

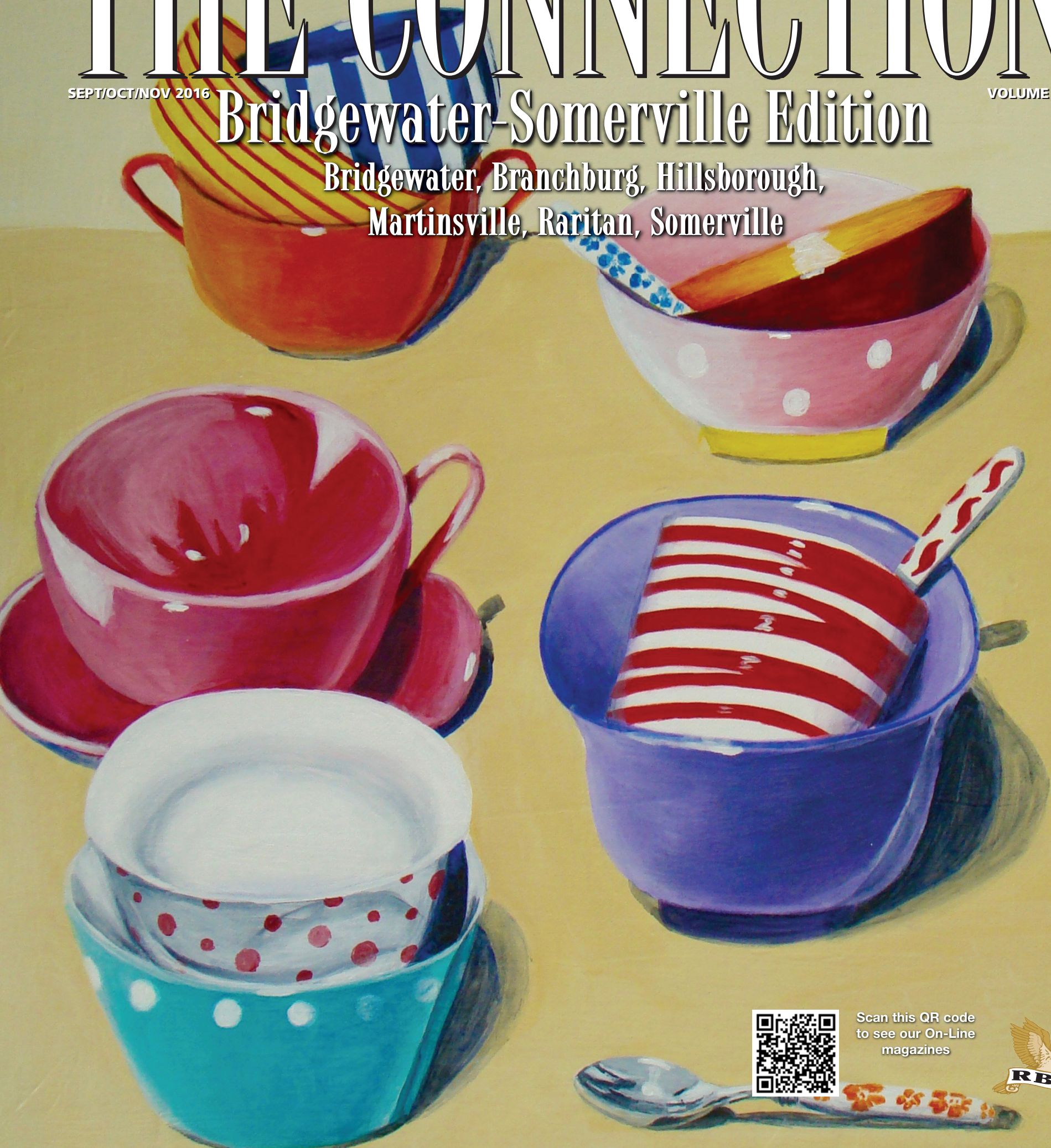
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THE CONNECTION
Bridgewater-Somerville Edition

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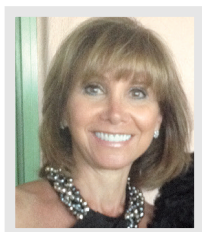
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The Bridgewater-Somerville Connection has a circulation of
over 31,000, mailed to residents in Bridgewater, Martinsville,
Branchburg, Somerville, Raritan & Hillsborough with
Bonus circulation to the business community.

PUBLISHED BY

RBF Consulting LLC • P.O. Box 4081 • Warren, NJ 07059
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PUBLISHER'S MESSAGE



Welcome to the Fall edition of **The Bridgewater-Somerville Connection**. This issue is full of NEW and returning advertisers, excellent editorial columns, dedicated sections, community news and much more! Our dedicated sections, this issue include: **Back 2 School**, featuring many local learning options and more, **Dining Out, Health & Wellness, Home Sweet Home, Tie The Knot, Explore Downtown Somerville, Spotlight on Seniors** and of course the **Community Calendar**. In our Community News column this issue we feature **Keeping Babies Safe Annual 5K Walk/Run**, which will be held on Sunday, October 30, 2016 at Harry Dunham Park in Basking Ridge beginning at 8:30am. Keeping Babies Safe is a national organization committed to ensuring safe sleep products for infants and providing low-income parents with safe cribs for their babies. We hope you support this important cause!

Highlighted from our business/professional community this issue are: **A2Z Dental, The Art Academy, Anne Cohen/Barbara Kalmus-Keller Williams Town Square Realty, Fleetwood Kitchens, Mama Rosina's, Somerset Hills Memorial Park and Studio Barre**. Our talented writers have given us unique insight into these businesses and their respective owners.

Local artist, **Laurence de Valmy**, adorns our cover with an acrylic on canvas entitled, **"Breakfast."** She states, "Breakfast is my favorite moment of the day because it's the start of a new day. These bright colors and light are a positive note and a symbol of the day ahead full of promises. When I look around me, I often admire how beauty can lie in simple things. It's also fascinating to notice how much small details matter and that put together, they create the big picture. There is the first impression, which will give you the overall feeling, and then when you look closer, I mean really look, you get to see so much more: how light transforms the colors and creates shapes or how reflections are playful. A little like getting to

know someone, it requires time and attention." Please read Laurence's impressive bio on page 8.

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

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More than 200 people took part in our **Spot The Fake Ad Contest** in the June issue. Congratulations to everyone who "spotted" **Waterview!** The winner, selected randomly from a list of all those who entered and provided the correct answer, is **Valerie Hengemuhle** of Bridgewater. The winner received a gift certificate to **Psychic Gallery** in Branchburg.



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ON THE COVER



Laurence de Valmy
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LAURENCE DE VALMY

Being born in Africa, raised in Paris and London, gave Laurence early on the taste of traveling and discovering other cultures.

Laurence is a Contemporary Realist painter and her work is often labeled as Photorealist, which has led her to be featured on photorealism.org. She

explores the beauty of things in different series which are inspired by Laurence's own interests in fashion, design and travel.

Laurence actively exhibits her paintings and is included in many private collections in the US, Europe and Asia. She is a full-time painter and keeps a studio in Basking Ridge, New Jersey. Recent shows in the USA: FIAF Montclair, NJ; the Ukrainian Institute of NYC; Trygve Lie Gallery, NYC; and in France: Carre d'Art du Cedre Rouge, Paris area, Richelieu Drouot, Paris. Laurence is a member of Artsee Tour and will be part of the Open Studio Tour taking place on September 24 & 25.

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THE GARDEN PATH

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By: Scott Parker, Parker Homescape, LLC



Most homeowners realize that a kitchen makeover can greatly impact the resale value of a home, but many people do not realize that a professionally landscaped home and/or a beautiful outdoor living space can provide the single, largest boost to a home's value. A study out of Emory University showed that remodeling a kitchen brought a recovery rate of between 75% to 125% and remodel-

ing a bathroom ranging between 20% to 120%. The same study showed landscaping ranging between a 100% to 200% recovery value. In a study by the National Association of Realtors, 68% of new buyers of homes said that landscape and hardscape features were "very important" factors in their decision to buy their house. Trendnomics, a polling company, found that 99% of real estate appraisers concurred that landscaping enhances the resale value of a home.

The realization that a well landscaped property can add 15-25% to a home's value has recently spurred a new market. Appraisal companies are now offering valuations for insurance or tax purposes to the exterior of a home, and the market is growing quickly.

As the housing market continues to stagnate, the creation of a beautiful outdoor living space continues to be a great hedge in a weak economic environment. Specific improvements that were statistically shown to greatly impact resale value were – patios, seating walls, fire pits and outdoor fireplaces, landscape lighting, landscaping, pathways, outdoor kitchens and bars.

Come home to an outdoor oasis that not only provides enjoyment and memories for many years to come, but also reap the financial reward of boosting the value of your home!

Scott Parker is the owner of Parker Homescape, a design/build landscape firm that has been recognized as one of the Top Landscape Design/Build Firms in the United

States, and has been recognized locally by Design NJ Magazine, New York Spaces Magazine, The Suburban News and many other prestigious publications. In 2012, Parker Homescape's award winning work was chosen to be published in a book that is currently being distributed worldwide.

For more information on Parker Homescape, visit their website and design portfolio at: www.parkerhomescape.com or call (908) 626-1100.



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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.

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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.

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GRANDPARENT VISITATION

By: Jeralyn L. Lawrence, Esq.

Norris McLaughlin & Marcus, P.A.

During oral argument of an application seeking grandparent visitation a few years ago, a judge made it clear that if a biological grandparent wants visitation with a minor child, and the parent of that child says "jump," the grandparents' are expected to respond with "how high?" Unfortunate as that might be, the rights of grandparents as it relates to custody and parenting time are very much limited in our state. A parent deemed fit and able has a fundamental due process right to the care and nurturance of his or her child. This right is guaranteed by the 14th Amendment of the United States Constitution. Therefore, if a fit parent decides that he or she does not want to permit a biological grandparent access to said child, that decision is given great weight and deference by our Court. However, in New Jersey, there is a grandparent visitation statute and a significant volume of case law that seeks to balance a fit parent's discretion and the right of a grandparent to have a relationship with his or her grandchild.

The 2003 New Jersey Supreme Court case of *Moriarty v. Bradt* has established legal precedent upon which a grandparent visitation application is measured. The burden of proof is on the grandparent to show that by a preponderance of the evidence, grandparent visitation is necessary between the grandparent and the child and that the denial of such visitation would irreparably harm a child. If it can be demonstrated that the lack of visitation between the grandparent and the child will result in irreparable harm, the grandparent can overcome the presumption in favor of a parent's decision to prohibit visitation. If a grandparent cannot overcome this standard, the parent's decision will be afforded deference and the grandparent's application to establish visitation may be denied, ultimately leaving that grandparent at the mercy of the biological parents.

Subsequent cases interpreting *Mori-*

arty have held that a grandparent must prove that by denying visitation, a particular, identifiable harm will come to the child. A simple, conclusory statement or allegation of harm is not enough. An example of a particular identifiable harm is if one of the parents has died and the grandparent is the only remaining lineage to the deceased parent. Other situations which may give rise to a successful application by the grandparent may include when the grandparent's relationship with the child was akin to that of the parent and child parent for an extended period of time, and the grandparent played an active role in the child-rearing process, or where both parents are found to be unfit parents to care for the safety and well-being of the child.

I seldom threaten litigation until visitation has been denied with finality, leaving litigation as the only recourse. I counsel the grandparent to make deliberate and cautious attempts with the parent to establish and agree upon a visitation schedule for the grandparent with the utmost respect for the parents' right to their child. In instances where we cannot come to an agreement, or we reach an impasse, litigation may be the only resort, and the strategy must be changed in order to proceed through the Court. However, realistically, it is important to realize and understand that succeeding on the issue of grandparent visitation is a difficult and trying task, which is not unique to any matters in which family is brought into the legal arena. In my experience, I have found that it is most beneficial to approach these particular areas delicately, putting a great amount of focus on repairing the relationship between grandparent and parent, rather than taking a litigious position. It is important to remain open-minded, cooperative and optimistic that a swift resolution can be achieved, which everyone involved can live with comfortably, and one in the best interests of the children involved.

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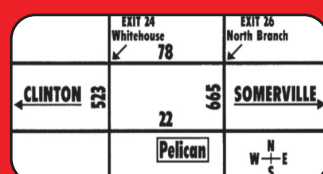
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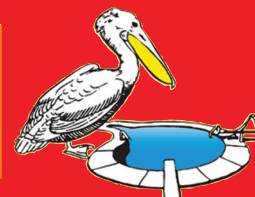


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Kevin Murphy

In April of 2009 'The Art Academy' was founded with the goal of offering a simple common sense approach to quality art training and in doing so, place measurable skills into the hands of any person interested in learning. In the 7 years that have followed, **The Art Academy** has grown into one of the strongest art programs in the U.S., with students commuting more than two hours to attend standard classes, and from across the country for summer intensives. The unassuming flagship school sits quietly nestled in an industrial park behind the Hillsborough movie theatre. Through the doors of a warehouse facade, entering the 2200 sq.ft. studio feels like stepping into another world. Music fills this elegant space, and an almost therapeutic sense of calm permeates the classrooms that doubles as a museum grade gallery. During class time, students of all ages and skill levels work diligently on the projects that sit before them on their easels. Each completed piece of art acts as a stepping stone laid on the path to mastery by each individual student at his or her own pace.

Speaking with students, it is interesting to discover how little time many have spent training at **The Art Academy** in order to develop the skills to produce such impactful work. Each student's story being different, it is impressive to see the level of consistency in the artwork created at all age levels. Describing the school further, Kevin offers "**The Art Academy** is home to a family of aspiring artists, myself included, looking to improve our skills. We all start at the beginning and grow from there. Each student walks the same road here and so can be supported by those with more experience and in turn, support the newer students as they become more

experienced themselves. This type of in-studio mentoring has been an accepted norm in the art world since the renaissance and is kept alive here."

Kevin goes to great lengths to ensure that the level of education offered and the work produced utilizing the skills taught at **The Art Academy** are second to none. In 2014, Gianni Maimeri (Maimeri Artist Materials, based in Milan, Italy) had this to say as he spoke to a packed house at **The Art Academy**. "As the owner of Maimeri, I have traveled broadly, and have had the opportunity to visit many of the world's greatest art institutions. I would say to the students here [at **The Art Academy**] that they are very fortunate to have such a school available to them. This is one of the finest programs I have come across in all my years. The results I see here in such a young body of students is rare and very impressive."

Beyond the visual impression of **The Art Academy** to one considering class, Kevin says there are other more quantifiable metrics by which to measure the program, such as 'return on investment'. **Art Academy** students have enjoyed a 100% acceptance rate into top tier art universities internationally, with an average scholarship of more than \$80,000. Presidential level college scholarships are a standard for dedicated **Art Academy** students. Additionally, these students have been broadly recognized in both student and professional level competitions, obtaining national and international acclaim.

With the motto "Great artists aren't born; they are trained", and a Free introductory class, this is definitely the go to place if you or someone you know has an interest in developing that artistic side of themselves.



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Oct. 2: 7:30 pm

Oct. 3 & 4: 9:30 am

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Yom Kippur

Oct 11: Kol Nidre - 6:30 pm

Oct 12: 9:30 am

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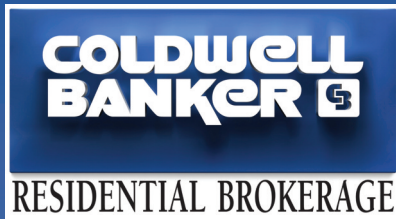
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645 Church Street, Bound Brook MLS# 3319624
\$409,000 Mary Algoo

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.



559 Central Avenue, Bound Brook MLS# 3290087
\$419,900 Ronald Snyder

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.



805 Watchung Road, Bound Brook MLS# 3298252
\$475,000 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 ELK 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.



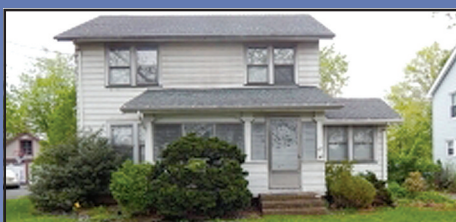
21 Oriole Lane, Branchburg MLS# 3317340
\$499,900 Michele Johnson

This stunning home has been customized to offer two thoughtful levels of living space. Hardwood floors compliment the large, bright living and dining areas. This home offers many possibilities; in law suite, guest quarters and so much more.



50 Vail Terrace, Branchburg MLS# 3284254
\$1,199,000 Marie Urso

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 bsmt and walk up attic.



214 W. End Avenue, Bridgewater MLS# 3307435
\$245,000 Michael Bisk

Old-world charm in this affordable 3 bedroom colonial home near Somerville circle. Hardwood floors throughout. Formal dining room and spacious living room with bonus sun room. Come see what this home has to offer. Will not last!



121 Branch Road, Bridgewater MLS# 3325006
\$474,900 Martin Abramson

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.



455 Washington Ave., Bridgewater MLS# 3322207
\$634,000 Cherie Berger

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.



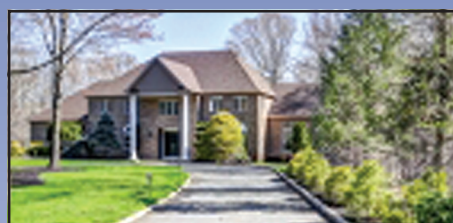
1010 N. Mountain Ave., Bridgewater MLS# 3304043
\$650,000 Marie Billingsby

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 drs & copper lantern style fixtures grace this unique property.



787 Petron Place, Bridgewater MLS# 3285688
\$949,000 Martin Abramson

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



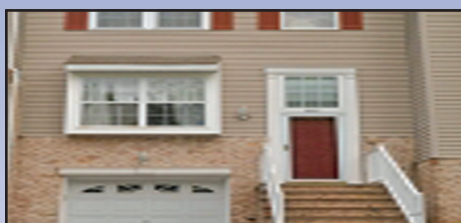
15 Adams Road, Bridgewater MLS# 3298376
\$1,025,000 Cherie Berger

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 flr & an overabundance of sunlight in this wonderful home.



1724 Washington Valley Rd., Bridgewater MLS# 3284747
\$1,149,900 Martin Abramson

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202 Tallwood Lane, Greenbrook MLS# 3306061
\$359,900 Elaine Uhl

This Turnkey home awaits you! Gleaming Hardwood floors everywhere except for ceramic tiled Kitchen & FR! Don't miss this upscale townhome complete w/ many updates. Enjoy the privacy on your deck listening to the many birds that visit. Big Eat in Kitchen!



33 Rock Road East, Greenbrook MLS# 3288866
\$1,490,000 Cherie Berger

Private, sprawling unbelievable 5 acre estate property which has sub division possibilities. This nearly 5,800 square foot home (plus the finished basement), offers a sun drenched open floor plan. Large windows with views of this spectacular property. The floor plan is very versatile.



2 Orchard Drive, Readington MLS# 3310274
\$519,900 Michael Bisk

This pristine home is move in ready. 23' long kitchen w/ SS appliances, granite countertops & new 42 inch designer wood cabinets. Pendant 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

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MEDICAL MINUTES

A PROVEN NON-SURGICAL BACK PAIN TREATMENT FOR PATIENTS AT PEAK MEDICAL

Submitted By: Peak Medical

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

As stated by the AAPM&R, back pain that is not treated can cause your posture to get worse and may in turn worsen the problem or cause new ones. Many people who suffer from back pain think that medication or back surgery is the only resolution to the problem. Today, there are many non-invasive and medication free ways to help reduce or prevent the pain from returning. With the help of treatments and training available through Peak Medical, people are finding relief from their back pain.

Peak Medical, a multidisciplinary physical medicine and rehabilitation center, successfully improves chronic back pain through many non-invasive and safe treatments. As every individual has a unique set of pain symptoms, we customize specific treatment using an array of FDA cleared technology, treatments, and medical experience. Peak Medical offers patients a highly successful, non-surgical spinal decompression to relieve back pain and pressure.

Non-surgical spinal decompression gently lengthens and decompresses the spine, creating negative pressure

within the discs and easing the burden. Also known as the DRX9000TM, this state-of-the-art technology provides a comprehensive approach to the successful treatment of cervical pain. It utilizes a sophisticated method of cycling the patient through a series of gentle pulls, holds and releases. The super-smooth transitions between each phase of therapy can make for an experience so relaxing that many patients often fall asleep. A spinal decompression treatment regimen consists of 20-25 sessions over four to six weeks. Several patients have reported relief from their pain during the first few treatment sessions.

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

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

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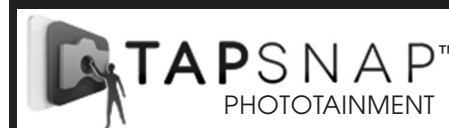
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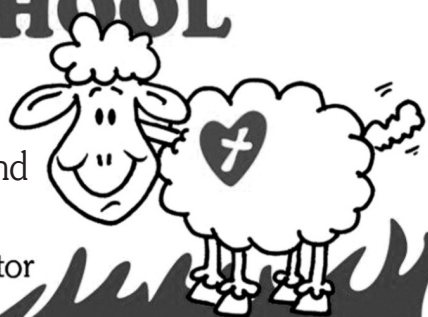
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FAMILY ADVENTURES



FALL PICKING ON THE FARM

By: Jill Stolz

*Besides the autumn poets sing,
A few prosaic days
A little this side of the snow
And that side of the haze.*

— Emily Dickinson

The change of seasons from summer to fall conjures up so many images, from the cool, crisp air and uniquely blue skies to the glorious colors of the leaves. While the shorter days and increasingly cold temperatures confirm that the summer has gone, there is something so special about this time of year that inspires us to take advantage of the great outdoors before the winter approaches.

Lucky for us, we live in an area surrounded by farm country, and one of the great joys of the season is to spend the day at a farm picking apples or pumpkins, enjoying hayrides, petting animals, navigating a corn maze, and maybe enjoying a fresh donut or cup of cider. There are so many great farms in New Jersey, so I am highlighting just a few that have stood the test of time. Most are open from late September to early November, but check the websites for directions, dates and hours of operations and special events.

Best All-Around

Terhune Orchards, Princeton - The Family Fun weekends here are filled with activities for families including pumpkin picking, food, music, pony rides, farm animals, adventure barn and hay rides. The adults will also not want to miss the farm store and winery.

Ort Farms, Long Valley - Pumpkin picking, hayrides, train rides, pony rides, farm animals

and a petting zoo. There is also a farm stand with produce and delicious cider and treats

Alstede Farms, Chester - Take a hayride to the pumpkin patch and then enjoy the farm animals, bluegrass music and farm stand, including honey made from local hives around the farm.

Best Apple Picking

No need to go far for delicious apples **Melick's Orchards in Oldwick** and **Hillview Farms in Gillete** have plenty of varieties to pick your own apples for snacking and baking.

For Maze-Crazed Kids

Wightman's Farms, Morristown - In addition to pick your own apples and an on-site produce market, Wightman's features a crawl maze, a giant hay maze, a pipe maze and a corn maze. A-MAZ-ing!

Least Crowded

If you are looking for less of a scene, **Conklin Farm U-Pick in Montville** has it all but in a smaller, quieter way. Here you will find pumpkin picking, a corn maze, and hayrides for families, and haunted hay rides for older children. A farm stand offers hot cider, fresh donuts and candy apples.

Fall Festival Worth the Drive

Heaven Hills Farm, Vernon - The Great Pumpkin Festival, held from September 20 - October 31, is the largest fall festival in northern New Jersey. Open Wednesday - Sunday, activities include pumpkin picking, hay rides, pig races, carnival rides on weekends, corn and hay mazes, farm animals, a boo barn, and more.



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

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

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

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

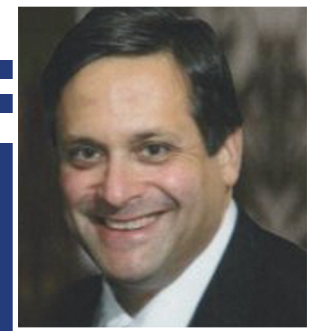
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Community News...

For Families Under Stress – Jewish Family Service Is Here

By: Jennifer Walters, LCSW

As a non-profit agency serving Somerset, Hunterdon and Warren Counties for over 36 years, JFS sees that families today are under more stress than ever before. Families are more likely to require multiple incomes, work long hours and have a multitude of other stressors escalating family strain and the need for support.

Jewish Family Service of Somerset, Hunterdon and Warren Counties provides outpatient counseling, a variety of support and socialization groups for individuals and families with special needs and meaningful volunteer-driven programs to support families who feel they could benefit from emotional support in their own home.

The Betty and Arthur Roswell Counseling Center at JFS is, a licensed mental health outpatient provider. We employ a highly qualified and dedicated professional staff. Our counseling center provides individual, couples, child, family and group therapy. We can help you address your problems, explore alternatives, develop new insights, and find solutions. JFS accepts third party insurance or provides services on a sliding fee scale. Payment arrangements can be made to accommodate your budget.

All JFS Special Needs Programs have a modest fee with scholarships available thanks to the financial support from the Nancy L. and Arthur E. Lee Family Fund for Special Needs. Special Needs Programs at JFS are designed to address

current needs of individuals in our community and include the following:

Social Learning Group - For children or adolescents coping with Aspergers Syndrome, High Functioning Autism Spectrum Disorders or other social skills challenges. The group is designed to assist children in developing and practicing social skills in a recreational, supportive and playful environment.

Young Adult Social Club - A Social Group for Young Adults, generally ages 18-35 looking to enjoy activities and practice skills in a relaxed and supportive environment. The group is specially designed for high school graduates with developmental challenges or social needs.

Parent Support Group - Educational and supportive group sessions for parents and caregivers of children with special needs. An opportunity to come together and explore the issues most important to participants.

Sibling Support Group - Peer Support and information for brothers and sisters of children with special needs. Group provides an opportunity to meet other siblings who share similar experiences.

The Family Mentor Program is designed to provide in-home support, information and advocacy primarily to Somerset County Families. There is

a special focus on families with children under the age of 10. It addresses the needs of families that are feeling overwhelmed, by promoting strengths and capacities within the family unit by matching a trained community volunteer with each family. The program supports the family's ability to successfully address challenges, rather than focusing on problems. The Family Mentor Program's major outcome is the promotion of emotional health of children and adults. The program is free of charge and open to the entire community, regardless of religion or cultural background. Community volunteers from all walks of life, male and female, are recruited and screened to become "Family Mentors." Volunteer mentors are specially trained and supervised by licensed social workers. Once the volunteer is "matched" through a joint home visit between Program staff, the family and the volunteer, have an opportunity to develop a personal relationship with their mentor and receive information, modeling, support, and advocacy to optimize the family's functioning. The Mentor arranges for home visits at convenient times and with the family plans activities based on goals the family establishes. The Mentor visits weekly for 1-3 hours during the first 3 months, and as arranged and appropriate during the next 9 months (generally at least bi-weekly) and by phone as needed.

JFS is committed to serving the needs of the entire community and offers a continuum of programs and services. Licensed clinical social work-

ers provide individual, couple and family counseling as well as geriatric assessments, supportive counseling and case management services for home bound elderly. The Family Mentor Program recruits, trains and matches volunteers with vulnerable young families or with elderly persons for friendly, supportive, in-home visits; Families with children with special needs are assisted through social groups, parent groups and through the Family Mentor Program. Career Counseling helps individuals in many aspects of their job search. Ohr Tikvah-Light of Hope Jewish Healing Services offers presentations, support groups, and individual spiritual counseling to address the health, wellness and healing needs of the community. All information is confidential. Many programs are at no cost, on a sliding fee scale or payable through third party insurance.



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



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For more information about fees, dates and other JFS Programs and Services for individuals with disabilities and their families please contact us at:

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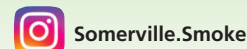
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Summer is over and the beach days have come to an end but there is always an upside to changing seasons. It is after all fall and fall is a time of warm pumpkin lattes, changing colors, a changing lifestyle. It is the perfect time to begin by transforming your home with a renovation project. Imagine the chilly fall nights turning into cold winter nights, what could be better than spending your time indoors in your freshly designed space? Imagine cooking your Thanksgiving dinner in your new top-of-the-line, chef-ready kitchen. Seriously, what could be better? According to the National Kitchen and Bath Association, kitchens renovations were the number one remodeling project completed in 2015 and will continue throughout 2016 and 2017. With the seasons changing so quickly, it is time to start today so you can enjoy the winter months in your renewed space. This month a featured, local kitchen and bathroom remodeling firm **Fleetwood Kitchens** is prepared for the fall rush and also planning for the winter projects ahead. They are gladly accommodating their clients to meet their ever-changing desires and project goals in order to accommodate busy holiday schedules.

With a continuously changing kitchen and bathroom industry, **Fleetwood** itself has also gone through a transformation. If you visit their showroom located at 107 Sherman Avenue in Raritan you will discover a beautiful, new gray shaker kitchen display in their newest cabinetry line Tedd Wood Landmark Series. The latest display features white Cambria Torquay counter tops, marble Moroccan tiles, deep, dark wood grained tile and is adorned with today's most stylish hardware. It is a stunning addition to their already striking 2,500 square foot showroom

which currently showcases kitchens, bathrooms and even displays a library for the modern home and it excellently demonstrates the trends and styles of today. It is one of the few showrooms in the area that is able to capture such a wide variety of styles in traditional, transitional & contemporary design. The large showroom not only features full room displays but also accommodates every style with hundreds of door, counter top, hardware and flooring samples.

In addition to an improved showroom at **Fleetwood Kitchens**, The National Kitchen and Bath Association (NKBA) certified design team have been using innovative technology such as Houzz and Pinterest to visually gage a clients' personal taste and have been benefiting from the pictures and unique design features that can be shared through the World Wide Web. The world of design is growing and the possibilities are endless; homeowners are able to see all the styles and trends in the comfort of their homes on their laptop or mobile devices. They are now able to share it all with their designer and the world with a simple click. This has bridged a communication gap from earlier generations with ease between designer and client. After all they do say, a picture says a thousand words. **Fleetwood Kitchens and Baths** has put this concept into use and recently redesigned their website which launched over the summer. The new website features current projects with pictures and client testimonials. It provides all the products, services and tools you will need to get your project started. During this beautiful fall season, stop by the Fleetwood showroom or visit the new website at www.fleetwoodkitchens.com before the cold winds of winter arrive!



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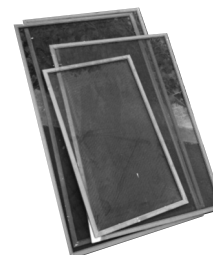
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By: Lidia S. Gabinelli, Sales Associate
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What's Cooking with Lidia... Achieving Financial Freedom!

Did you know that less than 40% of Americans can cover an unexpected emergency bill between \$500 and \$1000? Further, at least 25% of that 40% would most likely cut back on spending, 16% would ask a family member for a loan, and 12% would resort to their credit card. Whether you are facing an unexpected financial challenge, or just want to exercise more frugality, these are some ways to track your cash and save more of what you earn:

- 1. Know where your money is going.** Make it a habit to list your fixed monthly expenses such as mortgage, taxes, insurance, utilities, groceries, car payments, and credit card payments. Next, list what you spent last month on "extras" including social activities, shopping, dining, morning coffee, toiletries, and so forth. Finally, make a third list of more infrequent expenses you have a few times a year, such as car maintenance, vacations, birthdays, holiday shopping. Total up the first two lists for monthly expenditures and compare them to your net income. For a full picture, multiply the total monthly lists by 12, add the yearly infrequent expenses, and compare to annual net income. If you are spending more than you earn per year, first make cuts on your monthly "extras" where possible, then look for a way to cut your infrequent spending.
- 2. Set a budget.** This allows you to keep track of how much more you are spending over your budget per month. Make sure to include savings into that budget! It is always a good idea to have a family meeting to discuss ways to cut back on spending.
- 3. Look for ways to save.** Be cognizant of the utilities,

cell phone, internet & cable costs, and shop around for reduced service rates.

- 4. Set up automatic savings.** This way, you don't have to think about transferring money each pay day. The money automatically transfers and is removed from your spending pool. Pretend it is not part of the income you have to work with! This allows a nest egg for an unexpected rainy day.
- 5. Pay off debt.** Each month, make it a goal to pay off the balance amount. Some debts like mortgages or student loans are considered "good" debts because they are investments. On the other hand, credit card debt is a problem for many Americans. Make a special note for credit card debt in your budget. In America, the average household pays over \$6600 of INTEREST each year on credit card balances! Avoid not being able to make a credit card payment (and incurring large interest fees) by consistently making timely payments on the full statement balance for that statement cycle. Don't let credit card debt build in case of a financial pitfall!
- 6. Maintain good credit.** Maintaining good credit is the revolving door to all avenues to financial stability and ultimately to getting organized and achieving financial freedom. Make all payments on time. As a best practice, pay the full statement balance. If that is not possible, make sure to consistently pay at least the minimum amount due. This way, if an emergency bill does arise, there is no added worry of damaging your credit or falling short on other expenses.

If you are thinking of buying a home, selling a home, or downsizing, contact me before your next move!



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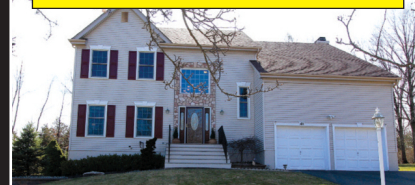
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CREATIVE CORNER

THE MANY USES AND METHODS FOR I-CORDS

By: Carolyn Hanson

What is an i-cord? When is it used?

An I-Cord is a tube of circular knitting over 3-6 stitches using double pointed needles. Elizabeth Zimmerman coined the term i-cord, where "I" stands for idiot since it's so simple even an idiot could do it. It is simple and has many uses, but tedious to knit when making many small or long cords. You may remember making long i-cords as a child by tapping 4 small headless nails into a wooden spool and wrapping the yarn around the 4 nails and then lifting the lower thread over the upper thread of each nail and pulling a knitted cord through the hole. I remember making this on "The Little Red Spinning Wheel" and after using all the yarn having no idea what to do with it? Well I was 5 and had no idea how to make a rug (one of the ideas in the instruction guide).

Since then, I've learned the many uses of I-cords as embellishments.

- Make many and add as fringe for a shaggy look, see Maggie Jackson's designs.
- Make long cords and attach into elaborate surface designs.
- Make into frogs for sweater closures with toggle buttons.
- Make fingers for gloves; use more stitches as needed
- Join the ends of long i-cords to make a necklace.
- Make one or two and use as purse handles.

Here are 4 methods that give the same results and provide variety and interest.

Double Points or Circular Needles – Cast on 3-4 stitches. Knit each stitch across the row. Do Not Turn, instead, slide the stitches back to the tip of the needle where you started. Carry the working yarn across the back and knit the next row. Repeat. The work will begin to form a cord. It does take a few rows for the cord to form.

Straights – Cast on 3-4 stitches. Knit each stitch across the row. Do Not Turn, instead, move the stitches from the right hand needle back to the left hand needle. Carry the working yarn across the back and knit the next row. Repeat.

Crochet – This was a surprise! I came across this method on YouTube. Tried it and loved it. Looks like it was knitted. Can easily be substituted for the knitted version. Uses a regular crochet hook. You only need to know how to chain to do it. Check it out <https://www.youtube.com/watch?v=cjXsRkr1oWo>

I-cord Spool or Embellish Knit Tool – If you need to make a really long cord using thin yarn, this is the way to go. The i-cord spool is so easy a child can do it, so gather your little ones to make these for you. You can also purchase the Embellish Knit Tool, which has a hand crank which turns the spool and lifts the hooks to make the cord. One ingenious user replaced the hand crank with an electric drill to speed the process along. <https://www.youtube.com/watch?v=MAUylZadsOI>

I-cord can even be used as a bind off to make a rolled edge or an "applied" edge to a finished project.

For an i-cord bindoff:

Start with the stitches you want to bind off. Cast on 3 additional stitches. Knit two stitches, then SSK the next 2 stitches. There are now 3 stitches on the right-hand needle. You have decreased one stitch. Now slide the 3 stitches back to the left-hand needle and repeat. Continue until only 3 stitches remain and then bind off all.

An Applied I-Cord is added to the edge of a finished project. It's similar to the I-Cord bind-off. Start by casting on 3 stitches. Pick up one stitch from the edge to which you are applying the i-cord and place it on the left needle, *slip the 3 stitches onto the left needle, k2, knit the 3rd and 4th stitches together. Pick up another stitch from the edge and place it on the left needle; repeat from * until the edging is complete.

If all else fails, make a faux i-cord by knitting 4-7 stitches in stockinette; knit one row, purl one row, and repeat. Since stockinette is an unbalanced stitch, it will naturally curl inward giving the same effect without making a tube. Ta da.

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



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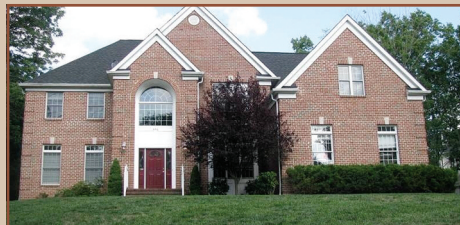


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4 Fawn Lane, Martinsville

Stunning Colonial located on quiet cul-de-sac in private neighborhood of Martinsville. Set back, this large level lot offers superb curbside appeal with professionally landscaped greenery surrounded by woods for extra privacy.



9 Sylvan Drive, Bridgewater

Bright, spacious living on a desirably tranquil cul-de-sac setting encompasses the wonderfully relaxing ambience of this home. Professionally landscaped greenery around the home give the property a perfect curbside appeal.



518 Glen Ridge Drive South, Bridgewater

Well maintained Colonial; situated within quiet, desirable neighborhood features 4 spacious bedrooms and 2.5 baths. Mature trees & professional landscaping draw you offer wonderful curb appeal, while beautiful French doors welcome you into the residence.



661 Carlene Drive, Bridgewater

Nestled within the conveniences of Bridgewater, sits this 5 Bedroom, 2.5 Bath L-shaped colonial. Mature trees, level lot and spacious backyard, backing into woods, offers a serene oasis within a quiet neighborhood.



1667 Donahue Road, Bridgewater

A beautiful, meticulously maintained jewel on Bridgewater's mountainside boasting old world look with today's new fine-living feel.



12 Copper Hill Road, Bridgewater

Charming split-level home nestled within desirable Bridgewater neighborhood with conveniences to all major highways and shopping. Excellent curb appeal is achieved by surrounding mature trees, professional landscaping and a welcoming facade.



949 Papen Road, Bridgewater

Outdoor oasis awaits in tranquil Bridgewater setting. Well manicured landscaping, mature trees and outdoor patio provide effortless entertainment space. Slate tile welcomes you in leading to hardwood flooring throughout top level.



2402 Vroom Drive, Bridgewater

Multi-floor townhome residence located in a back area of Bridgewater's very own Bridle Club. Superbly well-kept unit offers hardwood floors, two bedroom suites and finished basement.



1246 Washington Valley Road, Bridgewater

Welcome to this beautiful Ranch home located in the heart of Bridgewater. This home offers three bedrooms, one and a half bath. Enter into an open foyer giving entrance to the living and family area.



574 Watchung Road, Bound Brook

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270 Washington Valley Road, Bedminster

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9 Presidents Drive, Bridgewater

Entertaining is at the heart of this custom home in a cul-de-sac neighborhood with professional landscaping. Its storybook façade with a wraparound porch sets a sophisticated tone infused with a cheerful vibe.



21 Drysdale Lane, Bridgewater

Contemporary home beautifully updated for today's fine living with modern kitchen, vaulted ceilings, Master Suite, walkout basement and large deck located on private cul-de-sac in the heart of Bridgewater.



37 Reinhart Way, Bridgewater

Nestled within one of Bridgewater's most sought after neighborhoods, lies this well maintained 4 Bed, 2.5 Bath Colonial residence. A 2-story foyer welcomes you into the light filled home while base, chair and crown molding lead you into the living space.



375 Stony Brook Drive, Bridgewater

Bridgewater's luxurious lifestyle welcomes this pristine Split Level Colonial with sprawling yard space and an abundance of natural light.



838 Brown Road, Bridgewater

Remarkable, completely updated, freshly painted 3BR Colonial supports nothing but NEW!



2130 Washington Valley Road, Martinsville

Escape to the idyllic surrounds of a tree-lined setting in Martinsville. Plenty of windows allow natural light to penetrate the living spaces and give the house an open feel.



20 Cedar Court, Bridgewater

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"RANDOM" CONNECTIONS

WHY DO WE CONNECT WITH SOME PEOPLE AND NOT OTHERS?

By: Dan Rosenberg

In 2012, I knew very little about James, one of my colleagues at a company in Boston where we worked. James' specialty is creating websites that people find appealing and easy to use.

In my role, I would not normally be involved in the details of James and his team. However, we found ourselves collaborating closely for a few weeks on a small project. One morning, during that period, James broadcast an e-mail that he was not feeling well, didn't want to infect others and therefore would be working from home. He would be available by cell phone as needed. He provided his number, which contained a 207 area code.

I returned an email, recognizing the

207 as the area code for Maine, asking James if he was from there. I told him that I had spent a considerable amount of time in Maine and looked forward to talking with him about it when he returned to the office.

James didn't wait until his return to the office. He responded immediately that he was born and raised in Brewer, Maine. In my comeback, I told him of a prominent family I knew in Bangor, the neighboring town to Brewer. I also mentioned friends, originally from Princeton, that had settled in Brunswick becoming involved in the local community and Bowdoin University, which two of their children had attended. James did not know of the family in Bangor. However, he did attend and graduated from Bowdoin.

I then asked James if he had heard the news from a couple days before about the female graduate from Bowdoin, Hilary Strasburger, who was traveling in Africa. On one leg of her journey she took a ferry in Tanzania from the port of Dar es Salaam to Zanzibar.

The ferry capsized in rough seas on the Indian ocean. Nearly 150 people drowned. The ferry's captain was warned not to sail. Although there were about 250 on the manifest, the boat was packed with as many as 400 people. Hilary, was able to escape through a window and swam to the safety of a rescue boat.

We have known Hilary, now 30, since birth. She is the daughter of our close friends, Carrie and Frank Stras-

burger, who have been featured in this column in previous articles.

Very few Americans heard about this tragedy as opposed to the South Korean ferry and Italian cruise ship disasters, which received so much media coverage. I encourage you to do a web search and read Frank's op ed, published in the Washington Post, May 9, 2014, "Why Do We Care About Some People and Not Others?"

James responded that he had been following this situation closely. He was more interested than most Bowdoin alums. His fiancé, Julia, was Hilary's roommate at Bowdoin. James left the company but we have stayed in touch and celebrated together at Hilary's wedding a couple of years later.

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CONNECTION COMMENDS



MAMA ROSINA'S

350 E. Main Street
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By: Tatiana Javier

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The treasures they brought with them were their love for family, fine wines and outstanding food. The recipes that Mama Rosina brought with her can be shared with your family in this historic old train station building in Somerset County's oldest town, Bound Brook.

In 1989, brothers Joey, Dominick and Sammy Todaro opened **Mama Rosina's** in loving memory of their mother. "We are truly a family run establishment. Family first then food," said Joey who makes it his personal mission to provide hearty, quality food much like the home-cooked meals he ate growing up.

Conveniently located at 350 East Main Street, **Mama Rosina's** offers dining for casual family dinners, special occasions, work events and more. The Italian eatery serves the finest sandwiches, pizza, veal, pork, fish, and pasta dishes.

Favorites include the Veal Marsala sautéed in Marsala Wine and mushrooms and the Pollo Giambotta which is breast of chicken accompanied by onions, peppers, potatoes, sausage and a touch of marinara.

A popular vegetarian option is

the Fettuccini Rosina. The delicious dish is cooked with shallots and basil in light cream sauce with mozzarella. And let's not forget about **Mama Rosina's** sweet treats. Desserts include cannolis, cinnamon apple cheesecake, tartufo and much more!

Specials are offered Monday through Friday from 3pm-7pm in the bar. For just \$6 you can get shrimp cocktail or a dozen steamed clams with garlic and butter.

Need a regular place to enjoy Happy Hour? **Mama Rosina's** is the place. Drinks are \$1 off and appetizers are \$2 off from 3:30pm to 6:30pm, Monday through Friday in the bar. Other drink specials include \$2 pints of Rolling Rock and pints of Bud or Bud Lite for just \$2.50.

Rated The Best Italian Restaurant in Central Jersey several times, **Mama Rosina's** even offers al fresco dining in the spring and summer.

The delicious and expansive menu is available for take out, catering, or a private event. Both offsite and onsite catering is offered. Onsite catering packages range from just \$18-\$26 per person.

Drop in to say hello to the brothers Todaro and enjoy a savory meal to remember. For the full menu, visit mamarosinas.info or call 732.805.3377 for more information. Buon appetito!



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BIG APPLE BITES

The Lower East Side is Old and New

By: Linda Seigelman

I recently spent time on the Lower East Side (LES) and was again reminded how much I enjoy the neighborhood and all it has to offer. Once home to the city's largest Jewish population, the LES is now a mix of boutiques, lounges, restaurants and hotels interspersed among landmark buildings and a sadly dwindling number of mom and pop storefronts that reflect its immigrant roots. Because of this diversity, the Lower East Side is a wonderful place to explore day or night.

Stretching from the Bowery to the East River and from Canal Street north to Houston, the Lower East Side can be reached in less than an hour. Orchard Street, the heart of the LES, is a shopping haven with small stores offering everything from clothing, furs, leather goods and shoes to fabrics, trim and cigars. On Sundays, Orchard becomes a pedestrian mall where local merchants set up tables and rolling racks on the sidewalks creating a festive shopping atmosphere for bargain-hunters of all types.

Recalling the area's heritage and providing interesting historical context is the Eldridge Street Synagogue, which was originally built in

1887. Now lovingly restored and a National Historic Landmark, the Synagogue is a wonderful museum offering tours, exhibits and educational programs that highlight the history and culture of the Jewish experience and the immigrant population in general (see www.eldridgestreet.org for details). A short walk away is The Lower East Side Tenement Museum where you can tour typical turn of the century apartments and view life as it was lived over 100 years ago. Discount tickets for entrance to both museums are available.

It is easy to eat your way through the neighborhood. A stop at one or more of the famous LES food spots is a must: sample a corned beef or pastrami sandwich at Katz's deli, a knish at Yonah Schimmels or a bagel and lox from Russ & Daughters. Economy Candy will put a smile on the face of kids of all ages. Visit the Essex Street Market to take home some delicious cheeses and other provisions. Around the corner is the Donut Plant. Don't pass by without getting on line; the donuts are worth the wait.

In the evening, the Lower East Side offers some of the best of New York City nightlife. The streets fill with locals and tourists heading out for drinks, dinner, music or a movie. Whether you want to listen to music at an intimate club like the Rockwood, enjoy the scene at a boutique hotel like the Ludlow, or find a dinner spot to meet a group of friends, the Lower East Side is a wonderful choice.

SOME FAVORITE SPOTS

Clinton Street Baking Company, 4 Clinton Street (bet/ Stanton & Houston) – great spot for brunch, breakfast served all day, many come for the pancakes

Donut Plant, 379 Grand Street (bet/ Essex and Norfolk) – worth the trip for the donuts alone, try the square-shaped jelly, the blackout cake, the seasonal specials, a personal favorite

Economy Candy, 108 Rivington Street (bet/ Ludlow & Essex) – a LES treasure, every childhood candy and then some: Bonomo Turkish Taffy, Chuckles, Candy Dots, Pez dispensers, etc., you name it they have it, bulk candy for parties and events too

Katz's Delicatessen, 205 East Houston Street (at Ludlow) – NYC's oldest deli, famous for top notch pastrami and corned beef sandwiches, crisp hot dogs, and that scene from "When Harry Met Sally"

Il Laboratorio del Gelato, 188 Ludlow Street (at Houston) – excellent gelato and sorbet, classics and seasonal flavors, a refreshing stop

The Meatball Shop, 84 Stanton Street (bet/ Allen and Orchard) – pork, beef, chicken or vegetarian meatballs, in sliders or heroes, with pasta or vegetables, good food and prices

Russ & Daughters, 179 East Houston (bet/ Allen and Orchard) – for over 100 years, the best of NY appetizing and more: lox, white fish, sable,

herring, babkas, take a number, take some home

Russ & Daughters Café, 127 Orchard Street (bet/ Rivington & Delancey) – finally a sit-down restaurant serving the classics: salmon, herring sable, sturgeon, caviar and blinis, eggs all day (yes they make a LEO – lox, eggs and onions), potato latkes and knishes, blintzes, excellent soups and borscht, try the chocolate babka ice cream sandwich for dessert, egg creams and a full bar

Saxelby Cheesemongers, 120 Essex Street (Essex Street Market) – purveyors of high quality American cheeses from small local farmers, a real treat to bring home

Shopsins, 120 Essex Street (Essex Street Market) – famed for ornery owner Kenny Shopsin, eclectic breakfast/lunch menu with over 900 items, a few tables and a counter

The Stanton Social, 99 Stanton Street (bet/ Orchard & Ludlow) – great selection of international small plates for brunch or dinner, fun drinks, still very popular

Sweet Chick, 178 Ludlow Street (bet/ East Houston & Stanton) – excellent fried chicken and waffles, BBQ pork and duck sliders too, casual, fun, reasonably priced

Yona Schimmel Knish Bakery, 137 East Houston (bet/ 1st & 2nd) – original home of the potato knish, now many other fillings as well, the perfect street food

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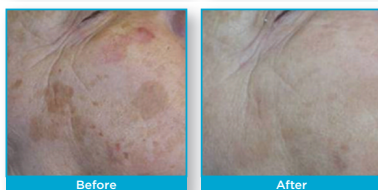
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HEALTH HOTLINE



FALL SKIN REJUVENATION

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

Now that summer has come and gone, it's time to address all that sun damage from those days at the pool and down the shore! There are several in-office laser and light devices that rejuvenate the skin and even reverse some of the damaging effects caused by the sun's harmful rays.

1. IPL Photofacial

IPL (Intense Pulsed Light) is a broad band light device that targets brown spots, age spots, and redness. Certain models have adjustable filters to target specific skin problems, such as birthmarks, broken blood vessels, brown spots, and age spots, as well as leg veins, tattoos, and even hair removal. It feels like a warm snap and is associated with minimal downtime. This is a very effective option to improve brown spots on the face, chest, and hands, as well as improve the redness and broken blood vessels seen in rosacea. Like most procedures, it is typical to require multiple treatments to achieve a significant result.

2. Fractionated Resurfacing

I offer the Fraxel DUAL, which is the premier device in fractionated non-ablative resurfacing lasers. Fraxel® is FDA-approved to treat fine lines and wrinkles, sun damage, brown spots, melasma, acne scarring, surgical scars, and even precancerous growths known as actinic keratoses. It works by creating microscopic columns in the skin to stimulate new collagen formation, which heals the skin from the inside out to soften wrinkles and fine lines, erase brown spots, improve skin tone and texture, and even do a little tightening. Most patients will experience several days of red-

ness after the procedure, but it is very tolerable and can be covered with make up. The results can be very dramatic and long-lasting.

3. Clear + Brilliant®

Clear + Brilliant® is a revolutionary gentle laser that improves skin tone, pigmentation, and the appearance of pores with little or no downtime. Because it is a gentle laser treatment, like a "laser facial," it is perfect for those with busy lifestyles where downtime is not possible. My patients tell me they love the "glow" they get after a Clear + Brilliant treatment. It is great for younger patients and as a maintenance treatment after Fraxel. While this is a gentle treatment, it also stimulates new collagen formation so that the benefits can be long-lasting.

Fortunately, with advances in technology, there are many options to reverse the signs of aging and sun damage. However, even with daily sunscreen, it is still possible to sustain sun damage accumulated over time, so a "skin clean-up" is necessary every now and then for healthier, rejuvenated, younger-looking skin.

Dr. Rebecca Lu is a board-certified dermatologist with an office located at 7 Mt Bethel Rd in Warren, NJ. Dr. Lu specializes in skin cancer, skin cancer treatments, laser treatments, as well as cosmetic dermatology. The office also carries a suite of skin care products, including award-winning Jan Marini and SkinMedica, to address your cosmetic concerns. Please visit our website www.eliteskinmd.com or call **908-787-8088** for an appointment to discuss your skincare goals.

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MEDICAL MINUTES



**By: Dr. Christopher Fears
Gentle Dental of Branchburg**

When most patients make an appointment for a dental visit, they are concerned with tooth decay burrowing into their teeth, or gum disease weakening the structures that keep their teeth in place. What many overlook is the third major factor that puts your oral health at risk, trauma. Mouths can be traumatized by both acute and chronic conditions. Because we can't predict acute trauma like car accidents, fist fights, and errant hockey pucks, I will stick to discussing chronic trauma, like that caused by clenching and grinding.

Many people clench or grind but far fewer are aware of their habit. It could be at night (research is being done that link these behaviors to airway protection against obstructive sleep apnea) or with mouth breathing due to allergies. Clenching and grinding could be exacerbated by medication (antidepressants and other medications are widely associated with grinding), or during times of focus (work, study, or sport). It could also be a symptom of another problem such as back, shoulder, neck, tmj conditions or it could be in response to stress from work or family obligations.

How do you know if you are a closet clencher or grinder? Ask family and friends. Place reminders around to check yourself. Do your front teeth have flat edges or look square? Do you have random bumps of bone up under your gums or

bony lumps under your tongue? Do you have notches in your teeth right at the gum line? These may all be signs that you are demanding more of your teeth, jaws and muscles than necessary, resulting in long term consequences of tmj pain and damage, muscle pain, and tooth damage.

If you have discovered that you clench or grind, what can you do? As the underlying causes and diagnoses vary, so do the recommended treatments. Some patients are directed to physical therapists, ear nose and throat doctors, and allergists (some find relief through acupuncture or chiropractic adjustments). Sometimes, small adjustments are recommended to change a patient's bite. Many are advised to wear an occlusal guard (like an athletic mouthpiece but smaller and more rigid). There are a variety of guard types with different objectives such as protecting teeth from wear, reducing muscle activity, or supporting the tmj's. Additionally, some problems are more complicated and multi factorial.

You brush to avoid cavities, and floss to avoid periodontal disease. Do you need to protect your teeth from cracking or abrasions? or reduce muscle activity? or support your jaw joints? Your dentist can be a great resource in diagnosing, treating and referrals for these conditions.



CONNECTION COMMENDS



Owners of Studio Barre Somerville (from left)
Jennifer Hill, Robyn Goerge and Courtney Goerge

STUDIO BARRE

8 W. Main Street
Somerville

By: Jennifer Hill

Studio Barre Somerville {strength. defined.} offers specialized barre classes focused on building core strength, improving posture and creating a dancer-like physique. Classes are high-energy, but low impact, and are designed for any age and any fitness level. The combination of small isometric movements paired with stretching results in long and lean muscles. After just a few 60-minute classes, clients start to experience results, including, muscle definition in the arms, a lifted seat and leaner thighs. Instructors give all clients personal attention to make sure that they are doing the exercises safely and effectively, and are trained to modify exercises as needed for individual needs. Whether it's your first class or your 50th, **Studio Barre** will challenge you at any fitness level. You will receive motivating, personalized training in a musically driven, dance studio inspired environment.

Studio Barre offers an effective workout experience in a stylish, boutique setting with amenities such as complimentary healthy beverages and snacks. The barre studio is visually appealing with beautiful hardwood floors, and a clean and simple design that is inviting and welcoming. There is also a retail area offering the latest in fitness apparel, gifts and accessories. Members also have access to exclusive events and workshops.

Studio Barre Somerville is owned by local sisters Jennifer Hill and Courtney Goerge, and their mom, Robyn Goerge. Courtney was a professional dancer and her background led her to discover barre fitness a few years ago. She then introduced barre to her mom and sister and they were hooked immediately. According to Jen, "The workout is so fun and the results are so great that we all got addicted. We decided we wanted to open our own studio because it's about more than just the workout. Women come together and form this community to support, inspire and challenge each other."

Jen continued that, "The opportunity to work with my mom and sister is a dream come true. We have always been very close and taking on this venture together has brought us even closer. The three of us have a great time no matter where we are or what we're doing! We laugh A LOT! We're also there for each other to support one another through whatever challenges life throws at us. We want to take our sense of family and expand it to create a **Studio Barre Somerville** family. A place where we can empower each other, support each other, and laugh together. Whatever else is going on in your life, **Studio Barre** is your happy place."

Studio Barre Somerville officially opened its doors on June 13th. The three owners are thrilled to be in downtown Somerville. They said, "We wanted to open our studio in downtown Somerville because of the energy here! The downtown area is in the middle of a revitalization and it's so exciting to see all the growth and change taking place. The area is rich with history and charm and now they're adding amazing shopping, restaurants and so many fun events throughout the year. We have found that all the local business owners are really welcoming and want to partner to make Somerville great. There's a sense of community here. People are really proud of this town and we are proud to be a part of that."

The first class is always free, so anyone interested should go and give it a try! The studio is located at 8 West Main Street in downtown Somerville. To learn more, inquire about a membership or book a class, you should visit the website at www.studiobarre.com/somerville or call the studio directly at 908-238-3443. You can like them on Facebook (facebook.com/StudioBarreSomerville) and follow them on Twitter (@SBSomervilleNJ) and Instagram (@studiobarresomerville) for upcoming special events and offers.



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ONE FAMILY, ONE DOCTOR: TREATING THE ENTIRE FAMILY WITH FAMILY MEDICINE

By: *Jill Gora, MD*
Summit Medical Group
Family Medicine

One of the most satisfying aspects of being a family medicine physician is the ability to offer treatment for the entire family, from physical to emotional health, from birth to aging. Caring for multiple generations of a family provides invaluable insight into treatment. It's lasting, caring care that our patients can depend on. People want flexible, accessible care – one place to treat their whole family – and they want their doctors to see them as people (not conditions). Moreover, they want physicians to understand their family and life situations. Family medicine achieves those goals and more!

I have been a family medicine physician for over 20 years. I have experienced the value of multi-generational care. As family doctors, we see people over the course of their lives, not just when they are sick. This means we can focus on the "big picture," keeping them healthy over the long term. This is particularly important for preventive medicine, to head off any problems before they arise. Our strength is early detection. Chronic diseases, such as heart disease, cancer and diabetes, are responsible for seven out of every ten American deaths, according to the Centers for Disease Control and Prevention (CDC). However, the CDC also points out that these are largely preventable conditions through a close partnership with your healthcare professional.

As family physicians, we track your full medical history and are familiar with your genetic history. We are aware of life circumstances – your life circumstances, and the life circumstances of each and every family member that can impact your health and well-being. In essence, we know you, and that knowledge is instrumental in getting you the best possible care. Whether it's blood pressure,

weight or stress-related issues, or simply referring you to a specialist, family physicians are your vital support system. We help patients navigate the healthcare system and are the home base across specialties.

Perhaps the best justification for entire family treatment with a single family physician is illustrated by an example. Multi-generational families comprise a great portion of my practice. Recently, I had a patient diagnosed with breast cancer. When I saw her husband and children for their routine physicals, her illness and its impact on them was part of the discussion. I made sure the topic of screening was covered for her daughter. Then, because of our unique and strong relationship, I worked to help all family members cope and make the necessary transitions. I was (and still am) a vital resource for all of them. And I hope to continue to care for this family for the next 20 or 30 years.

Finally, the best testimony I can provide is from my own family's care. My personal family physician has known me since I was a little girl. In fact, she was my inspiration for becoming a family physician. Over the years, she has helped my family overcome medical challenges. I consider her a part of my family. As I tell her, she's just never allowed to retire!



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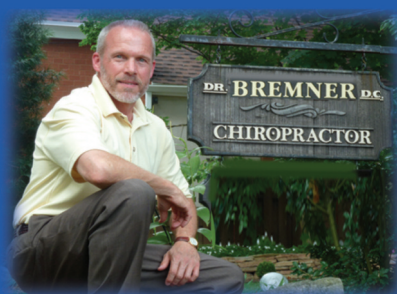


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HEALTH HOTLINE

SUFFERING FROM NECK OR BACK PAIN? WHAT YOU NEED TO KNOW...

By: *Atlantic NeuroSurgical Specialists*



If you're suffering from neck or back pain, you know how confusing it can be to figure out the best treatment. Atlantic NeuroSurgical Specialists (ANS) neurosurgeons offer these clarifying insights:

- Get an accurate diagnosis as quickly as possible so you can begin the right treatment.
- A board certified, fellowship-trained neurosurgeon is the most qualified to provide an accurate diagnosis because he/she is specifically trained to treat the intricacies of the spine and surrounding nerves.
- The cervical spine – or neck – controls the head and everything below the neck including the arms, legs, bowels and bladder.
- The most common chronic problems affecting the cervical spine are disc herniation and spondylosis. In both conditions, the discs that normally cushion the bones and joints of the spine become damaged and displaced. They press on surrounding nerves or the spinal cord, causing pain, numbness and weakness.
- While injury to the cervical region can be catastrophic, most patients with cervical spine disorders can manage their symptoms without surgery.
- When surgery is needed, the two most common types are decompression and fusion. Decompression surgery removes the disc, ligament or bone that's pressing on the nerve or spinal cord. Fusion surgery stops the movement between two bones.
- Most patients can return to work a few weeks after surgery.
- In the past decade, spine surgery has become much safer and less invasive thanks to advances in minimally invasive techniques, spinal instrumentation, artificial discs and the materials that promote spine fusion.
- Minimally invasive surgery can be performed on an outpatient basis with rapid return to daily function.
- ANS, which performs the most minimally invasive spine surgeries in the state of New Jersey, is one of a few practices nationwide participating in a national outcomes database which carefully monitors outcomes in spinal care. This powerful tool helps identify the right treatment for the right patient at the right time.
- Cervical spine surgeries have a high rate of success. They not only manage symptoms, they also limit the chances of continued degeneration and future major spinal cord injury.

Want the best treatment for your neck or back pain? Contact Atlantic NeuroSurgical Specialists at 973.285.7800 or visit www.ansdocs.com. ANS has offices in Morristown, Neptune, Teaneck, Jefferson, and Summit.

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

The term Plastic Surgery is derived from the Greek work, PLASTIKOS meaning to mold or give shape. The specialty began on the battlefields of World War I, when surgeons had to create innovative ways to close chest wounds with the use of adjacent tissue flaps. Today most equate Plastic Surgeons with cosmetic (also called aesthetic) surgery, and not the reconstructive surgery which started our field. Big butts and Botox is not how we define ourselves. We repair, remodel or restore the appearance and sometimes function of body parts. We close wounds caused by trauma or cancer surgery, we correct congenital defects such as cleft lips. We are hand surgeons for those who break bones or cut tendons. We repair facial fractures. We treat burns. It was Plastic Surgeons who pioneered the field of microvascular surgery which led to organ transplantation, limb replantation and more recently face transplants.

October is Breast Cancer Awareness month, and the fifth annual Breast Reconstruction Awareness Day USA will take place on October 19, 2016. BRA day "closes the loop" on Breast Cancer. This year we celebrate a great stride in the long fight to offer breast reconstruction to all eligible women across the United States. The fight began with the Federal Women's Health and Cancer Rights Act of 1998. This legislation was necessary to force insurance companies to cover the cost of breast reconstruction after mastectomy. Unfortunately, two decades later surveys showed that 70% of women diagnosed with breast cancer were not informed about or referred by their

primary or diagnosing doctor for breast reconstruction. New legislation was needed. The Breast Cancer Patient Education Act of 2015 requires all hospitals, doctors and breast care centers who diagnose breast cancer, through discussion and written material, to urge patients to seek consultation with a Plastic Surgeon prior to starting treatment for breast cancer.

A survey done by the Cancer Support Community of women who had a consultation with a Plastic Surgeon to discuss breast reconstruction revealed that 35% of the women found the information helpful and 56% found it extremely helpful in deciding their course of treatment, whether they ultimately had a breast reconstruction or not. The goal of breast reconstruction is to restore the appearance of one or both breasts to near natural shape and size after breast cancer surgery alters or removes one or both breasts. Not all women opt for breast reconstruction after mastectomy, but an informed decision can only be made once the necessary information is acquired. It is our duty to provide that information. It is our honor and our privilege to serve the community, to help cancer survivors, to change lives for the better.

Andrea Strauss MD FACS is a Board Certified Plastic Surgeon with a private practice at 11 Monroe Street in Bridgewater, NJ. To learn more about Breast Reconstruction or other Plastic Surgery procedures call 908-725-4600 or go to www.plasticsurgicalassociatesnj.com. Now in network with most insurance companies.



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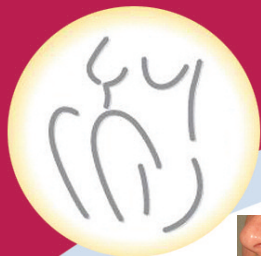
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MEDICAL MINUTES

WILL INSURANCE PAY FOR MY VEINS?

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

Yes...no...maybe! That is the definitive and final answer!

Many patients will not seek care for their veins fearing that insurers will not pay for vein treatment. While health insurance is designed to pay for the care of illnesses and for preventive care to avoid illness, some aspects of vein care are, indeed, "medically necessary!" As much as one would like to believe that making one's legs look better may improve your "overall being"—ridding unsightly spider veins does not constitute a return to health! That is not to imply that varicose or spider veins are not unsightly and should not be treated! Current techniques to improve the look and feel of the legs by removing veins are minimally invasive and, essentially, painless.

Insurers are more likely to consider payment for veins that are painful and interfere with one's daily lives. The larger veins (typically measuring 4-6mm diameter) have often been present for a prolonged period of time and commonly have a genetic predisposition. As conservative means are often sufficient to care for these, insurers want to see that those methods have been attempted and exhausted before agreeing to pay for vein treatment. An extended period using support stockings and the use of analgesics on an infrequent basis should be the initial treatment option. If these methods do not work, it might be reasonable to consider a minimally invasive approach to vein removal.

Prior to undertaking any type of vein therapy – as with any intervention – one must appreciate the ramifications of "doing nothing." There is little downside to leaving varicose veins alone – other than the discomfort and disfiguring appearance. There is no scientific evidence to suggest that veins will cause any significant health risk if left untreated!

It is important, if one does have pain from their leg veins, that they be examined with the assistance of a skilled Vascular (ultrasound) Technologist. Accurately assessing the function of the underlying veins is critical to obtaining a good result and to providing the necessary information to the insurer for consideration of payment. Varicose veins are

often the "tip" of the problem and the input derived from a vascular surgeon – those best qualified to understand the entire vascular system – is important for quality vein care.

Those patients who have truly been in pain despite appropriate conservative measures, should, indeed, have their veins addressed. Understanding the cause and being able to provide all of the treatment options is what a qualified Vascular Surgeon can do. Rest assured that the skilled team of patient care representatives will work diligently to secure a successful pre-authorization for treatment from your insurance carriers, when appropriate.

The options available to treat spider, reticular or varicose veins are numerous. They range from the minimally invasive injections and laser treatments to radiofrequency or laser ablation to surgical microphlebectomies. It is in one's best interest to have the treating physician be competent in all facets and all techniques so that the best treatment option can be selected for your specific situation.

For this same reason and for more than 50 years, The Vascular Specialists at the Vein Institute of New Jersey at the Cardiovascular Care Group are known to be the premiere vein treatment center in the state of New Jersey. Simply put, no other vascular group has more experience or is more respected by their peers.

While the technology has greatly improve over the years, the commitment to quality care and the compassionate personal treatment makes this group, the best of the best in treating patients with vein issues. To find out more about the **Vein Institute of New Jersey at the Cardiovascular Care Group**, please visit us at www.veininstitutenj.com or call us at **800-954-8346**.



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WHAT WILL IT TAKE TO MAKE YOU HAPPY?

By: Dr. Michael Osit

What does it take to be happy? Happiness is one of our ultimate goals in life. Yet, I see people all around, in my personal life and patients in my office, who are just not happy. We often get caught up in our fast paced, complex lives, keeping happiness a distant, elusive goal instead of something we experience. People seem to be looking for something that is either missing or they just don't know what it is that will make them happy. Many people actually know what will make them happy yet they have no idea how to go about making it happen.

Life Doesn't Have To Be Terrible

Malia, a 37-year-old woman, began therapy with me because she had the aching feeling that something was missing in her life. As I got to know and understand her, the initial feeling she presented was guilt. Malia was married, had two children and lived in an affluent town. She described her marriage as relatively happy. She and her husband had some marital problems 3 or 4 years prior to her seeing me but her husband made major changes. Still, she wasn't happy. Malia had the typical complaints about her two children including some sibling rivalry, homework battles from time to time, and having to ask them to clean their rooms 5 times until she had to yell and threaten punishment. That probably sounds sort of familiar to you. Malia was a full time homemaker and her family was financially secure. She had a limited social life because she felt very out of place in the upper middle class community in which she lived. Her own background included a similar socio-economic status, but she grew up in Texas. She found it difficult to relate to the values and culture of the New York metropolitan suburban stay-at-home mom. College educated with a degree in marketing and public relations, Malia initially identified feeling intellectually unfulfilled as being the piece that was missing in her life. As we explored her thoughts and feelings about this issue, it became apparent that renewing her career path that was purposefully shut down when she started having children was not the only issue. In fact, it wasn't even the real issue. All was good in Malia's life yet she felt a semblance of unhappiness. All was good but it just wasn't good enough. Comparing herself to less fortunate or overtly dysfunctional people in her life made her feel guilty for complaining. For years, she accepted her unhappiness because of that very fact. But, life doesn't have to be that terrible. And it doesn't have to be that average. Your life doesn't have to be mediocre, or boring, or less than what you fantasize it to be. Regardless of your specific situation there are things you can do to rectify the problem areas in your life, and improve the overall quality of your life.

Whoa Is Me! It's A Pity Party

If you think you are a victim, never catching a break, it is time to stop the pity party and start to take control of your life. Maybe you are a victim. Or, could it be that you just make bad decisions and you create scenarios where the outcome tends to be a negative consequence for you? There is also a possibility that you view yourself as a victim as a defense mechanism. Seeing yourself as a victim and never catching a break can be a means of protection against really bad feelings. If you are the victim, you don't have to change. Change means you must confront your feelings and your actions to see the connection to the

negative outcomes you tend to experience in your life. That may be a bit too difficult and emotionally threatening to your self-esteem. So, you become the victim both by not seeing your responsibility in creating bad situations and by feeling too emotionally tenuous to face the fact that you need to make changes.

Taking Charge Of Your Own Life

For you to achieve trio-happiness, freedom, and self-fulfillment in your life, you must take charge of your own life. When I was doing my clinical training I had a wonderful mentor. He told me that he could see that I was very passionate about helping people and that I was going to be very successful as a psychologist. He felt the need to caution me saying, "Make sure you run your practice and do not let the practice run you." Are you running your life or is your life running you?

A core concept for your happiness is making sure you are taking charge of your life. So that the train doesn't leave without you, you need to be taking action, changing behavior patterns, and being proactive to head off problems. A common theme with patients is that they often feel trapped in their lives. That there is no way out with no options. Rarely, if ever, are there no options. Trapped is only a state of mind and is usually not a reality. Yes, sometimes the options aren't great options but, nevertheless, they can "untrap" you.

The Formula For Success

There are numerous subtle and significant changes you can make in your life to overcome problems, cope with stress, improve your present life, or simply promote self-growth. This book is the accumulation of the thousands of therapy sessions I have had with thousands of patients. I have found that there are certain common themes that apply to everyone's lives that can improve and enrich this one chance you have at making it all worthwhile. Anyone can benefit from my experience and everyone can better themselves using the formula I purpose in the subsequent chapters.

I have identified the essential dimensions of daily living that are required to obtain happiness, freedom, and self-fulfillment. Remember, you need the trio-the 3 dimensions for matter to be solid - length, width, and height. If you are missing one of these dimensions it cannot be solid. With the number "3" applied to each of these critical areas of an individual's life there will always be 3 factors to address in order to acquire success in each area of your life. The total picture will help you navigate through life with less effort, less stress, and more happiness. Remember... you deserve to be happy. Mahatma Gandhi said that, "Happiness is when what you think, what you say, and what you do are in harmony." May I be so bold as to add one more piece to Gandhi's definition of happiness? It is also what you feel. Like Malia, even if your thinking, doing, and saying are in harmony, if you don't feel it, then something is missing or wrong. Collectively, each chapter in this book helps you make sure to fill in the gaps and solve the problems in your life.

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

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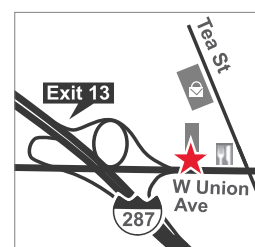
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BREAKING THE CYCLE OF CHRONIC LATENESS

By: Patricia Diesel, CPC

There are books, articles and studies performed to try and help people overcome their chronic lateness. Some experts believe in order to break the pattern we need to look at not only what we are doing but **why** we are doing it. I concur.

Let's look at some examples of how people show up chronically late in areas of their life; appointments, interviews, ceremonies...

Take the classic physician who is always running late with patients. Now in their defense, they will most likely explain their circumstances with reasons such as being over-booked, an emergency arose, or a populated epidemic of something. Now from the patient's perspective, who is in the waiting room 45 minutes or much longer, he is probably feeling anxious and a tad put-off, as it can be perceived as a lack of respect of time.

In Anna's case, there was no question that being on time was essential for her upcoming interview. It was a company that she would be thrilled to work for. There was one problem. With all the excitement, Anna forgot to verify the location. By the time she was off and running, she realized she didn't know exactly where she was going. Hence, she showed up 30 minutes late for the interview. Not only was she stressed out and embarrassed, but she carried that energy all throughout the interview process. You can guess the outcome - Anna didn't get the job.

When Brian's childhood friend asked him to be the best man for his wedding, he admitted it was one of the highlights of his life. Not only was it a huge honor, but it was a big responsibility. He wanted to make sure everything went smooth and that his long time buddy could count on him during this happy occasion. The morning of the wedding, Brian walked out the door and neglected to bring the wedding bands that his friend entrusted him with. Just about halfway through his driving time to the ceremony, he realized he had to turn back home to go get them. Needless to say, Brian was 15 minutes late. Brian was so worried that he ruined the most important day of his friend's life. He apologized all day long.

A good starting point to breaking the cycle of lateness is to become consciously aware of your lateness and then to make the effort to prioritize being prompt. You can begin with observing the cost of being late and the payoff of being on time.

Cost of being late – being late is upsetting to others and stressful for the one who is late.

Payoff of being on time – eliminates stress and the need to apologize.

The consequence of being late all the time runs deeper than this however. When you

are chronically late you are not showing up as the best version of yourself. You are creating a reputation for yourself that is sending messages that people can't trust or rely on you. This impacts your relationships and your self-esteem.

Considering the technical aspect of why people are late is also important. Not having good planning skills or how to estimate how long things will take can be critical. A simple exercise you can try is to write down how long you think each thing you do will take and then compare it to how long it actually took to complete. The comparison will help you find your pattern so you can adjust your time.

Learning how to say NO by either declining or deferring when people are asking things of you will also help you stay mindful with your commitment to time. You can use catch phrases, such as;

"I would love to help but I have a prior commitment."

"I am on a tight deadline, so I have to pass on this."

"I have plans during that time today, but maybe tomorrow I can."

From an emotional/psychological aspect we can look at this from a different view. Most people know what they are doing by arriving late. They are choosing to arrive when they want. The question is "Why?" Here are some possibilities:

Resistance – Carried over from a rebelliousness childhood.

Crisis Maker – Thrives on mini crisis of running late.

Adrenaline – Need the rush of being under the gun to get things moving.

Anxiety – Fear about where they are going.

There are many tools that can be used to help decipher the why of what makes one late, but from a life coaching perspective, I can tell you that understanding where the emotional blocks come from is key to understanding why we do what we do and how to break the cycle.

In my new book – **Life Coaching – a Guide to Hiring a Life Coach** – I talk about how instrumental coaching has been in my life as well as how to go about finding a coach that can help you. Through coaching you can find ways to overcome your lateness and begin to learn how to convert time into a pleasurable experience.

For a limited time you can receive a copy of Patricia's new book with a special coaching offer. Contact her now @ 908-642-1226 or email keepitsimplenow@gmail.com.





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By: Dr. Vincent Sferra
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Our success in life and business mainly depends on our professional and life skills, our ability to learn, capacity to start and build relationships, and the health of our brain. Brain health is tremendously important for everyone at any age throughout life.

The brain is the most important and complex organ in the body. A healthy brain is needed to remember, learn, plan, concentrate, make decisions, and maintain and regulate all autonomic bodily functions such as digestion, detoxification, blood pressure, heart rate, and breathing. You can see how critical it is to keep the brain healthy and its importance for personal and business success, as well as for creating and maintaining strong relationships.

Stress is the biggest hindrance of brain health. Stress is a reaction to an event that disrupts our physical and mental equilibrium. Stressful events trigger our "fight and flight" response causing hormones such as adrenalin and cortisol to surge through the blood stream. Frequent activation of the stress response leads to changes in the brain's structures. These changes could impair mental processes involving memory, attention, and emotional regulation. Stress is the biggest obstacle for efficient mental processing, which is crucial for success.

According to American Psychological Association, chronic stress is linked to the six leading causes of death: heart disease, cancer, lung ailments, accidents, cirrhosis of the liver and suicide. And more than 75% of all physician office visits are for stress-related complaints.

What can you do to insure our brain health and increase its vitality?

1. Eat a balanced diet. Learn healthy food regiments by consulting with a certified clinical nutritionist or physician who can tailor a diet that is optimal for your needs. Comprehensive blood work can analyze what types of foods you should eat,

and supplements you may need.

2. Exercise. A qualified doctor of physical rehabilitation can teach you what type of exercise routine is suitable for your body type and its limitations, especially if you have chronic injuries and conditions.

3. Meditate. Research tells us that one of the best ways to address stress and brain health is regular mindfulness meditation practice.

Meditation is the training of the mind. By practicing meditation you become aware, mindful and better equipped to deal with everyday stress and anxiety by learning how to gain control over the different aspect and processes of the mind. Just like physical exercise consists of different training elements such as strength training, flexibility, speed and cardio, meditation also consists of different elements of breathing, awareness, concentration and attention cultivation exercises.

To learn mindfulness meditation one must study with a seasoned meditation practitioner.

Hayk Andriasyan, is a Massage Therapist at Natural Medicine & Rehabilitation who is clinically trained in Deep Tissue & Sports Massage, Soft Tissue Mobilization, Relaxation and Meditation. To learn more about the services we provide to support brain health, including, massage therapy, acupuncture, biofeedback therapy, craniosacral therapy, mindfulness meditation, active and passive relaxation, please visit our website www.NMRnj.com

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

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HAPPY NEW (SCHOOL) YEAR



Douglas Haymaker, Ph.D

Happy new (school) year! Warm summer days are drawing to a close. It's time for new classes and teachers, new activities, and planning new family events. It can be a hectic time. The challenge and temptation to "do it all" will be hard to resist.

Over the years, we have seen families approach the new school year in different ways. Every family is unique. Some families thrive in circumstances that other families could not tolerate for a day. But we also have observed some characteristics that differentiate "healthy families" from troubled ones. We define healthy families as families whose members function well in school and in relationships. Family members like and respect each other. Healthy families communicate with each other in productive ways. Here are some ways to improve your family's functioning.

Healthy families get enough sleep. The importance of good sleep cannot be over-stated. How much is enough? While it varies somewhat for people, it does not vary as much as people think. Most children need nine hours of sleep in a night - many kids/teens think they need seven. This also means that if your child is getting up at 6:30 am to go to school, s/he should be asleep at 9:30pm.

Sleep is a fascinating process. It gives the body a time to remove toxins. Sleep gives the brain time to do neural housekeeping. Sleep consolidates memories of things learned during the day. Sleep is necessary to form the neural connections associated with learning.

Sleep also performs a mental health function. People who are sleep-deprived show symptoms that are identical to symptoms of Attention Deficit/Hyperactivity Disorder. Sleep difficulties are associated with depression and anxiety (in adults as well as children). Sleep difficulties are associated with later-life behavioral problems in pre-teens and adolescents. Setting a regular bedtime, enforcing it, and removing electronics at night all are excellent ways to help your child (and yourself).

Having trouble wrestling the iPhone from your child's hand? There are programs available (we recommend Circle with Disney) that will switch off wi-fi at selected times. Through a simple mobile app, parents can filter content and time limits for every device in their home network.

Healthy families eat together. Research

shows a clear connection between dinner and family functioning. Families that had dinner together at least three times a week had fewer problems than families that had dinner together only once a week (or less). Moreover, families that had dinner together five days a week or more had fewer problems still. They had better communication and children with fewer behavior problems than the three-day-a-week dinner families.

Sometimes, families that start to have dinner together more often may not know what to talk about. Go around the table, ask each person to tell something good that happened that day, and something they're looking forward to. Keep the conversation pleasant and not critical, make sure everyone gets a turn. You may be surprised at what you hear.

Healthy families lead balanced lives. This means scheduling time for sports and homework, time for family activities, time for friends, and time for nothing at all. A schedule provides structure and limits procrastination. If 4:30 to 5:30 is homework time, then there is less chance of putting it off. The decision "when to do homework" has already been made.

Nothing-at-all time is particularly important. Amazing things happen when electronics are put away for a while. The mind drifts, thoughts come together in creative ways, plans get made and intentions are set. In a world of constant stimulation, having a period of time when children (and adults) can just be, is crucial. Much like the benefits of sleep, periods of quiet reflection have therapeutic benefits. Over scheduling is the enemy of reflection.

These suggestions can be hard to put in place. Children (and adults) are often over scheduled. Time to connect with each other may be neglected, or done hastily during a ride to school.

Pick one thing to focus on - sleep is a good place to start. Work slowly and work together. A family meeting is a great place to announce a few changes to make the new (school) year better than ever. If you and your family are so busy that you don't have time for sleep, for eating together or for time to do nothing at all, you may be doing too much!

Stephanie Haymaker, Ph.D



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By: Gina Walker

THE HARD CHOICE

We plan ahead for birthdays, anniversaries, vacations but rarely death. Not a subject most of us want to think about let alone talk about. Have you known someone, who suddenly faced the death of a loved one? Was the first question, "What do I do?" Most of us have, it's a scary place to be. "What did Mom want, cremation, burial, entombment?" "How much money is available for a funeral and cemetery property?" These are just a few of the questions you can take off the table and relieve your loved ones from facing these tough decisions in their time of great sadness, just by planning ahead.

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When the decision is made to move into one of these Adult Communities, we can offer suggestions

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Our experience and knowledge will enable us to assist you with the next step which would be choosing the right community for you. Each community has its own personality, rhythm and amenities. We are well known in our area and are always aware of up to date listings, sales and those that will soon become available.

As professionals, we are able to guide you in making this very important decision. It is our goal that our clients are happy with their choices, have an easy transition and bring their friends. We both know, from personal experience of living where we do, the best time in your life should be right now. Make the decision and join us.

We spend the time with you that is necessary to making this important decision. We can tour clubhouses and spend time in each community to get the "feel" of the community. We want you to know that you have made the right decision – both the choice of home and community and the choice of real estate professionals.

Let us say, from first hand experience, the best truly is yet to come. Let us make it happen for you.



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Community News...

GAME CHANGING TOOLS FOR FAMILY CAREGIVERS: *Workshop Will Offer New Techniques For Dementia Care*

"The new normal." That's what Lynn Feinberg, senior policy advisor for AARP, called family caregiving in a 2012 report to the EEOC. Most seniors needing help and care are not in facilities. Between 80 to 90% of caregiving to seniors is provided in the community by family or friends.

But although caregiving is common, and often personally rewarding, it is rarely easy. Anyone who has taken on this role knows how complicated and demanding it can be. What's more, it is not a role that most of us plan or train for. The need arises and, almost before we know it, we find that we have taken on new responsibilities for which we are not very well prepared.

Family caregivers face significant demands on their time, their finances and their energy. Eventually these demands and the stress they create can take a toll on a caregiver's health and

well-being.

Family caregivers show significantly higher rates of depression, fatigue and anxiety than comparable people who are not caregivers. According to the Family Caregiver Alliance, they even experience higher rates of physical ailments such as heart disease and diabetes.

These effects are even more pronounced for those caring for a loved one with dementia. Dementias, such as Alzheimer's and other illnesses affecting cognition, place extraordinary demands on family member.

Every week in my role as owner and director of a home care agency I am inspired by the grace, courage and ingenuity with which unpaid caregivers rise to the occasion of caring for a loved one. But I have also seen what a difference it can make when they have the opportunity to learn new caregiving

tools and techniques and to share their ideas and concerns with others facing similar challenges.

That's why this fall ComForCare will be partnering with the Jointure to offer a five-week caregiver skills workshop for family members and friends caring for someone with Alzheimer's or other types of dementia. The workshop has three main goals:

- to educate caregivers about dementia, including Alzheimer's, so that they understand what changes are taking place in their loved ones and what they can expect,
- to teach proven strategies and techniques for working effectively with the care recipient and dealing with stress, and
- to offer a warm and supportive environment for sharing concerns and

connecting with others facing the same challenges.

We call these proven techniques "game changers" because of their power to improve the dynamics between caregivers and care recipients.

We will be meeting once a week starting Monday, November 7, at the People Care Center in Bridgewater. Ideal participants should be currently providing care for a loved one with dementia and be willing to attend all five sessions.

Register online at www.jointure.org or call Jointure for information at 908-722-0233.



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SENIOR CORNER



WHY IS IT IMPORTANT TO MAKE MY PARENTS' HOME LOOK BEAUTIFUL?

By: Ellyn Mantell

We all know that moving into a senior living situation requires a great deal of planning and decision-making. Whether it is for our parents or ourselves, looking at the bigger picture requires evaluating what works best for the person/s at this moment. Some seniors never worried about how their homes looked, so why start now that they are making a big move? Some always cared about their home, but feel it no longer makes a difference, since, after all, they are getting older, why bother?

I can tell you exactly why, regardless of what one's perspective was before this decision was made...awakening each day to beauty is **inspiring, energizing and life-enhancing!** Having a lovely bed to return to at night makes

for **peaceful sleep**, possibly grateful reflections of a day gone well. The sense of pride one has in their new home will radiate to their involvement with others. It is so much more enjoyable to invite a friend to "have coffee" with that sense of pride, and companionship is paramount to a good adjustment.

When Carol, my partner in **SENIOR ASSISTANTS** and **DESIGN DIVAS**, and I do our first home visit to a prospective client, we notice their style, favorite colors, attention to detail, and possessions they display. We are already envisioning how their new home may look through their eyes. But we have serious questions to ask about size, layout, bump outs and existing materials. Additionally,

depending upon their need/desire to downsize, which of these objects comes with the client, and where are those not being taken to go? Familiarity with objects is quite important, yet typically, we need to be quite discerning, since square footage is the main consideration.

Some of our clients want to "start from scratch" with an eye toward a fresh approach to decorating their new home. We shop for everything from furniture to dish towels, and dozens of items in between. We establish a color scheme from something as simple as a decorative pillow they love.

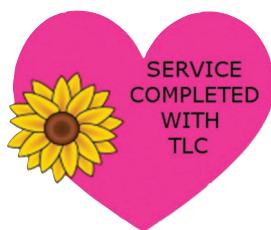
Others want to take everything that will fit and want to add nothing more than window treatments, (since

they are rarely provided by new facilities, and must be produced to fit each window.) In that case, expect the furniture mover to take the lion's share of moving costs. We can be of great help with packing/unpacking, organizing, creation of floor plan, as well as thinking through where items will be placed. All of this is paramount to creating as stress free a move as possible.

Whether you/your parent needs a little "hand-holding by experienced and caring women" or an entire schedule designed from downsizing through sleeping their first night in a beautiful new room, please call me at **908-883-0469** or write me at ellynmantell@aol.com. We are "the daughters any senior needs when it is time to move!"

Spotlight on "SENIORS"

Long Term Care Medicaid Consultants, LLC



www.LTCMedicaid.com

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SLICE OF LIFE

Do You Love Me?

By: Ellyn Mantell

"Sunrise, Sunset"... "Matchmaker, Matchmaker"... "Tradition!" Our entire group walked out singing after seeing the revised production of **FIDDLER ON THE ROOF** on Broadway... they are truly wonderful songs that speak to feelings we universally share. We relate to Tevya's strong sense of Tradition guiding him and his community. We relate to a sense there is a Matchmaker somewhere to help us find our destined partner (the poor family marries their daughter to a butcher so she will always have meat.) And all who are parents relate to the wonder of how "swiftly fly the years!" Countless tears of awareness are shed about the passage of time by parents and grandparents at children's milestones. But the song that most formidably resonated with me was when Tevya asks Golda, his wife, of 25 years "Do You Love Me?" I felt my heart flutter, because it is filled with adoration for not only my loving husband, Bruce, but for the life we have created, the love we have that has grown and continues to grow over the years. There isn't a day that goes by that I don't say "I love you" to him, all of my family, and frequently, my friends. Nobody ever has to ask, "do you love me?"

Although Golda might think it strange that Tevya asks her this very important question at that moment, she responds that "for 25 years she washed his clothes, cooked his meals, cared for his daughters." To her, these are obvious expressions of her love. And in the late 19th century, when dwelling in a small community, where people rarely left or where an independent thought might cost one his/her life, or at the very least, exile, who would stop to wonder about love? In fact, as Tina Turner so spiritedly asked, "what's love got to do with it?" There were far more important logistical concerns than to focus on the luxury of love.

How fortunate am I that my life truly does afford me the luxury of love and loving? And not that I have ever taken it for granted, but as I age, I am ever more mindful of the richness of a life layered with this glorious emotion. As a college student, I remember learning that according to Dr. Sigmund Freud, who many credit as the father of psychotherapy, "in order for a person to be truly happy and mentally healthy, one must have something or someone to love," rather than to have others love us. This was counter-intuitive at that time in my life, when I was struggling to feel that I was loved; upon more and more understanding and reflection, I realized that one must first learn for themselves the intrinsic feelings of love in order to recognize them in others. Perhaps if Dr. Freud was involved, Tevya would have asked himself, more importantly, if, in fact, he loved Golda?

The other thing I learned from Dr. Freud is that there is no one way to feel love. And it can come at us from all directions. The more open we are to it, the more omnipresent it appears. Our ability to love and be loved is, I believe, a vast reservoir, filled over and over again. The love Bruce and I have is so different from the love I have for our daughters and all of our family. My friends fill my vast container with love I could never have thought possible, especially as I age. Like a sand sculpture in a jar, these are all the layers of an incredible emotion I am blessed to recognize.

Lastly, what I have learned from Dr. Freud is that there is no perfect love.

My parents didn't love me perfectly, and I am certain I didn't love my children perfectly. And the same is true of romantic love and friendship. But knowing love/loving is not a game of perfect, liberates us to just be in it, just be in the moment, just give and take, just feel love and feel what it is to be loved. That warmth that may surround you could be your own happiness...



RACHAEL NICOLE EVENTS



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BRIDGEWATER-SOMERVILLE COMMUNITY CALENDAR

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THE ARTS

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



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

Upcoming Exhibits:

Members' Non-juried Exhibition: Through Saturday, Sept 3. Judge: Serena Bocchino.

"Mel Leipzig - Friends and Families": Sept. 16 - Oct. 29, curated by Donna Gustafson, PhD. **Opening Reception & Artist Talk:** Sept. 16, 6-8pm.



Mel Leipzig

2016 International Juried Exhibition: Thursday, Nov. 10 - Friday, Dec. 23. Consists of 2 & 3 dimensional work in all media. Juror: Jonathan Goodman. **Opening Reception:** Thursday, Nov. 10, 6-8pm.

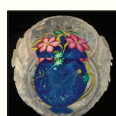
Upcoming Art Activities & Events: Fall Art Classes & Workshops. Sept. through Dec. All ages.

Spirits in the Night: Friday, October 21, 6-10pm. Walk-around tasting of NJ distilled spirits & craft beers. Food & live music.

STUDIO 7 "Linked" Online FINE ART GALLERY



Fine art gallery at 5 Morristown Rd., Bernardsville, 908-630-9770. Gallery hours: Tuesday-Saturday 10am-4pm and by appointment. **Upcoming Events: Three Generations of Art Glass - Vandermark Merritt Studios:** Thursday, September 1 - Sunday, October 30. Over 100 pieces from their 44 year history available in one place.



Butterfly Paperweight Vandermark Merritt Studios

Rare Wildlife Revealed - The James Fiorentino Traveling Art Exhibition: Tuesday, November 1 - Saturday, January 14, 2017.

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



Peregrine Falcon by James Fiorentino

CLUBS AND SERVICES

AUTO IMMUNE GROUP

Autoimmune Disease Support Group A Central NJ Support Group Call Us at (908) 358-7167

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 Meetings:** October 8 (Guest Speaker to teach about Restorative Yoga. Requires RSVP via email or text due to limited seating), November 12, 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! **Upcoming Events:**

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

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

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

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

BRIDGEWATER TOWNSHIP SENIOR CENTER

"Linked" Online

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

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



600 First Ave, Raritan. Provides low & moderate-income individuals & families with free housing info & group educational programs. Housing counselors available to assist clients Mon-Fri during normal business hours. Call 908-704-9649 or visit www.cjhrcc.org & click on group programs for information or to register. All programs are FREE. **Upcoming Events:**

First Time Homebuyer Workshop: Saturday, September 24, 10am-2:30pm, Franklin Township Library, 485 DeMott Lane, Somerset.

Financial Literacy & Savings Match Program: Thursday, October 20, 5:30-9pm. CJHRC office, 600 First Avenue, Raritan. Learn how to budget & start saving. This program is a pre-requisite for the CJHRC Savings Match Program. Applications accepted on a first come first serve basis.

Step by Step Pre-Purchase Homeowner Education Program: Tuesday, November 15, 5:30-9:30pm, Peapack Gladstone Bank, 500 Hills Drive, Bedminster.

Ongoing Programs

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

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

"In-Person Counseling": Free counseling for Rental, Pre-Purchase, Foreclosure/Delinquency, Affordable Housing Options & Post Purchase.

THE CHELSEA AT WARREN

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



COOPERATIVE HOUSING

"Linked" Online

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



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@JewishFamilySvc.org.

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

Café Europa: A social group for Holocaust Survivors. Wednesdays, September 15, October 19, November 16.

Job Seekers Support Group: Wednesday, November 2, 7-9pm. Free & open to the community.

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

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

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

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

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

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. Fall training begins September 22. 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. **Upcoming Event: Welcome Coffee Evening Social,** Wednesday, October 12, 6-8pm, Bernards Township Library. Visit us at www.NNSHClub.org or see us at www.facebook.com/Newcomers & Neighbors of Somerset Hills, NJ.

RUTGERS MASTER GARDENERS OF SOMERSET COUNTY "Linked" Online

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



SAFE+ SOUND SOMERSET (formerly, Resource Center of Somerset)

427 Homestead Rd., Hillsborough 08844-1400, 908-359-0003, ext. 223. Private, nonprofit agency serving people affected by domestic abuse in Somerset County. Provides emergency shelter to survivors of domestic abuse, adults & children. **Free of charge.** The Resource Center of Somerset has changed its name to Safe+Sound Somerset. We continue to envision a world where domestic abuse is not tolerated. Visit our new website www.safe-sound.org. 24 Hour Text or Call Hotline: 866-685-1122. **Upcoming Events:**



The Purple Purse Challenge: September 28 - October 29. Make a donation to Safe+Sound Somerset for the domestic abuse victims.

Candlelight Vigil: Thursday, October 6, 7pm, North Plainfield Community Center, 614 Greenbrook Rd, North Plainfield. In support of domestic abuse victims.

Annual Gala: November 3, 6pm, Stone House at Stirling Ridge, 50 Stirling Rd, Warren. For more info, visit www.safe-sound.org.

"LINK" YOUR ENTRY TO YOUR WEBSITE - CALL PRACHI 908-903-1799

www.theconnectionsny.com

BRIDGEWATER-SOMERVILLE COMMUNITY CALENDAR

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CLUBS AND SERVICES

SOMERSET COUNTY SENIOR "Linked" Online WELLNESS CENTER

202 Mount Airy Rd., Basking Ridge, NJ 07920. Open Monday-Friday 9am-3pm. **All** seniors welcome to participate in all activities. Lunch served daily - reservations required 24 hrs in advance, by 10am. Volunteers always wanted for *Meals on Wheels* Program. For more information about the Center & programs call Kristen Grieco at 908-204-3435 or visit www.co.somerset.nj.us Transportation available to center. Programs begin at 10:30am unless noted. **Upcoming Events:**



Take Control of Your Health-Chronic Disease Self-Management Program: September 12, 16, 19, 23, 26, 30, 9-11:30am. Helps individuals with chronic conditions and/or their caregivers learn to manage & improve their own health. Pre-registration required. **FREE.**

Helen Vasko Discussion Group: Tuesday, Sept 6, 10:30am.

Women Justices of the United States Supreme Court, Trish Chambers: Wednesday, Sept 14, 10:30am.

Classic Songs From Classic Films Part 2, Gordon James: Friday, September 16, 10:30am.

Basic Genealogy, Maureen Wlodarczyk: Tuesday, September 20 10:30am.

Tai Chi Demonstration Class, Liz Mitchell: Tuesday, September 27, 10am. **FREE.**

Nutrition Program, Cheryl Komline, RD: Wednesday, Sept 28, 10:30am.

Helen Vasko Discussion Group: Tuesday, October 4, 10:30am.

Floral Arranging Workshop, Bernardsville Garden Club: Wednesday, Oct 5, 10:30am.

Niagara Program, Kevin Woyce: Friday, Oct 14, 10:30am.

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, behavioral health & educational services. 24/7 Hotline for victims of sexual violence, cancer screening & more. Visit www.zufallhealth.org for more information, or call for an appointment. Se Habla Espanol. **Upcoming Events:**



Annual Breast Cancer Awareness Month Kick Off: Thursday, October 6, 12 noon, steps of the Historic Courthouse, East Main Street & Grove in Somerville.

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



LIBRARIES

SCLSNJ BRIDGEWATER LIBRARY BRANCH "Linked" Online

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



FAMILY PROGRAMS:

11th Annual Car Show: Saturday, September 17, 12-3 pm. (Rain date, September 24). **No registration required.**

Family Movie Under the Stars - Zootopia: Friday, September 23, 7-9 pm.

Friends of Library Book Sale: Thursday, October 20, 9:30am-8:30pm, Friday & Saturday, October 21 & 22, 9:30am-4:30pm, & Monday, October 24 (nonprofits & clean up only), 9:30am-9pm.

Halloween Hootenany: Saturday, October 29, 10-10:45am & 11-11:45am. **No registration required.**

CHILDREN'S PROGRAMS:

Baby Time: (0-18 months old) Thursdays, September 15 & 22, 9:30-10am. **No registration required.**

Toddler Time: (18-36 months old) September 14, 16, 21, & 23, 10-10:30am. **No registration required.**

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

Tail Waggin' Tutor - Children Reading to Dogs: (ages 4+): Wednesday, October 19, 4-5pm.

Music & Movement: (0-3 years old) Monday, September 12, 9:45-10:15am & 10:30-11am.

Celebrating Grandparents: (Grades K-4) Monday, September 12, 4:30-5:15pm.

Happy 75th Anniversary Curious George: (3-9 years old) September 28, 7-8pm.

Lego Club: (3-12 years old) Thursdays, September 29 & October 27, 4:30-5:30pm.

Art Adventures @ Your Library: (Grades K-4) Monday, October 3, 4:30-5:15pm.

Dinosaurs & Fossils presented by Somerset County 4-H: (Grades K-6) Thursday, October 6, 4:30-5:30pm.

Maker Monday - B.Y.O.M. (Build Your Own Monster!): (4-11 years old) Monday, October 17, 4:30-5:30pm.

TWEEN & TEEN PROGRAMS:

Tween Volunteers: (Grades 4-6) Monday, October 3, 7-8pm.

Tween Advisory Board: (Grades 4-6) Monday, September 12 & Tuesday, October 11, 7-8pm.

Tween S.T.E.M. Challenge: Thursday, September 15, 7-8pm.

Teen Lock In: (Grades 7-12) Fan Con, Friday, September 16, 7-10pm.

Teen Advisory Board: (Grades 7-12) Tuesdays, September 20 & October 18, 7-8pm.

Library Club - Special Needs: (13-21 years old) Thursday, September 22, 7-8pm.

PSAT presented by C2 Education: (Grades 7-12) Saturday, October 1, 9am-12pm.

Everything You Need to Know about the New SAT, New College App, and the ACT Exam: (Teens & Adults) Monday, October 3, 8-30pm.

Zombie Doll Halloween Competition & Party: (Grades 7-12) Tuesday, October 25, 7-8pm.

Open Mic Night: (Teens & Adults) Thursday, October 27, 6:45-8:30pm.

ADULT PROGRAMS:

Mah Jong Club: Thursdays, September 15, 22, 29, October 6, 13, 20, 27, 11am-1pm.

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

Book Discussion: Thursday, October 13, 6:30-8pm.

English Conversation Group: Wednesdays, September 14, 21, 28, October 5, 12, 19, 26, 10-11:30am.

English Conversation Group - Intermediate: Wednesdays, September 14, 21, 28, October 5, 12, 19, 10:30am-12pm.

Friends Concert Series - Ena Barton: Friday, October 14, 7:30-9pm.

Mysteries in the Morning - Humorous Mystery Stories: Wednesday, September 14, 9:30-11:30am.

SCLSNJ Small Business Expo: Saturday, September 17, 1-4 pm.

How Money Works presented by Primerica: Monday, September 19, 7-8 pm.

A Walk in The Leonard J. Buck Garden: Saturday, October 1, 3-4pm.

Understanding Domestic Abuse & Teen Dating Violence: Monday, October 3, 7-8pm.

Keep Your Windows Computer Healthy & Happy: Tuesday, October 4, 3-4pm.

Broadcast Hysteria - Orson Welles' War of the Worlds & the Art of Fake News: Wednesday, October 5, 7-8pm.

Learn More about Medicare: Thursday, October 6, 7-8pm.

Theodore Roosevelt - American in the Arena: Saturday, October 8, 2-3pm.

Chair Yoga: Tuesday, October 11, 2-3pm.

Protecting Seniors' Assets: Saturday, October 15, 3-4pm.

When It Hurts All Over: Dealing with Depression presented by RWJUH: Wednesday, October 19, 2-3pm.

The Importance of Wills, Living Wills & Power: Tuesday, October 25, 7-8pm.

Ghostly Tales & Legends from the Somerset Hills: Saturday, October 29, 2-3:30pm.

SCLSNJ SOMERVILLE LIBRARY BRANCH "Linked" Online

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FAMILY PROGRAMS:

Hispanic Heritage Music on Division Street: Saturday, October 8, 2:30-3:30 pm. Division Street, Downtown Somerville.

CHILDREN'S PROGRAMS:

Back to Bach (Grades K-5; family members welcome): Wednesday, October 12, 3-4 pm.

ADULT PROGRAMS:

Library Loopers: Fridays, September 16, 23, 30, October 7, 14, 21, 28, 10 am-2pm.

Senior Book Club: Wednesday, October 5, 2:15-3pm.

College Planning Program: Thursday, September 15, 6-7:30pm.

Financial Literacy: Thursday, September 22, 6-7:30pm.

Adult & Career Resource Seminar - Your Rights in the Workplace: Thursday, September 29, 6-7:30pm.

Adult Coloring: Saturday, October 22, 1-3pm.

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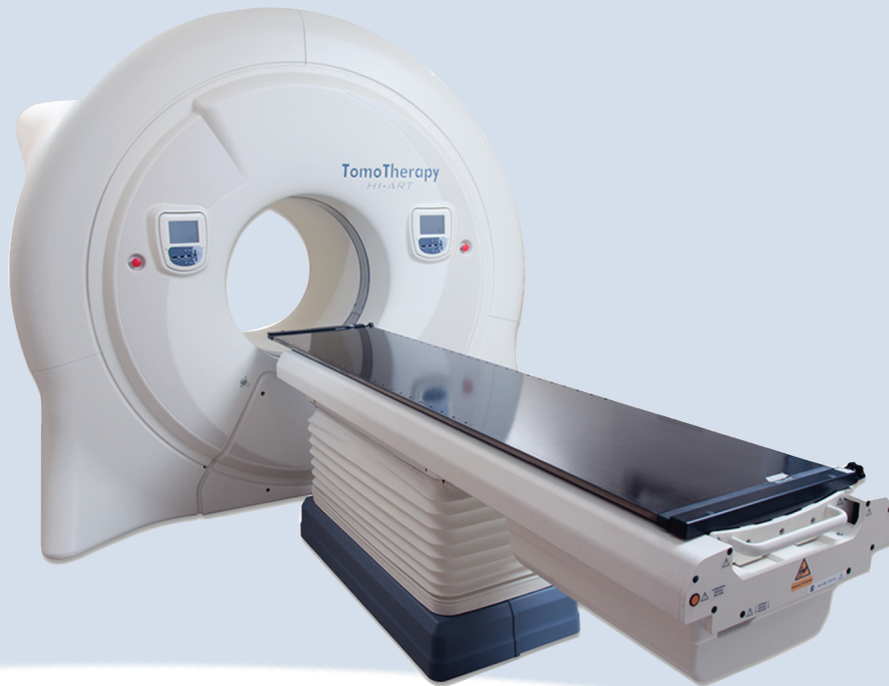
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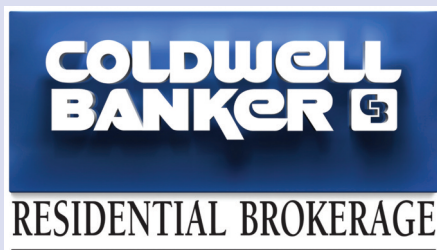
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