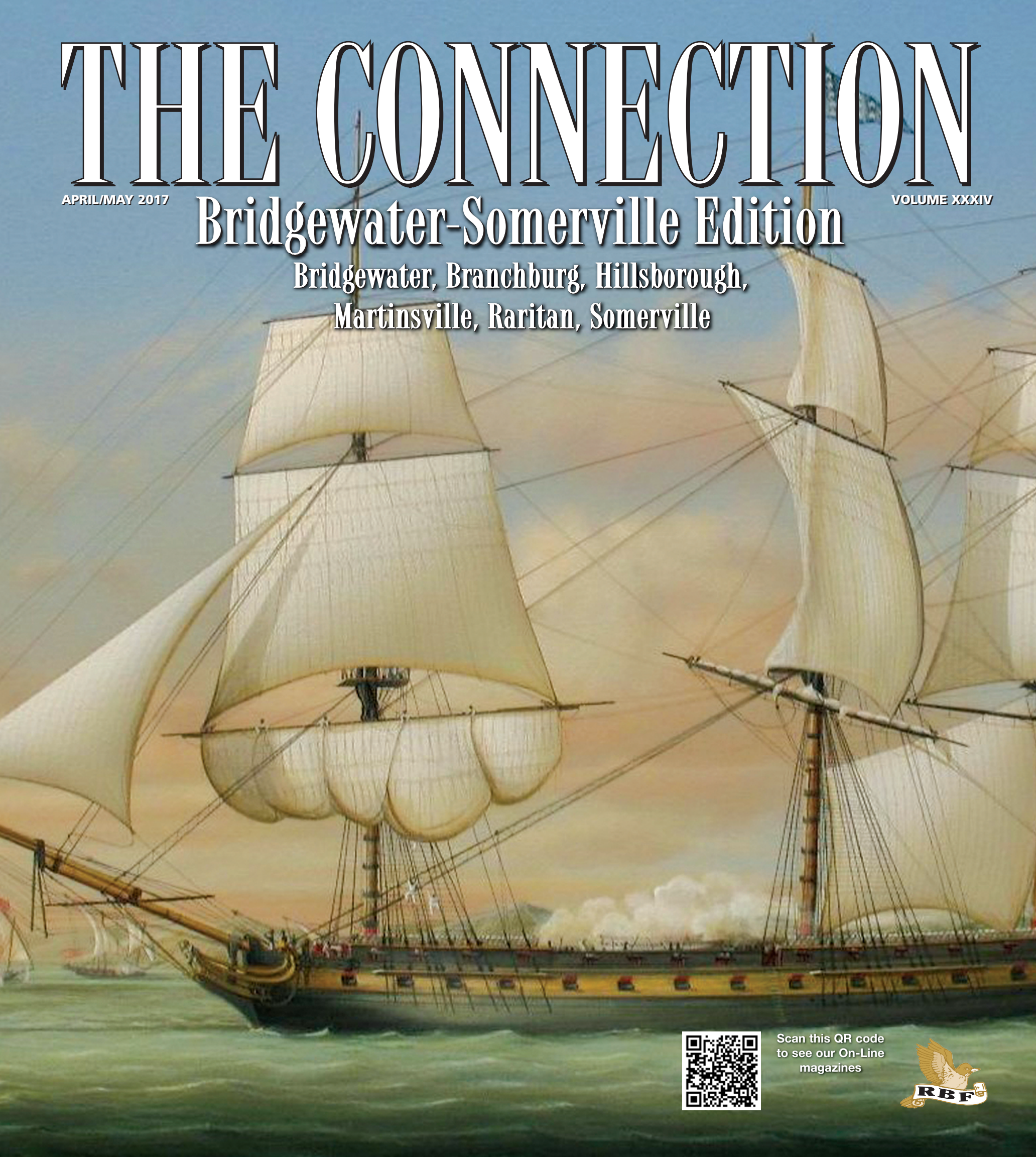
THE CONNECTION

APRIL/MAY 2017

VOLUME XXXIV

Bridgewater-Somerville Edition

Bridgewater, Branchburg, Hillsborough, Martinsville, Raritan, Somerville



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WARREN - Beautiful, recently built colonial featuring 4 bedrooms, 2.5 baths, open floor plan, hardwood floors, recessed lighting, 2 unit heating and central air systems, tankless hot water heating system, ready for quick occupancy. WWW.19ROSELANDAVENUE.COM

LONG HILL - Immaculate, updated center hall colonial featuring 4 large bedrooms, 3.5 baths, finished basement, updated windows, heating/air, kitchen, baths, refinished hardwood floors and freshly painted interior. Surrounded by preserved farmland, minutes to NYC train/bus. WWW.15FENVIEWROAD.COM

LONG HILL - Spacious, updated 4 bedroom, 2.5 bath home on level 1 acre property that is completely fenced in a quiet neighborhood within walking distance to NYC train and bus. Featuring updated center island kitchen, open floor plan, updated baths, refinished and new hardwood flooring. WWW.157GREENWOODDRIVE.COM.

LONG HILL - Walk to NYC train and bus from this 3 bedroom, 1 bath ranch on level, private half acre property. Featuring new kitchen with 42" cabinetry, granite counters, recessed lighting, new bath with custom glass tile, marble floor, new fixtures, hardwood floors, 2 car garage, rear deck, partially finished basement.

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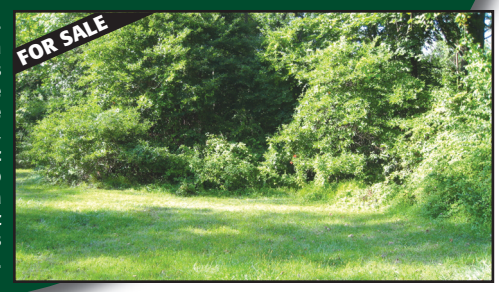

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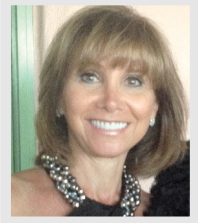

Welcome to the April 2017 edition of **The Bridgewater-Somerville Connection.** We ring in the Spring with an outstanding issue filled with new and returning advertisers, great editorial content and dedicated sections making the magazine more focused and easier to read. This issue we are proud to present the following dedicated sections: **Summer Programs Section** for those families looking for camps and activities for the summer and spring activities as well, **Home & Design Section** for ALL needs around the house, **Dining Out Section** featuring local eateries and food options, **Health & Wellness Section** brimming with wonderful solutions, tips and hints for everything health related, **Spotlight on Seniors Section** focused on our "senior" community, **Spotlight on Hillsborough** and **Shop Somerville Sections** highlight local businesses in those towns and the **Community Calendar** which gives our readers club meetings, library programs and more! We also have our **HOUSES OF WORSHIP** page featuring local churches and temples.

Featured from our business/professional community this issue are: **Shake A Paw, Martinsville Gardens, Design Friendzy, S&G Cleaning Services Corp., Hand and Stone Massage & Facial Spa, Total Health Chiropractic** and **Gimme Gimme Tees.** Our talented writers have given us unique insight into these businesses and their respective owners. In addition we have some wonderful columns such as **Big Apple Bites, Slice of Life, "Random" Connections, Creative Corner, Family Adventures** and many more. Please enjoy these editorials, some written by local businesses.

Adorning our cover is an acrylic painting entitled, ***"USS Constitution attack on Tripoli"*** painted by local artist, **Richard Lane.** Richard began to develop an interest in Marine art and history at a young age, spending summers in Cape Cod and Nantucket, Massachusetts. He paints mainly in acrylics as the intricate detail in his paintings work best for him. Richard states, "When I'm excited about what I am painting, I want instant results. With the slow drying time of oil paints, acrylics suit my needs." Please read Richard's impressive bio on page 8.

Look for our FUN contest in this issue: **SPOT THE FAKE!** Somewhere in this issue is a fake ad. Find it and email us at **Spotthefake@theconnectionsnj.com.** Please use the subject line: **FAKE** and include the answer, your name, town and phone number. The Winner will be chosen randomly from a list of those who entered the correct answer and will receive a prize from a local business. Good luck and have fun **SPOTTING THE FAKE! Congratulations** to **Bruce Sodowich of Bridgewater,** winner of the February 2017 **Spot the Fake Contest!**

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!

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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" ***Start Talk!*** The winner, selected randomly from a list of all those who entered and provided the correct answer, is **Bruce Sodowich** of Bridgewater. The winner received a gift certificate to **Gimmee Gimmee Tees** in Somerville.

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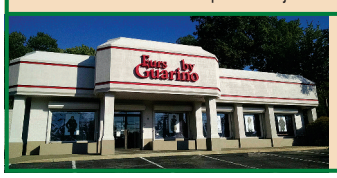

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On The Cover

RICHARD LANE

Richard Lane studied Fine art and illustration at the "School Of visual Arts" in NYC where he received a BFA degree. His keen interest in American nautical history has been the inspiration for most of his work as a fine artist. "Every painting I do tells a story." Richard does extensive research for his painting, working from museum ship models, ship construction plans among other things. Richard works in acrylics and oil.

The featured painting "USS Constitution attack on Tripoli" depicts a scene from the Barbary wars in 1804. The US was pushed into a war by many unprovoked attacks on American shipping by Barbary corsairs, the terrorist of that era. This painting was done in Acrylics.

Richard's works are found in many private collections throughout the United States. He is represented by a number of galleries from Newport, RI to Florida. Another painting of the "USS Constitution" was sold at Christie's auction house for a record price in 2008. To contact Richard, please email him at richardlaneart@gmail.com

BROADWAY'S NEXT H!T MUSICAL

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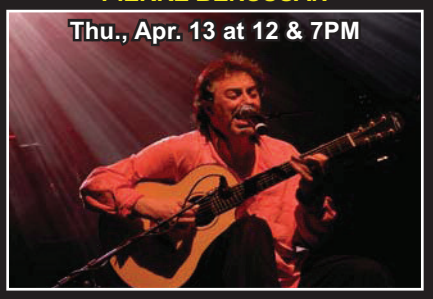

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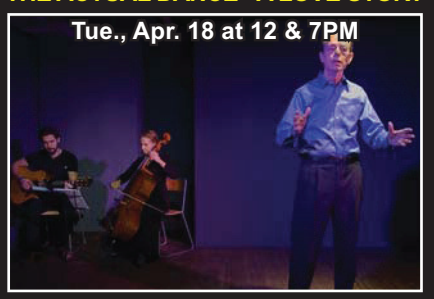

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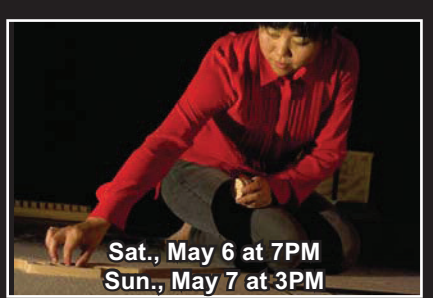

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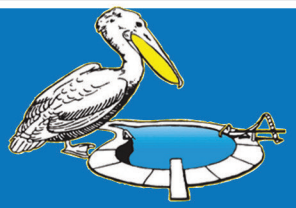

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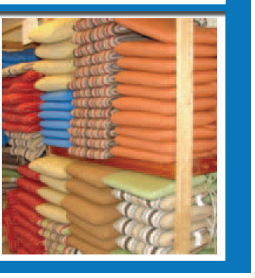

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By: Amanda Sabo & Jonathan Dubreuil

Shake A Paw has been busy fighting the stigma of the deeply tarnished reputation of the term "pet store." According to the Pet Protection Act, which took effect a little over a year ago, it is illegal for NJ pet stores to purchase puppies from unlicensed, unregulated, large scale breeders, which are often referred to as "puppy mills." Every single puppy that walks through our doors has to come from a USDA licensed breeder with zero direct violations. When you take the previously mentioned into account, this makes NJ pet stores the most regulated sources to purchase a puppy in the nation, and has fortunately led to the elimination of irresponsible pet stores.

Unlike any other "pet store," **Shake A Paw** also houses its own rescues inside of our two stores in Green Brook and Union. We have always welcomed our own dogs back, but now we also take in overflow from high kill shelters and customer surrenders. Our rescue & adoption center is a registered 501(c)3 non-profit organization, but most importantly we are a no-kill shelter. Our adoptions typically vary in age from 8 weeks to 14 years, and they all have a home with us until they are adopted.

As a team, we make sure all of our pups and dogs receive the best care. Family owned and operated for the past 25 years, **Shake A Paw** specializes in protecting and preserving the unique qualities of purebred dogs, as well as providing shelter for surrendered and rescued pups. Whether it's a non-shedding, kid-friendly purebred pup to accommodate a customer's allergies and small children, or a family looking to give one of our adoptions a second chance, our unique facility presents customers with many different options of dog ownership.

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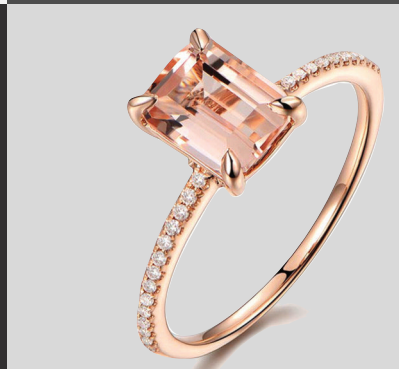

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SLICE OF LIFE

My Grandmother

By: Ellyn Mantell

I have a story to tell you about my grandmother. Although I was a young mother when she passed away, I didn't know her well. There are several reasons for that, and perhaps, if I was in a better place in my life when she was alive, things would have been different. But I was filled with my own insecurities, and her inability to communicate made it difficult to spend time with her in meaningful ways. I suppose her own embarrassment at her inability to speak English was always in the forefront of her mind, but as her grandchild, it felt as a rejection too palpable to ignore. Yet, as I look back, I am touched by her life, since she had experiences that I think about to this day…and I want to share them with you.

Gittel was a beautiful young girl of 17 or 18 when she boarded a ship to come to the United States. She was tiny, pale skinned, with long auburn hair. My understanding was that there was a brother and his family here in New Jersey to welcome her, as was the practice for immigrants. She spoke not a word of English, Yiddish (the language of the Polish "shtetel" or village) being her native tongue. Gittel met a handsome young man, a carpenter, who stole her heart, and they fell in love on that dangerous crossing. How exciting for her to have someone to treasure as she left her home, traveled alone, dealt with very rough seas, rats and their poisonous droppings…I can only assume the trip became tolerable, and perhaps as romantic as young love. Until both my grandmother and her carpenter contracted typhus, a very deadly virus. They became comatose, like so many on the ship. And when she awakened from her long sleep, her hair had actually turned white in parts. Her carpenter died, and she felt her life was over! But my Uncle Louie met her at the dock, probably at Ellis Island, and she stayed with him for a short while. Eventually, she was introduced to Max, a much older man, who became my grandfather. Some might say it was an arranged marriage, since Max needed a wife and Gittel, a man to care for her. She didn't speak English and what could she do without that very important tool? They married shortly after their introduction, and soon, my mother was born. What followed were the births of my two aunts and two uncles...five children in all.

According to my mother, there was very little love between my grandparents, with constant fighting over money and my grandfather's gambling habits; perhaps he was disappointed that she refused to learn English, despite the fact she lived in this country for nearly two decades before he died. His death, during the depression, left my grandmother with five young children, who were so devoted to her that they acted as her translator while they stood in line for butter, bread and milk provided by the government. And they continued to act as her translator when they were in school, at work, and while she worked as a house cleaner. She became so dependent upon all of them she couldn't actually survive in this no longer "new" country without the translation of one of them outside of the house. Eventually, Grandma moved from child and family to another child and family, until she was no longer able to live without assistance. At that point, her story became quite sad…not able to speak English meant she could not communicate with the other residents or aides when she moved to a facility. Even the ladies who understood Yiddish shunned her, feeling perhaps superior they had mastered the language of our country.

One day, the aide dressing my Grandmother put on the wrong shoes, and they were too big. Grandma yelled "nish my shichalas (not my shoes)" over and over again, but the aide had no idea what those words meant. Grandma forcibly placed her walker on the top of the shoes in an effort to point out the problem, but doing so caused her to flip and fall on her face and fracture her hip, as well. Soon thereafter, she died in my mother's arms.

I tell you this story because regardless of the language we speak, it is so important to have the ability to express ourselves. Regardless of how my grandmother died, the world in which she lived was so limited by what others imagined she wanted to say. We translated her thoughts, spoke her words, protected and cared for her, but she never had the opportunity to express her dreams, her desires…and I assume she never had the chance to become the woman she might have wanted to be.

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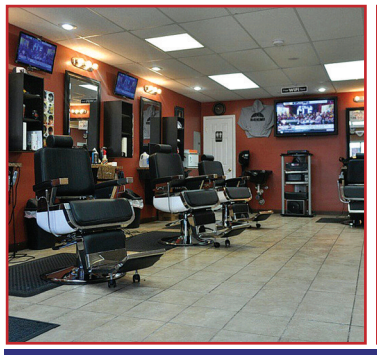

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MEDICAL MINUTES

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Submitted By: The Peak Medical Team

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PRP's compelling benefits have led to an increased interest in its use for anti-aging and regenerative purposes. The restorative properties of the blood components in PRP can be used as a cosmetic treatment for the following:

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- Mild collagen and volume loss
- Crow's feet and dark under eye circles
- Acne scarring

While it produces longer-lasting effects on skin, PRP does not work instantly. While waiting for your results however within a few weeks, an overall improvement in hydration, texture, and tone will be noticeable. New collagen and blood vessels begin to grow after three to six weeks, and reduction of fine lines and wrinkles and volume correction occurs over the next three to six months. The effects of Cosmetic PRP can last 12 months to two years, depending on the person. To speed up the process, Cosmetic PRP can be combined with hyaluronic acid fillers for quicker results. These fillers expedite the process by building new collagen and sustaining the benefits of the PRP treatment.

The Cosmetic PRP Procedure

The Cosmetic PRP Procedure begins with a required evaluation of the individual's needs to determine the best combination of treatment to achieve the desired results. After that, a simple blood collection is done and processed instantly. This concentrates and separates the platelet-rich plasma from the rest of the blood. After numbing the area being treated, the PRP is injected or reapplied to the skin using a micro-needling device. A follow-up visit and proper aftercare are required after all treatments.

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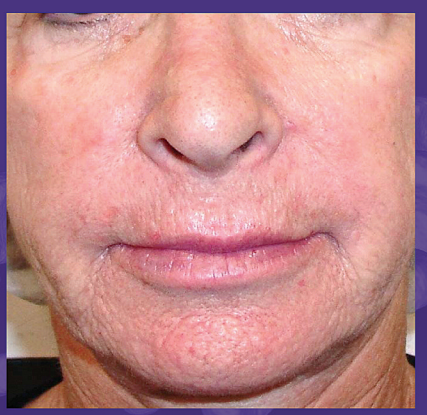

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Big Apple Bites

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. 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.

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"To serve good food you need a warm heart & skilled hands."
– Ajay Chaudhry

Ajay Chaudhry has spent the past twenty-six years as a culinary professional, gaining expertise by working in a variety of different hospitality organizations including the Indian Tourism Development Corporation, Ashok Hotel, India Habitat Center, and more recently Chand Palace Banquets and Catering, and Fine Dining. When we asked him what makes "good food," Ajay said that passion, creativity, a warm heart, and good taste buds are more important than the skill itself.

"This belief was instilled into me early in my career. I was assigned the responsibility of hiring a head chef for the hotel in which I was working, and I struggled to find a qualified candidate from the given pool. At this point, my supervisor gave me the advice: Find someone who is creative, passionate and has a warm heart, train the person – and then see the results. Training can be given to anyone, but passion and creativity needs to be discovered."

"I never forgot this. And when my Indian and Fusion cuisine banquet and catering group, Chand Palace, launched its new property **Martinsville Gardens,** I searched our local community for people from all ages and backgrounds who were passionate about working and had a knack for creativity. They did not need to know anything about Asian or fusion food.

Each individual's respective backgrounds were an asset. The chefs' knowledge about their native cuisines and their ability to think out of the box is what helped me create a wider array of fusion cuisine dishes."

One of Ajay's favorite dishes "invented" by him and his staff is the Mediterranean Kurkuri. The dish is created by combining the Mexican tortilla wrap, Asian flavored vegetables, cheese, and Mediterranean spices. Chand Palace now sells almost 5000 pieces a month of this dish.

Through the years, Ajay has learned that a diverse team has the ability to create food that breaks norms. He believes that cuisine has the ability to flourish if it travels across countries, cultures and religions.

When asked what other types of dishes were being created under his leadership, Ajay says, "One of our most popular dishes are fusion desserts, the Mango Delight and Guava Thrill. Our recipe alters the recipe of the traditional mousse by throwing in slices of mangoes and guavas and garnishing with mint and strawberries. Be it a Sweet 16, bar mitzvah, or wedding – guests are huge fans of this dessert to keep alive the freshness of fruits."

Ajay explains how his team tackles the cooking of famous street foods of Asia, including kebabs made from Chicken, Lamb, and Fish. The chefs that are now experts at cooking these dishes did not know their names when they first started working. Through extensive training, they were able to learn the skills to cook authentic cuisine, and to make alterations.

In terms of presentation, Ajay emphasizes the role of the aesthetic value of food. In a recent Indo-American wedding, he presented a platter which used rice, a vegetable made from spinach, and the world famous Chicken tikka masala to resemble the Indian flag. The dessert made by young American chefs was presented as the American flag. The crowd praised the creative value of the presentation of food.

According to Ajay Chaudhry, cuisine is not just food – it is the combination of ideas, proper training, and presentation. Skills can be taught, but the passion, creativity, and a warm heart needs to be found because those are what make food stand out.

LAWYER'S VIEW

STANDARD PROVISIONS OF A MARITAL SETTLEMENT AGREEMENT

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

The main goal of every divorce case is to reach an agreement with your spouse and to memorialize the terms of that agreement in a written and signed Marital Settlement Agreement. Depending on the issues in your case, the Marital Settlement Agreement must address a variety of issues.

First, if children are involved, custody and parenting time must be considered and addressed. The parties must identify if they are going to share joint legal custody as well as the designation of the Parent of Primary Residence and the Parent of Alternate Residence. A parenting plan needs to be specified and this plan should include a regular schedule as well as a schedule for holidays, vacations and other school breaks. The Marital Settlement Agreement generally includes language which assures each parent's continued right to access medical and health related records as well as school related records. Language is added to ensure each parent's right to continue to be involved in the children's school events and functions as well as extracurricular activities and sporting events. Any special circumstance or issue surrounding the children should be addressed in the Agreement.

Other issues relating to the children must also be in the Agreement. Child support, contribution to camp, day care, activities, extraordinary activities, private school tuition and costs, health insurance and unreimbursed health expenses need to be addressed. The issues surrounding college should also be included such as the manner for the selection of college, the allocation of college tuition payment as well as the parties' understanding as to whether loans will be secured to fund college. Life insurance is another issue that must be addressed as there must be enough insurance to secure both the child support and college contribution obligations. The definition of emancipation should be spelled out and any special needs of the child which would alter or delay emancipation must be considered.

If alimony is involved in the settlement, the Agreement must provide the amount to be paid and the duration of the payment. Circumstances of when it is to end or be reviewed must be addressed. Provisions regarding modifiability or non-modifiability are also important elements to consider. Life insurance to secure the alimony must be included in the Agreement.

The Agreement also must identify each and every asset and debt and allocate them. This includes real estate, mortgages, lines of credit, home equity loans, timeshares, automobile loans, investment property, credit cards, retirement assets, employment provided assets, student loans as well as ownership interests in a business.

Tax issues such as dependency deductions, tax credits, rebates and other tax considerations must be addressed.

Future participation in mediation in the event of a dispute or the involvement of a parent coordinator for custody and parenting time issues are standard clauses as well as an agreement that the breaching party pays for the non-breaching party's counsel fees in the event of a breach and a resulting enforcement application to the Court.

The Marital Settlement Agreement is a very important document as it is the roadmap for your post-divorce life. It is crucial that all issues important to you and relevant in your case are addressed, resolved and contained in your Agreement.

Norris McLaughlin & Marcus, P.A.
ATTORNEYS AT LAW

Jeralyn L. Lawrence, Matrimonial & Family Law Attorney

Helping clients navigate through difficult personal matters for 20 years

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

- Divorce litigation, mediation, and collaborative divorce
- Custody and parenting time
- Alimony and child support
- Separation and property settlement agreements
- Adoption and guardianship
- Domestic partnerships under the Domestic Partnership Act
- Domestic violence and sexual abuse
- Palimony

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

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

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Senior Corner

A "FACELIFT" FOR SENIOR LIVING

By: Ellyn Mantell

As seniors move into Senior Living, whether into independent, assisted or smaller homes or apartments, so much of their possessions are left behind. **"Right-sizing"** is becoming a growing necessity, and I believe that when done correctly, most people are so relieved. Fewer possessions mean less time spent on them. The goal of most at this stage in life is to get their new home ready, filled with friends, activities and memories.

Carol Cozewith and I are brought in to make decisions regarding what to take and what to sell…donate…discard. What is very difficult for the client or their children is easier for us, since we do not have an emotional attachment to each item in the house. Creating a lovely living space is our goal, and we keep our eye on the prize.

Many times we look at beloved possessions and use them in ways that are different than their original use, and that can result in a unique new home. We love to work within a color palette, and we recommend the purchase of certain things to truly enhance each room. For example, new towels and shower curtain, where one is utilized. Add pretty vanity accessories, and the bathroom becomes a guest powder room one can feel proud to offer to visitors.

New bedding is so important. We always ask how a client sleeps, hot or cold, side or back. Each of these answers influences our choices. Of course, we love the vibrancy of pretty sheets and comforter, pillows and shams, if that pleases our clients. We love the pop of color a new throw can literally…throw into the bedroom or living area!

Curtains or valences can perk up any window, helping to start each day looking out at a new view. We even recommend where possible, a coat of paint for one wall in the living room and bedroom. All of this lifts the spirits, helping our clients feel comfortable and confident in inviting their new friends. If the budget allows, a new sofa with colorful pillows is a wonderful focal point for the living room, and offers seating for small gatherings.

Please contact **SENIOR ASSISTANTS at ellynmantell@aol.com or (908) 883-0469** for help for your parent or yourself. We can do everything or anything they may need…from overseeing packing to designing a beautiful space. Your parent deserves it!

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Mary Bellero Furnald

Design Friendzy is a unique business model offering concierge interior design services to the client. **Design Friendzy** assists clients who want to work with a designer on specific questions, and for those seeking solutions to their design dilemmas. This allows the client to avoid the commitment of large retainers if they only need an hour or two at a time. Unlike other design firms, **Design Friendzy** does not sell furnishings, rather **Design Friendzy** provides guidance and advice. Clients can engage Mary as a "Design Friend" who can come to their home or office to help them with specific design questions or to plan out the steps needed for larger projects.

In addition to furniture layouts and paint consultations, the questions that can be answered with **Design Friendzy** are diverse. In a recent consultation, a client wanted to redesign an existing fireplace wall in their Family Room and asked Mary for assistance. Another **Design Friendzy** consultation addressed the downsizing a family home of twenty years and finding new ways to use what they had in their new, smaller townhome. Downsizing comes with challenges that a Design Friend can address, including how to arrange furniture, what to let go, and what to purchase in the future. **Design Friendzy** can also provide ongoing electronic consultations via the internet utilizing the latest social media sites such as Pinterest to create interactive presentation boards, and decorating sites such as Houzz to compile idea books to quickly identify client preferences and address both decorative style and project budget. We also offer to continue with web-based consultations and meet via Zoom or Facetime to help minimize design travel fees and accommodate Client schedules.

Since launching in March 2011, **Design Friendzy** has provided design solutions to hundreds of new clients. Mary is high-energy and clients are pleased with how much is achieved during a consultation. Mary will also follow up on the on-site consultation with an email to help clarify the ideas and recommendations made during the consultation. The client-driven concierge services of **Design Friendzy** allows the consumer to determine the scope of the engagement thereby saving time and money.

Design Friendzy grew from Mary's twenty five years of experience as a full service interior designer and spaceplanner. Many friends would often ask for her guidance and sought her professional touch. Responding to the changing economy Mary saw a need for a new business model. Mary says "client's needs and preferences drive the consultations. **Design Friendzy** is an alternative way to work with a professional interior designer."

Those looking to learn more about **Design Friendzy** can visit their website at www.designfriendzy.com. There, future clients can read about the unique consultation process and find examples of past questions and solutions. The office can be reached at 908-832-7960.

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SPRING CLEANING REDEFINED

Spring, a time for fresh and new beginnings when the perennial spring flowers are starting to bloom, stores are selling new plantings, windows are open in our homes, and we organize our perennial spring cleaning. Can there be anything more exciting and invigorating?

Spring Cleaning Defined

Let us define spring cleaning. If you faithfully clean your home frequently, do you still need to do spring cleaning? Almost without exception, the answer will probably be "yes." The great news for frequent cleaners is that their spring cleaning tasks will probably take less time than the infrequent cleaner.

Specific Tasks

Below is a 'things to do list' you might want to follow when spring arrives.

- Window cleaning on the inside and out. Clean screens and wipe down tracks.
- Steam or dry clean carpeting
- Steam or dry clean upholstered furniture
- Clean draperies and curtains
- Remove books from shelves. Feather dust all books and hard dust all shelves
- Shine all silver and crystal in glass cabinets and armoires
- Polish all metal hardware on doors
- Wet wipe window sills, door facings and frames
- Check all batteries in fire alarms to be sure they work
- Check fire extinguisher to be sure it works
- Wet wipe blinds
- Clean grout in floors
- Clean all light fixtures and replace bulbs when necessary
- Wash or dry clean blankets and spreads
- Steam clean mattress
- Clean pillows
- Check first aid kit for missing items
- Clean inside oven
- Clean inside of refrigerator
- Clean out fireplace
- Wet wipe outside of bath and kitchen cabinets
- Clean the ceilings and corners of walls if not done on a regular cleaning basis
- Wet wipe ceiling fans if not done on a regular cleaning basis

Organize the Job

Get yourself and your family organized. Look at this as an opportunity to bond, exercise and accomplish something in the process. Gather the following items before you begin.

- Step-ladder
- A large amount of microfiber rags
- Small bucket with handle
- Non-abrasive scrub pads
- Dust mop with long handle
- Vacuum with attachment
- Oven Cleaner
- Gentle cleanser
- Rug shampoo machine with upholstery attachments
- Glass cleaner or ammonia and vinegar
- Feather duster
- Long Duster
- Furniture polish
- Silver and/or brass polish
- Batteries
- Whisk broom and dust pan

Make it fun

Spring time is a great time to remove the old winter blues from your home and refresh it for the bright summer days ahead. Choose a weekend to spring clean and let all family members pick the 'chores' they would like to attack. Order in pizza or some other food. Music and smiles are a must. Have fun and take time to appreciate your accomplishments.

Safety

- Use all chemicals properly; follow all the directions on the label
- Try to use green products. This will help avoid any allergic reactions and better for the environment.
- Wear gloves to protect your hands.
- Wear rubber soled shoes to assure you do not slip.
- Use a face mask if and when it is necessary.
- Use caution when using a ladder.
- Pace yourself

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Community News...

Mansion in May Boasts Exquisite Rooms and Gardens To Support Center for Nursing Innovation and Research

By: Jean Bercik O'Toole

Whether strolling through the creatively designed tea garden, resting in a sanctuary space surrounded by blooming roses and lilies or walking through the ornate carved doors into the Grand Foyer of Alnwick Hall-The Abbey, visitors of this year's ***Mansion in May Designer Showhouse and Gardens*** will be enchanted. Selected by the Women's Association for Morristown Medical Center (WAMMC) for its 18th Mansion in May fundraiser, The Abbey, located in Morris Township, NJ, is a 20,000 square foot orange- colored brick and stone mansion with terra cotta ornamentation and crenellated parapets. Modeled after various fifteenth and sixteenth century English prototypes, the castle was built between 1903-1904 and designed by renowned architect Percy Griffin.

Experiencing a real-life "Downton Abbey", visitors can tour the mansion's historic architectural spaces from ***May 1 – May 31.*** They will view exquisite stained glass windows by noted artist Otto Heinigke, elegant ceiling medallions and intricate crafted woodwork. These original interior features combined with the unique outside garden

areas have inspired tremendous artistic visions by the over 55 interior and landscape designers who are transforming and restoring The Abbey and its grounds into a magnificent show house.

Guests will have the choice to view the Abbey on their own, through the individual guided tours or on a private guided tour. Whichever option they select, an innovative feature this year, the ***Interactive Tour,*** will greatly enrich their experience. This new digital access will allow visitors who are physically touring The Abbey to follow the exact sequence of the site tour on their personal mobile devices. They can "thumb through" all of the designer showrooms and gardens seeing "before" photos of the spaces, original design renderings, and interior and landscape designer information.

While touring The Abbey, browsing the ***"Shops on Madison Avenue"*** boutiques or enjoying lunch at the ***Garden Café,*** visitors of Alnwick Hall will also be helping to support a worthwhile community cause. Funds for this year's event will contribute to establishing the ***Center for Nursing Innovation and Research*** at Morristown Medical Center. This center will allow nurses to meet and exchange ideas and design solutions to existing and emerging health concerns. Nursing innovation centers are gaining traction across the country in academic centers, with leading programs found at Penn Medicine, Texas Tech University and Mass General. Recently, Healthgrades recognized Morristown Medical Center in the top 1% of hospitals in the nation for clinical excellence. This new Center will further complement the hospital's goal of **aligning its medical staff and care teams to deliver exceptional care in a healing environment.** Morristown's nursing staff – 2,000 strong – is ranked among the best in the nation. They've earned the prestigious Magnet Award for Nursing Excellence four consecutive times – an honor only 1 percent of hospitals worldwide can claim.

Visitors can find information on group and private tours, sponsors and tickets on the website at mansioninmay.org. They can also access the Interactive Tour for a sneak preview of the rooms and gardens!

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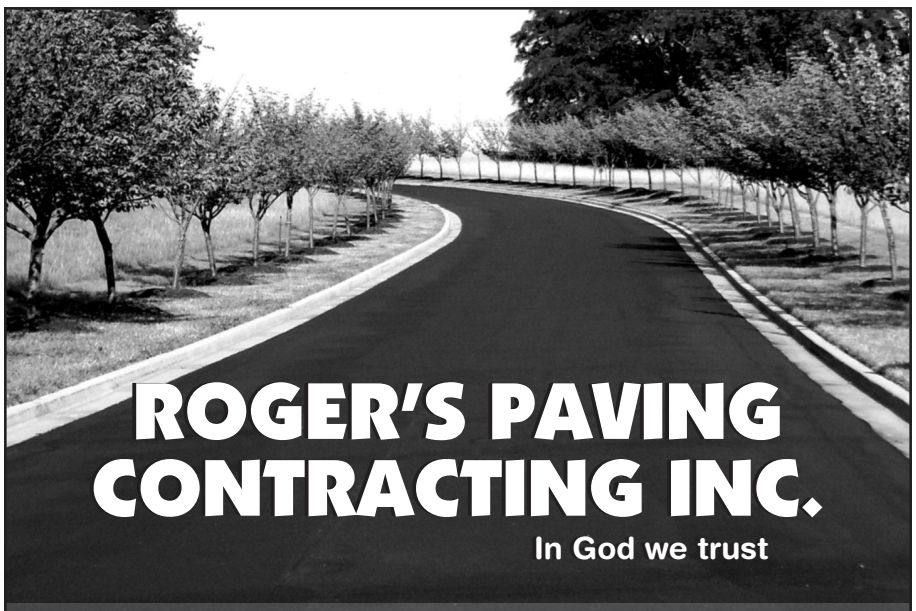

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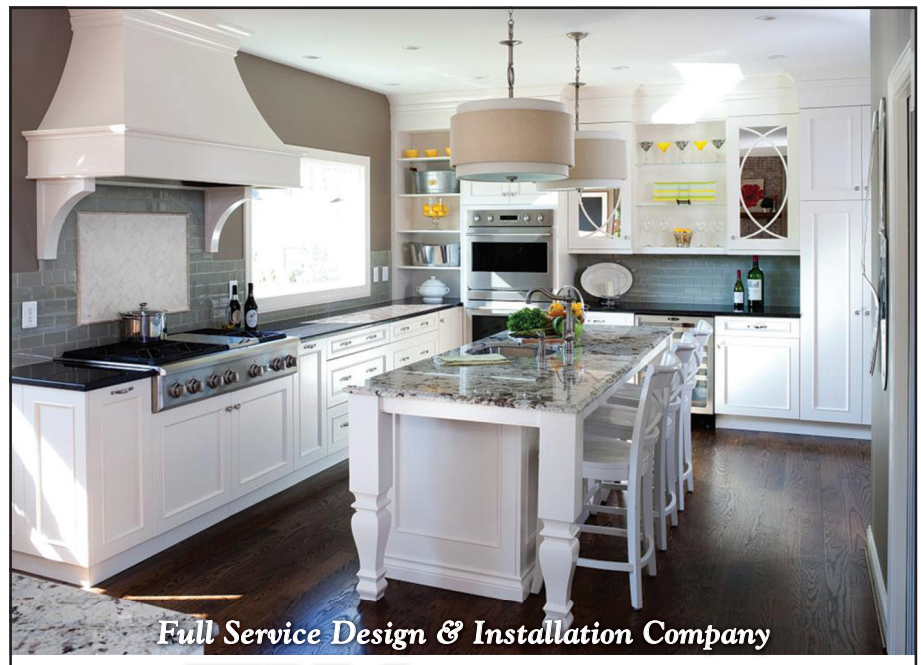

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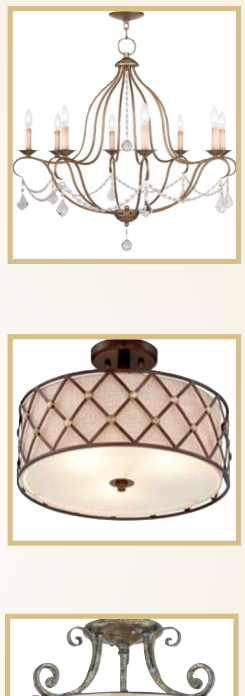

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KNITTING IN ICELAND (PART 2)
TIPS AND TRICKS

By: Carolyn Hanson

Welcome back. As promised, here are my tips and tricks for knitting an Icelandic sweater. There were so many beautiful designs to choose from I had a hard time settling on one design. I wanted something traditional yet modern. I chose a zippered cardigan using a 22" separating zipper in a sport weight. For ease of doing color work on the yoke, both Icelandic pullovers and cardigans are knit in the round. The difference is that for a cardigan, there are extra stitches added to the center front and later used as a guideline for cutting open the cardigan. Yes, CUTTING. This process is called steeking. It seems a bit scary to take a scissor to your finish sweater, but was simple and worked out just as expected. Here goes.

This sweater knit up so fast. I was finished in less than a week. I used 2 strands of Ptolopi (Lopi Lite) on size 10 needles. The free pattern, called Hela, is available on the Lopi site. (www.istex.is/english/free-patterns/). Ptolopi is unspun yarn so it pulls apart quite easily, but reattached easily by overlapping the 2 broken ends and rubbing them together in your palms with a few drops of water. The body and sleeves were knit separately in the round and then attached to begin the colorwork design. This design used 2 colors, light gray and dark gray (hard to see in the photo), plus the main color, black. The pattern design is in a grid format. You read the chart from the bottom right starting on row 1 and following the symbols for color changes to the left. Each box represents one stitch. You begin knitting the design (Row 1) at the center front. The 3 colors are carried in the back of your work, meaning, you do not cut them as you change color but loosely let them sting along on the wrong side. Keeping the carried yarn loose is important so the color changes do not cause puckering on the front design. The design repeats around the yoke until you reach the end of Row 1. Then, follow the color changes on Row 2 of the chart. This continues until the design is complete.

The neckband is next. The neckband is knit side to side, not in the round, since it is ribbed and does not need to be steeked.

Now the sweater is ready for finishing. First step is to block the sweater. This is done by dipping it in tepid water, squeezing out the excess, no wringing, and then pinning to a blocking board, or a large towel, to the finished measurements. Wool has memory. By pinning it in a certain shape and allowing it to dry it will maintain that shape.

Once it's dry (may take 24 hours), it's time to steek.Steeking sounds much more frightening than it is as long as you follow the steps. First, use a backstitch to secure the stitching keeping in a straight line of either side of the center stitch. This is done for 2 reasons:

1. To keep the stitches from unraveling, and
2. To keep the sweater from stretching when adding the zipper.

Next, slide a piece of cardboard between the sweater front and back. This will prevent accidentally cutting into the sweater back. Then with sharp scissors, cut only the sweater front from the bottom through to the neck to open the entire sweater. The next step is to add the separating zipper.

Separate the zipper. Starting at the bottom of one side, align the right side of the tape edge of the zipper with the right side of cut edge of the sweater and pin up to the neck. (The zipper teeth are facing the body.) Keep the sweater flat; do not stretch. Fold over any extra length of zipper that extends beyond the top. This can be cut later. Make sure the zipper pull itself is positioned between the neck and bottom edge of the sweater. Using a zipper foot on your machine, stitch the zipper to the sweater about ¼" from the edge. Turn the zipper so the teeth face the center and stitch again through all thicknesses stitching in a straight vertical line on knitting. Repeat on the other side assuring that the design, bottom and top edges align perfectly before stitching begins.

Final step is to whip stitch the underarm seams and the neck edge (covering the top of the zipper's cut edge. Done.

If you are ready to try an Icelandic sweater either on your own or in a group, feel free to contact me.

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

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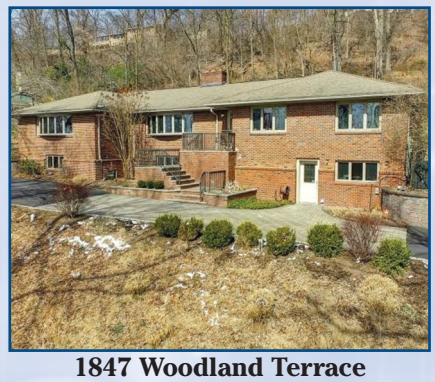

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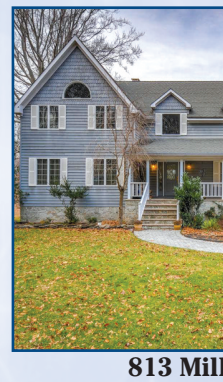

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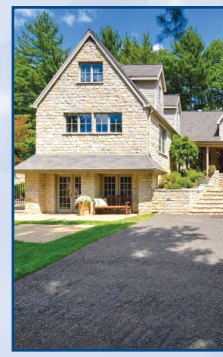

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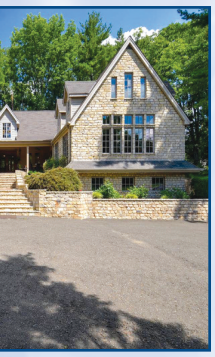

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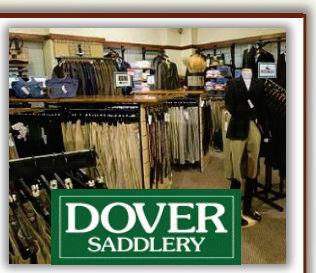

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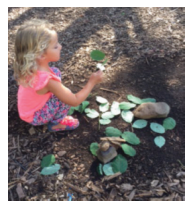

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JUNE

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

JULY

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

AUGUST

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

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Family Adventures

TRAVELING OUT WEST – ON I-78
DESTINATION: CLINTON, NJ

By: Jill Stolz

To really appreciate the rural beauty of New Jersey, head west on I-78 to historic Clinton. Named for DeWitt Clinton, Governor of New York and established in 1829, the town was officially incorporated in April 1865. Clinton is best known for its two mills which sit on opposite banks of the South Branch of the Raritan River. On a beautiful spring day, the town looks like a painting, and has indeed served as the subject or background for many famous artists, photographers and movie producers. Take a day trip and experience the beauty and charm of this small, Hunterdon County gem.

The classic grist mills are set on either side of an antique iron bridge, built in 1870. On one side, visitors are treated to a breathtaking, 200-foot-wide waterfall. This is the site of the landmark 10-acre Red Mill Museum, home to the Hunterdon Historical Museum, which boasts a collection of more than 40,000 historic artifacts. The museum's mission is "to preserve, maintain and present to the public the social, agricultural and industrial heritage of Hunterdon County and the surrounding area." Also on the property are a replica of a log cabin, an old schoolhouse, a grist mill and the Mulligan quarry buildings. In October, the mill turns into a haunted house and is a popular scary attraction. The non-profit museum hosts a broad range of public programs and events which are listed on its website, www.theredmill.org.

Across the river is The Stone Mill, a 19th century mill listed on the National Register of Historic Places. This unique setting was turned into the Hunterdon Art Museum, a center for contemporary arts, crafts and design. The museum presents works by internationally recognized and emerging contemporary artists and offers more than 200 fine art classes and workshops for children and adults. The Toshiko Takaezu Terrace, adorned with sculptures, is a popular gathering spot.

Clinton's Main Street is as quaint as any in small town America, dotted with unique shops, boutiques and galleries. There are clothing and shoe stores, gift and home accessories shops, jewelers, antique stores and galleries to explore. Main Street Clinton is the perfect place to enjoy coffee, tea and baked goods, ice cream, fudge and other treats at the end of your visit. There are also a variety of recommended restaurants ranging from the Historic Clinton House and Bakery to the Clinton Station Diner, Cracker Barrel and Metropolitan Seafood to name just a few. For healthy fare, The Clean Plate Kitchen should be on your list for lunch.

Nearby Spruce Run Recreation Area provides a wide array of outdoor recreation opportunities to complete your visit to the area. Spruce Run is the third largest reservoir in the state, covering 1,290 acres with 15 miles of shoreline. Recreational activities include trails for hiking, biking and jogging as well as picnicking, boating, swimming, fishing, camping, and playground sports. Entrance fees are charged per vehicle from Memorial Day to Labor Day.

I hope you will plan an outing to Clinton to experience the historic town, the rural beauty of the area and a lovely way to spend the day with your family.

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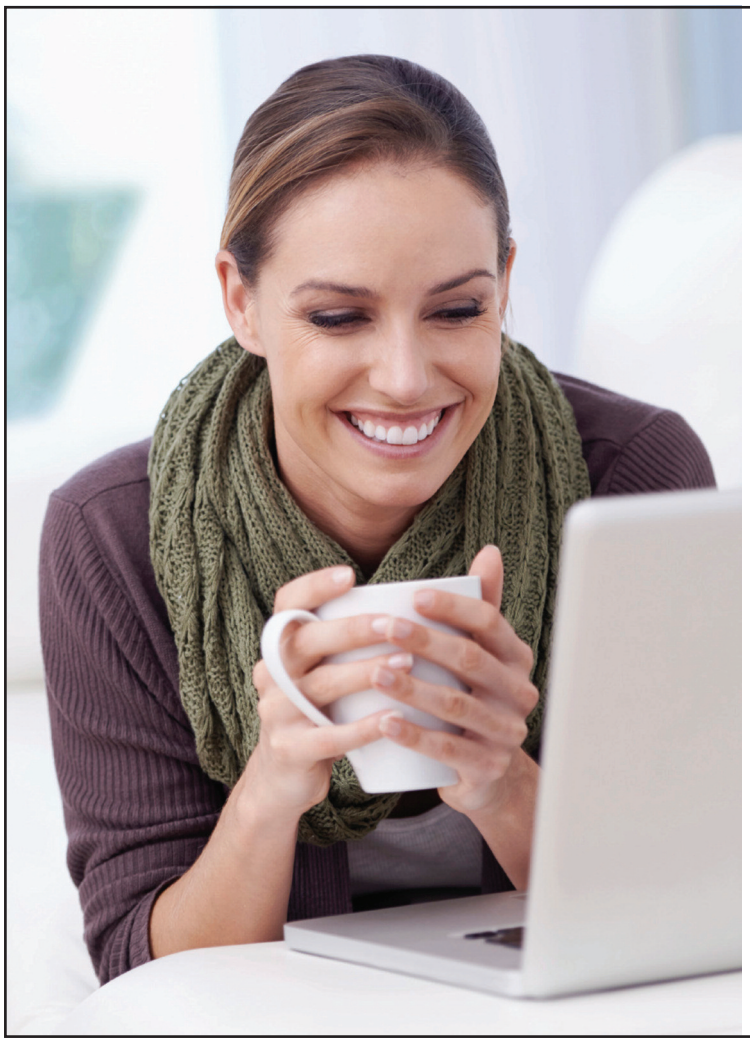

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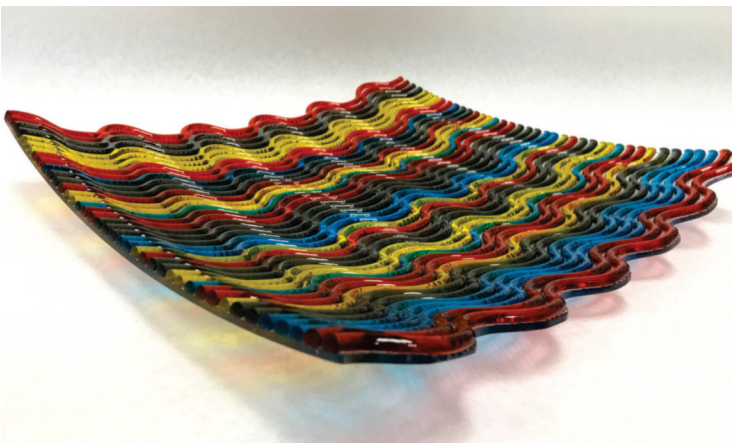

HEALTH HOTLINE

DON'T LET NECK PAIN AND PICKING THE RIGHT DOCTOR BE A PAIN IN THE NECK

By: Atlantic NeuroSurgical Specialists

If you suffer from neck pain, understanding its causes and how to treat it is critical.

"The neck – cervical spine – houses the spinal cord which sends messages from the brain to all parts of the body," explains Dr. Jay Chun a neurosurgeon at Atlantic NeuroSurgical Specialists (ANS). "Because of its delicate nature, treating cervical spine issues correctly is critical to well-being.

Neck pain can signal an underlying medical issue, especially if it persists," Chun, who specializes in cervical spine, explains. "So it's best to see a doctor sooner than later to avoid larger problems down the road."

Atlantic NeuroSurgical Specialists' Dr. Jay Chun, a nationally renowned neurosurgeon and cervical spine expert, reviews a patient's films before a team consult.

What kind of doctor should you see?

"There are two types of doctors who typically treat neck pain: neurosurgeons and orthopedic surgeons," Chun elaborates. "Neurosurgeons diagnose and treat disorders affecting the nervous system – the delicate and complex command, control and communication network in the body that's made up of the brain, spine and neurovascular system. Orthopedic surgeons specialize in the musculoskeletal system comprising the bones of the skeleton, muscles, cartilage, tendons, ligaments, joints and other connective tissue. Both can specialize in spine surgery; however, orthopedic surgeons do not deal with the neurovascular system. They often call in neurosurgeons when they encounter complications in surgery."

Ask these questions when determining the best doctor to treat your specific issue:

- What kinds of minimally invasive procedures do you offer?
- How many neck surgeries have you performed?
- What is the range of cervical care you provide?
- What do you do if there is a neurovascular issue?
- Do you use the latest technologies such as image guidance, computer modeling and navigation?
- Do you treat the spinal cord itself?
- Do you collect data on patient outcomes and participate in the national registry that tracks results by procedure?

"Choosing the right doctor for you and your neck pain shouldn't be a pain in the neck," Chun concludes. "But, be sure to do your due diligence. You – and your neck – are way too important."

For more information on cervical spine issues and treatments, contact ANS at 973.285.7800 and visit ansdocs.com

Atlantic NeuroSurgical Specialists (ANS) is New Jersey's largest neurosurgical practice and one of the most advanced in the country. Since its founding in 1958, ANS has specialized in the diagnosis and treatment of disorders affecting the nervous system. Its Spine Center is known for evaluating spine disorders and treating them with innovative non-surgical and surgical treatments. ANS is changing the way patients are treated by actively participating in an outcomes database that measures the quality and efficacy of common spinal and neurosurgical procedures.

HEALTH HOTLINE

KNOW YOUR DENTIST AND YOURSELF -WHAT TYPE OF PATIENT ARE YOU?

By: Dr. Christopher Fears
Gentle Dental of Branchburg

My personal frustration with dental treatment lingers from before dental school, when my physician told me that my earache was caused by a tooth. I went to a dentist, unsure of the procedure, and once I sat in the chair, everything seemed to change so quickly. I was already numb, treatment was changing, the tooth was cracked, and I had no idea what I was agreeing to (or not), nor the price. I had agreed to try filling the tooth, but was then told I may need a root canal or an extraction due to the crack in the tooth. With that memory in mind, and fear of those unknown possibilities, here is some advice from the other side of the instruments.

Can you avoid these hopeless feelings? There are times when conditions exist that cannot be easily predicted or immediately diagnosed, but having some understanding of your treatment and yourself can be a great help. Your dentist will handle the procedures, but communicating both your level of understanding and your priorities for treatment will help you share in the decisions.

So, what type of patient are you? Based upon your dental exam and discussion, you will be compared to several patient examples in an effort to connect your problems to realistic objectives. Accurately communicate who you are, and you will be happier with your overall experience. The following statements are typical, based on patients I have treated and have discussed with colleagues. Which approach fits you? Perhaps you are a combination of a few.

1. "I only see the dentist when it hurts. I have had bad experiences during treatment, and I hate my teeth as they have always been trouble. Just fix this."
2. "I schedule regular cleanings and exams, but for one reason or another I usually treat problems only when I start to feel symptoms."
3. "I like to be proactive. I keep my appointments and take my oral health seriously. I want to complete agreed upon treatment plans. I am also focused on insurance and other economic factors, and I need help prioritizing treatment needs."
4. "I am ready to look beyond regular care and consider esthetic treatments. I am influenced by examples of attractive smiles and upcoming events like weddings, and will look beyond the basics. I will visit a specialist for complex procedures."
5. "I want the best care option and have faith in my dentist's judgment and intentions. I want optimized health, function, and aesthetics."

Don't worry! All the above represent reasonable patients, and there is a place for all of them in a dental practice (I was probably somewhere between 2 and 3). The only difference in treating each is educating them about the risks and setting rational expectations that result from the different mindsets. So, if you are on the same page as your dentist, the presentation of treatment options will respect your perspective with explanations why recommendations might change. This cooperation will leave you informed and closer to productive treatments.

What would help? Develop a good relationship with a dentist, local to where you live or work, and schedule routine dental cleanings and checkups. Choose an office where you will see the same dentist, typically where the owners work as practicing dentists, and there is consistency and familiarity with you and your dental health. Friends, family, or co-workers can help your search, as can nearby specialists like oral surgeons, periodontists, and orthodontists as they see examples of work from area dentists and know what is good. Once you find that relationship, try to protect it by encouraging your employer to avoid insurance plan changes that suddenly find your dentist "out of network." With dental care, like so many other aspects of your life, knowing yourself and finding trusted allies can make your objectives more attainable.

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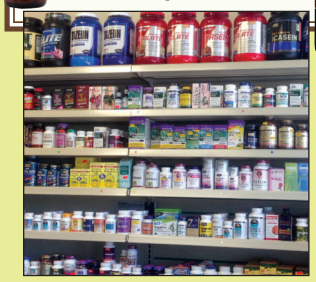

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HEALTH HOTLINE

WHY IS MY NOSE STUFFY?

By: Todd A. Schneiderman, M.D. F.A.C.S.

Many people complain that they can't breathe through their nose as well as they should. For some reason, one of the most basic bodily functions has become increasingly uncomfortable. Modern medicine has many solutions. These include medical and surgical options. Most people try a variety of medicines before considering surgery. The good news is, if you do need surgery, it can usually be done as an outpatient.

What's there

Before you shoot your gun, you need a target. In other words, we have to understand what we are dealing with if we want to fix the problem. The nose is simply two air passages in the center of the face with a wall in the middle. This wall is the septum. This is a common site of nosebleeds. The outer walls of these passages are curved, with three separate elevations per side. These elevations are called turbinates, and are thought to humidify and heat the air before it gets to the lungs. The sinuses are air pockets in the bones of the face. The sinuses open into the spaces between the turbinates. The outside of this complex three dimensional structure is covered by a cap, the nose.

How it works

The turbinates each take turns swelling and opening, so that one nasal passage is usually more open than the other. This is called the nasal cycle and occurs several times a day. If you are allergic to pollen, dust, cats, or any other allergen this may cause swelling throughout the nasal lining, especially the turbinates. This swelling decreases the area of the nasal airway, and you feel this subjectively as stuffiness. You then become a mouth breather. For some people this occurs as a result of changes in temperature and humidity. An infection of the nasal or sinus lining can cause similar changes.

Trauma also accounts for difficulty breathing through the nose. A fracture of the septum can change it from a midline, flat wall, to a bent, twisted shape. This will cause a change in the flow of air that you are used to and will cause a sensation of stuffines that will last long after the initial swelling has resolved. Some people are simply born with a deviated, or curved, septum. This is very common and many people don't know that they have this condition. The nose is sensitive to even the smallest blockage, and an obstructed flow of air will make you take notice. This blockage changes you from a nose to a mouth breather. It will change your voice, make you sound like you have a cold, and cause dry mouth. And it can be hard to eat if you have to breathe mainly by mouth. You can prove to yourself how sensitive the nose is to the smallest blockage. When you blow your nose, often not much comes out, but your ability to breathe is dramatically improved.

What to do about it

Medicines are very helpful here. These include antihistamines and decongestants, often in the same preparation. Antihistamines are used to treat the underlying allergic reaction if this is the cause of the problem. Modern versions of these avoid most of the sedation associated with this class of drugs, and some are available only as a prescription. Decongestants are available over the counter and are used to shrink the swollen lining of the nasal passages to allow more airflow. Antihistamines can cause drowsiness and decongestants can cause insomnia. When taken in combination these side effects can counter each other. Nasal spray decongestants are available over the counter but their use is generally not recommended for more than a few days. Nasal steroid sprays are commonly used to decrease nasal lining inflammation and can be safely used long term. Salt water spray is another option and is safe to use for clearing mucous blockage from the nose. For those with a serious allergy problem, allergy shots are a consideration. Antibiotics are recommended when the inflammation is caused by infection.

Often medicine does not help, or helps only partially. For people who don't like the idea of being on medicine for the rest of their life, surgery may provide a very effective, safe, long term solution.

The surgery option

The main procedures used to address the crooked septum and enlarged turbinates are called septoplasty and turbinoplasty. Both are accomplished in an outpatient setting and are done through the nostrils, so a facial incision is not needed. In the septoplasty procedure, the septum is straightened to allow for more airflow. The turbinates are also reduced in size with a variety of techniques. These procedures allow for a permanent, often dramatic, improvement in nasal airflow. This may also eliminate the need for medicine. And while these procedures do not treat allergy, the change inside the nose will eliminate stuffiness. Many surgeons perform these procedures without nasal packing. There may also be a benefit in relation to snoring and sleep apnea.

None of these options for treatment are thought of as "Life saving" medicine, but improved nasal breathing will make for a more comfortable patient.

For more information and descriptions of various nasal and sinus conditions, please look on the web: **www.drschneiderman.com**

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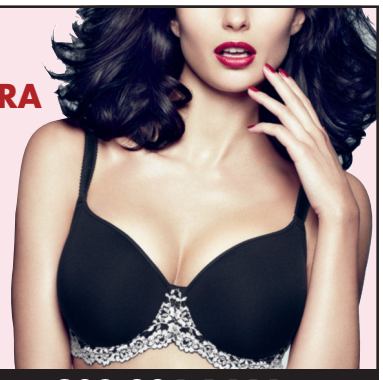
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This advanced training and presentation took place at the National Spinal Disc Disorders training facilities in North Palm Beach, Florida. The certification was presented by the Co-Chairman of the International Medical Advisory Board on Spinal Decompression (I.M.A.B.S.D.), Dr. Eric Kaplan.

Dr. Kaplan is one of the leading experts in the field of Spinal Disc Disorders & is the creator & lead instructor of the only university based certification program known as the National Spinal Decompression Certification program held annually in Dallas, Texas.

The International Medical Advisory Board on Spinal Decompression is constituted by 10 Medical Physicians & 10 Chiropractic Physicians, including Orthopedic Surgeons, Neurosurgeons & Neuroradiologists who have obtained NATIONAL Non-Surgical Spinal Decompression University based certification and have demonstrated an exemplary level of excellence in the diagnosis and treatment of Spinal Disc Disorders.

This advanced certification is provided in conjunction with DISC Centers of America which sets the gold standard in training & research of the latest & most effective options for the alleviation & treatment of Spinal Disc Disorders which often cause low back pain, neck pain, sciatica, numbness, tingling, pins & needles & more.

Dr. Steven and Terresa Balestracci continue to provide the latest & most cost-effective options for the treatment of Spinal Disc Disorders. Their facilities are considered state-of-the art and they are committed to providing 1st class care to patients who often travel from long distances to seek out a Doctor who has made a commitment to help his patients avoid narcotics, epidural injections & unnecessary surgeries. Non-surgical Spinal Decompression provides safe, gentle & effective relief for upwards of 90% of patients that qualify for care.

Dr. Steven and Terresa Balestracci are located at: 566 Union Avenue, Bridgwater, NJ 08807. Their phone number is 908-231-8088 and their website is www.TotalHealthChiro.com. They are presently accepting NEW PATIENTS on a limited basis and if you contact the office within the next 7 days you will be given a PRIORITY appointment for a FREE Consultation.

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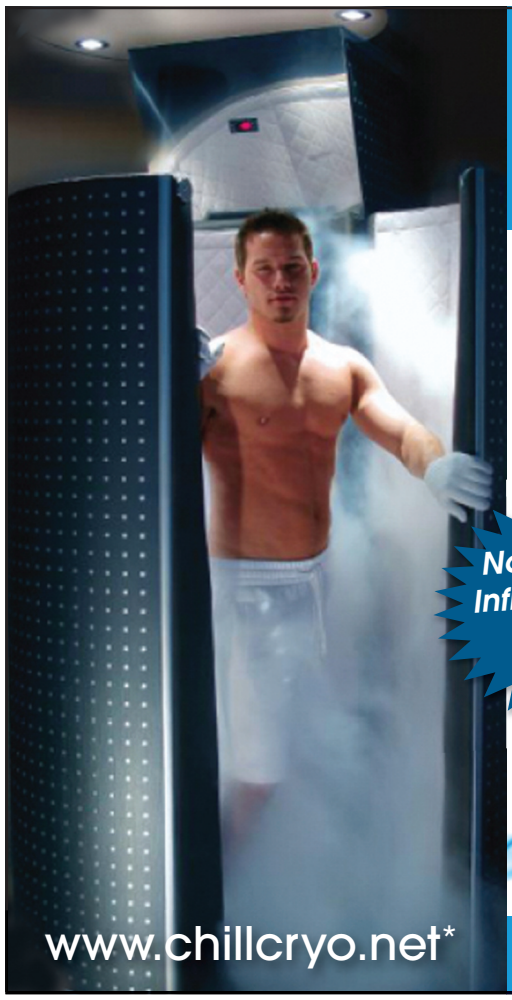

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HEALTH HOTLINE

DENTAL HEALTH AND YOUR NUTRITION

By: Dr. Valentina Kesler
Smiles Unlimited

Being a dentist for almost 30 years, I always tell my patients about the importance of their diet to keep teeth and gums healthy. You have probably heard the saying that the mouth is the mirror of the health of your body.

Everyone knows that food or beverages containing sugar lead to the development of cavities in your teeth. What about gums? Sugar (and refined carbohydrates that the body converts into sugars) causes chronic inflammation in your body that can lead to heart disease, diabetes, cancer, and gum disease. By eliminating sugar from your diet, you can decrease the development of many diseases and improve the quality of your life!

If you have a "sweet tooth," you can use xylitol instead of regular sugar. Xylitol is natural sweetener derived from birch trees and other sources. Xylitol will not cause cavity development and can actually prevent cavities or even remineralize enamel (reverse cavity progression). It does not have any side effects (unlike artificial sweeteners) and it tastes good.

Is your diet well balanced or is lacking major nutrients and vitamins?

According to multiple scientific studies, about 75% of the US population is deficient in vitamin D (also called the sunshine vitamin). Vitamin D plays an important role not only in the absorption of Calcium and Phosphorus, which are important elements for the health of our teeth and gums, but it participates in many crucial processes in our body. Again, new studies show that Vitamin D deficiency can be linked to increased risk of cancer, diabetes, and heart disease. I recommend my patients take 5000IU of vitamin D3 daily. Good sources of vitamin D are fish (salmon, sardines, cod), cod liver, and egg yolks.

Vitamin C or ascorbic acid cannot be naturally produced by your body, so the only way to receive it is by eating a lot of fruits and vegetables. It is a very important element for the health of our teeth and gums because vitamin C participates in the formation of collagen and is a strong antioxidant. Vitamin C deficiency will cause gum bleeding, gum swelling and inflammation leading to loose teeth. One more interesting fact: smoking and excessive alcohol intake will reduce the absorption of vitamin C in your body. What can you eat in order to have a sufficient amount of vitamin C? Berries, kiwi fruits, citrus fruits, pineapples, asparagus, peppers, cabbage, broccoli, etc. I also advise my patients to take supplements with 1000mg or more of ascorbic acid for optimal health.

B vitamins are important for the health of our mouth too. If you experience cracked lips or cracks in the corners of your mouth, inflammation or burning inside the mouth and tongue, you might have a vitamin B2 (Riboflavin) or Folate (Folic acid) deficiency. Reduced levels of Folate can elevate the level of Homocysteine (mark of body inflammation) leading to increased risk of heart disease development. Foods that are rich in folate are dark green vegetables, beans, cauliflower, cabbage, and liver.

I hope this information was helpful in connecting the dots between your dental health and overall nutritional wellbeing. It is no surprise to see just how much our nutrition affects each and every part of our bodies.

If you have any questions, please feel free to call our office at (908) 722-5511 and schedule a complimentary consultation.

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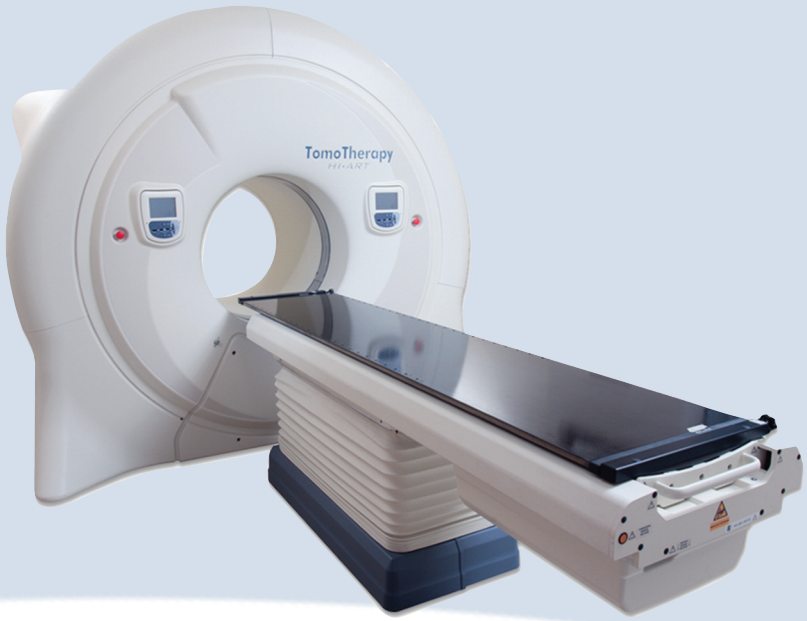

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HEALTH HOTLINE

THE WORRIED CHILD AND HOW TO HELP

Douglas Haymaker, Ph.D

Stephanie Haymaker, Ph.D

As the school year kicks into high gear, children and their parents may start to show signs of stress. Stress symptoms can be both emotional and physical. In children, they can often creep up and surprise us. It is important to be aware of the early warning signs. Several common ones - in both children and adolescents - are anxiety, and irritability or moodiness. Withdrawal from previous interests and activities, clinging to teachers or parents, crying, and changes in sleep or eating patterns are other signals. Frequent headaches or stomach aches are also indications of anxiety, as well as the general report of "feeling sick" that many a school nurse has heard.

In helping kids cope with stress, the goal is not to eliminate anxiety, but to help them manage it. Some basics include allowing time for the discussion of recent concerns with a calm and open approach to the situation. It is important to resist the immediate urge to jump in and fix the problem. Better to problem solve with the child and brainstorm about various approaches that may work for them. It is helpful to encourage children to "avoid avoidance" by confronting problems rather than ignoring them. When children withdraw or avoid a problem, often the situation continues in ways that may prevent learning strategies that will be useful for them in the future. Talk through "what's the worst thing that will happen?" Give reassurance that you will support them in making choices about behavior. These are ways to build confidence. Sometimes discussing different strategies and considering what they would like to see happen is an important part of the process.

For parents and other loved ones, modeling healthy coping patterns is crucial. Children take note of the choices adults make. Children are astute observers of everything that goes on around them, ranging from how we respond to the little aggravations, to the "big stuff" that happens in the news. How can we help to handle tragedies in a child's own world or in the world at large? Again, first help them to talk about whatever is on their mind – how they feel things will affect them, how to cope with the unfamiliar or the scary. One approach is to discuss how they can make a difference. Perhaps they would like to pitch in to make the world a better place, join in group efforts, pursue community service or explore other opportunities to contribute. Children learn so much from what they see happening around them.

Another form of learning to cope is helping children how to find balance in a chaotic world. Encourage the focus on positives. This may include a nightly listing of some good things that happened today, expressing gratitude, and finding time to relax and to be present. Don't forget finding some time for playfulness and whimsy! These efforts demonstrate a commitment to move forward in life and limit excessive negative thoughts.

How to tell the difference between "the usual" worries and those that go beyond typical childhood behaviors? Stress signs that last more than a few weeks, or that impact daily functioning at school or at home, may require further assessment by a qualified mental health professional. Intervening early can keep a small problem from becoming a bigger one. Show children by example how to avoid avoidance by taking charge and helping them find a solution that is right for them!

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

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By: Dr. Vincent Sferra
Natural Medicine & Rehabilitation

For years heart disease has been blamed on cholesterol and Cardiologists have been prescribing medications to lower cholesterol and suggesting patients eat a low fat diet. In the 1990's the marketplace was flooded with low-fat / fat-free products. In order to make these fat-free products taste good, manufacturers began replacing fat with extra sugar to make them tasty. With the lack of fat in these products, the consumer never gets a 'satisfied' or 'full' feeling and the body craves more and more of the high sugar product! Essentially this eating style was fueling the cardiovascular disease 'Fire.' The extra empty calories being consumed on the fat-free and highly processed diet has shown an increase in obesity, high cholesterol, diabetes and heart disease! However eating the right kind of fat and protein will signal your brain that it is full and satisfied, and would stop the sugar cravings.

Today we know that cholesterol alone is *not* the culprit to heart disease; the American diet, high in excess sugar and processed foods, is by far the main culprit!

One of the main drivers of heart disease is inflammation. Sugar and processed foods cause inflammation, disrupt hormone balance and damage your metabolism. A high intake of sugar promotes a spike in blood sugar, along with triggering an increased amount of the stress hormone cortisol. This impedes the body's ability to heal and repair.

Cholesterol is in fact an important chemical that our body needs to produce the hormone cortisone which actually helps control inflammation. Eating lean meat, poultry, fish, beans and nuts which contain high amounts of protein and healthy fats will keep you feeling full and satisfied longer, but eating sugar and processed foods will cause inflammation. One of the most prescribed medications in America is statins to help manage cholesterol levels that have been implicated in causing heart disease. Statins are used to block the enzyme that is stimulated by elevated insulin levels. Insulin levels are elevated by eating too much sugar! If you are interested in lowering your risk of heart disease or wish to stop taking medications for high blood cholesterol, changing your eating habits with an effective plan that eliminates sugars and processed starches as well as food-like toxins will absolutely help for the vast majority of people.

At Natural Medicine & Rehabilitation (NMR) one of our goals is to educate our patients to help them reduce the risks of heart disease. We offer comprehensive laboratory testing for various genetic markers that can determine your risk of heart disease, blood clotting and stroke. Knowing such can prompt motivation and diligence toward a lifestyle that greatly reduces or eliminates one's genetic predisposition. Inflammation drives heart disease and most related diseases. Specific markers of inflammation and oxidation, not routinely tested, will assess the 'drivers' of disease-hidden inflammation.

Today we know that eating foods containing cholesterol is *not* the culprit to heart disease, but a diet high in sugar and processed foods is. The results of your laboratory testing will also enable us to customize nutritional treatment programs to help detox, clean out and eliminate foods that are toxic or addicting to your body. Break your habit of eating foods that are not healthy and learn how to replenish your body with quality low fat protein, healthy carbohydrates and fats, as well as supplements when needed. A healthy lifestyle with routine exercise, good nutrition & daily physical activity will help fight obesity & reduce your risk of heart disease.

Call to set up your free new patient consultation and get on the road to better health 908-252-0242 or visit NMRNJ.com

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

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"Random" Connections

SOUL AND JAZZ

By: Dan Rosenberg

I first saw The Supremes before Berry Gordy renamed the group to Diana Ross and the Supremes. Since then I have had the pleasure of attending performances by a variety of soul and jazz artists including Art Blakey, Dave Brubeck, Jean Carne, Chick Corea, Isaac Hayes, Grove Holmes, Phyllis Hyman, Ramsey Lewis, Les McCann, Melba Moore, and Jeffrey Osbourne.

Do you recognize the person in the photo? While I never attended one of his live performances, I did see him dance a few steps. You would be correct if you identified him as James Brown, aka Soul Brother Number One and The Godfather of Soul.

I moved to Atlanta in 1976 and not too long after that I traveled to Toronto on business for a few days. Our meetings were held at the Inn on the Park hotel, no longer in existence, in the Don Valley area near the city.

Ten of us were cooped up in a room all day. We had dinner together and continued by adjourning to the hotel's night club. It was early in the evening and there were few people in the club. However, across the empty dance floor was a small group of people seated around a man in a white sequined jump suit. It was none other than James Brown.

As a newbie to Atlanta, I felt compelled to say hello given my affinity for soul and jazz as well as a regular watcher of a television show called Future Shock, featuring him. James was spending a lot of time in Atlanta working on this show, that aired on Ted Turner's first television station, WTCG, from 1976 to 1979.

I crossed that dance floor and without any hassles, introduced myself. He was very cordial and we talked for no longer than a minute or two about his show and Atlanta. Eventually, he took the dance floor with one of the women in his small entourage. During one song, we were treated to a few seconds of his signature moving feet.

Five years later, I had boarded a flight in Washington DC returning to Atlanta at the end of a business trip. The plane was packed. There were only two empty seats on the plane to my left. We were already a half hour delayed at which point the flight attendant made an announcement that the flight was being held for the last two passengers.

Ten minutes later a couple was seated next to me. When the man took off his big fur coat and sat down next to me, I turned to him and said, "Nice to see you again Mr. Brown. We met in Toronto a few years ago." During the short flight, we had a nice chat and I got an update on which of his moves Michael Jackson had adopted.

Connection Commends

Gimmee Gimmee Tees

12 East Main Street
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908-450-7450

By: Diane Cawley

Asif Murad, Manager

Gimmee Gimmee Tees is a fun locally owned custom T-Shirt and apparel store located across from the court house in downtown Somerville. At **Gimmee Gimmee Tees** their goal is to make people laugh, look good, feel comfortable, enjoy life. Bring your sense of humor, your creativity, match it up to your lifestyle and visit **Gimmee Gimmee Tees.**

Gimmee Gimmee Tees heat transfers custom designs to their apparel. **Gimmee Gimmee Tees** can help you with your design with fonts, and stock images already in their computer software or they can scan in your personal artwork the choice is yours. Choose from short sleeve T-shirts, long sleeve T-shirts, tank tops and sleeveless T-shirts, youth T-shirts, to sweatshirts and cozy Hoodies then using your creative genius add your personal touch making it your own. If you need the T-shirts immediately, the custom designs can be done while you wait or you can place your order in advance. **Gimmee Gimmee Tees** carries a variety of sizes from baby onesies to 4XL.

Whether you are planning a family outing, birthday, wedding, bridal shower, bachelorette or bachelor party you can design apparel with the help of **Gimmee Gimmee Tees,** announcing the celebration. This is an inexpensive way of making everyone feel part of the group for the moment and remember it for a lifetime. When having a block-party pull it all together with T-shirts and your personally designed tag line. Matching T-shirts are simple and fun at **Gimmee Gimmee Tees.**

Need a gift for someone who has everything? At **Gimmee Gimmee Tees** the novelty shirts are hysterical. **Gimmee Gimmee Tees** has a wide selection of trendy T-shirts from the sarcastic to the downright funny, these T-shirts make a party stopping gift.

Gimmee Gimmee Tees apparel has old school comfort making you feel right at home. The T-shirt's are made of Gilden's Ultra Cotton, a heavy weight 100% cotton wash and wear high quality fabric. This fabric is comfy, strong and breathable. The apparel is so durable because it washes and wears well, holding its color and shape so that it will last a long time.

Color selection at **Gimmee Gimmee Tees** is mind boggling. Basic colors are always available and if you are a rather bold person you will not be disappointed by the selection. The colors last wash after wash and these Tees will soon be a part of your family.

Logos and insignias can be turned into layouts for corporate functions, businesses, schools and teams. **Gimmee Gimmee Tees** is here to create a layout based on your ideas. **Gimmee Gimmee Tees** has been serving the Somerville area since Asif Murad opened his store in 2010. Repeat customers and consistent word of mouth endorsement reflects the quality of the apparel and customer service at **Gimmee Gimmee Tees.**

Have fun, look good, feel comfortable, dance like no one is watching and live a little and drop by **Gimmee Gimmee Tees** located at 12 East Main Street Tuesday through Saturdays 10am to 6pm or visit them at www.gimmeegimmeetees.com.

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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***

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Jewish Family Service of Somerset, Hunterdon and Warren Counties is a non-profit, non-sectarian 501©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.

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Community News...

From Our Roots to Touching Up Our Roots
A Woman's Day Celebration Sunday, April 30

By: Bea Abrams, JFS Board of Trustees

"When I was 60 years old, I wrote a memoir about my life before I had children. I have 5 children. They didn't think I had a life before I was their mother. Sometimes even I wondered." Ilene Beckerman thought of herself as just a wife and mother, until she became much more.

She is the author of five books two of which were made into plays including the off-Broadway hit "Love, Loss, and What I Wore" by Nora and Delia Ephron. Ilene has been on 5 national book tours, had a segment on Oprah, and was a keynote speaker at the Erma Bombeck semi-annual writers' convention.

If you think your life is boring and routine, or that now that your children are grown, or you have retired from your job, you have lost your identity, this Women's Day Celebration is a gift to yourself. Jewish Family Service of Somerset, Hunterdon and Warren Counties (JFS) a non-profit, non-sectarian social service agency is bringing together women of all ages shortly before we celebrate Mother's Day for inspiration, humor, and empowerment to be all that we, as women, can be.

Keynote speaker, Ilene Beckerman, knows there is a story in everyone. She will help you find yours. "If someone had told me all this would happen to me, I would have told them to stop smoking whatever they were smoking." Now she speaks to women's groups and book clubs all over the country. This is an opportunity to bring those women in your life that you care about to a celebration of women. The program will be followed by a buffet luncheon

JFS believes Ilene has a message that all women should hear. Sunday, April 30, 2017 from 10:30-1:00 Ilene Beckerman will be the keynote speaker at the Shimon and Sara Birnbaum JCC, 775 Talamini Road, Bridgewater. Tickets for the event, which includes a kosher lunch, are $36 by April 1 and $40 after. Contact JFS at 908-725-7799 or www.jewishfamilysvc.org for registration information. Additional information about Ilene can be found on her website www.ilenebeckerman.com and on her new Blog www.LoveLossAndRealLife.com.

JFS is committed to serving the needs of the entire community and offers a continuum of programs and services. Licensed clinical social workers provide individual, couple and family counseling as well as geriatric assessments, supportive counseling and case management services for home bound elderly. The Family Mentor Program recruits, trains and matches volunteers with vulnerable young families or with elderly persons for friendly, supportive, in-home visits. Families with children with special needs are assisted through social groups, parent groups and through the Family Mentor Program. Career Counseling helps individuals in many aspects of their job search. Ohr Tikvah-Light of Hope Jewish Healing Services offers presentations, support groups, and individual spiritual counseling to address the health, wellness and healing needs of the community. All information is confidential. Many programs are at no cost, on a sliding fee scale or payable through third party insurance. If you are interested in learning more about JFS' programs, please contact us at 908-725-7799, visit our website: www.JewishFamilySvc.org, like us on Facebook. Jewish Family Service of SHW, Inc. 150-A West High Street, Somerville, NJ 08876.

JFS Jewish Family Service of Somerset, Hunterdon and Warren Counties

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Bridgewater-Somerville Community Calendar

April - May

ACTIVITIES

TEMPLE BETH-EL

67 US Hwy 206, Hillsborough, NJ. **Upcoming Event:** ***Passover Second Seder,*** April 11, 6:30 pm. Register online at, www.tinyurl.com/TBESecondSeder2017.

THE ARTS

ARTSEE HAPPENING

ARTsee Happening - Bee Inspired: (All Ages) Saturday, May 6, 12-5pm. Rain date, May 7, The Ross Farm, 135 North Maple Avenue, Basking Ridge. Join for art making, music & presentations related to bees. FREE event featuring fine art, jewelry sale, exhibit, scavenger hunt, live music. Visit www.artseenj.org for more information or call 908-696-0616.

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

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

L to R: Alex Bigatti, Mary Lev, Elie Porter Trubert, Leigh Zona, Terri Fraser & Eva Deffenbaugh

Upcoming Exhibits:

Hooray for May: Saturday, May 13, 1-4 pm. Free, family art day at CCA's art studios and the Pluckemin Park outdoor pavilion. Light refreshments available. Please contact Leigh Zona at lzona@ ccabedminster.org for volunteer opportunities.

STUDIO 7 FINE ART GALLERY "Linked" Online

Fine art gallery at 5 Morristown Road, Bernardsville, 908-630-9770. Gallery hours: Tues-Sat 10am-4pm & by appointment.

Soñador **- Oil, 30˝ x 40˝ by Andrea Gianchiglia**

Upcoming Events:

Paintings by Andrea Gianchiglia - Home, Rustic & Rural: March 29- May 27.

Artist Receptions: April 7, May 5.

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

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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! For reservation & additional information, please call Ruth Hentz at 908-722-1926.

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 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.

BRIDGEWATER WOMAN'S CLUB

1234 Sherlin Drive, Bridgewater. A service organization, meets second Tuesday of the month, 10am, Somerset County Library, Bridge Street, Bridgewater. Refreshments served 9:30am. Educational & social programs begin, 11am. The organization supports local, state, national & international charities. New members welcome. Call Gerrie Gora at 908-231-0350 for more information.

Upcoming Programs:

Nobody Owns the Sky: Tuesday, April 11, pioneering women in aviation, Bridgewater Library, 1 Vogt Drive, Bridgewater.

Spring Fashion Show & Luncheon Fundraiser: Saturday, April 29, Somerset Elks Club, 375 Union Avenue, Bridgewater. Doors open 11am. Tickets, $45, sold in advance. Call Sophie at 908-725-5823. Door prizes, raffle gift baskets & 50/50 drawing. http://njsfwc.org/clubs-view.php?id=WCBridgewater

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 & click on group programs for information or to register. All programs are FREE. **Upcoming Events:**

Step by step Pre-Purchase Homeowner Education Program: Wednesday, June 7, 5:30-9:30pm, CJHRC office, 600 First Ave, Raritan.

First Time Homebuyer Workshop: Saturday, April 22, 8am-12pm, Bank of America, Route 22 West, Bridgewater. Call 908-704-9649, mailbox #3. **FREE**

Ongoing Programs:

Financial Literacy & Savings Match Program: CJHRC office, 600 First Avenue, Raritan. Learn how to budget & start saving. This program is a pre-requisite for the CJHRC Savings Match Program. Applications accepted on a first come first serve basis.

"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. Certificate Course.

"Money in Motion" Online Financial Literacy Program: Combination of face to face and web-based financial literacy education. Participants learn how to budget and start saving.

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INTERNATIONAL FRIENDS CLUB

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

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

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

A Woman's Life: Sunday, April 30, 10:30am-1pm. From our roots to touching up our roots. Featuring Ilene Beckerman, author of Love, Loss and What I Wore. SSBJCC, 775 Talamini Road, Bridgewater.

JFS Fitness Challenge: Sunday, May 21, 11:30-2pm, CrossFit Chimney Rock, 1 Chimney Rock Rd, Bldg 1E, Bound Brook. Proceeds support children, family & senior services. To register, visit www.JewishFamilySvc.org or call 908-725-7799 or Admin@JewishFamilySvc.org.

JFS Men's Health Awareness Program: Sunday, June 4, 10am, Wilf Campus for Senior Living, 350 DeMott Lane, Somerset. Community Program addressing the issue of Men's Health. Presenter: Arthur Feldman, M.D. F.A.C.S. For more information or to register, contact JFS at 908-725-7799 or admin@JewishFamilySvc.org.

JFS Annual Meeting: Wednesday, June 7, 7pm, Shimon and Sara Birnbaum Jewish Community Center, 775 Talamini Road, Bridgewater, NJ. For more information, contact 908-725-7799 or Admin@JewishFamily Svc.org.

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

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

Café Europa: A social group for Holocaust Survivors. Wednesdays, May 17, June 14, July 12.

Job Seekers Support Group: Wednesdays, April 5, May 3, July 5, 7-9pm. 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.

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LVSC Literacy Volunteers of Somerset County
120 Finderne Ave • Box 7 • Bridgewater, NJ 08807

Through a network of trained volunteer tutors, LVSC promotes adult literacy in Somerset County. ***Current program offerings:*** student-centered one-to-one tutoring; English Conversation Groups; English as a Second Language (ESL) Classes; and US Citizenship Preparation Classes. VOLUNTEER TUTORS NEEDED: Training provided - spring training begins Monday, April 24. To become a tutor, to register for services, or to find more information, please visit www.literacysomerset.org or call 908-725-5430.

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 or see us at www.facebook.com/Newcomers & Neighbors of Somerset Hills, NJ.

SAFE+SOUND SOMERSET (formerly Resource Center of Somerset)

427 Homestead Road, 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.** The Resource Center of Somerset has changed its name to Safe+Sound Somerset. We continue to envision a world where domestic abuse is not tolerated. Visit our new website www.safe-sound.org. 24 Hour Text or Call Hotline: 866-685-1122. **Upcoming Events:**

Purple Laces 5k: Sunday, April 9, 8am, Duke Island Park, Bridgewater. Award presentation to follow. Online registration: https://runsignup.com/Race/NJ/Bridgewater/PurpleLaces5K. Registration Costs $25 April 8 and before; $30 April 9 and after. For more info, call Joe Godby 908-359-0003 x 204 or email jgodby@safe-sound.org

Open House: Thursday, April 27, 5:30pm-6:30pm, 427 Homestead Road, Hillsborough, NJ 08844. Preregistration required. Contact Rochelle Ostenfeld, rostenfeld@safe-sound.org

24th Annual Fore Love Golf Open: Monday, June 5, Metedeconk National Golf Club, 50 Hannah Hill Road, Jackson. Learn more at https://www.safe-sound.org/events/fore-love-golf-open-2017.

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 Transportation available to center. Programs begin at 10:30am unless noted.

Ongoing Programs:

Dancercise: Mondays, 10:30am.

Tai Chi: Wednesdays, 1pm.

Circuit Training: Fridays, 12:30pm.

Upcoming Programs:

Environmental Walk with Jack Donohue: Tuesday, April 11, 10:30.

Dave DeLuca Legends of Country Music Performance: Wednesday, April 12, 10:30.

Spring Craft Workshop with Jerry: Wednesday, April 19, 10:30.

Clifford Seay Singing Performance: Wednesday, April 26 10:30.

Garden State in Bloom Photographic Journey Walter Choroszewski: Friday, April 28, 10:30.

James Barba Performs: Friday, May 12, 10:30.

Summer Craft Workshop with Jerry: Wednesday, May 17, 10:30.

Bridgewater-Somerville Community Calendar

April - May

CLUBS AND SERVICES

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 or visit our website at www.swim-inc.org

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

Karen Swartz
Organizer

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

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 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. All proceeds benefit misson of Zufall Health.

LIBRARIES

SCLSNJ BRIDGEWATER LIBRARY BRANCH "Linked" Online

1 Vogt Drive, Bridgewater, NJ 08844, 908-526-4016 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: SCLSNJ's library branches will be closed on Sunday, April 16 for Easter; Sunday, May 14 for Mother's Day; Tuesday, May 23 for Staff Development; Sunday, May 28 and Monday, May 29 for Memorial Day.**

FAMILY PROGRAMS:

Pajama Time Storytime: Wednesday, April 12, 19, May 3, 10, 17, 31, 7-7:30pm.

CHILDREN'S PROGRAMS:

Storytime & Craft: (Ages 3-9 years) Tuesdays, April 11, 18, May 2, 9, 16, 30, 10-11am & 4:30-5:30pm.

Toddler Time: (Ages 18-36 months) Wednesdays & Fridays, April 7, 12, 14, 19, 21, May 3, 5, 10, 12, 17, 19, 31, 10-10:30am.

Tail Waggin' Tutor - Children Reading to Dogs: (4 years & up): Wednesday, May 10, 4:30-5:30pm.

Baby Time: (Birth-18 months) April 13, 20, May 4, 11, 18, 9:30-10am.

"You're a Poet Though You Might Not Know It!" **- National Poetry Month Program:** (Grades K-6) Wednesday, April 12, 2-3pm.

Scratch Programming Club: (Grades 3-4) Thursdays, April 13, May 11, 7-8pm.

Heart of Art - Drawing Animals: (Grades K-4) Monday, April 17, 4:30-5:30pm.

Tween S.T.E.M. Challenge: (Grades 4-6) Monday, April 17, 7-8pm.

Lego Master Builders: (Grades K-4) Thursdays, April 20, May 25, 5-6pm.

Library Mystery Night: (Grades 3-4) Thursday, April 27, 7-8pm.

Sensory-Friendly Art Class: (Special needs, Birth-12 years) Saturday, May 6, 10-10:30pm.

TWEEN & TEEN PROGRAMS:

Tween Volunteers: (Grades 4-6) Monday, May 1, 7-8pm.

In Stitches - A Laid Back Knit & Crochet Affair: Thursday, May 4, 6:30-8:30pm. **No registration required.**

Everything You Need to Know about the New SAT, New College App, the ACT Exam and Entire College Process: (Grades 7-12 & parents) Tuesday, April 11, 7-8pm.

Tween Advisory Board: (Grades 4-6) Tuesdays, April 11, May 9, 7-8pm.

"You're a Poet Though You Might Not Know It!" **- National Poetry Month Program:** (Grades K-6) Wednesday, April 12, 2-3pm.

Tween S.T.E.M. Challenge: (Grades 4-6) Monday, April 17, 7-8pm.

Teen Cafe: (Grades 7-12) Tuesday, April 18, 6:30-8:30pm.

Open Mic Night: (Teens & Adults) Thursdays, April 20, 6:45-8:30pm & May 25, 6:45-8pm.

Teen Advisory Board: Tuesdays, April 25, May 30, 7-8pm.

Teen Lock-In - Cartoons & Anime: (Grades 7-12) Friday, May 5, 7-10pm.

Sensory-Friendly Art Class: (Special needs, Birth-12 years): Saturday, May 6, 10-10:30pm.

Library Club: (Special needs, 13-21 years) Saturday, May 6, 11-11:45am.

Teen Volunteer Training: Monday, May 8, 6-8pm, May 13, 10am-noon.

ADULT PROGRAMS:

English Conversation Group: Wednesdays, April 12, 19, 26, May 3, 10, 17, 24, 31, 10-11:30am.

English Conversation Group - Intermediate: Wednesdays, April 12, 19, 26, May 3, 10, 17, 24, 31, 10:30am-noon.

Mah Jong Club: Thursdays, April 13, 20, May 4, 11, 18, 25, 11am-1pm.

In Stitches - A Laid Back Knit & Crochet Affair: Thursday, May 4, 6:30-8:30 pm. **No registration required.**

Genealogy Databases: Monday, April 10, 1:30-3pm.

Become a Literacy Tutor: Wednesday, April 12, 6-7pm.

SCORE - Service Corps of Retired Executives: Wednesdays, April 12, 26, May 10, 24, 6:30-8:30pm.

Walt Whitman - The Good Grey Poet: Saturday, April 15, 2-3pm.

A Virtual Safari presented by Somerset County Park Commission: Monday, April 17, 2-3pm.

Tuesday Movie: April 18, May 16, 2-4pm.

Book Discussion: Tuesday, April 18, 7-8:30pm, Thursday, May 18, 6:30-8pm.

Intro to MS Word: Wednesday, April 19, 1:30-3pm.

Living with Fibromyalgia: April 20, 2-3pm.

Open Mic Night: (Teens & Adults) Thursdays, April 20, 6:45-8:30pm & May 25, 6:45-8pm.

Planning a Native Butterfly Garden presented by Somerset Park Commission: Friday, April 21, 3-4pm.

Friends Friday Night Concert Series: April 21, ***Greg Glannascoli*** and May 12, ***Cello Fury,*** 7:30-9pm.

Coffee Time Talks - Relax & Recharge - Seated Yoga: Monday, April 24, 11am-1pm.

Meet the Author of *"Accidental P.I.: A Private Investigator's Fifty Year Search for the Facts"*: Monday, April 24, 7-8pm.

Navigating Social Security: Tuesday, April 25, 2-3pm.

Using LexisNexis: Thursday, April 27, 1:30-3pm.

Friends Book Sale: Friday & Saturday, April 28, 29, 9:30am-4:30pm & Sunday, April 30, 1-4:30pm.

Practice Tai Chi at the Library: Tuesdays, May 2, 16, 10-11am, May 9, 30, 2-3pm.

Arthritis - Preserving Function and Staying Strong for Life: May 2, 2-3pm.

Library Club: (Special needs, ages 13-21) Saturday, May 6, 11-11:45am.

An Afternoon with a Spiritual Medium: Saturday, May 6, 2-3pm.

Mysteries in the Morning: Wednesday, May 10, 10-11:30am.

Meditation for Optimal Well Being with Jim Rose: Thursday, May 11, 2-3pm.

The Causes and Cures of Stress: Thursday, May 18, 2-3pm.

The Pen and the Trowel: Saturday, May 20, 2-3pm.

Medicare Coverage for Home Health and Hospice: Wednesday, May 24, 3-4pm.

Friday Night Movie: May 26, 7-9 pm.

SCLSNJ SOMERVILLE LIBRARY BRANCH "Linked" Online

35 West End Avenue, Somerville, NJ 08876, 908-725-1336 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: SCLSNJ's library branches will be closed on Sunday, April 16 for Easter; Sunday, May 14 for Mother's Day; Tuesday, May 23 for Staff Development; Sunday, May 28 and Monday, May 29 for Memorial Day.**

FAMILY PROGRAMS:

Paul Robeson Day at Somerville Library: Saturday, April 8, 9:30am-4:30pm.

CHILDREN & TEEN PROGRAMS:

Paul Robeson Sports Stations: (4+ years) Saturday, April 8, 10am- noon.

Lego Club: (6+ years) Tuesday, April 11, 2-3pm.

Stories, Rhymes, and Songs: (18 months - 3 years old) Wednesdays, April 12, 19, 26, 10:30-11am.

Story Time: (2.5-4 years) Thursdays, April 13, 20, 10:30-11am.

Game Night/Teen Advisory Board: (Grades 6+) Fridays, April 14, 28, May 12, 26, 5-8pm.

Bash the Trash: (2-5 years) Saturday, April 22, 11-11:45am.

ADULT PROGRAMS:

Senior Book Club: Wednesday, May 3, 2:15-3pm.

Library Loopers: Fridays, April 7, 14, 21, 28, 10am-12pm.

Paul Robeson's Vision of Peace and Freedom and his Relevance Today: Saturday, April 8, noon-1pm.

Paul Robeson, a Chautauqua: Saturday, April 8, 2-3pm.

Friends of the Somerville Library Meeting: Tuesdays, April 11, May 9, 7-8pm.

Adult Coloring: Thursdays, April 20, May 18, 6-8pm.

English Conversation Group: Mondays, April 24, May 1, 8, 15, 22, 6:30-8pm & Thursdays, April 27, May 4, 11, 18, 25, 10-11:30am.

Weiss Ratings: Tuesday, May 2, 3-4pm.

Adult Crafts - Greeting & Postcards: Saturday, May 6, 1-3pm.

RECREATION

SOMERSET COUNTY PARK COMMISSION "Linked" Online

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

Duke Island Walkers: ***Weekly walking group.*** Wednesdays, 9:30am, Duke Island Visitor's Center. For info, call 908-722-1200, ext. 226. **FREE.**

Bernards Township Community Art Show: Through Sunday, April 23, 9am-5pm.

Spring Horseback Riding Lessons: Through May 29. English saddle Balanced Seat riding lessons for beginner through advanced levels for juniors & adults. Please call 908-766-5955 for more information.

Woodland Walks at Leonard J. Buck Garden: Sundays, April 9, 23, 30 & May 7, 14, 21, 2pm, 11 Layton Road, Far Hills. $7/person.

Horse Care Workshop 101: Saturdays, April 1-29, 1-3pm, Lord Stirling Stable, 256 South Maple Avenue, Basking Ridge. $60 for Somerset County residents & $90 for non-residents.

Spring Yoga-Classic Hatha Yoga: Wednesdays, April 5-June 7. Beginner class, 5:30-6:30 pm, $80. Experienced class 7-8:30pm, $100. Park Commission Headquarters, North Branch Park, 355 Milltown Road, Bridgewater.

5th Annual Sourlands Smackdown: Saturday, April 8, 9am, Sourland Mountain Preserve. Outdoor bouldering competition. Call 908 231-0802, ext. 22 for information.

Spring Plant Sale and Earth Day Celebration: Saturday & Sunday, April 22, 23, 12-5pm, Leonard J. Buck Garden. FREE. For more info, call Buck Garden, 908-234-2677.

A Closer Look: ***Patterns in Nature and the Microcosmic World - Ridge High School Ceramics Students' Exhibition,*** Saturday, April 29-Sunday, May 28, 9am-5pm, Environmental Education Center.

Project E.A.R.T.H - Swamp Search: Sunday, April 30, 12- 3:45pm, the Environmental Education Center. FREE.

Garden Photography Workshop - *Flower & Landscape:* Tuesday, May 2, 9-11:30am, Leonard J. Buck Garden, $35/person. Pre-registration required call, 908-234-2677.

Horse Care Workshop 102: *Horse Care Workshop 101, prerequisite*, Saturday, May 6-June 3,10 am-12noon,Lord Stirling Stable. $60 for Somerset County residents & $90 for non-residents.

Horse Care Workshop 103: *Horse Care Workshop 102 , a co- or prerequisite,* Saturday, May 6-June 3, 1-3pm.$60 for Somerset County residents & $90 for non-residents.

Family Fun Day at Lord Stirling Stable: Sunday, May 7, 10am-12noon and 1-3pm, Lord Stirling Stable.For more info, please call 908-766-5955.

Masters May Day Mini Golf Tournament: Monday, May 8, 11-3pm, Colonial Park Putting Course. Competition open to mini-golfers age 55 and older. Pre-registration required by calling 908-722-1200, ext. 226. $10, includes a box lunch.

"Flower Buds - Let's Get Growing" **Children's Garden Workshop:** Saturday, May 13, 10am-12pm.Rain date: May 20.Participants meet at the entrance for Parking Lot C. $15/child, age 5 to 8 (limit 10 children accompanied by an adult). Pre-registration required. Call, 732 873-2459 ext. 21 or register online.

Mother's Day Trail Ride: Sunday, May 14, Lord Stirling Stable. Registration required. Forms and info at www.flss.org.

Creating a Butterfly Garden: Tuesday, May 23, 10-11:30am, Leonard J. Buck Garden. $15/ person. Pre-registration required. Call, 908-234-2677, ext. 21.

Little Wigglers – How to Make Your Own Compost Bin: Saturday, May 27, 10am-12pm, Colonial Park Gardens Stone Cottage (across from the Rose Garden), Parking Lot A. $18/ child, ages 5-12 (limit 10 children accompanied by an adult). Pre-registration required. Call 732 873-2459 ext. 21 or register online.

Faith Hope Joy

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Sunday April 9	8:15 am and 10:30 am The Sunday of the Passion: Palm Sunday 4:00 pm Canticles for Life Concert
Thursday April 13	7:30 pm The Liturgy of Maundy Thursday
Friday April 14	7:30 pm The Liturgy of Good Friday
Saturday April 15	7:30 pm The Great Vigil of Easter
Sunday April 16	8:15 am and 10:30 am Easter Day Eucharists 11:30 am Easter Egg Hunt

All Are Welcome!

Worship with Holy Communion
Sundays: 8:15am and 11:00am

Good Shepherd Lutheran Church
300 Union Avenue ~ Somerville, NJ 08876
www.gslutheranchurch.org

Join us for Easter!
Sunday, April 16
7:00am, 9:00am, 11:00am

Sunday Mass Schedule

Saturday - 5:15 pm Vigil
Sunday - 7:30 am, 9:00 am, 10:30 am and 12 Noon
(note schedule changes in summer months)
Please see our website for Easter and Summer Schedule.

Daily Mass in the Chapel

M-F 8:00 am & 12:10 pm / Sat. 9:00 am
(No 12:10 pm in July & August)

500 Route 22, Bridgewater, NJ 08807
908-725-0552
www.stbernardbridgewater.org
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TEMPLE BETH-EL

Join Rabbi Gluck and
Cantor Pincus for a
Second Seder
Tuesday, April 11, 6:30 p.m.

Register at: tinyurl.com/TBESecondSeder2017
67 Route 206, Hillsborough, New Jersey

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Calendar of events & more info at www.ckibbnj.org

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229 Mountain Avenue, Bound Brook, NJ 08805
732-469-0934 — info@ckibbnj.org

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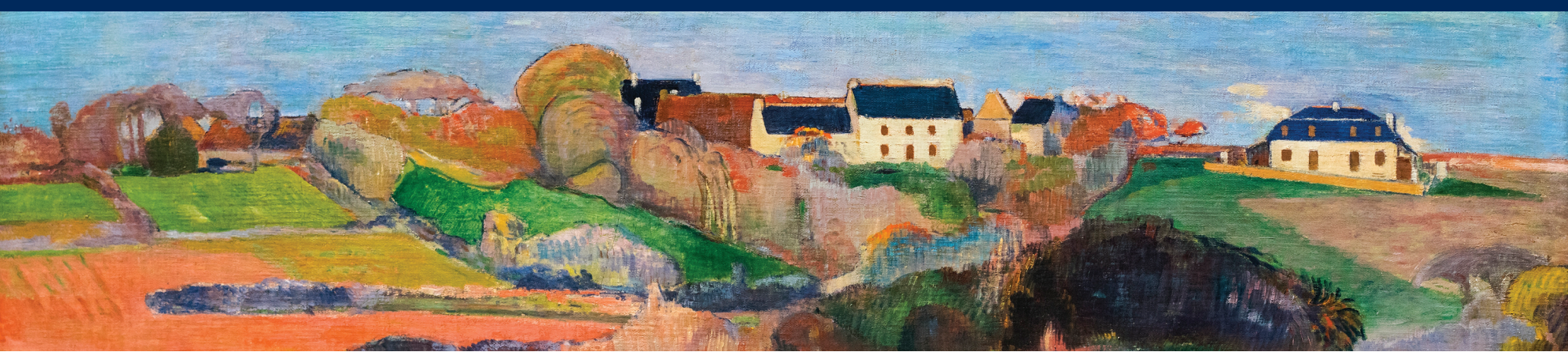

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