DEC 2015/JAN 2017 Bridgewater-Somerville Edition

Bridgewater, Branchburg, Hillsborough, Martinsville, Raritan, Somerville



Scan this QR code to see our On-Line magazines





IT'S PERSONAL. YOUR HOME, YOUR INVESTMENT. MY ATTENTION TO EVERY DETAIL.







FOR ME

WARREN - AFFORDABLY PRICED!
Quick occupancy, recently built
colonial featuring 4 bedrooms,
2.1 baths, open floor plan, 2 story
entry, hardwood floors, recessed
lighting, kitchen with 42" maple

entry, hardwood floors, recessed lighting, kitchen with 42" maple cabinetry, stainless appliances, granite counters, 2 unit heating and central air systems, efficient tankless hot water heating system.

WWW.19ROSELANDAVENUE.COM





Custom designed and recently built, featuring open floor plan, kitchen with large granite top breakfast bar, 42" maple cabinetry, granite top wet bar in family room, large master bedroom with custom tile bath and oversized walk in closet, 2 additional spacious bedrooms, walk-out/daylight basement, situated on almost an acre in a quite location. Quick occupancy and priced to sell! WWW.457ELMSTREET.COM



FOR SALE

BRIDGEWATER - 3 bedroom cape with great expansion potential on level, open half acre property in quiet neighborhood convenient to RTs 287, 22 and NJ Transit bus.





LONG HILL - Build your dream home on this spectacular 3.3 acre property situated at the end of a quiet cul de sac, surrounded by preserved open space, just minutes to NYC train and bus.



Diane Belcuore 908-872-5473

dianebelcuore@optonline.net www.belcuoresellshomes.com



"Diane Belcuore is the BEST! Her professionalism, work ethic, integrity, unparalleled client care, marketing strategies, dynamic negotiation techniques and expert knowledge of the real estate industry is second to none. She worked tirelessly on my behalf. All in all she was incredibly hard-working and committed to our best interest. She will most definitely be our realtor for any future home sales and purchases." – B.Y., Bridgewater

"We have worked with Diane on two home purchases over the past 7 years. She has always been available and responsive to our needs. She is a very patient realtor, who never pressures you to do anything you aren't comfortable with. She had the same smile on her face and positive attitude even after a year and a half of taking us from home to home searching for our dream home. We strongly recommend Diane to anyone looking for a first class real estate professional." – T. I., Bridgewater

"Diane Belcuore is a consummate professional with the perfect skill set of knowledge and experience. I was most impressed by Diane's ability to quickly get my house the best visibility on the market, and handle every aspect of the sale with her expertise and confidence. You're in excellent hands with Diane." – G.O., Bridgewater

RF//IX®
Premier

Each Office Independently Owned and Operated

Office: 908-754-1500 Ext. 131



60 Mountain Boulevard Village Shopping Center Warren, NJ 07059



SANDRA O'KEEFE & JOHANNA WISEMAN



We thank our customers for a great year - over 50 area homes closed!

FIVE STAR REAL ESTATE AGENTS and RE/MAX Platinum Club

Selling in 2017? Call Johanna & Sandy for a consultation on preparing your home for a successful, top-dollar sale.

"My son purchased his first home with Sandy and Johanna's expert guidance. Having hired them to buy and sell homes twice in years past, it was a pleasure and a relief to know they would handle his transaction as honestly and capably as they have always handled ours. If you want a great outcome, you can't do better than hiring these two smart cookies!" - Scott, Bridgewater

"Johanna and Sandy are the most professional and experienced realtors in the industry. They were wonderful to work with and very reassuring. I highly recommend them to everyone and have repeatedly referred them to others. Thank you again!" - Alexis, Bridgewater



Search Properties at:

www.SandyOKeefe.com



164 Maple Street, Bridgewater FOR SALE



71 Duval Street, Bridgewater



726 Huff Avenue, Manville



Four Seasons at Bridgewater **FOR SALE**



1033 Colby Avenue, Raritan Boro SOLD / BUYERS & SELLERS



15 William Martin Way, Flemington SOLD / BUYERS



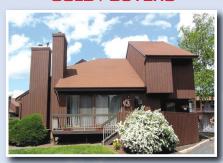
140 East Cliff Street, Somerville SOLD / SELLERS



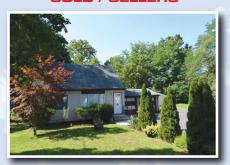
3 McKay Drive, Bridgewater



815 Star View Way, Bridgewater SOLD / SELLERS



24 Bloomingdale Dr., Hillsborough SOLD / SELLERS



91 Admaer Drive, Bridgewater SOLD / BÚYERS



258 Park Avenue, Bridgewater SOLD / SELLERS

RE/MAX Preferred Professionals

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







BIRDSALL BATH DESIGN

NEW JERSEY'S LEADING BATHROOM DESIGN SHOWROOM

Visit our showroom at 993 US Highway 22 North Plainfield, NJ

birdsallbath.com 908.753.8181

Call us for an appointment.

Quality - Style - Selection

THINK VANITIES, THINK BIRDSALL

Fill Your Home with Love and Joy this Holiday Season!



BERKSHIRE **HATHAWAY HomeServices**

New Jersey **Properties**

#8 Agent 2015 Berkshire Hathaway HomeServices Companywide



Lidia Gabinelli

Sales Associate

NJ REALTORS® Circle of Excellence Sales Award®, 2015-Gold

Berkshire Hathaway HomeServices, 2015-Chairman's Gold

"My passion is to serve the individual needs of each client."







2805 Johnson Circle, Bridgewater



994 Rosemary Drive, Bridgewater



700 Foothill Road, Bridgewater



14 Hughes Road, Bridgewater



990 S. Shore Drive, Basking Ridge



15 East Street, Annandale



876 Sunset Ridge, Bridgewater



1067 Buxton Road, Bridgewater



Lidia Gabinelli

1996 Washington Valley Road Martinsville, NJ 08836 | P.O. Box 305 OFFICE: 732.469.1515 x357 CELL: 908.334.1151

EMAIL:

Lidia.Gabinelli@BHHSNI.com

www.LidiaGabinelli.com



605 Perlee Avenue, Raritan Borough



Bridgewater Home with Views







ON THE COVER Neal Hughes......Page 8 CONNECTION COMMENDS... Cigelaw.....Page 10 Furs by GuarinoPage 20 Giardino Ristorante & PizzaPage 42 Hunterdon Healthcare.....Page 48 Dr. Jim Bremner, Chiropractor.....Page 51 Doctors Express Urgent CarePage 53 Somerville Dental Sleep Medicine......Page 56 Total Health Chiropractic.....Page 58 Three Hearts Home.....Page 64 Urban Chaos.....Page 65 Lawyer's View ColumnPage 12 Medical Minutes - Peak Medical.....Page 14 HOLIDAY CHEER SECTIONPages 18-23 **HOUSES OF WORSHIP SECTION Pages 24-26 HOME SWEET HOME SECTION**......Pages 27-35 Creative Corner Column......Page 30 Real Estate Corner ColumnPage 34 Health Hotline - NutriMostPage 36 HOLIDAY DINING SECTION.....Pages 41-45 Slice of Life Column.....Page 46 **HEALTH & WELLNESS SECTION......Pages 48-63** Medical Minutes - Vein Institute of NJ....Page 50 Medical Minutes - Dr. Nicole PadovanPage 52 Health Hotline - ANSPage 57 Health Hotline - Dr. Kristine Krol.....Page 60 Health Hotline - Dr. Todd Schneiderman.. Page 61 **Medical Minutes - Branchburg Oral** Maxillofacial & Implant Surgery......Page 62 Health Hotline - NMRPage 63 SHOP SOMERVILLE SECTION......Pages 64-67 Community News -Jewish Family ServicesPage 66 SPOTLIGHT ON "SENIORS" SECTION .. Pages 68-69 "Random" Connections Column......Page 68 Senior Corner Column......Page 69 COMMUNITY CALENDAR.....Pages 70-71

THE CONNECTION Bridgewater-Somerville Edition

PUBLISHER

Robin Fand

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

OFFICE MANAGER

Anna Petro

PRODUCTION COORDINATORS

Donna Reina, Jody Varvaro

SOCIAL MEDIA/CONNECTory COORDINATOR

Prachi Jain

ADVERTISING EXECUTIVES

Patty Herman, Alicia Singman

CONTRIBUTING WRITERS

Atlantic NeuroSurgical Specialists, Robin Cairl, Diane Cawley, Richard P. Charmoy, MD, Lidia S. Gabinelli, Carolyn Hanson, Kristine Krol, MD, Jeralyn L. Lawrence, Esq., Karl Maloney, Ellyn Mantell, Dr. Nicole Padovan, Peak Medical, Elize Prezant, Dan Rosenberg, Todd A. Schneiderman, MD, FACS, Linda Seigelman, Dr. Vincent Sferra, Vein Institute of NJ, Mark Zenz

The Bridgewater-Somerville Connection has a circulation of over 31,000, mailed to residents in Bridgewater, Martinsville, Branchburg, Somerville, Raritan & Hillsborough with Bonus circulation to the business community.

PUBLISHED BY

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

PUBLISHER'S MESSAGE



Happy Holidays to all of our loyal readers! We are delighted to present a fabulous issue of The Bridgewater-Somerville Connection just in time for the most joyous time of the year. With that in

mind we have included several wonderful sections in the magazine to help you focus on Holiday Shopping, Holiday Dining and a New Houses of Worship Section as well as our regular sections, Home Sweet Home, Spotlight on Seniors, Shop Somerville, Health & Wellness and our Community Calendar. In addition, we are thrilled to highlight the following businesses in this edition: Cigelaw, Furs by Guarino, Giardino Ristorante & Pizza, Hunterdon Healthcare, Dr. Jim Bremner, Doctors **Express Urgent Care, Somerville Dental** Sleep Medicine, Total Health Chiropractic, Three Hearts Home and Urban Chaos. We hope you enjoy these articles as well as the many other interesting editorials in this issue, some written by local professionals and business owners in our community.

New Jersey artist, **Neal Hughes**, adorns our cover with an oil on linen entitled "House By The Water." His love of marine life has influenced his collection of paintings and for this particular piece he states, "This painting is one of a series of Maine paintings and I was trying to capture the early morning light on a calm day. I do a lot of coastal paintings and I was happy to paint both the architecture of the house and the boats with water in the background. There is a unique quality to the coast of Maine that offers endless possibilities for subject matter that I find interesting and challenging. There is a rustic charm that I have not found anywhere else." Please read Neal'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!**

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

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



Looking for a Physician, Caterer, Dentist, Fitness Expert, Home Improvement help and much more? Check out The CONNECTory, our ON-LINE Business Directory, Looking for a Physician, Caterer, TO VISIT THE CONNECTORY Which is growing every day with new businesses joining featuring

respective contact information. their www.connectory.theconnectionsnj.com

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

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

STAY CONNECTED TO YOUR COMMU-NITY THIS HOLIDAY SEASON WITH THE **CONNECTION MAGAZINES AND REMEM-BER TO SHOP LOCAL!**

Sincerely,

Robin Fand, Publisher

SPOT THE FAKE!

Somewhere in this Magazine is a FAKE AD. Spot it and send your answer, name, city and phone number to:

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

More than 200 people took part in our **Spot The Fake** Ad Contest in the September issue. Congratulations to everyone who "spotted" Herb's Herbs! The winner, selected randomly from a list of all those who entered and provided the correct answer, is Rita Donohue of Somerville. The winner received a gift certificate to K & S Market in Bridgewater.

www.theconnectionsnj.com



THE DATEJUST 41

The new generation of the essential classic, with a new movement and design that keep it at the forefront of watchmaking.

It doesn't just tell time. It tells history.



OYSTER PERPETUAL DATEJUST 41



Somerset Shopping Center Bridgewater, NJ 08807 908-526-0111

Save \$100/camper on New Registrations! Offer repires 12/31/16. Save \$100/camper on New Registrations! Offer repires 12/31/16. Save up to \$350 on New Fitness Membership! Offer repires 12/11/16. Cannot be combined with any other offer. CAMPS SSBBCC. ORGICAMP CAMPRUACE CAMPRUACE Nome for the summer Call today to schedule a tour! Contact Stacey, our Camp Director at 908.725.6994 x223; sherman@ssbjcc.org

ON THE COVER



NEAL HUGHES

Neal Hughes is a graduate of The Philadelphia College of Art (University of the Arts) and resides in the historic town of Moorestown, New Jersey.

A former illustrator, Neal has been painting professionally for over 30 years. His work has been accepted into many local and national juried exhibitions such as the Oil Painters of America National and Regional Exhibitions. His work has also been juried into the International Marine Art Exhibition at the Gallery at Mystic Seaport, the ARC Salon and the National Exhibition of The American Society of Marine Artists .

Plein air painting awards include Best Plein Air painting December/January 2016 Plein Air Salon, First Place and Artists Choice Award - Plein Air Rockies 2016, Second Place - Cape Ann Plein Air 2016, Artists Choice Award - Mountain Maryland Plein Air Festival 2016, First Place - Bath County Plein Air Festival 2015, first place quick draw - Plein Air Easton 2015, Best Use of Light - Easels in Frederick 2015, Wayne Art Center Award - Wayne Art Center Plein Air Festival 2015, First Place - Lighthouse Art Center Plein Air Festival 2015.

Other awards include an Award of Excellence from Oil Painters of America at the 2012 Eastern Regional Exhibition, the Maritime Gallery Yachting Award and Awards of Excellence (2006 and 2013) at the prestigious International Marine Art Exhibition at the Gallery at Mystic Seaport. He was also awarded a Certificate of Excellence at the Fourteenth Annual Art of the Portrait Conference by the Portrait Society of America. In addition, Neal was the grand prize winner of the Utrecht 60th Anniversary Art Competition, winning the top prize out of over 12,000 entries and his work has been featured in Plein Air Magazine, Fine Art Connoisseur Magazine, American Artist Magazine and other publications.

Neal was elected a "Fellow" of the American Society of Marine Artists and is also a member of the American Impressionist Society and the Mid Atlantic Plein Air Painters Association.



With select stylists and estheticians

Excluding Relaxing & Smoothing Treatments • Excluding Owners

Valid until Jan. 31, 2017. Offer cannot be combined with any other promotion. Mention ad when calling for appointment.

1325 Prince Rodgers Ave., Bridgewater, NJ



908-218-1110 www.glsalon.com



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



Orthodontics For Adults & Children

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



We are In-Network Providers with:









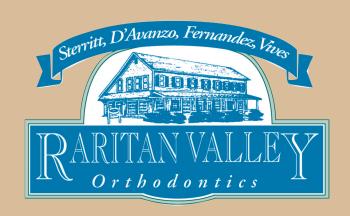




Somerville/Bridgewater, Branchburg • 901 U.S. Hwy 202 • Raritan, NJ 08869

908-231-1860

www.fivestarorthodontics.com



\$500 off Orthodontic **Treatment**

For new patients only. Must present this ad at consultation. Not valid with any other offer or prior services. Expires 1/31/17.

· TRIALS · SETTLEMENTS

Brian M. Cige

Attorney At Law

WWW.CIGELAW.COM 908.685.3775

Cigelaw@gmail.com 7 East High Street, Somerville, NJ 08876





Meet Camp Directors from All Kinds of Summer Camps and Programs ...

Sunday, Jan. 8, 2017 - Bridgewater Marriott, Bridgewater Sat., Jan. 14, 2017 - The Outlets at Bergen Town Center, Paramus Sunday, Jan. 15, 2017 - The Grand Summit Hotel, Summit Sat., Jan. 21, 2017 - Quaker Bridge Mall, Lawrenceville **Sunday, Jan. 22, 2017** - The Sheraton Parsippany, Parsippany Sat., Jan. 28, 2017 - Menlo Park Mall, Edison

Sunday, Jan. 29, 2017 - Livingston Mall, Livingston









For More Information and Directions go to: www.NJCampFairs.com



Thirty (30) years ago, Brian Cige, a 1977 graduate of Franklin High School and 1981 graduate of Montclair State, began his legal career in Somerville as an associate attorney with Klausner & Hunter. There he primarily represented members of unions for public sector employees including teachers, police, Sheriff and Corrections Officers, municipal, County and State of New Jersey employees. Five years later, he became a "name" partner. Three years after that, in 1994, he struck out on his own and began the Law Offices of Brian M. Cige.

From that time to present he has continued to be a sole practitioner, representing public and private sector employees; handling cases from initial interview through mediation, settlement or trial, and appeal if necessary.

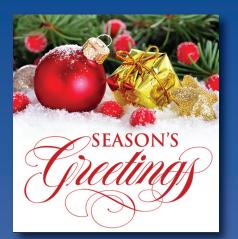
Throughout Central Jersey, he has helped clients review Employment Agreements at the start of jobs and Separation Agreements at the end. When questions have arisen regarding workplace harassment or discrimination, or unemployment benefits, he has been the steady hand with legal knowledge to deconstruct a controversy and explain whether any State or Federal legal rights have been violated and, if so, what remedies are available.

He has represented Custodians for Bridgewater-Raritan Board of Education: a Construction Code Official for Raritan Township and a Dispatcher for the Township of Bridgewater, among others. **Brian Cige** has represented those discriminated based on age, gender, race, national origin, and disability. Some of these same employees and former employees, have gone on to start their own businesses and, as the attorney-client relationships have become friendships, Brian has found himself doing some employer side work, including drafting Personnel Manuals or Employee Handbooks.

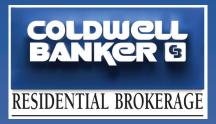
He has been a lecturer for the Institute of Continuing Legal Education for lawyers on the subject of Disability Discrimination and Reasonable Accommodation, and has spoken to many groups. And he has served as an Arbitrator for the Court, on the Fee (dispute) Arbitration Committee, and as an Ethics Committee member.

Representing individuals, sometimes referred to as Plaintiff side work, has many uncertainties such as not knowing when one case ends where the next will come from. He has been active in local groups, such as the Somerset County Bar Association (President in 2003) and more recently in BNI (Business Networking International). He is especially proud that so many of his referrals come from other attorneys, local and statewide. Brian continues to grow his practice by making himself available to help those in legal need, whether by cases which become high profile, as some do, or by remaining completely under the radar.

As **Brian Cige** begins his 4th decade of legal work, he has been expanding his practice to include conducting employment mediations, and representing student victims and those wrongfully accused of bullying. He is busy because he is good. And he looks forward to continuing to represent his clients for years to come.



COLDWELL BANKER RESIDENTIAL BROKERAGE WARREN







Lovely colonial featuring 4 bedrooms, 2.1 baths, and a full basement. Family room with vaulted ceilings and fire place, eat-in-kitchen with sliders to the patio. Sunny living room with bay window and spacious formal dining room. Office and laundry on the 1st floor.



New 4 bedroom 3 full bath Colonial just completed! Come see this beautiful two story home with an open layout, full basement and two car garage.



\$459,000 Michele Johnson

Pride of Ownership is reflected in this ranch. This one of a kind 4 bdrm
2.2 bath home is truly special! The large EIK is appointed w/ SS appliances & granite counters. The LR boasts a floor to ceiling stone fireplace
& vaulted ceiling & the DR leads to a covered patio for outdoor dining.



This expansive custom colonial home has so much to offer! A formal LR & DR, a lg Gourmet EllK, guest m wfull bath, powder room, screened in porch, mud room, office & a library completes the 1st fl. On the 2nd fl is 4 bdms including a master suite, a 21 x 20 bonus room w/ a walk in cedar closet, a full bath & a separate entrance. This home offers many possibilities!



Magnificent sprawling 5 bedroom Colonial intelligent design combines sophisticated style with luxurious comforts. This home is loaded with extras! Outstanding trim work, gourmet kitchen, luxurious mstr suite, walkout bsmnt and walk up attic



New Colonial, loaded w/ all the amenities. Over 4,000 sq ft of pristine living spacel Hardwd firs & extensive woodwork throughout. Featuring 4 Bdrms & baths, gourmet/ top of the line kitchen totally open to FR w/ gas fireplace. Complete w/ a Master Suite w/ Large walk-in closets & spa-like Master Bath.



Location! Location! No outlet street. Enormous Ranch style home on a 0.86 acre lot in a fantastic neighborhood off of Foothill Road. 2 master suites in one wing and 3 more bedrooms on the other end of the home in their own private wing. Huge walkout basement.



This home owner has taken this home to a new level! Charm and detail throughout this wonderful colonial home. Wonderful SE views from the front side of the house. All generous sized rooms, moldings throughout. The back yard has lots of room for entertaining.



Turn of the century charm w/ simple geometric lines characteristic of this style. Ten acre farm assessed lot is part of this listing making a total of 11 acres w/ a skyline view. Hardwood floors, 8' moldings, custom hardwood for 8 cooper lantern style fixtures grace this unique property.



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.



Beautiful custom colonial home with so much to offer. This 3 car garage home with fin basement is surrounded by tranquil private protected property. Stunning Brazilian cherry flooring throughout 1st fir & an overabundance of sunlight in this wonderful home.



1 of 4 homes being built by C&H Custom Home Builders. This 1.5 acre North facing home site has seasonal changing picturesque southern views of the valley and distant hills. Backs to preserved land. Starting at 4800 sq. ft and up. Crim School. Bring your plans or choose from ours.



This home is warm and comfortable. The setting of this property with views of the valley in the front & mountain range in the rear are spectacular at this elevation. The Fall is stunning. Spring like no other and Winter, a great sleigh ride.



Charming home w/ a great fl plan. Nearly 5,000 sq feet (1st & 2nd floor) you'll love the 1st fl corner library w/French doors, stunning top of the line kitchen. Relax in your master suite featuring an amazing new master bath! Large stitting rm w/ skylights, large custom with closet. The 2nd fl has a "bonus" rm. The FR has its own wet bar. Perfect for entertaining.



This pristine home is move in ready. 23' long kitchen w/ SS appliances granite countertops & new 42 inch designer wood cabinets. Pendent lighting in the kit & recessed lighting flows into relaxing FR w/ cathedral ceiling & leads to a nice deck & backyard. LR, DR, office, and more!



19 Kline Boulevard, Readington MLS# 3222735 \$649,900 Ronald Snyder

Brand New Colonial Home! Many amenities included such as custom kitchen cabinetry, granite counter tops, hardwood flooring, full 8' high basement, 2 car side entry garage, Jacuzzi, wood fireplace, 3 full baths, 2 story open foyer & walk in closets in master bedroom suite.

Warren/Watchung Area • 7 Mt. Bethel Road, Warren • 908-754-7511 www.coldwellbankerhomes.com



Norris McLaughlin Marcus, P.A.



Jeralyn L. Lawrence, Matrimonial & Family Law Attorney

Helping clients navigate through difficult personal matters for 20 years

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

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

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

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

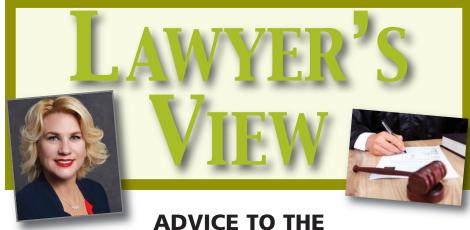
Jeralyn L. Lawrence

illawrence@nmmlaw.com

721 Route 202-206 • Suite 200 Bridgewater, NJ 08807 t: 908-252-4278 • f: 908-722-0755







PROSPECTIVE DIVORCE CLIENT

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

If you think you may want a divorce, consider the following things to do and documents to obtain:

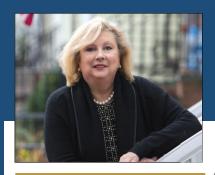
- Social Security Earnings Statements: These are a wonderful snapshot of parties' respective incomes and show a clear and concise picture of the earning history of each party.
- 2. Last five years of tax returns and all W-2s, 1099s and K1s.
- 3. Each party's last three paystubs.
- 4. Current copies of all bank, brokerage, and stock account statements.
- 5. Employer's Benefit Manual: These handouts often provide a detailed list of every benefit provided by an employer to an employee (i.e., health insurance, disability insurance, life insurance, 401(K), ESOPP, ESPP, pension information, and the like).
- 6. If a pension is involved, documents from the plan administrator detailing the nature and benefits of the pension, the specifications, and a form Domestic Relations Order the plan administrator requires to divide the pension.
- 7. Copies of any other defined benefit and defined contribution retirement account statements (i.e., IRAs, 401K, 403(b)).
- 8. Copies of all the children's savings accounts, 529 Plans, savings bonds, etc.
- 9. Documentation to prove the existence of any other asset.
- Copies of credit card statements to show debt and charges. Year-end summaries are extremely helpful.
- 11. Inventory of any safe or safe

deposit box, make videos of and photograph all items, and safeguard any item you cannot bear to have disappear.

- Inventory artwork, wine collections, furniture, furnishings, jewelry, sentimental property, and other valuable collections. Again, make videos of and photograph all items.
- 13. If you are under your spouse's health insurance policy, this will no longer be an option post divorce. Explore obtaining and maintaining your own health insurance.
- 14. Obtain current mortgage statements. If there is an open line of credit, see if you can have the bank require dual signatures before anyone can access the line. If you are concerned that the other party will loot the line of credit and dissipate the money, it may be prudent to close or suspend the line of credit.
- 15. If you are claiming something is premarital or inherited and therefore not subject to equitable distribution, it is your burden of proof. You will need to compile all documents necessary to show its immune status.

I always ask clients to provide me with a wish list and a statement as to where they want to be in a year post divorce. I like to know these things because it helps me develop a strategy with them and determine how to best achieve their goal, if possible.

As I review their list, the documents I need or require may change. The client and the attorney must work together to identify, assert, and prove all claims to successfully get what the client is entitled to in the divorce.



Wishing Everyone a Happy Holiday Season and a Prosperous New Year!

Featured Listings

ANNUAL AWARDS / **DESIGNATIONS**

- ◆ Top 1% Coldwell Banker Sales Associates 2016 - 1st Quarter
- **Top Producer Coldwell Banker** Basking Ridge Office with over 23MM in Sales
- Top 100 Agent in All of NJ regardless of real estate com-pany, from Real Trends, a Zillowaffiliated agency 2014, 2015, 2016
- ♦ Top 25 Sales Associate Production for all of Coldwell Banker NJ and Rockland County
- ◆ Zillow "Most Sales" in Basking Ridge
- Five Star Professional
- ♦ NJREALTORS® Circle of Excellence Sales Award - Platinum Level 2013, 2014, 2015



www.263Route28.com



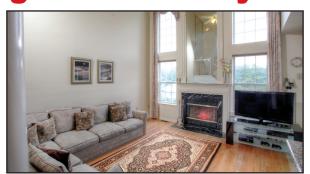


www.28Susquehanna.com

Thinking of Moving? Think Young! Over \$22 MM in Annual Sales

Past Sales in Bridgewater - Many With Multiple Offers







Glenbrooke Townhomes - Beautiful Homes that Resulted in Immediate Sales







Sunset Lake - Lovely Home in Stunning Setting

Shields Lane - Sundrenched & Updated





Coldwell Banker Residential Brokerage 1 So. Finley Avenue, Basking Ridge, NJ 07920

908.938.2525 Cell • 908.766.0808 Office

www.marieyoung.net

marie@marievoung.net





Mirror Image BARBERSHOP. LLC

A Reflection of Perfection













32-868-8001





All ages, genders, and textures welcome • Se Habla Espanol www.mibarbershop.com 🚾 🥌

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





UNDERSTANDING PERIPHERAL NEUROPATHY

Submitted By: Peak Medical

With November being National Diabetes Awareness Month, we're taking a look at a painful and prevalent associated condition – peripheral neuropathy. It's estimated that up to 20 million people in the United States have some form of peripheral neuropathy, and a common cause is diabetes. Peripheral neuropathy can also result from injuries, infections, chronic medical conditions, and heavy alcohol consumption, among other things.

Peripheral neuropathy is a condition that develops as a result of damage to the peripheral nervous system - the vast communications network that transmits information between the central nervous system (the brain and spinal cord) and every other part of the body.

The Link Between Diabetes and **Peripheral Neuropathy**

Diabetes mellitus, characterized by chronically high blood glucose levels, is a leading cause of peripheral neuropathy. It's estimated that 60-70% of people with diabetes have mild to severe forms of nervous system damage. This damage can affect sensory, motor, and autonomic nerves, and usually results in varied symptoms.

Along with pins, needles, and burning and stabbing pain sensations, numbness is a troubling symptom of nerve damage due to diabetes. People who lose sensation are the ones most likely to get ulcers on their feet and to end up needing amputations.

The Diagnosis

The painful symptoms of peripheral neuropathy are highly variable. Diagnosis may require several steps. An exam will involve taking a complete patient history; checking tendon reflexes, muscle tone, motor function and the sense of touch; collecting urine and blood specimens to screen for metabolic or autoimmune disorders; and tests to determine the nature and extent of nerve damage.

In addition to clinical examination, other important tests may include nerve conduction velocity testing to see how fast electrical signals move; and electromyography, which measures the motor unit potentials of muscles during contraction and any abnormal potentials at rest. In some cases, a biopsy may also be ordered to inspect the extent of nerve damage.

A Range of Treatment Options

Most treatments for neuropathy are geared towards treating the symptoms. They usually involve prescription medications that mask symptoms and provide relief, and in some severe cases, opiate analgesics.

When drugs are ineffective or side effects intolerable, an option for some patients

may be use of an implanted electrical stimulator. The stimulator, called a neuromodulator, interrupts pain signals by producing a mild tingling sensation (paresthesia) in the painful area.

In addition, recent research has shown that laser therapy - which is painless and noninvasive – can help treat the underlying causes of neuropathy and aid symptom manage-ment. Deep tissue laser therapy stimulates microcirculation (circulation of the blood in the smallest blood vessels) around the nerve fibers. Increases in microcirculation have been shown to help decrease inflammation, boost tissue regeneration, accelerate healing, and reduce neuropathic pain.

Some types of peripheral neuropathy develop suddenly, while others progress more slowly over many years. Because the changes are often subtle and happen as we age, people tend to ignore the signs of nerve damage, thinking it's just part of getting older. If you have any symptoms of peripheral neuropathy, see your doctor right away. Early diagnosis and treatment offers the best chance for preventing further damage to your peripheral nerves.

Signs and Symptoms

Symptoms of peripheral neuropathy may depend on the kind of peripheral nerves that have been damaged. There are three types of peripheral nerves: motor, sensory and autonomic. Some neuropathies affect all three types of nerves, while others involve only one or two.

Symptoms of peripheral neuropathy often

- A sensation of wearing an invisible "glove" or "sock"
- Burning sensation or freezing pain
- Sharp, jabbing, shooting, or electric-like pain
- Extreme sensitivity to touch
- Difficulty sleeping because of feet and leg pain
- Loss of balance and coordination
- Muscle weakness
- Muscle cramping/twitching
- Difficulty walking or moving the arms
- Unusual sweating
- Abnormalities in blood pressure or pulse

If you suffer from peripheral neuropathy, call us at Peak Medical today to see how we can help you 908-665-0770.

Peak Medical is conveniently located at 492 Springfield Avenue, Berkeley Heights, NJ, 07922



If you suffer with joint pain, you can find relief!

WHO IS A GOOD CANDIDATE FOR THIS TREATMENT?

- Do you wake up with joint pain?
- Does your joint pain keep you from certain activities?
- Have you been told you need a joint replacement?
- Have you suffered a joint injury from a sports event or activity?
- Do you take medications for joint pain?
- Are you considering surgery to alleviate joint pain?

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



THE PEAK MEDICAL APPROACH

Peak Medical has helped hundreds of people find relief from joint pain by enlisting a multidisciplinary approach and the latest FDA cleared technology. A multi-faceted approach allows us to find answers to stubborn pain conditions. Our solutions include physical therapy, laser treatments, injections, and more. The right technology in the right hands makes all the difference for our patients.

HOW DO I KNOW THAT THIS IS RIGHT FOR ME?

In most cases, if you have joint pain, this is a great solution. Our doctors will give you an honest and fair evaluation of your particular joint pain. Due to demand, space is limited. Call today to schedule your Free Consultation. Now is the time to take control of your life and say goodbye to joint pain the non-surgical way!

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

91		
	Peak Medical's Non-Surgical Treatments	Surgery
Cost	Covered by most insurance plans	Deductible, copay, medications, time off work, etc.
Risk	No known side effects	Complications, poor outcome, addiction to pain medicationsv
Pain	Little to none	Can be severe for months
Recovery	Days/Weeks	Months/Years

Call Today to Schedule Your Free Consultation! 908-897-0474

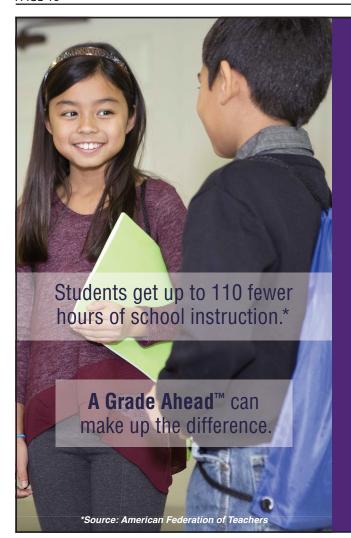


492 Springfield Ave., Berkeley Heights, NJ 07922

www.peakmedicalnow.com

Disclaimer: Due to Federal Law some exclusions may apply.

Value of free consultation is \$150. Copyright © Epic Marketing 2016



A Grade Ahead of Warren 31 Mountain Blvd, Suite R Warren, NJ 07059

Discover a higher standard of achievement for your child.



Common Core Aligned Highly Educated Teachers Individual Attention Focus on Critical Thinking "A Grade Ahead is a parent's peace of mind." ~ Kiran M., Florida

When it comes to academic enrichment, do the math.

We're A Grade Ahead™. Parents across the country count on

A Grade Ahead's rigorous, year-round enrichment programs to challenge
their children to higher academic standards. Our state-of-the-art curriculum
is taught by highly educated teachers in small classes to provide the
knowledge, skills, and inspiration students need to succeed.



agradeahead.com/warren

- More critical thinking
- More advanced teaching staff
- More one-on-one instruction
- More Math, English, and other subjects
- Fewer drills and less memorization
- Fewer students per class
- ¥ Free Assesments ★¥ Grades Pre K 10th ¥

MathWizard has a new name - A Grade Ahead! Call today.

908.546.7611

After School Enrichment MATH • ENGLISH









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

Warren • Summit • Morristown • Westfield

New Term Begins in January

For more information or to register for a **FREE TRIAL CLASS** visit **www.wompys.com** or call **Lauren Greenberg at 908.279.3030.**





Top Producing Branchburg/Bridgewater Realtors

2015 Highest Combined Sales Volume in Office ~ Professionally Staging Homes for Maximum Results ~



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

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

Innovative Marketing | Maximum Exposure | Unbelievable Results







Some of Our Recent Sales ~





















Professionally Staged & Listed by us... SOLD! Exceeding Owners' Expectations!









Call Lisa & Robert to get YOUR home SOLD today!

Client Testimonials...

"Lisa Berchoff and Robert Incao are a fabulous experienced team of Realtors, not only for their knowledge as Realtors but also their expertise as Home Staging Professionals. As a result of their efforts, we received 2 excellent offers on our home. We sold our home with ease, guidance and fun because of Robert and Lisa. I highly recommend them if you want the best expertise & knowledge from Real Estate Agents."

- Marie & Buddy, Branchburg

"Words cannot express our sincere gratitude and thanks for everything you have done for us. If it were not for your expert advice and patience we would not be where we are. We are truly happy in our new home and you knew that from the beginning."

- Satya & Vijaya, Clinton

"Very professional, knows the market well, staged our house beautifully & can create a marketing plan that fits your specific property and location! We received multiple offers, and our home sold higher than asking price."

- Chang & Yu, Bridgewater



3290 Route 22 West | Branchburg, NJ 08876 908-526-5444







ills Hair Stud

Products:

Beverly Hills • Ouidad • Redken • Amika • Unite

Services:

Make-Up • Men & Women Haircuts • Color **Highlighting • Extensions • Color Correction** Keratin Smoothing • Balayage • Milbon Straightening Formal Styling • Waxing • Spray Tanning



Spray Tan

coupon. Expires 1/31/17.

Full Set **Extensions**

New Clients Only. With this coupon. Expires 1/31/17.

1982 Washington Valley Road, Martinsville, NJ 08836

732-271-1919

www.beverlyhillshair-studio.com



NOW CARRYING Mirabella Cosmetics

Monday	10-4
Tuesday	10-7
Wednesday	10-8
Thursday	9-8
Friday	9-8
Saturday	8-3



WE NOW HAVE **Olaplex**



photo credit: SARAH MERIANS.COM

Full Wedding Planning Day Of Wedding Planning Corporate Events

by Rachael Nicole Events



With nearly 15 years of experience planning and executing events in the **New York City Metro Area** and throughout the **United States, Rachael Nicole** has developed a unique ability to deliver only the finest in service, design and attention that the luxury clientele has come to expect.



908-672-2623 Rachael@rachaelnicoleevents.com RachaelNicoleEvents.com







IF IT SNOWS....IT'S FREE!!

Any Purchase Made Between
Now and December 24, 2016
is FREE if it Snows 4 Inches or More
on NEW YEARS DAY!

- Added Bonus TP 7 0% OFF

Our Fine Jewelry

COME VISIT US FOR FULL DETAILS

DON'T MISS OUT!!

THE EVEL STORE

1944 WASHINGTON VALLEY ROAD MARTINSVILLE 732-537-0611

PAGE 20

Holiday Cheer



Your go to store for jewelry and gifts! Holidays, Teachers, Hostess, Birthdays, Bat Mitzvahs

1982 Washington Valley Road

"Like" us on Facebook at adornmentsnj Next To Quick Mart 732-667-7560

Tues-Fri 11-6 Sat 11-5









Bedminster, NJ | 908-367-2001 | www.archivalcompany.com

908-210-9100

1331 Prince Rodgers Ave. Bridgewater, NJ 08807



Cannot be combined with any other offer. Restrictions may apply. See store for details. Edible®, Edible Arrangements", the Fruit Basket Logo, and other marks mentioned herein are registered tradem Edible Arrangements, LLC. © 2016 Edible Arrangements, LLC. All rights reserved.



FURS BY GUARINO

190 US Highway 22 Greenbrook

Furs by Guarino, Inc., owned and operated, by the Guarino Family, is proud to announce their 70th Anniversary Celebration!

Furs by Guarino, is located on Route 22 in Green Brook, NJ. From humble beginnings in Plainfield NJ. this full service furrier was founded in 1946 by Italian immigrant, Carmine Guarino and his wife, Philomena Guarino. Their son and current President, John Guarino, serves as Master Furrier and continues to lead the company into the future of fur and fashion. John's daughter, Jennifer Guarino, joined the company in 1996 and works in the family business today.

This lovely fur salon boasts an amazing inventory of all things furry! The showroom is filled with furs, leather, shearling and furtrimmed garments for men and women. Guarino's furs includes the finest coats and jackets in mink, sheared mink, sheared beaver and rex rabbit. You will find jackets and coats adorned with chinchilla and sable for the discerning fur lover; fringe, flowers and rhinestones for those seeking a fun and flirty look. Searching for something lightweight and easy to wear? Reversible Fur might be your solution, but don't overlook the many fur vests or ponchos and wraps available in fur trimmed angora,

wool, cashmere and alpaca.

What else will you find at Furs by Guarino? The "Gently Used" fur department is a treasure chest of fur! With everything from current styles to vintage furs, this little gem is packed with fabulous furs at fantastic prices. For the added touch of fur, accessories abound! Fur and fur trimmed hats, chenille and leather fur trimmed gloves, fur scarves, headbands, scrunchies and keychains, handbags and more.

Come to Guarino's for first rate fur service. With their onsite workshop and certified cold storage vault, Guarino's can handle all of your fur repairs, remodels and alterations. Talk with a Remodeling Specialists and transform you old style fur into a brand new look! Expert cleaning and glazing is performed daily by trained fur professionals in the Guarino workshop, by furrier method, of course!

John Guarino and the staff at Guarino's would like to thank all of their customers for many years of patronage! In honor of their 70th Anniversary Celebration, take 15% off the lowest ticket price of any item just for mentioning this article! So, stop in today and wish John Guarino and Furs by Guarino a Happy 70th Anniversary!





For all your business and shipping needs!



- NOTARY SERVICE
- KEY DUPLICATION
- LAMINATION
- OFFICE SUPPLIES

Tel. 908-874-6200 MailboxBusCntr@yahoo.com MailboxBC.com



- **PASSPORT PICTURES**
 - INVITATIONS •
- **RUBBER STAMPERS**
- **BLUEPRINT COPYING**

601 Route 206, Suite 26 Hillsborough, NJ 08844 (Nelson's Corner)

\$2.00 OFF SHIPPING

Any Parcel UPS or FedEx Valid 11/28/16 – 1/31/17 Can not be combined with any other offer

Paint Your Pai

Custom pet portraits



Caitlin Bludgus

908.451.6858

bludgusc@gmail.com www.etsy.com/shop/PaintYourPal www.paintyourpal.com







One per customer. All Furs labeled to show country of origin. Expires 12/24/2016

A Registered 501(c)3 Non-Profit Organization. We are a No-Kill Facility. We never have, and we never will.

GREEN BROOK **GREEN BROOK** UNION UNION Center for Rescue & Adoption Finding Best Friends Forever™

ADOPT OR SHOP! Give one of our rescue pups a second chance or select from our microchipped purebred and designer breed puppies from our USDA inspected and approved breeders.

"A different breed of pet store."

Located inside our Shake A Paw® store and licensed as an Animal Shelter, we accept dog surrenders, as well as rescue homeless, abandoned and unwanted dogs.

Saving Lives Every Day

WE SPECIALIZE IN FAMILY-FRIENDLY AND HYPOALLERGENIC BREEDS **INCLUDING BUT NOT LIMITED TO**

- Beagles Bichons Boston Terriers Boxers • Corgis • Dachshunds • English Bulldogs
- French Bulldogs Golden Retrievers Huskies
- Labrador Retrievers Maltese Pugs Shiba Inus
- Shih Tzus Soft Coated Wheaten Terriers Yorkies

20% Off Merchandise

*Excludes dog food. Cannot be combined with any other offer

Expires 12/31/16



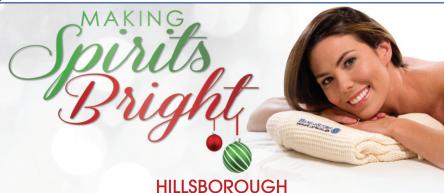
14 Route 22 West Green Brook, NJ 08812

732-968-2522 OPEN 7 DAYS A WEEK!

shakeapaw.com

shakeapawrescue.org

Holiday Cheer PAGE 22



908-281-0001 **SPA GIFT CARDS**

HAND & STONE

SAVE*\$20 SPA GIFT **PACKAGES** + FREE \$20 Gift Card!

Open 7 Days • Extended Hours Walk-ins Welcome

649 US 206 N, Hillsborough, NJ 908-281-0001

HAND & STON Gift for

'Restrictions apply, \$10 OFF valid for guest-priced gift cards excluding h removal and cash denomination purchases. Not valid toward Introductor Offers. \$20 Fere Gift Card with purchase of any Spa Package at guest ping valid for one year from issue date at issuing spa only. Prices and serv may vary by location. No cash value. Not combined with other offers. OFFERS EXPIRE: 12-31-2016

HAND&STONE

handandstone.com See Spa for Details. Expires Dec. 31st

's Auto

315 HIGHWAY 22 (EAST BOUND) • GREEN BROOK

Serving Your Community for 46 Years

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



NJ LICENSE NO. 00342A

Where quality repairs are no accident

We work with all insurance companies for appraisals and repairs.



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

(732) 968-2214

www.salsautobodyinc.com



SWEETS WITH A TWIST



We customize for any occasion, event, or party **Bridal/Baby Showers • Corporate Gifts** for Holidays, Christmas & Hannukah and more!



Alexa Bisignano ORDER 908.334.353 TODAY!

www.pretzables.com Alexa@pretzables.com

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





"Embracing Your Outer Beauty to Match Your Inner"

- Full Service Salon
- Women, Men, Children
- Any Ethnicity
- Loyalty Rewards Program
- Full Service Bridal Packages Available
- Gift Certificates
- Specialize in Color Correction

Bella Grecia

101 Rt. 202 and 2nd Avenue, Raritan, NJ 08869

908-725-3202

"We are a team of international stylists each stylist has a specialty"

New Customers Only

Any Salon Spa i i Any Salon Spa i i Any Salon Spa i Service (First Visit)

Service (Second Visit)

Service (Third Visit)

Featuring

Motives Cosmetics MOTIVES

Hairdreams Hair Extensions

Hairdreams[®]

Microlines Hair Integration for **Balding**

PAUL MITCHELL

Extended **Holiday Hours**

by Appointment Only Tues - Fri 10am - 8pm

Saturday 9am - 5pm













Bellagreciastudio.com



Art Glass, Housewares, Jewelry, and One-of-a-Kind Gifts. Also offering workshops and classes for all skill levels.



Bring in this Ad for 10% Off One Item in the Gallery!

167 Washington Valley Rd. Ext · Warren, NJ 07059 732-384-7504 shoptheunderground.com







Hope



Doy



Somerset Hills
Lutheran Church

visit our website for special services and events

350 Lake Road · Basking Ridge · NJ www.shlc.net | phone: (908) 766-2858

St. Bernard's Episcopal Church

All are welcome!

Open midweek for prayer & meditation

Sunday Worship at 10 am Christmas Eve, 5 pm and 8 pm Christmas Day, 10 am



Music, meditation and more! 5 pm on Jan 8, Mar 19, Apr 23 and June 4.

Contact us for Baptisms, Weddings & Funerals

The Rev. Beth Rauen Sciaino

www.StBernardsNJ.org 88 Claremont Road Bernardsville, NJ 07924 908-766-0602





Join us for Sunday Celebration!

Join us at Bernardsville United Methodist Church Sundays at 10:30am

Childcare available for ages 0-9 yrs.

We are located at 22 Church St., Bernardsville, NJ 07924

Visit us online at www.bernardsvilleumc.org

or email us at

bernardsvillemethodist@gmail.com

Please Join Us in Worship this Christmas!

Christmas Eve

4:30 pm Children's Service

7:35 pm Family Service

10 pm Candlelight Service

Christmas Day

10:15 am Service of Lessons & Carols

Basking Ridge Presbyterian Church

I E Oak St Basking Ridge NJ 07920 908-766-1616 www.brpc.org

"The true light

that gives light

to everyone was

coming into the



Bishop Janes United Methodist Church

Believers Joyously Unified in Mission with Christ

Sunday Service at 9:30am Sunday School (preschool, elementary, middle school, and high school groups)

22 S. Finley Ave www.bjumc.org • 908-766-1108

Find us on: facebook. Come experience Chabad and the many programs we have to offer, including:

*Shabbat and Holiday services

*Weekly Torah discussion groups

*Chabad Women's Connection

*Breitman Hebrew School

*Zimmer Preschool

*Jewish Learning Institute courses

3048 Valley Road Basking Ridge, NJ 908-604-8844 chabadcentral.org



Congregation B'NAI ISRAEL בני ישראל

A modern, warm and welcoming community.
We encourage you to come see all that we have to offer!

www.cbibr.org 40 Whitenack Road Basking Ridge NJ 07920 908-204-1412









www.millingtonbaptist.org 520 King George Road Basking Ridge, NJ 07920

f y 0

10:30am SUNDAY SERVICE







Dec 4 — Dinner+Church in The Hills, 5:30PM Dec 18 — Christmas Crèche Service, 10AM

Dec 24 — Christmas Eve in the Hills, 1PM Christmas Eve at St. Mark's, 5PM and 11PM

for more information and directions, see

stmarksbr.org/december

www.theconnectionsnj.com

St. John on the Mountain Episcopal Church Welcomes You

Join us on Sundays

8 am with Holy Eucharist, Rite I 10 am with Holy Eucharist, Rite II with music and childcare Sunday School at 10 am

379 Mount Harmony Road, Bernardsville 908.766.2282 www.sjotm.org

Congregation Knesseth Israel

CKI is a warm and friendly congregation serving the Jewish community in and around Somerset County. Our inclusive community embraces Jewish families from all backgrounds.

- SPECIAL DUES OFFERS for First Year members, and for families enrolling students in our school!
- where your child shines
 - Affiliate Memberships available for those with primary membership at other synagogues

Please join us for Shabbat services on Fridays at 8:00 pm, or come to one of our Adult Education programs.

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

Cantor Eddie Roffman Rabbi Jack Kramer 229 Mountain Avenue, Bound Brook, NJ 08805 732-469-0934 info@ckibbnj.org



651 Country Club Rd, Bridgewater, NJ

Traditional Worship - 9:00 am Sunday School - 9:00 am Contemporary Worship - 10:30 am

Special Services:

Sunday, December 18 9:00 and 10:30 am Festival Orchestra 7:00 pm-Longest Night Service

Christmas Celebration

7:00 pm-Longest Night Service

Christmas Eve Worship-Candlelight at all services 4:30 pm - Service for Young Children and their Families

7:00 pm-Service of Lessons and Carols 11:00 pm-Candlelight Communion Service Christmas Day Worship - 10:30 am

New Year's Day Worship - 10:30 am Our services are open to anyone in the community and we have an open communion table!

bridgewaterumc.org



Sunday Mass Schedule

Saturday - 5:15 pm Vigil Sunday - 7:30 am, 9:00 am, 10:30 am and 12 Noon (note schedule changes in summer months)

Daily Mass in the Chapel

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

500 Route 22, Bridgewater, NJ 08807 908-725-0552

www.stbernardbridgewater.org Also on Facebook

All Are Welcome!

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

Good Shepherd Lutheran Church

300 Union Avenue ~ Somerville, NJ 08876 www.gslutheranchurch.org

Join us for Christmas Eve!

Saturday, December 24 5:00pm and 9:00pm

A Living Nativity

Good Shepherd Lutheran Church 300 Union Avenue, Somerville Outside on the Church Lawn

Saturday, December 17, 2016 Performances at 5:00pm and 7:00pm

With a Donkey, Alpacas, Goats, Sheep and Rabbits!

Proclaiming Christ since 1740

First Congregational Church

Pull up a pew and make yourself at home

Layne A Mershimer

Service start times: Sunday Morning Worship - 10:30. Family Night Bible Study - 6:30 on Wednesday.

P.O. Box 125 • 30 Hillside Rd., Chester NJ 07930 fccofchester.org • Imershimer@fccofchester.org Office: 908-879-5322 • Mobile: 908-798-0143





Christmas Eve Services, 8:00 p.m. and 11:00 p.m. Christmas Day Worship 10:00 a.m. FREE Twelfth Night Festival, Jan. 8, 4:00 p.m.



www.urcsomervillenj.org



279 Route 202/206 Pluckemin, NJ 07978 (908) 658-3346 www.ppch.org December 11th 6:00-8:00 pm **Community Christmas Tree Lighting** December 18th 10:00-11:00 am **Service of Lessons and Carols December 24th Christmas Eve Services** 4:30 pm Family Service 7:30 pm Candlelight Music Service 10:00 pm Candlelight Communion **Service** Christmas Day Worship 10:00 am

www.theconnectionsnj.com



- Warm, welcoming, inclusive congregation
- Quality Jewish education from preschool through seniors
- Tot Shabbat, Children's and Family Services
- Morning Minyon & Shiva Minyons
- Youth Programs: USY and Kadima
- Monthly Mitzvah Projects & Social Clubs



594 North Bridge Street • Bridgewater, NJ 08807 908-722-1339 • TempleSholomNJ.org

Sunday Worship at 10:15AM

Infant Care & Church School are available. Adult Bible Study on Tuesday Evenings.

> Rev. Jacqui Van Vliet Interim Pastor

T: (908) 572-7013 E: lamingtonchurch@gmail.com W: www.lamingtonpcusa.com

THE LAMINGTON PRESBYTERIAN CHURCH 355 Lamington Road, Bedminster, NJ 07921

Doy







Come worship with us!

Sundays 8 & 10 am Thursdays 7 am

ALL SAINTS' EPISCOPAL CHURCH



15 Basking Ridge Road Millington, NJ 07946 (908) 647-0067 allsaintsmillington.org The Music Ministry of
The Presbyterian Church at New Providence
presents

Handel's MESSIAH

FEATURING

Jamie Baer Peterson ~ Soprano, Hanne Ladefoged-Dollase ~ Mezzo Soprano, Brian Ernstes ~ Tenor & Mark Delavan ~ Bass

Full professional orchestra with community chorus of more than 90 singers

Thomas R. Berdos, Music Director

SUNDAY, DECEMBER 4TH • 4:00PM & 7:00PM

Tickets available starting November 1st by calling 908-665-0050 ext.18. Suggested donation is \$20 per ticket.

The Presbyterian Church at New Providence
1307 Springfield Avenue • New Providence, NJ 07974

www.pcnp.org



SPACE FOR YOUR RETREATS, PILGRIMAGES, CONFERENCES, MEETINGS, YOUTH GROUPS



Shrine Gift & Book Shop: Open Daily 908-647-2766

THE SHRINE OF ST. JOSEPH

Accepting Retreat Reservations

Student Retreats: Confirmation, Christian Leadership, Grade School to High School Day Retreats with Staff, Lunch, Mass

Days of Renewals: with Retreat Director, Hot Full-Course Lunch, Sacrament of Reconciliation, Mass. Devotions

Trinity House for Overnight Retreats: Maximum of 23 persons.

Chapel: is available for your group (days or evenings)

Grounds: include a newly renovated outdoor Stations of the Cross, Tower of Remembrance, Picnic Grounds, many Prayer Grottos

Awaiting your call christine@stshrine.org 908-647-0208 M-F 9-5

Trinity Retreat House

Shrine Gift Shop

Pieta







A Mission of the Missionary Servants of the Most Holy Trinity 1050 Long Hill Rd., Stirling New Jersey 07980 • 908-647-0208 • www.stshrine.org

Our Lady of the Mount Catholic Church



SATURDAY: 5:00 PM Church
SUNDAY: 8:00 AM Church • 10:00 AM Church
11:30 AM Church • 5:00 PM Church
MON-FRI: 9:00 AM Chapel
SATURDAY: 9:00 AM Chapel
Holy Days 9:00 AM & 7:30 PM Church

CONFESSION TIMES: SATURDAY: 4:15 PM to 4:45 PM or by request

CHRISTMAS SCHEDULE

Reconciliation: Tuesday, December 13th 7:30 PM
& Saturday, December 17th 3:45 PM-4:45 PM

Mascas: Saturday, December 24th

Masses: Saturday, December 24th 4PM – Chapel • 4PM – Church • 6:30 PM – Church • Midnight – Church Sunday, December 25th 10 AM Church • 12 Noon Church

167 Mt. Bethel Rd., Warren, NJ 07059 • ourladyofthemount.org

Whoever you are and wherever you are on life's journey, you are welcome at TUC!

Sundays at 10:15am • Christmas Eve at 5pm

www.TrinityUnitedChurch.or

18 King George Road, Warren, NJ 07059 (732) 469-5044



104 Mount Horeb Road, Warren
Dr. Joel S. Goldman, Congregation Manager
732-356-8777 ext. 106 • joelg@templeharshalom.org
www.templeharshalom.org



The Affordable Alternative

A warm and welcoming center providing multi-generational learning, celebration, and worship

Openings available in our

COOL SCHOOL WITH THE WARM HEART

Fun, creative camp-style learning on Sundays

20 Shawnee Dr., Watchung 908-864-7788 www.ChaiCenterNJ.org

חיחיחיחיחיחיחיחיחיחיחיחי

Union Village United Methodist Church

1130 Mountain Ave. • Berkeley Heights, NJ 07922 **908-647-2120 www.uvumc.org**

Connect people to Christ
Building a faith community
Serve God in the world

Our focus is to live
God's Love in our world
by nurturing our spirits
and being sent to help others!
ALL are welcome!

Sunday Worship ~ 10 am
with Fellowship Hour following
Christian Education ~ Young Ones during Worship
Christmas Eve Worship
Christmas Sunday Worship – 10 am

www.theconnectionsnj.com



St Vincent de Paul RC Church

250 Bebout Ave., Stirling, NJ 07980

908-647-0118 www.stvincentschurch.org

Masses for the Lord's Day

Saturday (vigil) 5:00pm Sunday 8:30am, 10:30am and 6pm

Daily

Monday-Saturday 8:30am

Christmas Eve

4:00pm, 6:00pm and Midnight

Christmas Day

8:30am and 10:30am





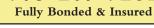


Services:

- Generators
- Emergency Lighting
- Smoke Detectors
- Troubleshooting
- New Construction
- Outdoor Lighting
- Electrical Renovation
- Low Voltage Lighting

John

973-207-9261





A Clean Home, A Clean Life **CALL US** 908-437-8796

WONDER WOMAN

CLEANING SERVICE

908-437-8796

FREE ESTIMATES

- Licensed & Insured
- Residential & Commercial
 Move Ins/Move Outs SAVE \$40

20 off 1st cleaning

 Weekly & Bi-Weekly
 Window Cleaning Excellent References

FREE

cleaning

50% OFF cleaning

buy 1 cleaning, get the second of equal or lesser value 50% off

Cleaning Service 908-437-8796 non Not valid with other \$15 off 2nd cleaning \$5 off 3rd cleaning

With this coupon. Not valid with other

buy 3 cleanings, get the 4th cleaning **FREE**













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

908-781-0777

Email: info@tjchomes.com

www.farhillsdb.com





Carol Mucerino Broker / Sales Associate Cell: 732-735-4758

Email: cmucerino@glorianilson.com

Website: www.carolmucerino.com

New Construction in Bridgewater **Township**

This is an extraordinary opportunity to purchase brand new construction at a great price. Located in one of Bridgewater's most prestigious areas, this custom Colonial style home is bigger inside than it appears on the outside. It offers four bedrooms, three and one half baths including a first floor

bedroom and full bath. Featured on the first floor are; 9' foot ceilings a two story fover and a two story family room open to the kitchen with stainless steel appliances granite countertops, 42" upper cabinets and an eat-in area. Your choice of center island. The master bedroom has two walk-in closets, a separate sitting area, and a full master bath with a separate shower, soaking tub, double sinks and a wood vanity with a granite countertop. The two car garage is sheet rocked and painted and includes openers as well as a convenient outside keypad. This property has all city utilities and is set on a lovely wooded lot next to a township owned property. Conveniently located near major commuter routes, upscale shopping, restaurants and good schools. Move right in!

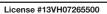


Mendham / Bernardsville Regional Office 21 East Main Street, Mendham • 973.543.1000

www.glorianilson.com







Caballero

Fence & Repair

• Specializing in All Types of Fencing •



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

www.CaballeroFenceRepairs.com



Good References Available • Free Estimates • Good Price

908-392-3195

CaballeroFenceRepairs@gmail.com Hillsborough, New Jersey

Fully Insured













On The Somerville Circle



DOOR ORDER Present coupon at time of order. Exp. 1/15/17.

REE SAFETY CABLES WITH Purchase ANY EXT. SPRING REPLACEMENT of Opener べいとうけんけんりょうけん



Systems

Garage Opening

Modifications &

Refinishing









RESIDENTIAL & COMMERCIAL







- NJ Lic. # 13VH07480800
- Rated #1 In Service 9 Years In A Row
- Garage Door & Gate

Operators

- All Of Our Products Are Made In The USA
- FREE ESTIMATES Days, **Evenings & Saturdays**







Various Entry Door Collections

OPEN 7 DAYS A WEEK

Mon, Wed, Fri 8am-5pm • Thurs 8am-7pm • Sat 9am-2pm • Sun 11am-3pm The most convenient garage door store

Largest Showroom/Warehouse in New Jersey (At the Somerville Circle) GPS Directions - 355 W. Summit St., Bridgewater, NJ

250 US HWY 202/206, Bridgewater, NJ (from the circle - 28 East, left at the Shell [Cornell], Left on West Summit) 908-725-5655











HOUSE DETAILING SERVICE

Window Washing • Gutter Cleaning Power Washing



IT'S NOT TOO LATE FOR GUTTER CLEANING. CALL TODAY FOR AN ESTIMATE.

SHACKSHINE.COM | 1-888-808-7751









NEW LUXURY RENTAL COMMUNITY

NOW LEASING!

- 1-2 Bedroom Luxury Aparments in Bridgewater NJ
 - Garages & Storage Available for Rent
 - 24/7 Fitness Center, Dog Run, Car Wash Station & More











Lino - Owner

Hillsborough Painting

Services

Power Washing • Exterior & Interior Painting
Custom Tile & Molding • Wall Paper Removal
Sheet Rock • Spackling & Taping Repairs
Bathroom Renovations

908-240-2463

Fully Insured

hillsboroughpaintservices@gmail.com

Free Estimates



FREE COUNSELING LEADS TO SUCCESS

All services & programs are FREE

Se Habla Espanol

600 First Avenue • Suite 3 • Raritan, NJ 08869 www.cjhrc.org • cjhrc@verizon.net • 908-704-9649



Hours: Monday-Friday 9-5:30



Central Jersey Housing Resource Center (CJHRC) Offers Savings Match Program

pportunity to receive up to a maximu PROGRAM HIGHLIGHTS:

- Allows approved households to
- save for a specific goal

 For those that can make systematic \$25 deposits per month
- Accepted households must work on a monthly basis with a CJHRC
- Accepted participants (one per household) will receive matching funds at a rate of 4:1

*Applicants will be processed in the order that required documentation is received by

Please contact Laura Wetzel at 908-704-9659 or cjhrc@verizon.net for more information.

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



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

Gift Certificates Available!

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



908-236-7997 Fax: 908-236-7686

1260 Rt. 22 West • Lebanon (only minutes off Rt. 31, 78, 287, 202 & 206) www.capconnections.com

CREATIVE CORNER

I RAN OUT OF YARN! NOW WHAT?

By: Carolyn Hanson

Ah. It happens. We follow the pattern directions for buying yarn, or we think we did. We start it, then move on to another project, pick it up months/years later and resume. Then we realize that one skein is missing and the project can't be finished or our size has changed, or we never purchased the right amount to begin with. The reasons go on and on, but the bottom line is there is not enough yarn.

One of my idiosyncrasies is that I NEVER buy more yarn no matter what. I like to challenge myself and get the creative juices flowing when I realize that there is just not enough. It's an opportunity to be the designer and work with what you have. Think Project Runway. Here is my list of tried and true solutions.

- If the yarn has been around for a while or discontinued, go on Ravelry (www.ravelry.com), eBay or even the manufacturer and see if anyone happens to have what you need in the color and dye lot, and is willing to sell or trade. This sounds like finding a needle in a haystack, but it has worked for me. On Ravelry, search in Stash and then contact the owner. Or search Yarn and see if anyone made something from your yarn. Maybe your fellow Raveler has left-overs tucked away. Ravelry is the social media site for knitters and crocheters. If you are not registered, get on it now. This group is so helpful. If they have it, they will share. Any Raveler worth her salt has a stash she is willing to dive into to support another. The manufacturer may also have samples or extra skeins available that they will share. [I once contacted a manufacturer in England and 3 months later, a huge hank of yarn appeared at no cost! I finished the project.]
- Search for a yarn substitute at www.yarnsub.com. Type in your yarn name and the site delivers a list of current yarn in a similar weight, twist and fiber content. Search the Internet for the list of colors available in the new yarn. Getting a match is going to be tough but choosing a complementary color may be the solution. Then search for a local shop or on-line that sells that brand.
- Think about enhancing your project to use color blocking, meaning using the same yarn but in another color on a certain part of the project. Do this in such a way that it enhances the design and at the same time frees up the yarn you need. Ideas: Make sleeves or sides in another color. Color blocking is trending everywhere. Look in magazines for ideas.
- Instead of color blocking introduce a similar yarn in the same color. Follow the same instructions as the color blocking.
- Frog it, meaning rip-it, rip-it, ...get it. Choose another pattern that uses your yarn or a pattern with the same gauge and drape, AND needs the same or less yardage than the total yardage available. No need to repeat the same problem.

Removing kinks from the freed up yarn. No one wants to knit with old/used yarn. This can be easily remedied. Once the yarn is unraveled, do not make it into a ball, but make it into a hank by wrapping from your hand to forearm as if you were bundling a long extension cord. Gently remove it from your arm, keep it in a circle and then use scrap yarn to tie it in 4 places... north, south, east, west so it cannot tangle. Then soak the entire piece in tepid water. This will relax the kinks and ready the yarn for knitting. Squeeze out the water and then roll in a towel to remove excess. Remove and hang over a hanger to dry fully. Once dry, (it may take a day or longer), wind into a ball. That's it!

I must confess, I once bought a Dale of Norway pattern for an official Olympic sweater. It was an extremely detailed Norwegian design in 6 colors knitted in the round. I got about halfway up body when I realized that I misread the pattern and did not buy enough yarn in any of the colors. The shop had gone out of business, the reason I splurged on the purchase, and I was sunk. A friend talked me into giving up and she frogged the sweater. I could not bear to watch. That was 10 years ago. The yarn is still in my stash. The end.

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











WORK

Stump Removal • Stump Grinding

 Wood Splitting
 Brush Removal Debris Removal

20% OFF **All Services** Expires 1/31/17







908-432-5503

CLEANING SERVICES WITH A PERSONAL TOUCH

Sofia 908-342-7921

RARITAN RESIDENT

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

> We Clean with GreenEarth® **Eco-Friendly Dry Cleaners** • No Hazardzous Chemicals 100% Odor-Free • Gentle

> > (New Customers)

Exp. 1/31/17

Wedding Gowns Cleaned

• Cleaning Baby Clothing

Household Items: Drapes, Curtains, Carpets,

Rugs, Comforters & Blankets.

• Couture Apparel

& Preserved

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



the 'true' eco-friendly dry cleaner

- Free Pick-up & Delivery
- Outstanding Quality & Service
- We Care About Our Customers
- Dry Cleaning & Shirt Laundering
- Men's & Women's Alterations
- Cashmere & Wool

Sellogs

Hours: Mon.-Fri. 7:30am-7pm Sat. 8am-4pm

> 570A Union Ave., Bridgewater, NJ 08807 732-377-9007

879 Black Oak Ridge Rd., Wayne, NJ 07470 862-248-0856

www.stonecliffcleaners.com

Your Local Market Experts!

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



Kimberley Dabrowski Lisa Middleton Realtors, SFR, ABR, ASP

908-872-4027 (Lisa) your2agents@yahoo.com www.your2agents.net

- **Top Producers Branchburg Office 2010-2015**
- Weichert, Realtors Directors Club 2014-2015 Multi-Million Dollar Sales Club 2007-2015
- ccredited Staging Profession ort Sale and Forclosure Spirit Spirit Sale and Forclosure Spirit Spirit Sale and Forclosure Spirit Spi
- Accredited Buyer Representatives
 Local residents for 20+ years









Call or email us

for your complimentary





















Weichert

3290 Route 22 West



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





HAPPY HOLIDAYS FROM THE WYLDE GROUP







908-752-2305

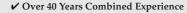


908-616-089



in NJ Monthly)

✓ NJAR Distinguished
Sales Club



- **✓ RE/MAX** Hall of Fame
- ✓ RE/MAX Sales Club 2006-2015

We know we will exceed your expectations. Please do not hesitate to contact us.

DISCOVER A NEW LEVEL OF LUXURY IN REAL ESTATE

DISCOVER THE RE/MAX COLLECTION

Whether you are buying or selling, we encourage you to explore the Premier Real Estate services offered by The Wylde Group.

✓ #2 RE/MAX Office in NJ 2015 (commissions)

- ✓ RE/MAX Premier #1 Agency in Warren 2012-2015 (closed volume as per GSMLS)
- **✓ RE/MAX** #1 in NJ 2012-2015

REMAX

Mention this ad for FREE Market Analysis

RE/MAX COLLECTION

Fine Homes & Luxury Properties

RE/MAX Premier









760 Harding Rd., Bridgewater Township \$429,000



305 Kelly Drive, Branchburg Township \$639,000



48 Vail Terrace, Branchburg Township \$582,500



7 Ten Eyck Rd. South, Branchburg Township \$1,185,000



8 Laurel Court, Branchburg Township \$705,000



521 Horizon Way, Branchburg Township \$592,500



705 De Camp Dr., Hillsborough Township \$439,900



944 Victor Street, Bridgewater Township \$329,900



266 Leeham Ave., Bridgewater Township \$3 | 7,500



105 Thompson Street, Raritan Boro \$300,000







60 Mountain Blvd., Warren, NJ 07059 Email: dwylde@remax.net Cell: 908-752-2305 Office: 908-754-1500 x 124 Web: www.wyldeproperties.com





aint like no other.°

Come in to redeem this BOGO Color Samples Offer.

Speak with our in-store color consultant

WARRENVILLE HARDWARE DESIGN CENTER

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

Patty Hernon, Design Consultant studio@warrenvillehardware.com

BUY ONE GET ONE BENJAMIN MOORE COLOR SAMPLES



Visit today and let us make sure you get the best paint and advice to get your project done right.

Coupon valid for one (1) free Benjamin Moore' Color Samples with the purchase of one (1) Benjamin Moore' Color Samples. Redeemable only at participating retailers. Must present this original coupon to redeem - no copies will be allowed Limit one per customer. Products may vary from store to store. Subject to availability. Retailer reserves the right to cancel this offer at any time without notice. Cannot be combined with any other offers. Coupon expires 172/31/6.

©2016 Benjamin Moore & Co. Benjamin Moore, Color Selection Simplified, Paint like no other, and the triangle "M" symbol are registered trademarks licensed to Benjamin Moore & Co.







CALL TODAY AND SEE WHY WE'RE A LEADER IN HOMEOWNER SATISFACTION AND DEPENDABILITY.

You won't need to look any further when it comes to finding ways to make your home comfortable. The American Standard AccuComfort™ Variable Speed system works smarter to make your home more comfortable. It keeps your home's temperature within a half-degree of your setting by automatically adjusting itself in increments of one-tenth of one degree. This eliminates big swings in temperature in your home, giving you the consistent comfort you want.

©2014 American Standard Heating & Air Conditioning. All rights reserved.

License #7202



King George Plumbing Heating & Air Conditioning

908-754-4773

www.kinggeorgeplumbing.com

License #2849







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

What's cooking with Lidia... Home For The Holidays!

It's that time of the year, and many ask, is the holiday season a good time to buy or sell real estate? I can assure you that there are advantages to buying and selling real estate during the holiday season, particularly in this real estate market and community.

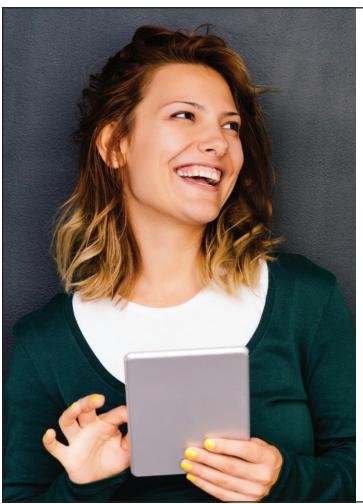
There are definite benefits that accrue to both buyers and sellers. These include the possibility of tax advantages for those who close on a property before end of year, and the fact that the holiday season is a good time to transition children into a new school. The mindset of a "new year" is a great opportunity for new beginnings for both buyers and sellers.

On the buying end specifically, there

are several advantages. These include, but are not limited to: less competition from other buyers, more realistic pricing, a good time to visualize the property without vegetation, and a good time to inspect the property for moisture and dryness.

On the selling end, the advantages are as follows: less competition among sellers, homes boast holiday decor and wonderful holiday fragrances, buyers are generally more motivated and serious. The holiday season is a time of giving and a memorable time of the year to purchase a new home!!

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



Class is now in session.

Gain confidence with your devices as you learn, create, and discover in our new classroom.

Reserve a seat at MyTechGuy.com.

mytechguy.

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

COMPUTERS · MOBILE · TUTORING · HOME THEATER



Franklin Twp: 17-room updated stone 1730 manor, 40± acres, 4 bedrooms, 4.1 baths, horse barn, pond. Offered at \$1,650,000 *Co-listed with Elizabeth Winter*



Branchburg Twp: Luxurious Meadow View Colonial on 1.6± acres, 5 bedrooms, 4.5 baths, chef's kitchen, expansive master bedroom suite. Offered at \$899,999



BEDMINSTER Twp: Firefly Farm, c. 1850 custom barn conversion on 6.6± Farm Assessed acres, 4 bedrooms, 3.1 baths with modern updates. Offered at \$1,975,000



Montgomery Twp: Updated 1790s Dutch Colonial on 2± acres, 4 bedrooms, 1.2 baths. 2 barns, prime Montgomery schools. Offered at \$569,900



Mary Licata
Sales Associate, GRI, ABR, ePro
Office: 908-234-9100 ext 215
Cell: 908-442-3434
mlicata@turpinrealtors.com
www.maryhlicata.com



www.TurpinRealtors.com



Franklin Twp: "Somerset Run", Active 55+ Community. Amenities include pools, exercise room, Clubhouse. 2 bedrooms, 2 baths. Convenient to everything! Offered at \$314,900

EQUAL HOUSING OPPORTUNITY

BENCH'S CARPET ONE FLOOR & HOME®

We do a complete job from start to finish! 31 Frelinghuysen Avenue, Raritan, NJ 08869

908-725-6466

- FINANCING AVAILABLE -

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

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













AAS Tax Services, LLC

Branchburg Commons Bldg. 4 Ste. #427 (Executive Suites) 3322 Rt. 22 West Branchburg, NJ 08876

Andy Adamczuk

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

Tel.: 908-231-9500

For information on the firm & other details visit: www.aasTaxServices.com

Professional Full Service Tax Office for Individuals and Small Business Entities

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

Affordable Prices

(check prices & discounts on our website)



Submitted By: NutriMost of Watchung

THE NUTRIMOST WELLNESS AND WEIGHT LOSS PROGRAM

Lose 20 pounds! Guaranteed!* NutriMost is an amazing, revolutionary weight-loss program that is sweeping America, and it can completely change your life! According to the Center for Disease Control, obesity contributes to various weight related diseases such as heart disease, high blood pressure and diabetes.

With NutriMost, you'll transform your approach to Wellness.

The NutriMost Wellness and Weight Loss Program is safe and effective. The NutriMost Weight Loss program is a well-designed regimen which is monitored by professionals and includes a low calorie diet along with lifestyle modifications and personalized natural supplementation to maximize achievable weight loss.

THE NUTRIMOST DIFFERENCE

NutriMost uses a unique approach to Weight Loss with All-Natural Supplements designed to support your body's water level, hormonal levels, and combat other nutritional challenges you may face. Our Wellness and Weight Loss plan focuses on healthy natural food choices verses the powerful chemicals found in highly processed, manufactured, and refined foods. No other plan addresses your individual needs like NutriMost.

NutriMost provides our clients with an unparalleled level of support in their Wellness and Weight Loss journey. Our team approach to your weight loss supports you every step of the way. NutriMost coaches with at-your-fingertip mobile access, weekly consultations, menus & recipes, a friendly approach to extending the program, positive affirmations, and daily email reminders all ensure that you have the tools necessary to achieve your Wellness and Weight Loss goals.

YOU'RE AN INDIVIDUAL

Your Weight Loss Program Should Be Too

According to the NIH more than 2/3's of adults in America today are considered overweight or obese, all while the media bombards us with images of ideal health and fitness. So what does your healthy look like?

We are each unique and so is our expression of life and health. NutriMost's ability to develop a personalized plan just for vou, will help you find **your** Healthy.

Most weight loss programs will tell you that you have to count calories to lose weight. Lower caloric intake and increased activity level typically result in weight loss. Your body's response to this is generally a slower metabolism and once you achieve your weight loss goals you will most likely return to your previous habits albeit with a slower metabolism. Calorie counting does not address the types of calories or the nutritional components of the calories consumed. You can eat less calories but are they healthier calories?

The NutriMost Wellness and Weight Loss Program is a nutritional program designed to help you identify the foods and supplements that will overcome the nutritional deficiencies that are present in your body. Coupled with our support services that are available throughout your journey when, where and how you need them, success is achievable because it is all about you.



Y2 ACADEMY, BRIDGEWATER Discover the Achiever within You

COURSES OFFERED

New SAT® • ACT® • Subject SAT II and AP

Now Enrolling for Fall Camp

- Sixteen practice test
- One time charge Automatic weak area detection
 Free tuition until target reached
- Individual make up study (IMS)
- Online test system/home work
- Perfect score students each year



908-864-4292

1311 Prince Rodgers Ave., Bridgewater, NJ 08807 Email: bridgewater@y2academy.com

www.y2academy.com





Wellness & Weight Loss







Whatever your wellness and weight loss goals,

LET NUTRIMOST BE A PART OF YOUR JOURNEY.

Proven Results* with Customized Plan
24-hour Interactive Guidance

NutriMost of Watchung 908-279-7740 NutriMostWatchung.com

736 Mountain Blvd. Watchung, NJ 07069

*Weight loss among participants in the NutriMost program varies. NutriMost guarantees 20 pounds of weight loss by the end of your entire program, or your program will be extended without cost until you do lose 20 pounds. If within 90 days you have not lost at least 20 pounds, your NutriMost office will refund a pro-rated amount up to the entire cost of the program upon request. Restrictions apply. Most participants lose an average of 1-2 lbs. per week. Testimonials are from actual clients who completed the program and did not receive any compensation for their endorsements.

Sending Holiday Cheer F



Benny "Kevin" Yento
Sales Associate
Cell 908-334-4586
Office 908-658-9000
bkevin.yento@cbmoves.com
www.kevinyento.com

#1 TEAM BEDMINSTI NJAR Circle of Exceller International President Top 1% of All Coldwe Top 25 of All Coldwe

For Sale...



1619 Mountaintop Road, Bridgewater



4 Fawn Lane, Martinsville



9 Sylvan Drive, Bridgewater



1667 Donahue Road, Bridgewater



556 Meadow Road, Bridgewater



73 Marie Avenue, Bridgewater



1900 Route 206, Bedminster



106 Clucas Brook Road, Bedminster



270 Washington Valley Road, Bedminster



Jared Kominsky
Sales Associate
Cell 908-500-5988
JKominsky.cb@gmail.com
www.jaredkominsky.com



RESIDENTIAL BROKERAGE

302 Route 202/206 Bedminster, NJ 07921





©2016 Coldwell Banker Residential Brokera Coldwell Banker® and the Coldwell Banker residential real estate brokerage company, Coldwell Banker Residential Brokerage in N

rom Our Home to Yours!

ER OFFICE 2013-2015

ace 2013-2015 Platinum

s Elite Coldwell Banker
ell Banker Associates
ell Banker Associates

Linda Fragassi

Sales Associate

Cell 732-221-3476

Office 908-658-9000

linda.fragassi@cbmoves.com

www.lindafragassi.com



Under Contract...



491 Foothill Road, Bridgewater



814 Dow Road, Bridgewater



37 Reinhart Way, Bridgewater



125 Milltown Road, Bridgewater



949 Papen Road, Bridgewater



12 Cooper Hill Road, Bridgewater



1246 Washington Valley Road, Bridgewater



293 Foothill Road, Bridgewater



501 Stratford Place, Bound Brook







Kate Domoslawski

Sales Associate

Cell 908-502-2811

kate.domoslawski@coldwellbankermoves.com

www.katedomoslawski.com



ge. All Rights Reserved. Coldwell Banker Residential Brokerage fully supports the principles of the Fair Housing Act and the Equal Opportunity Act. Operated by a subsidiary of NRT LLC. logo are registered service marks owned by Coldwell Banker Real Estate LLC. Coldwell Banker Residential Brokerage in New Jersey and Rockland County, New York, a leading operates approximately 56 offices with approximately 3,000 affiliated sales associates serving all communities from Rockland County, N.Y. to Monmouth County, New Jersey. ew Jersey and Rockland County, N.Y. is part of NRT LLC, the nation's largest residential real estate brokerage company.

We have lived, worked & shopped in this community for 15 years. You can always count on our family to take care of yours, with superior customer service, expertise & unsurpassed value.

— The Leger Family





Thousands of Satisfied Customers Many References Available

THE JEWELLRY STORE

WHERE UNIQUE MEETS CHIC...
AT THE RIGHT PRICE

UP 70% OFF!

(Excludes: Petra Azar, Connexion, Fashion Jewelry, Consignment, Giftware & Accessories)

SHOP EARLY!
Avoid the Holiday Rush
Less Stress! More Joy!

Jeweler On Site

732-537-0611

1944 WASHINGTON VALLEY RD • MARTINSVILLE

Shop Locally.
Support Your
Neighborhood.



Jeweler On-site









Fine Jewelry, Fashion Jewelry, Gifts & More!





70% OFF







ON OR OFF **PREMISE CATERING**

Catering for all Occasions -**No Party too Big** or too Small



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

Taking Reservations for Holiday Parties

Gift Certificates **Make Delicious** Gifts

63 West Somerset Street, Raritan Serving the tri-state area: New Jersey, New York & Connecticut 908-704-0500 or 347-865-2237



ENJOY YOUR FAMILY & FRIENDS!

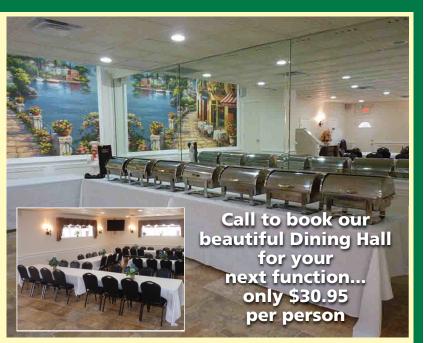
Leave the cooking & cleaning to us!

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

Customize your package to make your event special!

Visit our website for details!

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



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

Christmas Eve & Day Menu

Call for Details & Pricing

- Stuffed Mushrooms
- Cold Antipasto
- Fresh Mozzarella, Tomato & **Roasted Peppers Platter**
- Shrimp Cocktail Platter with Cocktail Sauce
- Italian Fish Salad (Min. 5 lbs.)
- Linguini with Clam Sauce (Red or White)
- Linguini with Shrimp
- Stuffed Shells
- Penne with Vodka Sauce
- Linguini with Garlic, with or without Broccoli, & Olive Oil

- Fried Calamari with Mild, Hot or Tartar Sauce
- New Zealand Mussels in Butter Wine and Garlic
- New Zealand Mussels in **Tomato Sauce**
- · Shrimp Scampi, Parmigiana, Francese or Oreganata

ALL TRAYS AVAILABLE A LA CARTE (Pick up only - see website for details)

- Fried Shrimp with Mild, Hot or Tartar Sauce
- Broiled Lobster Tails (4, 6, & 8 ounces)
- Broiled Scallops
- Roasted Turkey



Super Bowl Packages Available

Check website for details & pricing

A La Carte Foods to Go

- Homemade Chicken Wings (Hot/Mild) Pulled Pork Sliders w/Coleslaw and BBQ Sauce Guacamole Dip w/Chips Platter
- BBQ Baby Back Ribs Cold Antipasto 3/4/6 Foot Heros w/Potato, Macaroni & Coleslaw Salads
- Beef or Turkey Chili Franks in a Blanket Mozzarella Sticks w/Marinara Sauce Sausage and Peppers
- Artichoke and Spinach Dip in Bread Bowl (Hot or Cold)

Super Bowl Sunday

Feb. 5, 2017



Lunch or Dinner WINTER SPECIAL

Serves 6-8 people! ONLY \$45 + tax

Serves 12-15 people!

7 Days a Week!

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

Deluxe Hot Buffet PER PERSON

See Website for Details!





For Details & Menus www.MangiaBuonoCaterers.com



CHICKEN • SEAFOOD • RIBS CATERING AND PARTIES

Ask About DAILY DINE IN **Specials Monday - Friday** & Sunday Football Specials **While Watching The Games**



PARTY PACKAGES AVAILABLE FOR HOME, **OFFICE PARTIES & FOOTBALL TAILGATING** • Cholesterol Free Cooking • Major Credit Cards Accepted

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

732-469-4

View our menu and additional coupons on website www.chickenholidavbridgewater.com Open 7 Days a Week

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

Buckets of Chicken

8 Pc. Chicken 12.50 12 Pc. Chicken 17.95 16 Pc. Chicken 23.50 20 Pc. Chicken 28.95 **Larger Quantities Available**

Expires 2/13/17. Not to be combined with any other offer. Valid at Bridgewater location only

Buffalo Wings

16 Buffalo Wings 13.95 24 Buffalo Wings 20.95 48 Buffalo Wings 38.95 100 Buffalo Wings 75.95 **Larger Quantities Available**

Expires 2/13/17. Not to be combined with any other offer. Valid at Bridgewater location only.

Dinner For Two

8 Pieces of Chicken 14.50 **Single French Fries**

or Mashed Potatoes Plus 1/2 lb. of Salad of Choice

Expires 2/13/17. Not to be combined with any other offer. Valid at Bridgewater location only.

Fiesta Family Special

12 Pieces of Chicken 22.95 **Double Order of**

French Fries or Mashed Potatoes Plus 1 lb. of Salad of Choice

Expires 2/13/17. Not to be combined with any other offer. Valid at Bridgewater location only.

Economy Plan

24 Pieces of Chicken 3 lbs. any Salad 43.50 **12 Dinner Rolls**

Expires 2/13/17. Not to be combined with any COUPONS CAN BE USED MULTIPLE TIMES



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

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

Tel: 908-595-1606 • Fax: 908-595-1597

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

GIARD RISTORANTE & PIZZA

299 US Highway 22 East, Green Brook, NJ 08812 By: Diane Cawley

Giardino Restorante & Pizza is all about delicious, healthy, fresh Italian food. Giardino offers Italian food from traditional Eggplant Parmesan and pastas made from scratch like Manicotti Parm and Gnocchi Bolognese. If you are looking for a show stopping centerpiece for the holidays try the Risotto Seafood Tower or the extra-large cannoli that offers 21 smaller cannoli inside of it with freshly made filling that will drive your taste buds crazy. The daily specials include a nice selection of fresh fish accompanied by vegetables that have been cooked to perfection. Giardino is newly opened by Executive Chef Jerry Ortes. At Giardino, Jerry's passion, amazing palate and attention to detail is immediately apparent from your first bite and thru your last. Your enthusiasm with Jerry's food will continue to expand as you explore all your options at Giardino.

At Giardino Restorante & **Pizza** all the food is freshly made with the finest ingredients that are handpicked daily by Jerry. Jerry's awareness of the importance of cooking healthy food combined with the understanding of the differences in ingredient choices makes Giardino a place that you want to frequent. Jerry's palate is so developed that there is no microwave on premise as Jerry can taste the changes of flavor caused by the microwave. Gluten free options are available as he can make a pizza from a corn based crust. Call ahead and Jerry will be ready for you with no fuss. Food allergies, food preferences and healthy eating options are given

the respect they deserve while not taking away from the final dish since every dish is made by an executive chef who knows his way around the kitchen.

Grandma's Pizza, the signature pizza at Giardino Restorante & Pizza, is amazing. Grandma's Pizza starts with a house made crust which is topped with house made sauce made from tomatoes that are so sweet no sugar is necessary. The mozzarella is made in house directly from curd. Fresh herbs are incorporated adding extraordinary depth to the flavors of this pizza. At an excellent price point this pizza has no unnecessary sugar or any preservatives making this a healthy choice.

Giardino Restorante & Pizza can cater from the small and intimate family function to up to 1000 people for corporate catering. **Giardino** is a perfect place to hold a party, the pleasant atmosphere along with decadent food can make your party the talk of the town. If you are looking for a dance floor with your party Jerry has a solution. Call 732-629-7680 or email info@giardino restaurantnj.com with your party plans and Jerry will make your vision come true. Want a healthy homemade meal or one you just want to heat up, call Jerry and he will have the all your ingredients with instructions ready for pick up.

Located in Colonial Square Mall 299 Route 22 East in Green Book, NJ. Giardino is open Monday-Saturday for sit down meals and take out and is open 7 days a week for catering and parties. Visit Jerry's website at www.giardinorestaurantnj.com.









RISTORANTE & PIZZA

229 US 22 Highway East • Green Brook, NJ 08812

DELIVERY AVAILABLE

732-629-7680

JOIN OUR MAILING LIST ON OUR WEBSITE

www.giardinorestaurantnj.com

AVAILABLE FOR CATERING & PARTIES. Minimum 20 adults. Call for information.

Hours: Monday-Thursday 11am-9pm • Friday & Saturday 11am-10pm Sundays Available for Private Parties Only.



Let Us Cater Your Holiday Dinner While You Relax & Enjoy Your Family!

CATERING MENU

PACKAGE 1

\$15.95 Per Person

Minimum 20 People 1. Choice of (1) Appetizer (Chicken Fingers, Wings or Mozzarella Sticks)

- 2. Choice of (1) Chicken
- 3. Choice of (1) Pasta
- 4. Choice of (1) Salad
- 5. Roasted Potatoes
- 6. Vegetables
- 7. Sausage & Peppers

\$19.95 Per Person

Minimum 40 People

- 1. Choice of (1) Appetizer (Chicken Fingers, Wings or Mozzarella Sticks)
- 2. Choice of (2) Chicken Dishes
- 3. Choice of (2) Pasta Dishes
- 4. Eggplant Rollatini
- 5. Vegetables
- 6. Roasted Potatoes
- 7. Garden Salad

WE CAN CUSTOMIZE TO YOUR INDIVIDUAL TASTE

All Packages Include (Upon Request) Plastic Ware, Plates, Napkins, Warm Up Trays, Sternos, Bread & Butter, Grated Romano

APPETIZERS & SIDE DISHES

	Hair Iray	Full Iray
	10-12 ppl	15-20 ppl
Fried Shrimp	\$75	\$145
Fried Calamari	\$50	\$ 90
Mussels Marinara	\$40	\$ 75
Mozzarella Sticks	\$40	\$ 75
Chicken Fingers	\$40	\$ 75
Buffalo Wings	\$40	\$ 75
Broccoli Rabe	\$40	\$ 75
Steamed Vegetables	\$30	\$ 55
Grilled Vegetables	\$30	\$ 55
Roasted Potatoes	\$25	\$ 45
Garlic Knots	\$18	\$ 27

ENTRÉE OPTIONS

A half tray of Penne Marinara is included with any of the following full size entrees.	Half Tray 10-12 ppl	15-20 ppl
All Chicken Options		
Chicken Alla Vodka, Chicken & Broccoli, Chick		
Francese, Chicken Marsala, Chicken Murphey		
Eggplant Parmigiana	\$40	\$ 75
Eggplant Rollatini	\$45	\$ 85
Meatballs		\$ 85
Sausage & Peppers	\$40	\$ 75
Sausage & Broccoli Rabe		\$ 85
Shrimp Francese	\$70	\$135
Shrimp Scampi	\$70	\$135
Veal Francese	\$60	\$115
Veal Marsala	\$60	\$115
Veal Parmigiana	\$60	\$115
Veal & Peppers	\$60	\$115

COLD TRAY

	Half Tray	Full Tray
	10-12 ppl	15-20 ppl
Garden Salad	\$20	\$ 35
Caesar Salad	\$25	\$ 45
Grilled Chicken Salad	\$35	\$ 65
Antipasto	\$40	\$ 75
Seafood Salad	\$60	\$115
Caprese	\$35	\$ 65
Fresh Mozzarella Tomatoes		

Balsamic Glaze & Extra Virgin Olive Oil Imported from Italy

PASTA OPTIONS

A half tray of Salad is included with Half Tray

any of the following full size entrees	10-12 ppl	15-20 ppl
Baked Penne	\$25	\$45
Baked Penne Bolognese	\$35	\$65
Baked Penne Sicilian	\$35	\$65
Cavatelli & Broccoli	\$35	\$65
Cavatelli & Broccoli Alfredo	\$40	\$75
Gnocchi Marinara	\$40	\$75
Risotto	\$23	\$45
Lasagna	1	\$75
Manicotti	1	\$65
Ravioli (Cheese)	1	\$75
Rigatoni alla Vodka		\$75
Spinach Ravioli alla Vodka		\$75
Stuffed Shells		\$65
Tortellini Alfredo		\$85
TOT COMMITTALITY OF THE PARTY O		703

HOMEMADE SAUCES

	1 Quart	2 Quarts
Tomato Sauce	\$ 6.00	\$11
Marinara Sauce	\$ 7.50	\$14
	\$12.50	\$24
Bolognese Sauce	\$15.00	\$29

COLD SUBS

Available Any Size Between 3 foot -\$16 per foot Ham, Salami & Provolone... \$18 per foot Turkey & Swiss \$20 per foot Grilled Chicken Caprese.. Fresh Mozzarella, Roasted Peppers, Basil & Balsamic Glaze Prosciutto, Roasted Peppers, Capicola, Fresh Mozzarella & Balsamic....

Giant Cannoli Available

Cake Available for any Occasion

Prices are based on pick up only. Tax not included. For in house parties additional \$250 for four hours. Items and prices are subject to change without notice

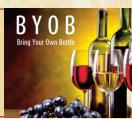
MOM'S NIGHT OFF

Leave the Cooking to Us **Every Wednesday 4pm until Closing**

1 House Salad

Choice of Baked Ziti, Pasta Bolognese or Pasta Marinara Any 1 Chicken Entree from our Catering Menu (Small Tray Feeds 7-10 People)





VISA







All Major Credit Cards Accepted





2 Large Plain Pizzas **Mozzarella Sticks** 2 Liter Soda

Expires 1/31/17.

3 Large Plain Pizzas

Buy 3 Regular Price Subs & Get a

1 Cold Sub

Our Delicious

Sicilian Pizza

Buy 2 Large Pizzas & Get a

2 Liter Soda

Any Purchase of \$35 or more

Limit one per customer. Expires 1/31/17.

1 Topping 2 Liter Soda

1 X-Large Pizza

Expires 1/31/17.

Buy 1 Entree & Get a 2nd

Expires 1/31/17.







Serving Breakfast, Lunch & Dinner Dine In / Take Out

Serving Breakfast, Lunch & Dinner Dine In / Take Out

Catering

Serving Breakfast, Lunch & Dinner Dine In / Take Out

Specializing in American and Spanish Cuisine

- Cold/Hot Sandwiches featuring Boar's Head & Thumann's products
 - Burgers = Hot Dogs = Salads = Wraps
 Chips = Empanadas = Fried Chicken
 - Chips = Empanadas = Fried Chicken
 DAILY LUNCH SPECIALS Jesus Parisaca, Owner

FREE Local Delivery

27 Union Avenue Somerville, NJ 08876
(Next to DMV in Somerville)
jpsdeliandcatering@yahoo.com

908-526-5550

Hours: Monday-Friday 7am - 7pm Saturday 8am - 7pm Sunday 8am - 12:30pm











The Marketplace Mall
Between Walmart & MacDonald's
126 North Main Street
Manville, NJ 08835
FOR MORE INFORMATION, PLEASE CALL

PH: 908-685-8828 908-685-8883 FAX: 908-685-8880

OPEN 7 DAYS A WEEK
Gift Certificates Available

Grill & Supreme Buffet hew

Open Christmas & New Year's Day!

LARGE PARTY ROOM

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

LUNCH BUFFET

SUNDAY ALL DAY DINNER

LOBSTER & CRAB LEGS ALL DAY depends on Market Availability

Christmas &

year's Day

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

\$16.99

BUFFET TO GO

\$399/lb \$499/lb
Regular Items \$699/lb
All Seafood \$599/lb

Party Tray
To Go
Available

www.flaminggrillbuffetmanville.com



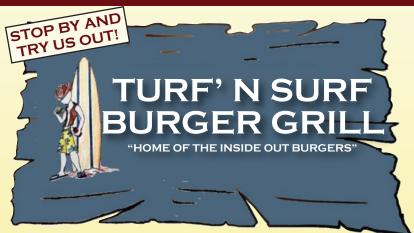






We Wish You a Happy Holiday and Appreciate Your Business!

COME CHECK OUT OUR HEALTHY CHOICES FOR LUNCH AND DINNER



A NEW EXPERIENCE IN FAST, CASUAL DINING

51 MT. BETHEL ROAD, WARREN, NJ 07059 (ARCH PLAZA IN THE CENTER OF TOWN)

732-667-7050

WWW.TURFNSURFBURGER.COM

O FOLLOW US ON INSTAGRAM @TURFNSURFWARREN







10% OFF

Cannot be combined with other offers. Expires 12/31/16.

Hours: Monday-Saturday 11am-9pm, Sunday 12pm-7pm















HOURS: 12 noon - 2am daily Lunch, Dinner Mon. - Sun. Happy Hour 3-7pm Mon. - Thurs. All Beer \$1.99



200 Talmage Ave., Bound Brook, NJ 08805 732-469-0317 • www.elimperialnj.com

Catering Available for up to 500 People

Sunday Brunch 11:30am – 3pm All you can eat with glass of Sangria/Mimosa

Open Christmas & New Year's Day Closed Christmas Eve

Taking Reservations for Holiday Parties and Catering Call Rafael 732-770-2733

Saturday Night Entertainment NYC/Miami atmosphere

Plenty of Parking
Check Our Food Menu on Website
Delivery Available in Some Areas



Imperial

Buy One Appetizer Get Second FREE



20%

Off Any Party Booked Greater Than 50 Persons







Student of the Month

By: Ellyn Mantell

It may sound as if I am sharing this accolade to boast...but please understand that I have no need to do that. I know who Jake is and how much I love, admire and adore him. It certainly doesn't change what I feel about him, that his teachers and principal voted this honor be given to him, his first month in middle school, as a 6th grader. But they did, and I am so happy for my darling grandson. And I am so very proud of his parents and family! I share this with you because we so often forget what parents and families contribute to a young life, one that is at its most formative stage. Even as parents plod along through full-time employment, driving from after-school activity to after-dinner activity, establishing a quiet time at night for reading, reminding their children to turn out the lights, reminding them to eat a good breakfast as the next day begins again. All these things young families experience, and then, at least for Jake's family...a surprise...when they least expect one!

The surprise of it all struck Jake's mom, my daughter, Allison, and my son-in-law, Dave. Yes, we all see the best in our children, as well as the demands of their specific personalities and needs. So when something comes out of the blue, something that says your young adult shows leadership, compassion, is trustworthy and helpful, sets an example worth following, well, those are qualities that every parent would hope exists in their child. But what Allison told me is that the single most special part of it all is this...at the breakfast to honor the chosen for the month, the principal congratulated the young honorees. And then he spoke to the parents. He reminded them of the first time they held their infant, the first time they gazed into their tiny eyes, (showing all their love and astonishment at the miracle of life) they didn't say to the baby, or themselves, "I hope he is a great athlete, or she is a beautiful dancer." He mused that parents thought "I hope he/she has a healthy, happy life, with all the wonderful characteristics that brings."

But more than anything, I surmise that Allison and Dave had hoped Jake would be a good person. And he is! He most certainly is...I can attest to this because my standard for being a "good person" is rather high, and he has elevated my standard.

Again, please do not think of this as boasting. This is not a reflection of me, and I don't state it as such. Pride, yes. Acknowledgment, yes. But Jake is his own person and models after his nuclear family and their values. And to that point, Jake wrestles, a sport his dad and uncles did when they were younger. During this past season, Jake had concussions which sidelined him and required therapies to help him to heal. Apparently, as frustrated as this young man had to be watching others do what he loves to do, he was motivated to support, lead and once again distinguish himself in the eyes of his middle school family. We were all pleasantly surprised when, for the second time, as a 7th grader, Jake was named **STUDENT OF THE MONTH.**

I know there are nights when Allison and Dave, like so many parents, would like nothing more than to climb into bed after a long and draining day at work. They would like to say "enough!" They would like to say it is their night, their time, their energy to be regenerated. But they don't! They get in the car and drive, or sit at the kitchen table going over math facts, or listen to their young violinists struggle with notes. Whatever it is they do to create a sense of support and guidance...I admire them...I congratulate them...I encourage them! We have few chances in life to do something as important as be there for our children and help them be the best they can be, and to know that whether or not they reach their dreams, we are always there holding the ladder as they climb!



How COLD will this winter be? Is your vehicle ready?

Vehicle maintenance is an INVESTMENT not an expense.

Let us take care of your vehicle so you can RIDE WITH CONFIDENCE.

- Radiator Check/ Antifreeze Replacement
- Complete Fluid Maintenance
- ✓ Tire Rotation Services
- Fuel System Cleaning

BRIDGEWATER

1316 Route 22 East (908) 231-9800

Located at Morgan Lane

✓ Wiper Blades

Antifreeze Replacement / Cabin Air Filters

✓ AND MORE!

Best Best In CENTRAL JERSEY

FRANKLIN

1503 Route 27 South (732) 828-6116 Between Cozzens Lane

and Bennetts Lane

JandG.JiffyLube.com

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

No Appointment Necessary

\$7 OFF
Signature Service
Oil Change
OR

15% OFF
Any Additional
Fluid Services
Most vehicles. Redeemable at the
Bridgewater or Franklin locations.
Cannot be combined with any other

offers. Expires 1/31/17.

iffylube BC7

Family Owned & Operated For Over 24 Years

LEAVE WORRY BEHIND

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

HERITAGE INVESTMENT PARTNERS, LLP

REGISTERED INVESTMENT ADVISOR

HAVE YOU REVIEWED YOUR ASSET ALLOCATION IN VIEW OF MARKET CONDITIONS, YOUR TIME HORIZON, GOALS AND OBJECTIVES?

PLEASE CONTACT ME FOR A PORTFOLIO REVIEW USING AN INDUSTRY BASED LEADER IN RISK ASSESSMENT. RYAN P. WOODRING, CFP®
MANAGING PARTNER

RYAN.WOODRING@LPL.COM

973-635-9500 EXT 207

97 MAIN STREET CHATHAM, NJ 07928



As seen in...



The New York Times

Money

Planning



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



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

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

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

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

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

His clients have expressed the following observations of their experience:

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

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

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

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



Michael S. Haratz. Esq.

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

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



Email: Michael.Haratz@HaratzLaw.com Website: http://www.HaratzLaw.com

ealth an







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

We Now Offer Laser Tattoo Removal

Call now for

an appointment!

908-787-8088

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





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

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





Isolaz is a unique acne treatment: • Helps remove dirt, blackheads, dead cells and excess oils

- Reduces the appearance of pores
- Improves skin tone and texture





Fraxel can help:

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





Intense Pulsed Light (IPL):

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





Laser Hair Removal:

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

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

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

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

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

@/TM are trademarks of Valeant Pharmaceuticals International, Inc. or its affiliates. Any other product or brand names and logos are the prop-

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





HUNTERDON HEALTHCARE

Raritan Crossing **Shopping Center** 45 F Route 206 South Raritan 908-237-4122 hunterdonurgentcare.org

Hunterdon Healthcare Opens Second Urgent Care Center in Raritan

Hunterdon Healthcare is pleased to announce it opened a second Urgent Care Center in Raritan. The Urgent Care Center is located at Raritan Crossing Shopping Center, 45 F Route 206 South, Raritan and the hours of operation are Monday-Friday from 8:00am-8:00pm and Saturday-Sunday from 8:00am-6:00pm. Hunterdon Healthcare opened their first Urgent Care Center in July in Flemington.

"Situations calling for urgent medical attention cannot always wait for when your physician's office is open, but often do not always warrant a trip to the Emergency Department. **Hunterdon Healthcare Urgent Care** is the perfect alternative and the Center is staffed by the same board-certified Emergency Specialists who are caring for patients in our Emergency Department. We are committed to providing high-quality, convenient, efficient and affordable medical treatment to our residents," stated Robert P. Wise, President and CEO, Hunterdon Healthcare.

The best place to be treated for your acute problem is at your primary care office and urgent care is not a substitute for your medical home. But when your Medical Home is not available, Hunterdon Healthcare **Urgent Care** services include treatment for allergies and colds, cough/sore throats, acute illness, flu, pneumonia, bronchitis, urinary infections, injuries, conjunctivitis, cuts/ minor burns, sprains/fractures, pains, animal bites/insect stings and more. Sports and camp physicals can be

done at the Urgent Care Center.

"For our patients who currently see a Hunterdon Healthcare practice, the Urgent Care will be able to view that patient's medical record from their primary care office or specialist so the care will be coordinated and seamless," explained Christine Bogard, Executive Director, Hunterdon Medical Practices, Hunterdon Medical Management.

Hunterdon Healthcare Urgent Care offers onsite x-ray, EKG's, blood work/lab testing if needed during an appointment, immunizations, audiometric testing, spirometry and vision screening. The Urgent Care Center also provides occupational health medical services to employers throughout the area and offer Department of Transportation Physicals, Pre-Employment Physicals, HAZ-MAT Physicals, OSHA Respirator Physicals, Initial Work Injury, Fitness for Duty and Return to Duty Physicals, Drug and Alcohol Testing and Medical Review Officer services.

The **Hunterdon Healthcare** Urgent Care Center offers walk in appointments. For added convenience, patients are able to see wait times online and add their name in queue, so when they arrive they are able to walk through the doors and be seen more quickly. The Urgent Care Center participates in most insurance plans.

Hunterdon Healthcare also has an Urgent Care in Flemington located at 63 Church Street. For more information visit hunterdonurgentcare.org.

Health and Wellness Colonia 49

NOWOPEN



Hunterdon Healthcare

When life's unexpected moments demand urgent medical attention, you can't always wait for normal physician practice hours, but these moments often don't warrant the Emergency Room, either. The perfect alternative, Hunterdon Healthcare's new **Urgent Care**, is open 7 days a week to offer the highest quality care.

- Treatment for injuries and illnesses
- Necessary on-site x-rays, EKGs, blood work and lab testing during an urgent care visit
- Sports and camp physicals, immunizations and corporate health
- Wait times and the ability to add your name to the queue at HunterdonUrgentCare.com
- Lower out-of-pocket expenses than an ER visit
- Acceptance of most insurance plans, including Medicare and Medicaid

HunterdonUrgentCare.com

HOURS: Monday - Friday 8:00 a.m. - 8:00 p.m. • Saturday - Sunday 8:00 a.m. - 6:00 p.m.

NO APPOINTMENTS NEEDED!

Raritan Crossing Shopping Center 45F Route 206 South, Raritan, NJ 08869 908-237-4122









PERFECT MATCH OF EXPERIENCE, TECHNOLOGY AND PROVEN SUCCESS

Submitted By: Vein Institute of NJ at The Cardiovascular Care Group

If you suffer from problems related to varicose and spider veins, you are not alone. More than 50 million Americans suffer from some form of venous disorder. While some seek treatment for cosmetic improvements, others are looking for symptomatic relief.

Heredity is the number one contributing factor causing varicose and spider veins. Hormonal factors that also influence vein disease include puberty, pregnancy, menopause, the use of birth control pills. Leg pain, discomfort and unsightly appearance of veins may be also be aggravated by pregnancy, leg injury, obesity, lack of exercise, weight fluctuation, and long periods of sitting or standing. All of the above symptoms and scenarios are regularly seen and successfully treated at The Vein Institute of New Jersey at the Cardiovascular Care Group. Whether you are dealing with the painful "ropey" veins or you simply need a 15 minute touch up to remove a few unsightly spider veins, the vascular specialists at the Vein Institute are here to help!

The Vein Institute of New Jersey, was established in 1986 as the first institution in New Jersey devoted exclusively to the diagnosis and treatment of varicose and spider veins. Today with eight (8) convenient locations, these board certified specialists are considered to be leading experts in vascular medicine. The Institute is renowned as one of the top teaching and training facilities in the world for the treatment and care of patients with venous disorders. What has changed over the years is that The Vein Institute of New Jersey NOW PARTICIPATES with MOST insurance plans!

The most commonly asked question by the patients at the Vein Institute include: "Are your services covered by my insurance?" "What is the best treatment for me? "How do we get started?"

The good news is that in all cases where medical necessity is determined, VINJ's services are covered by

insurance. VINJ's skilled pre-authorization team diligently pursues the carriers for approval and nothing gets scheduled until YOU receive your coverage determination.

A typical scenario for diagnosis and treatment at the Vein Institute of New Jersey may include a physical exam and a 30 minute noninvasive ultrasound test, to determine areas of venous disease (dilated veins, faulty valves, and or areas of clot). The vascular specialist will clearly communicate the latest conservative treatment options and will include an individualized plan to follow to achieve optimum results. All of VINJ locations have an accredited vascular lab/testing facility on site. The patient is not inconvenienced by having to go to another location to receive the necessary tests to properly diagnose one's condition. If a procedure is recommended, the non-invasive service is regularly preformed in the office in less than an hour with local anesthesia. Our patients are back on their feet fully functional, walking normally out of the office only moments after the procedure is completed.

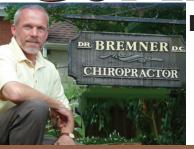
"Just one of the considerations which makes The VEIN INSTITUTE of NEW JERSEY different from the other physicians attempting to treat patients with venous disease, is the fact that we are trained, boarded physicians with expertise in Vascular Surgery" states Clifford Sales, M.D. "Our experience, technical training, state of the art facilities and our overall commitment to the successful outcomes of our patients, really makes the difference. I regularly caution those potential patients, to check out the physician's background, the facility and their commitment to success. There are many 'so called specialists' just entering this area of medicine without any training in vascular disease".

For more information, please visit www.veininstitutenj.com or call the Vein Institute of New Jersey directly at 973-539-6900.

eath and We







DR. JIM BREMNER, DC CHIROPRACTOR

222 Hamilton Street. Bound Brook, NJ 08805 908-251-3588 www.drjimchiro.com

Dr. Jim Bremner, DC

Voted the "Best of The Best" Reader's Choice Winner in the Courier News, Dr. Jim Bremner has been practicing chiropractic since 1997. He started his own private practice in 2010 and is located at 222 Hamilton Street in Bound Brook. Originally from New Jersey, **Dr. Jim** spent 10 years in Georgia attending chiropractic school and practicing chiropractic before returning to New Jersey to be close to family and friends. While practicing in the south he worked in diverse clinical settings in both Georgia and South Carolina. These various clinical settings provided him with valuable patient experiences, through which he realized his ambition was to have a family oriented practice. The goal of his family practice is to help people of all ages, from newborn to the elderly, with an array of health concerns, including sciatica, carpal tunnel syndrome, tennis elbow and golfer's elbow, headaches, allergies, bulging discs, neck pain, shoulder pain, scoliosis, low back pain, and more.

A graduate of Piscataway High School, Dr. Jim attended Rutgers University before going to work in retail management for 18 years and then entering the chiropractic profession. Dr. Jim first became familiar with the benefits of chiropractic care after suffering a low back injury. This episode is what sparked his interest in the field of chiropractic and health care. As a result, he entered the Chiropractic Program at Life University in Marietta, Georgia and graduated Cum Laude, with a Doctor of Chiropractic degree.

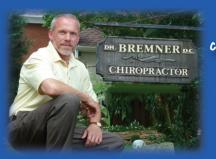
After graduation, Dr. Jim completed National Board certification for all 50 states and currently holds individual state licenses in New Jersey, Georgia,

and South Carolina. He initially practiced in the Atlanta. Georgia area with some travel to South Carolina. To remain current in his field with new techniques and treatment methods, he has attended over 600 hours of continuing education classes which allow him to provide quality chiropractic care to his patients.

Dr. Jim has charitable affiliations with Family & Community Services of Somerset County, The Food Bank Network of Somerset County, and the American Red Cross of Somerville. He is also an annual sponsor of the Somerset Patriots, the local baseball team, and the Edison Light Cruisers for old car enthusiasts. While practicing in Georgia, **Dr. Jim** was an active volunteer for the American Red Cross and the American Cancer Society. Associations with these organizations has him involved with numerous community health fairs, safety related functions, and fund raisers, including Safe Kids, Relay for Life, and The Cattle Baron's Ball.

Dr. Jim is dedicated to offering quality health care to help restore and maintain vibrant health and well being. He offers a lecture series on many health issues, and volunteers his time speaking to groups and organizations teaching the natural health benefits of chiropractic. Dr. Jim enjoys spending time with family and friends, traveling, playing golf, hiking, running, baseball, and fly fishing.

And remember what **Dr. Jim** says, "If you ignore your good health, it will go away!!!" Everyone has a spine... Get adjusted to stay healthy...Call today to schedule your appointment!!! His phone number is 908-251-3588. Visit his website www.drjimchiro.com and sign up for his monthly newsletter.



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

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



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



Dr. Jim Bremner, D.C. 908-251-3588 F Visit us on Facebook



Mon, Tues, Fri 9-12 Noon, 3-7 PM; Thurs 3-7 PM; Sat 9:30-12 Noon 222 Hamilton Street • Bound Brook, NJ 08805 www.drjimchiro.com

Join us in our brand new office equipped with all of the latest technology for any of your dental needs.



AFFORDABLE DENTAL

We guarantee unbeatable prices for any of your dental needs.

- EXAMS
- FILLINGS
- CROWNS
- BRIDGES
- ROOT CANALS EXTRACTIONS
- BONE GRAFTING
- SINUS AUGMENTATION
- IMPLANTS
- DENTURES
- WHITENING
- VENEERS



We speak English, Polish, Russian, Ukrainian, Spanish, and Hindi. MOST INSURANCE PLANS ACCEPTED.

> 255 N. Main Street, Manville, NJ 08835 Tel: 908-526-2224 • 908-526-2299

Fax: 908-526-2267 E-Mail: A2ZManville@gmail.com

Hours: Mon-Wed 10am-6pm • Fri 9am-5pm • Every other Saturday 9am-3pm SAME DAY EMERGENCY VISITS ALWAYS WELCOME

Health and Weiness



FAMILY, COSMETIC & IMPLANT DENTISTRY

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



E4D DENTIST SYSTEM

Latest Technology Creates
Natural-Looking Crowns,
Veneers, and Fillings in a
Single Dental Visit







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

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





Website: www.drnicolepadovan.com Email: doc@drnicolepadovan.com

EMERGENCIES WELCOME

Financing Available

What do your Toenails say about you?



If your toes say, "There's a fungus-among-us!" you probably have a common condition called "Onychomycosis" (oh-knee-ko-my-ko-sis) or a yellowing beneath your toenails caused by an ugly fungus, which will not go away quickly with lotions and potions. Family Foot & Ankle Specialists has a new technology that will make your toes look better immediately. This treatment is quick, painless, and affordable and will have you looking better instantly! Give us a call or visit our website: www.StopFootPainFast.com for more information.

\$397 Laser & Keryflex

For a limited time.

Over 40% OFF normal pricing.

NOW is the time to start treatment in order to bave beautiful toenails for the summer.

Family Foot & Ankle Specialists

Piscataway Office 12 Wills Way Piscataway, NJ 08854 (732) 968-3833 Hillsborough Office 349 Route 206 Hillsborough, NJ 08844 (908) 874-8030

Mention this ad at the time of your treatment and you will receive a FREE PEDICURE

MINUTES TO SERVICE A LA PROPERTIES TO SERVICE A

By: Dr. Nicole Padovan

At the office of Dr. Nicole Padovan, our goal is to improve your oral health as well as your overall health. As part of our comprehensive oral exam, we evaluate your bite and look for signs of wear to determine how your teeth are aligned. Poorly aligned teeth cannot perform essential oral functions properly, and may lead to problems elsewhere in the body.

An improper bite, or malocclusion, can have detrimental effects on the mouth as well as the body as a whole. Patients may be more prone to damaging hard and soft tissues in the mouth. We may see wear on the teeth from grinding and fractures of the enamel. Excessive pressure is exerted on the tooth enamel as well as the gums and jaw bone. There may be notching on the root surfaces. Receding gums may also be noted. Recession is a result of chewing forces not being distributed evenly because of poor position of the teeth. The muscles of the jaw and face can become overstressed and inflamed resulting in TMJ symptoms and headaches. There are numerous plaque and bacterial issues associated with malocclusion and crooked teeth. Patients find it more difficult to clean all tooth surfaces and food may become impacted between the teeth. In turn, there is an increase in gum inflammation, bleeding gums, and periodontal pocketing. There is a direct link between periodontal disease and many systemic conditions such as diabetes, heart disease and respiratory conditions. Dr. Padovan and her staff understand this very important link, and keep your oral health as well as total body health their first priority when considering any treatment plan.

How do we treat the symptoms of malocclusion? Treatment consists not only of relieving symptoms, but also protecting tooth structure and underlying tissues from future wear and fatigue. Many patients choose to wear a night guard. A night guard is worn at bedtime to protect tooth enamel, and to help relax overstressed facial, cranial and jaw muscles. A night guard needs to be custom fit to each individual patient in order to function properly. The outer layer of the guard is durable, flat and clear, while the inner layer is softer and sits comfortably on the teeth. It is important to note that a night guard will not stop you from grinding and clenching, but it will protect the teeth from further breakdown and ease symptoms.

Moving the teeth in to proper alignment using orthodontics will allow them to fit together comfortably, and function together without abnormal wear, as well as relieving the symptoms of malocclusion. There are many options available, and Dr. Padovan performs a careful examination of the teeth, gums and iaw to determine what treatment would be most effective for each patient. She offers in office orthodontics using the latest Invisalign technology. Invisalign uses a custom-made series of aligners to gently shift your teeth into place. The aligners are made of smooth, comfortable, clear plastic that is worn over the teeth. Your aligners are created based on the exact movements Dr Nicole Padovan has planned out for you. Approximately every two weeks, the aligners are changed out for the next set until your treatment is completed. There are no metal brackets to attach, and no wires to tighten. Most people won't even know you're straightening your teeth.

Having a comfortable and functional occlusion is key to maintaining both your oral and total body health. If you are experiencing symptoms of malocclusion, call Dr. Padovan's office at 732-469-4424 for an occlusal evaluation to determine the right course of treatment for you.

Health and Wellness





We have all been there...late on a Friday afternoon and you or your child are not feeling well. Runny nose, fever, aches and pains...or the weekend warrior overdid it. What to do? The doctor's office is closed until Monday. Wait for Monday or go to the ER? Waiting for hours in a cramped ER is not your idea of an ideal Friday night.

Let one of our doctors and staff help you feel better. Our medical staff is led by Dr. Harold Ehrlich who has over 30 years of experience. After running the Warren Medicenter for three decades, Dr. Ehrlich joined **AFC/Doctors Express** in 2014. When Dr. Ehrlich is not in the facility, there is always one of our other doctors all of whom have decades of experience helping patients. Our caring Nurses and kind X-Ray Techs help make your visit to **AFC Urgent Care** a pleasant as possible.

We are open 8am to 8pm during the week and 8am to 5pm on the weekends so you can come in when it is convenient to you – no appointment needed. While the average emergency room visit in the U.S. currently exceeds 2 hours, our average visit from registration to discharge is under an hour. Whether you are just feeling under the weather or you fell and need an x-ray, our physicians are ready to help. From a cold/allergies to coughing to scrapes and cuts to a fall, we have you covered.

At **AFC Urgent Care** in Bound Brook, NJ we are open 7 days a week. Our mission is to provide the best healthcare possible, in a kind and caring environment, while respecting the rights of all patients,

in an economical manner, at times and locations convenient to the patient. **AFC** understands that each patient's time is valuable. If you cannot get in to see your primary doctor, you can come in to be seen. We use electronic medical records so your records can be sent over to your doctor in an instant.

We are conveniently located just off I 287, Exit 13 in the Shop-Rite shopping center parking lot on the corner of Tea Street and Union Avenue (Rt. 28). With plenty of parking you will not have to search for a parking spot. Even if you are traveling we have you covered with 11 locations throughout NJ with more opening soon.

Not only are people being treated faster, but they are also paying less. Typically, a visit to an **AFC** clinic is 70-80% less than a visit to an emergency room. We accept almost all insurance including Horizon Blue Cross, Aetna, United, Oxford, Medicare, Medicaid, Tricare and Cigna. Additionally, we have deeply discounted rates for patients that do not have insurance.

Our other services include DOT physicals, Workers Comp and Occupational Medicine and School Physicals as well as Travel Medicine and we never require an appointment.

We are in the process of changing our name from **Doctors Express** to **AFC Urgent Care**. Other than the signs you will not see any other changes...same local ownership, same doctors and staff, same copays and we accept the same insurance plans. We are now part of the **American Family Care** family with more than 160 facilities located across the U.S.

Our name will soon change, but everything else that you trust will stay the same.



Same Local Owners, Great Doctors, and Staff Same Insurance and Co-Pays Same High Quality Healthcare and Convenience



WILL SOON BECOME





601 W Union Avenue Bound Brook, NJ 08805 732.469.3627

HOURS: M-F: 8am to 8pm, S-S: 8am to 5pm

NO APPOINTMENT NEEDED

AFCUrgentCareBB.com













Health and Welness Company of the second sec



WARREN ORAL SURGERY

COMPASSIONATE CARE









Sanjeet Chaudhary, DMD
Specialty Permit #6328



Shawn Lynn, DDS Specialty Permit #6357



Wisdom Teeth Removal • Dental Implants Sedation & Anesthesia Available





58 Mt. Bethel Road, Suite 202, Warren, NJ 07059 www.warrenoralsurgery.com





MEDEMERGE

1005 N. Washington Ave Greenbrook, NJ 08812 (732) 968-8900

For over 30 years. The doctors you know and trust!
No appointments needed! Just walk in anytime.

Open 365 days a year.

Primary care

Adult, Children & Seniors

- Preventative CarePhysicals
- Hypertension
- Diabetes
- •Immunizations
- Cholesterol

Don't be fooled by imitators!

<u>Urgent care</u>

- Lacerations
- •Cold and Flu
- Sprains
- Abdominal Pain
- All Illnesses
- Back Pain

The latest Lab and Radiology technology.

John Pilla, M.D. Carol Sgambelluri, M.D. David Carrieri, D.O. Paul Popeck, D.O. Syed Fahim Ahmed, M.D. Yoram Sharon, D.O. Marwan Hammoud, M.D. Lyalya Strumkowsky, M.D. Deepika Garg, M.D.

Immediate results for most exams.

We participate with all insurance plans. Certified Medical home.

For more info see us at:

MEDEMERGE.COM

Holidays 8 am to 9 pm (Memorial Day, July 4th, Labor Day, New Years Day) *Thanksgiving and Christmas 8 am to 3 pm

PREMIER UROLOGY GROUP

Radiation Therapy Center Featuring the State of the Art

TomoTherapy® Hi Art® Treatment System



- All-in-one device that brings greater accuracy to the treatment of prostate cancer
- Unparalleled precision minimizing damage to surrounding healthy tissue
- 360° helical radiation combined with CT imaging guidance
- TomoTherapy® treatments are completely painless, more effective and a more efficient radiation process

RADIATION ONCOLOGY TEAM

Stan Golin, MD • Mark Macher, MD

UROLOGY DEPARTMENT

EDISON DIVISION

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

WESTFIELD DIVISION

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

570 South Avenue, Cranford, NJ

908-603-4200 Radiation Oncology 908-272-5335 Urology

Premierurologygroup.com



lieath and W

Do You Snore?

Diagnosed with Sleep Apnea?

Can't wear a CPAP?

Dr. Charmoy is experienced in the right appliance for you



There is an alternative treatment with an oral appliance!

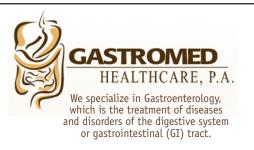
OMERVILLE DENTAL SLEEP MEDICINE

RICHARD P. CHARMOY, D.M.D., LLC

78 East Main Street, Somerville www.somervilledentalsleepmedicine.com Covered By Medicare 908-722-9266

Services Now

Member of the American Academy of Sleep Medicine and the American Academy of Dental Sleep Medicine





Simple Design

3x the Weight Loss of

Diet & Exercise Alone

Portion Control

The CONNECTIONS

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

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





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

WWW.GASTROMEDHEALTHCARE.COM **GASTROMED@AOL.COM**



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

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

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

CALL TO SCHEDULE YOUR FREE IN-OFFICE CONSULTATION



Dr. Charmoy

At Somerville Dental Sleep Medicine, we are dedicated to treatment of your snoring and sleep apnea. Sleep apnea is a sleep disorder in which a patient's airways are almost completely blocked and his or her breathing stops, causing the body to repeatedly wake them up to gasp for air. Our office offers some of the most convenient and effective treatment options available today, specifically for patients who are non-CPAP compliant or who have had trouble adjusting to the CPAP machine. Our goal is to treat the sleep apnea epidemic.

The most common treatment prescribed for patients with obstructive sleep apnea is the use of a CPAP mask and machine, to be worn nightly. Through the use of smart cards or web-based methods, researchers can determine how often patients are actually using their CPAP machines. When patients use the CPAP machine nightly during the first week, usually they will continue to use the machine long term. People who do not wear the machine each night or use it for shorter amounts of time are often the people who will cease to use the machine.

Oral appliance therapy is a more comfortable and easier way for non-CPAP compliant patients to get the relief they deserve from Sleep Apnea. Oral appliances hold the lower jaw forward while the patient sleeps, opening up the airways that would normally be blocked due to sleep apnea. To determine whether a patient has sleep apnea, the Apnea/Hypopnea index is examined through sleep monitoring, either in a sleep lab or at the patient's home. The number of apneas or hypopneas the patient experiences per night will depend on the severity of their sleep apnea, and will define the type of treatment that is best for them. Oral appliance therapy is often used in the treatment of mild or moderate sleep apnea, and is one of the best options for people who cannot tolerate using the CPAP device. Oral appliances can work for many different patients, but some patients may not benefit from using one.

According to a recent study, the usage of an oral appliance significantly decreases the Apnea/ Hypopnea Index, causing discomfort throughout the night. The study showed that men were more likely to see a change in their AHI numbers, when they slept wearing a device that repositioned their lower jaw. An oral appliance is more comfortable, discrete, and easier to use than the CPAP machine, and is a great option for those who refuse to wear the CPAP mask.

Since they have such a high rate of acceptance by patients, oral appliances are considered one of the best alternatives to treat sleep apnea for those who do not tolerate CPAP. Oral appliance therapy is increasingly gaining popularity as a first-line treatment option for many persons diagnosed with mild to moderate sleep apnea.

Heath and Welness Colonians

HOTLINE

NEUROSURGEON DR. SCOTT MEYER SAVES LOCAL RESIDENT FROM POSSIBLE PARALYSIS DUE TO DEGENERATIVE DISC DISEASE

By: Atlantic NeuroSurgical Specialists

"You are at risk of becoming a quadriplegic." Imagine hearing these words when your only symptoms prior to that day were not much more than a stiff neck? That's exactly what happened to 32-year-old Joseph Chiarella of East Hanover, NJ. Mr. Chiarella started to feel neck discomfort back in early June, but he brushed it off, attributing it to sleeping or sitting in the wrong position. After all, he never had an injury or accident in his life. Over the course of a few months, his pain would increase and other symptoms began to arise, like numbness in hands, arms, fingers, and eventually into his chest and legs.

On Saturday, October 18th, Chiarella woke up in such serious pain that it took him almost an hour to get out of bed. As the day progressed, so did his symptoms, which led to lack of control over his limbs. By the time he met Atlantic NeuroSurgical Specialists (ANS) spine surgeon Scott Meyer in the ER, he was terrified about his condition. After reviewing the patient's MRI and performing a neurologic exam on him, Dr. Meyer knew time was of the essence. "Mr. Chiarella suffered from cervical disc herniations compressing his spinal cord and had rapidly progressing symptoms. He had already lost most of the function in his lower extremities. Without moving quickly and removing the discs that were applying pressure to the spinal cord, Mr. Chiarella ran the real risk of permanently losing movement and feeling in his limbs. Surgery could potentially restore the function he had lost that day and prevent him from not being able to walk or use his hands at all for the rest of his life. I operated as soon as possible, performing an anterior cervical discectomy and fusion."

How does a 32-year-old suffer from degenerative disc disease? "While

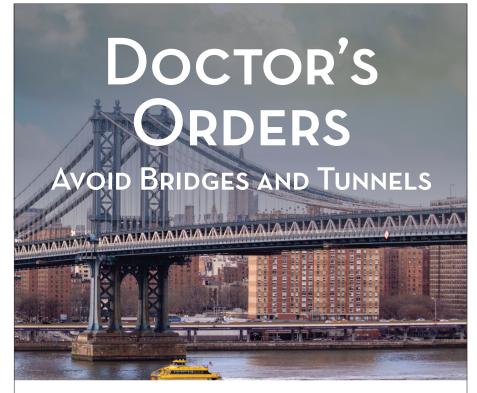
the disease itself is seen more commonly in older patients where symptoms may develop gradually, younger patients can acutely develop symptoms when a large disc herniates from the disc space," says Dr. Meyer. "In Mr. Chiarella's case, there was no specific traumatic event that led to this injury. He likely had moderate degenerative changes and more disc material herniated acutely, leading to rapid neurologic deterioration."

Degenerative disc disease is a term used to describe the loss of fluid in your discs. Discs that were once soft and compressible break down, or degenerate. Tears in the disc's outer layer allow the gel-filled material normally inside the discs to escape, causing the disc to bulge or leave the disc space entirely. In the cervical spine this can lead to spinal cord compression.

After spending a couple days in the hospital and a stay in Atlantic Rehab Institute for a week, Mr. Chiarella completed his physical and occupational therapy and was released to go home to his family, including his 3-year-old daughter, Isabella Rose. He is able to walk on his own and use his hands.

"I want to thank Dr. Meyer," says Mr. Chiarella. "I am so thankful for my health and he was instrumental in my diagnosis and treatment. I was faced with a lot in a short amount of time and Dr. Meyer really comforted me and walked me through every decision that had to be made. He made me feel at ease, was very explanatory, and I appreciated his knowledge and training in new techniques and technology that allowed me to go home to my little girl, Isabella Rose. She means the world to me."

For more information about ANS and Dr. Meyer, visit www.ansdocs.com or call 973.285.7800.



Atlantic NeuroSurgical Specialists (ANS) is one of the nation's leading neuro-surgical practices. Our sub-specialized practice consists of board-certified neurosurgeons, including 5 fellowship trained spine specialists, 3 fellowship trained endovascular surgeons and a team of fellowship trained brain tumor specialists offering minimally invasive endoscopic skull base surgery. We are nationally renowned and among the very best practicing medicine. This type of high level collaboration and multidisciplinary approach to surgery and care doesn't happen everywhere, but it does happen here.

With access to state-of-the-art equipment and the best treatment options available, patients no longer have to travel to big cities to get the advanced care they're looking for — we're in your backyard, ready to help you when you need us.

For more information on ANS, visit **www.ansdocs.com** or call **973.285.7800**.

Not sure about your insurance coverage? We can help! Ask to speak with our insurance counselor.



310 Madison Avenue Suite 300 Morristown, NJ 07960 **973.285.7800**

11 Overlook Road Suite 180 Summit, NJ 07901 **908.516.294**1 3700 Route 33 Neptune, NJ 07753 **732.455.8225**

781 Route 15 South Jefferson, NJ 07849 **973.729.0266** Glenpointe Centre Atrium 400 Frank W. Burr Blvd. Teaneck, NJ 07666 **201.530.7035**

www.ansdocs.com





PSYCHIC • SPIRITUALIST CLAIRVOYANT • LIFE COACH

Open Mon-Fri 12-6pm Weekends by Appointment Call for earlier or later appointments

Reader & Advisor

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

All sessions are private & confidential

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

908-231-0808 · 908-397-7797 WALK-INS ARE ALWAYS WELCOME

www.psychicgallerynj.com



Denise Favor Bayles. MA. CCC-SLP

Speech-Language Pathologist ASHA Certified, NJ Licensed NJ Lic #41YS00282300

Articulation, Language, Oral Motor, Feeding **Swallowing Evaluations & Therapy**



NJ's favorite

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

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





Dr. Manan Patel, Dr. Michael Eosso, Dr. Terresa Balestracci, Dr. Steven Balestracci

Welcome to Total Health Chiropractic, "Where TRUE HEALTH and WELLNESS are OUR FOCUS!" Dr. Steven & Dr. Terresa Balestracci have dedicated themselves to serving the people of our community for the past 23 years in the field of Chiropractic Medicine. Health is defined as "A state of Optimum Physical, Mental and Social Well-being, not merely the absence of disease or infirmity." Obtaining this Optimum Health and Wellness requires a combination of key factors: Proper Nerve Function, Structure, Nutrition, Posture, Exercise, Rest and a Positive Mental Attitude. The more key factors an individual employs, the greater one's health has the capability of being while the less key factors an individual utilizes the worse one's health will be. These key factors are all important and work synergistically to create greater quality and longevity in one's life.

Because we are dedicated to helping our patients restore their overall health, our office offers a wide array of treatments and cutting edge technology to help attain these key factors for different health issues people suffer with on a daily basis.

Recently, we have changed our location, expanding the physical size of our office, while continuing to expand on the types of services our practice offers. We welcome two new doctors to our practice, Dr. Manan Patel and Dr. Michael Eosso, while continuing to work with many other Health Care Professionals, in all fields, within our

Dr. Patel is Board Certified in Anesthesiology and Interventional Pain Management completing his anesthesiology training at Mount Sinai Medical Center and Pain Fellowship at Columbia University Medical Center/NY Presbyterian Hospitals. Dr. Patel was born and raised in nearby Piscataway and is proud to bring his expertise and world-class training to our region while promising to provide honesty and integrity when discussing your medical condition prescribing and providing the best conservative treatment options available for you.

Dr. Michael G. Eosso is a Board Certified Chiropractic Physician and graduate of Life Chiropractic University in Marietta, Georgia in 2001. Dr. Eosso served honorably in the United States Navy from August 1983 until

Bridgewater, NJ 08807 www.totalhealthchiro.net 908-231-8088

June of 1987. Dr. Eosso is a freemason for Livingston Lodge #11 and he is currently the team doctor for the Somerville Branchburg United Football League.

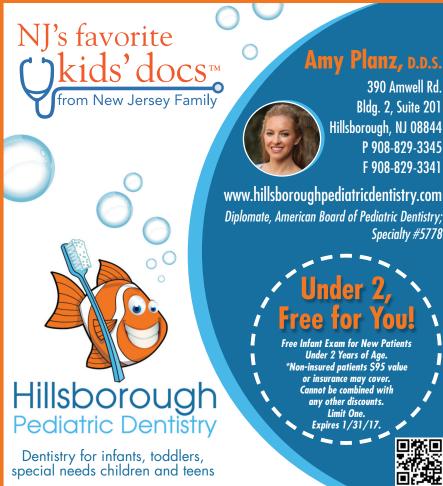
Dr. Terresa Balestracci is a Board Certified Chiropractic and Primary Care Physician and attended Bradley University in Illinois as a Nursing major before graduating Palmer College of Chiropractic in 1994. She received multiple citations during her residency at Palmer College and has achieved numerous Pre and Post-Doctoral Certifications, dedicating herself to excellence in order to provide the highest care possible to her patients for over the last twenty-two years.

Dr. Steven Balestracci is a Board Certified Chiropractic and Primary Care Physician and attended Middlesex County College, Edison, New Jersey and Cook College Rutgers University, New Brunswick, New Jersey, before graduating Palmer College of Chiropractic in 1993. He received multiple citations while serving as a Lead Assistant Staff Doctor in the Palmer Clinics during his residency before graduating in 1993. Dr. Balestracci has achieved numerous Pre and Post-Doctoral Certifications including privileges to perform Restorative Corrective Spinal Procedures in the operating room and has been recognized as a leader in the field of Spinal Disc Rejuvenation Treatments. Dr. Balestracci has been involved in athletics as an athlete, coach and team doctor in multiple sports. He is a member of the Knights of Columbus, Somerville Elks, Lodge 1068 and Boy Scouts of America as an Assistant Scout Master, Troop 80, Saint Anne's Catholic Church. Dr. Balestracci has been involved in the Chiropractic Field for over thirty-six years and has dedicated himself to excellence in order to provide the highest care possible.

It is with great hope that I have been able to help educate the people of our community about the benefits of a coordinated approach utilizing Chiropractic and Medical Care. We look forward to further educating you in the future and invite everyone to experience the Health and Wellness Care we offer here, at Total Health Chiropractic, where we are committed to helping all people live a healthier, higher quality and more vibrant life.

Health and Wellness





Specialists in Treating the Cause of...

- Neck Pain Headaches Low Back Pain Disc Bulges, Herniations
- Carpal Tunnel
 Shoulder, Arm, Wrist & Hand Pain
 Mid-Back Pain
 Leg, Ankle
 Foot Pain
 Tingling in Arms, Hands, Legs or Feet
 Sciatica
 - Sports Injuries, Sprains & Strains Auto Accidents

TOTAL HEALTH CHIROPRACTIC







Manan Patel, M.D.

Accepting

New

Patients

Michael Eosso

Terresa Balestracci

Steven Balestracci

566 Union Avenue, Bridgewater, NJ 08807 (located in the Chimney Rock Plaza) 908-231-8088

Most Insurance

Totalhealthchiro.net

Hours: Mon. & Wed. 7-11am & 2-6pm • Tue. & Thu. 1-6pm • Fri. 7-11am & 1-3pm

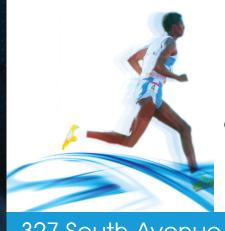
teens 🖳

Whole Body Cryotherapy is the Brief Application of Extremely Cold Temperature (-260°F) to the Skin 3 Minutes to Optimal Health, Fitness & Beauty

Grand Opening Special

\$4000 FIRST SESSION

- Weight Loss
- Anti-Aging
- Athletic Performance, Injury & Recovery
- Pain Management Wellness





*Book On-line or Call

327 South Avenue West, Westfield, NJ 07090 • 908.228.5711

www.chillcryo.net*

Heath and Weiness

Gentle Dental of Branchburg

FAMILY, COSMETIC, & IMPLANT DENTISTRY

Cleanings, Whitening, and Fillings, to Full Mouth Rehabilitations



Dr. Darren Brenner DMD

Dr. Christopher Fears DMD



We'll keep you smiling!



"Thank you for voting us Top Dentists in NJ Monthly Magazine"

"You will understand your options as well as the reasons for the treatments we recommend."

In network with MetLife PPO, Delta Premier, Cigna PPO, Guardian PPO, Aetna PPO, Dentimax PPO, & Others



3461 Route 22 East Branchburg, NJ 908-203-1998



www.gentledentalofbranchburg.com

HOTLINE

ALLERGIC RHINITIS

By: Kristine Krol, M.D.
Board Certified Allergist, Allercare

Have you ever had a cold that just won't go away? Has your child been put on antibiotics month after month for treatment of recurring ear infection? Have you suffered from many sinus infections every year? Do you know someone who does not smoke, yet has a chronic cough? If you answered yes to any of these questions, you may be surprised to find out that the underlying cause of each of these conditions could be allergies.

What is an Allergy? To have an allergy means to be affected by something that is harmless to most people. The substance causing the allergic reaction is called an allergen. People can be allergic to all sorts of things, including pollens, molds, dust mites, animals, certain foods, insect sting or medications. It is generally accepted that the tendency to have allergies is linked to heredity.

Rhinitis: The symptoms of rhinitis includes inflammation inside the nose, sneezing, congestion, runny nose, nasal itching, burning palate and throat, and headaches. Rhinitis has many causes. Some people have allergic rhinitis, which is a term used to describe allergic reactions that take place when an airborne allergen is inhaled. allergy was first called "hay fever" because it was thought to be caused by pollen from hayfields. While a hay allergy is possible it is now known that pollen produced by any plant as well as other allergens can cause allergic rhinitis. There are two types of allergic rhinitis: seasonal and perennial. Pollen from trees, grasses or weeds are usually to blame for seasonal symptoms in Spring and Fall, whereas dust mites, mold and pets are the usual triggers of year-round (perennial) allergic rhinitis.

Some common complications or rhinitis include infected ears, fluid in the ears and infected sinuses. How does an allergy cause ear infections? When the nose is inflamed due to allergic rhinitis, it is common for the Eustachian tube and ear to become involved in that inflammation. The Eustachian tube can swell to the point of complete closure, trapping air in the middle of the ear cavity. Fluid then accumulates in the middle ear. This is called infection-causing agent such as a virus or bacteria is trapped in the middle ear cavity, the result will be an infected middle ear, or otitis media.

If a patient is desensitized to their allergies with allergy injections or sublingual immunotherapy (drops under the tongue) they will definitely see a decrease in the number of ear/sinus infections.

Please call Dr. Krol at 908-725-8666 if you are interested in more information about Allergic Rhinitis or if you would like to make an appointment for an evaluation to see what treatment is right for you.



Somerville Location: 177 W. High St.

1 / / W. High St. Somerville, NJ 08876 (908) 725-8666

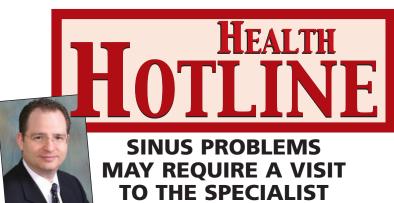
Bedminster Location:

2345 Lamington Rd. Suite 107 Bedminster, NJ 07921 (908) 781-5550

Staten Island Location:

4634 Amboy Rd. Staten Island, NY 10312 (718) 948-1868

Health and Wellness Company



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

Sinusitis is such a common problem that almost everyone has experienced congestion, facial pain and runny nose. Most will do well with comfort measures only, or a trip to the doctor for a course of antibiotics. But what about those who continue to experience these symptoms, without relief, for weeks or longer? When these symptoms do not go away, what else can be done?

Many cases of sinusitis, formally called rhinosinusitis, are viral, and comfort measures usually suffice. Staying well hydrated by drinking a lot of water, taking pain relievers, and getting rest is often all that is needed. If a bacterial infection is present, antibiotics are helpful. Fever, severe facial and tooth pain, and dark, thickenened mucous may indicate bacterial infection. Antibiotics act against these infections directly. But other medicines help, too. Decongestants can be used to help the sinuses clear the infection more quickly. Over the counter nasal saline is used to wash the nose, clearing the mucous and crusting that can block the airway. This also may help clear the infection more rapidly. Some physicians will prescribe nasal steroid sprays and antihistamines as well. But these treatments do not always work.

Other problems may be present that can make these measures less successful. The nasal septum, the wall separating the left and right nasal passages, may be severely deviated, or twisted. This can block air flow. Polyps may be present, decreasing the natural drainage of

the sinuses. Underlying inhalant allergy, to trees, grass, mold, or dust, may play a role. When the patient does not follow an expected course of improvement, other options must be considered.

Most patients are treated medically for several weeks if they don't get better with an initial treatment. Surgery is considered in the sinusitis patient after medical measures are no longer of benefit. This is directed to the patient's specific nasal and sinus anatomy, and may consist of opening the sinus passages and straightening the septum to open the nasal airway. A sinus CT scan is done prior to surgery to evaluate the specific site of the problem. The surgery can be done as an outpatient, with small telescopes, through the nostrils. Most patients find great relief following this procedure.

A bad cold is really a terrible experience. Although the facial pressure, congestion and fatigue are rarely life threatening, frequent episodes can impair your quality of life. Most people simply expect to get over it, and feel better after a few days. But some experience these symptoms for weeks or longer. For these patients, sinus surgery can offer significant long term relief.

For more information and descriptions of various nasal and sinus conditions please look on the web:

www.drschneiderman.com 215 Union Avenue, Suite C Bridgewater, NJ 08807 908-725-5050



TODD A. SCHNEIDERMAN, MD FACS

→ EAR NOSE AND THROAT

Providing Detection and Treatment for Your Ear, Nose and Throat Needs.

Premier ENT Specialist Serving Somerset County, NJ.



- Otolaryngology-Head and Neck Surgery
- Pediatric Otolaryngology
- Nasal/Sinus Surgery
- Hearing Tests
- Snoring/Sleep Apnea
- Voice Disorders
- Facial Plastic Surgery
- Radiesse Cosmetic
- Ear Infections
- Nosebleeds
- Earlobe Repair

www.drschneiderman.com

≫NEW LOCATION≪

215 Union Avenue • Suite C • Bridgewater, NJ 08807 • Phone: 908-725-5050 • Fax: 908-333-4145



Smiles Unlimited Dental Center

Our patient's needs always come first!



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

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

MOST INSURANCE PLANS ACCEPTED 908.722.5511

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

www.smilesunlimited-dental.com

LATE EVENINGS AND SATURDAY APPOINTMENTS AVAILABLE



Helping children overcome obstacles and thrive!



Infants and Toddlers: Ages 0 to 2

Preschoolers:

Ages 3 -5

Children: Ages 6-18

College Students

www.childresilience.com

SERVICES:

- Effective Coping Skills and Positive Mindset
- Interpersonal Problem-Solving Skills
- Emotion & Behavioral Regulation Skills
- Giftedness & Learning Disability Assessments
- Neuropsychological/Developmental Assessment
- Play & Behavioral Interventions
- CBT. Stress Reduction. & Mindfulness
- ADHD, Anxiety, Depression, Divorce, High-Functioning Autism, OCD, School Refusal, Selective Mutism, Social Skills, Trauma

Geraldine V. Oades-Sese, Ph.D.

Licensed Psychologist
732-867-8460

Email: oadessese@gmail.com

LOCATIONS: Branchburg, Morristown, and Princeton





Our mission is to provide outstanding dental care in a caring and nurturing environment. Both of the Doctors and Staff constantly update their clinical skills and knowledge to provide the most current dental procedures. We use age appropriate techniques and creative methods to engage children while receiving their dental care. We aim to promote preventive care and encourage families to develop a dental home, in a fun, informative, and stress-free environment.

Services

- Digital X-rays
- Digital Caries Detection & Digital Camera
- Nitrous Oxide/Laughing Gas
- Prevention/Fluoride Treatment
- Sealants
- Fillings (White & Amalgam)
- Pulp Therapy/Crowns
- Extractions/Space Maintainers
- · Mouth Guards

Office Hours

Monday and Tuesday 9am - 5pm Wednesday and Thursday 10am - 6pm Friday 9:00am - 5pm Saturday 8 - 2 (Two Saturdays a month)



3322 Route 22 West, Suite 201 Branchburg, NJ, 08876

branchburgpediatricdentistry.com 908.722.2226

IVI EDI CAL MINUTES

DENTAL IMPLANTS

By: Karl Maloney
Branchburg Oral Maxillofacial & Implant Surgery
908-218-0300

What are dental implants?

A dental implant is a titanium screw that is placed in the jaw that acts as an anchor to support a single tooth, multiple teeth or a denture.

Why do people get dental implants?

When someone would like to replace an infected or non-restorable tooth or has been missing a tooth for years, a dental implant can be used to replace a single tooth or multiple teeth or as an anchor to give a denture more stability. Dental implants also preserve and maintain the volume of the jawbone in the area of the implant.

How does the process work?

There are two separate, but related components to the implant process. One is the restorative aspect and the second is the surgical aspect. The workup or planning prior to the placement of implants is the most important part of the entire process. The dentist placing the implants and the dentist restoring the implants will need to be in communication at the start of and throughout the process.

The restorative dentist and the patient first discuss and decide what the goal of the treatment is, which can be as simple as having a single missing, infected or non-restorable tooth replaced, replacing multiple teeth or providing better stabilization for an existing denture. After this is determined, the surgical workup is done, which involves evaluating the bone and soft tissue in the area to make sure they are healthy and of adequate volume for an implant to be placed. This is usually done by a simple examination and an x-ray or in-office cat scan. If there is inadequate bone present, sometimes a minor bone grafting procedure may be necessary either prior to or at the time of implant placement.

After the implants are placed, there is usually a healing period of a few months. After this period the tooth, teeth or denture are fabricated and attached to the implants.

Is the placement of dental implants time consuming and painful?

The placement of a dental implant takes approximately 30 minutes and usually involves minimal pain. I tell my patients that the most painful part of the placement of the implant is the injection of the local anesthetic, or "novocaine." If the patient prefers, the procedure can usually be performed under IV sedation where the patient will be asleep during the procedure. Pain medication is prescribed afterwards, however many times over the counter pain medication is all that is needed. Most patients will return to work the following day.

Are dental implants covered by insurance and are they expensive?

Insurance coverage for dental implants varies depending on the insurance plan. Some plans may cover the entire cost, portions of it or none at all. This can all be clarified at the initial consultation appointment.

The price for a dental implant and restoration is similar to the price of a bridge, which prior to dental implants was the standard method of replacing teeth.

If patients prefer to finance their treatment, this is often an option.

What is the success rate of implants and do they require any special long term care?

The overall success rate of implants is 95%. Because implants are so predictable many dentists believe that implants are the ideal option for replacing missing teeth.

Though implants are not susceptible to cavities, implants do require good oral hygiene and regular visits to your dentist to maintain their health.

Will people be able to tell that I have an implant?

No, the actual implant is located below the gums and the restorations that go on top of implants are identical to those that go over natural teeth.

Health and Welness Compagnish

HOTLINE



A SAFER WAY TO MANAGE PAIN: EXPLORE NON-OPIOID ALTERNATIVES

By: Dr. Vincent Sferra
Natural Medicine & Rehabilitation

Before starting with medications for your pain, consider safer non-opioid options to help you move past the pain, and enjoy living pain-free. Over the years there has been an increase in drug addiction and deaths prompted by the abuse of opioids for pain management. The increase in prescribed opioids is not only increasing the risk of addiction, but also depression, fatal overdoses and symptoms of withdrawal. People addicted to prescription opioids are also 40 times more likely to become addicted to heroin!

In some cases, prescription medications are an appropriate part of treatment. Alleviating pain with medication in the early stages can reduce inflammation and swelling in order to help you move past the pain and start your rehabilitation, but be reassured that we will not put our patient's health at risk in order for them to live pain free! Since 1998, Natural Medicine & Rehabilitation (NMR) has taken a holistic approach to healthcare with our primary focus on physical rehabilitation, clinical nutrition and services to help with stress reduction. These core services address the 'Triad of Health' pillars which can most easily be referred to as 'you are what you EAT, THINK and DO." By combining these core services at NMR, we can address a myriad of health problems at their source. Pain relief is clearly important; however the goal at NMR is never merely pain relief. We strive to be very specific in diagnosing the source of the problem, and will manage pain with various focused interventions and therapies without the dependence of narcotics whenever possible. By addressing the causative factors that can be rehabilitated, we have a much greater ability to keep people from ever getting started with opioids for pain management.

For some patients, the therapeutic approaches such as Physical Therapy, Chiropractic and Acupuncture may not be enough, resulting in a very limited ability to rehabilitate to full movement, strength and function, which are the ultimate goals. Here is where minimally invasive medical procedures that are performed in less than a one-hour office visit can be of great value not only for a person's pain but for their ability to then rehabilitate effectively. The following minimally invasive procedures target the pain producing structures to help you progress with your physical rehabilitation program:

- Epidural steroid injections help relieve a patient's pain and inflammation, but more importantly it also helps them progress in their rehabilitation program in order to best manage the causative factors of their condition and prevent the pain from returning.
- Radiofrequency ablation (or RFA) uses radio waves to decrease pain signals from a specific area of nerve tissues. Once the pain is manageable the patient can begin a rehabilitation program.
- Therapeutic nerve blocks contain local anesthetic to control acute pain.
- Vertebroplasty is a minimally invasive procedure used to stabilize and stop the pain caused from a spinal fracture

After appropriate pain management procedures, our integrated team of health care practitioners including Physical Therapists, Chiropractors, Acupuncturists along with Biofeedback, Myofascial and CranioSacral Specialists will create treatment plans that are designed to rehabilitate the area in order to accelerate healing, establish stability and strength, improve mobility, and teach skills needed to prevent the problem along with the pain from returning in the future.

Before you go down the slippery slope of taking opioids, consider how we can help you move past the pain, and enjoy living pain-free, without the dependence of narcotics, by integrating medical and natural approaches all available at Natural Medicine & Rehabilitation (NMR) with locations in Branchburg and opening a new NMR Pain Management location this winter in Somerset.

Dr. Kandra is board certified in Anesthesiology and Pain Management and is dedicated to the treatment of chronic pain symptoms for patients. He is trained at Vanderbilt University Medical Center, one of the country's top Pain Management training programs.

Dr. Sferra 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. He is the founder and Clinic Director of Natural Medicine & Rehabilitation. Dr. Sferra is the recipient of the "2005 Spirit of Somerset" award for his outstanding contribution to Health and Wellness in the community.

For more information visit www.NMRNJ.com or call 908-252-0242

Better Health. Better Life.

Our holistic approach, combined with traditional medicine creates a unique and comprehensive healthcare facility, all in one location!



- **▼** Physical Therapy
- ▼ Chiropractic
- ▼ Pain Management
- ▼ Nutrition/Weight Loss
- ▼ Acupuncture
- ▼ Massage Therapy
- ▼ Biofeedback Therapy
- ▼ CranioSacral Therapy
- **▼** Hormone Optimization
- ▼ Skin Rejuvenation



CLINIC DIRECTOR

NATURAL MEDICINE
& REHABILITATION
CALL FOR A FREE
NEW PATIENT CONSULTATION

908-252-0242 ▼ NMRnj.com

3322 US HIGHWAY 22, BUILDING 1 BRANCHBURG, NJ 08876



Branchburg ORAL, MAXILLOFACIAL & IMPLANT SURGERY



Karl Maloney, D.D.S.

Board Certified

Oral & Maxillofacial

Surgeon

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

We Accept Most Major PPO Dental Plans

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

908-218-0300

908-218-0301 (fax)

www.branchburgoralsurgery.com



Bring in this ad for 10% OFF your

entire regularly priced purchase thru 12/31/16!





Heather Cairl and Robin Cairl

HOME 87 W. Main Street

By: Robin Cairl

Three Hearts Home is far from your average retailer. Founded and operated by a family of Makers, Three Hearts Home knows firsthand that buying handmade not only sustains traditional methods of art and craft, but sustains artisans themselves. It is a shop born out of love; love for craft and design and more importantly, a love of family. Started by a mother-daughter team, Three Hearts Home was originally created as an extension of the family's custom cabinetry company, Platinum Designs. Robin Cairl and daughter Heather Cairl combined their interests and skills, and Three **Hearts Home** was born.

Originally an online shop, Three Hearts Home tested the waters in Somerville in 2014 with a Holiday Pop Up shop in its sister company's showroom space A warm welcome and genuine excitement from the community encouraged them to put down roots, and expand its space in 2015. Celebrating the twoyear anniversary of their brick and mortar shop this year, Three Hearts **Home** is truly one of its kind in the area. The store, designed by Ian Cairl of Platinum Designs, reflects the family's love for history, craft, and design. It is a warm and inviting place, filled with interesting architectural elements, from a historic brick wall and beams, to live edge woodwork, and walls and cabinets crafted from reclaimed materials. The smells of handmade cold processed soaps and hand poured soy candles greet shoppers at the door. As you wind your way through the shop, you are surrounded by a beautifully displayed

collection of artisan made home goods, jewelry, accessories, apothecary products, children's items, stationary and all natural, artisan food items. The store features a wide variety of products by independent American makers and designers, and from artisans around the globe. via Fair Trade companies that promote traditional methods of art and craft, offer fair wages and safe work environments, commit to socially and environmentally responsible practices, and invest in the communities the artisans and their families live in. By shopping at Three Hearts Home you are connected with a local and global community of Makers, something you can truly feel good about. Their selection provides a perfect offering for gift shoppers looking for unique and meaningful gifts that give back.

Three Hearts Home is so excited to be a part of the Somerville community, and love engaging with their neighbors. This summer they began a series of DIY Classes held once a month, to share their love of craft and cultivate a creative community, which they plan to resume in January. The staff hopes you will also stop by on designated Sunday afternoons for "Sips, Sweets and Savings." And, new this year, TThree Hearts Home plans to collaborate with Somerville restaurants for in-store tastings and savings events. Keep an eye out on Facebook and Instagram (@threeheartshome) to find out about current events and promotions, and for lots of great gift giving ideas! Be sure to follow them so you don't miss a thing!



Urban Chaos began in 2010 and has since become the most unique, longest operating smoke shop of our kind in Somerville, NJ. Located right off Main Street, on Division Street, which is the most artsiest street in town and just a few minutes walk from the NJ Transit train station.

I, Vivian Ejiogu and Joanie Caminneci both military veterans, started **Urban Chaos** based off our interest in the Hookah Pipes during our tour In Iraq. We brought that interest home with us and started a business specializing in clothing, hookahs, shisha, and other small related smoke shop items. Due to high demand, the business relocated, expanding into an extensive stock of:

- **PIPES:** Large variety of tobacco pipes including ones made out of stone, wood, metal, acrylic bamboo, ceramic, silicone, quartz, bro glass, pyrex glass, dugouts etc. Our selection always is impressive. We have glass that can be thrown, but never broken! Whether you are looking for a starter pipe or a custom blown show stopper, we have it! We also special order and ship all over the world! We support American blown glass, and local artists.
- ACCESSORIES: All sorts of smoke related accessories including grinders, lighters, cleaning products, ashtrays, stash cans, incense, rolling machines, rolling trays, smell proof gear, storage gear, lighters, butane, pipe protection pouches, pokers, glass pipe replacement parts, screens, flavored wraps, cigarillos, zippo lighters, rolling papers, including some hard to find brands and styles & much much more.
- HOOKAHS in all sizes, beautifully made with quality, including their parts, tobacco/shisha and coals!

- Impressive selection of E-CIGS/ **VAPES/MODS** with an extensive variety of e-juice brands and flavors. New flavors are added to the collection regularly. We carry all vape accessories including all replacement parts.
- VAPORIZERS: quality vaporizers for all consistencies. (dry, liquid, wax) Some brands include, PAX, Davinci, Magic Flight, Volcano, Mighty, Crafty, Arizer, Puffco, Kandy Penz, Dr. Dabber, Source Orb, Kanger, Wismec, Eleaf, Aspire, Target, Smok & many
- Our own line of **BRANDED MER-**CHANDISE, including grinders, rolling papers, lighters, pipes, dab pads, stickers, and our very own high end Mod Vaporizer!
- NOVELTY items include bohemian clothing, tie dyes, hats, bandanas, stickers, patches, tapestries, incense, incense holders, handblown pendants, candles, baja hoodies, blankets, body oils and soaps.
- TOBACCO popular brands like American Spirit, Top, Peter Stokkebye, Captain Black, Buglar, Starbuzz, Al Fakher. (flavored tobacco)

Many who shop with us, claim we remind them of a "chill, back in the day vibe," we remind people of "New Hope." We have a great selection, friendly knowledgeable staff, and a relaxed atmosphere which makes us genuinely loved. Even if you just wanted to check out the artsy hand blown glass, or just come in for a chat, **Urban** Chaos is your place! Visit us on Facebook & Instagram @urbanchaosnj! Shop with us, and begin our loyalty card system! Government discount 15% off all the time with your valid government ID. Visit us on the web urbanchaosni.com.



16 Division St., Somerville, NJ 08876 • (908) 450-7474



63 West Main Street, Somerville, NJ 08876



"NOT JUST TRAINS"

• Plastic & Model Kits • Kites • Slot Cars • Train Sets • Science Project Kits

• Diorama Supplies

The CONNECTIONS Connection On-Line ad to view our video

08.685.8892

www.biglittle.com

email: ian@biglittle.com



Providing Support for Life's Challenges One person, one family at a time

"GIVING TUESDAY" November 29, 2016

Take time out from your holiday shopping to help us help those in need DONATE NOW

www.JewishFamilySvc.Org

For more information:

Jewish Family Service of Somerset, Hunterdon and Warren Counties

150-A West High Street, Somerville, NJ 08876

908-725-7799

Admin@JewishFamilySvc.Org

Picillo & Picillo, PC

Caring Attorney & Aggressive Litigator When You Need the Right Attention!

Your New Year's Resolution: Wills \$395* *Spouse/Partner 2 for 1



Free Consultations

Divorce
Bankruptcy
Custody
Domestic Violence
Child Support
Father's Rights

908-252-7001 800-259-4240

www.picillopicillolaw.com

21 East High Street, Somerville, NJ 08876-2320 Monday-Friday 9am-5:30pm, Evenings & Weekends Available by Appointment



Baked Goods from Scratch

Baked goods from scratch, the old fashioned way with real ingredients, butter, flour, sugar, eggs. For celebrations, for special occasions, for new traditions, for any time...

Enjoy!

34 E. Main Street, Somerville, NJ 08876 908-722-9881

info@thedessertplate.com

www.thedessertplate.com

Tue-Fri: 7am-5pm • Sat-Sun: 8am-1pm (closed last Sunday of each month) Monday: Closed



Community News...

One Small Act Can Make a Difference

Submitted By: Elise Prezant, JFS

Join Jewish Family Service of Somerset, Hunterdon and Warren Counties in supporting Giving Tuesday. Giving Tuesday is a global day of giving fueled by the power of social media and collaboration. Celebrated on the Tuesday following Thanksgiving and the widely recognized shopping events Black Friday and Cyber Monday, Giving Tuesday kicks off the charitable season, when many focus on their holiday and end-of-year giving.

One of the best ways to get involved is in your own community. This November 29th, join the movement and give – whether it's some of your time, a donation, gift or the power of your voice in your local community. It's a simple idea. Whether you come together with your family, your community, your company or your organization, find a way to give back.

It's also never too early to talk to your kids about philanthropy. Here's some

ideas for how you can get your family involved in GivingTuesday:

- Ask your children to select a toy or gift to donate to charity to give to children in need.
- Volunteer with your teens in the local community.
- Work together to brainstorm ideas for how your family can help others.
- Hold a neighborhood yard or bake sale and donate proceeds to an organization of your choice on Giving Tuesday.
- Help your kids collect spare change or donate part of their allowance to a charity fund once per week. Work with them on researching causes and charities and select a nonprofit to donate the funds to at the end of the month.
- · Ask your kids what they are thankful

for and encourage them to say thank you by doing something kind for others.

 Make a family challenge to have each family member do at least one act of kindness per day. Help with your siblings' chores. Open the door for a neighbor.

Do one small act a day to make a difference.

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, inhome visits; Families with children

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



If you are interested in learning more about JFS' programs, please contact us at 908-725-779, visit our website: www.JewishFamilySvc.org, like us on Facebook. Jewish Family Service of SHW, Inc. 150-A West High Street, Somerville, NJ 08876.

New Client Special \$20 Off

Any Adult Haircut or Color Service

Expires 1/31/17

Open: Tues.-Fri. 10-8 Saturday 9-3 Closed Sun. & Mon.

BANGZ

Celebrating 25 Years

Color Service Come Visit Us on Gaston Avenue

116 N. Gaston Avenue Somerville, NJ 08876

908-722-0087

Call for an appointment

Introducing
Michelle

\$10 Off

Any Blowout or Children's Haircut

Expires 1/31/17

We accept cash & checks No Credit Cards

Follow us on facebook

www.bangzhairandnailstudio.com

Why Purchase From Us?

Our expert staff is experienced in all aspects of the cycling industry, from children's bikes to Pro level bicycles. YOU get our "Somerville Bicycle Shop Customer Care Package"

- 3 Years Free Tune-Ups* (see details)
- We Guarantee Lowest Price* (see details)
- Accessories Installed Free Day of Purchase
 Free "New Rider" classes

*3 Year Free Tune Ups Includes der, brake, adjustment, minor wheel true

bearing adjustment, quick wipe and wax, check tire pressure tire wear and damage inspection. Other services will incur a charge
*Low Price Guarantee – We will match the price of an in stock bicycle a
other authorized Trek dealers within 25 miles of our location with verification



131 N. Gaston Avenue • Phone 908-393-9290 • Fax 908-393-9291 www.somervillebicycleshop.com somervillebicycleshop@hotmail.com



25 Maple Street, Somerville, NJ 08876 • 908-526-0099 • Fax: 908-429-4141



the Holidays December 24, 2016 -

January 8, 2017

RedelicoPaint.com to view our video

Mon-Fri 7:30am-5:30pm • Thur 7:30am-8pm • Sat 8am-5pm • Closed Sunday

1-800-794-7124

SMOKE SHOP Somerset County's Best Vape & Premium Tobacco Shop

Vaporizers & 50+ brands e-juices
+ 150 flavors to choose from.

Krtom • CBD DAB Wax • CBD Gummies
CBD Tincture • Juul • My. VON ERL • MY JET
PAX 2 & 3 • Water Pipes • Hookahs & Accessories
Domestic & Premium Tobacco
Zippos • Candles • Incense & More

Check Out Our Selections for Christmas Gifts

120 W. Main Street Somerville, NJ 08876

908-429-3144

www.SomervilleSmokeShop.com
OPEN 7 DAYS Monday-Saturday 9am-9pm, Sunday 9am-6pm







MON.-FRI. 6AM - 10PM

Wash n Fold Laundromat SUN. 7AM-12AM



FREE WASHES!
10% BONUS DOLLARS!
NEARLY 100 WASHERS
& DRYERS – NEVER A WAIT!
SAME DAY & NEXT DAY
WASH AND FOLD!
DRY CLEANING

Tues & Wed Special! \$1.78 Wash 6AM Until 2PM

259 Mountain Avenue Somerville, NJ 908-707-4111
www.spincitywashnfold.com

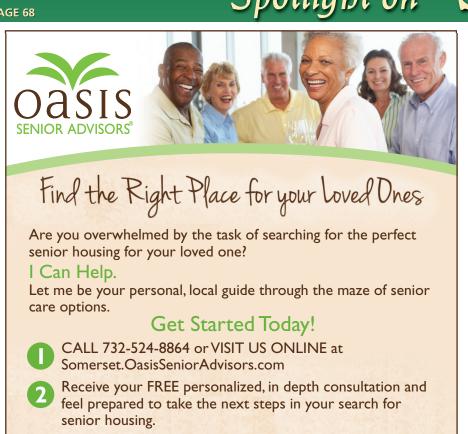


EXCELLENCE IN AUTO BODY REPAIR & REFINISHING

The Finest in Collision Repairs Since 1965

30 Warren St. • Somerville, NJ 08876 908-722-1066 Fax 908-722-0378 KandLAutoBody.com • Lic. # 02153A

Spotlight on "SENIORS"



Call CONNIE PIZARRO 732.524.8864 or

email CPizarro@YourOasisAdvisor.com

A Free Service for Seniors & Families -

Serving Somerset, Middlesex and Union Counties





" CONNECTIONS

SNOOZING THROUGH A CONNECTION

By: Dan Rosenberg

Once again, one of my sisters who resides in Denver, Susan, is smack dab in the middle of a connection. Knowing her since birth (I am eight years her senior), I can't recall anyone calling her Susan. Maybe our Mom used "Susan!" when disciplining or chasing her when she was a child. However, the world knows her as Susie, both personally and professionally.

Somewhere along the line, she picked up another nickname, Snooze, that a few relatives call her today. According to Susie, it was my stepfather that started referring to her as Snooze, shortly after he married our mother in the mid-70's. Since my stepfather didn't have any children of his own, Susie believed he was not used to teenagers sleeping through the entire morning on weekends, and hence Snooze.

For a period of three months in the spring of 2016, I traveled to Denver ten times on business, typically spending 3 to 4 nights there. On a few of those trips I was able to stay with Susie and her husband, which was nice.

Most of the time I stayed downtown or near the old Denver Stapleton airport area, both of which were close to my team and our business partners. As you might expect I was eating three meals a day at a variety of restaurants.

One morning, I had a late morning breakfast meeting scheduled with one of our business partners. I looked for a non-fast food restaurant close to his office. About a block away, I found a restaurant called Snooze. It was terrific, with very creative breakfast food, more like a brunch place. Later I investigated and found a couple more locations in Denver as well as three other states.

I did a detail address lookup on the other two locations in Denver. None of them were located near my sister's house so I wondered if she had ever heard or been to a Snooze, which opened in Denver about 10 years ago. So I sent her a text message immediately following the meeting, along the lines of

"Had a great meal at Snooze. Thought of you. Check it out if you haven't eaten there already.'



She texted me back immediately. It didn't surprise me that Snooze had eaten at Snooze. However, she attached an image with her text message, which amazed

me. Shortly before receiving my original message, she put on old tee shirt to do some cooking and cleaning around her house. Perhaps she was responding to a telepathic "yummy" from me 20 miles away as I ate my eggs.



Get back to your active life!

At Bridgeway, we offer a Full Range of Services including:

- Therapy by Kessler.Core 7 days a week
- Cardiac & Pulmonary/Respiratory Programs
- Orthopedic Rehabilitation
- Specialized Stroke Recovery Program

Bridgewater (908) 722-7022

Hillsborough

(908) 281-4400

Continuum of Care at Avalon Assisted Living



- Assisted Living in an elegant, home-like setting
- Short term Respite Care
- Memory Care

Bridgewater (908) 707-8800 Hillsborough

 Specialized (908) 874-7200

Contact us today at **BridgewaySeniorCare.com**



Move to Senior Living with Ease & Style

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



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

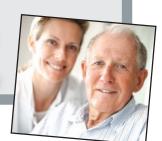
Senior Assistants

Carol Cozewith & Ellyn Mantell

908-883-0469 • ellynmantell@aol.com

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





THE RIGHT SIZE FOR SENIOR LIVING!

By: Ellyn Mantell

Once you or your parent has made the decision to move to a senior living facility, a new territory is entered. The wonderful news is that whether an independent or assisted living dwelling is chosen, maintenance, for the most part will be taken care of, and the thought of never having to mow the lawn or shovel a porch is a beautiful thing. Depending upon the facility, up to three meals, a washer/ dryer and dishwasher may be provided, medicine assistance may be available, as well as activities to create a very positive lifestyle.

The trade off for this new found lack of responsibility frequently is less space for "things" than one's previous home allowed. So is that a bad thing? Not if good planning goes into the move. Here are some thoughts:

- KITCHEN: bring service of 2-4 of dishes, glassware and flatware; 2 pots and pans; few nice pieces for entertaining, primarily to serve appetizers or desserts; 2-4 dish towels, as well as toaster, coffeemaker, etc. if allowed.
- BATHROOM: bring enough of what you will need but not much more, unless there is a storage area for toilet paper, absorbency pads, etc. Many facilities have a "store" where you can purchase items, or shuttle trips to area markets. Towel service for 2-4 is ideal, and this is a wonderful time to treat yourself to new towels in the colors of your new home. Throw out your old, or offer them to others. You will not need that
- much, so enjoy the beauty of fresh new ones!
- WALL ART: there will, most likely, be less wall space, so be selective about what you choose to put on your walls. Pictures of family will be a priority, but with some creativity, you can also add your flair to the design of your new home.
- BEDDING: 2 sets of sheets is a good rule of thumb...one for the bed and another ready for use. Many bedrooms have room for a twin bed and one night stand, while others are large enough for a gueen and two night stands. Be aware and use a tape measure and floor plan! Rooms look very different empty than they do when there is furniture in them.
- LIVING ROOM: Again, bring furniture or purchase what fits in your new home. Stay focused on what is most important to you, whether that includes a standing recliner or sofa for guest seating. As always, staying in a color that works with all of your apartment is a beautiful way to make your new home look, well, like yours!

Please call me at 908-883-0469 (or email me at ellynmantell@aol.com) if my partner, Carol and I can help you with your transition. SENIOR **ASSISTANTS** is created to be with you from the time you make the decision to move to senior living through unpacking the last box. You will sleep in your new home, and awake ready to enjoy the lifestyle that awaits you!

BRIDGEWATER-SOMERVILLE COMMUNITY CALENDAR Ge 70 NOVEMBER - DECEMBER - JANUARY DECEMBER -

PAGE 70

ACTIVITIES

NORTH BRANCH REFORMED CHURCH

NBRC Youth Drama Club presents - All About That Baby: Sunday December 11, 4pm, North Branch Reformed Church Sanctuary, 203 Route 28, Bridgewater. www.nbrc.com



THE ARTS

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

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

2016 International Juried Exhibition: Through Friday, December 23. Consists of 2 & 3 dimensional work in all media. Juror: Jonathan Goodman.

Fall Art Classes & Workshops: Through December. All ages.

STUDIO 7 "Linked" Online FINE ART GALLERY

Fine art gallery at 5 Morristown Road, Bernardsville, 908-630-9770. Gallery hours: Tuesday-Saturday 10am-4pm and by appointment. Upcoming Events: Rare Wildlife Revealed - The James Fiorentino Traveling Art Exhibition through Saturday, January 14, 2017. Artist Receptions, December 2.







CLUBS AND SERVICES

AUTO IMMUNE GROUP

Autoimmune Disease Support Group A Central NJ Support Group 🕾

Face to face support group for patients with Autoimmune Disease, Fibromyalgia & Chronic Fatigue Immune Dysfunction Syndrome. Group meets second Saturday of each month, 2-3:30pm, Robert Wood Johnson University Hospital, Hamilton Conference Room, Somerset Campus, Somerville. Upcoming Meeting: December 10. Visit www.autoimmunegroup.com for more information or to make a donation via Pay Pal, call Joanne at 908-358-7167. Mon-Fri 2-8pm or email: autoimmunegroup@hotmail.com

BRIDGEWATER SENIOR CLUB

Meets every Tuesday, noon at Bridgewater Senior Center, 455 Somerville Road, Bridgewater. For information call Donna Langel, Bridgewater Senior Center, 908-725-8020. New members welcome! For reservation & additional information, please call Ruth Hentz at 908-722-1926.

BRIDGEWATER TOWNSHIP SENIOR CENTER "Linked" Online

455 Somerville Road, Bridgewater. Many free programs available to residents of Somerset County. Exercise, for those who want to get fit, dance aerobics, tap. For guieter 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.

CENTRAL JERSEY HOUSING RESOURCE CENTER (CJHRC)



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:

First Step to Home Ownership (Pre-purchase Homeowner Education Program): Wednesday, January 11, 5:30-9:30pm, CJHRC office, 600 First Avenue, Raritan.

Financial Literacy & Savings Match Program: Thursday, February 23, 5:30-9pm. CJHRC office, 600 First Avenue, Raritan. Learn how to budget & start saving. This program is a pre-reguisite for the CJHRC Savings Match Program. Applications accepted on a first come first serve basis.

Helpful Tips for Existing Homeowners: Tuesday, March 28, 5 pm-8pm, Franklin Township Library, 485 DeMott Lane, Somerset. FREE.

Ongoing Programs:

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

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

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

COOPERATIVE SENIOR HOUSING

59 West End Ave, Somerville, 08876. GREAT HOUSING OPTION FOR SENIORS! A 501(c)3 non-profit organization offering attractively affordable housing for seniors aged 62 & above. Housing units offered in Warren Township in beautiful ranch homes. For information, please call 908-526-8130 or visit us at www.chchousing.org



INTERNATIONAL FRIENDS CLUB

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



JEWISH FAMILY SERVICE OF SOMERSET, HUNTERDON AND WARREN COUNTIES

150-A West High Street, Somerville, NJ. Unless otherwise noted, for information or to register for programs, contact Elise Prezant,



JFS at 908-725-7799 or eprezant@JewishFamilySvc.org, Admin@JewishFamilySvc.org or www.jewishfamilysvc.org **Upcoming Programs:**

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

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

Café Europa: A social group for Holocaust Survivors. Wednesdays, December 14, January 18.

Job Seekers Support Group: Wednesdays, December 7, January 4, 7-9pm. Free & open to the community.

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

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.

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 - winter training begins Wednesday, January 25 & spring training begins Monday, April 24. To become a tutor, to register for services, or to find more information, please visit www.literacysomerset.org or call 908-725-5430.

NEWCOMERS AND NEIGHBORS OF SOMERSET HILLS (NNSH)

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

SAFE+SOUND SOMERSET

(formerly, Resource Center of Somerset)

427 Homestead Road, Hillsborough 08844-1400, 908-359-0003, ext. 223. Private, nonprofit agency serving people affected by domestic abuse



in Somerset County. Provides emergency shelter to survivors of domestic abuse, adults & children. Free of charge. The Resource Center of Somerset has changed its name to Safe+Sound Somerset. We continue to envision a world where domestic abuse is not tolerated. Visit our new website www.safesound.org. 24 Hour Text or Call Hotline: 866-685-1122.

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.ni.us Transportation available to center. Programs begin at 10:30am unless noted. Upcoming Events:

Christmas Party featuring Jerry Castaldo: December 2,

Holiday Card Rubber Stamping Workshop: December 14, 10:30am.

Holiday Songs with James Barba: December 16, 10:30am.

Mahjong Club: Tuesdays & Fridays, 11:30am-3pm.

Bridge Club: Tuesdays, 9am-12pm.

Bridgewater-Somerville Community Calenda November - December - January December - January **PAGE 71**

CLUBS AND SERVICES

SWIM, INC. "Linked" Online

Provides free aquatic exercise for adults with mobility impairments. State wide organization, with 17 chapters across New Jersey. Three locations in Somerset County: Somerset Hills YMCA, contact Dr. Paul Kiell, 908-230-3581, Somerset Valley YMCA, Bridgewater, contact Janet McCloskey, 908-704-0630,



HRC Fitness, Hillsborough, contact Angela Horan, 908-399-3097. Accepting new participants & seeking volunteers. For additional information contact Eileen Loughnane, 908-766-6085, info@swim-inc.org or visit our website at www.swim-inc.org

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

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



Karen Swartz Organizer

ZUFALL HEALTH CENTER "Linked" Online

71 Fourth St., Somerville, NJ 08876, 908-526-2335. Nonprofit provider of medical, dental, be- ZUFALL havioral health & educational HEALTH 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 Somerville, NJ 08876.Visit www.goodasnewnj.com. All proceeds benefit misson of Zufall Health.



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 December 24, 25, 31, January 1 & 2 will open at 12 pm, Thursday, December 8.



FAMILY PROGRAMS:

Paiama Time Storytime: Wednesdays, December 7, 14, 21, 7-7:30pm. No registration required.

Happy Un-Birthday Party: Saturday, December 3, 10-10:45am.

Musical Monday - Holiday Singalong & Craft: Monday, December 12, 4:30-5:30pm.

A Christmas Carol: Saturday, December 17, 1-2pm.

UniBeat DrumCircle: Wednesday, January 11, 4:30-5:30 pm. No registration required.

CHILDREN'S PROGRAMS:

Storytime: (3-6 years) Tuesdays, December 6, 13, 20, 10-10:30am & 1:30-2pm. No registration required.

Art Adventures @ Your Library: (Grades K-4) Monday, December 5. 4:30-5:15pm.

Toddler Time: (18-36 months) December 1, 7, 9, 14, 16, 21, 23, 10-10:30am. No registration required.

Baby Time: (0-18 months) Thursdays, December 1, 15, 22, 9:30-10am. No registration required.

Tail Waggin' Tutor - Children Reading to Dogs: (Ages 4+): Wednesday, December 7, 4-5pm.

Wayback Wednesday - Take a Trip to Ancient Egypt: (Grades K-5): November 30, 7-8pm.

Lego Club: (3-12 years) Wednesday, December 21 & Thursday, January 26, 4:30-5:30pm.

TWEEN & TEEN PROGRAMS:

Tween Volunteers: (Grades 4-6) Mondays, December 5, January 9, 7-8pm.

Tween Advisory Board: (Grades 4-6) Tuesdays, December 13, January 10, 7-8pm.

Teen Advisory Board: (Grades 7-12) Tuesday, December 20, 7-8pm.

Teen Holiday Cookie Wars: (Grades 7-12) Monday, December 19, 7-8pm.

Open Mic Night: (Teens & Adults) Thursdays, December 22 & January 26, 6:45-8:30pm.

ADULT PROGRAMS:

English Conversation Group: Wednesdays, December 7, 14, January 11, 18, 25, 10-11:30am.

English Conversation Group - Intermediate: Wednesdays, November 30, December 7, 14, 21, 28, January 4, 11, 18, 25,

Mah Jong Club: Thursdays, December 1, 15, 22, 29, January 5. 12. 19. 26. 11am-1pm.

In Stitches - A Laid Back Knit & Crochet Affair: Thursdays, December 1, January 5, 6:30-8:30pm.

Friends Concert Series: Dan Crisci, December 9 & David Podles, January 13, 7:30-9pm.

Book Discussion: December 20, 6:30-8pm.

Battleship NJ - The Story of the World's Greatest Battleship: Saturday, December 3, 2-3pm.

Art Therapy presented by Carrier Clinic: Tuesday, December

The Empty Chair - Coping with Loss & The Holidays: Thursday, December 15, 7-8pm.

Open Mic Night: (Teens & Adults) Thursdays, December 22, January 26, 6:45-8:30pm.

Speed Traps, Potholes, & Robbers on the Information Superhighway: Thursday, January 5, 7-8pm. New Year, New You through Mediation: Saturday, January 7,

Mysteries in the Morning Book Discussion: Wednesday, Jan-

uary 11, 9:30-11am. Making Exercise Work for You! Stay Healthy in the New Year:

Wednesday, January 11, 2-3pm.

Vegetarian Super Foods: Thursday, January 12, 3-4 pm.

U.S. Citizenship Information Session: Thursday, January 19, 10-11:30am

Is 70 the New 65? Why Americans are Working Longer: Thursday, January 19, 7-8pm.

U.S. Citizenship Course: Saturdays, January 21, 28, 10am-2 pm. Unraveling the Mystery of Beauty Products: Saturday, Januarv 21, 2-3pm.

Take Control of Your Health - Discover the Principles of Clean Eating & How to Prevent Disease: Monday, January 23,

Friday Movie: Friday, January 27, 7-9pm.

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 December 24, 25, 31, January 1 & 2 will open at 12 pm, Thursday, December 8.



CHILDREN'S PROGRAMS:

Study Buddy: (Grades 1-5) Wednesday, November 30, 5-7pm.

ADULT PROGRAMS:

English Conversation Group: Wednesdays, January 11, 18, 25, 10-11:30am & Mondays, January 9, 16, 23, 30, 6:30-8pm.

Senior Book Club: Wednesdays, December 7, & January 4, 2:15-3pm.

U.S. Citizenship Course: Thursday, December 1, 6-8pm.

Library Loopers: Fridays, December 2, 9, 16, 23, 30, January 6, 13, 20, 27, 10am-2pm.

Learn to Play the Ukulele: Thursdays, January 12, 19, 26, 7-

Somerville Architecture - An Aesthetic & Practical Overview: Saturday, January 21, 2:30-3:30pm.

The Great American Song with Carol Erickson: Wednesday, January 25, 6-7pm.

RECREATION

SOMERSET COUNTY PARK COMMISSION

"Linked" Online

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

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



39th Festival of Trees: Friday, December 2 through Wednesday, December 28, Environmental Education Center at 190 Lord Stirling Road, Basking Ridge.

Holiday Festival at Lord Stirling Stable: Saturday & Sunday, December 3, 4, 10am-4pm, 256 South Maple Avenue, Basking Ridge. Free pony rides at designated times; photos with Santa or a pony; and free hay rides (weather permitting).

Holiday Kissing Ball Workshop: Saturday, December 3, 10am-12noon, Colonial Park gardens, Park Commission Headquarters, North Branch Park, 355 Milltown Road, Bridgewater. Fee-\$35 pp, all supplies provided (Limit: 15 people). Pre-registration required at www.somersetcountyparks.org or by calling 732-873-2459 ext. 21.

"Meet New Friends" New Year's Day Dog Walk: Sunday, January 1, 1:30pm-2:30pm, trails of Lord Stirling Stable. Donations of unopened dry or canned puppy/ dog or kitten/cat food accepted for donating to the Mt. Pleasant Animal Shelter. Fee

Nature through a Child's Eye: Art exhibit. Friday, January 6 through Sunday, February 5, 9-4:30pm, Environmental Education Center, FREE admission.



South Branch Reformed Church Preschool

870 River Road, Hillsborough, NJ 08844 (908)369-7885 Email: Preschool@SBRChurch.org

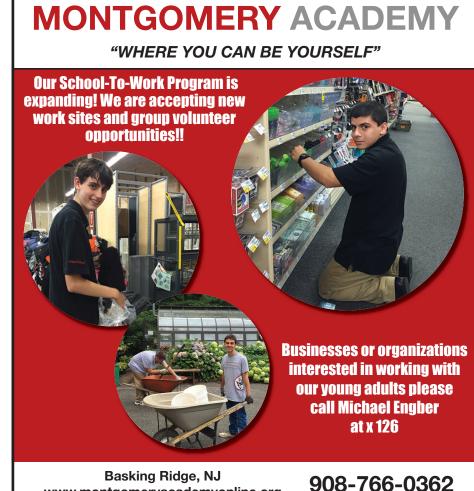
OPEN HOUSE 2/4/17

HALF DAY PRESCHOOL PROGRAMS

2 Day, 3 Day, 5 Day, & 4/5 Year Old Extended Day (8:45-2pm) Programs

Website: www.sbrcpreschool.org





www.montgomeryacademyonline.org





Mamie S. Bowers, MD, FACOG Michele S. Grove, MD, FACOG Kelly A. Frys, DO Sara J. Grimes, MD Barbara LaBrie, CNM
Catherine McCabe, CNM
Erin-Ellen Dillon, CNM
Jennifer Santos, CNM



Women Caring for Women

Offering complete obstetrical and gynecological care

~TWO LOCATIONS ~

HUNTERDON DOCTOR'S OFFICE BLDG.

1100 Wescott Drive, Suite 105
Flemington, New Jersey 08822
Phone: (908) 788.6469

BRANCHBURG OFFICE
3461 Route 22 East
Branchburg, New Jersey 08876
Phone: 908 707-1117

www.LMA-LLC.com

Member of Lifeline Medical Associates, LLC









All the Riding Apparel, Riding boots, Paddock Boots, Muck Boots, Horse Supplies, Tack and Equipment you need is right here at Dover Saddlery!

908.704.0101

doversaddlery.com



We provide Korean Martial Arts, Taekwondo training in a safe and friendly environment with lots of fun

908.704.9977

We offer classes from children to adults and help to build healthy body and soul.

skytkd.com

Happy Holidays!

SNAP FITNESS 908. 363.1160 snapfitness.com

MOE'S SOUTHWEST GRILL

908.218.1000 moes.com

PET VALU 908.725.2080 petvalu.com

SUPERCUTS 908.231.1818 supercuts.com

MASSAGE ENVY 908.704.0404 massageenvy.com

SUBWAY 908.704.3444 subway.com



908.231.0010

Stefano's features an authentic wood-burning oven, gourmet Neapolitan pizza, delicious soups, traditional pasta, salads, desserts and many more dishes.

stefanospizzabranchburg.com



Covering all Insurance needs for Auto, Home, Life including annuities and other financial services

908.722.3408

Mon. thru Thurs. 9:00 am - 6:00 pm Friday 9:00 am - 5:00 pm Saturday 10:00 am - 1:00 pm <u>allstate.com</u>

Sending Warm Wishes for a Wonderful Holiday Season



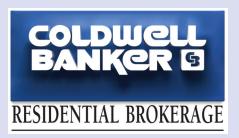
Coldwell Banker Bedminster / Bridgewater

Welcomes the opportunity to assist you with all your real estate needs!

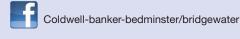
Give us a call whether you are interested in buying, selling, renting or simply interested in better understanding today's Real Estate Marketplace.

908-658-9000

Bedminster/Bridgewater Office: 302 Route 202/206 Bedminster, NJ



ColdwellBankerHomes.com









Would you see a chef for estate planning advice?

Then why see anyone but an allergist for your allergies and asthma?

If you suffer from allergies or asthma, learn what an allergist can do for you. Allergists have training and experience that allow them to identify the source of your suffering. Contact our office to schedule an appointment today.

© 2008 ACAAI. All rights reserved.







Kristine Krol, M.D.

Board Certified Allergist

Somerville Office 177 W. High St. Somerville, NJ 08876 908-725-8666

Bedminster Office
2345 Lamington Rd • Suite 107
Bedminster, NJ 07921
908-781-5550

Staten Island Office 4634 Amboy Road Staten Island, NY 10312 718-948-1868