THE CONNECTION

JUNE/JULY/AUGUST
2016

VOLUME XXX

Bridgewater-Somerville Edition

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

OFFICE MANAGER
Anna Petro

PRODUCTION COORDINATORS
Roslyn Nina-Cianfano, Jody Varvaro

SOCIAL MEDIA/CONNECTory COORDINATOR
Prachi Jain

ADVERTISING EXECUTIVES
Tasha Cassella, Shavaun Gliksman, Patty Herman, Alicia Singman

CONTRIBUTING WRITERS
Atlantic NeuroSurgical Specialists, Patricia Diesel, Linda Weeks DiFilippo, Lidia S. Gabinelli, Carolyn Hanson, Stephanie Haymaker, Ph.D, Sherry Kevoe, Joanne Kleinle, Aimee Lam, Rebecca Lu, MD, Ellyn Mantell, Dr. Michael Osit, Peak Medical, Dan Rosenberg, Linda Seigelman, Dr. Vincent Sferra, Christina J. Veglatte

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PUBLISHER'S MESSAGE

Welcome to the summer issue of **The Bridgewater-Somerville Connection!** We have a wonderful issue filled with new and returning advertisers, great editorial content and important community news items. This issue our special sections include: **Summer Programs,** featuring many activities and camps to keep the kids busy this summer, **Home Sweet Home,** which highlights everything home related, **Dining Out** with some great new restaurants and outdoor patio options, **Health & Wellness** to keep us balanced and happy this summer season. We have an **Explore Downtown Somerville** section featuring businesses and professionals in this vibrant town. Also our **Spotlight on Seniors** includes a heartfelt column by Ellyn Mantell and of course our **Community Calendar** introduces the new summer programs, clubs and activites. We hope you keep this magazine in your home all summer as a valuable source for all your local needs!

Highlighted from our business/professional community in this issue are: **Robert Incao/Lisa Berchoff-Weichert Realtors, Eight Main Street/ Teaberry's, Changing Lives Martial Arts, Office Evolution, All Tire Company, Amwell Auto Body, Bridgewater Overhead Doors, Kimberley Dabrowski/Lisa Middleton-Weichert Realtors** and **Congregation Knesseth Israel.** Our talented writers have given us unique insight into these businesses and their respective owners.

Local artist, **Frank Gubernat,** adorns our cover with painting in pastel pencils entitled, "***Balloon Race."*** Frank states, "I have attended the annual QuickChek NJ Festival of Ballooning on several occasions and have always been fascinated by both the process of inflating and flying the balloons as well as by the colors and beauty of the balloons themselves. 'Balloon Race' is actually a composit of my memories of watching the event – from inflation, to lift off, to floating off into the distance. The balloons at the bottom of the drawing are canted, representing the gigantic shapes being filled with hot air. From there the balloons move upward visually until they are aloft directly overhead. Once they reach the optimum height and catch the current of the breeze, they move off into the distance, growing smaller as they move further away. I found the beautiful, colorful balloons sailing off against the backdrop of a blue summer sky to be very symbolic of artistic ideas taking flight, which inspired this piece." Please read Frank's impressive bio on page 8.

Look for our FUN contest in this issue: **SPOT THE FAKE!** Somewhere in this issue is a fake ad. Find it and email us at **Spotthefake@theconnectionsnj.com.** Please use the subject line: **FAKE** and include the answer, your name, town and phone number. The Winner will be chosen randomly from a list of those who entered the correct answer and will receive a prize from a local business. Good luck and have fun **SPOTTING THE FAKE!** In addition, we have a **PHOTO CONTEST: TAKE YOUR BEST FAMILY PIC!** Take a picture of your family doing something fun, tag it with **#ConnectionPics** and send it to **INSTAGRAM** at **Connectionmag** or email it to us at **Connectionsnj@gmail.com!** Look for a **"PHOTO COLLAGE"** in the **JUNE and SEPTEMBER ISSUES** to see if your picture made it in!

We encourage you to visit our website and read our ON-LINE editions, view **YouTube videos** on many of the digital ads and click directly on the ad to visit our advertisers' websites. Visit the **CONNECTIONS YOUTUBE CHANNEL** which features videos from local advertisers at **www.youtube.com/user/ConnectionsNJ** in addition to viewing them on their digital ads!

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Robin Fand, Publisher

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Subject Line: FAKE

More than 200 people took part in our Spot The Fake Ad Contest in the April issue. Congratulations to everyone who "spotted" *Lawn No More!* The winner, selected randomly from a list of all those who entered and provided the correct answer, is Pat McCool of Bridgewater. The winner received a gift certificate to Eighteen Eight Fine Men's Salon in Bedminster.

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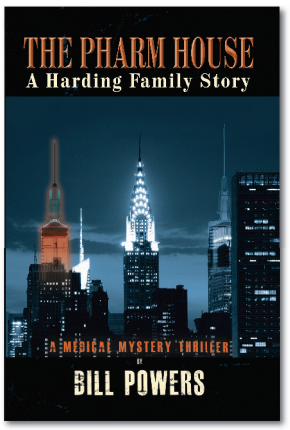
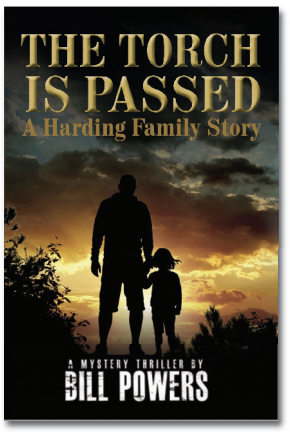


THRILLING SUMMER READS!

Mendham novelist, Bill Powers has two suspenseful thrillers out in print and e-book version!



First there was ***The Pharm House***, Finalist in the Medical Thriller category of the **2014 National Indie Excellence Awards**, where readers met Nicholas Harding and his daughter, Andrea; set in the pharmaceutical industry with malpractice of epic proportions. ***Ever wonder how drugs get in those little brown bottles? Read The Pharm House!***

Now comes the second Harding Family story. In the exciting new thriller, ***The Torch is Passed***, Andrea has just graduated college and her world is turned upside down when her father, Nicholas, and her uncle, Michael, are shot in a surprising and brutal attack. As the only family other than her paternal grandmother, it falls to Andrea to not only investigate who would want to kill her father and uncle, but also to oversee Harding Industries.

Andrea urgently seeks answers why anyone would want to kill her entire family - grows up along the way and seeks her revenge.

The *Torch is Passed* is a **Winter 2016 Pinnacle Book Achievement Award** Winner!

The Pharm House **http://my.bookbaby.com/book/the-pharm-house**

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On The Cover

FRANCIS J. GUBERNAT

Born and raised in Newark, NJ, Frank Gubernat showed an early interest in art and design while in school. Following his service in the Air Force, he attended Rochester Institute of Technology and earned a degree in Advertising Design. He worked in the industry for several years before becoming a high school art teacher in Woodbridge Township, a vocation he was devoted to for more than 30 years. During his time in the classroom, he earned a Masters degree in Mixed Media Printmaking from Montclair State University and Art Supervisor certification from Seton Hall University. He also taught adults at the Linden Art Association evening school as well as at the Somerset Art Association, where he specialized in drawing and oil painting. An active member of ARTsee, the Farmstead Art Group, the Newark Museum, and the Polish Cultural Foundation, Frank has participated in many one-man and group exhibits as well as juried exhibits and AENJ Artist/Teacher Network Invitational exhibitions throughout NJ. Frank's paintings focus primarily on nature in order to convey to viewers a pleasant, positive visual experience. He works in watercolors, oils, acrylics, and pastels to recreate the beauty of nature in scenes that are both familiar and new. With an eye for vivid, distinct colors, he creates captivating images of beautiful places in his home state of NJ, as well as in New England and the West. His artwork is in private collections throughout the country. A devoted father of two daughters as well as a doting grandfather, Frank currently resides in Basking Ridge with his wife of 56 years. His website is: **www.FJGubernat-art.com.**

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1724 Washington Valley Road, Bridgewater MLS# 3284747
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15 Adams Road, Bridgewater MLS# 3298376
$1,100,000 Cherie Berger

Beautiful custom colonial home located in Martinsville's finest neighborhood. This Beautifully maintained home has so much to offer. This 3 car garage home with fin basement is surrounded by tranquil private protected property. Stunning Brazilian cherry flooring throughout the first floor. There is an overabundance of sunlight in this wonderful home.

787 Petron Place, Bridgewater MLS# 3284688
$949,000 Marty Abramson

Under construction on a cul-de-sac with 4500 Sq. ft. Massive Master suite w/sitting rm. 1st floor guest bed or office, Hardie plank siding & stone exterior, hardwood floors, gorgeous kitchen with S/S appliances, c/island & breakfast bar. Still time to choose some of your own colors.

475 Bayberry, Bridgewater MLS# 3209675
$919,900 Marty Abramson

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33 Rock Road East, Green Brook MLS# 3288866
$1,490,000 Cherie Berger

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78 Rock Road East, Green Brook MLS# 3290210
$1,450,000 Susan Tucker

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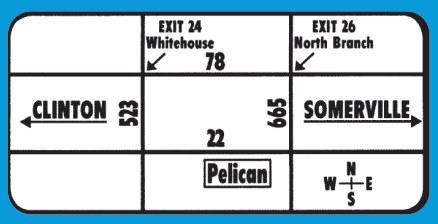

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Preparing for Top Dollar Sale

First impressions are everything. Just as with people, the same premise holds true with homes. Your home's curb appeal is the 1st impression your home will give to potential buyers. Therefore, it is important that your home looks cared for, starting with the exterior. As busy, top-producing Realtors, **Lisa Berchoff** and **Robert Incao** have experienced plenty of buyers who decline previewing a home based on external condition. **Lisa & Robert** often share easy tips with their clients to ensure the exterior showcases that stellar first impression making the buyer think your house could be their home.

Maximum curb appeal starts with the lawn, which should be manicured and as green as possible. Landscaping should be well trimmed and new mulch added to the flower beds which will denote a fresh look. Some of the most common situations that **Lisa & Robert** find is that home owners have trees that dwarf the house in size, overwhelm the property and/or block the front entry door. Although trees may offer privacy and shade, the house can appear smaller, darker, and less welcoming. Once these trees are trimmed or removed the entire entranceway appears larger, brighter and more welcoming. Also, positioning seasonal plantings by the entrance of the home provides a desired and welcoming pop of color.

Other suggestions **Lisa & Robert** generally give sellers to improve the exterior and/or curb appeal of their homes, are power washing the siding, repainting the front entry door, and having the driveway resealed. All these items will refresh the curb appeal of your home and are fairly inexpensive. The **Berchoff-Incao** team advocate fixes that can make a big difference for a small price when selling your home.

Besides first impressions, there's another significant reason great curb appeal is a good investment. When a buyer sees a well-cared for and well maintained home, it is evidence that the owner displays pride-in-ownership. That will lead the buyer to have more confidence that the inside has also been maintained, and they're much more likely to make an offer.

As Realtors and Home Stagers, **Lisa Berchoff** and **Robert Incao** focus on marketing the home from the outside in. **Lisa & Robert** advise that once your house is for sale, you want to think of it as a product. As such, you want consumers (buyers) to choose your home over the next available listing. If it is both appealing and appears to be well-cared for with its curb appeal you may already be one step ahead of your competition!

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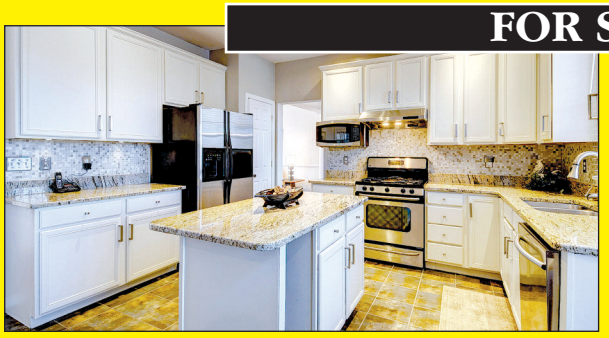
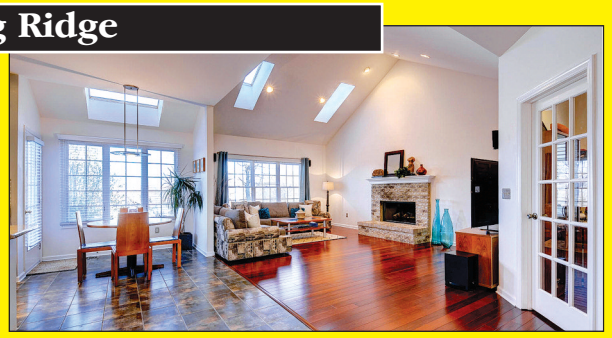
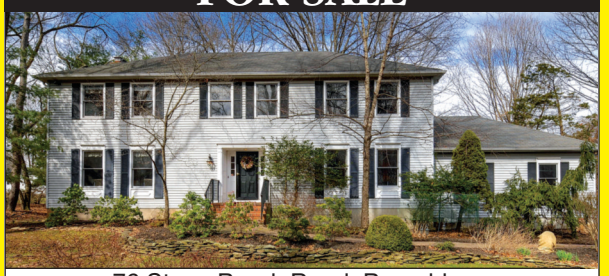




FOR SALE

36 Hastings Road, Montgomery Township

FOR SALE



76 Stony Brook Road, Branchburg

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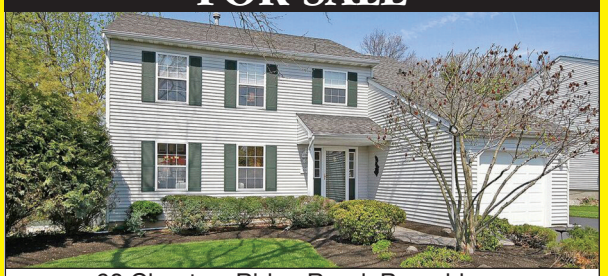

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1191 Evergreen Drive, Bridgewater

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15 Oak Tavern Circle, Branchburg

SOLD

30 Oak Tavern Circle, Branchburg

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SOLD

28 Apache Way, Branchburg

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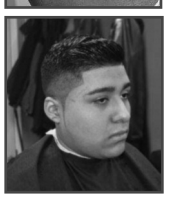

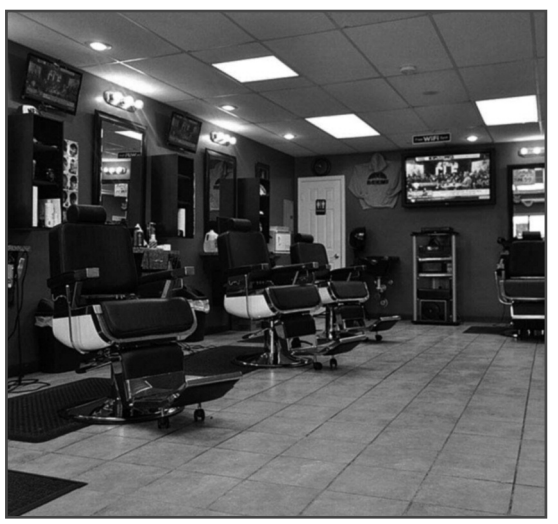

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MEDICAL MINUTES

NON-SURGICAL SOLUTIONS FOR PERIPHERAL NERVE CONDITIONS

Submitted By: Peak Medical

Peripheral neuropathy is a condition that can cause numbness, tingling or pain in the arms and hands or legs and feet. The disease directly affects the nerves in the upper or lower extremities and can be caused from a variety of circumstances including diabetes, poor nutrition, chemicals including cancer drugs and alcohol. A vast majority of patients with neuropathy have no known cause and are diagnosed with idiopathic neuropathy.

If a doctor suspects you may have a form of peripheral neuropathy, he or she may refer you to a neurologist, a doctor who specializes in diseases of the nerves. You may need special testing to confirm that you have peripheral neuropathy.

Fortunately, Peak Medical is pleased to be able to offer some of the most advanced diagnostic testing and treatments available for this disease. Peak Medical offers several different modalities that can be used together to alleviate the pain and inflammation that commonly occurs with peripheral neuropathy.

Non-invasive tests used to diagnose peripheral neuropathy include Sudoscan and Nerve Conduction Velocity (NCV) test. These tests provide rapid information to a trained medical staff, that can then help to diagnose and prescribe treatment solutions to deal with the symptoms of peripheral neuropathy, and where possible try to treat the underlying causes.

Some of the effective, non-surgical, FDA cleared treatments and therapies for Peripheral Neuropathy include Neurolumen®, Deep Tissue Laser, acupuncture, nutritional counseling, physical therapy, and more.

Neurolumen® Therapy is one of the first technologies to combine the benefits of LED, Laser and electrostimualtion. It combines the restorative properties of light therapy with the therapeutic benefits of electrical stimulation. This therapy is designed to increase blood flow which has shown to help alleviate pain and reduce swelling associated with neuropathy, diabetes, vascular disease, arthritis, chemotherapy and injury.

Deep Tissue Laser Therapy is another painless, non-invasive therapy offered at Peak Medical. Deep Tissue Laser uses laser light and offers the patient fast pain relief and increased healing times. This was approved by the FDA in 2006. Deep Tissue Therapy is painless, non-invasive and has no known side effects or risks. The procedure is short, relaxing and produces a warm soothing sensation as it stimulates tissue at the cellular level. This works by affecting damaged cells with laser energy. Cells that are damaged and poorly oxygenated as a result of inflammation, swelling or trauma have been shown to have a significantly higher response to laser therapy than normal healthy cells. The immediate results of this treatment are pain relief, inflammation reduction, accelerated tissue repair and cell growth, improved blood flow, improved nerve function and stimulation of trigger points.

Another important therapy used in conjunction with Neurolumen and Deep Tissue Therapy is physical therapy. Supervised physical therapy can be very important in any complete treatment approach to peripheral neuropathy. Peak Medical's complete Physical Therapy team is highly skilled and trained in physical therapy that is specifically for treating peripheral neuropathy.

Important goals for physical therapy and/or exercise are to maintain muscle strength, improve gait, balance, coordination and flexibility. Muscle weakness, loss of coordination, dizziness, loss of feeling in the feet and hands, all demand the attention of an expert physical therapist trained in treating various types of neuropathy.

The staff at Peak Medical can also diagnose nutritional deficiencies and recommend the proper supplements that you may be lacking. Correcting nutrition can actually improve neuropathy.

The best treatment for peripheral neuropathy is a combination of several modalities all of which are important to obtain the best possible results. The great advantage to receiving treatment at Peak Medical is the fact that they offer all these treatments at one location. The kind, caring, knowledgeable and experienced staff at Peak Medical are second to none.

If you suffer from peripheral neuropathy there really is only one choice for the best care.

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- *Difficulty standing from foot discomfort*

If you suffer from any of these symptoms, call us today!

Our Treatment Provides Hope

Many people suffer with pain for years, not realizing the cause of their symptoms. Treatment options have been limited to pain medications, painful needle injections, and invasive surgery, which can lead to further complications. Ignoring the problem or masking the symptoms has never been a viable solution. Peak Medical is pleased to announce new programs to treat a variety of debilitating foot conditions. Patients may feel relief physically throughout the treatment period and even feel better emotionally after experiencing a reduction in pain.

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"We are confident that you will find healing and relief at Peak Medical. You will have a one-on-one consultation with one of our trained staff who will evaluate your condition and determine if you would be a candidate for our treatments. Due to the demand, we have opened an additional 30 appointments this week. Time slots fill quickly so CALL TODAY to secure your FREE Consultation."

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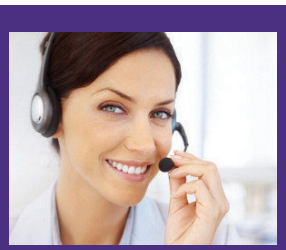

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Fraxel can help:
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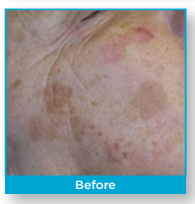
- Improve the appearance of acne scars and surgical scars



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HEALTH HOTLINE

5 MUST-HAVES FOR SUMMER FUN

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

Be sure to check out these important tips for sun safety while having fun down the shore or at the pool this summer!

1. Sunscreen

Sunscreen is an essential component of sun safety. The American Academy of Dermatology recommends using a sunscreen that is at least SPF 30 or higher and has broad spectrum UVA/UVB coverage. Most adults require at least 1 oz. of sunscreen, which is about the size of a shot glass, to cover sun-exposed areas of the body. Make sure to apply 20 minutes before going outside and reapply every 2 hours or after swimming. Don't forget your ears and tops of your feet!

For kids, I like to use a mineral-based chemical-free sunscreen, which has zinc oxide as the active ingredient. My favorite brands include Blue Lizard Baby, Badger Baby, The Honest Company, and Babyganics. Chemical-free sunscreens require more frequent re-application, so be sure to reapply every 45 minutes to an hour.

I personally use Jan Marini Physical Protectant Broad Spectrum SPF 45 sunscreen every day. Not only does it provide mineral-based broad spectrum coverage, it's a tinted sunscreen so you don't get that chalky white veil. It's also great for those light make-up days and you can just throw it on and go. We carry this in the office, so stop by to pick one up.

2. Wide-Brimmed Hat

Look for a wide-brimmed hat with at least a 3" to 4" brim to adequately shade face, ears, and chest. Baseball caps and visors do not offer enough coverage and also do not protect the ears. A flap hat may be a good option for those looking for additional posterior neck protection.

3. Swim Shirts and Swim Tights

Swim shirts, also known as rash guards, are a great option for kids so you don't have to chase them down to reapply sunscreen. Make sure they are made from sun protective material that is UPF 50 or higher. I put my kids in swim tights as well, but they can be hard to find. I am a big fan of swim tights and sun protective clothing from Coolibar. (www.coolibar.com)

4. Sun Shelter

Staying out of the sun and seeking shelter during peak sun intensity hours between 11am-3pm is also very important. A pop-up beach cabana is perfect for those long days out at the beach. There are several options online or at your local sporting goods store, and many are convenient to carry and pack down easily.

5. Sunglasses

Just as sunscreen is important for the skin, sunglasses act as sunscreen for the eyes. Long-term sun exposure can accelerate the development of cataracts and exposure to strong sun can even burn the cornea. Look for sunglasses that have the UV 100% sticker for adequate protection, and they don't have to be expensive!

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HEALTH HOTLINE

PARALYZED BROTHER OF FAMED SHARK TANK STAR WALKS AGAIN AFTER LIFE-ALTERING SPINE SURGERY

John Corcoran, Barbara Corcoran's brother, became paralyzed after a horrific motorcycle accident last fall and is now getting back to life as he always knew it.

By: Atlantic NeuroSurgical Specialists

It was Labor Day weekend…a beautiful Saturday afternoon. John Corcoran, owner of Statewide Roofing and Siding in Edgewater, NJ and brother of Shark Tank millionaire, Barbara Corcoran, headed out to do what he loves most – take a ride on his motorcycle.

An experienced rider, John had driven through Morris County hundreds of times…but this time was different. He was on a side road when he came up to a turn too fast. His bike hit a curve and jumped across the road. John was thrown across the road where he landed atop giant concrete blocks. It wasn't until seven hours later that his family located him unconscious in the hospital because his friend – a member of the Edgewater Police Department – pinged his phone.

"John was rushed to Morristown Medical Center," Barbara explains. "He had suffered five crushed vertebrae, 18 broken ribs and lungs that were filled with blood. Worst of all, when he arrived at the hospital, he was paralyzed, having lost all function in his legs and bladder control."

As luck would have it, Dr. Yaron Moshel, a neurosurgeon at Atlantic NeuroSurgical Specialists (ANS), was on call in the trauma center that night. While most physicians would have considered the damage to John's spinal cord irreversible and would not have immediately performed surgery to remove crushed vertebral fragments off of his spinal cord, Dr. Moshel set on a mission to have John walking again.

When John Corcoran, owner of Statewide Roofing and Siding in Edgewater, NJ and brother of Shark Tank millionaire, Barbara Corcoran, arrived at the hospital, he was paralyzed. Featured here with his granddaughter, he came out of a month-long sedation moving all of his limbs.

"Although no one would have expected this amazing outcome, I thought we should give John the benefit of the doubt," Dr. Moshel notes. "We rushed him into surgery to reconstruct his spine and relieve pressure from his spinal cord. It was a risky decision considering his other systemic injuries, but we had the full support of a great trauma team and were able to offer him the surgery within hours of arriving to the hospital instead of days later. When it comes to spinal cord injury, early protection of the spinal cord and not wasting precious time is critical."

John received specialized care directed by the trauma and neurosurgery teams in the ICU for one month and came out of a month-long sedation moving all of his limbs. After a seven-week hospital stay and a two-week stay in a rehabilitation center, John returned home and began resuming his normal activities.

After seven weeks in the hospital and two in a rehabilitation center, John returned home and began resuming his normal activities – including enjoying time with his granddaughter, Lilah.

"I'm driving again – although I have not yet gotten back on my motorcycle…it's in the repair shop," John quipped. "I do plan to get back on it…I plan to ski again and do everything else I enjoy. All thanks to the fabulous team of doctors who spent hours, days and almost two months focusing on me. Without them, I wouldn't be here today."

Dr. Moshel added, "I was truly thankful and somewhat surprised that John emerged from his long recovery walking around as if nothing had happened! Traumatic spine injuries can be devastating and to have such a positive outcome in such an upbeat patient keeps us aware of why prompt and high-level care is so important."

"Our whole family feels our brother's recovery is nothing short of a miracle!" Barbara concludes. "We all waited anxiously knowing full well that his chances of walking again were next to zero if not for the quick thinking of Dr. Moshel and the expert care he received. It is truly amazing to see John today.

"We just returned from a short vacation to Utah where, believe it or not, he would have skied had Dr. Moshel not asked him not to," she continues. "John has nine siblings who adore him, and our mom always said John would be a big success because he is such a hard worker. It may have been the habit of working hard that helped put him on the road to recovery. He is an inspiration to us all."

For more information on traumatic spinal cord injury and ANS, visit ansdocs.com or call 973.285.7800.

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MEDICAL MINUTES

SUMMERTIME

Douglas Haymaker, Ph.D

Stephanie Haymaker, Ph.D

It is summertime and the living is easy. At least that is what the song says. Many people are surprised to learn that couples often begin couples therapy in the summer. There are a lot of reasons for this.

Summertime is a time of change and transition. Children get out of school and move to summer schedules. Decisions need to be made about vacations and time with the extended family. For some, there is much more togetherness. Sometimes couples find that the intimacy that they hope for is lacking. Sometimes the implicit "marital contract," the set of expectations that each person brings to the marriage about life, turns out to be at odds with their partner's. Vacation plans, parenting styles, time management and extended family loyalties can all become grist for the summertime mill.

Summer is also a time of moving on. Families sometimes move, new people move in next door or old friends move away, children go off to camp or to college, and there are endings and new beginnings. Couples may handle these transitions in different ways. They may have expectations about how their partner can help them through a difficult time. But these expectations are not always clear. How couples understand their own desires and those of their partner, is one of the central issues often addressed in couples counseling. Despite knowing someone well, or perhaps because of it, couples sometimes "fill in the blanks." They jump to conclusions about what the other person is saying. Sometimes this is because of well-worn ground within the marriage, where some arguments become almost ritualized in the back and forth between the partners. Fine-tuning problem solving skills can be a helpful outcome from the therapy process.

Couples are drawn towards the familiar. There is an innate tendency to attempt to create a family environment much like the one in which we grew up. There is a certain "right" way of doing things, which often comes down to doing a thing the way our parents did it. But different families do things in different ways. It's said that marriage is a joining of two cultures. Sometimes, these cultures clash. Sometimes this pattern takes place without us even realizing it. At some point in a marriage, the question often comes up, "who is this person?" Therapy helps couples to understand these feelings and identify healthy patterns as the partnership evolves over time.

One goal for therapy may be improving effective communication styles. Sometimes an impartial outsider can help untangle the knots in a relationship which are too overwhelming for the couple themselves. Sometimes, partners need help discussing their assumptions, hopes, and dreams about their marriage and their family. Couples can also learn to fight productively, to stay on topic, and to compromise without resentment.

Relationships do not need to be in distress to benefit from couples therapy. In fact, many people choose to pursue sessions to strengthen an already healthy foundation. They may wish to tackle a single troublesome issue, or prepare as a team for a future transition. We invest in many things that are important to us. Perhaps this summer is the time to make an investment in your marriage and in the furture.

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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HEALTH HOTLINE

HEADACHE PAIN

By: Dr. Vincent Sferra
Natural Medicine & Rehabilitation

Headaches are one of the most common complaints that bring a person to a healthcare provider. What causes your headaches? Headache triggers are detected by centers within the brain. These centers control many vital body processes: sleep/wake cycle, hunger, hormone and involuntary nervous system regulation. Chemical messengers are released in response to your personal triggers. These chemicals produce a number of body responses. The most significant to headache is the dramatic effect to the blood vessels in the head, face and neck and to the neuronal activity in the brain. These vascular changes appear to be instrumental in the altered brain activity of those with migraine type of headache. Depending on which vessels and areas of the head and brain are most affected, headache and the associated symptoms of headache occur such as pain, nausea, visual and vestibular symptoms. ***The more triggers one is exposed to, the greater the headache!***

A quick fix (using migraine medications, aspirin, ibuprofen and acetaminophen) generally works by creating various affects on blood vessels within the head or the neuronal activity within the brain. When used frequently many of these medications can create rebound headaches. Rebound headaches are typically even stronger headaches and create a vicious cycle of increased frequency & intensity!

Chronic sinus problems, allergies, poor posture, neck problems, a lack of exercise and un-tempered stress all contribute to your threshold to headaches. Tension headaches are caused by muscle contractions in the head and neck regions. A variety of foods, activities, and stressors can cause these types of contractions. Natural Medicine & Rehabilitation manages these problems through clinical nutrition, rehabilitation & therapeutic lifestyle changes to significantly improve your threshold to headaches.

Acupuncture can provide drug-free relief for people suffering from headaches & migraines with virtually no side-effects. Acupuncture stimulates the nervous system to release pain-relieving chemicals & hormones. These chemicals are the body's natural painkillers!

Biofeedback Therapy can reduce or eliminate the need for medications or may be an option when medications haven't worked well. Stress is one of the main triggers that can bring on a headache or migraine. When you are stressed your forehead muscles frown and tighten, jaw muscles tighten and clench and your shoulder muscles hunch and tighten. Biofeedback sensors on these muscles can show how your body responds to stress. Biofeedback therapy gives you instant feedback and helps you develop the ability to recognize and reduce stress & muscle tension to help prevent, reduce and stop a headache!

Our doctors will also look at your nutritional habits to see if food may be contributing to the headache and migraine pain you are experiencing. Optimizing nutrition and hydration is critical to reduce cravings, improve energy, lose weight, prevent illness, reduce inflammation, and symptoms of disease.

Learning healthy lifestyle behaviours and increasing your awareness of things that cause physical stress and physical pain like bracing/guarding, poor posture, and improper lifting will enhance your results. Chiropractic adjustments are very effective for treating tension headaches, especially headaches that originate in the neck. Therapeutic Massage is used to apply pressure to soft tissue effecting changes by relaxing contracted muscles, increasing circulation and improving range of motion by stimulating the stretch reflex of muscles and overlying fascia (connective tissue).

Natural Medicine & Rehabilitation offers many treatment options to help prevent, reduce and stop a headache. We also have a Workplace Wellness lecture on Headaches that we offer to local corporations to help educate their employees on preventative healthcare. Call 908-252-0242 for a free new patient consultation or to set up an Employee Workplace Wellness Program.

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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ORGANIZE THAT

5 PRODUCTIVITY HABITS HIGHLY SUCCESSFUL PEOPLE DEMONSTRATE

By: Patricia Diesel, CPC

I have heard it said, (actually it was from Brendon Burchard, one of the top performance coaches in the world) that there are two types of people in this world – "People who say 'I don't know how' and so therefore they stop" and "People who say 'I don't know how' and they go and find out how."

We could perceive that one type is successful while the other is unsuccessful if we were going to view this from a standpoint of productivity. Speaking of productivity, I have also heard that highly successful people have a common trait. They are consistent in producing. But beyond that, there are (according to Brendon Burchard) five habits that people demonstrate who are truly productive…let's take a look.

Habit #1: Raise Your Ambitions

"You are only productive to the degree of motivation stirred by your ambitions."
– Brendon Burchard

So what does this quote mean? It asks; What are you fired up about? What are your dreams? If you can't answer this, then perhaps it's time to ask the bigger question… What is your purpose in this life? You can then work your way up from there. We all need to feel connected to something that breeds life in us. Can you remember when you were connected in the past to a dream and how excited you were? I can tell you this, if you are feeling unproductive, it's probably due to unclear ambitions. So go ahead – go for it! Remember this…raising your ambition doesn't have to be about having more money, fancy cars, etc. It can be about service, such as being a better dad or a better boss. Even monks strive to deepen their meditation to their source…think about it!

Habit #2: Own Your Morning

Now, let's be truthful here. If your morning is running on chaos, your day will be trapped in reaction mode – yes? Of course it will be. I learned a few statistics from Brendon on this matter. I learned that we can gain 30% of our productivity if we choose not to check our email in the first 60 minutes of waking up. It seems that 85% of us grab our phone upon rising, perhaps before we even give our significant other a morning kiss. Amazing isn't it? I mean seriously, be honest…do you do this? If you do, well guess what – you're the ultimate reactionary!

Let's take back control of our morning by simply putting some things into place that can help immediately:

- Activate your body in the morning – you're more resilient if you workout – try yoga/breathing/basic movements – stretch 15/20 minutes.
- Eat a healthy breakfast – don't skip this important meal. Work on this – trust me, it will serve you well.
- Set your intention and an exact work schedule. For example, let's say you are writing a book – well, set a time for how long you will write for and stick to it – remember, productivity needs a deadline.

Habit #3: Work the Needle Movers

In other words, identify the things that need the most attention and work on them. Did you know that 80% of what we work on doesn't matter and it's only the 20% that actually does? Perhaps this tells us a little story on what we are focusing on. Yes, you heard me, we need to focus on what is important - otherwise it will become a distraction if you choose those tasks outside of it.

I found this little tip to be extremely helpful:

Prioritize impact, not ease. This simply means to attack the stuff that will have the most impact towards tomorrow, the next day, and your vision.

Habit #4: Demonstrate, Then Delegate

Well this has always been a big one for me. I am a firm believer that before we can turn our work over to another – we first must master it. Meaning, we need to know the ins and outs of all of our work and feel confident that we understand all of it before we delegate. How else can we expect another to do the type of job we expect of them? If we don't, we just set ourselves up for failure.

Habit # 5: Use Performance Enhancers

I know, what you must be thinking…caffeine…right? No, no, not at all. There are three top performance enhancers that can help us focus and be more productive.

1. Sleep – It's so important. Did you know that recent studies show that if you sleep 6 hours or less a night, that after the 10th day you are considered legally drunk?
2. Meditation – It's proven to lower stress and puts the brain in a better state. It also allows the brain to recover better as you transition from one task to another. It's important to note that any time you do anything big you need to recover with hydration, movement, and a mental break.
3. Plan – Yes, you heard it right. Listen, it's important to plan your day, otherwise you will just be thinking through your stuff. As Brendon says, "If you plan your day, you'll be a weapon in your day" – awesome, right?

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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MIND THE MIND

FOOTBALL AND PIZZA
Life's Lessons Are Found In Both

By: Dr. Michael Osit

Many people love sports and most people have a love of food. A great number of people can relate to food and sports so I find myself using them as analogies to help my patients resolve problems or as a way to understand what they need to do in their pursuit of happiness. So, I examined the following adages about life, living, and relationships, and related them to sports and food for you.

The grass is greener on the other side

When you are sitting down to dinner at one of your favorite restaurants with friends, sometimes you have difficulty deciding what to order. You finally decide and when the food comes, you look at your friends' plate and start wishing you had ordered what they had. Looking over the fence to your neighbor's house and thinking how wonderful their life is will only belittle your blessings, and create unhappiness with your own life. You need to be happy for your friends' menu choices and make sure you enjoy your own meal. Besides, it is entirely possible that your dinner tastes better than theirs.

He that waits on fortune is never sure of a dinner

If you play "not to lose" you will most often lose the game. In a tennis match, if your goal is to simply return volley and never take the risk and go for a "winner shot" hit hard and down the line, you will more than likely lose the match. You must sometimes take risks and push the envelope to achieve success.

Absence makes the heart grow fonder

There was this little Italian restaurant in the college town you used to go to with your girlfriend, now wife, that had the best pepperoni pizza. You go back for your 10 year college reunion and it turns out that your memory of it far exceeds the actual flavor of that pizza. You start to recall that it was rather oily and the crust would sometimes be too crispy for your liking. It is important to be realistic and try to view your life and your relationships from a reality base instead of a skewed perception.

All good things must come to an end

Your baseball team is on a hot streak, winning 12 games in a row. It is extremely unlikely that you will never lose a game again. It is important to enjoy your good fortune, and accept the fact that you may have misfortune from time to time in your life.

Strangers are just friends waiting to happen

Ever go to a restaurant and see a peanut butter cheeseburger on the menu? I have. Peanut butter and hamburger are two very unlikely ingredients to be together. I actually ordered it, mostly out of curiosity, and it was delicious. Sometimes, if you open yourself up to different people whom you have never met, you might find a great connection and a new great friend.

Practice makes perfect

Quarterbacks and wide receivers practice so much together that they can actually predict each other's moves for preciseness and perfect timing. A well practiced basketball team plays together as a cohesive group both offensively and defensively. Whenever you have a presentation, or an exam, or putting your work out for scrutiny, be sure to review it repeatedly, practice excessively, and be as rehearsed as you can be.

One Last Food Analogy (A bug-a-boo of mine)

When fuel prices were sky high, the airlines, car services, and the trucking industry all tacked on "Fuel Surcharges" to their rates. Now that fuel is less than half the cost compared to that time period why aren't we getting a price break or a "Fuel Discount?" It's like paying market price for lobster at a restaurant at $20 a pound, and continuing to pay the same price even when the market price is $10 a pound. I'm just sayin'…

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)

Connection Commends

EIGHT MAIN STREET ASSOCIATES/ TEABERRY'S TEA ROOM

2 Main Street
Flemington

By: Sherry Kevoe

What do **Eight Main Street Associates** and **Teaberry's Tea Room** in Flemington, N.J. have in common? Well, here's the scoop… brother's Bob and Fred Ferrari own **Eight Main Street Associates.** Fred has rental offices available in this beautiful modernized building in a prime location on Main Street. He is enthusiastic about the re-development and revitalization of Downtown Flemington and is especially proud of one of the most beautiful projects in Flemington.

Owned by the Ferrari brothers is the well-known **Teaberry's Tea Room.** Previously located in its original location since 2005, also on Main Street, **Teaberry's** outgrew their space and moved to their current location in 2009 on 2 Main Street. This beautiful Victorian home was built in 1822 and is one of the oldest homes in Flemington. Every room in the home is used with seating for 100.

Susan Peterson, owner, was inspired by her English grandmother who loved tea and was a wonderful baker. She always took time in her busy day to relax, reflect and enjoy tea. According to Susan, her grandmother, Edith, was calm, organized and never frazzled. Once you meet Susan you will feel the same way. During our interview, Susan was relaxed and focused making me feel like I was the only one in the teahouse. In the meantime, her employees were busy working throughout the house and attending to many customers being served. Susan even took that extra few seconds to say hello to many familiar faces who were obviously repeat customers. Susan and her daughter Sara, who each manage an area of the house, maintain this beautifully restored Victorian as a refuge from the outside world. Inside, you will feel pampered, as the atmosphere is relaxed yet elegant, cozy and never rushed.

What is an afternoon of tea and wonderful lunch without a little shopping? Behind the tea house is The Carriage House Boutique, also renovated by Fred Ferrari and is filled with many fun gifts in addition to 120 loose-leaf teas. You can find children's tea sets, hats, scarves and much more. **Teaberry's** can accommodate parties up to 35 people and does children's birthday theme parties. There is so much attention to detail, which includes fresh flowers on the tables daily, beautifully orchestrated linens and china throughout the house, which is truly a feast for the eyes. **Teaberry's** is not just for the ladies as many gentlemen appreciate the solitude of a relaxing business lunch as a break from their busy day. **Teaberry's** pays attention to special dietary needs, offers three to four soups daily with their popular house lobster bisque. Lovely sandwiches and salads in addition to baked goods (all done on premise) are served. All ingredients are always fresh and seasonal. Serving Lunch and Afternoon Tea. Hours are: Tuesday-Friday, 11-4, Saturday and Sunday 11-5, closed Monday. Reservations are strongly suggested. **Teaberry's Tea Room,** 2 Main Street, Flemington, NJ, 908-788-1010. Website: www.teaberrys.com

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CHANGING LIVES MARTIAL ARTS

952 US Highway 202 South
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www.ChangingLivesMA.com
908-541-9800

By: Linda Weeks Di Filippo

Changing Lives Martial Arts located in Branchburg offers innovative Taekwondo martial art classes for all ages, after school programs, summer camps and birthday parties. Taekwondo is an exciting and powerful form of martial arts renowned for its dynamic kicking and hand techniques. **Cory McNallan,** owner and fourth degree black belt, is passionate about teaching martial arts, which extends beyond attaining physical fitness and practicing self-defense. **Cory's** mission is to shape successful human beings into true champions who will ultimately help create a better world.

Changing Lives Martial Arts offers exciting after school programs and summer camps, which provide flexibility for working parents. The afterschool program allows children to unwind with fun games and activities before working on homework. In addition, participants are able to take Taekwondo classes, which are full of energy, physical activity and learning. The classes are structured to encourage children to reach for new goals and attain levels of proficiency. The year is divided into four semesters and each session is centered on exploring fun topics such as dinosaurs or the solar system and concludes with a graduation ceremony. After school programming is available from 3pm to 6pm for students in Kindergarten to 6th grade.

Summer camp includes action packed days to keep your child happy and engaged all summer long. Camp days are diverse, challenging, and fun. Complementing great physical exercise through martial arts training are gymnastics, constructive games, bully defense workshops, kid's movies, arts and crafts and character building activities. Summer field trips include trampoline centers, sports complexes, indoor rock climbing, local parks and amusements. Summer camp offers convenient early drop off and extended pick up hours. **Changing Lives Martial Arts** camp is the perfect solution for parents. Summer camp is available from 7am to 6pm for kids from 5 to 13 years old.

The entire staff of **Changing Lives Martial Arts** is committed to more than just teaching self-defense by investing in the complete personal development of each student. Instructors take their responsibility seriously as role models for younger students, teaching the importance of strong character, leadership and good values. The staff conducts "mat-chats" about showing respect at home and instilling the belief that students can realize their dreams.

The amazing thing about **Changing Lives Martial Arts** is that everyone benefits. Parents are confident knowing their children are learning and having fun, and students love the classes and camps.

For additional information regarding the great programs offered at **Changing Lives Martial Arts** visit their website at **www.changinglivesma.com.**

CHANGING LIVES MARTIAL ARTS

2016 Summer Camp

Early Registration Enroll Now & SAVE

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

952 U.S. Hwy 202S - BRANCHBURG NJ 08876
(Across From the Fairfield Inn Marriott)
ChangingLivesMA.com
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Register online at ssbjcc.org/camp or call 908.725.6994 x201.

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Contact Stacey, our Camp Director at 908.725.6994 x223; sherman@ssbjcc.org

Register online at ssbjcc.org/camp

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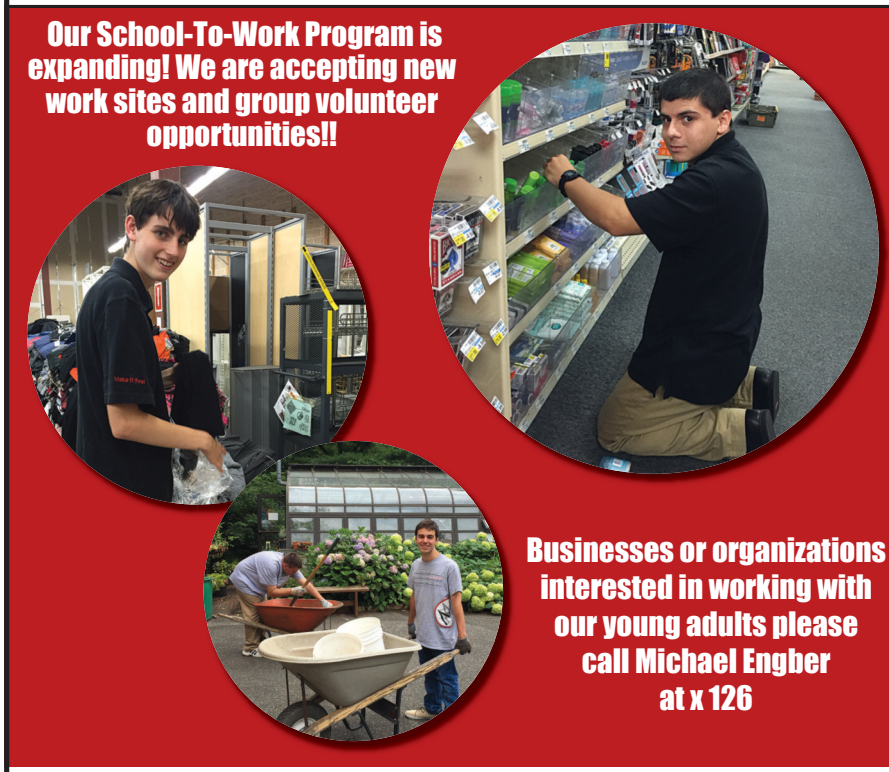

Businesses or organizations interested in working with our young adults please call Michael Engber at x 126

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1 @SMD 7:05pm
2 @SMD 12:05pm
3 BPT 7:05pm
4 BPT 7:05pm TV
5 BPT 1:05pm
6
7 @NB 6:35pm
8 @NB 6:35pm
9 @NB 6:35pm
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11 @LAN 7:00pm
12 @LAN 2:00pm
13 @LAN 7:00pm
14 YRK 7:05pm
15 YRK 7:05pm
16 YRK 7:05pm
17 SMD 7:05pm
18 SMD 7:05pm TV
19 SMD 1:05pm
20 @NB 6:35pm
21 @NB 6:35pm
22 @NB 6:35pm
23 @SL 8:05pm
24 @SL 8:05pm
25 @SL 7:05pm
26 @SL 7:05pm
27 NB 7:05pm
28 NB 7:05pm
29 NB 7:05pm
30 NB 7:05pm
JULY
SUN MON TUES WED THUR FRI SAT
1 BPT 7:05pm
2 BPT 7:05pm TV
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7 LAN 7:05pm
8 LAN 7:05pm
9 LAN 7:05pm
10 LAN 5:05pm
11
12
13 All Star Game @LAN
14
15 @LI 6:35pm
16 @LI 6:35pm
17 @LI 5:05pm
18
19 SL 7:05pm
20 SL 11:05am/7:05pm TV
21 SL 7:05pm TV
22 @LAN 7:00pm
23 @LAN 7:00pm
24 @LAN 2:00pm
25 @YRK 6:30pm
26 @YRK 6:30pm
27 @YRK 6:30pm
28 BPT 7:05pm
29 BPT 7:05pm
30 BPT 7:05pm TV
31 BPT 5:05pm
AUGUST
SUN MON TUES WED THUR FRI SAT
1 GOLF OUTING
2 LI 7:05pm
3 LI 7:05pm
4 LI 11:05am TV
5 @SL 8:05pm
6 @SL 7:05pm
7 @SL 7:05pm
8 @LI 6:35pm
9 @LI 6:35pm
10 @LI 6:35pm
11 @LI 6:35pm
12 SMD 7:05pm TV
13 SMD 7:05pm
14 SMD 5:05pm
15 YRK 7:05pm
16 YRK 11:05am
17 YRK 7:05pm
18 YRK 7:05pm TV
19 @BPT 7:12pm
20 @BPT 6:12pm
21 @BPT 1:12pm
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24 LAN 7:05pm
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26 NB 7:05pm
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29 @SMD 7:05pm
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31 @SMD 7:05pm
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SUN MON TUES WED THUR FRI SAT
1 @SMD 7:05pm
2 @YRK 6:30pm
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4 @YRK 1:00pm
5 SL 6:05pm
6 SL 6:35pm
7 SL 6:35pm
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9 NB 7:05pm
10 NB 7:05pm TV
11 NB 1:05 pm
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13 @BPT 10:35am/7:12pm
14 @BPT 7:12pm
15 @NB 6:35pm
16 @NB 6:35pm
17 @NB 6:35pm
18 @NB 1:35pm
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26
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Contact Linda Weiss, 908.725.6994 x208; LWeiss@ssbjcc.org

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Community News...

LVSC student Esen (l) and tutor Kathy during a weekly tutoring session.

Changing Lives Through Literacy Bridgewater Wegmans Awarded as a Community Champion

By: Aimee Lam, Executive Director

From L to R, Susan Engelstein (LVSC Program & Events Manger), Aimee Lam (LVSC Executive Director), Sue Monroe (Bridgewater Wegmans Community Giving Team Leader), and Martha Davis (LVSC Board President)

Without functional literacy skills many adults in our community struggle: they cannot read a street sign, menu, or email; writing a note to a child's teacher or a check to pay a bill is overwhelming; speaking to a co-worker is daunting and calling 9-1-1 may be impossible. Literacy Volunteers of Somerset County (LVSC) can help.

Since 1981, LVSC has been training volunteers to become literacy tutors who work with adult students on a one-to-one basis. Students come to LVSC because they want to change their lives and they know that improving their literacy skills is the first step. Students are matched with a tutor and the pair meets weekly, usually at the local library. Together tutors and students work toward the student's real life goals – getting a better job, reading to a child, or becoming a US citizen. As students' literacy levels improve, they become more productive employees, parents who are engaged in their child's education, and active members of the community.

When LVSC was formed 35 years ago by a retired school teacher named Alma C. Liotta, the organization's mission was to help American-born adults learn to read. At inception, LVSC did not have paid staff and served a small number of students. The world has changed significantly since that time, but much about LVSC has remained the same. Today, LVSC has a small staff of two Bridgewater women who work with 175 volunteers and manage four programs serving 350 students each year. In addition to the cornerstone Tutor Training program, LVSC's services have expanded to include English Conversation Groups, US Citizenship Preparation Classes, and English as a Second Language classes offered in partnership with Spotlight Learning. Although the size of its program has grown, LVSC remains a community-focused, nonprofit organization.

To support a growing garden of literacy programs, and to celebrate 35 years of service, LVSC held a Garden of Literacy Brunch and Silent Auction in April. During this festive event, Martha Davis, LVSC Board President, presented LVSC's Community Champion Award to Bridgewater Wegmans Community Giving Team Leader, Sue Monroe. Ms. Davis remarked, "Wegmans is not just a supermarket. Wegmans is also about giving back and making a difference in every community it serves. Wegmans has been a wonderful supporter and has taken abundant care of our event needs. We are always so grateful to receive a generous response that they will help us once again."

Students are grateful for the free assistance provided by their tutors and have shared sentiments such as, "my life is better now," "my tutor is the breath of life," and "I am not afraid of talking with people in English anymore." Tutors find the experience to be equally transformative. One tutor recently wrote, "After each class my students thank me profusely… inside I am thanking them… I have been privileged to have a glimpse into their lives and struggles, and to assist along the way. The richness of the experience will carry with me always."

Students and volunteers are encouraged to learn more by visiting literacysomerset.org or calling the office at (908) 725-5430.

LVSC
Literacy Volunteers of Somerset County
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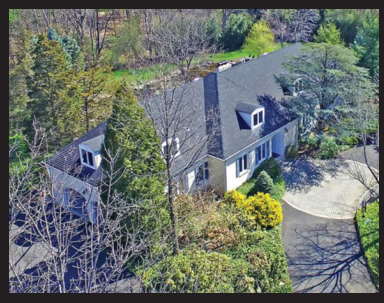

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Testimonial:

"Working with Michele was an excellent decision. She and her team were a pleasure to work with from start to finish and made the process of selling our old home and purchasing our new one a very easy and enjoyable process. They were there every step of the way and, six months later, are still providing value by offering solid recommendations for contractors and service providers. My husband and I strongly recommend Michele and her team to anyone looking to buy or sell a home."

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RWJ University Hospital Somerset

The following events are sponsored by the **RWJ Somerset** campus. Individual event locations are noted.

COMMUNITY EVENTS CALENDAR

SOMERSET • TO REGISTER, CALL 1-888-MD-RWJUH

JUNE

Weight-Loss Surgery Seminar

Tuesday, June 21
7 p.m.

Glenn Forrester, MD, bariatric surgeon

Have you been thinking about weight loss surgery, but aren't sure where to start? Are there a million questions running through your mind? Is surgery the right choice for you? Do you even qualify? Is it safe? Will it work? Get the answers from one of RWJ Somerset's expert bariatric surgeons when you attend this highly anticipated information seminar.

Unless otherwise noted, events are FREE and OPEN TO THE PUBLIC.

For fee-based events, cancellations within two weeks of the program are non-refundable, regardless of circumstance. A medical release form is required for any exercise program.

JULY

Chair Yoga for Seniors - $48

An eight-week course begins:
Tuesday, July 5
10:30 a.m.
Joy 2 Dance, Hillsborough
Chanchal Arora, certified yoga instructor

Learn this ancient fitness routine that builds flexibility and strength and relieves pain associated with arthritis, carpal tunnel syndrome, migraines and back and neck strain. A medical release form is required to participate.

Aquacize - $46

Eight-week courses begin:
Wednesday, July 6, Friday, July 8 or Monday, July 11
10:30 a.m.
Somerville YMCA
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Nutrition and Cooking Class
Nature's Super Fruit

Thursday, June 23, 1 p.m.

Wellness Workout

Mondays and Wednesdays, 10 a.m.

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$5/class

Tuesdays, 4:15 p.m.
Fridays, 10 a.m.

Restorative "Yoga for Cancer Care"
$5/class

Fridays, one week per month, 10 a.m.

Chair "Yoga for Cancer Care"
$5/class

Fridays, 1:15 p.m.

For more information, call 908-927-8721

RWJ Robert Wood Johnson University Hospital
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The Sleep Revolution:

Transforming Your Life, One Night at a Time

with Arianna Huffington

When: Tuesday, June 28
Time: 5:30 to 9:00 p.m.
Where: The Imperia
1714 Easton Avenue, Somerset, NJ
$25 *(cost of admission, dinner and a copy of Arianna's book)*

HEALTHFEST JUNE 28, 2016

Physician Presenters:

Jag Sunderram, MD
Assistant Professor, Medicine
Robert Wood Johnson Medical School
Medical Director
The Sleep Center
Robert Wood Johnson University Hospital

Priyanka S. Yadav, DO
Sleep Medicine Specialist
The Sleep Center
Robert Wood Johnson University Hospital Somerset

To register, call 1-888-MD-RWJUH.

Child & Babysitting Safety (CABS) - $65

This two-day, eight-hour course provides teenagers ages 11 to 15 with the tools they need to care for young children. Our experts share advice for working with parents and their kids and offer key safety, caregiving and first-aid tips.

Student receives 2-year certifications in CABS and Heartsaver CPR AED

Wednesday, August 17
Thursday, August 18
4 to 8 p.m.

To register, please visit www.rwjuh-ems.org or call 732-937-8686

TO REGISTER FOR ANY OF OUR EVENTS, PLEASE CALL 1-888-MD-RWJUH (1-888-637-9584)

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

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

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

His clients have expressed the following observations of their experience:

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

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Big Apple Bites

Storm King Art Center

By: Linda Seigelman

If you are looking to spend some time communing with nature amid incredible outdoor sculptures, consider a visit to the Storm King Art Center. Located in the Hudson Valley just off the Thruway north of Woodbury Commons, Storm King has more than 100 sculptures arrayed over 500 acres of fields, grasses, hills and woods. It is a spectacular setting through which you can walk, bike (they provide rentals) or ride a tram.

The nonprofit Storm King Art Center was founded and opened to the public in 1960. It was originally envisioned as a museum devoted to the Hudson River School, but within a few years, its founders had become committed to modern sculpture. Early purchases were placed directly outside of the main Museum Building as part of a formal garden scheme. However, after a particularly large acquisition of thirteen works in the mid 60's, Storm King began to place sculpture directly in the landscape. Since then, every work has been situated on the site with careful consideration given to both its immediate surroundings and distant views.

It is hard not to be awestruck by Storm King's dramatic landscape which includes farmed fields, natural woodlands, lawns, native grasses, wetlands, and water. The inherent beauty of the region is constantly on view in the surrounding hills and meadows as you walk the paths viewing art installations both small and large (some are huge) in a variety of mediums. The collection includes works by some of the world's top artists such as Louise Bourgeois, Alexander Calder, Sol Lewitt, Roy Lichtenstein, Maya Lin, Henry Moore, Louise Nevelson, Barnett Newman, Isamu Noguchi and Richard Serra to name a few.

Besides its permanent collection, each year Storm King features a variety of special exhibitions. These could be large-scale sculptures located on the grounds in some appropriate setting, or they could be smaller works shown in the Museum Building. More than fifty years after its founding, Storm King continues to grow and evolve and is considered to be one of the world's leading sculpture parks.

Storm King Art Center is open daily Wednesday to Sunday from April through November and on select holiday Mondays – Memorial Day, July 4th, Labor Day, Columbus Day. Any day is a good one to visit Storm King as each season offers its own special backdrop for these amazing artworks.

WHERE TO EAT

Storm King Art Center has a wonderful full service café in an outdoor pavilion, perfect for a snack or a light meal.

Storm King Cafe, Adjacent to North Parking Area – fresh salads, sandwiches, snacks, scones, excellent chili and daily soups, seasonal specials, organic and locally grown ingredients, kid friendly too.

Some visitors choose to pack a picnic lunch and find a beautiful spot on the grounds to enjoy it; others head to one of the surrounding towns for lunch or dinner. The Hudson Valley has become an extremely popular tourist destination with lots to see and do. The local towns (e.g., Beacon, Croton-on Hudson, Newburgh, Cornwall) are filled with interesting shops and restaurants of every type, many featuring locally-sourced ingredients and craft beers. It is a lovely area to ride around and explore after your visit to Storm King. There are also many charming bed and breakfast options if you want to stay overnight or make a weekend of it. Two good sources of information online are the Storm King Art Center website at www.stormking.org and Hudson Valley Magazine at www.hvmag.com.

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"Random" Connections

A CONNECTION THAT IS HARD TO MATCH

By: Dan Rosenberg

In the fall of 1967, our family visited my Aunt and Uncle in Greenwich, Connecticut. One day we had lunch at a family restaurant called Lucy's in nearby Port Chester, New York. As we were leaving the restaurant, I picked up a matchbook. I am not sure why I grabbed it as I was in my early teens and didn't smoke. I may have been attracted to the design. One of my family members suggested that I start a matchbook collection. And I did, accumulating over 7,000 matchbooks since then.

I could never have anticipated that my "collection of little fires" would become the nucleus for many connections in orbit around it, spanning nearly fifty years.

Four years after our visit, in 1971, Lucy's was reopened with a new concept, as Gulliver's Restaurant and Lounge. It attracted crowds of young people, particularly Connecticut residents, since the drinking age at the time was lower in New York than Connecticut.

Steve, one of my best friends from college, living in Connecticut after graduation, hung out at Gulliver's every Friday and Saturday night in the mid-70's. I was living in Detroit at that time. On Sunday morning, June 30, 1974, I opened the front door of my apartment to retrieve my copy of the Sunday edition of The Detroit Free Press, which had just been delivered. The front page headline read something to the effect, "24 Die in New York Nightclub Fire."

After reading the opening paragraph of the article, I immediately called Steve's parents. Turns out that he was not feeling well during the week and decided, for the first time in months, not to go clubbing at Gulliver's that weekend.

Back to 2016. This past February, I started a consulting engagement with a new client. I flew to Portland, Maine, to meet the company's Chief Operating Officer, John. Over lunch, the conversation shifted from business background to personal and professional histories. At one point, John revealed that he grew up near Port Chester.

I said, "Did you ever go to Lucy's restaurant?"

"Never heard of it," he replied.

I continued, "It became a nightclub which burned down and over twenty people died."

I was amazed when he said, "I knew the guy who set the fire, a troubled kid and high school dropout."

After this conversation with my new client, I did some further research. Lucy's restaurant was originally named the Old Post Grill, which burned down in 1962. The restaurant then became Lucy's which had also had a fire in 1968.

From the Old Post Grill to Lucy's to Gulliver's - three restaurants, three fires, 24 dead, my best friend at college not there (fortunately), then learning recently that my client knew the arsonist, and a matchbook collection which started there nearly five decades ago. Is this just a random connection? Let me hear from you.

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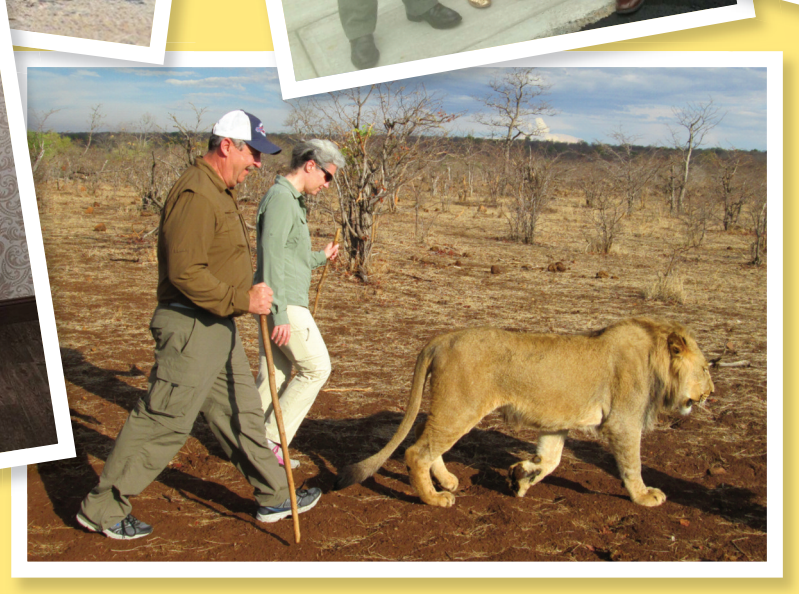

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Slice of Life

The Resilience of a Warrior

By: Ellyn Mantell

We all knew the day would come, having heard two words, pancreas and cancer strung together in a lethal combination, creating for all intents and purposes, an assault weapon! Over these past four years, however, our warrior, Larry, continuously fired his own assault weapon against his mortal enemy, teaching all of us who knew and loved him, the true meaning of a word many take for granted...resilience. And although we may have fooled ourselves into believing his victory would be measured in decades, not years, he and his partner at every step on the road he traveled, his loving wife Beth, taught us to move forward, ever forward, always seeking the next treatment, adding a huge dose of hope. There were many times we expected the end, Larry would rebound, and we would receive his message..."I am back to fight another battle!" He had more roads to travel, and cancer was not going to deter that travel. No, he was always looking ahead, whether it was to his next treatment, or the next date with his grandchildren!

Larry was one of the most resilient men I know,"succeeding, even excelling, despite incredibly difficult circumstances," as one might define resilience. But until cancer entered his daily vocabulary, we thought of him as simply a dear friend with an incredible sense of humor; warm, witty, caring, smart, cultured (adoring the opera, an interest in a wide variety of books and movies) socially enjoying a drink and dinner with friends...us...he was part of the fabric of our lives.

Beth and I had learned at a young age how important it is for busy friends to carve out time together, so for probably 30 years, she and I have a weekly appointment to speak with each other every Saturday morning at 8:00. We sometimes joke that if anything major were to happen during the week, it would be fine to call at another time, but we are so devoted to our connection on Saturdays that both her family and mine rarely infringe upon our date with one another. Over the years, because I am always ahead of myself, I began to call at 7:57 a.m., and one time, when I reverted to the 8:00 time, Larry pointed out that I was "late!"

Just a few Saturdays ago, we were joyfully discussing Larry's acceptance at Memorial Sloan Kettering for a medical trial of immunotherapy, a new frontier in the treatment of aggressive cancers. The physicians were as impressed with his drive, determination, fight, spirit, and yes, unbelievable sense of humor as all of us who love him, have been. His doctor told Beth and him that she was so pleased she had two successes already with the protocol, and Larry told her "he gladly volunteered to be her third!" He wanted to win this battle any way possible...after all, he had grandsons to watch grow, new grandchildren to be born, a wife to love and cherish, sons and daughters-in-law to adore, friends and family to write into his book of life. He was willing to be poked and prodded, weakened and rebuilt...whatever it took to live longer, to find the cure for himself and others. But two days ago, in our Saturday conversation, I learned that, in fact, Larry wasn't doing well. He was feeling very poorly, and unless it was a passing virus, hopes were fading he would be well enough to make the trial date the following week. The disappointment was palpable all around, as I notified my family and close friends who kept Larry in their healing thoughts.

From that Saturday morning, the end came quickly, and by early the next day, he was gone. Four years of donning his armor, and jousting with abandon; four years of awakening the victor...four years of resilience and fortitude...his unique determination always driving him, until he could fight no longer.

Tomorrow will be the day of farewell to our formidable warrior, and many will say his life was shortened by his enemy...and it was. But I will always treasure what Larry taught me...that resilience is how we face adversity, and that instead of succumbing, he surmounted the threats we all fear. He did it well, he did it longer than most, he used his humor and determination to keep him moving in the right direction. I believe that none of us knows how resilient we are capable of being until we are challenged. I doubt Larry ever knew what he was capable of being...but during these four years, he showed us how well he was able to do it.

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The owner of the facility, Ulka Bhavsar, strives to create an environment that is not only conducive to working, but also an environment where all the "Members" can meet each other and even do business with each other.

"Once a month we have pizza Fridays where everyone can meet. We also have a meetup group for small business owners with regular speakers on topics like social media marketing and branding – all tailored to small business owners. One of our members once said 'even though we all work at different companies, it feels like we all are part of something bigger here'. That's exactly the type of community we strive to have here."

Most importantly, Ulka indicates what matters most is the image that **Office Evolution** helps provide for small businesses. Here are some examples that Ulka described as the difference with **Office Evolution (OE):**

Legitimacy

Without OE: A customer finds your business online and looks up the address to realize it is a house, then moves on to find a "real" business.

With OE: Customer looks up the address online and finds that 50 Division St. is a commercial building in downtown Somerville and right across from the post office. Customer schedules an appointment to come in

Professionalism

Without OE: Customer finds your business online and calls but gets the voicemail. Anxious, the customer calls the next business in the google search.

With OE: A customer calls and a **Office Evolution** receptionist "Hello, you have reached Company ABC, how can I help you?" The receptionist calls you, and either connects the line or takes a detailed message. Customer feels like it is a professional business.

First Impressions

Without OE: Customer meets you at the local coffee shop to meet. You find each other and have a discussion while other patrons eavesdrop on your conversation.

With OE: Customer comes to **Office Evolution** and is greeted by the Business Center Manager, Ulka, at the front desk. She offers coffee/water and then brings the customer to the conference room where the business owner is ready to meet in a private conference room. Great first impression!

Productivity

Without OE: Business owner wakes up, checks email, eats breakfast and then gets to work at the kitchen table. After being in pajamas all day, a shower is in order before getting out of the house to meet customers. The day is almost over and the to do list has gotten longer instead of shorter.

With OE: Business owner wakes up, showers and heads to **Office Evolution** to work in the co-working lounge. Business owner chats with another business owner about social media marketing and gets some ideas. Back to work and then lunch with some other "co-workers." You've gotten done more before lunch than you did all day at home.

Offsite Meetings

Without OE: After looking at local hotels for a conference room, costs seem too high to justify. The meeting takes place at the existing office, but employees are distracted by the regular work-day rather than focusing on the meeting.

With OE: Office Evolution is selected because of its affordable cost and ability to cater from anywhere without any upcharges. Employees can't "sneak" away and are focused during the meeting. After the meeting, the team walks to the Verve restaurant for a team dinner.

Office Evolution is located at 50 Division Street, Suite 501 in downtown Somerville. All small business owners are welcome to a free 1-day trial in their co-working lounge. Call to make an appointment at 908-751-4986.

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Community News...

Life Can be Stressful- Let JFS Help

Submitted By: Jewish Family Service of Somerset, Hunterdon and Warren Counties

For 36 years JFS has been providing counseling to individuals, couples and families living in our community who are struggling with the stresses of life. Following are examples of the people JFS has helped and continues to help every day.

Gary was a 15 year old high school student when he first came to Jewish Family Service. His father who had a kidney disease had recently passed away. Gary was very close with his father. They spend a lot of time together and especially liking to participate in sports together. When his father died suddenly Gary became both angry and depressed. Although he was a good student he began cutting class. His grades fell dramatically and he became disruptive at home. His mother felt he needed a male role model and reached out to JFS for help over Gary's objections. With encouragement he kept the first appointment and over time developed a very positive relationship with the JFS therapist. Gradually his grades began to improve. Time in the therapeutic sessions was split between discussions about school, relationships and the loss of his father and shared a common interest in baseball and the local teams. As the therapeutic relationship developed Gary showed significant improvement in his grades in both his junior and senior years. Gary is naturally smart and did very well on his SAT'S and was accepted into a prestigious university on scholarship. Now when home on vacations he has sometimes come to the office to update the JFS therapist on his progress. With the help of his therapist and JFS, Gary is back on track and feeling better about himself coming to terms with the loss of his father.

Ronald is an eight year old boy who was referred to the agency by his second grade teacher. The teacher was concerned about Ronald's sudden poor academic performance and his developing anger in his interaction with his classmates. Ronald's parents were equally concerned and participated in a comprehensive agency evaluation of the symptoms Ronald presented as well as an exploration of the overall functioning of the family.

The evaluation revealed that Ronald's older brother, Charles, was recently diagnosed with juvenile diabetes. Charles' medical problems resulted in the parents becoming greatly preoccupied and worried about him to the extent that Ronald's needs for attention and affection were, unintentionally, being neglected. This situation was producing significant depression and anger for Ronald, and was being acted out in school. The evaluation also uncovered Ronald's fear of becoming ill, like his brother.

The therapeutic intervention involved individual sessions with Ronald and separate sessions with his parents. The parents were helped to understand how their concerns for Charles were affecting Ronald. As understanding took place, Ronald's parents were able to focus more on his needs. Individual sessions with Ronald helped him to feel valued and cared about and helped him deal with the fear of becoming ill like Charles. As sessions with Ronald and his parents progressed, Ronald's symptoms slowly abated and his teacher began to report a return to good academic performance and improved interaction with classmates.

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; Families with children with special needs are assisted through social groups, parent groups and through the Family Mentor Program. Career Counseling helps individuals in many aspects of their job search. Ohr Tikvah-Light of Hope Jewish Healing Services offers presentations, support groups, and individual spiritual counseling to address the health, wellness and healing needs of the community. All information is confidential. Many programs are at no cost, on a sliding fee scale or payable through third party insurance.

JFS
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If you are interested in learning more about JFS' programs, please contact us at 908-725-7799, visit our website: www.JewishFamilySvc.org, like us on Facebook. Jewish Family Service of SHW, Inc. 150-A West High Street, Somerville, NJ 08876.

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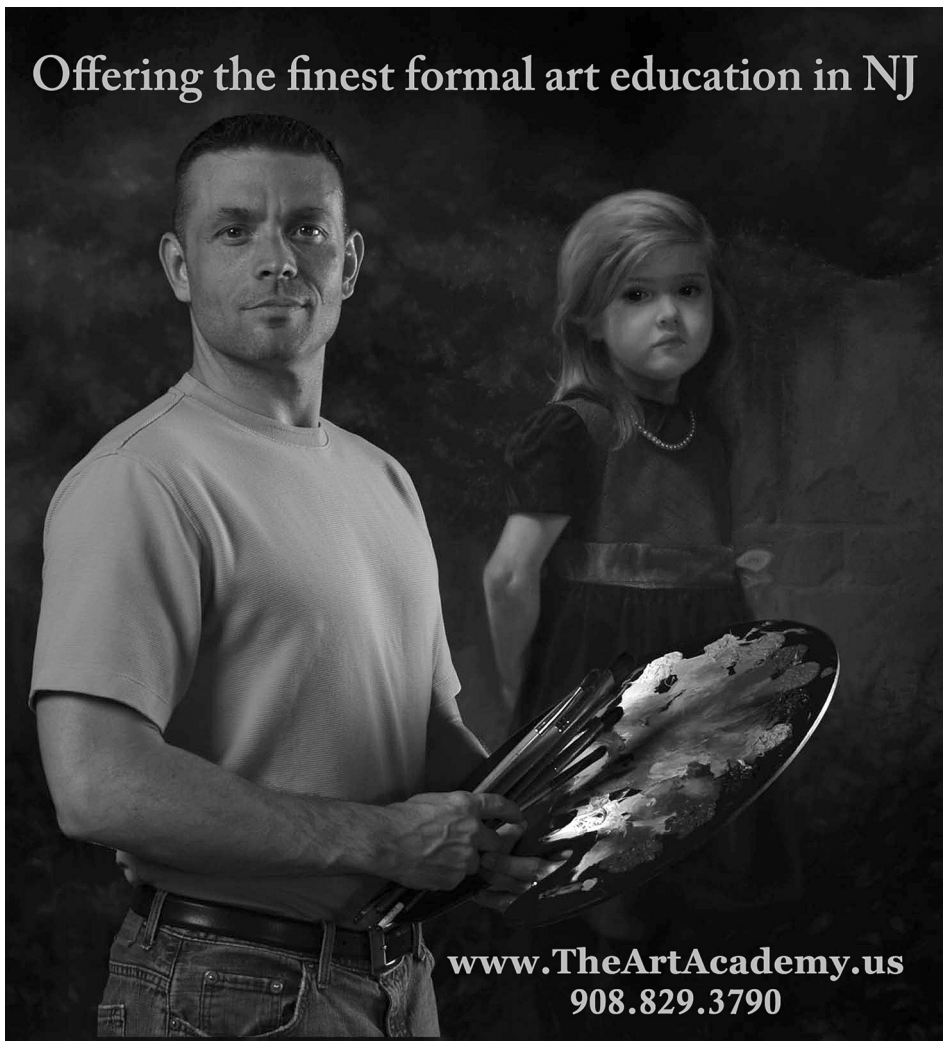

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ALL TIRE COMPANY

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By: Sherry Kevoe

Ray, Mike, Matty & Joe

All Tire Company has been serving customers since 1945 with their automotive repair, tire and wheel needs on Staten Island, NY and Branchburg, NJ. With over 68 years of experience, **All Tire Company** has kept up with the latest technology and excellent customer service within the auto repair industry, which can certainly account for their longevity.

What started as an auto repair shop and car wash on Staten Island has grown into two locations on Staten Island and one in Branchburg. Prior to moving to Branchburg, **All Tire Company** was located in Basking Ridge for 10 years. Due to their excellent customer service and high quality workmanship, the need for an "all service" facility became more apparent. Under the co-leadership of Mike Scheblein, who started with the company in high school, **All Tire Company** is now an easily recognizable business on Rt. 22 in Branchburg. Mike prides his staff on maintaining ongoing relationships with customers who return with confidence. Because this is a small business "the face doesn't change" and customers know who will be working on their car. According to Mike, "customers are loyal" and come to us from a distance.

All Tire Company is proud to have been able to stay on the leading edge with maintaining the necessary equipment to handle repairs on most model automobiles both new and old alike with self-assurance. **All Tire Company** is an official AAA Approved Auto Repair Center in addition to being a Goodyear Tire and Service network member. At every **All Tire Company** location, they offer a full line of competitively priced commercial, industrial, and farm tires from Goodyear, Dunlop and Kelly. Their ASE (National Institute for Automotive Service Excellence) certified mechanics are trained to accurately diagnose and perform repairs with honesty and integrity.

Mike and his staff pride themselves on being able to get on the phone with customers to discuss service issues and being honest. Customer testimonials have included statements of staff being "trustworthy, honest and being part of their family." "Thanks always for making my cars safe and sound." According to customers, repairs were discussed "upfront" with no reason to "add on unnecessary items." **All Tire Company** is proud to say that they have serviced police vehicles in the area and also will provide drop off and pick up of vehicles during a repair process. Stop by for a look at their clean and spacious location for a car wash, tires, and repairs or to inquire about any of your automotive needs. **All Tire Company** is located at 3221 US Hwy 22 East, Branchburg, NJ 08876. Phone: 908-725-7373. Check out their website at www.alltirecompany.com.

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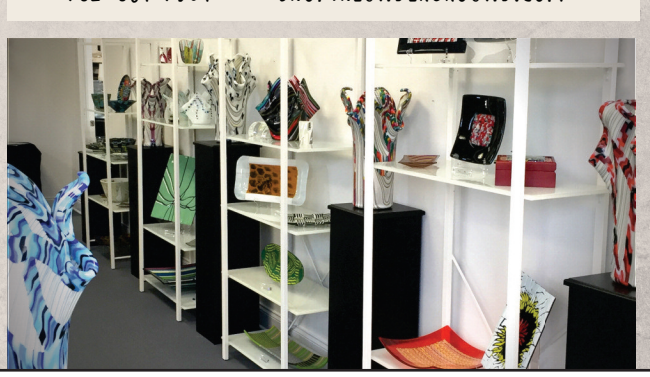

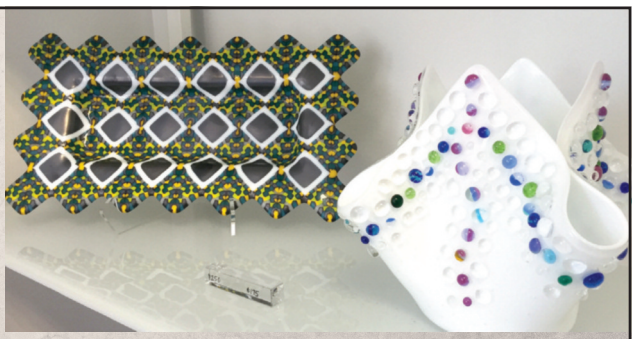

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WHEN IS THE RIGHT TIME TO PLAN YOUR MOVE TO SENIOR LIVING?

By: Ellyn Mantell

This is, of course, the 64 million dollar question, because the answer is different for everyone/couple. This personal decision seems to frighten people into thinking of only the **SHOULDS,** but there are so many **COULDS** that can be enjoyed in making your transition when you are able to take advantage of all the wonderful offerings many senior living dwellings provide. This issue, let's look at **Independent Living,** and in the future, we will discuss other options.

Independent Living typically is a community that provides an apartment for either a single person or couple, with one or two bedrooms. The apartment often times has a kitchen that offers full appliances, such as a refrigerator/freezer, oven/stove, dishwasher, washer/dryer, sink, and cabinets for storage. Frequently there is parking available for one car for the apartment (single or couple.) Safety is primary in the apartment, with bars and handles in bathrooms placed strategically to avoid falls. A living room and dining area are usually present, as well. (Independent Living is designed for those who can take care of themselves to the extent that they can shop for food and prepare their breakfast, are not dealing with incontinence and do not need assistance with medications or have advanced memory issues.)

More important, however, than the apartment living area (and believe me, many are beautifully appointed and au courant with updated design) is the social arena. Lunch and dinner are usually served and what better opportunity to feel one is "out" for meals with friends? Friends abound because everyone wants to become involved with each other, playing cards, watching movies, shopping, etc. The days pass quickly, sharing life stories and trading pictures of children, grandchildren and even pets.

Safety and good health are major components of Independent Living communities, with nurses and medical care available most of the time. Some communities even interface with medical centers or medical groups to keep all services close and convenient. Assessments of apartments are done regularly if needed to maintain the highest degree of safety, and monitoring of residents is another major component.

I encourage you to investigate the communities we have in our area: **Chelsea Independent Living** and **Bright View** in Warren, as well as **Lantern Hill** in New Providence are three new ones, each promising to bring something special to seniors.

Overwhelmed with the idea of downsizing, packing, staging your home for sale, organizing and designing your new senior home? Please call me at **(908) 883-0469** and ask for **Ellyn,** or write me at **ellynmantell@aol.com.** My partner, Carol, and I are **SENIOR ASSISTANTS** and we are ready to help you any way you might need!

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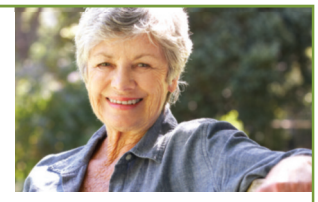

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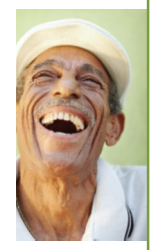

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By: Joanne Kleinle

Let's face it – whether it is a car accident, a fender bender or just a ding in the parking lot, nobody likes dealing with the hassles of repairing a damaged car. You rely on your car to get you where you need to be and when your car is out of commission, you need to be able to rely on your auto body specialists to make it right again-quickly and easily. People in Hillsborough and beyond have been relying on the experts at **Amwell Auto Body Shop** for decades because they know what they are doing – guaranteed.

Amwell Auto Body has been family owned and operated since 1972. A strong work ethic and commitment to honesty and quality work has been passed down from generation to generation. They love what they do. They have a passion for cars and they make sure that they have all of the latest equipment and tools needed to get your car looking like new. They even guarantee that they will return your car to you in as good as pre-accident condition!

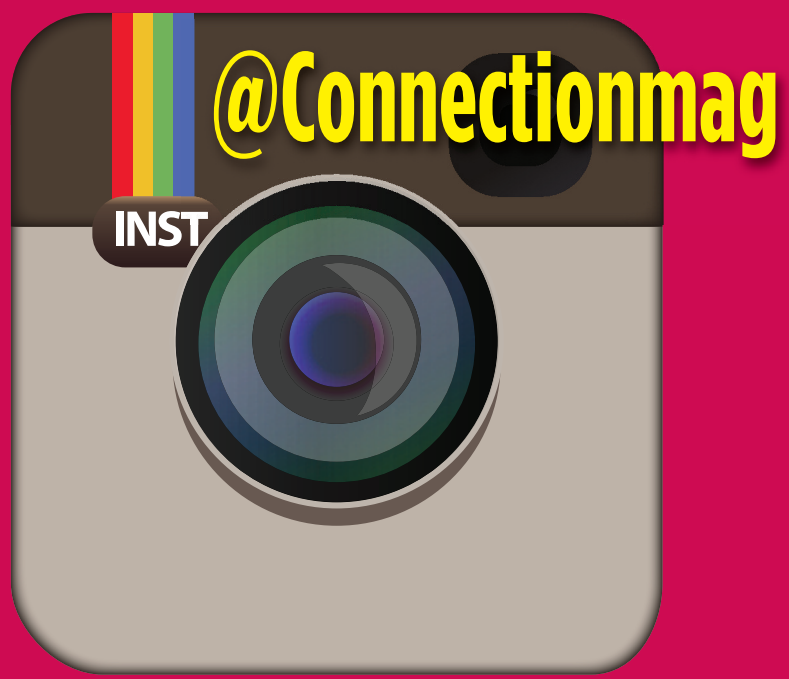
The owners at **Amwell Auto Body** are your neighbors. They have been a part of the community since 1972 and have raised their families here. They treat their customers like neighbors – putting the safety and well-being of their customers above everything else. Need a ride home after dropping off your car? No problem. The technicians at **Amwell Auto Body** will make sure that you get home safely, as well give you regular updates on the progress of the repair work.

Over the years, **Amwell Auto Body** has developed a solid reputation within the community and with insurance companies for quality work and honest dealing. They work with the insurance companies for their customers so that repairs can be done as quickly and hassle-free as possible. Insurance companies respect them and they are a "direct repair shop" for most insurance companies.

Amwell Auto Body is open every Monday through Friday from 8am until 5pm. In order to get the fastest, most comprehensive estimate, they recommend that you call ahead to schedule an appointment for an estimate so that an appraiser will be sure to give you the time and attention that you need. Using the latest software, **Amwell Auto Body** documents all of estimates with straightforward pricing to submit to insurance companies – getting your repairs done 50% faster than most repair shops!

So if you need auto body work done to your car or truck, get in touch with your neighbors at **Amwell Auto Body** located at 138 US Highway 206 in Hillsborough. They accept all major credit cards and work with all insurance companies. Give them a call at 908-526-6300 when you need a neighbor to help make your auto body repair experience come out right!

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



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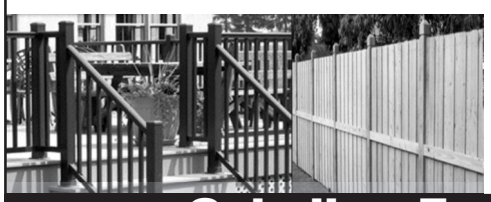

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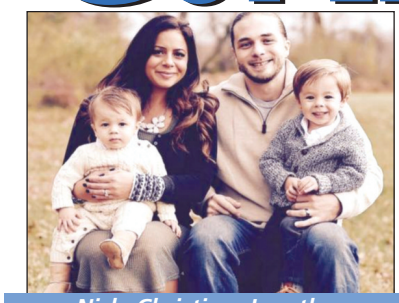

Nick, Christina, Jonathan and Noah Veglatte

BRIDGEWATER OVERHEAD DOORS

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By: Christina J. Veglatte

Why Choosing a Family-Owned Business Is the Way to Go

Every morning, a little voice whispers in my ear with excitement, "Mommy, can I go to work with you?" At first, I thought my oldest son wasn't serious; but as the frequency increased I realized that he really does already show interest in working. As one of the owners, it makes me happy that I am able to bring him in and show him the ropes, and spike an interest in working at such an early age. It builds work ethic, entrepreneurial skills and discipline. At only three years of age, he has enough patience to stay a few hours and absorb the daily activities that go on in a family business. This is only one of the many reasons why I enjoy being part of a family-owned business. But what does it mean to the consumer?

As a consumer, you are able to reap the rewards of dealing with a family business. A good family business operates as a natural and cohesive team, and the benefits of this are passed to the consumer. We are committed to treating customers like family throughout the entire buying process; that means we act with trust, honesty and integrity, and an attentive ear. Essentially, any company can sell products and install them, but the dedication and loyalty shows in the craftsmanship of a long standing family operated venture. When I make a big purchase decision, the first thing I look for is trust. I ask myself, "Will this company be around in 10+ years if something goes wrong in the future?" The answer is yes. The second thing I look for in a buying decision is honesty.

As a business owner, I frequently get many testimonies which display the honesty and integrity of our staff. We genuinely care about what each customer wants, as a family would. There have been many instances where customers are actually in disbelief of pure honesty that our business exudes, when we told them a repair wasn't needed that another company insisted had to be done. Or another company suggests a whole new door, when really only a panel can be replaced. I could silently sit back and sigh and say to myself, "But we could have gotten more money for this," and look at it like money lost in every instance. I don't ever do that. I'm happy that we were able to save a customer from unnecessary expenses. Things aren't as rigid here in a family owned business.

The third thing I ask myself in a buying decision is, "Are they listening to what I want?" When we go on estimates, we listen to customer wants and desires. We don't try to sell you the more expensive door. We want you to leave happy.

These are just a few benefits out of the many over the years where **Bridgewater Overhead Doors'** family-owned business qualities such as trust, honestly, and integrity shines. Changing your garage doors can be a hefty investment and you want to be in good hands with a company you can count on.

Bridgewater Overhead Doors is a family owned and operated business since 1956. It is conveniently located on the Somerville Circle in Bridgewater, NJ and has evening and weekend estimates available to cater to full-time working customers. The company is one of five Clopay Master Authorized dealers in the state, and is committed to total customer satisfaction. The company boasts many customer satisfaction awards, most notably 10+ years in a row, Angie's List A rating.

We Will Beat Anyone's Price!

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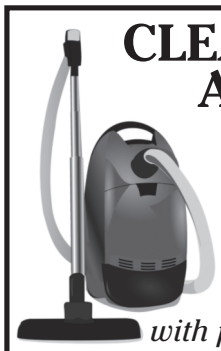

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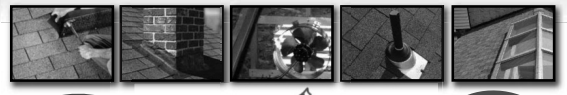

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Real Estate Best Practices and the Importance of Choosing the Right Realtor

Whether you are selling your current home, or in the market to purchase a new home, most would agree the financial implications are high. Real estate is a commodity, similar to traded company stocks, but certainly more tangible. As a seller, your goal is to sell high, while as a buyer, your goal is to buy low and hope your investment appreciates over the time you own it.

It seems today everyone either is a real estate agent or knows someone who is. Since the purchase or sale of real estate can be a complicated financial transaction, as well as an emotional one, isn't it important to have the most knowledgeable and qualified persons guiding you through the process?

Lisa Middleton and **Kimberley Dabrowski** are full-time professionals who have been working together as a Realtor team for more than 9 years. They have a proven track record of success and a long list of extremely satisfied clients, representing both buyers and sellers. Their business model consists of implementing and adhering to BEST PRACTICES when assisting clients with the sale or purchase of a home.

BEST PRACTICES EXAMPLES working with sellers

1. **Utilize a two-step listing process.** Step 1 consists of having a discussion with sellers to understand their current situation, and taking a tour of their home. Step 2 consists of presenting our marketing plan of action including detailed analysis of comparable properties, publically and privately listed and sold.
2. **Stage your home to accentuate best features.** Lisa and Kim are accredited Realtors/Home Staging Professionals and use a combination of your things and their décor items to allow potential buyers to see your home at its very best.
3. **Use technology to your benefit.** Lisa and Kim understand how potential buyers search for properties on line. They hire a professional photographer for their listing photos and feature your listing on several of the most popular websites to drive as much traffic to your listing as possible.

BEST PRACTICES EXAMPLES working with buyers

1. **Meet new buyers in the office.** Lisa and Kim listen as buyers discuss their current situation, what they want and need in a new home, their thoughts on various communities, and their time frame for purchasing.
2. **Assist buyers with obtaining a mortgage pre-approval.** Lisa and Kim refer buyers to trusted lending professionals who are best qualified to meet buyers' financial needs. Lisa and Kim understand that a mortgage professional can make or break a home purchase and as a buyer it is important to have the best person on your team.

Though all of the above are crucial to having a successful sale or purchase of a home, Lisa and Kim believe the most important best practice and one that they strive to follow every day is to practice EFFECTIVE COMMUNICATION. Effective communication is a two-way information sharing process that allows both parties to share and understand information being shared in the way it was intended. For sellers, selling your home is so much more than a Realtor simply banging a sign in the ground and posting a few photos on line. For buyers, purchasing a home is so much more than looking at nice houses. In either process, there are a number of important steps that need to be executed properly in order to achieve success. Effectively communicating with all stakeholders, including clients, attorneys, lenders, inspectors, other Realtors, contractors, municipal employees, and others will make the process proceed much more smoothly. Let's face it, moving is stressful, even under the best of circumstances. Wouldn't you want a team of trusted advisors on your side to guide you in the successful completion of the purchase of your next home or sale of your current one? Wouldn't hiring Realtors who follow Best Practices and Effectively Communicate with all stakeholders be a great place to begin the process? When you are ready, call Lisa and Kim to help you every step of the way!

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SOLD

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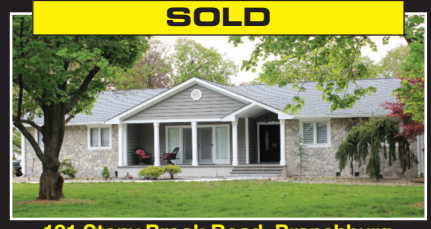
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REAL ESTATE CORNER

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

What's Cooking with Lidia... Upgrades That Pay You Back

Anywhere in the world, in any given market, there are upgrades that a homeowner can make that will yield a higher selling price, and in return more cash.

In fact, the average return on homes with recent improvement projects is 6.7% higher this year than last year's returns on homes without improvements. The best part - your home does not have to undergo major remodeling to enjoy this added value. The projects can be as simple as minor replacements or additions. For example, replacing the front door, the walkways, exterior lighting; adding flowering trees and plants and a well manicured lawn; all of these relatively low cost and labor-reduced touches are certain to give your home the curb appeal that is enticing to the buyers.

If that suggestion isn't enough to inspire you, here are some of the numbers and rates of return are: replacing the front door on average yields a 92% return on sale price, adding stone veneer siding on average yields a 75% return, replacing windows yields a 75% return, replacing the roof yields a 72% return, building a deck or patio yields a 70% return, and insulating the attic yields nearly a 115% rate of return. While some projects are certainly more labor intensive than others, what better investment than maximizing your sale price for the next step, the next home, or the next adventure?

Of course, be sure to keep in mind that major remodeling projects like a new kitchen, new baths, finished basement, and new or refinished hardwood floors are also sure to bring in top dollar and quick sale.

If you are thinking of selling or buying, contact Lidia for her recipe and tips before your next move!

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CREATIVE CORNER

REPAIR, RENEW, RESTORE RIPPED-JEAN

By: Carolyn Hanson

I know it's been the style for a while but every time I see the stylish ripped jeans I think of my grandmother's reaction to spending good money on intentionally torn clothing and have to smile. So what happens once you put your foot through that stylish gash? Keep on wearing them, I suppose, until they become too unseemly even for the wearer. But you love them; they are your favorite jeans.

During my childhood, once your pants tore, mom would use an iron-on patch of red, blue or green, usually to cover holes in the knees. The pants were then play clothes you wore after school. That would not fly now. So recently, my daughter brought me her favorite shorts that were more holes than stable fabric. She was ready to make the sacrifice and throw them away. I've patched many a pair of jeans. Usually I have to beg to reduce the fashionable tears and bring the jeans back to presentable status. So with these shorts ready for the ragbag, I was granted the opportunity to make them wearable once again. So here are the steps for renewing those favorites.

First, locate old denim. Sacrifice an old pair of jeans. [I have saved my husband's old denim jeans for years (a future project and article, I'm sure). They are the source of old denim needed for patching.] Areas of high stress need to be reinforced with extra fabric, not just quickly stitched to close a tear.

Second, measure and cut a patch at least a half-inch on all sides larger than the tear/gap. Pin the patch to the inside of the garment.

Third, set your machine with a heavy duty denim needle and denim blue thread.

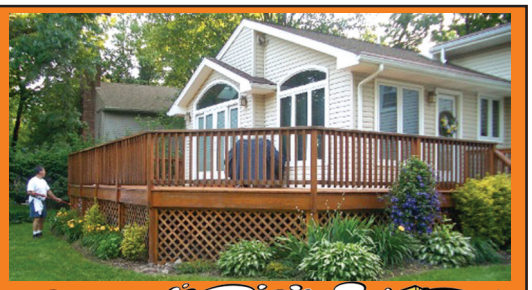
Then, sew around the tear first, then continue to stitch around and through to secure.

- Use either a straight stitch or small zigzag.
- Have fun and stitch around some patches twice or make designs.
- Try using fancy stitches like a flower chain or leaves.
- Add other textures… I made a crochet patch of hairpin lace using denim cotton yarn (Lily's Cotton Sugar'n Cream Denim in indigo)
- Add other color thread. Try other shades of blue, white or your favorite colors.
- Add other color patches. Use other favorite fabric patches.

Final step, trim all the patches close to stitching on the inside. This will make the patch more comfortable on the inside and reduce bulk.

I'm happy to say, the results were approved and the shorts are once again being worn in public without fear. My fear.

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



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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:

MOVIS - By Line: Art group from Princeton through June 11.

2015 Solo Exhibition Award: Naomi Campbell & Jim Perry.

Members' Non-juried Exhibition: June 24-September 3. Opening Reception: Friday, June 24, 6-8pm.

Upcoming Activities:

Summer Adult Classes: June through August. All levels.

Summer Art Camps: (Ages 5-15) June 27-August. Weekly.

STUDIO 7 FINE ART GALLERY

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Fine art gallery at 5 Morristown Rd., Bernardsville, 908- 630-9770. Gallery hours: Tuesday-Saturday 10am-4pm and by appointment. **Upcoming Events:** ***Paintings, Art Glass and Bronze:*** through August 27. ***BernARTsville Art Walk Reception:*** June 3, Friday, 6-9pm. Welcoming New Artist Andrea Gianchiglia. Contact owner, Kathleen Palmer for information at 908-963-0365, pskjpalmer@verizon.net www.studio7artgallery.com

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BRIDGEWATER SENIOR CLUB

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

Thimble Island Cruise, "Sea Mist": Wednesday, June 22. Depart 7:30am. Arrive 7:30pm. Cost/person, $86.

Culinary Institute of America – FDR Home: Thursday, July 21. Cost/person $86.

Kruckers Picnic Grove: Thursday, August 11. Cost/person $80.

"Beach Boys" Tribute Show: Monday, Sept 12. Depart 9:15am to Tropicana, Atlantic City. Arrive 8pm. Cost/person $55.

Woodloch Resort –"Oktoberfest": Thursday, October 20. Depart 8:30am. Arrive 6pm. Cost/person $73.

Hershey "Sweet Lights": Wednesday, November 16-Thursday November 17. Times listed on itinerary.

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

BRIDGEWATER TOWNSHIP SENIOR CENTER

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

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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, June 14, 5:30-9:30pm. CJHRC office, 600 First Avenue, Raritan.

Financial Literacy & Savings Match Program: Thursday, August 4, 5:30-9pm. CJHRC office, 600 First Avenue, Raritan. Learn how to budget & start saving. This program is a pre-requisite for the CJHRC Savings Match Program. Applications accepted on a first come first serve basis.

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

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

"Money in Motion" Online Financial Literacy Program: Combination of face to face & web-based financial literacy education.

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274 King George Rd, Warren NJ 07059, 908-903-0911, Email: MVarnerin@cslal.com, www.chelseaseniorliving.com. *Please call to register for all programs.* **Upcoming Events:** ***Independent Living Open House*** Saturdays, June 11, 19, 25, 11am-2pm.

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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@JewishFamily Svc.org, Admin@JewishFamilySvc.org or www.jewishfamilysvc.org **Upcoming Programs:**

JFS Annual Meeting: Wednesday, June 1, 7pm. Shimon & Sara Birnbaum Jewish Community Center, 775 Talamini Rd., Bridgewater.

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. Call 908-725-7799.

Café Europa: A social group for Holocaust Survivors. June 15, July 13, August 17.

Job Seekers Support Group: Wednesdays, 7-9pm, July 6, August 3. Free & open to the community.

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

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

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

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

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

JFS Fitness Challenge: Sunday, June 5, 11:30am-2:00pm. CrossFit Chimney Rock, 1 Chimney Rock Rd., Bldg. 1E, Bound Brook. Individuals & Teams may participate. Proceeds support Children, Family & Senior Services.

LITERACY VOLUNTEERS OF SOMERSET COUNTY (LVSC)

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

NEWCOMERS AND NEIGHBORS OF SOMERSET HILLS (NNSH)

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

RESOURCE CENTER OF SOMERSET

427 Homestead Rd., Hillsborough 08844-1400, 908-359-0003, ext. 223. Private, nonprofit agency serving people affected by domestic abuse in Somerset County. Provides emergency shelter to survivors of domestic abuse, adults & children. **Free of charge.** For more information, visit www.resourcecenterofsomerset.org or call 24 hour hotline: 866-685-1122. **Upcoming Events:** ***Fore Love Golf Outing,*** Monday, July 18, 10am, Matedeconk National Golf Club, 50 Hannah Hill Road, Jackson.

RUTGERS MASTER GARDENERS OF SOMERSET COUNTY "Linked" Online

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

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.

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 SomersetCounty: *Somerset Hills YMCA,* contact Dr. Paul Kiell, 908-230-3581, *Somerset Valley YMCA, Bridgewater,* contact Janet McCloskey, 908-704-0630, *HRC Fitness,* Hillsborough, contact Angela Horan, 908-399-3097. Accepting new participants & seeking volunteers. For additional information contact Eileen Loughnane, 908-766-6085, info@swim-inc.org or visit our website at www.swim-inc.org

VISITING NURSE ASSOCIATION OF SOMERSET HILLS (VNA)

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

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

Caregiver Support Group (FARE): *Bridgewater Group* - Meets 2nd Wednesday of every month at The Chelsea in Bridgewater across from Green Knoll Grill, 6pm. You are welcome to bring a brown bag dinner. *Basking Ridge Group* - Meets 4th Monday of every month at Adult Day Center of the Visiting Nurse Association of Somerset Hills in Basking Ridge, 1:30pm. For information & directions, or in case of inclement weather, please call the FARE Information Line (908) 766-0180, ext. 241 at the Visiting Nurse Association of Somerset Hills or visit www.visitingnurse.org.

Bereavement Group: Support group for all individuals who are grieving the loss of a loved one. Meets 2nd and 4th Wednesday of each month, 10:30am-12pm, VNA of Somerset Hills. For information, directions, or to register, call (908) 766-0180, ext. 142 or ext. 118. You may leave a voice message.

WARREN WOMEN IN BUSINESS NETWORKING GROUP

(formerly, Warren Ladies Lunch Group)

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

Karen Swartz
Organizer

CLUBS AND SERVICES

ZUFALL HEALTH CENTER
"Linked" Online

71 Fourth St., Somerville, NJ 08876, 908-526-2335. Nonprofit provider of medical, dental, behavioral health & educational services. 24/7 Hotline for victims of sexual violence, cancer screening & more. Visit www.zufallhealth.org for more information, or call for an appointment. Se Habla Espanol.

Upcoming Events: ***Good As New*** *Shop for Treasures,* Thursdays 10-6, Friday 10-5. Monthly, third Wednesday & Saturday. 136 East Main Street, Somerville, NJ 08876. Visit www.goodasnewnj.com. All proceeds benefit misson of Zufall Health.

LIBRARIES

SCLSNJ BRIDGEWATER LIBRARY BRANCH
"Linked" Online

1 Vogt Drive, Bridgewater, NJ 08844, 908-526-4016 www.sclsnj.org Program dates & times subject to change. **All programs FREE.** *Registration required unless otherwise indicated.* Visit website or call library for more information & to register. **NOTE: Library will be closed on July 4.**

Summer Reading Clubs for all ages will run June 20 - August 20.

FAMILY PROGRAMS:

Pajama Time Storytime: Wednesdays, June 1, 8, 15, 22, July 6, 13, 20, August 3, 10, 17, 7-7:30 pm. **No registration required.**

Musical Mondays: ***Get a Move On,*** June 27, ***Whale of a Summer,*** July 18, ***Dance Party,*** August 8, 10-11am. **No registration required.**

Family Yoga-for Differently Abled: Saturday, July 23, 11-11:45am.

Meet Sparkee! Somerset Patriots Mascot: Wednesday, July 27, 2-3pm.

A Birthday Party for Beatrix Potter: Thursday, July 28, 3-4pm.

Retro Game Day: Thursday, July 30, 1-4pm. **No registration required.**

CHILDREN'S PROGRAMS:

Toddler Time: (18-36 months) Wednesdays & Fridays, June 1, 3, 8, 10, 15, 17, 22, 24, Wednesdays, July 6, 13, 20, August 3, 10, 17, 10-10:30 am. **No registration required.**

Baby Time: (0-18 months) Thursdays, June 2, 9, 16, 23, July 7, 14, 21, August 4, 11, 18, 9:30-10am. **No registration required.**

Nappy's Puppets - Father Goose's Tales: (Ages 2+): Saturday, June 4, 10:30-11:15am.

Art Adventures @ Your Library: (Grades K-4) Monday, June 6, 4:30-5:30pm.

Storytime: (Ages 3-6 years) Tuesday, June 7, 14, 21, 10-10:30am & 1:30-2pm. **No registration required.**

Sensory Friendly Art Class: (Special needs, ages 4+) Saturday, June 11, 10-10:45am.

Picture This -"Frozen in Time - Exploring Prehistoric Art": (Ages 5-11 years): Monday, June 13, 4:30-5:30pm.

Lego Club: (Ages 5-12 years) Thursdays, June 16, July 21, August 25, 4:30-5:30pm.

Tail Waggin' Tutor - Children Reading to Dogs: (Ages 4+) Wednesdays, June 22, July 13, 4-5pm.

Drop In Games: (Ages3+) Saturday, June 25, 2-4pm.

Bicycle Safety Obstacle Course: (Ages 3-6 years) Tuesday, June 28, 10-11am; (Ages 6-10 years) 11:30am-12:30pm.

Family Stages Presents - Peter Pan: (Ages 3+ years) Thursday, June 30, 7-8pm.

Big Time Storytime: (0-5 years) Fridays, July 1, 8, 15, 22, August 5, 12, 19, 10-11am.

Craftacular Spectacular: (Ages 3-6 years) Tuesdays, 10-11am; (Ages 6-10 years) Tuesdays, 11:30am-12:30pm. ***Fireworks Fun!*** July 5; ***Building Healthy Bones,*** July 12; ***Shape Up - Play with Shapes,*** July 19; ***Good Clean Fun,*** August 9; ***Connect Four - or more,*** August 16.

Wondergy Presents- CoolScience: (Entering grades K-5) Wednesday, July 6, 2-4pm.

Preschool of Rock: (0-5 years) Saturday, July 9, 10:30-11:30am.

Music & Movement: (0-3 years) Monday, July 11, 9:45-10:15am & 10:30-11am.

Yoga Class: (Grades K-4) Monday, July 11, 4:30-5:30pm.

S.T.E.M. - Mad Science @ Your Library: (Grades K-4) Mondays, July 18, August 15, 4:30-5:30pm.

On Your Mark, Get Set...Engineer! (Ages 7-11 years) ***What is Engineering?*** Fridays, July 22, ***Water Water Everywhere & Not a Drop to Drink,*** August 5, 2:30-3:30pm.

Fitness Fun- Let's Have a Field Day: (Ages 3-6 years) Tuesday, July 26, 10-11am & (Ages 6-10 years) 11:30am-12:30pm.

Fitness Bingo: (Grades K-4) Monday, August 1, 4:30-5:30pm.

Fun Food - Healthy Eating: (Ages 3-6 years) Tuesday, August 2, 10-11am & (Ages 6-10 years) 11:30am-12:30pm.

Drive In Movie - Minions: (Grades K-4) Wednesday, August 10, 2-4pm.

TWEEN PROGRAMS:

Teen Movie & a Sundae: (Grades 7-12) ***Star Wars: The Force Awakens,*** Monday, July 25, 6-8:30pm.

Tween Volunteers: (Grades 4-6) Wednesday, June 29, Wednesdays, July 13, 27, 7-8pm.

Tween Advisory Board: (Grades 4-6) Tuesdays, June 14, July 12, August 9, 7-8pm.

Tween Lock-In: (Grades 4-6) ***Minute to Win It,*** Fridays, June 17; ***Last Day of Summer,*** August 12, 6-8pm.

Open Mic Night: (Teens & Adults) Thursdays, June 23, July 28, August 25, 6:45-8:30pm.

Laser Tag - Games2U: (Tweens & Teens) Monday, June 27, 6-7pm.

Teen Advisory Board: (Grades 7-12): Tuesdays, June 28, July 26, August 23, 7-8pm.

Tween Movie: (Entering grades 4-6) July 6, 6:30-8:15 pm. Titles TBD!

Teen Kickball Tournament: (Entering grades 7-12) July 11, 6:30-8:30pm.

Teen Lock-In- Wild West: (Entering grades 7-12) Friday, July 15, 7-10pm.

Bollywood Movies for Teens: (Entering grades 7-12) Monday, July 18, 7-8pm.

Tween Crafts: (Entering grades 4-6) Wednesday, July 20, 7-8pm.

Teen Ice Cream Makers: (Entering grades 7-12) Monday, August 1, 7-8pm.

Jester Jim -Juggling Show: (Grades 6-12; siblings & family welcome) Saturday, August 13, 11am-12pm. **No registration required.**

End of Summer Teen Party: (Entering grades 7-12) Wednesday, August 31, 7-8pm.

ADULT PROGRAMS:

English Conversation Group: Wednesdays, June 15, 22, 29, 10-11:30am.

English Conversation Group - Intermediate: Wednesdays, June 15, 22, 10:30am-12pm.

Lunch & Learn/How to Safely Surf the Internet & Find (Almost) Anything Online: Thursday, June 2, 11am-1pm.

In Stitches - A Laid Back Knit & Crochet Affair: Thursdays, July 7, August 4, 6:30-8:30pm.

Friends Concert Series - Jeannette Fang: Friday, June 10, 7:30-9pm.

Using the Learning Express Library: Monday, June 13, 1:30-3pm.

Friends of the Bridgewater Library Meeting: Tuesday, June 14, 10am-12pm.

Intro to MS Word 2016: Friday, June 17, 1:30-3pm.

Flipster, Consumer Reports, National Geographic: Tuesday, June 21, 10-11:30am.

Tuesday Movie - ***"Son of Saul":*** Tuesday, June 21, 2-4pm.

Healthy Vegetarian Quick Start: Wednesday, June 22, 2-3:30pm.

Lunch & Learn/Making a Murder - Behind the Scenes with Mystery Writers: Thursday, June 23, 11am-1pm.

Genealogy Resources: Thursday, June 23, 1:30-3pm.

Open Mic Night: (Teens & adults) Thursdays, June 23, July 28, August 25, 6:45-8:30pm.

Friday Night Movie – Anomalisa: Friday, June 24, 7-9pm.

Computer Security Workshop: Thursday, July 7, 7-9pm.

Learn All About Honey Bees: Monday, July 11, 2-3pm.

The Earth Under our Feet presented by The Morris Museum: Wednesday, July 13, 2-3pm.

Brain Health presented by RWJUH: Thursday, July 14, 2-3pm.

Meet Thomas Edison presented by The American Historical Theatre: Saturday, July 16, 3-4pm.

Meet Emily Roebling - Bridge Builders in Petticoats: Tuesday, July 26, 3-4pm.

The World of Pearl S. Buck: Thursday, July 28, 1-2pm.

Learn All About Hummingbirds: Friday, July 29, 2-3pm.

Magic of Broadway: Tuesday, August 2, 3-4pm.

The Ancient Olympics: Saturday, August 6, 2-3pm.

Learn to Meditate: Monday, August 8, 2-4pm.

Titanic -The Story of a Great Ship: Thursday, August 11, 7-8pm.

Rachel Weston - Preserve the Season: Saturday, August 20, 2-3:30pm.

Meet Clara Barton: Saturday, August 20, 2-3pm.

SCLSNJ SOMERVILLE LIBRARY BRANCH
"Linked" Online

35 West End Avenue, Somerville, NJ 08876, 908-725-1336 www.sclsnj.org Program dates & times subject to change. **All programs FREE.** *Registration required unless otherwise indicated.* Visit website or call library for more information & to register. **NOTE: Library will be closed on July 4.**

Summer Reading Clubs for all ages will run June 20-August 20.

CHILDREN'S PROGRAMS:

Drop In Craft: (Ages 4+) June 1, 2:30-5pm. **No registration required.**

Stories, Rhymes, & Songs: (18 months-3 years) Wednesdays, June 22, 29, July 6, 13, 20, 27, 10:30-11am.

Toddler Time: (2.5-3.5 years) Thursdays, June 23, 30, July 7, 14, 21, 28, 10:30-11am.

Saturday Story & Craft: (Ages 3-5) June 25, July 2, 9, 16, 23, 30, August 6, 13, 20, 10:30-11am.

Sports & Game Day: (Ages 5-10) Tuesday, June 28, 10 am-12pm.

Wondergy Presents - CoolScience: (Entering grades K-5) Tuesday, July 12, 2-3pm.

Play Hard, Eat Smart: (Ages 4-8) Friday, July 22, 10:30-11:15am.

Preschool of Rock: (Ages 0-5) Tuesday, August 2, 10:30-11:30am.

Meet Michelangelo - The Little Therapy Horse: (Ages 4+) Thursday, August 18, 10:30-11:30am.

Study Buddy Review: (Entering Grades 1-5) Monday, August 22, 10-11am.

TEEN PROGRAMS:

Teen Volunteer Opportunity: (Grades 7-12) Tuesday, June 28, 9:30am-12:30pm.

Video Game Theater - Games2U: (Tweens & Teens) Thursday, June 30, 2-3pm.

ADULT PROGRAMS:

English Conversation Group: Wednesdays, June 15, 22,10-11:30am

ESL Class: Tuesdays, June 14, 21, 11am-12:30pm.

Presidential Scandals of the 20th Century: Saturday, June 11, 2-3pm.

What in the World is Floatation Therapy? Saturday, June 25, 3-5pm.

American Masterpieces: Saturday, July 23, 2-3 pm.

Career Management: Thursday, August 4, 7-8pm.

Timeline New Jersey: Saturday, August 13, 2-3pm.

Eat Local: Thursday, August 25, 7-8:30 pm.

RECREATION

SOMERSET COUNTY PARK COMMISSION
"Linked" Online

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

Upcoming Events:

Duke Island Walkers: Wednesdays 9:30am. Free.

Make a Hypertufa Mini-Trough: Friday, June 3, 10-11:30am, Leonard J. Buck Garden, 11 Layton Road, Far Hills. Workshop fee, $40. Includes the cost of materials. Pre-registration required. Call 908-234-2677. Enrollment limited to 10 participants.

Do It Yourself Hypertufa: Friday, August 5, 10-11:30am. Fee $35.

National Trails Day Introductory Horseback Ride: (Ages 12 & over or under 240lbs) Sundays, June 5, July 3, August 21, 10-11am, Lord Stirling Stable, 256 South Maple Avenue, Basking Ridge.

41st Annual Rose Day Festival: Rudolf W. van der Goot Rose Garden Roses plants for sale. Admission free (suggested donation).

Spring Adult Horse Show at Lord Stirling Stable: Saturday, June 11, 9am, 256 South Maple Avenue, Basking Ridge. Free.

Spring Junior Horse Show at Lord Stirling Stable: Sunday, June 12, 8:30am. Free.

Garden Social at the Environmental Education Center: Sunday, June 12, 1-3pm.Free.

Father's Day Horseback Ride: Sunday, June 19, 10am. Preregistration necessary. Forms available, Stable office or www.flssnj.org

Summer Science & Nature Programs: (Ages 7-13) Monday, June 20, Environmental Education Center. For information call 908-766-2489.

Children's Container Gardening with Edible Plants Workshop: (Ages 7-10 with an adult) Saturday, June 25, 10am-12noon. Colonial Park Rose Garden/Fragrance & Sensory Garden, Parking Lot A. Fee $15/child. Limit 10 children.

Horse Care Workshop 101: Saturday, June 25, July 2, 9, 16, 23, 1-3pm, Lord Stirling Stable.

Xtreme Adventure: (Ages 13-16):Beginning Tuesday, June 28. For information contact the Environmental Education Center at 908-766-2489.

Independence Day Fireworks Spectacular: Monday, July 4, 9:30pm, North Branch Park, Milltown Road, Bridgewater. Gates open, 6pm. Free.

"Home On the Range" Introductory Horseback Ride: Sunday, July 10, 10-11am. Sunday, August 7, 1-2pm, Lord Stirling Park. Registration at the Stable office, July 25-August 4, 9am-4:30pm.

Coyote Kids: (Ages 4-6) Mondays, July 11, August 1, Environmental Education Center. Fee is $100 per child per session (week).

Friday Nights at the Drive In Movie : July 15, 22, 29, 8:30 pm, Duke Island Park.

17th Annual Garden Party: Saturday, July 16, 11am-3pm, Perennial Garden, Colonial Park, Lot F.

Free Concert at the Duke Island Park Band ShellL Sundays 7-8:3 pm, Duke Island Park.

Beginnings - A Chicago Tribute, July 10.

Yeehaw - A Smokin' Country Band, July 17.

Joseph Leo Bwarie & His Orchestra, July 24.

Joe Zook & Blues Deluxe, August 7.

3rd Annual Doo-Wop & Food Truck Festival, August 14.

Zydeco-A-Go-Go: July 31,5:30-6:30pm. CJ Chenier & The Red Hot Louisiana Band, 7-8:30pm.

Bee Wise - Bee Surprised: Saturday, August 6, 11-2pm.Colonial Park Gardens. Free.

The County Caper - Accelerated - Somerset County's ***'Amazing Race':*** Saturday, August 20, 9-4pm & Sunday, August 21, 8am-5pm.Teams can register at the Environmental Education Center. Pre-registration required. $20/ team.

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CKI's RELIGIOUS SCHOOL offers individual Bar/Bat Mitzvahs where your child can shine! Our **"Temple Tots"** class for 2-4 year olds with caregivers is also open to non-members. Contact **school@ckibbnj.org** to register for the 2016-17 year.

First-Year Dues Special for New Members:

$180 for families
$90 for individuals

includes High Holiday tickets

Affiliate Memberships are available for those with primary membership at another synagogue, and includes:

- High Holiday tickets
- the ability to enroll children in school
- individual Bar/Bat Mitzvah dates
- access to all CKI events

CKI is a warm and welcoming community.
Come to one of our weekly Shabbat services or
Adult Education sessions and see what we have to offer !

*Visit **www.ckibbnj.org** for our calendar of events*

Rabbi Jack Kramer **229 Mountain Avenue, Bound Brook**
Cantor Eddie Roffman **732-469-0934** **info@ckibbnj.org**

Connection COMMENDS

CONGREGATION KNESSETH ISRAEL

229 Mountain Avenue
Bound Brook

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

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

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

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

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

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

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

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

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

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

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*Consultation Cost does not include the weight loss program.

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✗	HydroVitalize to assist Cell Hydration	✓
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HIGHER	Cost Per Pound Lost	LOWER

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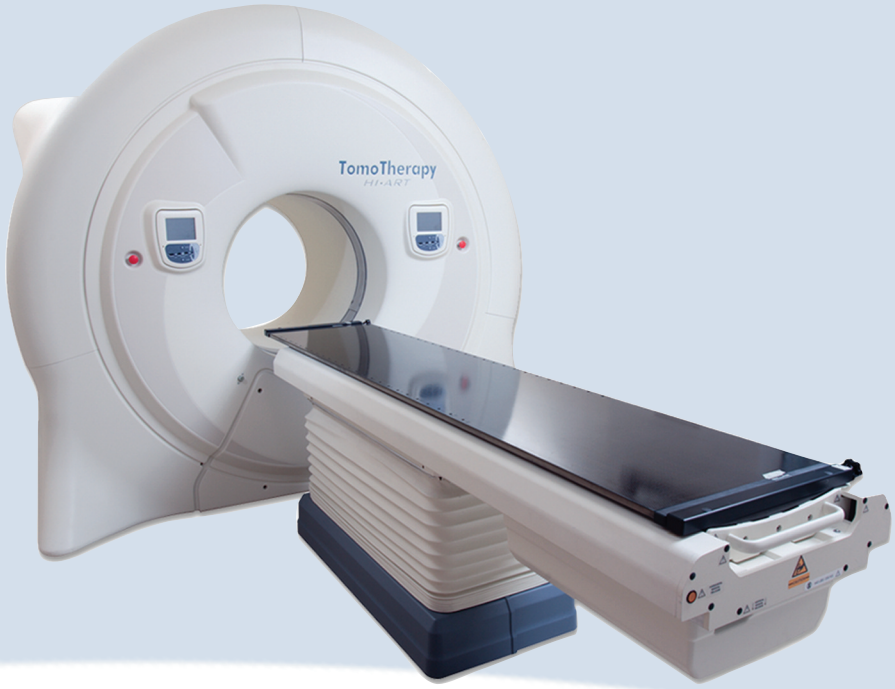

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UROLOGY DEPARTMENT

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Benjamin Fand, MD
William L. Terens, MD
Joshua L. Wein, MD
Rupa Patel, MD
Neil D. Sherman, MD
Michael Lasser, MD

WESTFIELD DIVISION
Malcolm Schwartz, MD
Bernard Lehrhoff, MD
Kenneth S. Ring, MD
Mark Miller, MD
Joshua Fiske, MD
Andrew Bernstein, MD
Robert Stackpole, MD

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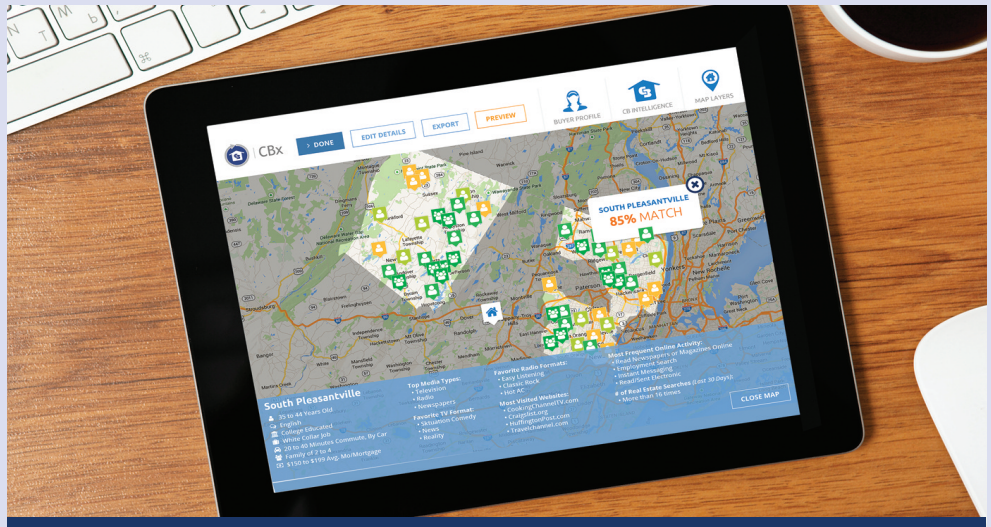

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