

THE CONNECTION

FEB/MARCH 2016

VOLUME XXVIII

Bridgewater-Somerville Edition

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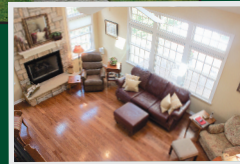
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WARREN - Greenwood Meadows colonial on almost 1 acre featuring large center island kitchen, hardwood floors, palladian windows, 4 bedrooms, 2.5 baths, 1st floor study ready for quick occupancy. WWW.54CHRISTYDRIVE.COM



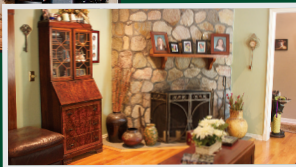
WARREN - Custom built 3800 square feet + finished walkout basement featuring 2 story family room, 1st floor guest suite, 5 bedrooms, 4 full baths, situated on a secluded cul de sac backing to preserved open space. WWW.20JENNIFERLANE.COM



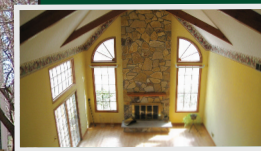
WATCHUNG - Charming colonial featuring master suite, 4 additional large bedrooms, 2.2 updated baths, custom gourmet kitchen, spacious living, dining, and family rooms, den, sunroom, refinished hardwood floors and recessed lighting throughout, skylights, palladian windows, oversized 2 car garage. WWW.60WASHINGTONDRIVE.COM



WARREN - Fabulous one floor living on 3+ parklike acres featuring new cherry/granite kitchen, new baths, spacious living, dining, and family rooms, hardwood floors, partially finished walkout basement, 3 car garage. WWW.169MOUNTAINAVENUE.COM



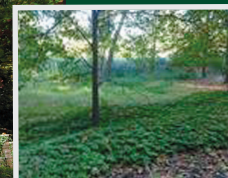
WARREN - Colonial featuring 5 bedrooms, 3.5 baths, 2 story great room, center island kitchen, hardwood floors, recessed lighting, 3 car garage, finished basement, situated on 1.5 acres in an estate area. WWW.9HILLHOLLOWROAD.COM



LONG HILL - Beautiful 3.3 acre building lot situated on a quiet cul de sac surrounded by preserved open space 5 minutes to NYC train, 10 minutes to RT 78.



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— Amy Alkoff Chasin, Somerville



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THE CONNECTION
Bridgewater-Somerville Edition

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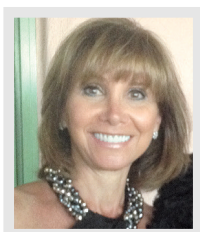
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PUBLISHER'S MESSAGE



Welcome to the February 2016 edition of **The Bridgewater-Somerville Connection**. We ring in the new year 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: **Kid'z CONNECTION Section** for those families looking to get a jump on camps and activities for the summer and spring activities as well, **Home Sweet Home 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, **Rediscover Bound Brook** and **Shop Somerville Sections** highlight local businesses in those towns and the Community Calendar which gives our readers club meetings, library programs and more! I am proud to introduce two NEW columns in this magazine; **A Caring Community**, which is a column about "Local Heroes" in our community. Lauren Greenberg, featured columnist, will be interviewing people who are making a difference in our neighborhoods. This issue she highlights **"Puppies With a Purpose"** featuring local residents who work with the non-profit Northstar Foundation who train dogs to help children with social, emotional or educational challenges. It is a wonderful story and I encourage you to read it. The second column, very close to my heart, is written by one of my dear college friends about part of her journey with breast cancer. **The Health For The Heart** column, features **"My Vinnie Story"** by Tina Erardi, which is beautifully written by one of the most beautiful people I know. Please don't miss this heartwarming tale.

Also highlighted from our business/professional community are: **The Kiddie Academy of Bridgewater, Robert Incao/Lisa Berchoff-Weichert Realtors, Bench's CARPET ONE Floor & Home, S & G Cleaning Services, The Bar Method-Warren and Able Consulting & Training**. Our talented writers have given us unique insight into these businesses and their respective owners.

Local artist **Beth Parcell Evans**, adorns our front cover with an oil entitled, **"Sunny Spot."** Beth's passion for horses and painting has been with her from an early age. She comments on this piece particularly, "Sunny Spot is an oil painting on canvas. I was inspired to paint it when I

would walk past this scene daily where I boarded my horse. I took my dog for a hike before I rode each morning and thought I must paint this scene. The run-in shed is situated to block the northwest wind and faces south, making it a shelter for the horses on a cold snowy morning. They are quite content and warm hanging out in and around it, and there is a warm glow of the morning sun on them. I liked the contrast of warm and cool colors." Please read Beth's impressive bio on page 8.

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

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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And NOW you can follow us on **INSTAGRAM@Connectionmag** to see pictures of people in your local community who stay "Connected!"

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Sincerely,

Robin Fand, Publisher

SPOT THE FAKE!

Somewhere in this Magazine is a **FAKE AD**.

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

Spotthefake@theconnectionsny.com**Subject Line: FAKE**

More than 200 people took part in our **Spot The Fake Ad Contest** in the November issue. Congratulations to everyone who "spotted" **Spray Wrap!** The winner, selected randomly from a list of all those who entered and provided the correct answer, is **Donna Catanzaro** of Raritan. The winner received a gift certificate to **337 Grill** in Manville.

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37 W. Main Street, where Tino's Hair Salon & Body Spa was established in 1994 - it has been a great ride!

It is time to let go, shut off the phone and lock the door one last time.

Looking forward to this new chapter of my life with extended travel to Europe, learning new hobbies and simply enjoying not having scheduled appointments.

Again, I would like to extend a special thank you to my present staff, Carmella, Sue Ann, and Rosanna and my best wishes and my heartfelt gratitude and appreciation to all of you.

I will miss all of you.

—Tino



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ON THE COVER



BETH PARCELL EVANS

always bringing some equine work with her. Her love for painting wildlife and canine subjects has become more evident in recent years as she is returning to focusing on them again. She hikes daily with her dog, spending an hour or two out in nature each day, even in the rain and snow.

All subject matter is taken from her personal experiences, whether it is equine related or scenes of nature. Her desire is to create a beautiful painting that will captivate and uplift the viewer. Her studio is tucked away in New Jersey's Sourland Mountains.

Beth's affiliations include:

- The Society of Animal Artists - Signature member
- The Salmagundi Club
- Oil Painters of America - Associate member
- Allied Artists of America - Associate member

Her work is displayed in the following galleries:

- Sheldon Fine Art - Naples, FL
- Spa Fine Art - Saratoga Springs, NY
- Highlands Art Gallery - Lambertville, NJ
- Dog & Horse Fine Art - Charleston, SC
- Seaside Art Gallery - Nags Head, NC
- Rich Timmons Gallery - Doylestown, PA
- Gallery on Madison - Middleburg, VA

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By: *Rachna Patel (Owner)*
& *Chrissy Andersen (Director)*

Rachna Patel & Chrissy Andersen

Kiddie Academy Teachers: Partners in Raising Your Child

One day your baby can't roll over. Fast forward a few months, and he's sitting up, all smiles. Children, especially the very young, master new tasks at a rapid-fire pace—though some developmental phases are fraught with challenges. At the **Kiddie Academy of Bridgewater**, our seasoned childhood education experts anticipate and expertly guide their young charges through these learning processes.

While each phase of childhood is new to you and your children, the teachers at **Kiddie Academy** have seen it all before—from picky eaters to toilet-shy toddlers. Fortunately, the structure and routine at **Kiddie Academy** gives children more than just a safe and nurturing place to spend the day: It allows them to meet each new trial in a familiar environment, surrounded by positive enforcement, guidance and peers.

Take napping, for instance. Many parents tell us they can't get their little ones to nap at home, and wonder how we do it here. There's no secret, really; it's just routine. While we at **Kiddie Academy** do allow some flexibility for individualized napping plans for infants, typically nap time takes place daily at the same time. Our young charges thrive on this regularity. We encourage parents to follow through with these regular nap routines at home on the weekends.

Toilet training presents another headache for scores of parents. Not so at **Kiddie Academy**. Chrissy Andersen, Director of Kiddie Acad-

emy of Bridgewater, shares the academy's philosophy on this significant developmental milestone. "We don't force children to become potty trained. We don't hold children back, either," she says. At **Kiddie Academy**, explains Andersen, teachers start potty training earlier than most parents do. They're typically successful, she adds, because seeing other toddlers try it makes most 2-year-olds curious to follow suit.

Even under the best of circumstances, questions and concerns about your child's behavior and development will likely arise from time to time. That's why we at **Kiddie Academy** espouse an open-door policy. In addition to our twice-a-year parent conferences, we encourage all parents who want to discuss additional issues to call and schedule an appointment.

At **Kiddie Academy of Bridgewater**, we pride ourselves on providing the highest level of care, education and customer service to each and every family, every day. Your child's days at our Academy are filled with enriching activities, exciting learning experiences and more.

Kiddie Academy of Bridgewater is located on the corner of Milltown Road and US Route 22 East. For more information about our center or to schedule a tour of the facility, please visit our website at www.kiddieacademy.com/bridgewater or contact us at bridgewater@kiddieacademy.net or 908-842-0020.

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Have you ever walked into a house and thought, "Wow, this looks like a model home," or been so impressed by how organized and stylish a house was that it must have been professionally decorated? If so, chances are that the house was Staged. Home Staging is a term that we hear on house-related TV shows, but perhaps you don't know quite what it is, or how relevant it is to you.

Home Staging is the process in which you prepare your house to look its best, typically for selling, therefore the process is designed to appeal to as many buyers as possible. Buying a home is an emotional process and you only have one chance to make a first impression. A buyer must feel that your house could be their home. Unlike what you may have seen on TV, staging typically does not require huge renovations, renting expensive furniture and other extremely costly projects. Instead, Home Staging primarily involves furniture placement, de-cluttering techniques, and adding accent pieces to emphasize your home's positive features and detract attention from any flaws. Statistic shows a professionally staged home will sell quicker and for a higher price than other houses not staged.

The obstacle that many potential sellers have is they are accustomed to the way they live in their house. It is hard for most of us to look at our living space objectively. In most cases, the home owner's lifestyle dictates how their house is arranged. For example, an owner may have huge family dinners so they have 10 chairs around the kitchen table in a space meant for 4, or if a home owner has children, he or she may have their Dining Room set up as a Play Room filled with toys. However, the way that you live in your home is not the same as the way you sell your home.

That is where **Robert Incao** and **Lisa Berchoff** come in. As Realtors, they know that the majority of buyers want a home that has a Dining Room. Moreover, if the room is set up as a Play Room, a buyer without children may not relate to that space. If there are too many chairs around a table, the room could be perceived as too small even if it is a spacious room. This is why the rare Real Estate Agent/Home Stager combination is so valuable. Most Realtors do not stage the homes they sell. However, **Robert** and **Lisa** have both the Real Estate knowledge in the local market and home staging abilities to make your home look like a home that buyers want to buy.

Robert Incao and **Lisa Berchoff** are top-producing Realtors who stage homes that they list as a service to their clients. Their results are unparalleled for selling their satisfied clients' houses for more money in less time. "I couldn't believe it was my house and I never thought of making those changes! I didn't want to move after **Robert** and **Lisa** were done staging and the professional pictures they had taken of my home were beautiful," said Christine Sarola of her Bridgewater home that received multiple offers within two days. Not only will **Robert** and **Lisa** implement professional staging with no extra cost to their clients, but because of their success as Realtors they know what today's buyers seek and are able to incorporate into their Home Staging plan for each house they sell.

You don't need to be ready to put your house on the market before you call **Robert Incao** and **Lisa Berchoff**, who will come to your home for a free consultation. Often the duo work collaboratively with their customers for weeks or months before their house is on the market. "We spend time with our clients advising them on paint colors and home repairs, and are able to save them a lot of money," says Lisa, "We advise sellers on what repairs are needed and more importantly what repairs are not needed." Robert elaborates, "A recent Branchburg client of ours had planned to have her old kitchen renovated before putting it on the market. Because of our knowledge of the local housing market, we knew that they would not get that money back upon selling, and we knew that our Staging touches would improve the kitchen tremendously. We saved them \$15,000 for a new kitchen and received an offer the first week on the market. They were thrilled."

Robert Incao and **Lisa Berchoff** have a unique, strategic and innovative approach to Real Estate, and have even sold many homes that previously sat on the market for six months or more and have not sold. The **Incao-Berchoff** team are passionate about their home staging, professional marketing and strategic pricing strategies that have yielded them so much success. Please see their advertisement on the opposing page for some of their successful sales and happy customers. If you're considering selling your home or had your house on the market unsuccessfully, **Robert** and **Lisa** are the Realtors to call. Call the team of **Robert Incao** and **Lisa Berchoff**.



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NEW NON-SURGICAL, DRUG-FREE TREATMENTS PROVIDE RELIEF FOR BACK AND NECK PAIN

Submitted By: Peak Medical

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

Neck pain is also experienced by 10% of Americans. Neck pain is due to trauma, poor posture, degenerative diseases, and muscle strains. According to the American College of Rheumatology, most episodes of neck pain are caused by the wearing out of the structures of the neck, which is associated with aging, or with overuse of the neck or arms. The most common disorders that cause neck pain are muscle strains, osteoarthritis, spinal stenosis, and whiplash. Through non-invasive treatments, many people who get treated for neck pain are pain free in less than eight weeks.

As stated by the AAPM&R, back pain that is not treated can cause your posture to get worse and may in turn worsen the problem or cause new ones. Many people who suffer from back pain think that medication or back surgery is the only resolution to the problem. In addition, many people use hot packs or other forms of exterior treatments, but that does not resolve what is internally going on in the joint. Today, there are many non-invasive and medication free ways to help reduce or prevent the pain from

returning. With the help of treatments and training available through Peak Medical, people are finding relief from their back & neck pain.

Peak Medical, a multidisciplinary physical medicine and rehabilitation center, successfully improves back and neck pain through many non-invasive and safe treatments. As each individual has a unique set of pain symptoms, we customize specific treatment using an array of FDA cleared technology, treatments, and medical experience. A few of the treatments that are offered at Peak Medical include spinal decompression, cold laser and deep tissue laser, physical therapy, acupuncture, and chiropractic adjustments.

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

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



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

Tuesday

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

Wednesday

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

Thursday

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

Friday

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

Saturday

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



WALK THIS WAY Walking Tours To Explore NYC Neighborhoods

By: Jill Stolz

The unseasonably warm weather during the holidays inspired me to look for some outdoor activities that didn't involve snow or ice. Browsing through the weekend section of *The New York Times*, I was immediately drawn to "Walking Tours." Two of the tours listed for Christmas week included New York Talks and Walks' "Brooklyn Bridge Walk Into The New Year," beginning with the history of the City Hall area and then the famous bridge itself, and Big Onion Walking Tours' "Christmas Day Jewish Lower East Side Tour," highlighting buildings, landmarks and stories of Jewish immigrant families.

My love of walking, New York City and history all came together and prompted me to look for other tours to plan for in the warmer months. Not surprisingly, there are many walking tour outfitters, each with a unique twist and rates varying from free to fairly pricey. Below is a list to choose from:

Adventure on a Shoestring (212-265-2663)

90-minute tours of mostly lower Manhattan neighborhoods but also tours of Astoria, Hoboken and Roosevelt Island. Sometimes lunch at local ethnic restaurants are an option add-on, not included in fee. Price: \$5

Big Apple Greeter (bigapplegreeter.org)

Volunteers offer 2-4-hour personalized tours of any NYC neighborhood in any borough. Price: Free

Big Onion Walking Tours (bigonion.com)

Themed two-hour tours offered weekends and holidays, ranging

from neighborhood tours, in-depth historical and ethnic tours to special holiday and eating tours. All guides hold advanced degrees in American History and are full of facts about the city. Price (cash only): \$12 adults, \$10 students and seniors, \$14-\$18 special tours.

Central Park Conservancy (centralparknyc.org)

One-hour tours that explore the history, ecology, design and beauty of Central Park. Price: Free

Harlem Spirituals Gospel and Jazz Tours (harlemspirituals.com)

Tours of the entire city, not just Harlem. But the Harlem tours are special, including a gospel service, soul food and jazz tours. Price: \$30-\$95 adults, \$50-\$95 children

Joyce Gold History Tours (nyctours.com)

Joyce Gold, an NYU history professor and author, leads the highly recommended 2-3-hour tours of historical neighborhoods. Price: \$12

Municipal Art Society Tours (mas.org)

Tours of neighborhoods, history and culture, many with art themes and companion lectures and slide shows. Price: \$12-\$15 adults, \$10-\$12 students and seniors

New York City Cultural Walking Tours (nycwalk.com)

multi-ethnic heritage tours given once a month. Price: around \$20

New York Talks and Walks (newyorktalksandwalks.com)

Led by Dr. Philip Schoenberg, offering a variety of seasonal, ethnic and historical tours. Price: \$12-\$15



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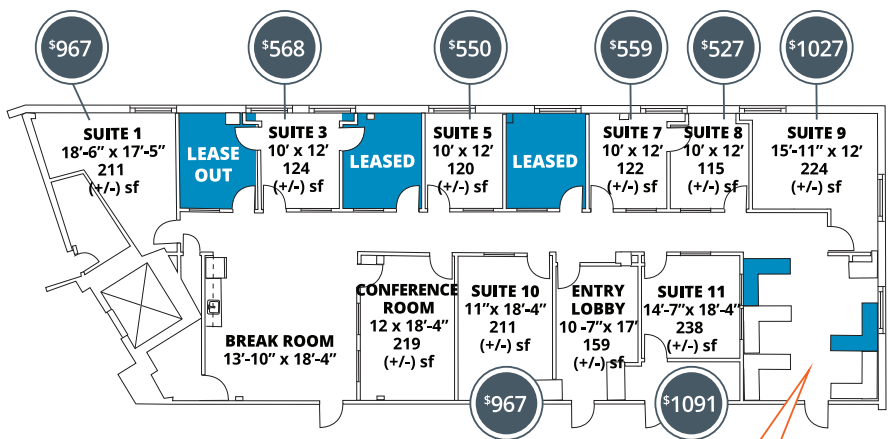



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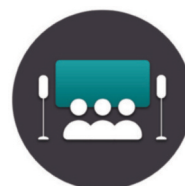
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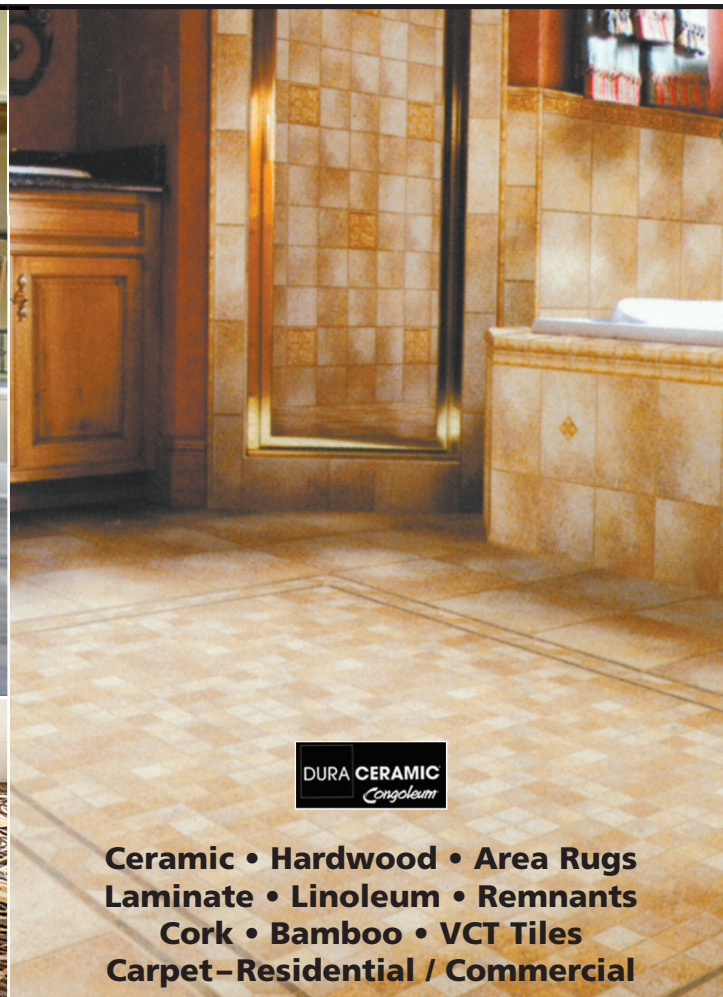
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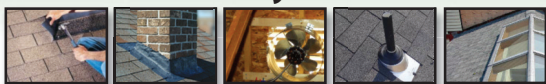
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Shirley Perlinsky

Shirley Perlinsky, Owner of **S & G Cleaning Services Corporation** in Hillsborough, has been involved in the cleaning business her entire life. Initially inspired by her grandmother while growing up in a modest neighborhood in Brazil, her grandmother taught her that while they did not have the largest home, they most certainly had the cleanest. Her grandmother taught her how to clean, and introduced her to the personal reward and satisfaction of having a sparkling home. After Shirley's family moved to the U.S. in 1987, her mother ran a house cleaning business in North Jersey for many years. When her mother retired, Shirley assumed ownership of the business, and had the mindset from the very beginning to turn it into a corporation. Shirley utilized her college background in marketing, and ten years of professional experience in running a marketing research company to create a successful cleaning operation that continues to grow.

"We're not just a cleaning lady – we are very different." **S & G** offers their employees benefits and bonuses. Her company carries workers compensation and liability insurance. Her employees are equipped with GPS tracking devices, and her office is run by a unique software program that tracks the specific needs of her clients from the very first phone call. In addition to residential cleaning, **S & G** offers a variety of services including commercial cleaning, window and carpet cleaning and post-construction clean up.

"Our employees are wonderful and cleaning is their passion," said

Shirley. "You can't effectively clean three homes in a day and not love it!" All of Shirley's employees are thoroughly screened, trained and provided with a uniform. They receive special bonuses for providing exceptional service. Working at **S & G** isn't about just coming to work. It's about building relationships with each other and their clients. For the past two years, **S & G Cleaning Services** has served as the pilot company to the Somerset County Business Partnerships Workplace Wellness Program to promote a healthier workplace.

Also important to Shirley is giving back to the local community. **S & G** is a member of Cleaning for a Reason, a foundation that provides cleaning services at no cost to women undergoing treatment for cancer (go to www.cleaningforareason.org for more information). Shirley Perlinsky is an ambassador for SCBP, our local chambers and loves to help small business.

S & G offers a very wide service area and is proud to offer environmentally safe products on all their jobs. References are available upon request, and free estimates are available. Current promotional offers include 10% off all your Power Washing Jobs, 50% off Top to Bottom Cleaning when booking a year of weekly cleaning and 25% off for bi-weekly booking, and 15% off Window and Carpet Cleaning jobs (over \$250). Visit www.sgcleaningservices.net to download a free estimate form or for more information, or give them a call at 908-722-9254.



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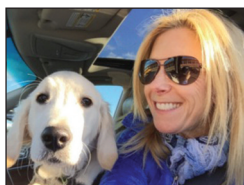
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It would not be unusual on any given day, at any given time, to see my neighbor Nancy Goldberg walking her adorable dogs, Baxter and Skippy. A 9-year old Labradoodle and 4-year old mini Goldendoodle respectively, the two dogs walk in perfect unison, well behaved and enjoying the day.

It would also not be unusual to see a third canine, be it a Golden Retriever, Yellow or Black Lab, or another Labradoodle puppy cheerfully following along. At least once a year, or sometimes more, Baxter and Skippy share their amazing family with a new "brother or sister" who will not stay more than a few months. At the time of this writing, Cooper, puppy #10 is happily following the pack.



Nancy with Buddy, puppy #9

The Goldbergs – Nancy, her husband Ron, and their two sons, Ryan, 17 and Justin, 15, have been raising puppies for the **North Star Foundation** <http://www.northstardogs.com> for the past seven years. What began as Ryan's "Mitzvah" project (a charitable endeavor for a child becoming a Bar or Bat Mitzvah) has become a family tradition, and the savior for many young children.

North Star Foundation is a non-profit organization whose mission is to help children who face social, emotional or educational challenges with the help of animal assisted therapy, school visits and dog placements. **North Star** puppies are specifically bred to have the temperament necessary to help these children. The Goldbergs have trained puppies that have gone to children with autism, depression and Rett's syndrome.

A Caring COMMUNITY

PUPPIES WITH A PURPOSE

By: Lauren Greenberg

These dogs have helped their new owners, kids between the ages of 6-12, to socialize, be less lonely, and have responsibility. In the past 15 years, **North Star Foundation** has created over 250 assistance dog partnerships all over the world.

It's the Goldbergs' job to get these adorable puppies ready for their new home. The dogs must be housebroken, crate-trained, socialized and able to follow basic commands before they go home with their new owners. As any of us who have dogs know very well, training a puppy is hard work! But Nancy and her boys just see it as a way of helping people, and their dedication to this cause is sincere and selfless. Throughout the training, they also work with the families to ensure a smooth transition to the pup's forever home. This includes multiple family visits to their home when geographically possible, giving the child and the puppy time to bond.

The day I interviewed Nancy, she had woken up in the middle of the night with Cooper, cleaned a mess while I was there, and was putting on her rain gear as I was leaving to take him out again. (It was pouring!) The boys help out

after school and on weekends, walking, feeding and playing with the puppies - an integral part of their training! Ron is supportive and can often be seen with leash in hand on weekends. When I asked if she was done, and if training ten puppies was enough, she said, "I can't stop now! There are so many more children who need the dogs."

Nancy is passionate as she explains that often, a dog is the only friend these children have. Some are non-verbal, and one of the kids who got a **North Star** pup started speaking to the dog first! For many, walking their new dog opens the doors of socialization that until having a service dog seemed completely closed. The puppies also help others get over their fear of differences, and promote acceptance and understanding.

Each of the puppies raised by the Goldbergs has a remarkable story, and Nancy's family keeps in touch with all of them via email, Facebook and visits. The most touching story to me was that of Rex, puppy #6, living with a girl suffering from Rett Syndrome, a neurodevelopmental disorder, in Olympia, Washington. Although Rex was not trained to recognize seizures, he knew something



Ryan and Justin with Cooper

was wrong with his owner one night, put his paw on her chest, got her parents' attention, and aided in getting her the medical help she needed. (Yes – WOW!)

I would be remiss if I did not mention that the Goldbergs are not alone in this town.

Molly Davis first introduced Ryan to this great cause. The Davis family has raised many **North Star** pups, along with the Vardi, Braverman and Koenig families. Sophie Vardi and her friend Elle Braverman raised siblings Beau and Susy for their Mitvah projects. The Fogels, who could no longer refuse daughter Lindsay's persistence, are training Ruby, Cooper's sister! This is truly a labor of love, and must be embraced by all members of the family to get it right.

To learn more about the **North Star Foundation** or to make a donation, visit them online <http://www.northstardogs.com> or on their Facebook page. A new documentary, "The Buddy System," is currently in production. It highlights two **North Star** pups and their placements with children on the autism spectrum. Nancy, Ryan and Justin are featured puppy raisers in the film, which can be pre-viewed on their Facebook page, The Buddy System Documentary.

As the first in my new series, "A Caring Community," I thank Nancy and her family for being a true inspiration and for helping to change so many young lives.

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



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“RANDOM” CONNECTIONS

SISTER ACT, ENCORE

By: Dan Rosenberg

I am beginning to think that maybe I should just relinquish this column to my sisters, Lynn, who lives in Cincinnati, and Susie, who lives in Denver. In the last issue, I described a connection they had this past summer when they met in Maine. And now here is their fall connection. At least they didn't have to travel to experience this one.

Susie works in non-profit fundraising, which requires that she network at various business events around Denver. In late September, she was introduced to Gil Irep, a health care executive that recently started working at a major hospital in Denver. Susie learned that Gil had been in Denver about a year. After

talking with him a few more minutes she found out that he had moved to Denver from a small town in Ohio, about a two hour drive from our hometown, Cincinnati.

Naturally Susie asked Gil if he knew our sister, Lynn, also a health-care veteran and now consulting to healthcare companies. He said he may have heard of her but didn't believe they had ever met. After the event, Susie made an e-mail introduction between Lynn and Gil. They began exchanging e-mails to explore potential services that Lynn could provide Gil as he began to ramp up in his new role.

A few weeks later, Lynn went to a dinner hosted by The Greater

Cincinnati Chamber of Commerce. There she met a man from Procter & Gamble, which has its world headquarters in Cincinnati. When he introduced himself as Guy Irep, which is an uncommon last name, she just had to ask him if he had any relatives in Denver. Guy said, “Yes, my brother, Gil.”

Lynn mentioned that her sister in Denver had introduced her to his brother. Guy continued, “Have you ever met Gil?” Lynn said that she hadn't, at which time he said, “Well you kind of just did! We're identical twins!”

My wife and I have identical twins, which can be hard to tell apart at times. We figured the par-

ents of Guy and Gil must have had a good sense of humor when naming them. If you think Guy and Gil could lead to confusion, those of you that are long-time music fans may remember The Whispers, who started performing in 1964 and continue to do so today. Their lead singers are identical twins, Walter and Wallace Scott. However, problem solved as Wallace ended up with a nickname, “Scotty.”

As much as I love telling stories about my sisters, I know there are many of you with random connections. So please get in touch with me through The Connection and we can get to work on publishing your stories.

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SENIOR CORNER



IS IT TIME FOR LONG-TERM CARE INSURANCE?

By: Ellyn Mantell

Readers of the **SENIOR CORNER** know that I try very hard to provide pertinent information to help the aging community. Needless to say, one of the biggest consideration for all of us is financial preparedness, and that leads to whether or not to purchase insurance. I recently reconnected with a friend who has been in the insurance industry for over 40 years, and he is so knowledgeable, that I wanted to introduce him to you. **Jeffrey Dunst, CLU, ChFC, CLTC**, of International Planning Alliance is fully accredited in all aspects of the business (973) 669-8548, JDunst@planningalliance.com. And planning is what I want readers to focus

on **BEFORE** the need exists.

Jeffrey specializes in **Long Term Care**, and knows the importance of being prepared! He has been a caregiver for 5 family members, currently, his Dad, and so he "not only talks the talk, he walks the walk." He knows firsthand what a physical, emotional and financial drain an extended illness puts on the family. Again, I can't stress enough the value of preparedness, and that will be different for each family and each family member.

Jeff spends time understanding the needs of a client, and when meeting the potential client, he asks the following 3 questions: Do

you think you will live into your 80's and 90's? If so, is it possible you will become frail and need some assistance? Have you considered the financial consequences to your family and retirement plans? Jeff informs me he goes to the marketplace with the answers to these questions, as well as other information he gathers, and gets numerous quotes for them. I highly recommend talking with Jeffrey Dunst or your insurance agent to find out where you are in the continuum of preparedness.

Additionally, as always, please contact me if our business, **SENIOR ASSISTANTS (908) 883-0469; ellynmantell@aol.com**, can

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Submitted By: Ultimate Health & Weight Loss

It's the beginning of a New Year and everyone is looking to make significant lifestyle changes to make their life better. Losing weight continues to reign as one of the top resolutions, yet Americans continue to get heavier and heavier.

Sadly, overweight and obesity are key risk factors in the development of many chronic degenerative diseases such as heart and respiratory diseases, non-insulin-dependent diabetes mellitus or Type 2 diabetes, hypertension and some cancers, as well as early death. These conditions are considerable health care and societal burdens.

I'm writing this article because people are looking for answers that really work. Not only do they want to lose weight but they want to be healthier as well. How many of us over the years have tried multiple diet plans to lose weight only to be discouraged by the minimal results and the frustration of gaining all the weight back again and sometimes more?

Well, I believe there's finally an answer for all of us out there! And that answer is the Nutri-most Ultimate Wellness and Fat Loss System.

I have been practicing a holistic approach to health and wellness for over the last 30 years and what I have seen over the last 10 months since opening Ultimate Health and Weight Loss has been nothing short of miraculous. People are not only losing weight but regaining their health and getting off of many medica-

tions. I myself lost 26 pounds in 34 days and have not only been able to keep it all off but feel better than I have in years.

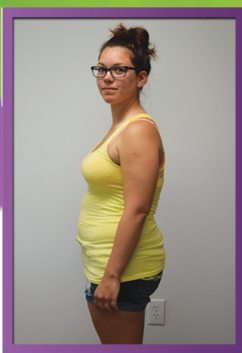
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So if you are looking for answers for the New Year here is what Diane F. had to say, "This program is amazing! I have lost 25 pounds in six weeks! Dr. Frank and his staff are wonderfully encouraging and helpful. I highly recommend this program for anyone looking to make a lifestyle change."

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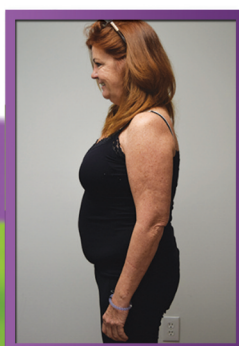
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*Kevin u
for c*

Kevin's Productivity 2015

35 Francis Drive, Bridgewater (*LISTED & SOLD*)
826 Madison Avenue, Bridgewater (*PARTICIPATED*)
255 Short Hills Drive, Bridgewater (*LISTING SOLD*)
795 Star View Way, Bridgewater (*PARTICIPATED*)
3105 Vroom Drive, Bridgewater (*PARTICIPATED*)
32 Stella Drive, Bridgewater (*PARTICIPATED*)
810 Garfield Avenue, Bridgewater (*LISTING SOLD*)
548 Stony Brook Drive, Bridgewater (*LISTING SOLD*)
379 Waterview Road, Bridgewater (*PARTICIPATED*)
750 Red Lion Way, Bridgewater (*LISTING SOLD*)
656 Cedarbrook Road, Bridgewater (*LISTING SOLD*)
74 Marie Avenue, Bridgewater (*LISTED & SOLD*)
255 Falmouth Place, Bridgewater (*LISTED & SOLD*)
46 Milltown Road, Bridgewater (*LISTING SOLD*)
2 King Drive, Bridgewater (*PARTICIPATED*)
15 Stella Drive, Bridgewater (*LISTED & SOLD*)
206 Brokaw Court, Bridgewater (*PARTICIPATED*)
624 Mountain Avenue, Bridgewater (*LISTING SOLD*)
1170 Washington Valley Road, Bridgewater (*PARTICIPATED*)
1798 Bolmer Farm Road, Martinsville (*PARTICIPATED*)
1090 Tullo Road, Martinsville (*LISTING SOLD*)
3 Jordanna Court, Bedminster (*PARTICIPATED*)
10 Ardmore Place, East Brunswick (*LISTING SOLD*)
241 W Maple Avenue, Bound Brook (*PARTICIPATED*)
897 S Meadow Drive, Bound Brook (*LISTING SOLD*)
269 Metape Circle N, Bound Brook (*LISTING SOLD*)

612 Betsy Ross Place, Bound Brook (*PARTICIPATED*)
41 Pulaski Road, Readington Twp (*LISTED & SOLD*)
10 Dipaolo Court, Raritan (*PARTICIPATED*)
113 W Summit Street, Somerville (*LISTING SOLD*)
5 Prospect Street, Somerville (*PARTICIPATED*)
89 Swing Bridge Lane, S. Bound Brook (*LISTING SOLD*)
12 Meadow View Court, Branchburg (*PARTICIPATED*)
45 Butternut Lane, Basking Ridge (*LISTING SOLD*)
209 S 8th Avenue, Manville (*LISTING SOLD*)
75 Kayharts Lane Washington Twp (*PARTICIPATED*)
41 Cummington Lane, Raritan Twp (*PARTICIPATED*)
137 Tower Boulevard, Piscataway (*LISTING SOLD*)
1211 Grand Avenue, Unit 102, Asbury Park (*LISTED & SOLD*)
1211 Grand Avenue, Unit 204, Asbury Park (*LISTED & SOLD*)

95 Bonney Court, Bridgewater (*RENTED*)
234 Marcia Way, Bridgewater (*RENTED*)
256 Marcia Way, Bridgewater (*RENTED*)
367 Ellen Lane, Bridgewater (*RENTED*)
3105 Vroom Drive, Bridgewater (*RENTED*)
1898 Woodland Terrace, Bridgewater (*RENTED*)
181 Maple Street, Bridgewater (*RENTED*)
36 Ardmaer Drive, Bridgewater (*RENTED*)
12 Swing Bridge Lane, S. Bound Brook (*RENTED*)
2 Lackland Avenue, Piscataway (*RENTED*)
74 Encampment Drive, Bedminster (*RENTED*)

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would like to thank you
an amazing 2015!

Kevin's Feature Listings



50 Hillcrest Road, Martinsville



16 Argonne Farm Drive, Bridgewater



20 Elmara Drive, Bridgewater



18 Chelsea Way, Bridgewater



904 McKinley Street, Bridgewater



1653 Washington Valley Road, Martinsville



313 Hannah Way, Bridgewater



3414 Winder Drive, Bridgewater



27 Hidden Pond Court, Raritan



49 Murray Hill Square, New Providence



182 Lackland Avenue, Piscataway



57 Northumberland Drive, Berkeley Twp.

Under Contract Listings



264 Marcia Way, Bridgewater



2707 Pinhorn Drive, Bridgewater



87 Mountain Court, Bedminster



51 Blue Grass Boulevard, Branchburg



98 Briar Way, Branchburg



1128 Schmidt Lane, North Brunswick

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ADULT SATURDAY \$8.39

KIDS \$3.39

3-6 years old \$3.39

7-10 years old \$4.99

SUNDAY ALL DAY DINNER \$11.59

DINNER BUFFET

Mon.-Thu. 3:30pm-10pm
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\$100 OFF

LUNCH BUFFET - Dine-In Only

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\$6.59

Lunch Buffet must purchase 2 Beverages Dine-In Only Monday - Friday

Coupon must be presented before payment. Limit 2 adults per coupon only. Not valid with any other offer. Offer valid after applicable taxes. Excludes Holidays. Expires 3/31/16.

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DINNER BUFFET - Dine-In Only

With purchase of 2 beverages. Coupon must be presented before payment. Limit 2 adults per coupon only. Not valid with any other offer. Offer valid after applicable taxes. Excludes Holidays. Expires 3/31/16.

\$300 OFF

DINNER BUFFET FOR 2 ADULTS - Dine-In Only
With purchase of 2 beverages. Coupon must be presented before payment. Limit 2 adults per coupon only. Not valid with any other offer. Offer valid after applicable taxes. Excludes Holidays. Expires 3/31/16.

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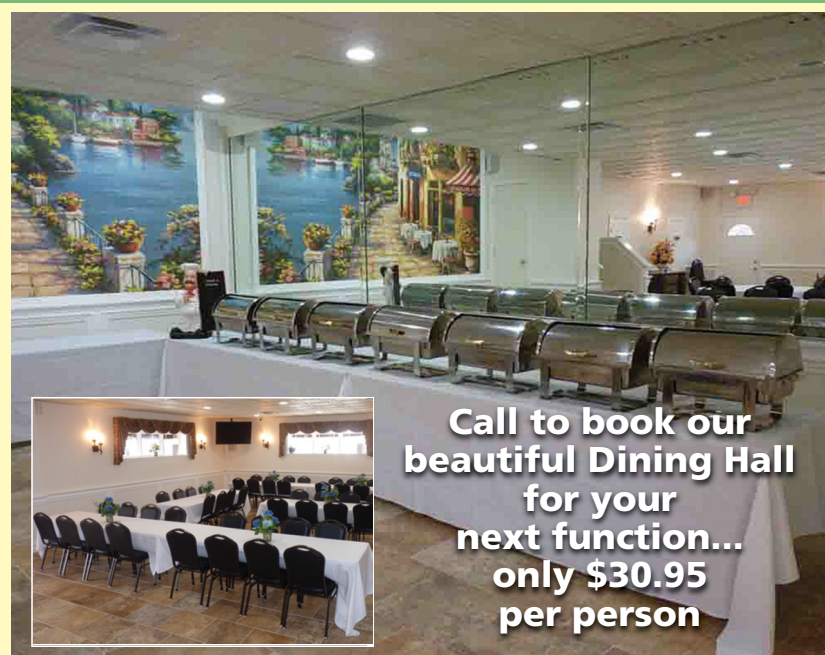
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Only \$13⁹⁹ Per Person
(Min. 10)

INCLUDES: Plates, Forks, Knives,
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Lasagna or Lasagna Rollatini

ENTREE - *Your Choice:*

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Sliced Spiral Ham • Fresh Ham

VEGETABLES - *Choice of 2:*

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

Includes: Fresh Baby Green Salad
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Buckets of Chicken

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

Expires 4/13/16. Not to be combined with any other offer. Valid at Bridgewater location only.

Buffalo Wings

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

Expires 4/13/16. Not to be combined with any other offer. Valid at Bridgewater location only.

Dinner For Two

8 Pieces of Chicken	14.50
Single French Fries or Mashed Potatoes Plus 1/2 lb. of Salad of Choice	

Expires 4/13/16. Not to be combined with any other offer. Valid at Bridgewater location only.

Fiesta Family Special

12 Pieces of Chicken	22.95
Double Order of French Fries or Mashed Potatoes Plus 1 lb. of Salad of Choice	

Expires 4/13/16. Not to be combined with any other offer. Valid at Bridgewater location only.

Fish N' Chip Tub

10 Pieces of Batter Dipped Fish	20.95
Double Order of French Fries or Mashed Potatoes plus 1 lb. Salad of Choice	

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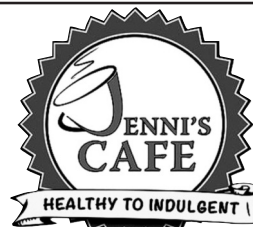
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By: Lidia S. Gabinelli, Sales Associate
Berkshire Hathaway HomeServices New Jersey Properties

What's cooking with Lidia?

If you're thinking of downsizing or selling real estate, contact your trusted real estate professional for a preview on how to prepare. We will market your home, netting you the highest sale price in the least amount of time, at no inconvenience to you. We will compile a checklist, along with tips, contacts, and contractors in order to tidy up, clean up, patch up and add the finishing touch.

Tidy Up!

When selling your home, it is critical to look at it from the prospective of the buyer. Be sure to de-clutter your home, allowing buyers to see a maximized amount of space and potential. When selling a home, less is more!

Clean up!

A clean home gives the impression that it was well cared for. Aim to make your home not only visually but also aromatically

appealing. Remember: paint in the can is worth \$20, but it's worth \$1,000 on the wall!

Patch Up!

Take care of your minor home repairs, as they can be seen as even bigger issues from the buyer's perspective. Save yourself the money and trouble later, and patch your home up before placing it on the market.

The Finishing Touch!

It's the little extras that set the home apart from the others and make it stand out. Buy some fresh flowers and set the scene for the buyers in order for them to envision themselves in the home.

The decision to move can be a difficult one to make. Do you want to continue spending money to keep your home, or are you ready to simplify? Contact me to discuss the pros and cons of downsizing.

2015: Year End Review

BRIDGEWATER, NEW JERSEY

Contact Lidia Gabinelli for year end statistics in your particular town!

SOLD
566
HOMES

58 DAYS
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98%
OF LIST PRICE

AVERAGE SALES PRICE:

\$447,112

LOWEST PRICED SALE:

\$63,500

HIGHEST PRICED SALE:

\$1,320,000

MEDIAN SALE:

\$424,700

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Esh's Seafood & Salads
\$2.00 off per lb. on all Shrimp (raw or cooked)
Expires 3/31/16. One offer per stand per Customer.

Becca's Bakery
\$3.00 Off Any \$30 Purchase Donuts - Buy 6 Get 2 FREE
Expires 3/31/16. One offer per stand per Customer.

Marty's Candies & Canned Goods
\$1.00 off \$5.00 Purchase
Expires 3/31/16. One offer per stand per Customer.

Lancaster County Meats
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Expires 3/31/16. One offer per stand per Customer.

Lil's Soft Pretzels & Ice Cream
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Expires 3/31/16. One offer per stand per Customer.

Flemington Produce
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Expires 3/31/16. One offer per stand per Customer.

Stoltzfus Fresh & BBQ Poultry
Fresh Chicken Cutlets Buy 3 - Get 1 Free
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THE BAR METHOD WARREN



Liz Figenshu & Sabina Clark

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908-546-7385
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By: Tatiana Javier

If walls could talk, these walls covered in blissful blue hues and whimsical custom wallpaper would tell you a charming tale of a fitness destination you'd never want to leave – **The Bar Method Warren**.

"It's our goal to create a community," said Liz who is proud to be a part of **The Bar Method** family and is dedicated to creating a personalized experience.

"This sense of community allows people to enjoy exercise. We want people to feel like they are a part of this," she continued.

With a combined history of 10 years with **The Bar Method**, Sabina and Liz consider it a lifestyle. It's a fun outlet to release stress and simultaneously sculpt your body.

Each class provides an entire body workout with a three-part sequence that starts with arms, chest and back then moves down to legs and glutes ending with core.

"My husband will openly admit that he can't get through the first 15 minutes," joked Sabina.

In between strengthening each muscle group, **The Bar Method Warren** team, made up of five instructors, stretches to ensure muscle elasticity and to increase flexibility.

"I love every minute of this," said Sabina who takes up to five classes per week along with

teaching her own classes.

"**Bar Method** works for your body and it's great for your mind. It takes you away from the world for an hour. It's mentally and physically challenging. And it never gets easier. After 7 years I still shake," admitted Sabina when discussing her unwavering dedication to her practice.

The unique, fast-paced choreography of every class, with all skill levels taken into consideration, allows for precise movement that works towards longer and leaner muscles.

For women who are pregnant or those who have injuries, each low-impact exercise is safe and can always be modified.

After a full-body workout, you can take a breather in the beautiful, naturally lit locker room that is stocked with towels and toiletries to freshen up.

And the cherry on top of it all? The new studio is lined with velvet, cushioned carpets that can only be described as cloud-like. Once you set foot on it, you'll keep coming back for more.

The Bar Method Warren is located at 51 Mount Bethel Road, Suite 210. Classes are held seven days a week. For schedules or pricing information check out Warren.barmethod.com or give Sabina and Liz a ring at 908-546-7385.

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Before Clear + Brilliant



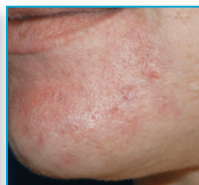
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- Renewed, ultra-soft and smoother texture
- Naturally radiant and glowing skin
- Improved tone, texture and radiance



Before Isolaz



After 6 Treatments

Isolaz is a unique acne treatment:

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



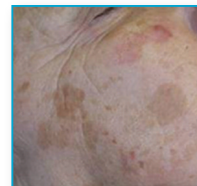
Before Fraxel 1927/1550



1 Month After 3 Treatments

Fraxel can help:

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



Before



After

Intense Pulsed Light (IPL):

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



Before



After

Laser Hair Removal:

- Permanently decrease the hair growth on your face or body with a series of treatments
- Suitable for all skin types

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

Clear + Brilliant indications for use:

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

Fraxel DUAL 1550/1927 indications for use:

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

Isolaz indications for use:

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

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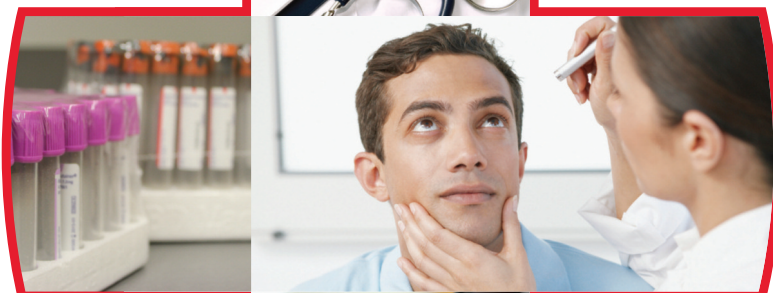
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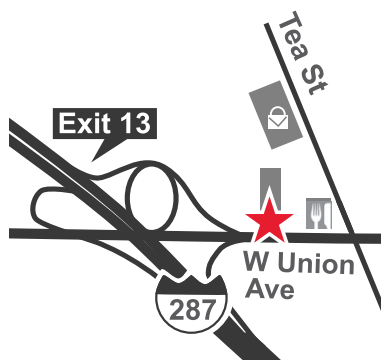
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**KYBELLA-
REINVENTING
THE WHEEL**

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

Recently the FDA approved a drug called Kybella® for the reduction of fat in the submental area (under the chin). Kybella® is composed of deoxycholic acid, a bile salt made by the liver to help dissolve the fat that you eat. Although touted by the manufacturer as revolutionary and first of its kind, the aesthetic industry has been using a compounded formula which includes deoxycholic acid for fat reduction for decades. First developed in Italy in the 1980's, Lipodissolve™ (also called Lipotherapy™) involves a series of microinjections of PC/DC (phosphatidyl choline and deoxycholic acid). Together they act to break the bonds in fat cells. Fat then liquifies and is eliminated by the body. Lipodissolve™ first became popular in the United States in 2002 as celebrities such as Brittany Spears praised its benefits.

Lipodissolve™ is not a substitute for liposuction. It is best done on those with small localized deposits of fat, or on the back where the fat is in a "honeycomb" pattern. Lipodissolve™ can be performed on the face and neck, abdomen, back, upper arms and thighs. Use on the inner thighs and lower eyelids should be limited and it is never injected below the knee. Typically the series involves 3-4 sessions. The sessions are spaced 2-4 weeks apart but results are similar if done at longer intervals. Although some loss of fat may be noticeable in as

little as 7 days following the first injections, the full effect of fat dissolution and skin shrinkage may take 3-6 months.

Following treatment an inflammatory reaction occurs. One can expect itching or burning for 15-60 minutes, redness for a day, bruising and/or swelling for 3-5 days and discomfort which diminishes over 2-3 weeks. Lipodissolve™ may result in the formation of nodules under the skin which usually resolve with massage over 2-3 weeks.

Lipodissolve™ cannot be performed on those who are pregnant or breast feeding, have a bleeding disorder, on blood thinners or are immunocompromised (organ transplant, chemotherapy, HIV). Those with uncontrolled diabetes, high blood pressure, heart or kidney disease or who have Bipolar disorder or Clinical depression should get medical clearance before undergoing treatment.

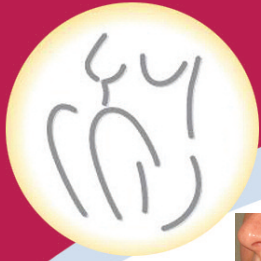
For more information about Lipodissolve™ or other methods of fat reduction call Plastic Surgical Associates at 908-725-4600 for a consultation or visit our website at www.plasticsurgicalassociatesnj.com. Andrea Strauss MD is a Board Certified Plastic Surgeon on staff at Robert Wood Johnson University Hospital Somerset in Somerville, NJ with a private practice at 11 Monroe Street, Bridgewater, NJ 08807.



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HOW WE MEASURE SELF-WORTH NO ONE GETS A TROPHY FOR "MOST CONSIDERATE"

By: Dr. Michael Osit

How do you measure your self-worth? Do you perceive yourself as a competent person? Are you successful? We live in a highly competitive society where self-worth is most readily measured by our achievements. Self-esteem and self-worth tend to be highly contingent upon the accumulation of accomplishments – observable, measurable accomplishments. Getting a huge promotion, straight A's on a report card, scoring 3 goals in a game, and earning first place in a forensics competition are all signs of success and will certainly feed your self-worth and self-esteem. But we are often neglecting what I consider to be a lack of acknowledgement of some important personal attributes that can enhance your view of yourself. These attributes are personality characteristics and deeds that are not necessarily awarded or rewarded with observable recognition. The fact is that we do not give awards for being sensitive to others, caring for others, giving of time, paying close attention to others' needs, good sportsmanship, and putting forth maximum effort even if the outcome is not the best.

Self-esteem is built by receiving the "best actress" Academy Award, the Most Valuable Player in Major League Baseball, Valedictorian of the class, or even getting the game ball for the winning hit, or a medal for first place in a 100 meter freestyle swim meet. These are public acknowledgements that validate competence and self-worth.

But what if you do not excel athletically, academically, or in the creative arts? This can result in having a low opinion of oneself, which is actually quite common. Since what we think and believe about ourselves is the basis for how we feel about ourselves, my therapeutic approach is to challenge my patients' belief system. Sometimes they have misbeliefs or irrational beliefs about themselves. Other times, people with low self-esteem actually have wonderful and valuable strengths that are simply not publically revered. Consequently, these personal characteristics are not identified and do not register into a positive personal schema.

In therapy, there are non-specific aspects in the relationship between the therapist and patient that include perceived interest, attention, and caring by the therapist. When present, these attributes have been found to be as important in determining a positive therapeutic outcome as the actual therapeutic technique used by the therapist. It occurs in the sports arena as well. In basketball, assists are as important as baskets, in baseball, moving the runner over is as important as hitting him in, in football, it is making a great block allowing the running back to score. The work environment is no different. An employee that pays attention to details to avoid big mistakes and save company money is as essential as the salesman who makes the huge sale. The receptionist in a law firm that treats each client as special and important does not directly account for the billable hours, but does make an important contribution to the overall experience of the client. The manager who keeps employees happy so that they remain invested, loyal, and productive is as important as the money that group makes for the company.

Let's take a look at yourself and others in your life and acknowledge important traits that really make a difference and impact others in a positive way. Let's look at effort instead of outcome, the way others are treated instead of how attractive they are, give the game ball to sportsmanship, and the award for "The Most Benevolent." Taking these traits for granted does not enhance self-esteem and self-worth. Acknowledging them places value on them so that you and others can realize how you positively impact others in a way that lasts a lot longer than receiving the award for "Best Salesman of the Year."

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

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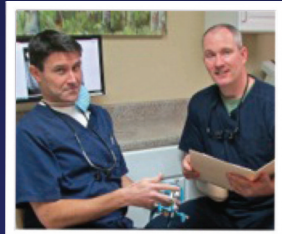
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Well, I finally got my "Vinnies"! Two actually. A pair of the more than 15,000 originals that exist worldwide. Hand crafted, custom designed, color matched to perfection and meticulously balanced. Lifelike. The Real Deal.

To clarify, a "Vinnie" is the creation of the one and only Vincent Myers, better known as Vinnie, of Little Vinnie's Tattoos in tiny Vicksburg, Maryland. And yes, the "Vinnies" I am referring to are, in fact, tattoos. Truth be told, I've always secretly wanted a tattoo but after reading my son the riot act for getting one and begging my daughter to swear off ink for life, it hardly seemed appropriate. And then something changed.

But back to Vinnie. Vinnie is an internationally recognized artist and has been tattooing for over 3 decades. I recently learned that he has a penchant for painting fish and, back in the day, he traveled with the Grateful Dead as the band's personal tattoo artist. Obviously his art runs the gamut. I would characterize my Vinnies as two of his more basic designs. After all, there's really nothing more basic than a good old-fashioned nipple. As in: the standard decoration on the human breast.

In a nutshell, I lost my nipples along with my breasts in 2014 to 2 different invasive breast cancers and I've been living nippless for over 19 months. That may not seem very long in ordinary time but in the breast cancer universe, it feels like an eternity. After several reconstructive procedures I am, for the most part, restored and I finally have moments, even days, when cancer doesn't occupy my every thought. People tell you that will happen but you never really believe it's possible. I can tell you, it is.

But back to Vinnie. In his 30 years of tattooing, Vinnie has spent the past 15 focused on nipples. The Johns Hopkins Breast Center (specifically, it's Director Lillie Shockney, a 2 time survivor who sports her own set of Vinnies) was responsible for his meteoric success. Most of his work is still done in his suburban Baltimore shop, in an obscure little strip mall bordered by cornfields. Once a month he travels to New Orleans to help the women of the Big Easy, where he was recruited by the pioneers of groundbreaking tissue flap procedures, The Center for Restorative Breast Cancer. Surgeons far and wide



are constantly sending him their patients and national media attention has added to the insanity.

Vinnie is in such high demand in the breast cancer community that the average wait for an appointment with him is approaching 8 months. Women are frustrated with the mediocre, one dimensional, vegetable dyed tattoos that they are receiving in their doctor's offices by minimally trained medical professionals who, through no fault of their own, are not experienced tattoo artists. These organic nipples not only look unrealistic but they fade. So word spread like wildfire about Vinnie's authentic ink. Nipples and their accompanying areolas are now ALL he does. Day in, day out, it's nipples and areolas for Vinnie. Do the math...7 women a day, 5 days a week, most weeks of the year. That's a lot of nipples. A lot of women. Too much breast cancer.

Vinnie has become the brass ring at the end of the breast cancer merry-go-round, when you're so dizzy from all the revolutions that it's hard to muster enthusiasm for yet another whorl. But maybe that's one reason the long wait is less frustrating than you would imagine. Unlike the first weeks after diagnosis, when nothing can move fast enough to just GET IT OUT, this is an opportunity to slow down, to appreciate the doctor-free months, to just breathe.

At 58, I wasn't too concerned about nipples. I've been married to the same mensch of a man for 33 years, my kids are grown, I no longer wear revealing clothing (ok, so I never wore revealing clothing. Whatever) and I can't imagine a scenario in the future where it would matter much if my nipples were MIA. I look acceptable in a bathing suit and noone is the wiser. Except me.

But back to Vinnie. Overwhelmed with his nipple load, Vinnie handpicked 2 other compassionate and uber talented tattoo artists to learn his craft. They now fashion nearly as many trompe l'oeil nipples in a day as Vinnie does. Again, do the math. It's mind-blowing. And exhausting. So occasionally Vinnie chills out. He loves to fish and will escape for a day to clear his mind and regroup for the emotional commitment he has made to making women whole.

One reason I wanted to rendezvous with Vinnie was his map. He has a map of the world on the wall of his shop and that map is covered with pins, each pin representing one woman and where she came from. As I stood staring at that map, oozing but pain free after Vinnie worked his magic, I wanted to cry. Thousands of pins, women from every single continent, dozens of countries, and every state in the U.S. All of those women, all of their stories, some now strutting their Vinnies with pride, other no longer here to strut. It was overwhelming. I picked up a pin and searched for a millimeter of space to plunge it into NYC. But instead, I had to settle for somewhere off the coast, floating in the L.I. Sound. Too many women were there before me. Too many pins. Too much breast cancer.

But back to Vinnie. Thank God for Vinnie! I challenge anyone to look at a pair of his 3D's and not do a double take. He's THAT good. His congenial manner and sense of humor make a somewhat bizarre hour (dare I say it?) FUN. He's a magician, creating an illusion so that the reflection we see in the mirror is not a constant reminder of loss. His Vinnies actually trick the brain into thinking the body actually looks...normal.

I can imagine how it might get tedious for an

artist like Vinnie to funnel all of his creative energy into such a restricting endeavor. But I'm confident he absorbs our immense gratitude and he admits he is inspired by the positive attitudes and kindness of some of his clients. His sister is one of us, diagnosed at the exact moment when Vinnie was considering hanging up his nipple needles. He took that as a sign that we needed him more than he needed to stop.

Vinnie's knowledge of breast cancer, reconstruction, patient's rights, standards of care, surgical skill, breast surgeons, plastic surgeons and NIPPLES is admirable and he uses that knowledge wisely. He knows his place. But he's not just "that tattoo guy". His perspective is precious, as he has seen more reconstructed breasts than most doctors ever will. He is well respected in the medical community and makes no qualms about telling them what he thinks (a touchy scenario with ego centric surgeons!). Vinnie also works tirelessly to spread the word that reconstruction is not only legally mandated for every woman in this country but that good reconstruction should be the norm, not the exception.

I don't often speak about my journey, mainly because it pales in comparison to what so many others have been through. But after connecting with dozens of women through various sources, I've learned that each of our perspectives is unique, important and invaluable. At the right moments, we have knowledge that can help those who come behind us. We can relate. We know.

Vinnie knows too and is willing to take his talent anywhere on the globe where he is needed. He recently established a non profit to help the women who can't afford him and have little chance of ever making it to Vicksburg. The gratitude I feel for Vinnie makes me want to be a crusader for his cause, to find a creative way to help. We'll see. Life has a way of guiding you to where you should ultimately be. As much as I admire Vinnie, I dream of the day when he is out of business. When there are no more nipple tattoos, no more pins, no more breast cancer. Hopefully, all that will remain is a sign on his door that reads: "GONE FISHIN' "

To learn more about Vinnie and his team or to donate go to www.vinniemyersteam.com or for more information, email me at Terardi@gmail.com



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Pain motivates a person to protect the damaged body part while it heals. There are many options for dealing with pain - masking it, managing it or preventing it. Seeking medical advice to act upon your pain correctly is critical. Alleviating pain with medication is a short term fix and may be appropriate, particularly in the early going. It can reduce inflammation and swelling in order to help you move past the pain and start your rehabilitation. However, if taking pain medication is the only thing you are doing, you may not be dealing with an underlying cause of pain, most probably leading to greater problems and possibly to long term side effects if, in particular, they are used for extended periods of time without medical supervision.

Our goal of pain management at NMR is to identify the mechanical and functional cause of your pain, not only symptom relief. Treatment plans are designed to decrease pain, accelerate healing, improve mobility, strength and function, and teach skills needed to prevent problems in the future.

NMR utilizes time tested medical and alternative modalities to treat acute and chronic pain. Chiropractic and Physical Therapy are natural ways to help your body recover from pain, not only to feel better, but to actually be better and stronger. Joint, muscle and spinal problems demand stability, motion, strength and conditioning if one is to restore function and prevent similar or worse problems in the future. In addition, acupuncture, offered at NMR, can provide drug free pain relief. The needling of acupuncture points stimulates the nervous system to release pain-relieving chemicals and hormones in the muscles, spinal cord and brain. These chemicals are the body's natural painkillers.

At NMR we realize that for some patients, the therapeutic approaches to pain management mentioned above may not be enough, resulting in a very limited ability to rehabilitate a person to full

movement, strength and function, which are the ultimate goals. In these instances we are pleased to have Dr. Arun Kandra, MD, our Pain Management consultant at Natural Medicine & Rehabilitation. Dr. Kandra is double board certified in Anesthesiology and Pain Management and is dedicated to the treatment of chronic pain symptoms for patients. He is trained at Vanderbilt University Medical center, one of the country's top Pain Management training programs. He is available on site for consultation, examination and to begin the management of your pain.



**Dr. Arun Kandra, MD &
Dr. Vincent Sferra, DC, DIBCN**

With this addition, we are able provide a one stop solution for patient's by bringing the combination of medical and non-pharmacological approaches under one facility - with doctors who work together and communicate more efficiently, which would translate into better patient care.

Ideally we would like to prevent pain from ever happening to us. Unfortunately there is no guarantee on what life has in store for us. There are a multitude of reasons why some people suffer from arthritis, fibromyalgia, osteoporosis or cancer. But with NMR's 'whole view' perspective of the patient (managing weight, eating healthy, tempering stress and exercising), you will best be able to manage your pain, optimize function, get strong again and age healthfully.

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Dr. Sferra is the founder and Clinic Director of Natural Medicine & Rehabilitation. He is Board Certified in Chiropractic Medicine and Chiropractic Neurology, a Certified Clinical Nutritionist and is a Certified Strength and Conditioning Specialist certified by the National Strength & Conditioning Association. Dr. Sferra is the recipient of the "2005 Spirit of Somerset" award for his outstanding contribution to Health and Wellness in the community.

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**A Better LIFE...
A Better YOU!**

By: Patricia Diesel, CPC

Have you or someone you care about decided changes are desperately needed in order to lead a better life? Making that realization is profound, but the next step is equally difficult. "What are the changes I need to make and how do I go about doing it?" That is what **Life Recovery** is all about.

There are a countless number of events that can impact a life and knock even the strongest individual into a sense of desperation and hopelessness. Some examples are:

- Divorce/Ending of a Relationship
- Care Giving
- Illness
- Death
- Career Change
- Finances
- Clutter/Hoarding

We are all human and there will be times when we will hurt. That is when we realize just how fragile we are. And because we are delicate, a person may not cope with a life changing event very well. Some are paralyzed by an overwhelming feeling of being powerless or victimized. Others enter into a pattern of addiction or some other destructive action. The frustrating part is when a person recognizes that they are captured by an unforgiving cycle of behavior and do not know how to get out of it.

I know that everyone will find themselves facing difficult challenges at one time or another. With the proper guidance this is the time a person can discover how to go

about making the necessary adjustments in his or her life to get back on a positive track.

Life recovery is about thriving again in life and reaching your goals with an **"organized approach."** The intent is to meet your aims by preparing a plan with you, showing you how to make that plan a reality, and encouraging you every step of the way. The concentration is on teachable life skills that will be forever valuable.

Life's difficulties build emotional blocks up in all of us. Sometimes they are temporary obstacles and at other times they become full-fledged walls. **Life Recovery Coaching** helps overcome these barriers that prevent one from achieving their life goals – guiding you over, around, and through those blocks. That is the key to progressing to a better place in life!

Remember, when things are difficult it is easy to think we are alone in whatever we are facing. It doesn't have to be that way at all.

If you would like to learn more about Life Recovery – you can now purchase Patricia's new book – **Life Recovery for the Cluttered Soul – how to face your fears and transform your life.**

Patricia Diesel is a Life Recovery Coach and Professional Organizer dedicated to bringing her skill, inspiration and encouragement to those who want to regain hope and enhance the quality of their life. She conveys her life transforming lessons through her travels, speaking engagements and media appearances, including GMA, Lifetime & TLC. She has helped countless individuals restore tranquility and sense to their lives. To learn more about Patricia, visit www.keepitsimplenow.com or you can contact her directly at 908-642-1226.



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

You can have a healthier body and life by redoing your kitchen. And you don't need a contractor or tons of cash. All you need to do is throw away the junk food. I am not talking about the potato chips. I am talking about the food that you may not realize (until now) are not even real options. Hidden sugars and salt are in most grocery store packaged foods. You can learn to make more mindful choices around your food selection by ditching the old and switching to new and better items to replace it.

Much of the food you eat is the food you've always eaten. They are habitual purchases. You stick to one brand and may not even realize what it is that you are actually taking into your body. You never even look at the label. These sorts of blind purchases, where you don't know what you are eating, are dangerous to your health. Over the long term, bad food is bad for you.

What constitutes bad food.

Bad food is food that has been altered with chemicals, additives, extra sugar and salt to enhance the flavor and trick your tastebuds into wanting more. It's food that has minimal nutritional value because it's all been taken out in the processing. This would be most of the packaged processed foods the you find in the middle of the grocery store.

Before you get nervous that you may be confused or starving now, there are many options. Sacrificing your enjoyment for eating is not a worry. Food that is good for you tastes good too. But you do need to allow your tastebuds time to get used to the changes. So be patient and step slowly.

The first step to getting better.

Lets focus on 3 things you can do to clean up your cabinets. Number one is your attitude. You begin by first falling in love with this clean (I like to refer to it as naked) eating idea because doing things you love are always easier to do. The truth is that simple changes in the food you eat will make you feel physically better within the first week of changing it. The truth is that taking charge of your eating and honoring your body with the food that heals and nourishes it will make you feel mentally better after a few days too.

Making changes without sacrificing or suffering.

Change is easier when you have action steps to take. Little baby stepping stones that continually move you forward. The first thing you do is access the situation with the foods that you currently eat on a consistent basis. Turn over the box or bottle and read the ingredients list. Can you pronounce the ingredients? Are there more than 5 ingredients? Could you make this product yourself? If you did make it yourself, would you put all the extras into the bowl?

Salad dressing is a big one for adding extra crap. What type of salad dressing are you using now? What is on the list of ingredients? Are the ingredients simple, pure and naked enough for your precious, healthy, sexy body?

What brand of peanut butter are you currently choosing? What are the ingredients? Is it made pure peanuts? (Because that's all you need to make peanut butter delicious)

What brand of cereal are you using? What are the ingredients? Can you pronounce them all? Do you know what they are? Can you do better?

I call this exercise "Ditch and Switch," ditch the old and switch in the newer healthier version. You don't have to give up the foods you love. You simply choose a healthier version. Remember start slowly. Don't overwhelm yourself. Results show up in huge ways from the small changes that you make. And...practice always makes better.

Here is a simple recipe for a warm naked (clean) PB&J.

THE PEANUT BUTTER - Ditch your peanut butter that lists ingredients as: *peanuts, fully hydrogenated vegetable oils, molasses, sugar and salt.*

Switch to the peanut butter (ex: Crazy Richards or other brand) that lists ingredients as: *peanuts only.*

THE BREAD - Ditch the Whole Wheat Breads that lists ingredients as: *wheat flour, enriched flour, niacin, iron, Vitamin B, soybean oil, butter, nonfat milk, wheat gluten, honey, salt, mono and diglycerides, soy lecithin, enzymes, folic acid.*

Switch to sprouted grain breads (ex: EZEKIEL or similar brand) that list ingredients as: *organic sprouted wheat, organic raisins, organic sprouted barley, organic sprouted millet, organic sprouted lentils, organic sprouted spelt, sea salt, organic cinnamon.*

THE JAM - Ditch the grape jelly that lists ingredients as: *grapes, corn syrup, high fructose corn syrup, fruit pectin, citric acid, sodium citrate.*

Switch to fruit preserves (Ex: Dalfor or other brand) that list ingredients as: *strawberries, concentrated grape juice, fruit pectin, lemon juice.*

PB&J Recipe Directions: Spread 1 tbsp peanut butter, 1 tbsp jam and 1/2 sliced banana onto bread and cover with 2nd slice. Melt 1 tbsp coconut oil in heated pan and place sandwich in pan. Brown side of bread and turn to brown second side. Cut in half and serve with tea.

YUM and easy.

Now you have the proof you need that healthy options are delicious and easy. You don't have to sacrifice taste and flavor. As you begin it eat the real naked deal (food without preservatives or extra sugar and chemicals) you'll fall in love with the taste. Give your taste buds time to adjust to the new experience and before you know it, you'll crave healthy. Your body will let you know that it wants the good stuff and now you know how to shop for it.

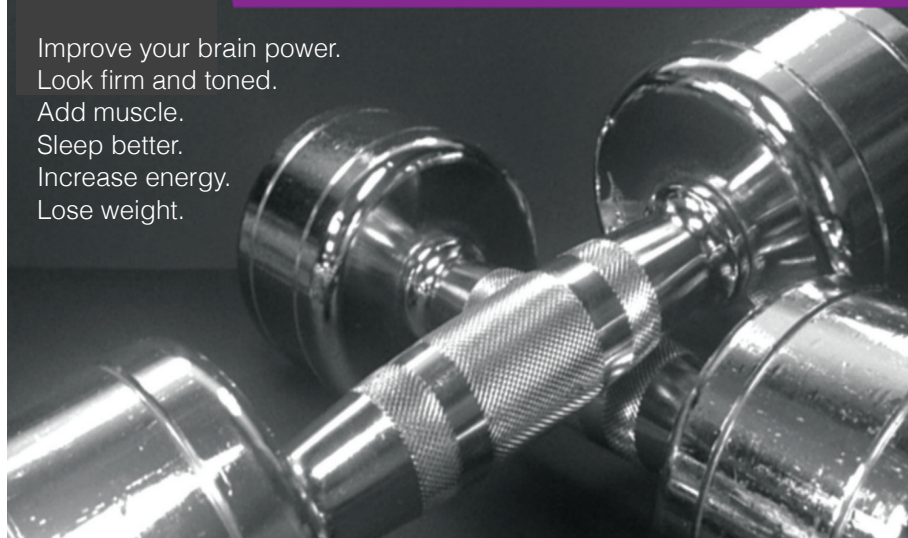
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MEDICAL MINUTES



Douglas Haymaker, Ph.D



Stephanie Haymaker, Ph.D

IS IT AN EATING DISORDER?

Stories about eating disorders are often in the news – some enlightening and some sensational. It can be hard to know what to do if you or a loved one is struggling. Years of clinical studies point to one certainty. Eating disorders are about much more than eating. In a culture obsessed with appearance and dieting, how do you recognize when a person's behaviors have become dangerous?

The Diagnostic and Statistical Manual for Mental Disorders – Fifth Edition (DSM-5) now categorizes eating disorders (ED) into three categories: Anorexia Nervosa, Bulimia Nervosa and Binge Eating Disorder. Anorexia Nervosa is characterized by severe restricting of food intake, fear of gaining weight, difficulty maintaining a healthy weight and body image distortion. Weight loss may be so significant that the person becomes medically unstable. Bulimia Nervosa is diagnosed when a person binge eats a large amount of food, and then tries to undo the binge, either with vomiting, abusing laxatives or over-exercising. He/she often feels stressed and guilty about these actions. Binge Eating Disorder, the most recent addition to the DSM-5, involves frequent binges when not physically hungry, without the purging behaviors of bulimia. There is shame, embarrassment and guilt and a sense of loss of control.

All three disorders involve disordered eating, concerns and misperceptions regarding appearance, and sometimes (but not always) severe distress and discomfort. There are medical and psychological factors at play. The consequences of these illnesses can be severe, and at times fatal. Other mental health issues can co-exist

with these problems, most frequently depression, anxiety and substance abuse.

One of the most perplexing questions is why? Why do some people develop these issues and others do not? There are many factors that may contribute. There are biological contributions such as genetics and temperament. There are social and cultural issues such as societal pressures to be thin and unrealistic messages about appearance sent through ads, television and film. Also, social media may distort our expectations about ourselves and our lives. Psychological factors often include low self-esteem, difficulty with coping, perfectionism and lack of healthy boundaries.

The good news is that treatment is available to help those in trouble move on to healthier behaviors and a more balanced life. Most treatment is multidimensional, involving psychotherapy, nutritional education and medical monitoring. Medications can also be helpful to address anxiety and depression issues when present. The first step is to identify the problem. It is an act of great courage to reach out and seek assistance. Many people suffer in silence for years before they ask for help. The more you can educate yourself about these questions and answers, the better able you are to take action for yourself or your loved one.

Dr. Stephanie Haymaker is a licensed clinical psychologist with over 20 years of experience. She is presently a partner at Haymaker and Haymaker Psychological Services, a private practice setting where your confidentiality is assured, in Bridgewater, NJ. For eight years she was a clinical supervisor at the University of Medicine and Dentistry of NJ, specializing in the treatment of eating disorders. The co-author of Principled Commitment, a guide for marital enrichment, she also specializes in the areas of marital therapy, women's issues, and therapy with children and adolescents.

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SLICE OF LIFE

The Man Who Brought Her to the Party

By: Ellyn Mantell

My sister was whirling around the room with the man who brought her to the party! She had watched him dance with her sisters...I, the older one because he had taught me to dance. And Mindy, the youngest one, because nothing would stop her from getting the attention she craved! But it was HER party, and he finally acknowledged how lovely she had become! As she put her arms around his neck, and rested her head on his shoulder, he asked her if she "danced with all the men like this?" "No," my beautiful sister responded, "no, Daddy, just you!"

The party was for Michele's high school graduation, which he had missed the night before, like so many milestones. The night was bittersweet. I was angry with him for not attending this most important night in my sister's life, and I was equally angry at myself for expecting anything different. In fact, if the truth be told, I believe that most of our young lives were far more bitter than sweet...mental illness has a way of doing that to a family.

While Michele was dancing with my father, an exquisite experience for her in its uniqueness, he picked up from the floor and handed her a "lucky dime." They looked so happy, Michele adored being the star of the night, enjoyed being the one in his arms.

Our father died that weekend, an unexpected death dealt him by a massive stroke or heart attack at only 45 years old...who could have anticipated that Michele's high school graduation weekend would end with his funeral? We sobbed, and I put my arms around both of my younger sisters. Michele pulled the dime from the pocket of her black and white striped dress that had brought her so much happiness when she wore it just a few nights before. "This is all I have of him," she quietly uttered.

He lived with bipolar disorder and the fallout was our "normal." Our dad slept away his days, nights and sometimes, weeks. If his car was in the driveway after school, we had to enter quietly, no friends allowed. Television had shown fathers who worked, came home, hugged their children, kissed their wives, sat at dinner and shared their lives; I assumed our lives weren't really worth sharing!

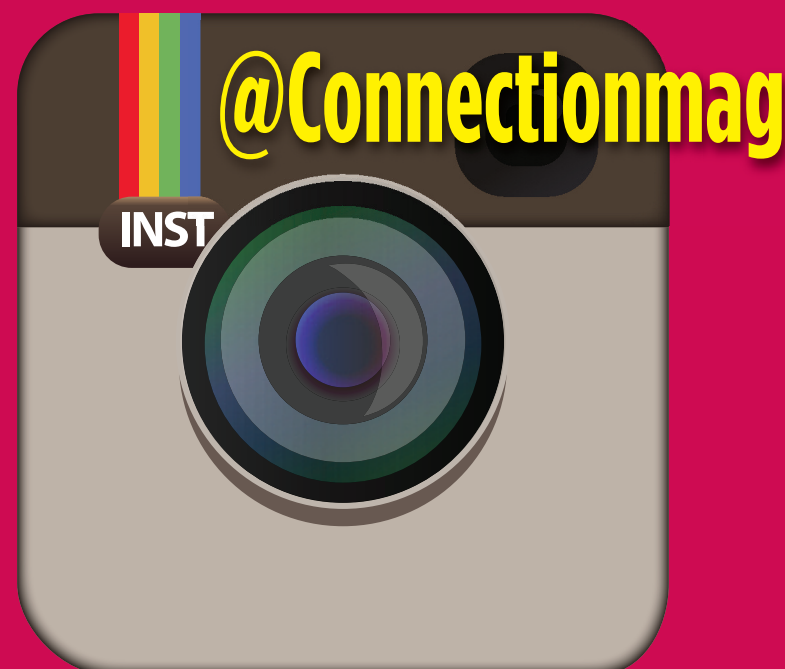
What we did learn was a script, and we were very skilled at playing our roles. We moved from one episode of depression, followed by a period of incredible energy, followed by another period of depression. We never knew exactly what would set off our dad, until it was too late. I remember my mom, sisters and I dressing for a family circle meeting, so excited about seeing our relatives, waiting for dad to come down the stairs. My mom was stunning, and he had to be proud to be with her; we were in their orbit, glowing with the probability of a fun day. Daddy thought one of us said something silly, told us to behave, we looked at each other with fear and admonishment...don't say a word, eyes straight ahead. But it was too late. He had made his decision...we were not going for a festive day; he went to bed, for nearly a week.

Yet when he was happy, and enthused, he was the most engaging, delightful and charismatic man! Everyone's friend, he told a joke with panache and created relationships with the most discerning people. It was not unusual for him to make pancakes at 3:00 in the morning, blowing his trumpet to awaken us! He was incredible, and we loved, adored, and worshipped that man...until the next time when he could be that man no longer.

Our dad had mood swings that cycled ever more frequently over the years. At the end of his young life, they were about two weeks apart, with him rising and falling consistently. In fact, the only consistent in our home was his cycle. There was no medication or even a diagnosis at the time. In truth, who would have made the diagnosis? It was our secret, and we were trapped.

I tell you this because Michele and I were talking about the dimes she has collected over the years since his death in 1969. We believe he is telling us he loves us. It was difficult to feel loved in his home, but if he was treated, if he was free to parent, to protect and guide us, he would not have missed Michele's graduation, he would have taken us to that family meeting and enjoyed our childhood, and we would have lived a very "normal" life. Instead, we wept more tears than the dimes Michele will ever find, sought countless ways to survive our misery, felt alone and different...and yet, we had each other, and even mental illness could not steal that from us!

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The Betty & Arthur Roswell Family Counseling Center

Licensed Clinical Social Workers provide
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*JFS accepts Third Party Insurance and services
are also provided on a sliding fee scale basis
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For more information contact:

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Community News...

Children Can Be Stressed, Too - JFS Can Help

Submitted By: Elise Prezant

Jill, a young 9 year girl was referred to JFS by her pediatrician. She was experiencing stress beyond what would be expected of a child of her age. Fears of becoming sick in public and general panic were overwhelming her on a daily basis and negatively impacting her time at school and at home. She had already seen several professionals and medication had been recommended, but she wasn't feeling any better. Her family was beginning to lose hope that her symptoms could be alleviated.

Jill and her parents were met by the JFS social worker and they were seen for an evaluation. It became clear after getting to know Jill and her parents that it was difficult for Jill to handle the typical daily stressors experienced by someone her age and her parents were struggling to provide her the kind of support and guidance she needed. Whatever they did to respond to her needs seemed not to work and everyone was frustrated. Through play therapy coupled with helping Jill

identify and label those things that stressed her out, Jill began to handle situations at school and at home in a more age appropriate manner with reinforcement by her parents. Her fears began to subside. At the same time her parents were provided the opportunity to discuss their experience with Jill and through those discussions came up with alternative ways to handle Jill's upsets. They began to have a better understanding of what would upset her and why, so they could be more proactive in responding to her and meeting her emotional and psychological needs.

After several months Jill was beginning to feel less anxious and fearful and was able to thrive at school and at play and her parents were feeling better and more confident in their parenting style.

Young people today are under a lot of pressure and they are finding themselves busier and more isolated than ever before. Multiple commitments, strained

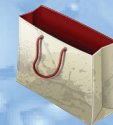
family relationships, increased workloads in school and decreased natural supports are taking their toll on our children and families. Often signs of anxiety have been present for years, but go untreated, as they are difficult to spot. Frequent stomach aches, headaches and inattention, for example, are often misunderstood as medical conditions or ADHD. It isn't until the alarm bells of panic attacks or a major drop in school performance are present, that psychological help is sought.

In addition to providing Mental Health Services, 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. Fam-

ilies 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 908-725-779, visit our website: www.JewishFamilySvc.org, like us on Facebook. Jewish Family Service of SHW, Inc. 150-A West High Street, Somerville, NJ 08876.



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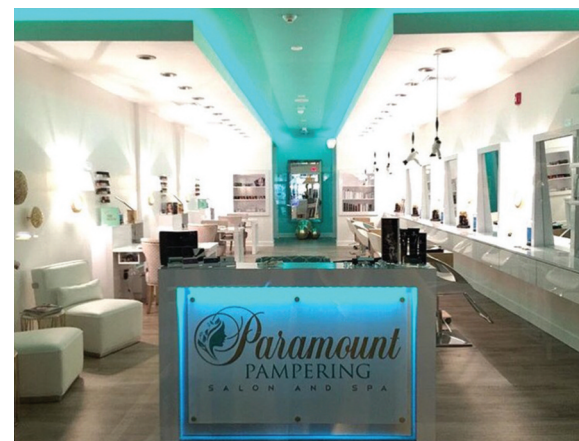


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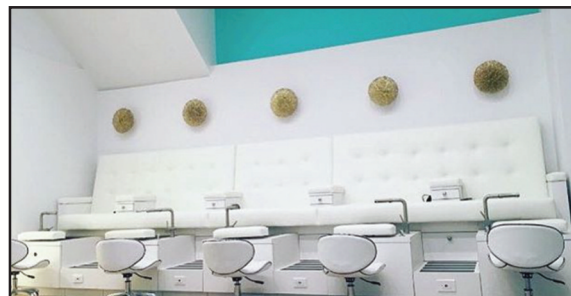
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PING, PONG, POM-POM

By: Carolyn Hanson

By now you may have noticed that Pom-poms are everywhere this season. Real fur, faux-fur, and the wooly variety are the most common. It's easy to update a scarf or hat by adding one or more pom-poms. Kids love wearing them and making them. It's right up there with making cookies.

Pom-poms are easy and fun to make. Gadgets are available, however, DIY (do-it-yourself) is my favorite. You probably have all the supplies needed on hand: yarn, cardboard (a cereal or pasta box will do), scissors, a drinking glass, a quarter, and a pen. Pom-poms use a lot of yarn, so have enough on hand.

Here we go:

- **Step 1:** Choose a drinking glass or other model with the circumference equal to the desired size of your finished pom-pom.
- **Step 2:** Trace the rim of the glass onto the cardboard. Cut 2.
- **Step 3:** Place the quarter in the center of the circles and trace.
- **Step 4:** Imagine the circle is a face of a clock, mark where 2 and 4 would appear. Now cut out this segment plus the entire center outline from the quarter. Each circle now resembles a thick letter "C".
- **Step 5:** Cut a 10" length of yarn. Lay it onto one of the circles so it follows the curves of the "C." Place the other circle on top. The yarn is now sandwiched between the circles.
- **Step 6:** Leaving a 4" tail and without catching the center yarn from step 5, begin wrapping the yarn around the C-form from the inside circle to the outside, evenly, until the center circle is filled and the entire form is completely covered. The more yarn used, the denser the pom-pom. Cut the yarn.
- **Step 7:** Carefully find the top/outer edge of the C-Form. Do not cut the center yarn from step 5. Guide the scissors between the two circles and cut through all thicknesses.
- **Step 8:** Remove the paper C-form to use again. (I've reused mine a dozen times.) Using the long 10" center yarn, pull as tightly as possible and tie a knot to draw all the short cut ends closely together.
- **Step 9:** Fluff out the pom-pom. Without cutting the 10" yarn, trim any stray lengths of yarn. Use the long remaining yarn to attach the pom-pom to your project. Then trim the long ends.

Try making a pom-pom in 2 or more colors.

- Hold all yarns together and wrap – This will make a multi-colored variety
- Wrap each color in a set section of the C-Form – This will make a striped or color separated variety

Pom-Poms can be added to manufactured pieces too. Use a small crochet hook or tapestry needle to pierce the fabric and draw one tie through the fabric and secure with a knot.

Make mini pom-poms by using the tines of a fork. For details, go to <https://www.youtube.com/watch?v=fjxJFcm16r0>

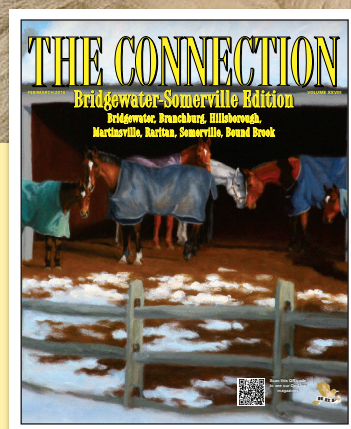
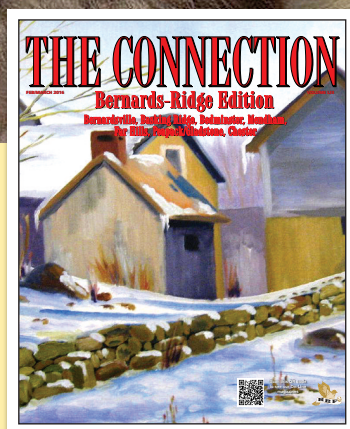
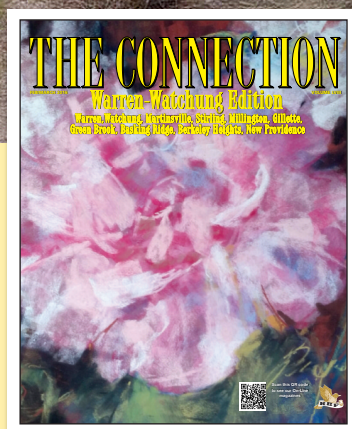
Have fun decorating!

P.S. I was able to maintain my stash busting yarn diet for 2015, minus 2 necessary purchases for gifts. In total, 35 completed projects used 88 skeins. Despite this effort, my stash remains healthy and robust. Sigh. I think I'll continue my journey in 2016, however, if I make it to Iceland, all bets are off!

Carolyn Hanson is a local knitting and crochet designer, teacher and fiber artist. She can be contacted at chanson3@gmail.com.

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BRIDGEWATER-SOMERVILLE COMMUNITY CALENDAR

FEBRUARY - MARCH

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THE ARTS

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



2020 Burnt Mills Road, Bedminster, NJ 07921.

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

Upcoming Exhibits: Through February 20, **Dallas Piotrowski: Selected Works**, painting exhibition curated by Mel Leipzig. **Nature**, curated by Wes Sherman, by artists Katrina Bello, Jessica Demcsak, Jason Middlebrook, Naomi Reis & Ben Suga. **Faculty Exhibition by John Reinking. Admission by donation.** Through February 27, **Members' Juried Exhibition at Gallery W:** Juror, Heather Cammarata-Seale, PhD, 11 Mill St., Bernardsville NJ. **Youth Art Month Exhibitions - Part 1** Grades K-5, Feb. 29-March 6, **Awards Reception** Sun., March 6, 2-3:30pm, **Part II** Grades 6-12, March 8-13, 2-3:30pm

STUDIO 7 FINE ART GALLERY "Linked" Online

Fine art gallery at 5 Morristown Rd., Bernardsville, 908-630-9770. Gallery hours: Tue.-Sat. 10am-4pm and by appointment.



Peaches & Cream,
by Janet Cuniffe-Chieffo
Oil on Copper



The Picnic
by Charlie Churchill
Oil on Canvas

Upcoming Events: February 3-27, **Oil paintings by Janet Cuniffe-Chieffo, Reception** Friday, Feb. 5, 6-9pm.

March 2-26, **Art Attack, Surrealist Paintings by Charlie Churchill, Reception** Friday, March 4, 6-9pm. Contact owner, Kathleen Palmer for information at 908-963-0365, pskipalmer@verizon.net www.studio7artgallery.com

CLUBS AND SERVICES

BRIDGEWATER SENIOR CLUB

Meets every Tuesday, noon at Bridgewater Senior Center, 455 Somerville Road, Bridgewater. For information call Donna Langel, Bridgewater Senior Center, 908-725-8020. New members welcome!

BRIDGEWATER TOWNSHIP SENIOR CENTER "Linked" Online

455 Somerville Road, Bridgewater. Many free programs available to residents of Somerset County. Exercise, for those who want to get fit, dance aerobics, tap. For quieter recreation, bridge, poker, knitting, billiards and tai chi. Computer classes too. Either pick up a calendar or go online to www.bridgewater-nj.gov and click the link for Senior Citizen's Calendar. Like to jazz dance? Try out for a spot with *The Bridgewater Roxies*. Call Donna Langel at 908-725-8020 or 908-575-8021.

CENTRAL JERSEY HOUSING RESOURCE CENTER (CJHRC) "Linked" Online

600 First Ave, Raritan. Provides low & moderate-income individuals & families with free housing info



& group educational programs. Housing counselors available to assist clients Mon-Fri during normal business hours. Call 908-704-9649 or visit www.cjhrc.org & click on group programs for information or to register. All programs are FREE.

Upcoming Events:

Step by Step Pre-Purchase Homeowner Education Program: Tuesday, Feb. 9, 5:30-9:30pm. CJHRC office, 600 First Ave., Raritan.

Financial Literacy & Savings Match Program: Tuesday, March 8, 5:30-9:00pm. CJHRC office, 600 First Ave, 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.

Helpful Tips for Existing Homeowners: Wednesday, March 30, 5-8pm. Franklin Township Library, 485 DeMott Lane, Somerset. To register, call 908-704-9649 or visit www.cjhrc.org.

First Time Homebuyer Workshop: Saturday, April 9, 10am-2:30pm. Held at Bank of America, Route 22 West, Bridgewater. To register, call 908-704-9649 or visit www.cjhrc.org.

Ongoing Programs:

"Make Your Move-A Guide to Homeownership" Online Homebuyer Education Program: Combination of face to face & web-based homebuyer education for potential homebuyers.

"eHome America" Online "Spanish" Homebuyer Education Program: Combination of face to face & web-based homebuyer education in Spanish.

"Money in Motion" Online Financial Literacy Program: This is a combination of face to face and web-based financial literacy education.

THE CHELSEA AT WARREN

274 King George Rd, Warren NJ 07059, 908-903-0911, Email: MVarnerin@cslal.com, www.chelseaseniorliving.com. Please call to register for all programs.

Lunch & Learn: Feb 4, 12pm, **The Documents that Protect Us as We Age**, presented by Stacy L. Pilato, Esq.

Senior Book Club for Active Seniors: Feb 4, March 30. Call for book.

Independent Living Open House & Workshop: Feb 25, 1-3pm, **How to Dress a Naked Window**, Bruce Heyman, Metropolitan Window Designs, Ellyn Mantell, Senior Assistants. **Bring your treasures to your new home & use them in new & exciting ways.**

Independent Living Open House & Pet Adoption with St. Hubert's: Feb 27, 9am-12pm.

Independent Seniors Lunch & Learn: March 3, 12pm, Ellen Mantell, **Getting Ready to Downsize and Move.**

Independent Seniors Cooking Demo & Tasting: March 16, 12pm.

Independent Apartments Open House & Dine & Dash: March 19.

Book Club: March 30. Call for book.

COOPERATIVE HOUSING

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62 East High Street, Somerville, 08876. GREAT HOUSING OPTION FOR SENIORS! A 501(c)3 non-profit organization offering attractively affordable housing for seniors aged 62 & above. Sharing housing offered in Bridgewater & Warren townships in beautiful ranch homes for individuals & couples. BRAND NEW UNITS OPEN IN WARREN! For information please call 908-526-8130 or visit us at www.chchousing.org



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

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



Café Europa: A social group for Holocaust Survivors. March 16, April 13, May 18.

Job Seekers Support Group: Wednesdays, 7-9pm, March 2, April 6, May 4. Free & open to the community.

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

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

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

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

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

NEWCOMERS AND NEIGHBORS OF SOMERSET HILLS (NNSH)

A non-profit, social organization open to ALL AREA RESIDENTS offering a variety of activities including book discussion, wine tastings, Bridge & Bunco games, dining out, day trips, community service & more. Visit us at www.NNSHClub.org or see us at www.facebook.com/ Newcomers & Neighbors of Somerset Hills, NJ.

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. **Upcoming Events:**

Stretch & Flex Exercise, Mondays & Thursdays, 10:45am.

Mahjong, Tuesdays & Fridays 11am-3pm

Gordon James Valentine Performance, Feb 9, 10:30am.

Lifeline Screenings, Feb. 9, 9am-3pm.

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)

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



Karen Swartz
Organizer

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BRIDGEWATER-SOMERVILLE COMMUNITY CALENDAR

FEBRUARY - MARCH

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LIBRARIES

SCLSNJ BRIDGEWATER LIBRARY BRANCH

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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: Library will be open 9am-5pm on February 15 for President's Day.**

SYSTEM-WIDE SPECIAL EVENT - SCLSNJ'S Spelling Bee - Bee Spectacular: (Grades 3-8) March 4, 7-10pm. Montgomery High School, 1016 County Road 601, Skillman. County-wide Spelling Bee. All invited to attend.

FAMILY PROGRAMS:

Pajama Time Storytime: 7-7:30pm, Feb 3, 10, 17, March 2, 9, 16, 23, April 6, 13, 20. **No Registration required.**

Drop In Craft - Harry Potter: Feb 4, 6-8pm. **No Registration required.**

Seussapalooza! (Read Across America): March 5, 10-11am.

March 14th Pi Day! March 14, 4:30-5:30pm.

Sing Spring Sensory-Friendly Singalong: April 9, 10-10:45am & 11-11:45am.

CHILDREN:

Storytime: (Ages 3-6) 10-10:30am & 1:30-2pm, Feb. 9, 16, March 1, 8, 15, 22, April 5, 12, 19. **No Registration required.**

Toddler Time: (18-36 months) 10-10:30am, Feb 3, 5, 10, 12, 17, 19, March 2, 4, 9, 11, 16, 18, 23 25, April 6, 8, 13, 15, 20, 22. **No Registration required.**

Baby Time: (Up to 18 months) 9:30-10am, Feb. 4, 11, 18, March 3, 10, 17, 24, April 7, 14, 21. **No Registration required.**

Valentine's Day Sensory-Friendly Story & Craft: (Ages 3+): Feb. 6, 10-10:45am.

Valentine's Day Story & Craft: (Ages 2+) Feb. 6, 11-11:45 am.

StoryPlay - Black History Month/Valentine's Day: (Ages 4+) Feb .8, 4:30-5:30pm.

Snack Attack! (Grades K-4) Feb. 22, 4:30-5:30pm.

Tail Waggin' Tutor - Children Reading to Dogs: (Ages 4+) 4-5pm, Feb. 24, March 23, April 13.

Lego Club: (Ages 5-12) 4:30-5:30pm, Feb. 25, March 24, April 21.

Drop In Games: (Ages 3+) 2-4pm, Feb. 27, March 26, April 30.

Music & Movement: (Up to 3 years) 9:45-10:15am & 10:30-11am, Feb .29, March 14, April 4.

Leap Day! Math Play! (Ages 4-12: Feb. 29, 4:30-5:30pm.

Michaelangelo, The Little Therapy Horse: (Ages 2-8) March 3, 4:30-5:30pm.

First Aid for Kids: (Grades 3-6) March 7, 4:30-5:30pm.

Sensory-Friendly Art Class: (Ages 4+) March 12, 10-10:45am.

Play with Art: (Up to Grades 3) March 19, 2-3:30pm.

Art Adventures @ Your Library: (Grades K-4) March 21, 4:30-5:30pm.

Master Chef Jr. - Library Edition: (Grades 3-4) March 29, 2-3pm.

Rainforest Chorus: (Grades K-6) April 2, 11-11:45am.

TWEENS AND TEENS:

Tween Volunteers: (Grades 4-6) 7-8pm, Feb. 1, March 7, April 4.

Unvalentine Craft - Zombify Dolls: (Grades 7-12) Feb. 3, 7-8pm.

Tween Advisory Board: (Grades 4-6) Feb. 16, March 8, 7-8pm.

Tween Lock-In - Backwards Party: (Grades 4-6) Feb. 19, 6-8pm.

Tween Book Club: (Grades 4-6) *Percy Jackson & The Lightning Thief* Feb. 22, 7-8pm.

Teen Advisory Board: (Grades 7-12) 7-8pm, Feb. 23, March 29, April 26.

Makers Day Games: (Ages 13+) March 19, 2-4pm.

Movie Makers - Green Screen Workshop: March 19 (Grades 4-6) 2-3pm; (Grades 7-12) 3:30-4:30pm.

Teen Movie: (Grades 7-12) *Ferris Bueller's Day Off*, April 11, 6-8:30pm.

Teen Book Talk: (Grades 7-12) *Fangirl*, April 19, 6:30-8:30pm.

Teen Cafe: (Grades 7-12) April 23, 1-4pm.

ADULTS:

English Conversation Group: 10-11:30am, Feb. 3, 10, 17, 24, March 2, 9, 16, 23, 30, April 6, 13, 20, 27.

English Conversation Group - Intermediate: 10:30am-12pm, Feb. 3, 10, 17, 24, March 2, 9, 16, 23, 30, April 6, 13, 20, 27.

In Stitches - A Laid Back Knit & Crochet Affair: Feb. 4, 6:30-8:30pm.

Parent/Teacher Workshop - Early Childhood Development: Feb. 4, 7-8:15pm.

Intermediate Internet - Computer Training Class: Feb. 5, 1:30-3pm.

Jody Mullen - Love Letters from Jersey: Feb. 6, 2-3pm.

Speed Networking for the Small Business Owner & Business Professional: Feb. 8, 10am-12pm.

Intro to Word 2007 - Computer Training Class: Feb. 8, 10-11:30am

Chair Yoga: February 9, March 8, 2-3pm.

Distance Running - Benefits in Health & Balance in Life: Feb 11, 7:30-8:45pm.

Friends Concert Series: Simple Gifts, Feb. 12, 7:30-9pm; **Patty Turse,** March 11, 7:30-9pm; **Dublin Fog,** March 17, 12-3pm; **Sean Gaskell,** March 25, 12-3pm; **Nash East,** April 1, 7:30-9pm.

Tuesday Movie Afternoon: February 16, 2-4pm. **Title TBD!**

Book Discussion: Feb. 16, March 15, 6-7:30pm. **Title TBD!**

Intermediate MS Word - Computer Training Class: Feb. 18, 10-11:30am.

Pinterest - Getting Started: Computer Training Class, Feb. 19, 1:30-3 pm.

Genealogy Databases: Computer Training Class, Feb. 24, 1:30-3pm.

Open Mic Night: 6:45-8:30pm, Feb. 25, March 17, April 21.

Using Library Online Resources: Computer Training Class, Feb. 26, 10-11:30am.

Friday Night Movie: Feb. 26, March 25, 7-9pm.

Art of Effective Communication: March 1, 1-3pm.

Yoga Basics/Gentle Flow: March 5, April 2, 2:30-3:45pm.

Introduction to Homeopathy: March 10, 6-9pm.

The Power Game - Golf & Politics: March 23, 7-8:30pm.

SCLSNJ Comic Con: (Teens & Adults) March 26, 1-4pm.

Resume Writing: March 30, 7-8:30 pm.

Genealogy - It's Not a Tree or a Chart, It's a Story! March 31, 7-8:30pm.

NLP (Neuro-Linguistic Programming) Tools for Real Life: April 5, 1-3pm.

Thriving During Transition & Change: April 22, 1-3pm.

SCLSNJ SOMERVILLE LIBRARY BRANCH

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35 West End Avenue, Somerville, New Jersey 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.

SYSTEM-WIDE SPECIAL EVENT - SCLSNJ'S Spelling Bee - Bee Spectacular: (Grades 3-8) March 4, 7-10pm. Montgomery High School, 1016 County Road 601, Skillman. County-wide Spelling Bee. All invited to attend.

FAMILY PROGRAMS:

Presidential Trivia: Feb. 27, 2-3pm.

CHILDREN:

Drop In Craft: (Ages 4+) Feb. 3, 2:30-5pm.

Study Buddy: (Grades 1-5) 6-7pm, Feb. 4, 11, 18, 25.

Owls - An Introduction to Wizards & Muggles: (Ages 7-Adults) Feb. 13, 2-2:45pm.

Engineering Challenges with Cups, Craft Sticks, & Cubes: (Ages 7-10) March 19, 2-3:30pm.

ADULTS:

English Conversation Group: 6:30-8pm, Feb. 1, 8, 22, 29, March 7, 14, 21, 28, April 4, 11; 10-11:30am, Feb. 3, 10, 17, 24, March 2, 9, 16.

Black History Month Movie Nights: 1:30pm, Feb. 2, *Killer of Sheep*; Feb. 9, *Ganja and Hess*; Feb. 17, *Do the Right Thing*; Feb. 23, *Nothing but a Man*.

Book Discussion: Murder House by James Patterson, Feb. 3; **The Testament** by John Grisham, March 2; **Three Weeks with My Brother** by Nicholas Sparks, April 6.

Round Table Writer's Group: 2-4pm, Feb 6, March 5, April 2.

Everything Chocolate with Carol's Creative Chocolatez: Feb. 6, 2:30-3:30pm.

Movies: Silver Linings Playbook, Feb. 18, 6-8:05pm; **The Quiet Man,** March 12, 1:30-3:45pm.

The Role of New Jersey in the Civil War - A Reconsideration: Feb. 20, 2:30-3:30pm.

Strategies for a Substantial Income in Retirement: March 3, 7-8pm.

St. Patrick's Day Concert: Irish Harpist, Aideen O'Donnell, March 10, 7-8pm.

Strategies & Tips for Creating a Powerful Resume: March 19, 2:30-4pm.

Yoga & Art Therapy with Carrier Clinic: April 9, 2:30-4pm.

The Poetry of Robert Frost & The Lesser Poets: April 23, 2:30-3:30pm.

RECREATION

SOMERSET COUNTY PARK COMMISSION

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

Horse Care Workshop 102 & 103 (Workshop 101 is prerequisite for workshop 102 & 103): Feb 6, 12, 26, March 4, 11. Horse nutrition & equine behavior. Workshop 102, 10 am-Noon & 103 from 1-3pm.

"I Love Horses" Valentine Trail Ride: Feb 14. Registration through Feb 11. Mini lesson with instructor. \$35 for county residents & \$45 for non-residents. 256 S. Maple Av, Basking Ridge.

Family Program Series - Romance & Flowers for your Valentine: Feb. 11, 2-3pm, Environmental Education Center, 190 Lord Stirling Road, Basking Ridge. Floral arrangement ideas with Shauna Moore. **Registration required.** For information call, 908-766-2489. **Free.**

Spring Horseback Riding Lessons: (English Saddled Balanced Seat - all levels; juniors & adults). Mondays, March 28 for 10 consecutive weeks. Registration begins March 12, 8am. Lord Stirling Stables. For more information visit www.somersetcountyparks.org.

Mamalia Exhibit: Feb. 13-March 13, (except President's Day) 9am-5pm, Environmental Education Center, 190 Lord Stirling Road, Basking Ridge. Exhibits prepared by AP studio Art students of Ridge High School. Call 908-766-2489 for information. **Free.**

Maple Sugaring: (Family program) Feb 20-March 13, Saturdays 10am, 12noon, 2pm; Sundays 12noon, 2pm, 190 Lord Stirling Road, Basking Ridge.

Bernards Township Community Art Show: March 19-April 24, (except Good Friday & Easter), 9am-5pm, 190 Lord Stirling Road, Basking Ridge. **Free.**

Art & Photography Exhibit: Feb. 22-March 11, Mon-Fri 10am-4pm. Leonard J. Buck Garden Visitor Center, 11 Layton Road, Far Hills, NJ 908-234-2677. **Free.**

Volunteer Rose Pruning Event: March 19, 8am-noon. Donations suggested. Rudolf W. van der Goot Rose Garden, Parking Lot A, Colonial Park.

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BIG APPLE BITES

Chinatown Calls

By: Linda Seigelman

On a day when you are looking for somewhere to spend some time outside, maybe do a little shopping and stop for something to eat, hop on Route 78, head into the Holland Tunnel and find a spot to park in Chinatown. Door to door it's rarely more than 45 minutes.

Canal Street is the main artery of Chinatown, and it is known as much for knock-offs as for food. Stroll up the north side of Canal from West Broadway, and you are immediately approached by hawkers offering Rolex watches and designer handbags of every type. The street is lined with shops and booths brimming with souvenirs, perfumes, jewelry, sunglasses and electronics. Still further up Canal are stores with beautiful Asian art and artifacts. Canal Street offers something for everyone, and it is one of the few places left in New York City where you can still bargain.

If it's time for a break, on Lafayette Street just south of Canal is the appropriately named Excellent Dumpling House at #111. Eat in or get some freshly made vegetable dumplings to go and weather permitting, walk down to the park benches at the end of the street for an al fresco break. Continue north to explore Centre, Baxter and Bayard Streets, working

your way to Mott Street, once the culinary heart of Chinatown. Stop in at a bakery or two for a selection of enticing sweet and savory snacks including my favorite steamed pork buns and refreshing drinks in lemon/plum and mango/basil seed flavors. Down the block is Columbus Park where in warm weather locals congregate to play cards and Chinese checkers.

Take time to explore the wonderful food stalls and markets on Canal Street between Baxter and Mulberry. The steamy store windows feature delicious looking Peking ducks and other meats. Fish stands are brimming with every imaginable type of seafood. Neighborhood shoppers are stocking up on fresh fruits and vegetables, many of which you won't find in a local supermarket. The area's grocery stores offer a wide assortment of well-priced Asian specialty items and are the perfect place to find a lovely bowl or teapot hidden among the colorful displays of teas, spices and housewares.

On the north side of Canal, walk down Elizabeth Street to the Deluxe Food Market at #79. It is a narrow, bustling indoor market with long steam tables selling all types of prepared food for takeout – sweet and sour pork, fried shrimp, dumplings, bean curd, lo mein and sesame chicken are just a sampling – and counters filled with fresh fish, meats, fruits, vegetables, and a large frozen food section. If

you are looking to prepare authentic Chinese dishes, this market offers one stop shopping. If you are looking for unusual ingredients from alligator to rabbit, you can find them here as well.

A few blocks south of Deluxe Food Market at 215 Centre Street is The Museum of Chinese in America which was designed by Maya Lin. Originally founded in 1980 on Mulberry Street, MOCA is the leading museum dedicated to preserving and presenting the history and culture of people of Chinese descent in the United States, and it is a lovely oasis in the midst of Chinatown's hustle and bustle.

SOME FAVORITE SPOTS

China Village Restaurant, 94 Baxter Street (bet/ Canal & White) – full menu, mostly Cantonese, lots of soup choices, the lunch special is still \$6.68 – what a deal

DeLuxe Food Market, 79 Elizabeth Street (bet/ Grand & Hester) – one stop shopping for great takeout and everything needed to prepare an authentic Chinese meal

Dim Sum Go Go, 5 East Broadway (Chatham Square) – very good dim sum made to order in a non-traditional setting, no carts

Dragon Land Bakery, 125 Walker Street (at Baxter) – a bakery/café with a large assortment of pastries, buns, drinks and sandwich-

es, open early for breakfast too

Excellent Dumpling House, 111 Lafayette Street (bet/ Canal & Walker) – as the name indicates, excellent dumplings, noodle soups and other dishes, a neighborhood favorite

Fay Da Bakery, 83 Mott Street – modern bakery/café offering a tempting array of goodies, delicious sweet and savory buns reasonably priced, filled with local families on the weekend

Hop Kee, 21 Mott Street (at Mosco) – classic Cantonese spot, been around forever, Anthony Bourdain put it back on the map, it's all old-fashioned and good

Original Chinatown Ice Cream Factory, 65 Bayard Street (bet/ Elizabeth & Mott) – family-owned, a local treasure, traditional and unusual ice creams and sorbets: lychee, red bean, black sesame, taro to name a few, open late

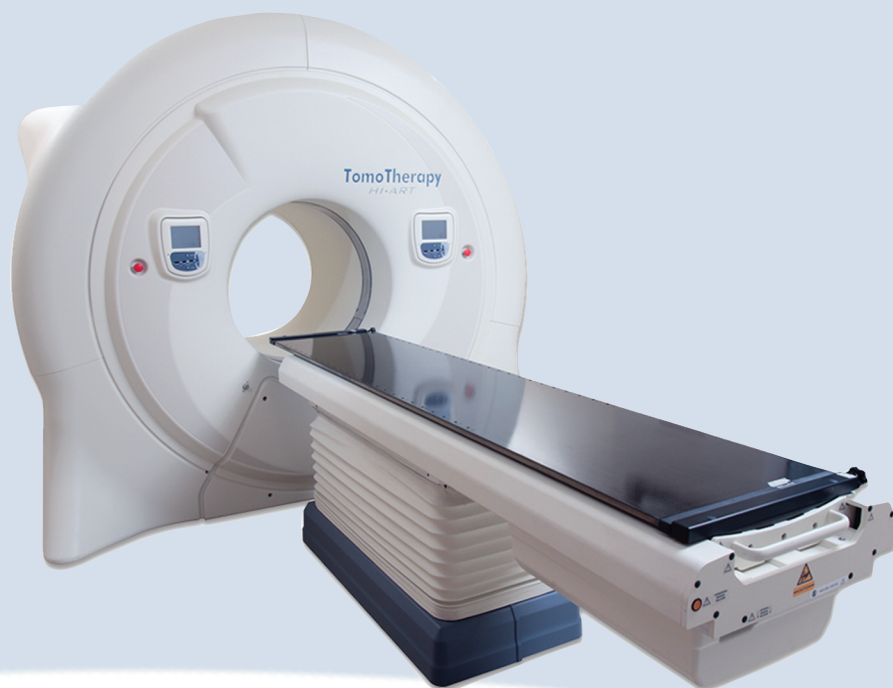
Red Egg, 202 Centre Street (bet/ Grand & Hester) – Chinese Peruvian restaurant, modern décor, extensive dim sum menu until 4pm, try the Peking duck sliders

Yi Li, 60 Bayard Street (at Elizabeth) – classic window displays of hanging Peking ducks and large tanks filled with crabs, lobsters, fish and eels entice passersby, extensive menu meets every taste

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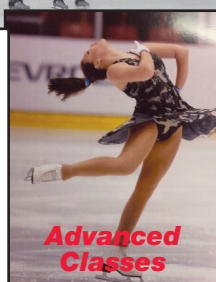
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**Sunday
February 14th
1:00-3:00pm**

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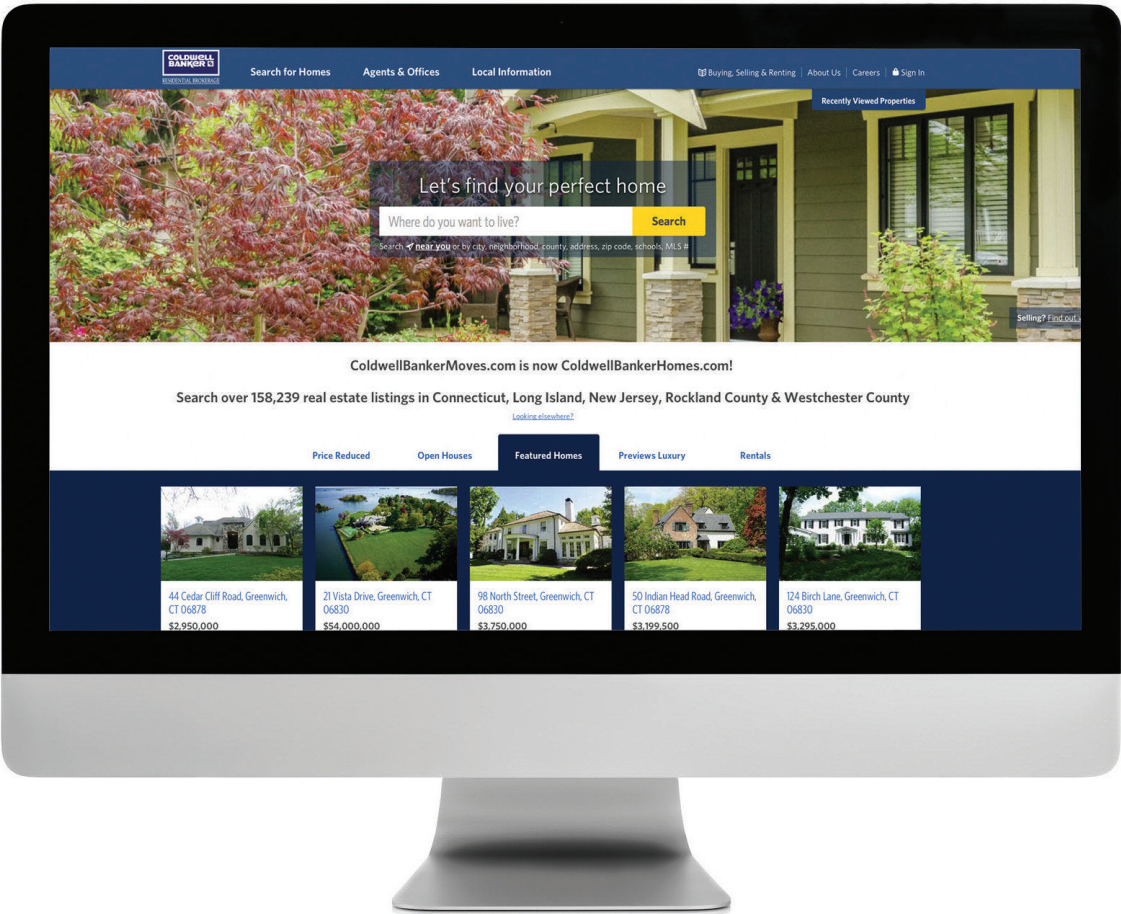
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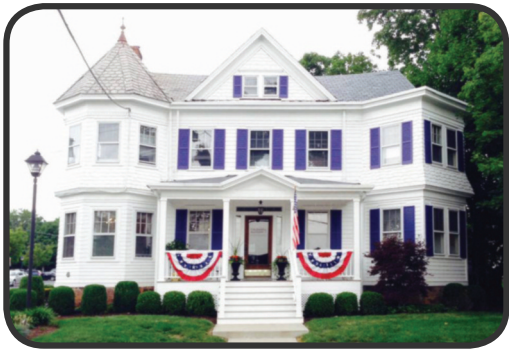
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