHEDULE YOUR FREE IN-OFFICE CONSULTATION**



Simple Design



3x the Weight Loss of Diet & Exercise Alone



Portion Control

# MEDICAL MINUTES



Douglas Haymaker, Ph.D



Stephanie Haymaker, Ph.D

## SPRING FEVER

Spring is symbolic of so many things. It is often viewed as a time for rebirth and renewal. The tender new leaves that form on the trees or the fragrant buds waiting to burst open into beautiful flowers remind us how this is a time for growth. The days are longer, warmer and brighter. Even our clocks have sprung forward! It's hard not to notice the infectious effect that is often called "Spring Fever." Perhaps it's a PERFECT time for you to use this season to your advantage and make some important changes in your own personal growth.

Are you aware of facets of your life that you would like to change? Do you want to improve a relationship whether it is with a spouse, family member or even co-worker? Are you contemplating making a change but not sure or too afraid to start? Have you been dealing with issues that are beyond your control such as a death of a loved one, addiction issues or abuse?

Perhaps you are simply feeling sad, anxious, angry or overwhelmed and not really sure why. This can be the most frustrating dilemma of all.

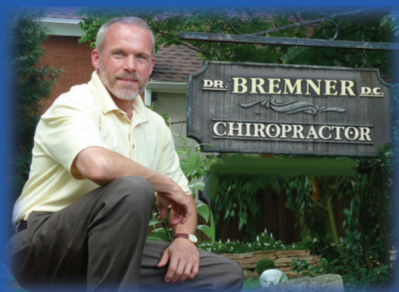
Psychotherapy can help with all of these issues and many more. Emotional well-being is a process and sometimes you need help to get started or keep you on track to achieve your goals. Sometimes you need assistance just

figuring out what your short or long term goals are.

With our help, we can assist you in identifying issues that may be problematic and then help you figure out the best strategies for you to cope with them. This may include learning to identify triggers and develop a better method of handling them. Perhaps, it might be beneficial to enhance your problem-solving strategies or negotiation skills. Unsatisfactory relationships whether it is with a spouse, child or co-worker can often be resolved with better communication skills. There are many different ways to manage a situation and we can help you figure out which ways work best for you.

So, while spring is still in the air why not consider allowing yourself to benefit from this time of natural renewal? While you contemplate your spring cleaning chores around your gardens or closets perhaps you could take it one step further. Put yourself and your mental well being on your "to-do" list and take advantage of all that this season of new beginnings has to offer.

*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.*



Dr. Jim offers comprehensive treatment for the following conditions...sciatica, carpal tunnel syndrome, tennis and golfer's elbow, headaches, allergies, bulging discs, neck pain, shoulder pain, scoliosis, low back pain, and more...



Thanks For Your Support In Voting For Dr. Jim!!!

Mention this ad and receive a **FREE EXAM!!!** (\$150 Value)



Visit my exciting website & sign up for my newsletter to stay current with the latest in Chiropractic Health...

**Dr. Jim Bremner, D.C.**

**908-251-3588**



Mon, Tues, Fri 9-12 Noon, 3-7 PM; Thurs 3-7 PM; Sat 9:30-12 Noon

**222 Hamilton Street • Bound Brook, NJ 08805**

[www.drjimchiro.com](http://www.drjimchiro.com)





**Denise Favor Bayles, MA, CCC-SLP**  
Speech-Language Pathologist  
ASHA Certified, NJ Licensed  
NJ Lic #41YS00282300  
Articulation, Language, Oral Motor, Feeding,  
Swallowing Evaluations & Therapy



NJ's favorite  
**Kids' docs™**  
from New Jersey Family

Denise has been honored  
by New Jersey Family  
readers as a  
Favorite Kids' Doc™  
since 2010.

191 Church Road • Bridgewater, NJ 08807 • 908-578-0825  
bfsc05@verizon.net • www.baylesfamilyspeechcenter.com

**ARE YOU WORRIED ABOUT LOVE, BUSINESS, FAMILY, HEALTH & RELATIONSHIPS?  
WHAT'S IN YOUR 2016 SPRING FORECAST? COME SEE ME FOR GUIDANCE & LIFE COACHING.**

**PSYCHIC ♦ SPIRITUALIST  
CLAIRVOYANT ♦ LIFE COACH**

**Open Mon-Fri 12-7pm  
Weekends by Appointment**  
Call for earlier or later appointments

*Psychic Gallery*  
Reader & Advisor



♦ Palms ♦ Crystal Ball ♦ Tarot Card Readings  
♦ Energy Readings ♦ Available for Parties

All sessions  
are private &  
confidential

990 Towne Plaza, Hwy. 202 South, Branchburg, NJ 08876 (across from Thirsty's Tavern)

**908-231-0808 • 908-397-7797**

WALK-INS ARE  
ALWAYS WELCOME

**www.psychicgallerynj.com**

APPOINTMENTS  
SUGGESTED

## Haymaker & Haymaker Psychological Services, LLC

AD/HD, Anxiety, Depression,  
Eating Disorders,  
Marriage and Family,  
Underachievement  
Problems in Relationships

*Providing care for adults, families, children  
and adolescents for over 20 years.*

**Stephanie Haymaker, Ph.D.**  
NJ Lic Psychologist, SI 2794

**Douglas Haymaker, Ph.D.**  
NJ Lic Psychologist, SI 2793

**For More Information, Please Call or  
See our Websites:**

[www.DrStephanieHaymaker.com](http://www.DrStephanieHaymaker.com)  
NJ Psychologist Lic 2794

[www.DrDougHaymaker.com](http://www.DrDougHaymaker.com)  
NJ Psychologist Lic 2793

245 Route 22, Suite 305, Bridgewater, NJ  
908-429-9300

# WARREN ORAL SURGERY

COMPASSIONATE CARE

**New Jersey's Premier Dental Implant Practice**



**Daniel P. Sullivan, DDS**  
Specialty Permit #5442

**Sanjeet R. Chaudhary, DMD**  
Specialty Permit #6328

**Shawn M. Lynn, DDS**  
Specialty Permit #6357

- WISDOM TEETH REMOVAL • DENTAL IMPLANTS
- SEDATION/GENERAL ANESTHESIA

**COMPLIMENTARY**  
**Wisdom Tooth**  
**Consultation**

**(\$200 Value)**

Must present coupon at first visit to redeem offer. Expires 5/31/16.  
Coupon Code: CONNECT

**908-223-8733**

58 Mt. Bethel Road, Suite 202  
Warren, NJ 07059

**www.WarrenOralSurgery.com**





NJ's favorite  
**kids' docs™**  
from New Jersey Family



**Hillsborough  
Pediatric Dentistry**

Dentistry for infants, toddlers,  
special needs children and teens

**Amy Planz, D.D.S.**



390 Amwell Rd.  
Bldg. 2, Suite 201  
Hillsborough, NJ 08844  
P 908-829-3345  
F 908-829-3341

[www.hillsboroughpediatricdentistry.com](http://www.hillsboroughpediatricdentistry.com)

Diplomate, American Board of Pediatric Dentistry;  
Specialty #5778

**Under 2,  
Free for You!**

Free Infant Exam for New Patients  
Under 2 Years of Age.  
\*Non-insured patients \$95 value  
or insurance may cover.  
Cannot be combined with  
any other discounts.  
Limit One.  
Expires 5/31/16.



## HEALTH HOTLINE

By: Hillsborough Pediatric Dentistry

Are you looking for a specialized dental office for your kids and teens of all ages? Look no further than Hillsborough Pediatric Dentistry which was built and designed with your kids in mind! The owner of the practice, Dr. Amy Planz, built the office in 2011 to bring together all of the interesting and educational aspects of dentistry to give kids the best dental experience possible. From fun under the sea and beach-themed environments with quiet rooms for toddlers to an open bay surf room for tweens and teens, the vibe is warm, friendly and cheerful.

Dr. Amy, as well as associates Dr. Danielle and Dr. Patel, understand that kids require specialized care. Just as parents will bring their kids to a pediatrician, the same specialized and dedicated care applies to Pediatric Dentistry. With additional years of training, Pediatric Dental specialists are well-versed in all issues kids & teens may have. Parents often wonder about teething, pacifier & thumb habits, discolored teeth, mouthguards, sealants, grinding, orthodontic screening, and how to best care for their teeth. Hillsborough Pediatric Dentistry can answer all of these concerns and more in an environment especially suited for kids. Digital x-rays with special pediatric sized films for small mouths and kids with a gag reflex are just some of the ways the doctors at Hillsborough Pediatric Dentistry are able to better diagnose and treat kids of all ages. Customizable flavors for prophylaxis cleanings and fluoride treatments, TV's above each chair, prize drawers and games in the waiting room all make the experience fun and a positive experience.

Prevention is key at Hillsborough Pediatric Dentistry! An emphasis on oral hygiene, the importance of flossing, healthy eating habits and sealants are vital to avoiding cavities and dental disease. Dr. Amy firmly believes "Of course, we can clean kids teeth twice per year but the

opportunities to have great brushing habits at home are equally important. Kids have over 700 opportunities per year to brush (2x/day) and we need to give them the tools to feel successful at home while brushing." Demonstrations and tools are given to the kids to help them and their parents feel more confident with brushing and flossing at home.

For kids that may require dental treatment, nitrous oxide, IV sedation and hospital based dentistry are all options available. Voted Favorite Kids Doc several years in a row by NJ Family Magazine, as well as in NJ Monthly magazine, Hillsborough Pediatric Dentistry is happy to serve the children of the area. Many of our patients are happy to find us through word of mouth referrals from other parents that realize that a personalized office with a non-corporate feel is a good fit for their child's needs.

Located in the heart of Hillsborough, with easy access to Princeton, Montgomery, Somerville, Somerset, Bridgewater, Branchburg, Raritan & Belle Meade. The office is open 6 days/week with flexible coverage hours and accept most major PPO insurance plans.

Hillsborough Pediatric Dentistry's Mission is to provide quality dental treatment in a caring professional environment that takes into account the individual needs of the child. In establishing a dental home for your child, the staff work hard to make each child's experience enjoyable and fun.

You can visit Hillsborough Pediatric Dentistry and learn more about the facility and prevention by visiting [www.hpdentistry.com](http://www.hpdentistry.com) or calling 908-829-3345 to set up an appointment. Children of all ages are welcome to the practice where you will receive customized care and a prevention-based, conservative approach to dentistry!

**Beth Marotta Campbell**

M.Ed., M.S.W., L.C.S.W.

Individual and Family Psychotherapy  
Specializing in the Treatment  
of Eating Disorders

21 East High Street, Somerville, NJ 08876

**732-991-5176**



Hope and  
help for  
**Couples  
in  
Crisis**

Recover from the trauma,  
bridge the divide, and put the  
pieces back together.

With or without your partner!

Rhoda Ondov, MS, MFT, CPC  
RELATIONSHIP Coach

**908-642-6256**

[rhoda.ondov@gmail.com](mailto:rhoda.ondov@gmail.com)

Ondov Relationship Coaching, LLC  
Somerville, NJ

**FREE consultation!**

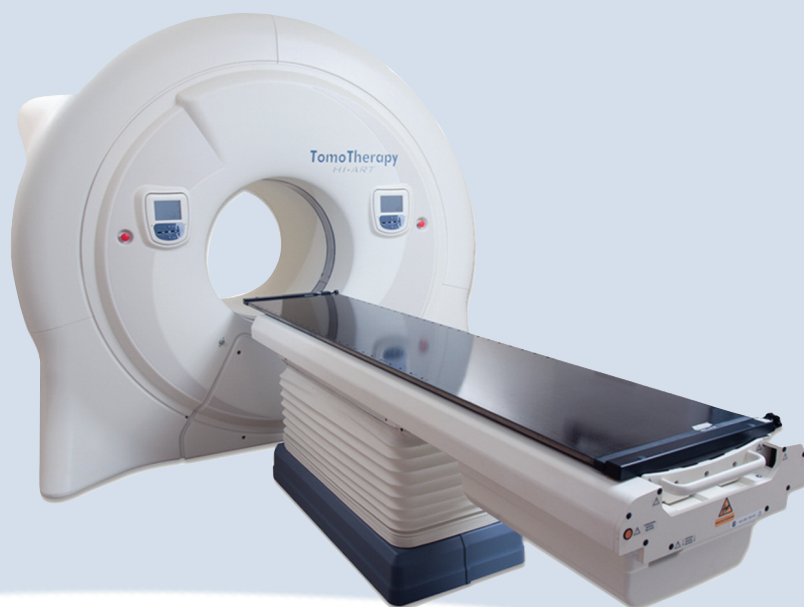




## PREMIER UROLOGY GROUP

*Radiation Therapy Center  
Featuring the State of the Art*

### TomoTherapy® Hi Art® Treatment System



- All-in-one device that brings greater accuracy to the treatment of prostate cancer
- Unparalleled precision minimizing damage to surrounding healthy tissue
- 360° helical radiation combined with CT imaging guidance
- TomoTherapy® treatments are completely painless, more effective and a more efficient radiation process

#### RADIATION ONCOLOGY TEAM

Stan Golin, MD • Mark Macher, MD

#### UROLOGY DEPARTMENT

##### EDISON DIVISION

Jerold Grubman, MD  
Andrei Kachala, MD  
Benjamin Fand, MD  
William L. Terens, MD  
Joshua L. Wein, MD  
Rupa Patel, MD  
Neil D. Sherman, MD  
Michael Lasser, MD

##### WESTFIELD DIVISION

Malcolm Schwartz, MD  
Bernard Lehrhoff, MD  
Kenneth S. Ring, MD  
Mark Miller, MD  
Joshua Fiske, MD  
Andrew Bernstein, MD  
Robert Stackpole, MD



570 South Avenue, Cranford, NJ

908-603-4200

Radiation Oncology

908-272-5335

Urology

Premierurologygroup.com





- ▼ Non-surgical Spine & Ortho Care
- ▼ Physical Therapy
- ▼ Chiropractic
- ▼ Nutrition / Weight Loss
- ▼ Acupuncture
- ▼ Massage Therapy
- ▼ Biofeedback Therapy
- ▼ Hormone Optimization
- ▼ Skin Rejuvenation



## Improving Your Health & Wellness for a Healthier More Youthful Life!

Our holistic approach, combined with traditional medicine creates a unique and comprehensive healthcare facility, all in one location!



**Call TODAY for a FREE consult!**  
**908-252-0242 • NMRNJ.com**

3322 US Highway 22 West • Branchburg Commons Building 1 • Branchburg, NJ 08876

## Do You Snore?

Diagnosed with Sleep Apnea?

Can't wear a CPAP?

There is an alternative treatment with an oral appliance!



Dr. Charmoy is experienced in the right appliance for you



RICHARD P. CHARMOY, D.M.D., LLC

**78 East Main Street, Somerville**  
**www.somervilledentalsleepmedicine.com**  
**908-722-9266**

Member of the American Academy of Sleep Medicine and the American Academy of Dental Sleep Medicine

**Services Now Covered By Medicare**

AP-500060538

## MEDICAL MINUTES



### PAIN, FLEXIBILITY, MOBILITY AND YOUR HEALTH

By: Dr. Vincent Sferra

Natural Medicine & Rehabilitation

Being flexible and mobile is necessary for all your daily activities-from getting out of bed in the morning to intensive sports training-and is a key component to long term health and wellness. Regularly stretching and moving your joints and muscles through a full range of motion along with maintaining a healthy and active lifestyle will help you perform your daily activities, reduce your risk of injury, decrease your chances of developing chronic aches and pains, help reduce physical and emotional stress and keep you active for years to come.

Joints that are fully mobile with good supportive strength around them have a reduced risk of injury. Enhancing your normal exercise routine with stretching and dynamic range of motion exercises increases the flexibility of your joints, enables your muscles to work more efficiently, improves your performance and helps prevent muscle, tendon and ligament injuries. Stretching with active range of motion exercises also helps increase circulation, blood supply, oxygen and nutrients to your muscles, joints and connective tissues-which enhances recovery and reduces sore muscles after a workout.

A lack of flexibility can also be part of what creates back pain. When your hamstrings, buttocks, hip flexors, and quadriceps are tight and/or weak it can place additional stress to your lower back. Muscles will tend, to some degree, to lose their flexibility as part of the natural aging process. But they will also become stiff due to inactivity and loss of strength, regardless of age. Maintaining healthy, strong, flexible muscles is beneficial to relieving or even preventing back pain and will enable you to move freely, keep your joints in good shape and optimize your functionality and independence as you age.

Movements that include stretching also help relax the mind and body once your workout is complete and is a great way to relieve stress. Stress overload can manifest itself in many different ways. Physical symptoms include aches & pains, illness, diarrhea & constipation, nausea, dizziness, loss of sex drive, and rapid heartbeat. Emotional symptoms include agitation, moodiness, inability to relax, irritability, isolation, depression, and general unhappiness. A daily exercise program can help prevent physical and emotional stress overload symptoms and the health consequences that come with it. End your daily exercise program with gentle stretching/muscle lengthening movements while you practice stress tempering techniques that focus on your breathing to relax and rejuvenate the mind and body.

Good nutritional habits are also important to ensure your muscle health. If your muscles and joints are carrying extra weight it can lead to muscle strains and injury. Learning how to replenish your body with quality low fat proteins, healthy carbohydrates and fats, as well as supplements when needed can help support joint health and improve your mobility.

**Call 908-252-0242 for a free new patient consultation or for more information visit NMRNJ.com**

Dr. Sferra is the founder and Clinic Director of Natural Medicine & Rehabilitation. He 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. Dr. Sferra is the recipient of the "2005 Spirit of Somerset" award for his outstanding contribution to Health and Wellness in the community.

For more information visit  
[www.NMRNJ.com](http://www.NMRNJ.com),  
or call (908) 252-0242





## MEDEMERGE

ESTD. 1981

1005 N. Washington Ave Green Brook, NJ 08812 (732) 968-8900

**For over 30 years. The doctors you know and trust!**  
**No appointments needed! Just walk in anytime.**  
**Open 365 days a year.**

### Primary care

Adult, Children & Seniors

- Preventative Care
- Physicals
- Hypertension
- Diabetes
- Immunizations
- Cholesterol

**Don't be  
fooled  
by imitators!**

### Urgent care

- Lacerations
- Cold and Flu
- Sprains
- Abdominal Pain
- All Illnesses
- Back Pain

*The latest Lab and Radiology technology.*

*Immediate results for most exams.*

David Carrieri, D.O.  
Syed Fahim Ahmed, M.D.  
Yoram Sharon, D.O.

**Our Physicians:**  
John Pilla, M.D.  
Carol Sgambelluri, M.D.

Paul Popeck, D.O.  
Marwan Hammoud, M.D.  
Lyalya Strumkowsky, M.D.

*We participate with all insurance plans. Certified Medical home.*

Mon - Fri 8 am till 10 pm  
Sat & Sun 8 am to 9 pm

**MEDEMERGE.COM**

Holidays 8 am to 9 pm  
(Memorial day, July 4th, Labor day, & New Years day)  
Thanksgiving & Christmas 8 am to 3 pm



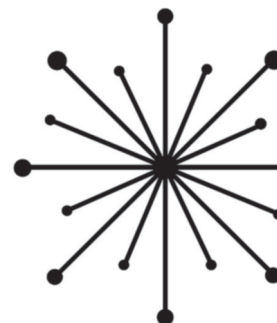
[www.chillcryo.net](http://www.chillcryo.net)\*

Whole Body Cryotherapy is the Brief Application of  
Extremely Cold Temperature (-260°F) to the Skin  
**3 Minutes to Optimal Health, Fitness & Beauty**

**Grand Opening Special**

**\$40<sup>00</sup> FIRST SESSION**

- Weight Loss
- Anti-Aging
- Athletic Performance, Injury & Recovery
- Pain Management Wellness



**CHILL**  
CRYOTHERAPY

\*Book On-line or Call

327 South Avenue West, Westfield, NJ 07090 • 908.228.5711





## Specialists in Treating the Cause of...

- Head Aches • Neck Pain • Shoulder, Arm, Wrist & Hand Pain
- Mid-Back Pain • Low Back, Leg, Ankle & Foot Pain
- Tingling in Arms, Hands, Legs or Feet • Sciatica • Carpal Tunnel

## TOTAL HEALTH CHIROPRACTIC

Steven C. Balestracci, D.C., C.C.P.C.P.  
Terresa D. Balestracci, D.C., C.C.P.C.P.



## FAMILY WELLNESS CARE

**Sports Injuries • Sprains & Strains  
Auto Accidents**

**STOP  
PAIN  
NOW!**

with **IDD Therapy® Protocols**  
Revolutionary, Scientifically Proven  
Medical Technology that Treats &  
Rejuvenates Herniated/Ruptured  
Degenerative & Bulging Discs,  
Spinal Stenosis & Facet Syndrome...  
**WITHOUT SURGERY!**

**Accepting New Patients**

154 Adamsville Road N., Bridgewater, NJ 08807

**908-231-8088**

New Hours: Mon., Tues., Thurs. 7-11am & 2-6pm • Fri. 10am-3pm

Most  
Insurance  
Accepted

## MEDICAL MINUTES

### DO YOU OR ANYONE YOU KNOW SUFFER WITH LOW BACK AND LEG PAIN OFTEN REFERRED TO AS SCIATICA?

By: Dr. Steven Balestracci, Total Health Chiropractic

In today's article we will be discussing some of the causes and solutions to addressing these common problems that 95% of human beings suffer with at least one time over a lifetime.

For Sciatica sufferers, a good night's sleep may be past and with this low back condition simple things like walking, bending, turning, sitting or standing up can become difficult or impossible.

What is the Sciatic Nerve? Your sciatic nerve is the longest and largest nerve in your body. It begins in your low back and is the sum total of five nerves that join together like a web to form one large nerve that extends into the backside of your pelvis, buttock, thigh, knee, calf, ankle, foot and toes. When this, the largest nerve of your body, becomes inflamed and causes intense pain into the back of your leg the condition is called Sciatica. This pain may follow the path of your nerve down the backside of your entire lower extremity into your toes or can simply radiate across and into your low back. Although Sciatic pain is usually in the back side of the legs or thighs, in some cases the pain can be on the side or front of the legs and hips. Other symptoms associated with this pain may be burning, pins and needles, tingling, prickling, crawling sensations, tenderness and even numbness. This pain and its accompanying symptoms may vary throughout the day and can last for days, weeks or even months if not addressed properly.

How does this nerve become inflamed? Like many conditions Sciatica has many causes. Injuries to the spine are the main reason and can occur through auto accidents, sports injuries, slips and falls, improper lifting or bending, poor posture, house work, gardening, and even childbirth. These causes inherently create misalignments of the spinal vertebra through ligament damage and are called Spinal Subluxation. Other causes of Sciatica are slipped/bulging or ruptured/herniated or degenerated discs, arthritis, constipation, tumors and even vitamin deficiency.

How would someone go about taking care of Sciatic pain? People who only want pain relief may consider treating only the symptoms with painkillers, muscle relaxers, anti-inflammatory medications, injections and in extreme cases surgery while others choose a more natural treatment approach such as massage, yoga, physical and physio therapy, nutrition, acupuncture and of course chiropractic spinal adjustments. In many cases it is a combination of treatments that work best. As a chiropractic physician we utilize a host of therapies, as mentioned above, in conjunction with spinal adjustments in order to decrease nerve and muscle inflammation, muscle spasm and joint inflammation. Spinal adjustments are administered in order to remove nerve pressure, disc

pressure and joint dysfunction which creates a lack of balance and continued irritation.

Many sciatica sufferers have experienced dramatic relief after chiropractic adjustments have been administered by a chiropractic physician who is highly trained to treat such a condition as well as many other spinal and joint conditions. Many sufferers of sciatica and leg pain have found that chiropractic adjustments were superior to general traction and pain injections, and often saved them from spinal surgery. In one controlled study four different approaches were used to deal with low back pain in sciatic problems. These treatments were spinal care, general traction and two types of injections. The group that had spinal experienced the greatest degrees of recovery. Interestingly enough a large number of the general traction category eventually required surgery. In another study, 20 patients age 20-65 with low back related leg pain were divided into three groups that were given medical care, chiropractic care and steroid injections. After 12 weeks the medical and steroid injections showed no advantage over the safer, non-drug related improvements the chiropractic patients experienced. Chiropractic treatments appear to have been most effective on sciatica when used first. Unfortunately many people think medical care first. However, even in this group of people, excellent results were obtained with subsequent chiropractic treatment as mentioned earlier. In another study 3,136 people with lower back pain and sciatica pain who previously had physiotherapy and medications with no positive results were given chiropractic care. A follow-up two years later showed that 50.4% had excellent results with no painful relapses, 34.4% had relapses but then responded favorably after further chiropractic care while 15.2% showed no significant improvement.

Finally, if you do have sciatica, from whatever cause, you should seek treatment from a chiropractic physician in order to receive chiropractic spinal adjustments for the purpose of removing spinal subluxations that cause nerve, disc, and joint pressure as well as inflammation and muscle spasms. Eventually these issues can lead to sciatic and other types of pain. Interestingly enough, in order for a person to be in pain from these problems he/she must lose as much as 60% of the nerve function in that region.

Therefore, if you or a loved one are interested in discovering and experiencing the full benefits that chiropractic care can provide please mention this article when calling our office, Total Health Chiropractic at 908-231-8088 and our staff will be happy to set up a complimentary consultation in order to discover how we may help your health care needs.

Somewhere in the magazine is a

theconnectionsny.com

**FAKE  
AD**



**"Spot It"** and send your  
answer with your name,  
town & phone number to:

**spotthefake@theconnectionsny.com**  
**Subject Line: FAKE**







## ORGANIZE

## THAT

## THE VALUE OF LIFE COACHING

By: Patricia Diesel, CPC



Life is filled with uncertainty, wouldn't you agree?

We do not know what the future may bring or how prepared we will be for what may happen. If we allow ourselves, we can worry excessively about things we do not have any control over.

There are countless things most of us feel anxious about right now – jobs, relationships, finances, health, etc., and of course the “what-ifs” of life. Most of us carry this burden with us on a daily basis, feeling overwhelmed and powerless.

Are you plagued with anxiety?

And I don't mean the occasional stress that knocks on our door. What I'm talking about is the non-stop, hovering over you like a cloud type of stress. In other words, are you living a lifestyle of anxiety?

Studies have shown, and quite frankly, my experience has also shown, that this kind of worry robs us of living the life we deserve. It's as if a thief comes into our inner space and steals our peace and joy. This endless cycle of worry, if left unchecked can affect our health.

Many people, unfortunately do not choose to do anything about this cycle until they are in a complete state of overwhelm – making it difficult for them to function. Some, seek out solutions that will only provide a temporary fix with no long term resolution, thinking that eventually the excessive worry will just “go-away.”

I believe it is necessary to address the root causes of our anxiety. Fear happens to be just one of the root causes. When we are fearful we typically “react” to stressful situations instead of responding. We immediately and directly go to the “dread” of what could happen in the future or perhaps doubt our ability to handle the situation. Whatever the cause of our fear, we can see that the problem is our focus.

What are you focusing on?

Do you immediately go to the “what if” of what can possibly go wrong or do you seek out the underlying “cause” so you can find solutions and resolve?

**Below is an excerpt from my client's book she is currently working on. I share this with you in an effort to showcase the benefits of life coaching for those who may be seeking support.**

*Most of my life I have felt that I have had my path clear and open for me. Even if things didn't work out as I envisioned them, my life was reasonably content and productive. As I grew older and experienced repeated setbacks and losses, I realized that I was in a holding pattern, and was suddenly unable to plan for the future.*

*Was there a future? What were my next life steps? Where did I go from here?*

*When I started working with my life coach, Patricia Diesel, I was resistant. I felt as if I had a stone egg inside of me that I had to protect at all costs. I had been hurt, I had been rejected, I had lost beloved people who meant so much in my life. I wasn't ready to accept change or growth as I had when I was younger.*

*Patricia's methodology was straightforward: a gentle tap with a small hammer on that stone eggshell. Nothing happened at first, but soon with a little more tapping, there was a small crack. Light could get in...new ideas; a change in perspective. A little more tapping, and light could come out: my creativity (long-buried) and my true self, free to soar.*

*When light gets in to your inner core, you start to open yourself to new ideas and attitudes. I never realized that I had a habit of talking over people. Or more precisely, I knew it, but did nothing to try to change the habit.*

*Patricia asked me to try to explain why I did it. I answered that I was so enthusiastic to communicate with others that my words and thoughts just tumbled out. She advised me to “take a breath” before I spoke. A simple thing to most folks, but a new control for me. As a result of this conscious miniscule change, I have become a more considerate listener, and have picked up on nuances of conversation that I had previously missed. “Take a breath, Barbara.”*

*As that little hammer taps, taps, taps on the shell that protects your innermost thoughts and wishes, it exposes them to the light and possibility of coming true. Of actually coming true.*

*What is your passion? What would you do if you were free to do anything? Who are you inside? What were you hiding from that no longer has any power over you?*

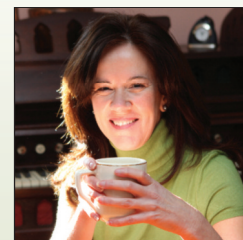
*Since working with Patricia, I have begun to believe in myself and my dreams in a way that I never did before.*

*I am a new person, more myself than ever. I am so happy to meet you.*

—B. Elsherbini

**Patricia Diesel** is a Life Recovery Coach and Professional Organizer dedicated to bringing her skill, inspiration and encouragement to those who want to regain hope and enhance the quality of their life. She conveys her life transforming lessons through her travels, speaking engagements and media appearances, including GMA, Lifetime & TLC. She has helped countless individuals restore tranquility and sense to their lives. To learn more about Patricia, visit [www.keepitsimplenow.com](http://www.keepitsimplenow.com) or you can contact her directly at 908-642-1226.

## Life Recovery & You



**Patricia Diesel**

PO, CEC, Author/Columnist  
Keep It Simple Now, LLC

**908-642-1226**

[www.keepitsimplenow.com](http://www.keepitsimplenow.com)

## Life Recovery Coaching & Professional Organizing

- ▶ Divorce
- ▶ Care Giving
- ▶ Illness
- ▶ Ending of a Relationship
- ▶ Clutter/Hoarding
- ▶ Death
- ▶ Career
- ▶ Finances

*Passionately Enhancing Your Way of Life*

**Call Now For Your FREE Assessment Kit**

Know your dentist



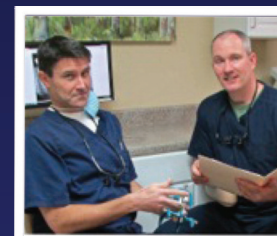
**Dr. Darren Brenner DMD**

**Dr. Christopher Fears DMD**

## Gentle Dental of Branchburg

**FAMILY, COSMETIC, & IMPLANT DENTISTRY**

**Cleanings, whitening, and fillings, to full mouth rehabilitations.**



**“You will understand your options as well as the reasons for the treatments we recommend.”**

**In network with MetLife PPO, Delta Premier, Cigna PPO, Guardian PPO, Aetna PPO, Dentimax PPO, & Others.**

**3461 Route 22 E, Branchburg NJ.**

**(908) 203-1998**



[www.gentledentalofbranchburg.com](http://www.gentledentalofbranchburg.com)





Somerset, Hunterdon and Warren Counties  
**JFS Fitness Challenge**  
 Supporting JFS Children-Family-Senior Services  
**Sunday June 5, 2016, 11:30-2:00**

**CrossFit Chimney Rock**

1 Chimney Rock Road Bldg 1E Bound Brook, NJ

**Challenge Yourself in One of the Following Events  
 and Raise Funds for JFS**

Individuals pledge to raise a minimum of \$180 in donations  
 Teams pledge to raise a minimum of \$360 in donations

**Individual Challenge**

16 years+  
 2 minutes per station  
 Most Reps Win

Ring Rows  
 Burpees  
 Wall Balls  
 Sit Ups  
 Rowing

**2 Movement Challenge**

16 years+  
 5 minutes per station  
 Most Reps Win

**Pick 2**

Ring Rows  
 Burpees  
 Wall Balls  
 Sit Ups  
 Rowing

**Team Challenge**

16 years+  
 Two to a team style  
 Quickest Time Wins

200 Jump Rope  
 100 Sit Ups  
 75 KB Swings  
 50 Push Ups  
 200 Jump Rope

Prizes for winners of each challenge, t-shirts for all participants.

Or sit back, relax and support JFS by making a donation  
 to your favorite participant's team.

For a list of Participants, Information or to Register,

Go online to: **JewishFamilySvc.Org**

Jewish Family Service of Somerset, Hunterdon and Warren Counties is a non-profit, non-sectarian 501(c)(3) social service agency that has served the tri-county since 1980. The mission of JFS is to "preserve and strengthen the quality of individual, family and community life." We provide our services to a diverse socio-economic client population that includes individuals, children, young adults, families and the elderly.

150 West High St, Somerville 908 725-7799 Admin@jewishfamilysvc.org



Hosted By:



Bring in  
 ad & get  
**20% OFF**  
 purchase  
 over \$50



**SOMERVILLE**  
**SMOKE SHOP**

**Somerset County's Best Vape  
 & Premium Tobacco Place**

Vaporizers & 50+ brands e-juices  
 + 150 flavors to choose from.  
 Water Pipes • Hookahs & Accessories  
 Domestic & Premium Tobacco  
 Zippos • Candles • Incense & More

120 W. Main Street • Somerville, NJ

**908-429-3144**

OPEN 7 DAYS (Google for Store Hours)

**New Client  
 Special**  
**\$20 off**

Any Adult  
 Haircut or  
 Color Service

Expires 5/31/16

Open: Tues.-Fri. 10-8  
 Sat. 9-3  
 Closed Sun. & Mon.  
 We accept cash & checks  
 No Credit Cards



**Celebrating 25 Years**

**Come Visit Us on Gaston Avenue**

116 N. Gaston Avenue  
 Somerville, NJ 08876

**908-722-0087**

**Call for an appointment**

**www.bangzhairandnailstudio.com**

**20%  
 Off  
 Retail**

Existing Clients  
 Ask About Our  
 Referral Program

Expires 5/31/16



# Community News...

## Milestone Achieved by Jewish Family Service of Somerset, Hunterdon and Warren Co.

By: Jerry Starr, LCSW, Executive Director

2016 is an important milestone year for Jewish Family Service of Somerset, Hunterdon and Warren Counties. This is our 36th year serving the community and represents the double chai year. Chai means "life" in Hebrew and also representing the number 18. So 36 has special significance for us. Our longstanding mission has been "to preserve and strengthen the quality of individual, family and community life based on Jewish values." We print on our literature the following saying from Maimonides, a famous Jewish rabbi and scholar, "Take hold of him that he fall not and come to need." This is the operating principle behind much of what we have done and will continue to do at JFS. Our services are intended to offer support to those in need in order to help them through a difficult life experience and help them to go on to a more productive and satisfying life.

Since 1980 when we first opened our doors JFS has been doing just that by providing **Counseling Services** to over 3,000 individuals and families struggling with the stressors of everyday life. Our **Career Services Program** established about a dozen years ago has helped

over 1,000 individuals looking to improve their job situation. In the mid 90's through the early part of this new century we helped to **resettle** about 70 families from the former Soviet Union and a few families from Kosovo. Our **Family Mentoring** program, in ten years, has provided 300 families with young children and frail home bound seniors struggling with feelings of isolation volunteers to offer support and companionship. We have also been assisting about 50 **Holocaust survivors** over the past 20 years with home care aides and social work support as well as a monthly socialization group, **Café Europa**, a place for survivors to meet and enjoy some time together. In the past 7 years we've established a **Special Needs program** and have provided support programs for approximately 60 families in that time. In the past 5 years we provided approximately \$193,000 in scholarships to individuals and families to receive our services and in the past year we offered 1,745 hours of volunteer time assisting those in need of support and companionship within our community. There are many more people we have helped in different ways these past 36 years and in fact we serve over 2,000 people

each year through at least one of our programs or services.

Continuing in 2016 we are offering mental health counseling at our **Betty and Arthur Roswell Family Counseling Center, Career Services** and a monthly **Job Seeker's Support Group** both in Somerset and Hunterdon Counties, **Senior Services**, providing in-home supportive counseling and case management to frail homebound seniors and their caregivers supported by the **Susan and Steve Darien Family Fund, Family Mentoring** for families at risk and for isolated seniors with support from the **Blanche and Irving Laurie Foundation and the County of Somerset, Volunteer Services** through our **Good Deeds Corps** which offers volunteer assistance to frail home bound seniors to support their remaining in the dignity of their own home, **Special Needs Support Programs** including social skills groups for teens and activity groups for young adults supported by the **Nancy L. and Arthur E. Lee Family Fund for Special Needs, Holocaust Survivor Assistance Program** providing home care and other supports to frail survivors with sup-

port from the **Conference on Jewish Material Claims Against Germany, Ohr Tikvah**, a community chaplain led program offering cultural connection to those isolated in our community and the **Emergency Assistance and Hebrew Free Loan program** for those struggling financial. We thank our many friends and donors in the community who provide the financial support that is needed to be able to help as many people as we do each year. Recently a community member told me "If JFS wasn't here, if it didn't exist, it would be very scary to deal with these problems alone." No one should feel alone in their time of need.



If you are interested in learning more about JFS' programs, please contact us at (908)725-7799, visit our website: [www.JewishFamilySvc.org](http://www.JewishFamilySvc.org), like us on Facebook. Jewish Family Service of SHW, Inc. 150-A West High Street, Somerville, NJ 08876.





We have  
certified  
consultants  
to help you  
every step of  
the way!

## REDELICO'S PAINT AND DECORATING CENTER

Jennie,  
Tom,  
Randy  
& Wendy

*"The Friendly Store of Value"*

In addition to Paint & Wallcoverings, we have  
a Huge Stencil Room, Painter Pants,  
Painter Coveralls & More!

118 W. Main Street • Somerville, NJ 08876

908-725-1566 • Fax: 908-725-9375

**1-800-794-7124**

Mon-Fri 7:30am-5:30pm • Thur 7:30am-8pm

Sat 8am-5pm • Closed Sunday

**RedelicoPaint.com**

**Benjamin Moore**

Textures, Stain & Primer

**Cabot, Olympic &  
Wolman Stains**

**Wallpaper**

Thibaut, York, Waverly,  
Norwall, Design by Color

**Stencils**



## Spin City

**Wash n Fold Laundromat**



MON.-FRI. 6AM - 10PM

SAT. 6AM - 12AM

SUN. 7AM-12AM



**FREE WASHES!**  
**10% BONUS DOLLARS!**  
**NEARLY 100 WASHERS  
& DRYERS - NEVER A WAIT!**  
**SAME DAY & NEXT DAY  
WASH AND FOLD!**  
**DRY CLEANING**  
**Tues & Wed Special!**  
**\$1.78 Wash 6AM Until 2PM**

259 Mountain Avenue • Somerville, NJ • 908-707-4111

[www.spincitywashnfold.com](http://www.spincitywashnfold.com)

## YOU THINK IT, WE'LL PRINT IT! ...ON A T-SHIRT



**ALL SIZES & COLORS AVAILABLE. AFFORDABLE PRICES!**

Family Fun • Community Events  
Sports • Birthdays • Artwork Promotion  
Team Building • Company Logos, etc.



**Doggie  
Tees  
Available**

**HIGH QUALITY, LONG LASTING GARMENTS**

Personalize your own garment or purchase it from us

**Company  
or  
Team  
Logos**

17 West Main Street  
(next to Dunkin Donuts)  
Somerville, NJ 08876

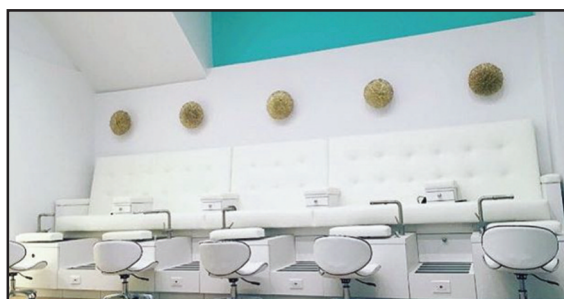
**908-450-7450**

**GimmeeGimmeeTees.com**

**Family  
Pics  
or  
Artwork**

# Paramount PAMPERING

S A L O N A N D S P A



## Services Offered

- Hair Care • Nail Care • Skin Care • Waxing
- Massage Therapy • Makeup • Bridal Services
- Eyelash & Eyebrow Extension Services
- Cellulite Reduction Massage Therapy
- Post Lipo Massage Therapy
- Custom Eyebrow Shaping

*Space is available to rent for special occasions*

56 W. Main Street, Somerville, NJ 08876

**(908)575-7555**

**[www.paramountpampering.com](http://www.paramountpampering.com)**



@paramount pampering



@paramountpampering





## URBAN CHAOS Smoke Shop & Accessories



f t @urbanchaosnj

urbanchaosnj@yahoo.com  
www.urbanchaosnj.com

OPEN 7 DAYS  
Mon.-Sat.  
10:00am-9:00pm  
Sun. 12:00pm - 8:00pm

**Military 15% Off**

**20% OFF**  
purchase of \$25  
or more  
Exp. 5/31/16

10% off  
Ploom &  
Storz &  
Bickel  
Products

16 Division St., Somerville, NJ 08876 • (908) 450-7474



**The Finest in Collision Repairs**  
Since 1965

30 Warren St. • Somerville, NJ 08876  
908-722-1066 Fax 908-722-0378

KandLAutoBody.com • Lic. # 02153A



Baked goods from scratch,  
the old fashioned way with real  
ingredients, butter, flour, sugar, eggs.  
For celebrations, for special occasions,  
for new traditions, for any time...  
Enjoy!

34 E. Main Street, Somerville, NJ 08876  
908-722-9881  
info@thedessertplate.com

www.thedessertplate.com

Tue-Fri: 7am-5pm • Sat-Sun: 8am-1pm  
(closed last Sunday of each month) Monday: Closed

**The Dessert Plate**  
Baked Goods from Scratch

**Smart Phone  
users scan  
here to "Like"  
us on Facebook!**



Visit [www.Facebook.com/theConnectionsnj](http://www.Facebook.com/theConnectionsnj)

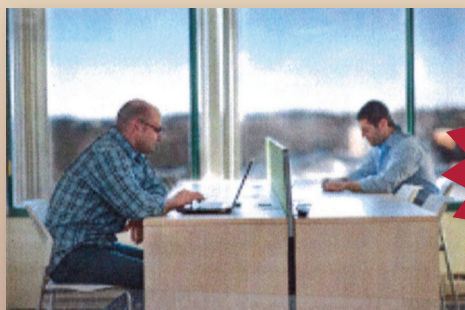
# officeevolution®

**Distracted working from home?**

**Meeting at the coffee shop?**

**Trying to keep your overhead low?**

**Try Co-Working at Office Evolution.**



**Mention  
"Connection  
Magazine"  
and get a Free  
1 Day Trial**

- Professional work environment
- Starbucks® coffee
- 24/7 Access
- Professional mailing address
- Private conference rooms
- WiFi
- Front desk presence to greet your clients

*Furnished offices also available  
for short-term or long-term use.*

50 Division St., Suite 501, Somerville, NJ 08876 • 908-751-4986  
[www.officeevolution.com/Somerville](http://www.officeevolution.com/Somerville)

## THREE HEARTS HOME

*love the earth | love the makers | love your home*



GIVE GIFTS

that

*give back*

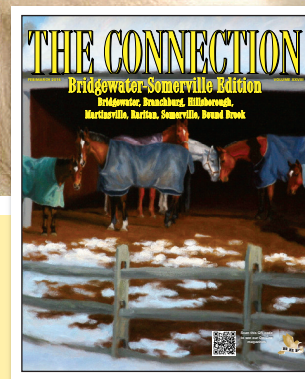
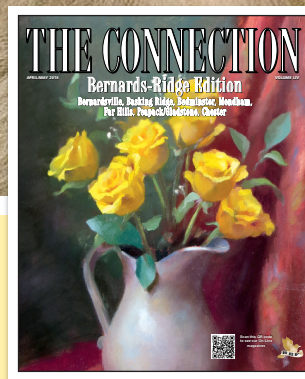
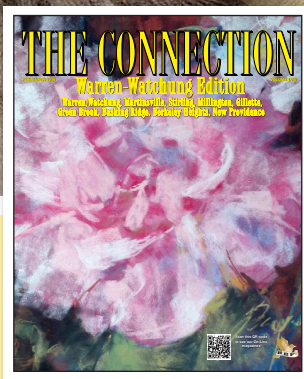
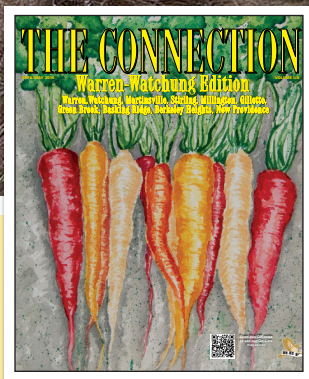
shop locally for sustainable, fair trade, and american made goods

87 W. Main Street, Somerville, NJ 08876 | [www.threeheartshome.com](http://www.threeheartshome.com)



# The Connection Magazines

*All about YOUR COMMUNITY!!*



## “Take Your Best Family Pic” Contest!!!!

### How to Enter:

Simply take a FUN FAMILY PICTURE & send to Instagram using #ConnectionPics

### What You Get:

A Chance to be featured in the June or September Connection Magazine’s “PHOTO COLLAGE”.

*Make your family pic speak a thousand words...click away!*

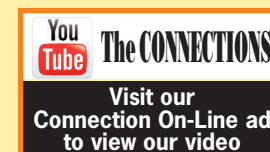


Follow us @connectionmag  
www.theconnectionsny.com



*Be Connected and Enjoy the Benefits... IN PRINT and ON LINE*

**www.theconnectionsny.com**  
**908-903-1799**





# BRIDGEWATER-SOMERVILLE COMMUNITY CALENDAR

## APRIL - MAY

PAGE 66

### ACTIVITIES

#### NORTH BRANCH REFORMED CHURCH (NBRC)

**Upcoming Event: Agape League** - Presented by Ministry of Music & Worship Arts, NBRC Youth Drama Club, Sunday, April 10, 4pm, North Branch Reformed Church Sanctuary, 203 Route 28, Bridgewater. [www.nbrc.com](http://www.nbrc.com)



#### TEMPLE BETH-EL

67 US Hwy 206, Hillsborough, NJ. **Upcoming Event: Silver Jubilee Celebration honoring Rabbi Arnold S. Gluck:** May 13-15. Guest speakers, musical concert, & gourmet dinner dance, the Bridgewater Manor, May 14. For more information, visit [www.ourbethel.org](http://www.ourbethel.org) or call 908-722-0674.



### THE ARTS

#### THE CENTER FOR CONTEMPORARY ART (CCA)

2020 Burnt Mills Road, Bedminster, NJ 07921.

For information, gallery hours & to register for classes, contact Elie Porter Trubert, Executive Director at 908-234-2345, ext. 100, [etrubert@ccabedminster.org](mailto:etrubert@ccabedminster.org) or visit us online at [ccabedminster.org](http://ccabedminster.org)

##### Upcoming Exhibits:

**Erasing Borders - Contemporary Indian Art of the Diaspora:** Through April 15. Curated by Vijay Kumar.

**Indian Folk Tales about the jester poet Tenali Raman:** Sunday, April 3, 2-3 pm. Live family performance. Refreshments served. Tickets available online. Adults -\$10. Children-\$5 at <http://ccabedminster.org/news-events/indian-folk-tales-for-families/> April 22-June 11.

**MOVIS - By Line:** Art group from Princeton.

**2015 Solo Exhibition Award:** Naomi Campbell & James Perry.

**Opening Reception for all three events:** Friday, April 29, 6-8pm.

**Hooray for May:** Saturday, May 7, 1-4pm. Family fun & interactive day of making art. Hands-on art projects for Mother's Day, art studios and outdoor pavilion.

**Members' Non-juried Exhibition:** June 24-September 3. Opening Reception: Friday, June 24, 6-8pm.

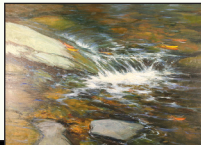


**Partition**  
by Reeta Karmarker  
Acrylic on Stretched Canvas

#### STUDIO 7 FINE ART GALLERY

"Linked" Online

Fine art gallery at 5 Morristown Road, Bernardsville, 908-630-9770. Gallery hours: Tuesday-Saturday 10am-4pm and by appointment. **Upcoming Events: Elements of Nature** - April 1-30 Oil paintings by James McGinley. **BernARTsville Art Walk & Artist Reception:** April 1, First Friday, 6-9pm.



**Little Falls**  
by James McGinley  
Oil 36" x 48"

##### Techniques & Traditions:

May 4-28 New Works in Blown Glass by Jake Pfeifer. **BernARTsville Art Walk Reception:** Friday, May 6, 6-9pm. Contact owner, Kathleen Palmer for info at 908-963-0365, [pskjp@verizon.net](mailto:pskjp@verizon.net) or [www.studio7artgallery.com](http://www.studio7artgallery.com)



**Preparing to Transfer**  
Artist Jake Pfeifer

### CLUBS AND SERVICES

#### BRIDGEWATER SENIOR CLUB

Meets every Tuesday, noon at Bridgewater Senior Center, 455 Somerville Road, Bridgewater. For information call Donna Langel, Bridgewater Senior Center, 908-725-8020. New members welcome!

#### BRIDGEWATER TOWNSHIP SENIOR CENTER

"Linked" Online

455 Somerville Road, Bridgewater. Many free programs available to residents of Somerset County. Exercise, for those who want to get fit, dance aerobics, tap. For quieter recreation, bridge, poker, knitting, billiards and tai chi. Computer classes too. Either pick up a calendar or go online to [www.bridgewaternj.gov](http://www.bridgewaternj.gov) and click the link for Senior Citizen's Calendar. Like to jazz dance? Try out for a spot with *The Bridgewater Roxies*. Call Donna Langel at 908-725-8020 or 908-575-8021.

#### CENTRAL JERSEY HOUSING RESOURCE CENTER (CJHRC)

"Linked" Online

600 First Ave, Raritan. Provides low & moderate-income individuals & families with free housing info & group educational programs. Housing counselors available to assist clients Mon-Fri during normal business hours. Call 908-704-9649 or visit [www.cjhrc.org](http://www.cjhrc.org) & click on group programs for information or to register. All programs are FREE. **Upcoming Events:**

**Step by Step Pre-Purchase Homeowner Education Program:** Tuesday, June 14, 5:30-9:30pm. CJHRC Office, 600 First Avenue, Raritan.

**First Time Homebuyer Workshop:** Saturday, April 9, 8:30am-12noon, Bank of America, Route 22 West, Bridgewater. To register, call 908-704-9649 or visit [www.cjhrc.org](http://www.cjhrc.org).

##### Ongoing Programs:

**"Make Your Move-A Guide to Homeownership" Online Homebuyer Education Program:** Combination of face to face & web-based homebuyer education for potential homebuyers.

**"eHome America" Online "Spanish" Homebuyer Education Program:** Combination of face to face & web-based homebuyer education in Spanish.

**"Money in Motion" Online Financial Literacy Program:** Combination of face to face & web-based financial literacy education.



#### THE CHELSEA AT WARREN

274 King George Road, Warren, NJ 07059, 908-903-0911, Email: [MVarnerin@cslal.com](mailto:MVarnerin@cslal.com), [www.chelseaseniorliving.com](http://www.chelseaseniorliving.com). Please call to register for all programs.



**Independent Living Open House:** Saturdays, April 23, 30, May 7, 14, 21, 11am-2pm (except Memorial Day weekend).

**Open House with hor d'oeuvres:** Thursday, April 28, 5-7pm.

**Spa Night:** Wednesday, May 4, 5-7pm.

**Wine and Cheese Reception:** Thursday, May 12, 4-6pm.

#### COOPERATIVE HOUSING

"Linked" Online

62 East High Street, Somerville, 08876. GREAT HOUSING OPTION FOR SENIORS! A 501(c)(3) non-profit organization offering attractively affordable housing for seniors aged 62 & above. Sharing housing offered in Bridgewater & Warren townships in beautiful ranch homes for individuals & couples. BRAND NEW UNITS OPEN IN WARREN! For information please call 908-526-8130 or visit us at [www.chchousing.org](http://www.chchousing.org)



#### FRIENDS OF THE SHELTER

All-volunteer group of women who support the Resource Center of Somerset & the United Way. Provides aid to victims of domestic violence. **Upcoming Event: Kentucky Derby Day,** May 7, Fiddler's Elbow, Bedminster. Email Joan Baer at [jbaer41@verizon.net](mailto:jbaer41@verizon.net) or call at 908-953-0739 for more information.

#### INTERNATIONAL FRIENDS CLUB

"Linked" Online

Meets monthly. **Upcoming Meetings:** April May 3, June 8. For more information, go to <http://www.ifcnjandny.com/>



#### JEWISH FAMILY SERVICE OF SOMERSET, HUNTERDON AND WARREN COUNTIES

"Linked" Online

150-A West High Street, Somerville, NJ. Unless otherwise noted, for information or to register for programs, contact Elise Prezant, JFS at 908-725-7799 or [eprezant@JewishFamilySvc.org](mailto:eprezant@JewishFamilySvc.org). Admin@JewishFamilySvc.org or [www.jewishfamilysvc.org](http://www.jewishfamilysvc.org) **Upcoming Programs:**

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

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

**Café Europa:** A social group for Holocaust Survivors. April 13, May 18, June 15.



**Job Seekers Support Group:** Wednesdays, 7-9pm, May 4. Free & open to the community.

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

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

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

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

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

**JFS Fitness Challenge:** Sunday, June 5, 11:30 am-2:00 pm. CrossFit Chimney Rock, 1 Chimney Rock Rd, Bldg 1E, Bound Brook. Individuals & Teams may participate. Proceeds support Children, Family & Senior Services.

#### NEWCOMERS AND NEIGHBORS OF SOMERSET HILLS (NNSH)

A non-profit, social organization open to ALL AREA RESIDENTS offering a variety of activities including wine tasting, dining out, book discussion, day trips, bridge/bunco/Mahjong & much more. Visit us at [www.NNSH-Club.org](http://www.NNSH-Club.org) or see us at [www.facebook.com/Newcomers & Neighbors of Somerset Hills, NJ](https://www.facebook.com/Newcomers&Neighbors).

#### RESOURCE CENTER OF SOMERSET

427 Homestead Rd., Hillsborough 08844-1400, 908-359-0003, ext. 223. Private, nonprofit agency serving people affected by domestic abuse in Somerset County. Provides emergency shelter to survivors of domestic abuse, adults & children.

**Free of charge.** For more information, visit [www.resourcecenterofsomerset.org](http://www.resourcecenterofsomerset.org) or call 24 hour hotline: 866-685-1122. **Upcoming Events: Purple Purse 5K,** April 17, registration, 8:30am. Program & run/walk, 9am. Pleasant Valley Park, 3410 Valley Rd., Basking Ridge. Cost: \$25. Online registration <https://runsignup.com/Race/NJ/BaskingRidge/PurpleLaces5kRace>



#### RUTGERS MASTER GARDENERS OF SOMERSET COUNTY

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



#### SOMERSET COUNTY SENIOR WELLNESS CENTER "Linked" Online

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](http://www.co.somerset.nj.us) Transportation available to center. Programs begin at 10:30am unless noted. **Upcoming Events:**

**AARP Defensive Driving Course:** April 12, 9am-3pm

**Spring Wreath Craft Workshop:** April 20, 10:30am

**Bridges of Manhattan by Kevin Woyce:** April 27, 10:30am

**Helen Vasko Discussion Group:** May 3, 10:30am

**Stroke Screenings Bernards Township:** May 18, 1-4pm



#### SWIM, INC. "Linked" Online

Provides free aquatic exercise for adults with mobility impairments. State wide organization, with 17 chapters across New Jersey. 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](mailto:info@swim-inc.org) or visit our website at [www.swim-inc.org](http://www.swim-inc.org)



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

[www.theconnectionsny.com](http://www.theconnectionsny.com)



# BRIDGEWATER-SOMERVILLE COMMUNITY CALENDAR

## APRIL - MAY

PAGE 67

### CLUBS AND SERVICES

#### 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. Please call Maria (908) 766-0180 x 260. For information about the Day Center, visit [www.visitingnurse.org](http://www.visitingnurse.org)

**Caregiver Support Group (FARE): Bridgewater Group** - Meets 2nd Wednesday of every month at The Chelsea in Bridgewater across from Green Knoll Grill, 6pm. You are welcome to bring a brown bag dinner. **Basking Ridge Group** - Meets 4th Monday of every month at Adult Day Center of the Visiting Nurse Association of Somerset Hills in Basking Ridge, 1:30pm. For information & directions, or in case of inclement weather, please call the FARE Information Line (908) 766-0180, ext. 241 at the Visiting Nurse Association of Somerset Hills or visit [www.visitingnurse.org](http://www.visitingnurse.org).

**Bereavement Group:** Support group for all individuals who are grieving the loss of a loved one. Meets 2nd and 4th Wednesday of each month, 10:30am-12pm, VNA of Somerset Hills. For information, directions, or to register, call (908) 766-0180, ext. 142 or ext. 118. You may leave a voice message.

#### Upcoming Events:

**VNA Rummage Sale Donations:** April 9-27, Mon-Sat 10am-1pm, Far Hills Fairgrounds. For more info: <http://bit.ly/vnarummagesaledonations>

**VNA Rummage Sale:** May 6, 7, 8, Far Hills Fairgrounds. Fri, Sat 9:30am-3:30pm, Sun 12:30pm-3:30pm. Rain or shine. Credit cards accepted. For more info: <http://bit.ly/thevnarummagesale>

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

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



Karen Swartz  
Organizer

#### ZUFALL HEALTH CENTER

##### "Linked" Online

71 Fourth St., Somerville, NJ 08876, 908-526-2335. Nonprofit provider of medical, dental, behavioral health & educational services. 24/7 Hotline for victims of sexual violence, cancer screening & more. Visit [www.zufallhealth.org](http://www.zufallhealth.org) for more information, or call for an appointment. Se habla Espanol.

**Upcoming Events:** *Good As New Shop for Treasures*, Thursdays 10-6, Friday 10-5. Monthly, third Wednesday & Saturday. 136 East Main Street, Somerville, NJ 08876. Visit [www.goodasnewnj.com](http://www.goodasnewnj.com). All proceeds benefit mission of Zufall Health.



### LIBRARIES

#### SCLSNJ BRIDGEWATER LIBRARY BRANCH "Linked" Online

1 Vogt Drive, Bridgewater, NJ 08844, 908-526-4016 [www.sclsnj.org](http://www.sclsnj.org) Program dates & times subject to change. **All programs FREE. Registration required unless otherwise indicated.** Visit website or call library for more information & to register. **NOTE: Library will be closed on May 24 for Staff Development Day & May 30 for Memorial Day.**

**SYSTEM-WIDE SPECIAL EVENT - An Afternoon with Steve Forbes:** Book signing & Q&A event: Sunday, April 17, 1-4 pm, SCLSNJ's Bridgewater Library branch, 1 Vogt Drive.

#### FAMILY PROGRAMS:

**Pajama Time Storytime:** Wednesdays, April 13, 20, May 4, 11, 18, 25, 7-7:30pm. **No registration required.**

**Sing Spring Sensory-Friendly Singalong:** Saturday, April 9, 10-10:45, 11-11:45am.



**Friends Book Sale:** Thursday, April 28, 9:30am-8:30pm, Friday & Saturday, April 29 & 30, 9:30am-4:30 pm, Sunday, May 1, 1:30-4:30pm, & Monday, May 2, 9:30am-9pm

**Free to be You & Me Sensory-Friendly Singalong:** Saturday, May 7, 10-10:45, 11-11:45am.

#### CHILDREN'S PROGRAMS:

**Music & Movement:** (Birth-3 years) Monday, May 9, 9:45-10:15am & 10:30-1 am.

**Storytime:** (3-6 years old) Tuesdays, April 12, 19, May 3, 10, 17, 10-10:30am, 1:30-2pm. **No registration required.**

**Toddler Time:** (18-36 months) Wednesdays & Fridays, April 8, 13, 15, 20, 22, May 4, 6, 11, 13, 18, 20, 10-10:30am. **No registration required.**

**Baby Time:** (0-18 months) Thursdays, April 14, 21, May 5, 12, 19, 9:30-10am. **No registration required.**

**Tail Waggin' Tutor:** (Ages 4+) Reading to Dogs. Wednesdays, April 13, May 11, 4-5pm.

**Stuffed Animal Tea Party:** (Grades K-2) Saturday, April 16, 10-11am.

**Maker Monday - STEM Fun:** (Ages 5+) Monday, April 18, 4:30-5:30pm.

**Lego Club:** (5-12 yrs) Thursdays, April 21, May 26, 4:30-5:30pm.

**Trees are Terrific:** (Ages 3+) Saturday, April 23, 10-11am.

**Drop In Games:** (Ages 3+) Saturday, April 30, May 28, 2-4pm.

**Spy Training Academy:** (Grades 3-4) Monday, May 9, 4:30-5:30pm.

**National Backyard Games Week:** (Grades K-4) Monday, May 16, 4:30-5:30pm.

#### TWEEN PROGRAMS:

**Tween Volunteers:** (Grades 4-6) Monday, May 2, 7-8pm.

**Tween Advisory Board:** (Grades 4-6) Tuesdays, April 12, May 10, 7-8pm.

**Tween Lock-In - Escape from Mr. Lemoncello's Library!** (Grades 4-6) Friday, April 15, 6-8pm.

**Tween STEM Challenge:** (Grades 4-6) Monday, April 25, 7-8pm.

#### TEEN PROGRAMS:

**Teen Movie:** (Grades 7-12): *Ferris Bueller's Day Off*, Monday, April 11, 6-8:30pm.

**Teen Book Talk:** (Grades 7-12) *Fangirl*, Tuesday, April 19, 6:30-8:30pm.

**Teen Cafe:** (Grades 7-12) Saturday, April 23, 1-4pm.

**Teen Advisory Board:** (Grades 7-12) Tuesdays, April 26, May 31, 7-8pm.

#### ADULT PROGRAMS:

**Friends Concert Series: Rosanne Nahass**, May 13, 7:30-9pm.

**English Conversation Group:** Wednesdays, April 13, 20, 27, May 4, 11, 18, 25, 10-11:30am. Intermediate Group: Wednesdays, April 13, 20, 27, May 4, 11, 10:30am-12pm.

**In Stitches - A Laid Back Knit & Crochet Affair:** Thursday, May 5, 6:30-8:30pm.

**Stress Management:** Tuesday, April 12, 1-3pm.

**Genealogy Resources:** Tuesday, April 12, 1:30-3pm.

**Intermediate Internet Training Class:** Wednesday, April 13, 1:30-3pm.

**Gadgets & Gizmos Training Class:** Thursday, April 14, 1:30-3pm.

**Introduction to MS Word:** Monday, April 18, 2-3:30pm.

**Intermediate MS Word Training Class:** Tuesday, April 19, 10-11:30am.

**Lunch & Learn/The Aging Eye - Prevention & Treatment of Vision-Impairing Conditions:** Thursday, April 21, 11am-1pm.

**Open Mic Night:** Thursday, April 21, May 26, 6:45-8:30pm.

**Thriving During Transition & Change:** Friday, April 22, 1-3pm.

**Using LexisNexis:** Tuesday, April 26, 1:30-3pm.

**Lunch & Learn/Making the Most of Your Sleep for a Healthier You:** Thursday, May 12, 11am-1pm.

#### SCLSNJ SOMERVILLE LIBRARY BRANCH "Linked" Online

35 West End Avenue, Somerville, NJ 08876, 908-725-1336 [www.sclsnj.org](http://www.sclsnj.org) Program dates & times subject to change. **All programs FREE. Registration required unless otherwise indicated.** Visit website or call library for more information & to register. **NOTE: Library will be closed on May 24 for Staff Development Day & May 30 for Memorial Day.**

**SYSTEM-WIDE SPECIAL EVENT - An Afternoon with Steve Forbes:** Book signing & Q&A event: Sunday, April 17, 1-4 pm, SCLSNJ's Bridgewater Library branch, 1 Vogt Drive.

#### ADULT PROGRAMS:

**Round Table Writer's Group:** Saturday, May 7, 2-4pm.



**Book Discussion: Nemesis** by Catherine Coulter, Wednesday, May 4, 2:15-3pm.

**Yoga & Art Therapy with Carrier Clinic:** Saturday, April 9, 2:30-4pm.

**Diana Patton & Her Artwork:** Saturday, April 16, 3:15-4:30 pm. Art displayed, April 1-May 31.

**The Poetry of Robert Frost & The Lesser Poets:** Saturday, April 23, 2:30-3:30pm.

**15 Financial Myths Debunked:** Thursday, May 12, 7-8pm.

**Simple Steps to Starting Your Business:** Monday, May 16, 7-8:45pm.

**A Walk in the Leonard J. Buck Garden:** Saturday, May 21, 2:30-3:30pm.

### RECREATION

#### SOMERSET COUNTY PARK COMMISSION

##### "Linked" Online

Information on all activities available at [www.somersetcountyparks.org](http://www.somersetcountyparks.org) or by calling 908-722-1200.

**Duke Island Walkers:** Wednesdays, 9:30am. **Free.**

**Bernards Township Community Art Show:** Through April 24, 9am-5pm. **Free.**

**Woodland Walks at Leonard J. Buck Garden:** Tours on Sundays, 2 pm, April 10, 17, 24, May 1, 8, 15, 22. Fee \$7/person.

**Eco-Rally:** Through Friday, April 15. Maintain a daily log to show reduced energy & a greener lifestyle. Created posters will be displayed at Environmental Education Center, 190 Lord Stirling Rd, Basking Ridge.

**Spring Pruning Demonstration:** Held at Colonial Park Arboretum. Fee \$15/. person. Register online, [www.somersetcountyparks.org](http://www.somersetcountyparks.org) or call 732-873-2459 ext. 21.

**Horse Care Workshop 101:** Saturdays, April 9, 16, 23, 30, 1pm-3pm. Somerset County Residents, \$60, non-residents, \$90.

**Spring Yoga:** Wednesdays, April 13, 20, 27, May 4, 11, 18, 25, June 1, 8. Beginner class, 5:30-6:30pm. Fee \$80. Experienced class, 7pm-8:30pm. Fee \$100. Park Commission Headquarters, North Branch Park, 355 Milltown Road, Bridgewater.

**Spring Nature Ride:** Sunday, April 10, 7am. Lord Stirling Stable, 256 South Maple Avenue, Basking Ridge. **Pre-registration required.**

**4th Annual Sourlands Smackdown:** Saturday, April 16, 9am. Sourland Mountain Preserve. Call 908 231-0802, ext. 22 for information.

**Spring Plant Sale & Earth Day Celebration:** Saturday, April 23, 10-5pm & Sunday, April 24, 12-5pm. Leonard J. Buck Garden, 11 Layton Road, Far Hills. **Free.** For information call 908 234-2677.

**Project E.A.R.T.H - Swamp Search!** Scavenger Hunt, Sunday, April 24, 12-3:45pm, Environmental Education Center Trails, 190 Lord Stirling Road, Basking Ridge. **Free.**

**Arbor Day Native Tree Give-Away:** Friday, April 29 & Saturday, April 30, 9am-4pm, Environmental Education Center & Rudolf W. van der Goot Rose Garden, 156 Mettlers Road, Somerset.

**Two Dimensions of Botanical Art - Alana Van Rensselaer & Peggie Cole Tombro:** Saturday, April 30-Sunday, May 29, 9am-5pm daily, Environmental Education Center. **Free.**

**Masters May Day Mini Golf Tournament:** Sunday, May 1, 11-3pm, Colonial Park Putting Course. Competition open to mini-golfers age 55 & older. Pre-registration required. Call 908-722-1200, ext. 226. Fee \$8. Includes a box lunch.

**Garden Photography Workshop - Flower & Landscape:** Tuesday, May 3, 9am- 11:30am. Fee \$35/person. Pre-registration required. Call 908-234-2677.

**Adult Bocce League:** League play begins, Tuesday, May 3. Registration deadline, Friday, April 26. For information, call 908-722-1200, extension 226.

**Horse Care Workshop 102 & 103:** Saturday May 7, 14, 21, 28, June 4. Horse nutrition & equine behavior. Workshop 102, 10am-Noon & Workshop 103, 1-3pm. Lord Stirling Stable. Somerset County residents, \$60, non-residents, \$90.

**Mother's Day Trail Ride:** Sunday, May 8. Lord Stirling Stable. Registration required. For more information, visit [www.flssnj.org](http://www.flssnj.org).

**"Flower Buds - Let's Get Growing" Children's Garden Workshop:** (Ages 5-8 with adult), Saturday, May 14, 10am-Noon. Rain date, May 21. Register online [www.somersetcountyparks.org](http://www.somersetcountyparks.org) or call 732-873-2459 ext. 21. Pre-registration by Friday, May 6, required.

**Family Fun Day:** Sunday, May 15, 10am-Noon & 1-3pm. Lord Stirling Stables. For more information, call 908-766-5955.

**Introductory Horseback Ride:** (Ages 12 & older & under 240 lbs, ages 9-12 with an adult), Sunday, May 22, 1pm. Registration Monday, May 9, 9am-4:30pm. Somerset County residents, \$35, non-residents, \$45.



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

[www.theconnectionsny.com](http://www.theconnectionsny.com)





# Spotlight on Hillsborough



**Suite Life**  
at AMWELL MALL

450 Amwell Road • Hillsborough • NJ



Month-to-Month Fully Furnished  
**EXECUTIVE SUITES**

**One Month's Rent Free\***



**Fully Furnished  
Executive Suites**

**STARTING FROM  
\$536/mo**

**Modern, Private Tech-Powered Office  
Suites** with high-end designer finishes

Glass walls & windows in every office  
allow plenty of natural light

\*One month's rent free when you sign a 12 month lease at  
Suite Life at Amwell Mall. Must present coupon to redeem offer.  
Coupon expires 7/31/2016.



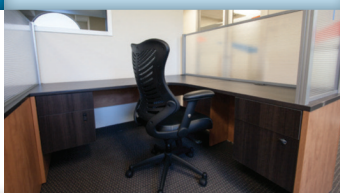
**Desks  
On-Demand**

**STARTING FROM  
\$199.<sup>99</sup>/mo**

**DESKS ON-DEMAND**

Ready-to-work space... NOW!

Ability to size up into a fully furnished  
office at any time



- High-speed internet access available
- State-of-the-art phone system with Outlook & cell phone integration available

- Secure keyless entry system
- Gross rent is all inclusive; complete maintenance & management, taxes, sewer, water, garbage, heat & electricity



**Shared Conference  
Room** (Additional Fee)



**Shared Business  
Lounge/Kitchenette**

**CONTACT US FOR ADDITIONAL INFO:**

📞 **908.874.8686** 🌐 **LarkenAssociates.com**

Raider Realty is a Licensed Real Estate Broker. Prices subject to change without notice. Information subject to errors & omissions.



**AMWELL**  
NJ STATE LIC.# 00416A  
**AUTO BODY**  
**REPAIR**  
**Collision Specialists**

**Serving Somerset County for 48 Years**

- Complete Collision Repair Service
- Direct Repair Facility for Most Insurance Companies
- All Insurance Companies Accepted
- I-Car Platinum Certified
- Car-O-Liner Certified
- BASF Vision Plus Excellence Shop
- Foreign and Domestic Vehicles
- Free Estimates

**OPEN**  
**Mon-Fri: 8am-5pm**

138 US Hwy. Rt. 206 South, Hillsborough, NJ 08844

**Phone 908-526-6300 • Fax 908-526-6436**

**www.amwellauto.com • amwellauto@verizon.net**

## THE CONNECTION MAGAZINES

**Next Exciting Issue  
JUNE 2016**

**908-903-1799**

email: [Connectionsnj@gmail.com](mailto:Connectionsnj@gmail.com)

[www.theconnectionsnj.com](http://www.theconnectionsnj.com)



Scan this code  
to view on-line  
magazines

**ADVERTISING  
DEADLINE  
May 2, 2016**

**You Tube The CONNECTIONS**  
Visit our  
Connection On-Line ad  
to view our video

**Shop and Dine...Support Your Local Merchants**





# BIRDSALL

## Bath Design

New Jersey's Leading  
Bathroom & Kitchen  
Design Showroom

Visit our showroom at  
993 US Highway 22  
North Plainfield, NJ

[birdsallbath.com](http://birdsallbath.com)  
908.753.8181

Call BIRDSALL for an appointment.



# LAMINGTON CORNERS

1260 Route 28, Township of Branchburg, NJ 08876



**Kumon Math & Reading Center**  
(732) 325-2511  
[kumon.com](http://kumon.com)

**Rite Smile Dental**  
(908) 255-4794  
[ritesmiledental.com](http://ritesmiledental.com)

**Advanced Eye MDs**  
(908) 253-8686  
[advancedeyemds.com](http://advancedeyemds.com)

**IL Forno Restaurant**  
(908) 252-4500  
[ilfornorestaurant.net](http://ilfornorestaurant.net)

**Bagels 4 U**  
(908) 927-9988  
[bagels4u.com](http://bagels4u.com)

**Working Class Art Tattoo Parlor**  
(908) 255-4363  
[workingclassart.com](http://workingclassart.com)

**Masa Sushi**  
(908) 526-6888  
[masasushini.com](http://masasushini.com)

**August Moon**  
(908) 218-9038

**Corner Cleaners**  
(908) 218-9949

**KT Nails**  
(908) 429-8600

**The Edge Center Martial Arts**  
(908) 707-8400  
[theedgecenter.net](http://theedgecenter.net)

MANAGED & LEASED BY  
**SILBERT**  
REALTY & MANAGEMENT COMPANY, INC.  
908.604.6900

**Georgio Mikaelis Salon**  
(908) 253-0001

# SHOPPES AT BRANCHBURG

1190 Route 28, Branchburg, NJ 08876

(accessible from both State Route 22 & Route 28/CR614  
across from Raritan Valley College)



**TRU**  
salon + spa

Tru salon is a full service salon/spa in a beautiful relaxing setting.  
Treat that special someone, you!  
**908.218.9878**  
Tues: 8:30am-9pm/Wed: 8:30am-9pm  
Thurs: 8:30am-10pm/Fri: 8:30am-8pm  
Sat: 8:30am-5pm/Sun: 8:30am-4pm  
[www.trusalonspa.com](http://www.trusalonspa.com)

**Starbucks Coffee**  
**908.575.0268**  
Mon – Sat: 6:00 am – 10:00 pm  
Sun: 7:00 am – 9:00 pm  
[www.starbucks.com](http://www.starbucks.com)

**Frozen Falls**  
premium frozen yogurt

Frozen Falls is a self-serve frozen yogurt shop with a choice of 16 delicious flavors and a variety of 55 toppings.  
**908.685.2234**  
Wed – Thurs: 12:00 pm – 10:00 pm  
Fri – Sat: 12:00 pm – 11:00 pm  
Sun: 12:00 pm – 10:00 pm  
[www.frozenfallsyogurt.com](http://www.frozenfallsyogurt.com)

**at&t Mobility**

We carry a full range of GSM mobile phones a high level of service and prompt delivery has earned the trust of many customers for more than a decade.  
**908.252.3336**  
OPEN ALL 7 DAYS  
Monday to Saturday  
9:00 AM to 8:00 PM  
Sunday  
12:00 PM to 5:00 PM  
[www.mobility-zone.com](http://www.mobility-zone.com)

MANAGED & LEASED BY  
**SILBERT**  
REALTY & MANAGEMENT COMPANY, INC.  
908.604.6900

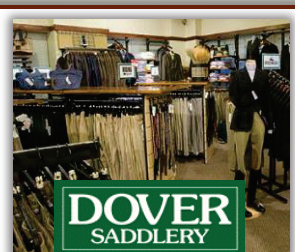
# Cedar Glen Shopping Center



3150 State Route 22,  
Branchburg, NJ 08876

Accessible from both State Route 22  
& Route 28/CR614

MANAGED & LEASED BY  
**SILBERT**  
REALTY & MANAGEMENT COMPANY, INC.  
908.604.6900



All the Riding Apparel, Riding boots, Paddock Boots, Muck Boots, Horse Supplies, Tack and Equipment you need is right here at Dover Saddlery!  
**908.704.0101**  
[www.doversaddlery.com](http://www.doversaddlery.com)

**TRI**

We provide Korean Martial Arts, Taekwondo training in a safe and friendly environment with lots of fun.  
**908.704.9977**  
We offer classes from children to adults and help to build healthy body and soul.  
[www.skytkd.com](http://www.skytkd.com)

**SNAP FITNESS**  
908. 363.1160  
[snapfitness.com](http://snapfitness.com)

**MOE'S SOUTHWEST GRILL**  
908.218.1000  
[moes.com](http://moes.com)

**PET VALU**  
908.725.2080  
[petvalu.com](http://petvalu.com)

**SUPERCUTS**  
908.231.1818  
[supercuts.com](http://supercuts.com)

**MASSAGE ENVY**  
908.704.0404  
[massageenvy.com](http://massageenvy.com)

**SUBWAY**  
908.704.3444  
[subway.com](http://subway.com)



**Stefano's**  
Woodburning Pizza & Trattoria  
**908.231.0010**

Stefano's features an authentic wood-burning oven, gourmet Neapolitan pizza, delicious soups, traditional pasta, salads, desserts and many more dishes.  
[www.stefanospizzabranhburg.com](http://www.stefanospizzabranhburg.com)

**Allstate**  
You're in good hands.

Covering all Insurance needs for Auto, Home, Life including annuities and other financial services  
**908.722.3408**  
Mon. thru Thurs. 9:00 am – 6:00 pm  
Friday 9:00 am – 5:00 pm  
Saturday 10:00 am – 1:00 pm  
[www.allstate.com](http://www.allstate.com)





# Bridgewater Sports Arena

## Spring Family Fun Starts Now!

### Under New Management & New Ownership!

BSA is  
the place to play for  
your birthday or  
group event!



## SKATING SUMMER CAMP!

coolest place to be  
this summer

Bridgewater  
Sports Arena

summer  
SKATING

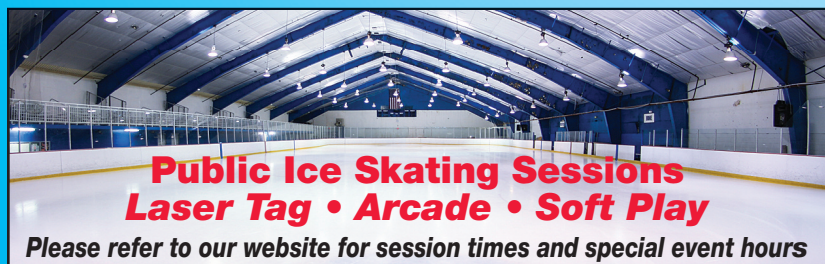
**\$195 Monday-Thursday 9:15am-3:30pm** **732-627-0006 x100**  
**to sign up and register**

### INCLUDES:

ICE TIME • OFF ICE SKILLS CLASS  
SKATE RENTALS

ACTIVITY TIME • THEME DAYS

LASER TAG • SOFT PLAY • ARCADE • CRAFTS  
AND MUCH MORE!



**Ice Skating • Laser Tag  
Softplay • Arcade**

**WE DO IT ALL!  
YOU JUST ARRIVE AND  
ENJOY THE PARTY!**

Perfect for...Birthday Parties, Bar/Bat  
Mitzvahs, Group Outings, Team Building,  
Corporate Events, Team Banquets,  
Holiday Parties and more.

**Birthday Child  
FREE**

**Blast, Skating, Laser Zone,  
Softplay, Thrill or  
Amusement Packages.  
\$18.95 - \$26.95 Value**

Must be presented to host/hostess before final billing. Limit one coupon per party.  
Parties must have a minimum of 10 + the birthday child to qualify.  
May not be combined with any other offer or coupon. NO EXCEPTIONS.

## Learn to Skate & Elite Group Skating Lessons

- Beginners through advanced.
- All ages and abilities.
- Free public sessions/skate rentals included.
- Friday, Saturday & Sunday classes.
- Revolving Enrollment - Join at any time!
- Beyond the Basics! NEW! Basic Skills Enhancement Classes.



Visit our website for hours!

**1425 Frontier Road • Bridgewater, NJ 08807**

**Phone: 732-627-0006 • Web: [www.BSAarena.com](http://www.BSAarena.com)**





## Giselle sees an allergist. Tom does not.

Why suffer any longer? Allergists can help you feel healthy all the time.

If you suffer from allergies or asthma, learn what an allergist can do for you. Allergists have training and experience that allow them to identify the source of your suffering. **Contact our office to schedule an appointment today.**

© 2008 ACAAI. All rights reserved.

  
allergist

Find an allergist. Find *relief*.



**Call for a FREE  
Brochure**

**Kristine Krol, M.D.**  
Board Certified Allergist

**Somerville Office**  
177 W. High St.  
Somerville, NJ 08876  
**908-725-8666**

**Bedminster Office**  
2345 Lamington Rd • Suite 107  
Bedminster, NJ 07921  
**908-781-5550**

**Staten Island Office**  
4634 Amboy Road  
Staten Island, NY 10312  
**718-948-1868**