

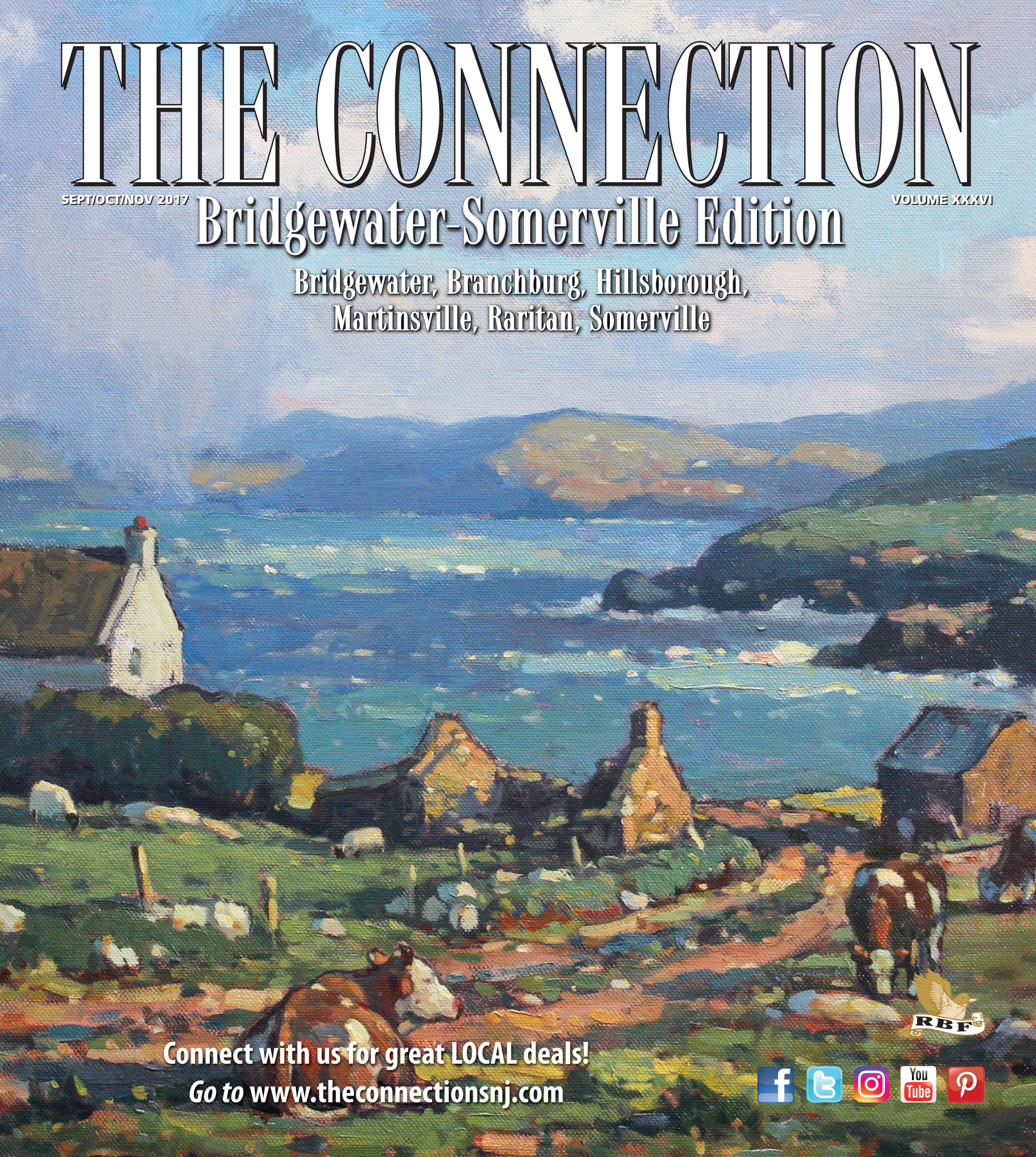
THE CONNECTION

SEPT/OCT/NOV 2017

VOLUME XXXVI

Bridgewater-Somerville Edition

Bridgewater, Branchburg, Hillsborough,
Martinsville, Raritan, Somerville



Connect with us for great LOCAL deals!

Go to www.theconnectionsny.com

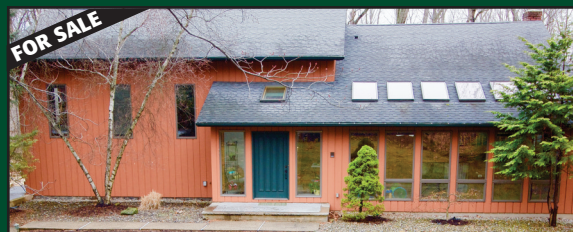




**IT'S PERSONAL.
YOUR HOME, YOUR INVESTMENT.
MY ATTENTION TO EVERY DETAIL.**



BRIDGEWATER - Quick Occupancy! Immaculate center hall colonial featuring 4 bedrooms, including spacious master suite, 2.1 baths, center island kitchen, finished walkout daylight basement, plus separate workshop/studio, quiet neighborhood convenient to RTs 287/22/206, major corporations. WWW.108MILLERLANE.COM



BRIDGEWATER - COMING SOON! Spacious 4 bedroom, 3 bath home on 1.3 acres featuring open floor plan, large updated kitchen, vaulted ceilings, skylights, sliders leading to expansive deck overlooking beautiful, private property backing to preserved park land. Great quiet neighborhood convenient to Rts 287, 22, 206.



WARREN - Totally renovated ranch featuring new kitchen, 2 new full baths, new hardwood floors and recessed lighting, new roof, new heating, new central air. Open floor plan, sliders to 2 separate decks, situated on 1.77 private acres PLUS SEPARATE 2 STORY STUDIO/BARN. WWW.19HILLCRESTROAD.COM



LONG HILL - Walk to NYC train from this beautifully updated 4 bedroom 2.1 bath home featuring updated center island kitchen with new stainless appliances, updated baths, new and refinished hardwood flooring, recessed lighting, custom closets. Situated on 1 level, fenced acre in a great neighborhood. WWW.157GREENWOODDRIVE.COM



BASKING RIDGE - Beautiful, spacious end unit townhouse in Hamilton Crest development in the Hills. Premier, private location at the end of the cul de sac, walking distance to the pool, playground, and shopping center. Featuring 3 bedrooms, 2.1 baths, 2 story family room, full finished, walkout, daylight basement.



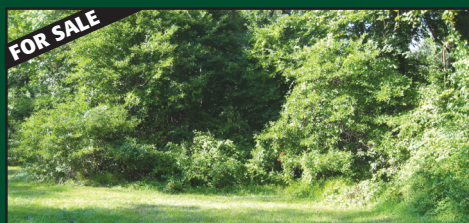
BASKING RIDGE - Quick occupancy updated first floor condo featuring new floors throughout, new kitchen appliances, new washer & dryer, 2016 furnace. Baxter model with oversized bedroom, 2 oversized double closets, 3 large windows, light filled interior. Quiet location with private patio, large storage room. Fabulous Spring Ridge community with pool, tennis, club house.



LONG HILL - Walk to NYC train from this small home with great potential on 1.25 acres. Features 3 small bedrooms, 1 updated bath, Andersen windows, new carpeting.



LONG HILL - Walk to NYC train & bus from this 3 bedroom ranch featuring new kitchen, new bath, hardwood floors, recessed lighting, front enclosed porch, rear deck, 2 car garage, level half acre private property.



LONG HILL - Build your dream home on this spectacular 3.3 acre lot situated at the end of a cul de sac backing to preserved park land. Quiet neighborhood 5 minutes to NYC train.



BERKELEY HEIGHTS - FOR RENT Immaculate 3 level townhouse featuring 2 bedrooms + den, 2.1 baths, hardwood floors, freshly painted interior, private rear deck, 1 car garage, full laundry.

Here's why Diane Belcuore has won the NJ Five Star Professional Award for a Fourth Consecutive Year!

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

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

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

"Just wanted to drop you a note and thank you again for all your help in selling our home in Warren. Your knowledge of the area and process was invaluable to us and much appreciated. In addition, your guidance and advice through the bidding, attorney review, house inspection and the entire process was also most helpful and much appreciated. You were always readily available to answer questions, no matter how trivial and ready to offer insight on any situation that came up." - Rita F., Warren

**RE/MAX[®]
Premier**

Each Office Independently Owned and Operated

Office: 908-754-1500 Ext. 131

60 Mountain Boulevard
Village Shopping Center
Warren, NJ 07059



Diane Belcuore
908-872-5473

dianebelcuore@optonline.net
www.belcuoresellshomes.com

YOU WILL FEEL LIKE YOU ARE MY ONLY CUSTOMER!



JOHANNA WISEMAN AND SANDRA O'KEEFE



PROFESSIONAL SERVICE AND INTEGRITY

- Free evaluation of your home's market value
- Clear and concise marketing plan
- Award-winning customer service
- RE/MAX Platinum Club, Premium International brand

"Johanna and Sandy are simply the cream of the crop of realtors. You simply cannot buy or sell a home without them on your team. They each expertly guided us through the buying process by listening carefully to our needs and quickly responding to every question and worry. With years of experience and knowledge of the local market, I always trusted their opinion and valued their advice. If you desire expertise and professionalism with a very personal touch, Johanna and Sandy are your team!"

– Tony and Lisa, Bridgewater



Search Properties at:
www.SandyOKeefe.com



1005 Brown Road, Bridgewater
FOR SALE



10 Village Way, Branchburg
FOR SALE



101 Center Street, Clinton
FOR SALE



2 Bluebird Way, Raritan Boro
FOR SALE



186 W. Cliff Street, Somerville
UNDER CONTRACT



37 Gaston Avenue, Raritan
UNDER CONTRACT



Four Seasons, Bridgewater
SOLD



50 Totten Drive, Bridgewater
SOLD



3 Holmes Court, Bridgewater
SOLD



583 Stangle Road, Martinsville
SOLD



6 Chapel View Drive, Flemington
SOLD



14 Copper Hill Road, Bridgewater
SOLD

RE/MAX Preferred Professionals

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



Like us for local real estate news: facebook.com/BridgewaterRealEstateFriend

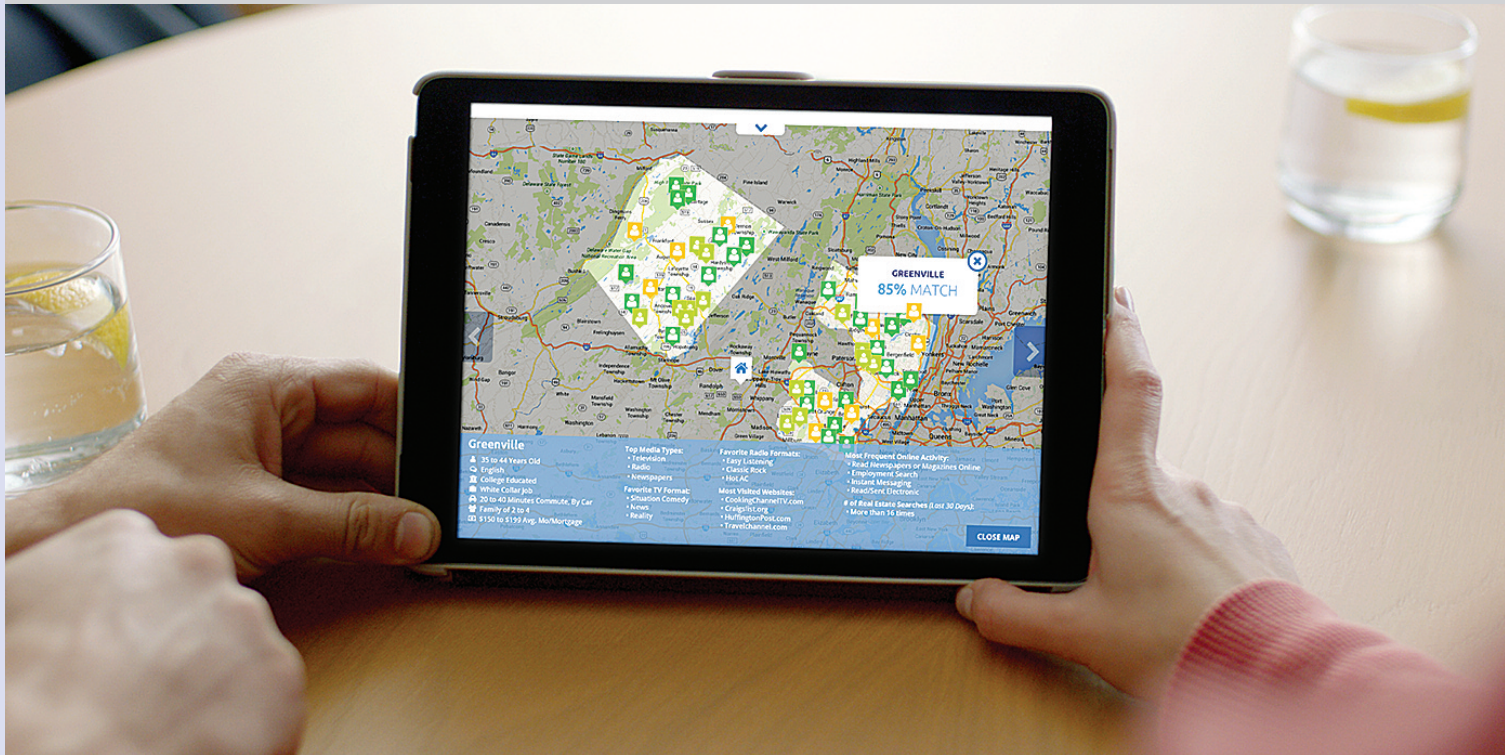


COLDWELL BANKER

RESIDENTIAL BROKERAGE

Bedminster / Bridgewater

Top local Coldwell Banker real estate sales associates powered by cutting edge tools and resources is a winning combination.



Get a Snap Shot Of The Most Likely Buyer For Your Home
And Find Out How Much They Might Pay.

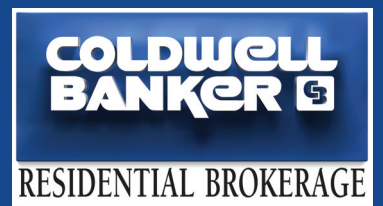
CBx, an App only available to Coldwell Banker Sales Associates, utilizes Big Data sources to create a profile of your home's most likely buyer. Ask your Coldwell Banker sales associate how we leverage this information to market your house.



Visit: ColdwellBankerHomes.com

Give us a call whether you are interested in selling, renting, buying,
or simply interested in better understanding today's Real Estate
Marketplace to be partnered with a top local sales associate.

(908) 658-9000



**302 Route 202/206
Bedminster, NJ**



© 2017 Coldwell Banker Residential Brokerage. All Rights Reserved. Coldwell Banker Residential Brokerage fully supports the principles of the Fair Housing Act and the Equal Opportunity Act. Operated by a subsidiary of NRT LLC. Coldwell Banker® and the Coldwell Banker logo are registered service marks owned by Coldwell Banker Real Estate LLC.












Somerville/Bridgewater, Branchburg
 901 U.S. Hwy 202 • Raritan, NJ 08869
 908-231-1860
www.fivestarorthodontics.com

***Before You Pay Too Much For Orthodontic Treatment...
 Call Us for Your FREE Consultation***



Braces or Invisalign For Adults & Children

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

and many more.

TABLE OF CONTENTS

ON THE COVER

John C. Traynor.....Page 8

CONNECTION COMMENDS...

Camp Bow WowPage 10

Learning Rx.....Page 14

Mirror Image Barber Shop.....Page 16

Brook Arts CenterPage 18

Dutch Country Farmers MarketPage 41

Lighting Genie.....Page 48

Comfort KeepersPage 64

Slice of Life ColumnPage 12

BACK 2 SCHOOL SECTION.....Pages 14-17**HEALTH & WELLNESS SECTION**Pages 20-32

Medical Minutes -

All Women's HealthcarePage 20

Medical Minutes - Vein Institute.....Page 22

Health Hotline - ANS.....Page 24

Medical Minutes -

Douglas Haymaker, Ph.DPage 28

Health Hotline -

Dr. Todd Schneiderman, MD, F.A.C.S. ..Page 30

Health Hotline -

Drs. Vincent Sferra & Arun Kandra.....Page 32

DINING OUT SECTION.....Pages 41-43

Big Apple Bites ColumnPage 42

SHOP SOMERVILLE SECTIONPage 44-45

Community News - JFSPage 44

Lawyer's View ColumnPage 46

HOME & DESIGN SECTIONPages 48-59

Real Estate Corner ColumnPage 52

Home Improvement Column.....Page 56

SPOTLIGHT ON "SENIORS"Pages 62-64

Senior Corner ColumnPage 62

Senior Health Column.....Page 63

COMMUNITY CALENDARPages 66-67THE CONNECTION
Bridgewater-Somerville Edition

PUBLISHER

Robin Fand

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

OFFICE MANAGER

Anna Petro

PRODUCTION COORDINATORS

Donna Reina, Jody Varvaro

SOCIAL MEDIA/CONNECTory COORDINATOR

Prachi Jain

ADVERTISING EXECUTIVES

Patty Herman, Alicia Singman, Pam Zitman

CONTRIBUTING WRITERS

Atlantic NeuroSurgical Specialists, Maris Chavenson, LCSW,

Douglas Haymaker, Ph.D, Dr. Arun Kandra,

Joanne Kleinle, Jeralyn L. Lawrence, Esq., Nancy Lorince,

Ellyn Mantell, Fermin Martinez, Rachel Ricucci,

Todd A. Schneiderman, M.D. F.A.C.S., Linda Seigelman,

Dr. Vincent Sferra, Jeff Van Fleet, CKD, CBD, Johanna Wiseman

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

PUBLISHED BY

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

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 & Design**, **Shop Somerville**, **Spotlight on Seniors** and of course the **Community Calendar**.

Highlighted from our business/professional community this issue are: **Camp Bow Wow**, **Learning Rx**, **Mirror Image Barber Shop**, **Brook Arts Center**, **Dutch Country Farmers Market**, **Lighting Genie** and **Comfort Keepers**. Our talented writers have given us unique insight into these businesses and their respective owners.

Talented cover artist, **John C. Traynor**, delights us with an oil on linen entitled, **"Grazing By The Bay."** Originally from Chester and Mendham, NJ, John has made numerous painting expeditions to Ireland (over 35). This piece is from Dingle, Ireland. He states, "My first trip was at the age of 18 where I had a bike and cart filled with all of my painting materials. I biked all over Ireland, stopping to paint wherever inspiration called me. Ireland, being the birth place of my ancestors, has been the subject matter for hundreds of paintings." Being outside to paint is what really inspires John; to not only see the landscape but breathe it in to help him remember time and place. Please read John'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! Congratulations to Steve Forktus of Raritan**, winner of the June 2017 **Spot the Fake Contest!**

We encourage you to visit our new interactive website. View our **ONLINE RECIPE BOOK** and submit your favorite ones to **connectionsny@gmail.com**. Read our **ON-LINE editions**, view **YouTube videos** on many of the digital ads and click directly on the ad to visit our advertisers' websites. Visit the **CONNECTIONS YOUTUBE CHANNEL** which features videos from local advertisers at **www.youtube.com/user/ConnectionsNJ** in addition to viewing them on their digital ads!

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

Looking for a Physician, Caterer, Dentist, Fitness Expert, Home Improvement help and much more? Check out **The CONNECTory**, our ON-LINE Business Directory, which is growing every day with new businesses joining featuring their respective contact information.

www.connectory.theconnectionsny.com

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

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

STAY CONNECTED TO YOUR COMMUNITY THIS FALL WITH THE CONNECTION MAGAZINES AND REMEMBER TO SHOP LOCAL!

Sincerely,

Robin Fand, Publisher

SPOT THE FAKE!

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

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

Spotthefake@theconnectionsny.com

Subject Line: FAKE

More than 200 people took part in our **Spot The Fake Ad Contest** in the June issue. Congratulations to everyone who "spotted" **Basket 2 Go!** The winner, selected randomly from a list of all those who entered and provided the correct answer, is **Steve Forktus of Raritan**.

The winner received a gift certificate to **Alforno 202** in Flemington.

www.theconnectionsny.com





THE DATEJUST 41


The new generation of the essential classic, with a new movement and design that keep it at the forefront of watchmaking.
It doesn't just tell time. It tells history.



OYSTER PERPETUAL DATEJUST 41

Sherman & Sons
JEWELERS

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

ROLEX  OYSTER PERPETUAL AND DATEJUST ARE ® TRADEMARKS.

Four Sisters Winery

Celebrating 33 years of Winemaking

Complimentary Wine Tasting & Tours

Sept 16 Murder Mystery Dinner

\$35 pp, plus tax & service fee. Call for tickets

Sept 23 & 24 Apple Wines & Music Fest

Hayrides, Live Music, Wine Tasting, BBQ Food,
Pick Your Own Apples

12-5pm - \$12 at the gate, \$8 Advance

Oct Weekends - Family Harvest Weekends

Pick Your Own Pumpkins & Apples, Hayrides, Corn Maze (\$5)
Wine Tasting, Tours, Free Admission.

www.foursisterswinery.com

783 North Bridgeville Rd / CR519, Belvidere, NJ



Private Parties - Call for Dates

The winery is open 6 days a week, closed Wed.

Fri 10-7, Sat 10-8, all other days 10-6

Email: matty@foursisterswinery.com

908-475-3671



ON THE COVER



JOHN C. TRAYNOR

John C. Traynor spent his early years in New Jersey. His art studies began at Delbarton School in Morristown, New Jersey; from there he went to Paier College of Art in New Haven Connecticut, starting at the age of 16. He studied figure painting at the Art Students League of New York, as a merit scholar, with Frank Mason, as well as landscape painting with Mason in Vermont. John followed his studies with Mason by spending a year studying sculpture in Italy.

Having completed his studies by the time he was 20 years old, John was

determined to become a professional artist. As an unknown artist, John started selling his paintings at outdoor art shows in the Northeast where he was able to meet collectors in person. Opportunities with galleries began opening up through this exposure. Traynor has won numerous awards including the Frank DuMond award from the Hudson Valley Association and the Medal of Honor from the Salmagundi Club of which he is an honorary member. In addition, John is an inductee into the Delbarton School Hall of Honors and has attained the level of Copley Master from the Copley Society of Boston.

John is a skillful painter of every genre: landscape, still life and portraiture. His unique blend of realism and atmospheric impressionism set his work apart. Many people recognize a 'Traynor painting' by its brush strokes and unique feeling. Part of his success is connecting emotionally with others through his work reminding people of moments in their life or memories of the past. John's works are on display in several galleries across North America.

Great Lengths

Salon at Bridgewater



A Warm Welcome to New Clients

Receive **50% OFF**

Any one of our Salon
Services on your 1st visit

Receive **25% OFF**

Any one of our Salon
Services on your 2nd visit

With select stylists

Excluding Relaxing & Smoothing Treatments • Excluding Owners

Valid until Nov. 18, 2017. Offer cannot be combined with any other promotion. Mention ad when calling for appointment.

Like us on



1325 Prince Rodgers Ave., Bridgewater, NJ

908-218-1110

www.glsalon.com



NJ'S LARGEST OUTDOOR FURNITURE DISPLAY CLEARANCE!

SAVE UP TO **50-70% OFF** FURNITURE, SPAS, GRILLS & POOLS



Patio Furniture

Next Day
Delivery



WE DELIVER
TO THE JERSEY
SHORE!



All Replacement Cushions
All Umbrellas
All Pool And Deck Chairs

50% off
Present Ad for Discount

Fire Pits Cashiers are Deducting **20% off**



20% off

ROUND	OVAL	IN GROUND
12'\$39	12' x 24'\$ 69	16' x 32' ..\$ 79
15'\$49	15' x 79'\$ 79	18' x 36' ...\$109
18'\$59	18' x 119' ..\$119	20' x 40' ...\$129

TRADE-IN TIME

Bring in your old pool cover & get **10% OFF** our low Discount Prices towards a New Pool Cover.

20% OFF Safety Covers	16 x 32 \$599	Pelican 3555 Route 22 Whitehouse
	20 x 40 \$799	

Blower Rentals For In Ground Winterization Only \$20 A Day!	Pelican 3555 Route 22 Whitehouse
---	---

20% OFF Cover Pillows & Water Bags	Pelican 3555 Route 22 Whitehouse
--	---

20% OFF All Pelican Winterizing Chemical Kits	Pelican 3555 Route 22 Whitehouse
---	---



Hot Tubs

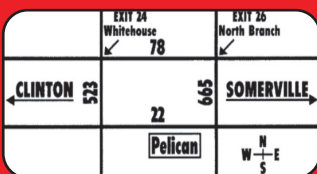
Spa Sale

Display Model Drastically Discounted

Display, Scratch & Dent, Slightly Weathered Items
Pelican has reduced prices further on display tubs that must be sold.
Fall is a great time for hot tubs. Cool nights, quiet days with back to school. Treat yourself & your family now. There's no place like home.



**SPAS
STARTING
AT \$2,999**



**3555 Route 22
Whitehouse, NJ**
For GPS Enter Somerville, NJ 08876
908-534-2534
Find Discount Coupons on our Website



PelicanShops.com
"Worth The Trip From Anywhere"
5 Miles West of Somerville

Pelican

STORE HOURS: MONDAY-FRIDAY 9-7 • SATURDAY 9-6 • SUNDAY 10-5


www.theconnectionsny.com



Seize the Play

Visit our Connection On-Line ad to view our video

CAMP BOW WOW®
 DOGGY DAY CARE & BOARDING | GROOMING | TRAINING
 CAMP BOW WOW® BRIDGEWATER
 10 Chimney Rock Road | Bound Brook, NJ 08805
 (732) 805-0888 | campbowwow.com/bridgewater



**Wine
Food
Music
Friendship**

**HOPEWELL VALLEY
VINEYARDS**
 609-737-4465
 46 Yard Road • Pennington • NJ
www.hopewellvalleyvineyards.com



**CONNECTION
COMMENDS**

**Bridgewater
CAMP BOW WOW®**
 10 Chimney Rock Road
 Bound Brook, NJ 08805
 732-805-0888,
campbowwow.com/bridgewater

Fall Safety Tips for Your Dog

Courtesy of Camp Bow Wow Bridgewater

Sadly, Summer is coming to an end, and it's time to make sure you and your pup are ready for Fall. While we all enjoy the falling leaves and cooler temperatures, there are important items to consider when it comes to your pet. Here are a few tips to keep top of mind during the fall months.

1. Many dogs have not been as active outdoors because of scorching summer days, so make sure you and your four-legged friend practice some basic training. It is essential to give them a refresher on the very important "come" command, especially if you will be spending more time outside.

2. If you and your pup have not been on long walks in a while and you are going to enjoy long walks in the cooler weather, make sure to build up their stamina a little bit. Start with shorter walks and build your way up. This will make it an easier adjustment for your dog's body.

3. Watch out for toxic chemicals, such as fertilizers and rodent killers. These are frequently used in the fall and can be deadly to your pet.

4. In preparation for winter, many people change or refresh the coolant in their car. Antifreeze has a sweet taste that dogs love but is extremely toxic.

5. Make sure to have the poison control number readily available in case your pet does get into something toxic. The ASPCA has a 24-hour animal poison control hotline and can be reached at 888-426-4435.

6. It is extremely important to continue with regular flea and tick treatments for your pups. Fleas and ticks can live throughout the winter (down to temperatures in the 40's!). Year-round treatment is highly recommended.

7. Bring your dog to doggy day care. By doing so your dog can have fun all day whether they're playing with other dogs or hanging out with human friends. There are many benefits to having your dog attend day care including, but not limited to, socialization, weight management, unlimited access to outdoor areas, peace of mind while you're at work, and separation anxiety issues.

We invite you to stop in for a tour of **Camp Bow Wow**. Our services include doggy day care, overnight boarding, training, and grooming. We run regular promotions throughout the year on almost all our services. We also host seasonal parties for all the pups to celebrate primary holidays! You are eligible to take advantage of these savings and attend our parties as soon as your dog has met our pre-stay requirements.

Follow us on social media for the latest info, exclusive discounts, and cute dog pictures!

Facebook:

Camp Bow Wow Bridgewater

Instagram:

[campbowwowbridgewater](https://www.instagram.com/campbowwowbridgewater)

Twitter and Snapchat:

[cbwbridgewater](https://www.facebook.com/cbwbridgewater)

You can also check us out on our website at:

www.campbowwow.com/bridgewater

SUFFERING FROM KNEE PAIN?

LIVING WITH KNEE PAIN IS A DAILY STRUGGLE THAT CAN SIGNIFICANTLY IMPACT YOUR MOBILITY AND OVERALL QUALITY OF LIFE.

Our specialists at Peak Medical provide comprehensive, non-invasive treatment options for our patients, providing them relief of discomfort from chronic knee pain.



PHYSICAL THERAPY

This non-invasive approach utilizes carefully planned exercises to recover the original range of flexibility through stretches and strengthening exercises.



INJECTION THERAPY

Injection therapy involves receiving small injections that can help to lubricate and cushion the affected joint and improve mobility.



ACUPUNCTURE

Acupuncture can assist with pain relief by commanding the body to release its natural pain relief hormones, relax muscles and improve circulation in the knee.



Contact the specialists at Peak Medical today for the non-surgical resolution to chronic knee pain you need.
NOW OFFERING FREE CONSULTATIONS! CALL 908-665-0770 TODAY

Dr. Dasika, MD ■ Dr. Kennedy, DPT ■ Dr. Dorn, DC ■ Noelle Bleski, LAc.



p. 908-665-0770 w. www.nopainmed.com | 492 Springfield Avenue, Berkeley Heights, NJ 07922

Due to Federal Law some exclusions may apply. Value of free consultation is \$150.

Pre-Season Prices for a Limited Time Only!

Only at Guarino's!

Spectacular Fur Trimmed Cashmere, Angora, Wool, Alpaca Shawls, Wraps, Capes and Vests



Furs by Guarino, Inc.

190 US Highway 22 • Green Brook, NJ 08812 • 732-968-8700
www.fursbyguarino.com

Monday-Saturday 10-5:30 • Thursday 10-7 • Sunday 12-5 (starting 10/8)

Furs - Leathers - Shearling - Cloth - Accessories



SLICE OF LIFE

A Widow's Secret To A Loving Marriage

By: Ellyn Mantell

As supporters of the Overlook Foundation at Overlook Medical Center in Summit, Bruce and I had the opportunity to attend a very inspiring and informative program recently. The speaker was a beautiful young woman who actually walked into the Medical Center as we did on a rainy Thursday night, and I recognized her immediately from her press shot. When I told her we were there to hear her speak, she looked humbled and pleased, and I could see in her eyes she had something important to say. It turned out she had several important things to say, and I want to share a few of them with you.

Dr. Lucy Kalanithi is an Internist and on the staff at Stanford School of Medicine; and she is the widow of Dr. Paul Kalanithi. He wrote a best-selling book entitled **When Breath Becomes Air** about the process of dying of advanced stage lung cancer. Paul, as she referred to him, was a fourth-year Resident in Neuro-surgery when his life turned upside down with this life-ending diagnosis. He survived for two years, and he shared so much with the reader, and through Lucy, as I will respectfully refer to her. She is doing the book tour he couldn't do, and speaking of what impact the book had on all of their lives, as well as the many who have or will read it. He may have only lived into his late thirties, but he left a profound legacy of wisdom in his few years here.

After a brief visual of Paul while he was still able to walk through his daily life, Lucy read two passages from his book, espousing his philosophies and thoughts. Then, Dr. Sophie Morse, a young Oncologist from the Cancer Center at Overlook Medical Center, sat with her on the stage, two chairs facing each other, as friends would sit. Dr. Morse asked questions that were at once incredibly simple, and yet so difficult to answer. One of the questions that hit me hard addressed the fact that in a family where there are two doctors spending so much time on their careers, how did they create a happy marriage. Without skipping a beat, Lucy said they learned to "give each other the benefit of the doubt!" How simple...how profound! Incredible to me was yes, that is so true. In order to gain one's love and support, one must offer the same, and instead of focusing on what is missing, or errant, focusing on what effort was put out. Not challenging, not expecting perfection, accepting that regardless of how differently we may want something to be, this is the way it is, goes a long way to actually giving someone the benefit of the doubt, and to not assume we know better. My feeling is that is the issue at the center of so many relationships. It is key to acknowledge that we are not each other's judge and jury, but rather that building what is positive and fulfilling, is best for the partnership.

Dr. Lucy Kalanithi also told us that her husband gave up his suffering when he internalized that the "non-acceptance" of pain (perhaps the anger one feels at pain and loss) is what causes the suffering. He used his time to work until he could no longer; they chose to have a child, a little girl, who was 8 months old when he died. He implored his loved ones to help support his wife through her pregnancy and after, so she could continue to care for and support him. His circle of family and friends was ever more important as time went on. She also spoke of the incredible importance of the caregiver at such a vulnerable time, and that it is incumbent upon the medical community to partner with the family for the best possible outcome. Provide honesty, yes, but kindness and understanding, as well.

Lastly, Dr. Morse asked Dr. Lucy Kalanithi if her husband had an answer to the question, what makes life meaningful? Yes, yes, he did. She explained that he felt quite certain after all he had endured, loved, gained and lost, the struggle to find the meaning of life, is in actuality, that which is meaningful! And I suppose for each and every one of us, the journey to discovering that meaning will be unique, special, beautiful, passionate, enduring, fulfilling, satisfying or still searching...even if it is too short, and too hard to say goodbye.

Tee-rrific Golf Center

Custom Club Fitting • Birthday Parties
 Miniature Golf • Driving Range
 Corporate Events • Lessons • Retail Pro Shop

OPEN ALL YEAR ROUND! RAIN OR SHINE

9am - 8pm Every Day!



Driving Range



Miniature Golf

We Change Grips

PLAYED BY 80% OF Tour PLAYERS

Golf Pride #1 Grip on Tour

One Day Turnaround



Simulator Room 1

Simulator Rooms

Tee-rrific Golf Center

3091 Route 22 East • Branchburg

908-253-9300

www.tee-rrificgolfcenter.com

LIKE US ON **facebook**

Follow us on **Twitter** @teerrificgc

You Tube The CONNECTIONS

Visit our Connection On-Line ad to view our video

Thomas S. Belardo Roofing, LLC

“Roofing of All Types”

BUILDING OWNERS

Flat Roof Leaking? Metal Roof Rusting?

Coat Rather than Replace!

Extend Your Current Roof 20+ Years.

GacoFlex[®]
by Gaco Western[®]

S20 Silicone Roof Coating System

Your solvent-free alternative.



Re-cover, don't re-roof.

732-560-8311 908-255-2586

www.BelardoRoofing.com

State License #I3VH003369400



Back 2 School



MONTGOMERY ACADEMY

"WHERE YOU CAN BE YOURSELF"

Our School-To-Work Program is expanding! We are accepting new work sites and group volunteer opportunities!!



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

Basking Ridge, NJ

www.montgomeryacademyonline.org

908-766-0362

Make Your Child's First Experience a Positive One!

We provide a safe, clean, high quality child care facility in a stimulating learning environment and a loving and caring atmosphere where children can grow and develop.

Programs Offered:

Pre-School, Kindergarten & Kindergarten Enrichment.

Curriculum:

Encompasses language skills, an understanding of math, literacy, computer skills, creative arts, social studies, science, religion, music and physical education.

Hours of Operation:

Monday - Friday
8am-5pm

Extended sessions
before & after school
7am-8am & 5pm-6pm

Little Friends of Jesus Nursery School

1881 Washington Valley Rd., Martinsville

P: 732-667-5272 • F: 732-667-5277

littlefriendsnursery@gmail.com

littlefriendsmartinsville.com



**Come visit us and meet the staff.
Now Accepting Students Ages 2-5 Years Old**

CONNECTION COMMENDS

LearningRx

one-on-one brain training
34 Mountain Blvd
Warren, NJ 07059
908-222-7246

By: Joanne Kleinle

Brain Training at LearningRx

Whether it is keeping track of your calendar while maintaining daily responsibilities, focusing on a math equation, or retaining information from a class lecture, we are all learning and processing information all day everyday- whatever our age or responsibilities. The key to success lies in our ability to focus and retain that information. This skill comes easily to some – but not to all. That is where **LearningRx** comes in. The professionals at **LearningRx** are one on one brain trainers – not tutors – who have achieved tremendous success nationwide at pinpointing learning challenges and training brains to overcome them. There is a **LearningRx** located right in Warren.

LearningRx is focused on people who are having difficulty thinking or learning. Although most of the clients are school aged children, many clients are adults – some simply having trouble focusing at work, others recuperating from a stroke or head injury. Often, clients are successful – whether at school or in their career –

but they have to work very hard to achieve that success. **LearningRx** makes it easier to succeed.

About LearningRx

LearningRx, headquartered in Colorado Springs, Colorado, is the largest one-on-one brain training organization in the world. With 80 Centers in the U.S., and locations in 40 countries around the globe, **LearningRx** has helped more than 95,000 individuals and families sharpen their cognitive skills to help them think faster, learn easier, and perform better. Their on-site programs partner every client with a personal brain trainer to keep clients engaged, accountable, and on-task – a key advantage over online-only brain exercises. Their pioneering methods have been used in clinical settings for 35 years and have been verified as beneficial in peer-reviewed research papers and journals. To learn more about **LearningRx** research results, programs, and their 9.6 out of 10 client satisfaction rating visit <http://www.learningrx.com/>.



Back 2 School



PAGE 15



Call us for a
FREE
brain training
demonstration.

• We train the skills that make learning possible.
And that's something to smile about.

• Is your child struggling with learning? Memory? Attention? Reading? Homework?

Your child's brain needs strong cognitive skills to think and learn. At LearningRx, we identify weak skills that may be making learning (and life!) harder than it needs to be, then train those skills using fun, challenging mental exercises.

Brain training is life changing. Kids love the experience, parents love the results. But don't take our word for it. Come see for yourself. Mention this ad and get a FREE brain training demonstration. There's no cost and no obligation, and you'll see what brain training is all about!

Goodbye struggles, hello smiles.

LearningRx
one-on-one brain training

LearningRx Warren
(908) 222-7246 | www.learningrx.com/warren

Other New Jersey Locations
www.learningrx.com/new-jersey/



Kierson Farm



Horseback Riding Lessons - Camps - Birthday Parties



VISIT OUR WEBSITE FOR OUR NEW RIDER BACK TO SCHOOL SPECIAL
www.KiersonFarm.com

107 W. Woodchurch Rd. Flemington NJ 08822 - kiersonfarm@me.com - 908.528.3307

www.theconnectionsny.com



Back 2 School





Art-4-All

School of Fine Art

**Now in
2 New
Locations!**
*See Website
for Details*

Old York School
580 Old York Rd.
Branchburg

Theatrical Corner
572 Allen Rd.
Basking Ridge

■ Classes Year Round ■ Painting ■ Sculpture ■ Drawing
■ Children and Adult Classes Available ■ Start Anytime

908-725-4490

www.art-4-all-inc.com

Barbara Gerson MA Fine Art Education

CONNECTION COMMENDS

MIRROR IMAGE BARBERSHOP, LLC



428 E. Main Street
Bound Brook, NJ 08805
732-868-8001
Mibarbershop.com

By: Fermin Martinez

Located in Bound Brook is **Mirror Image Barber Shop**, a quality place for great haircuts, great conversations, and a great family environment.

Many of us pine for the days where you could go into a barber-shop and feel like you were stepping into a community. A time when barbers and customers would catch up and talk, relax, and walk away with a fresh new haircut. For seventeen years **Mirror Image Barber Shop** has been cutting hair, free of the trappings of corporate salons and outlandish stylists.

"Community is the most important thing to me," Owner Mike Jones said. Jones came to Bound Brook in 1999 for an important reason, he was there to help the Borough of Bound Brook rebuild after the flood of September 1999. After many businesses were forced to close as a result, Mike Jones joined community efforts to rebuild after the devastation. Once there, Jones found a diverse, wonderful community that quickly became his home and family. In April of 2000, Mike and business partner Shawn Leyden opened the doors of **Mirror Image Barber Shop**. His intent and motivation was to establish a family friendly, community barber shop for clients of all kinds, and in that he has been wildly successful.

"One of the images that sparked our business is that of an older gentleman, sitting in the corner, offering valuable – if many times unsolicited – advice to a younger generation." Mike said.

Mirror Image Barber Shop employs four barbers with a combined experience of sixty years cutting hair. Boys, girls, young and senior will find a talented crew of hair cutters and a braiding specialist who can cut, trim, braid and fade their hair to the freshest look possible. From women's short haircuts to men's scissor, clipper and razor cuts, they also offer eyebrow services and straight razor shaves (hot towels included of course). With everything they do, the mantra of **Mirror Image Barber Shop** is to strive for "A Reflection of Perfection."

Mike Jones and **Mirror Image Barber Shop** value quality and community above everything else. For this reason **Mirror Image Barber Shop** also proudly supports The *I Can Foundation*, a foundation to empower our youth to new levels of success with reading and learning programs, PSAT/SAT Boot Camps and granting scholarships to graduating high school seniors. All this is just a small part of Mike Jones's and **Mirror Image Barber Shop's** focus on community and quality.

"Our success is due to our wonderful clients and the open arms of the community." Mike Jones explains. It is evident not just by the top notch quality of the hair-cuts they provide, but by the atmosphere they create within their shop and the community of Bound Brook around them. Stop in to **Mirror Image Barber Shop** today for a haircut for you or your family at 428 East Main Street in Bound Brook, or give them a call today at 732-868-8001!

Piano Lessons

Ages 7 & Up

Piano Lessons in the Comfort & Privacy of our Bridgewater Home

Weekly Payments • Flexible Scheduling
BA Degree • Experienced with Learning Disabled

Arlene Beroff
Bridgewater
908.722.1892
arlene.beroff@gmail.com

First Lesson
Free

Discover a world of wonder and excitement when you journey into the

Planetarium at
Raritan Valley Community College

RARITAN VALLEY
COMMUNITY COLLEGE
PLANETARIUM

Star Shows
Laser Concerts
Field Trips
Observatory

For information 908-231-8805
www.raritanval.edu/planetarium



Looking for a Secular Humanistic Hebrew School?

I.L. Peretz Community Jewish School

י.ל.פרץ, בית ספר וקהילה חילונית יהודית הומניסטית



K-7 school on Sunday mornings

Affordable tuition

Classes in Hebrew, history, literature, social justice

Israeli folk dancing, singing & Klezmer band

Family friendly holiday celebrations

Adult lectures and Yiddish classes

Bar and Bat Mitzvah planning

An inclusive, diverse community for adults & teens

OPEN HOUSE
Sunday, September 17

11:00 a.m.-12:30 p.m.
Rutgers Prep School
1345 Easton Avenue,
Somerset, NJ 08873

(732) 545-9691
www.ilperetz.org

The I.L. Peretz School is an affiliate of the Workmen's Circle & its network of Jewish cultural schools



Back 2 School

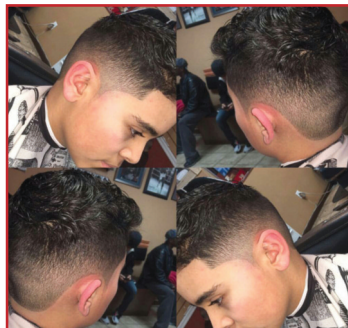


PAGE 17



MIRROR IMAGE BARBERSHOP, LLC

A Reflection of Perfection



ALL AGES, GENDERS AND TEXTURES WELCOME.



Monday
Closed
Tues-Wed
9am-7pm
Thur-Fri
9am-8pm
Saturday
8am-6pm
Sunday
Appt Only

732-868-8001

www.mibarbershop.com



mirror_image_barbershop

Se Habla Espanol



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

Spaces Available! REGISTER NOW & SAVE!!



Learn. Love. Grow.

- Creative Curriculum for Infants-Kindergarten
- Swim Lessons and Yoga Included
- Flexible Schedules between 7am-6pm

Call for a Personal Tour!

Contact Early Childhood Director
Sara Wasserman at 908-443.9022
SWasserman@ssbjcc.org



Shimon and Sara Birnbaum Jewish Community Center
775 Talamini Road • Bridgewater, NJ 08807 • ssbjcc.org

JCC Open House • Sun., Sept. 24 • 11am-2pm



Educate
Entertain
Love

Birthday
Parties

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

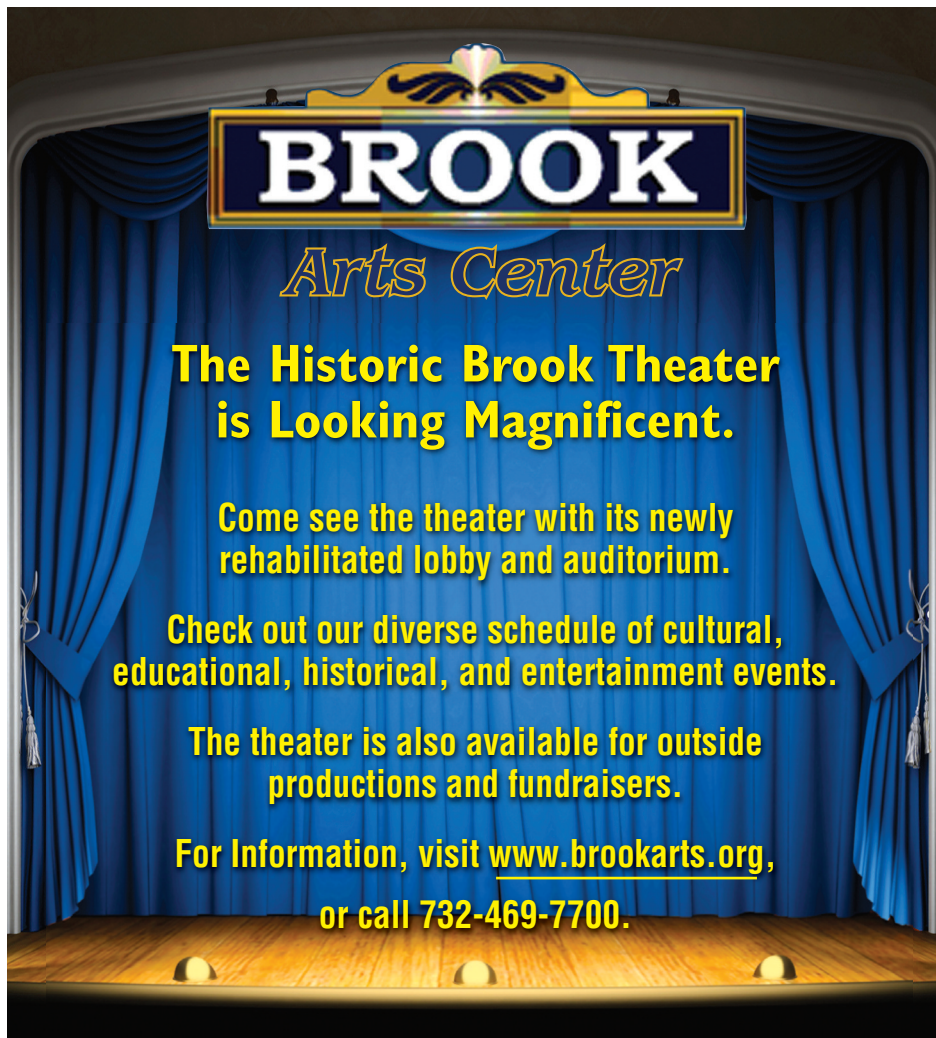
Warren • Basking Ridge • Garwood
And our **NEWEST** location - New Providence

Enroll Now for Fall 2017 Classes

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

For Children
6 Months -
4 Years
with Adult





BROOK
Arts Center

The Historic Brook Theater is Looking Magnificent.

Come see the theater with its newly rehabilitated lobby and auditorium.

Check out our diverse schedule of cultural, educational, historical, and entertainment events.

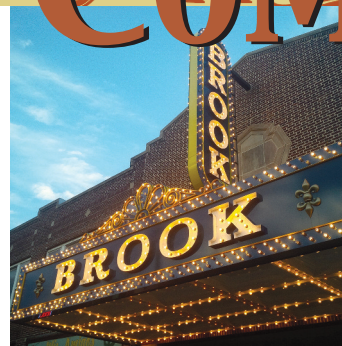
The theater is also available for outside productions and fundraisers.

For Information, visit www.brookarts.org, or call 732-469-7700.

CONNECTION COMMENDS

BROOK ARTS CENTER

10 Hamilton Street
Bound Brook, NJ 08805
732-469-7700
www.brookarts.org



THE HISTORIC BROOK THEATER GETS MAJOR MAKE-OVER

The Historic Brook Theater in Bound Brook has limped by in a sad state of disrepair since the flooding incidents of the past ten years did their damage, but the grand old theater is now being returned to its former grandeur once again.

Thanks, in part, to a grant from the Somerset County Board of Freeholders, work has been virtually non-stop since the beginning of the year, and the results have been nothing short of amazing. The Freeholders' grant allowed for the rehabilitation of the original plaster work, which took five months to repair and repaint the decorative motifs on the ceiling and walls. Kat Cannelongo, Board of Directors Chairperson, said that patrons coming to the theater will be in awe of the utterly beautiful Whisper Dome in the center of the ceiling, as well as the grandness of the auditorium.

In addition to the plaster work, other areas that have been rehabilitated or added are the inner and outer lobby, a lovely crystal chandelier suspended from the dome, new wall draperies, and a new stage lighting system. Still on the To-Do list is the make-over of the concession stand, the stage refurbishment, reconstruction of the outside Ticket Booth, and installation of new theater seating. Grant applications have been submitted to the New Jersey Historic Trust for the Ticket Booth project. A seating campaign recently commenced in order to fill the auditorium with plush new theater-style seating. The board is hoping to reach the goal of approximately 800 new seats within the year. The campaign can be accessed through the theater's website as well as through Facebook. A \$250 donation will allow people to "purchase" a seat with their name on a brass plate, or dedicate it in memory of a loved one.

The Historic Brook Theater, which was listed in the National Register of Historic Places in May 2014, opened its doors on January 19, 1927 as a vaudeville theater, with many now-famous people gracing its stage through the years, such as Mae West, W.C. Fields, Dean Martin, and Tony Bennett. Not long after it opened, the new talking pictures took hold of the American imagination, and the rest is history. The Theater remained a movie theater and live performance venue until the early 1990's. In 2001, the non-profit Somerset County Cultural Arts Center purchased the theater with grants and loans from the U.S. and New Jersey Economic Development Agencies and from the Somerset County Freeholders. Their mission is to provide cultural, educational, historic, and entertaining events to the surrounding region. The theater offers a diverse schedule of plays and musicals, operas, rock concerts, orchestra performances, dance, and presentations of interest. It is also available as a rental for outside productions and fund-raisers.

Additionally, the theater is a home-base for the Garden State Theater Organ Society, who maintains the big organ console and huge organ pipe system. The GSTOS also provides live performances throughout the year, and silent movie classics accompanied by the organ.

Cannelongo also reported that a regular classic movie series will be starting soon on Friday nights, and urges everyone to come see the new Historic Brook Theater – you will be amazed.

Information for upcoming performances and movies, as well as rentals, can be found on the theater website (www.brookarts.org) or by calling 732-469-7700.



jiffy lube®

Make your time more productive!

Lube & Lunch

Bring and enjoy your lunch on our *outdoor* patio while we service your vehicle *indoors*.

BRIDGEWATER
1316 Route 22 East
(908) 231-9800
Located at Morgan Lane

FRANKLIN
1503 Rt. 27 South
(732) 828-6116
Between Cozzens Lane and Bennetts Lane

JandG.JiffyLube.com
Hours: Mon.-Fri. 8am-7pm
Sat. 8am-5pm; Sun. 9am-3pm
No Appointment Necessary



- ✓ Radiator Check/ Antifreeze Replacement
- ✓ Complete Fluid Maintenance
- ✓ Tire Rotation Services
- ✓ Fuel System Cleaning
- ✓ Wiper Blades
- ✓ Cabin Air Filters
- ✓ AND MORE!

LEAVE WORRY BEHINDSM

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



High-Quality Family Law Solutions Backed by 110 Years of Experience

Divorce Lawyers Dedicated Solely to New Jersey Family Law

A firm devoted solely to practicing family law, **Shimalla, Wechsler, Lepp & D'Onofrio, LLP**, provides exceptional services through both litigation and alternative dispute resolution. We will defend your rights and best interests at every stage of the process, and seek solutions through an intelligent and practical approach to divorce.

Dependable Legal Guidance Tailored to Your Needs and Focused on Results

Our lawyers provide practical guidance, advice, and recommendations to help our clients establish realistic objectives and understand the various legal options at their disposal.

Our attorneys specialize in:

- Dissolutions of marriage, civil unions, and domestic partnerships
- Child custody, parenting time, and child support
- Alimony, palimony, and spousal support
- Equitable distribution of assets and liabilities
- Domestic violence



Michele E. D'Onofrio

Amy Zylman Shimalla

Amy Wechsler

Heidi Ann Lepp

Alternative Dispute Resolution

When litigation is not the appropriate way to resolve a dispute, there are equally effective, non-adversarial processes available in New Jersey such as:

- Mediation
- Arbitration
- Collaborative Law

All four of our partners are trained in mediation and collaborative family law. In addition, our firm received a First Tier ranking in New Jersey Family Law Mediation by U.S. News – Best Lawyers® for the Sixth Edition of Best Law Firms®, and three of our partners are certified by the Supreme Court of New Jersey as Certified Matrimonial Law Attorneys.

We are committed to providing superior legal representation that yields favorable results in an efficient and timely manner, while helping to reduce the emotional and financial toll on the family, and focusing on your specific goals to help you build a brighter future.

Shimalla, Wechsler, Lepp & D'Onofrio, LLP

101 Town Center, Suite 117, Warren, NJ 07059

(908) 922-4238

info@swldfamilylaw.com • www.swldfamilylaw.com

Serving clients in most N.J. counties including Somerset, Hunterdon, Middlesex, Union, and Morris counties.



*Best Lawyers® inclusion is based entirely on peer-review. Information on the selection process can be found at <http://bestlawfirms.usnews.com/methodology.aspx>. No aspect of this advertisement has been approved by the Supreme Court of New Jersey.



GREEN BROOK UNION

Shake A Paw

Finding Best Friends Forever™



GREEN BROOK UNION

Shake A Paw

Center for Rescue & Adoption

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

Your Best Choice for a
HAPPY HEALTHY PUPPY

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

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

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



COME FALL IN LOVE WITH A PUPPY!

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

SPCRA®
Saving Lives Every Day

14 Route 22 West
Green Brook, NJ 08812
732-968-2522
OPEN 7 DAYS A WEEK!

shakeapaw.com

shakeapawrescue.org

www.theconnectionsny.com

**YOUR ILLNESS DIDN'T WAIT FOR
YOUR DOCTOR'S NEXT OPENING.
NOW YOU DON'T HAVE TO EITHER.**



Getting you better quickly is our number one priority. You'll see an experienced Medical Doctor in our state-of-the-art clinic quickly, without an appointment, seven days a week. AFC's simple, streamlined approach will help you feel better right now. Our priority is the health of our community.

In The ShopRite Shopping Plaza
601 W Union Ave
Bound Brook, NJ 08805

732.469.3627

AFCUrgentCareBB.com



URGENT CARE
american family care®

NO APPOINTMENT NEEDED. Hours: M-F: 8am to 8pm, S-S: 8am to 5pm



URGENT
CARE



X-RAY SERVICES
ON-SITE



LAB SERVICES
ON-SITE



VACCINATIONS &
PHYSICALS



OCCUPATIONAL
MEDICINE



SHORT
WAIT TIMES



MOST INSURANCE
PLANS ACCEPTED

MEDICAL MINUTES

AN UNCOMFORTABLE TOPIC: PAINFUL SEX

See ad on
page 71

Am I the only one experiencing this?

Is there something wrong?

Why doesn't sex feel like it used to?

You are not the only woman asking these questions, but sometimes it is hard to find the answers.

Painful intercourse, or dyspareunia, is the consequence of the loss of estrogen from our bodies when we stop menstruating and enter menopause. Common early symptoms are vaginal dryness or some mild irritation and burning with sex. As time progresses sex can become very uncomfortable and sometimes not even possible due to changes in the vaginal lining (mucosa). The vagina no longer stretches to accommodate intercourse and the mucosa becomes thinner. Women can sometimes experience tiny tears in the vaginal tissue after intercourse that can result in light bleeding and discomfort. It can be very discouraging and the pleasure of intimacy is gone.

There are many women looking for some answers and there are temporary solutions to this problem. A good lubricant always helps, however, lubrication alone, will not improve that elasticity or "stretch factor." For that you can use topical vaginal estrogen. These are low dose prescription estrogen products formulated for the purpose of improving vaginal function for intimacy and, when used as recommended, can be effective. These products do not carry the same risk as hormone replacement therapy that is typically prescribed for symptoms of menopause like night sweats and hot flashes. They DO require that you use them REGULARLY, usually twice a week, and CONTINUALLY in order to keep the vaginal tissues thicker and more elastic which can be inconvenient. Also, for some women the use of estrogen is not appropriate, while other women are uncomfortable with any type of estrogen therapy.

What we all need is a solution that is convenient, easy to use, hormone free

and effective. That solution is the **MONA LISA TOUCH LASER.**

This laser therapy was developed in Italy and approved for use in the US by the FDA in 2014. It uses a fractional CO2 (carbon dioxide) laser, the same type of laser in use for years for skin rejuvenation. Treatments are done right in the office, do not require any anesthesia as they are virtually painless and the total treatment time is about 5 minutes.

So how does this work? Application of this laser to the vaginal and vulvar tissues induces tissue remodeling through a "microablative action". In other words, the energy of the laser when applied to the vaginal tissues induces a complex healing response that results in increased vaginal moisture and tissue elasticity. It actually improves blood supply to the vaginal tissues and increases elastin and collagen in the mucosa. Those are all changes that will make intercourse much more comfortable.

The treatment protocol is 3 treatments over a 12 to 18 week period followed by a single annual treatment for maintenance. Many patients will see an improvement after the first treatment alone.

These treatments are effective, safe, painless, easy, hormone free and convenient. Most importantly, women have restoration of vaginal health – the ability to have intercourse without pain, bleeding or burning. And that's an important part of our health and well-being, even in menopause.

Don't wait, call **All Women's Healthcare** today at **908-788-6469** for more information about Mona Lisa Touch Laser therapy and get back to pain-free, pleasurable intimacy.



Gentle Dental of Branchburg

FAMILY, COSMETIC, & IMPLANT DENTISTRY

**Cleanings, Whitening,
and Fillings, to Full
Mouth Rehabilitations**



Dr. Darren Brenner DMD

Dr. Christopher Fears DMD



We'll keep you smiling!



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

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

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



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



www.gentledentalofbranchburg.com

BACK TO SCHOOL BACK TO YOU!



Ask about our first visit incentive

TRAINING THE

World's Greatest

**ATHLETES, BODY BUILDERS, MOVIE STARS,
AND MOMs since 1965.**



BRIDGEWATER

462 ROUTE 28 • 908.595.1111 • goldsgym.com/bridgewaternj



A NEW GENERATION OF BEHAVIORAL HEALTH

GENPSYCH

Mental Health of the Future

Bridgewater • Livingston
Lawrenceville • Brick



Mental Health & Substance Abuse Programs

DBT • Eating Disorders • Anxiety/Trauma • Ambulatory Detox • & more

Visit our website to see all program offerings

Same day appointments • Transportation available

All private insurances accepted

(855) 436-7792
genpsych.com

MEDICAL MINUTES

THE MYTHS ASSOCIATED WITH VARICOSE VEINS

By: Joanne Kleinle

Drink plenty of milk to have strong bones and teeth. Remember to brush and floss after every meal. Mom had plenty of good advice for you to live by, but when it comes to information about varicose veins, not everything that she told you is true. If you want to get the real scoop on vein health - go to the experts. The Vein Institute of New Jersey at The Cardiovascular Care Group has been the leading provider of vascular care in the state since 1963. With eight convenient locations, their staff of board certified, Top Doctor rated physicians, sets the standard for vascular care in New Jersey. Clifford Sales, M.D. of The Vein Institute of New Jersey wants to dispel myths that we might have heard about vein care.

Myth #1: Treatment for varicose veins is painful.

Varicose veins are veins that have become enlarged or twisted, often causing soreness, stiffness or itching. In addition, they can be unsightly. Many women choose to forego treatment because they believe it is painful with a long recovery. Maybe this was true in our mother's time, but certainly **not** anymore. The Vein Institute of New Jersey at The Cardiovascular Care Group has state of the art facilities where their doctors provide the latest FDA approved noninvasive treatments that are virtually painless.

Many patients are treated with sclerotherapy. Sclerotherapy is a simple injection of a solution into the vein and the patient leaves with just an ace bandage wrap. She can be at the gym the next day! Other treatments are equally as simple - laser ablation, Celarivein®, even wearing compression and support hosiery, if the case is not too advanced.

Myth #2: Varicose Veins can be caused by crossing your legs or wearing high heels.

Many women feel that varicose veins are simply a result of their lifestyle. If they like to wear high heels or sit with their legs crossed they believe varicose veins are an inevitable side effect, so treatment is pointless. Not true!

So what does cause varicose veins? Dr. Sales says that, like most ailments, it comes down a lot to genetics. Women's bodies are subjected to significant hormone fluctuations throughout their lives - on a monthly basis and then for an extended period during pregnancies. Hormones may cause the veins to stretch and contract and, depending on genetics; this might result in varicose veins.

Myth #3: Veins should not be treated unless they are painful.

Women often put aside their own health care needs because they are busy being a caregiver to their families. When it comes to treatment for varicose veins, however, the treatments are so simple that there is no need to sacrifice your own self-esteem and comfort for your family. Just take the time to take care of your varicose veins and you will be amazed at how great it makes you feel!

Myth #4: Treatment for varicose veins is expensive.

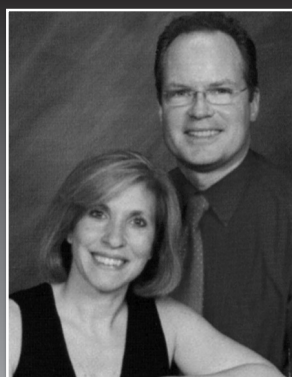
When a patient is experiencing pain or discomfort, the treatments may be covered by insurance. Although some aesthetic concerns like spider vein treatment may be deemed "cosmetic" by some insurance carriers, the cost for treating these conditions are surprisingly very affordable.

Mom taught us a lot, but she would be the first to say that when it comes to taking care of your veins, your best bet is to go to an expert. The experts are at **The Vein Institute of New Jersey**. No excuses! Don't live with embarrassing and uncomfortable varicose veins any longer. Call **973-539-6900** for an appointment today.



Conti
eye care

Routine eye exams, laser
assisted cataract surgery,
refractive surgery, corneal
disease, neuroophthalmology,
contact lenses, Botox,
and more!



Eileen Conti, MD
Vincent J. Hoye, MD

**Optical Shop
on Premises**

As of June 1, 2017 our Branchburg and
Chester offices have moved to one location:

BEDMINSTER MEDICAL PLAZA

1 Robertson Drive • Suite 29

Bedminster, NJ 07921

908-595-1322 • 908-879-9555

www.contieyecare.eyemd.org

**We've
Moved!**



Somerset Dental Associates



Amit Patel DDS
(908) 253-3660

- Implants (place and restored in our facility)
- Full-Mouth Reconstruction
- Cosmetic Dentistry
- Porcelain Veneers
- Crowns & Bridges
- Zoom Whitening
- Tooth-Colored Fillings
- Metal-Free Partial
- Dentures

ZOOM!

Fall into a bright smile
in 45 minutes
Only \$399



Financing Available
CareCredit®
Same Day Denture Repairs
Most Insurance Plans Accepted

311 S. Main Street, Manville, NJ 08835
908-253-3660 • www.SomersetDentalAssoc.com



Add New Crest®
3D Professional
White Strips

For Just \$49
with your Cleaning and Exam

New Patient Special **Only \$125 Reg. \$295** Valid until 11/15/17



YOU DON'T HAVE TO LIVE WITH LEG PAIN & DISCOMFORT!

NJ'S Top Rated Vascular Care

Group has achieved amazing results without surgery using simple sclerotherapy and new non-invasive laser treatments. Since 1963, **The Cardiovascular Care Group** has been delivering innovative and exceptional patient care to our tri-state communities.

Call us today and start looking and feeling better.

We are here to help!



Vein Institute
OF NEW JERSEY

THE CARDIOVASCULAR CARE GROUP

www.tcvcg.com

www.veininstitutenj.com

Westfield • Morristown • Livingston • Princeton
Landing • Shrewsbury • Clifton • Rockaway

908-224-0735



ANKLE & FOOT SPECIALIST OF NJ

Professional and Friendly Patient Care



Dr. Jyotsna Thapar

Two Locations:

65 Mountain Blvd. Ext, Suite 107, Warren
732-356-FOOT (3668)
908 Oaktree Ave., Suite R, South Plainfield
908-222-8980

www.Ankle-FootSpecialist.com

Evening & Weekend Hours Available

Treating All Kinds of Foot and Ankle Problems including:

- Reconstructive Surgery
- Bunions
- Hammertoes
- Sports Injuries
- Children's Feet
- Custom Molded Orthotics
- Heel Pain
- Nail and Skin Disorders
- Diabetic and Geriatric Foot Care
- Neuropathy Care



Most Insurance Plans Accepted
Medicare Provider



Denise Favor Bayles, MA, CCC-SLP
Speech-Language Pathologist
ASHA Certified, NJ Licensed
NJ Lic #41YS00282300

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



NJ's favorite
Kids' docs™
from New Jersey Family

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

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

Psychic Gallery

psychic reader & advisor
life coach in all matters
crystals • antiques • gifts
workshops & parties

Let's see what
Your Future
has in store



GASTROMED
HEALTHCARE, P.A.

We specialize in Gastroenterology,
which is the treatment of diseases
and disorders of the digestive system
or gastrointestinal (GI) tract.



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

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



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

WWW.GASTROMEDHEALTHCARE.COM
GASTROMED@AOL.COM



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

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

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

CALL TO SCHEDULE YOUR FREE IN-OFFICE CONSULTATION



Simple Design



3x the Weight Loss of
Diet & Exercise Alone



Portion Control



Visit our
Connection On-Line ad
to view our video

HEALTH HOTLINE

IS SPINE SURGERY RIGHT FOR YOU? IT'S A MATTER OF RISK VS. BENEFIT

Many people who suffer from debilitating back pain resist surgery – thanks to failed stories from years past. While surgery should be the final option after trying other non-invasive therapies, today's success rates for spine surgery are significantly different from the past.

Take, for example, Denise Kordulak, a 66-year-old retired x-ray technician from Neptune, NJ. Years of pushing, lifting and carrying equipment and positioning patients played a huge toll on her back. Fourteen years ago, she had surgery to relieve her pain and restore the feeling in her feet. While it was somewhat successful, she never returned to normal.

Denise started walking with a hunched back. Last year, the pain became unbearable. Eventually, she lost feeling in her left leg from the knee down, and the pain migrated to her right leg. It was so bad she couldn't stand for more than a few minutes.

Denise contacted Dr. Pinakin R. Jethwa, a board-certified neurosurgeon at Atlantic NeuroSurgical Specialists (ANS).



Atlantic NeuroSurgical Specialists,
Dr. Pinakin Jethwa

"When Denise came to me, she was suffering from a complex lumbar spine issue. Compression of the nerves was causing her leg pain.

Degeneration of her discs was causing her back pain. And, one of the bones of her spine had slipped out of place, causing her hunched back," Dr. Jethwa explains. "In an eight-hour surgery, we performed a multi-level spinal decompression and fusion operation."

The parts of the bones and discs that were compressing Denise's nerves were removed. Screws and rods were placed in the bones to stabilize and fuse the degenerated discs, and the bone that was slipped out of place was realigned into a more normal position."

"Since then, I have been pain free," Denise says excitedly. "I am a completely new person. I can stand up straight again, and I feel wonderful!"

"Denise actually drove herself to the office and, for the first time in years, walked in unassisted," Dr. Jethwa adds. "She told me she has her life back. In her case – and many others – the benefits far outweighed the risk."

For more information about spinal decompression and fusion, contact ANS at 973.285.7800, and visit ansdocs.com.



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



Stand
Up
Straight
Again



Spine Center

Atlantic NeuroSurgical Specialists

ansdocs.com

973-285-7800

JCC OPEN HOUSE

Sun., Sept. 24
11am-2pm

Join between
9/10-9/24 &
make NO payments
until Dec. 2017.
(Excludes registration fees.)

Save up to
\$425!

Get into fighting
shape this fall.

Shimon and Sara Birnbaum
Jewish Community Center
775 Talamini Road,
Bridgewater, NJ 08807
ssbjcc.org • 908.725.6994

Free Event! Touch-a-Truck & Dog Day
Sun., Sept. 17 • 11am-3pm



Welcome to the office of Dr. Devi and Dr. Lapena



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

Services

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



Office Hours

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

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

branchburgpediatricdentistry.com
908.722.2226

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



AFFORDABLE DENTAL CARE

We guarantee unbeatable prices for any of your dental needs.

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

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

255 N. Main Street, Manville, NJ 08835

Tel: 908-526-2224 • 908-526-2299

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

Hours: Mon-Wed 10am-6pm • Fri 9am-5pm • Every other Saturday 9am-3pm

SAME DAY EMERGENCY VISITS ALWAYS WELCOME



Dr. Mike's
Hearing Express
DIRECT TO YOU

Discount Hearing Aids & Hearing Devices



Dr. Michael Vavrek, AuD.
Audiologist
Hearing Aid Lic #962

Talk with us before you overpay for a hearing aid.

3322 US 22W, Suite 204, Branchburg, NJ 08876

908.722.4022

www.DrMikesHearingExpress.com

FREE
Hearing
Tests

Healthy Spine Chiropractic

You Deserve Better Health for a Better Life

Stacey A. Stefanski, DC

908-741-8420

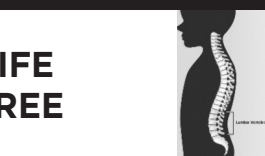
908-370-6256 (c)

LIVE LIFE
PAIN FREE

Children can receive a **FREE** Posture
Evaluation & Consultation

www.healthyspinenj.com

1301 Prince Rodgers Ave. • Bridgewater, NJ 08807



MEDEMERGE

ESTD. 1981

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

For over 30 years. The doctors you know and trust!

No appointments needed! Just walk in anytime.

Primary care

Adult, Children & Seniors

- Preventative Care
- Physicals
- Hypertension
- Diabetes
- Immunizations
- Cholesterol

*The latest Lab and
Radiology technology.*

Open 365 days a year.

Open at 8 am daily.

**Don't be fooled
by imitators!**

*Immediate results
for most exams.*

Urgent care

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

Immigration Physicals*

* Check website for requirements

Workers comp and DOT Physicals

John Pilla, M.D.

Carol Sgambelluri, M.D.

David Carrieri, D.O.

Paul Popeck, D.O.

Syed Fahim Ahmed, M.D.

Yoram Sharon, D.O.

Marwan Hammoud, M.D.

Lyalya Strumkowsky, M.D.

Deepika Garg, M.D.

We participate with all insurance plans. Certified Medical home.

For more info see us at:

MEDEMERGE.COM

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

www.theconnectionsny.com



BACK TO SCHOOL SPECIALS!

Kids going back to school,
Mom, it's **YOU** time!



FALL SPECIALS

50% OFF

First Month of Monthly Contract
Single Month Contract Excluded

\$50 OFF

Any Yearly Contract



Bring in this ad for a 1 week **FREE TRIAL!**

On Fire 4 Fitness

Celebrating Our
4th Year Anniversary
1329 Prince Rodgers Ave
Bridgewater, NJ 08807
908-393-6510
onfire4fitness.com

Open 7 Days: Mon-Thu 6:30am-9:00pm • Fri 6:30am-8pm • Sat-Sun 8:00am-4:00pm

Wellness Insurance Programs

"Horizon Be Fit"/Advanta
Horizon 365
Healthways
Prime - Silver Sneakers
Humana Vitality
US Healthworks
Global Fit

Ashlink
Active and Fit
Silver and Fit - Afinity
AARP
Medicare Supplement
"At Your Best"
Medicare Advantage
Program

Classes include: Ballet, Barre, Body Sculpting,
Knee Strengthening, Tai Chi, Zumba.

Pre and Post Natal and Personal
Training Workouts Available.
(call to sign up and save)

30 Minutes of Your Time ~ Cardio and Strength ~ Burn Up to 600 Calories

On Fire 4 Fitness is a women's
health club designed to meet the
needs of every woman in a welcoming,
supportive, and beautiful environment.
Our equipment works all muscle
groups for all body types.



NEW LOCATION!!!

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

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



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

Mention this
ad and receive a
FREE EXAM!!!
(\$150 Value)



Dr. Jim Bremner, D.C.
908-251-3588



Mon, Tues, Fri 9-12 Noon, 3-7 PM; Thurs 3-7 PM; Sat 9:30-12 Noon

New Location!!! Same Great Service!!!
515 Church St., Bound Brook, NJ 08805 www.drjimchiro.com



WARREN ORAL SURGERY

COMPASSIONATE CARE



Daniel Sullivan, DDS
Specialty Permit #5442



Sanjeet Chaudhary, DMD
Specialty Permit #6328



Shawn Lynn, DDS
Specialty Permit #6357



Wisdom Teeth Removal • Dental Implants
IV Sedation/General Anesthesia • Nitrous Oxide (Laughing Gas)



Scan here
to view
our app!

908-223-8733
58 Mt. Bethel Road, Suite 202, Warren, NJ 07059
www.warrenoralsurgery.com



Warren Oral & Maxillofacial Surgery Associates cumple con la legislación vigente de derechos civiles de alcance federal y no discrimina en base a raza, color, país de origen, edad, discapacidad o sexo.
沃伦口腔和颌面外科协会 (Warren Oral & Maxillofacial Surgery Associates) 遵守可适用的联邦民权法律, 不因种族、肤色、国籍、年龄、残疾或性别而歧视。



MRI WARNING:

- ✓ Were your results **FULLY** explained?
- ✓ Were you provided treatment **OPTIONS**?
- ✓ Were you provided **SECOND OPINIONS**?

YOU ARE ENTITLED TO ALL THE ABOVE!

IF you or any family member have had an M.R.I (Magnetic Resonance Imaging)

FOR A FREE COMPLETE DOCTORS REVIEW!

- ➔ BACK PAIN
- ➔ NECK PAIN
- ➔ NUMBNESS
- ➔ BULGING
- ➔ HERNIATED DISCS
- ➔ LEG PAIN
- ➔ ARM PAIN
- ➔ TINGLING
- ➔ SCIATICA
- ➔ STENOSIS

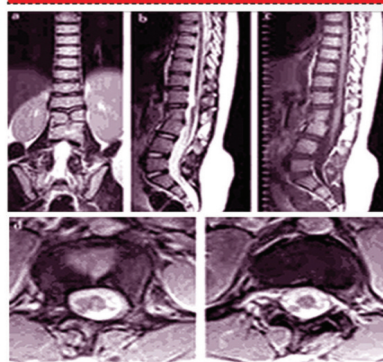


Dr. Steven Balestracci, D.C.
Dr. Terresa Balestracci, D.C.
566 Union Ave
Bridgewater, NJ 08807

FREE

M.R.I REVIEW BY OUR DOCTOR

with this Ad



CALL TO SCHEDULE: **908-231-8088**
www.TotalHealthChiro.net



MEDICAL MINUTES



Douglas Haymaker, Ph.D



Stephanie Haymaker, Ph.D

HIGH FUNCTIONING ANXIETY IN ADULTS AND TEENS

Anxiety is a complex set of reactions designed to keep us safe. In the days of saber toothed tigers, the "fight or flight response" was, literally, a lifesaver. When a person faced a dangerous situation, a series of physical and mental events occurred: the heart raced, attention focused on the threat, blood flow changed to allow extra energy for the muscles. Blood pressure rose and the brain tried to anticipate what would happen next. There was a rapid calculation - should I fight for my life...or run for it? In caveman days, this was as much decision-making as was needed. And these two options covered most situations.

Things were simpler back then. Anxiety about giving a presentation for school or work does not allow for either fight or flight. You just have to get through it. Being anxious about being unprepared for your geometry test also doesn't allow for fight or flight (unless you can squeeze in a sick day). In the extreme, anxiety can become panic - with racing heart, clouded mind, and sense of doom. There is an urge to flee the situation. Because fleeing the situation makes the anxiety less, the behavior gets reinforced. People tend to avoid similar situations in the future. Life can feel like it is all about avoiding anxiety.

Anxiety is the single most frequent reason people choose to begin therapy. And, treatment for anxiety has the highest rate of success. It has been estimated that 18% of the population over 18 years of age will experience an anxiety disorder. Despite the fact that anxiety disorders are treatable, only 1 person in 3 seeks treatment. Everyone experiences anxiety. It draws our attention to potential danger and focuses us. But, like a car alarm that keeps going off even when no one is around - sometimes anxiety is a distracting, or even debilitating, false alarm.

Recently, "high functioning anxiety" has been getting attention in the media. In 2014, Scott Stossel wrote in *The Atlantic* that he had struggled with severe anxiety despite being a successful magazine editor. Asked by a doctor how many episodes of anxiety he had, his answer was, "One, my whole life." With high functioning anxiety (HFA), the individual suffers with anxiety, but somehow is able to do what they need to do. People with HFA may be very successful. Often, the suffering is not apparent to others. But, inside, it can feel like torment.

Despite their success, people with HFA may doubt the adequacy of what they

do. They may worry for days about something they said, or did, or something that was said to them. Decisions can be difficult because of fear of making the wrong one. Sufferers may seem angry or irritable since they feel like they are constantly on the verge of being overwhelmed. A problem at work may feel like a catastrophe. At home, frantic activity or social avoidance may be how these individuals try to regain equilibrium.

For adolescents, anxiety may focus on appearance in addition to competency. Self-consciousness is commonly the main concern. Feeling too fat, or too thin, too tall or short may plague the most seemingly-successful teens. For teens with high functioning anxiety, perfectionism is the goal, and the enemy. Teens are social creatures, and there is much social learning to be done in high school and college. Fearful withdrawal can limit a teen's chance to grow. Sports, academics, friendships, romantic relationships, college applications and the need to choose a vocation all can be anxiety provoking and all can be fuel for HFA. HFA teens perform, but with much struggle. Anxious teens often have physical complaints - headaches and stomach aches are the most common. These physical symptoms may take the place of feeling anxious, and may take on a life of their own.

The worries can seem endless. Each promotion, or success, can bring fears of being "found out" as incompetent (the imposter syndrome). Some of these fears can become self-fulfilling prophecies. If these problems sound familiar, they are. Everyone struggles with these issues to some extent. Those with HFA suffer more and more often. Too much anxiety can rob people of the experience of joy in their lives, and satisfaction with themselves.

Likely, no one will suggest they get help - only a few people very close to people with HFA know how hard it is for them. But, if the private battle interferes with well-being, perhaps it is time to talk with someone who can help.

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



For You DENTISTRY

Creating Beautiful Smiles for Life

Complete Dental Care
Including Children, Adults, Seniors

All New Modern
Equipment



Family Oriented
Office

Inquire about our New Patient Special

Cosmetic Dentistry • Dentures, Bridges, Crowns
Root Canal Treatment • Dental Implants
Gum Disease Treatment • Invisalign
Oral Surgery/Extractions • Teeth Whitening

477 Union Avenue, Bridgewater, NJ 08807
(Near Provident Bank, Dunkin Donuts)

908-704-7242 Office 908-627-6498 Cell
www.foryoudentistry.com

Most Insurance Plans Accepted



NJ's favorite
kids' docs™
from New Jersey Family



**Hillsborough
Pediatric Dentistry
& Family Orthodontics**

Dentistry for infants, toddlers,
special needs children and teens

Braces & Invisalign for the Whole Family

Amy Planz, D.D.S.



390 Amwell Road
Bldg. 2, Suite 201
Hillsborough, NJ 08844
P 908-829-3345
F 908-829-3341

www.hillsboroughpediatricdentistry.com

Diplomate, American Board of Pediatric Dentistry;
Specialty #5778

**Under 2,
Free for You!**

Free Infant Exam for New Patients
Under 2 Years of Age.
*Non-insured patients \$95 value
or insurance may cover.
Cannot be combined with
any other discounts.
Limit One.
Expires 11/15/17.



Haymaker & Haymaker Psychological Services, LLC

AD/HD, Anxiety, Depression,
Eating Disorders,
Marriage and Family,
Underachievement
Problems in Relationships

*Providing care for adults, families, children
and adolescents for over 20 years.*

Stephanie Haymaker, Ph.D.
NJ Lic Psychologist, SI 2794

Douglas Haymaker, Ph.D.
NJ Lic Psychologist, SI 2793

**For More Information, Please Call or
See our Websites:**

www.DrStephanieHaymaker.com
NJ Psychologist Lic 2794

www.DrDougHaymaker.com
NJ Psychologist Lic 2793

245 Route 22, Suite 305, Bridgewater, NJ
908-429-9300

HAND & STONE OF HILLSBOROUGH - 908.281.0001



BUY ONE GIFT CARD
GET ONE **FREE!***



BLACK FRIDAY WEEKEND EVENT!

VALID 11/24-11/26 IN-STORE ONLY!

HILLSBOROUGH - 908-281-0001

Pre-orders Available (Starting Nov 1st) CALL TODAY!
649 US 206 N (Next to RetoFitness)

HAND & STONE®
MASSAGE AND FACIAL SPA

* Restrictions Apply, call spa
for details



Calling all Chefs!

Make a Recipe Connection
with our

NEW ONLINE RECIPE BOOK!



Visit our website,
theconnectionsny.com
Click on the Recipe Tab to submit
your Favorite Recipe.

Don't forget the name of the recipe,
ingredients, cooking directions and
number of servings. Please include
your name, telephone number
and email address.



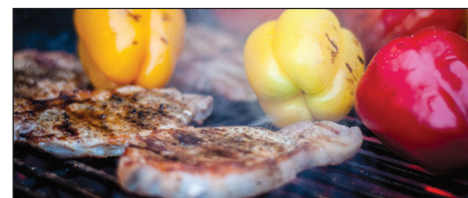
Bon Appetit!

HEALTH HOTLINE



THE DANGERS OF WIRE GRILL BRUSHES

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



The otolaryngology community has been aware of the fact that wire grill brushes are a hazard. A small piece from the wire grill brush gets embedded in the food on the grill and is then lodged in the tonsil. I was concerned about this problem; in my house, we stopped using wire grill brushes.

No more wire brushes!



Last night I was called to the emergency room to see a young girl with just this problem. After eating a turkey burger, she experienced pain in the right side of the throat radiating to the right ear. Blood was found in the saliva. She went to the emergency room, where the staff could not see a foreign body. Furthermore, an x ray was initially read as unremarkable. But given that the food was cooked on a grill which had been

cleaned with a wire brush, a wire foreign body seemed likely.

I agreed with the radiologist's reading that a foreign body was present.

Initially her exam did not reveal anything. Further exam, including evaluation of the throat with a fiberoptic telescope, revealed a wire embedded in the back of the right tonsil, which I then removed.

Here is the x ray that I saw.



It was fortunate that this procedure could be accomplished in that setting, as sometimes a visit to the operating room is required. Other options should be considered to clean grills, such as a large sturdy spatula.

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

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



Branchburg
ORAL, MAXILLOFACIAL & IMPLANT SURGERY



Karl Maloney, D.D.S.
Board Certified
Oral & Maxillofacial
Surgeon

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

We Accept Most Major PPO Dental Plans

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

908-218-0300

908-218-0301 (fax)

www.branchburgoralsurgery.com



TODD A. SCHNEIDERMAN, MD FACS
EAR NOSE AND THROAT

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

Premier ENT Specialist Serving
Somerset County, NJ.



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

www.drschneiderman.com

NEW LOCATION

215 Union Avenue • Suite C • Bridgewater, NJ 08807

• Phone: 908-725-5050 • Fax: 908-333-4145

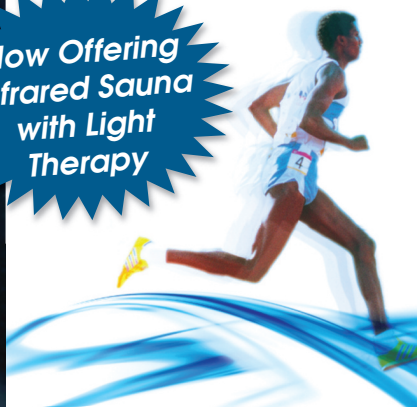


Whole Body Cryotherapy is the Brief Application of
Extremely Cold Temperature (-260°F) to the Skin
3 Minutes to Optimal Health, Fitness & Beauty

Grand Opening Special

\$40⁰⁰ FIRST
SESSION

Now Offering
Infrared Sauna
with Light
Therapy



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



*Book On-line or Call

www.chillcryo.net*

327 South Avenue West, Westfield, NJ 07090 • 908.228.5711

BETTER HEALTH. BETTER LIFE.

Physical Therapy | Pain Management | Chiropractic | Stem Cell Therapy
Acupuncture | Nutrition/Weight Loss | Massage Therapy | CranioSacral Therapy
Biofeedback Therapy | Hormone Optimization | Skin Rejuvenation



**Dr. Vincent Sferra, DC, DIBCN
CLINIC DIRECTOR**



Branchburg Commons, Bld. #1
3322 US Highway 22 West
Branchburg, NJ 08876
908-252-0242 | www.NMRnj.com



399 Campus Drive, 1st Floor
Somerset, NJ 08873
732-993-6050 | www.NMRpm.com

Call for a free new patient consultation.

HEALTH HOTLINE



Dr. Sferra

WHEN YOU'VE TRIED EVERYTHING, AND THE PAIN STILL WON'T GO AWAY

By: Drs. Vince Sferra & Arun Kandra
Natural Medicine, Rehabilitation
& Pain Management



Dr. Kandra

It can be frustrating to feel you have tried everything, but the pain still won't go away – or returns after a short period of time. Before you go down the slippery slope of taking pain medications to cover-up the pain to get through your day, consider how we can help you move past the pain, restore function, and enjoy living pain-free without the dependence of medication.

Our bodies are designed to feel pain; it is our warning system to protect us and encourage us to take action. Covering up the pain without identifying and managing the causative factors can cause more damage. Alleviating pain with medication in the early stages can reduce inflammation and swelling to help you begin a rehabilitation program, but when pain is not responding to natural approaches (physical therapy, chiropractic care, acupuncture, massage) the following focused interventions make sense once we have diagnosed the source of the problem:

Injections can help relieve a patient's pain and inflammation. Unlike oral medication used to help with inflammation, injections are administered directly around the area of inflamed or damaged nerves, creating a more focused impact without the risk of addiction and adverse side effects. If the injection relieves the pain, the patient can have up to 3 injections in a one year period. Injections provide not only pain relief but a window of opportunity, during which a comprehensive rehabilitation program can build strength, function and stability. While the effects of pain relief with injections may not provide a 'cure,' it does buy us time, sometimes months, sometimes years. When nothing is done to handle the driving forces that caused the pain, the pain is likely to return. Our goal is to relieve the pain, strengthen, optimize function and avoid or prolong the need for additional injections to enjoy living pain free.

Nerve Blocks are non-surgical options to relieve pain. If you have nerve damage, your 'warning system' will not be functioning properly. Injury and conditions such as cancer, fibromyalgia, diabetes, endometriosis, irritable bowel syn-

drome and shingles can cause nerve pain and damage. Damaged nerves may send false pain signals to the brain without cause. Nerve blocks inject medication to the specific group of nerves responsible for sending pain signals to a certain area of the body providing pain relief for the patient. Our goal is to not only provide pain relief but also identify and treat the underlying cause or medical condition causing the pain. This may prolong the pain from returning and stop the progression of nerve damage.

The foundation of our practice is to reduce pain by identifying the cause through comprehensive assessment, then treating and strengthening the body to improve its capabilities and prevent future problems or recurrence. Our team of physicians, including Medical, Physical Therapy, Chiropractic, Clinical Nutritionist, Acupuncture and Biofeedback will provide services to help patients maintain a healthy lifestyle including exercise, healthy nutritional habits and stress reduction techniques that are fundamental to true long-term health and can also help with chronic pain relief.

To see if you are a candidate for the pain management options we provide please call for a complimentary new patient consultation at our Branchburg or Somerset locations.

**For more information about our
Branchburg Office: 908-252-0242
www.NMRnj.com**

**Somerset Office: 732-993-6050
www.NMRpm.com**

Dr. Kandra, Medical Director of Natural Medicine, Rehabilitation & Pain Management, is board certified in Anesthesiology and Pain Management. He is trained at Vanderbilt University Medical Center, one of the country's top Pain Management training programs and is the Chairman at Easton Hospital for the Division of Pain Medicine.

Dr. Sferra, Founder and Clinic Director of Natural Medicine & Rehabilitation, 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.

Do You Snore?

Diagnosed
with Sleep
Apnea?

Can't wear a CPAP?

There is an alternative treatment
with an oral appliance!



Dr. Charmoy
is experienced in the
right appliance for you

**SOMERVILLE DENTAL
SLEEP MEDICINE**
RICHARD P. CHARMOY, D.M.D., LLC

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

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

**Services Now
Covered By Medicare**



Your Neighborhood Expert

- ✓NJAR Circle of Excellence Sales Award 2006-2016
- ✓NJ Five Star Real Estate Agent 2012-2017 (As seen in NJ Monthly)
- ✓NJAR Distinguished Sales Club
- ✓Over 15 Years Experience
- ✓RE/MAX Hall of Fame

- ✓RE/MAX Sales Club 2006-2016
- ✓RE/MAX #1 in NJ 2016 (units & volumes Sold)
- ✓RE/MAX Premier #2 Office in NJ 2016 (Commissions)
- ✓RE/MAX Premier #1 Agency in Warren 2012-2016 (closed volume as per GSMLS)



Whether you are buying or selling, I encourage you to explore the Premier Real Estate services offered by David Wylde. I know I will exceed your expectations. Please do not hesitate to contact me.



Mention this ad for
FREE
Market
Analysis

THE
RE/MAX
COLLECTION®

Fine Homes & Luxury Properties

RE/MAX Premier



16 Clay Court, Rumson
\$3,450,000



7 Washington Avenue, Warren Twp.
\$1,199,999



82 Round Top Road, Warren Twp.
\$1,050,000



5 Aster Court, Montgomery Twp.
\$869,000



94 Mount Bethel Road, Warren Twp.
\$625,000



443 Downer Street, Westfield
\$389,000



328 Central Avenue, Haledon Boro
\$370,000



1384 Mount Vernon Rd., Bridgewater Twp.
\$337,500



1023 Robin Court, Green Brook Twp.
\$159,909



402 Southwick Street, Raritan Boro
\$369,000



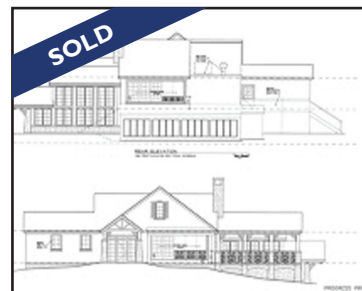
209 Strull Court, Bridgewater Twp.
\$270,000



47 Norwood Drive, Long Hill Twp.
\$872,100



515 Wren Way, Branchburg Twp.
\$569,000



168 Mount Bethel Rd., Warren Twp.
\$450,000



760 Harding Road, Bridgewater Twp.
\$400,000



18 High Pond Lane, Bedminster Twp.
\$370,000



11 E. Young Street, Somerville Boro
\$340,000



8 Encampment Dr., Bedminster Twp.
\$310,000



205 Parlin Lane, Watchung Boro
\$255,500



40 Harry Road, Bridgewater Twp.
\$255,500



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



A & S Paving

Office 973-451-1244 Work Cell 973-224-9058

anspaving.net

Ask about our
Commercial
Paving Discount

FREE ESTIMATES
Owner Operated
and Supervised



License # 13VH02917100

- Asphalt Paving • Driveway Resurfacing
- Seal Coating • Driveways • Parking Lots • Resurfacing
- Private Roads • Bike Paths • Cart Paths • Recreation
- Patching • Basketball Courts • Tennis Courts
- Residential Asphalt Paving • Brick Pavers
- Commercial Asphalt Paving • Belgian Block Curbing
- Private Entryways and Retaining Walls.

~ FULLY INSURED ~ WORK FULLY GUARANTEED ~

(See our website for references)

\$1,000 Off

Any Commercial Paving Job

\$500 Off

Any Residential Paving Job

Expires 11/15/17

Angie's list.



You Tube The CONNECTIONS
Visit our
Connection On-Line ad
to view our video



JOYCE

Lost Over 40 Pounds & is FREE from Pre-Diabetes!

I didn't think that I was going to lose weight due certain medications I take. You can lose the unwanted weight and learn how to eat healthy for life with the tools provided. This program is so amazing!!!!

People think that living is taking lavish trips, buying bags, cars and shopping. It's not, It's about living healthy and longevity so that you can be around to see your kids get married and their children. We all put the hard work in when we want a promotion why not to have a better you inside and out?

-Joyce



GUARANTEED*

and sustainable results!

MENTION

THE CONNECTIONS
MAGAZINE



PERSONALIZED

programs just for YOU!



REAL FOOD

No Shakes. No Boxed Meals.

CALL

for a FREE
consultation
TODAY

(908) 279-7740



5 STAR TOP NJ

★★★★★ Office Rating

TRANSFORMING LIVES TO TRANSFORM THE WORLD

Dr. Frank Donaruma, PSc. D.

Dr. Frank Donaruma , DC, PSc.D is one of Somerset Counties leading experts in family wellness, weight loss and metabolic nutrition. Each year, he donates numerous hours educating community organizations such as local support groups, churches, athletic clubs, independent living facilities, and businesses on how to experience true health naturally. Over the past two years he has added a revolutionary wellness and weight loss program to his practice which has radically transformed the lives of thousands of people in Somerset County and surrounding communities. Not only has this technology-based system help individuals lose many pounds of stubborn weight, but the program also has assisted to eliminate the symptoms of these obesity related issues that people have suffered with for years. The program is personalized to assist each individual's body to heal itself naturally without dangerous drugs or surgery. Dr. Donaruma's ultimate goal is that each individual and family he assists is able to use his expert acumen to live a happier and healthier life.



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

www.theconnectionsny.com



Honesty, Knowledge, Dedication – Kevin Yento

Benny “Kevin” Yento

Team Leader

Cell: **908-334-4586**

Email: bkevin.yento@cbmoves.com



FOR SALE

400 Washington Avenue, Martinsville



FOR SALE

1390 Mallard Drive, Martinsville



FOR SALE

40 Timberline Avenue, Bridgewater



FOR SALE

556 Meadow Road, Bridgewater



FOR SALE

106 Clucas Brook Road, Bedminster



FOR SALE

16 Valley View Ave., Peapack/Gladstone



FOR SALE

1045 Shadowlawn Drive, Green Brook



FOR SALE

2 Renee Court, Edison



UNDER CO

1847 Woodland Ter



SOLD

1619 Mountain Rop Rd., Bridgewater



SOLD

**343 Garretson Road, Bridgewater
(Participated)**



SOLD

11 Hastings Court, Bridgewater



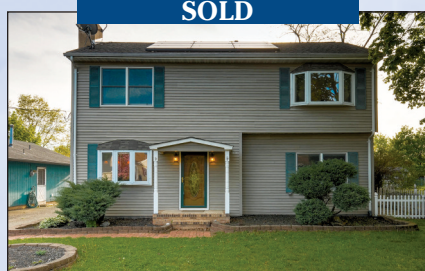
SOLD

37 Heinrich Way, Bridgewater



SO

6 Noble Court



SOLD

164 Chestnut Street, Bridgewater



SOLD

70 Harry Road, Bridgewater



SOLD

3511 Robinson Court, Bridgewater



SOLD

1605 Vroom Drive, Bridgewater



SO

83 Autumn Ridge

**COLDWELL
BANKER**

RESIDENTIAL BROKERAGE

**302 Route 202/206
Bedminster, NJ 07921
908-658-9000**

www.kevinyento.com



©2016 Coldwell Banker Residential Brokerage. All Rights Reserved. Coldwell Banker Residential Brokerage fully supports the principles of the Fair Housing Act and the Equal Opportunity Act. Operated by a subsidiary of NRT LLC. Coldwell Banker® and the Coldwell Banker logo are registered service marks owned by Coldwell Banker Real Estate LLC. Coldwell Banker Residential Brokerage in New Jersey and Rockland County, New York, a leading residential real estate brokerage company, operates approximately 56 offices with approximately 3,000 affiliated sales associates serving all communities from Rockland County, N.Y. to Monmouth County, N.J. Coldwell Banker Residential Brokerage in New Jersey and Rockland County, N.Y. is part of NRT LLC, the nation's largest residential real estate brokerage company.

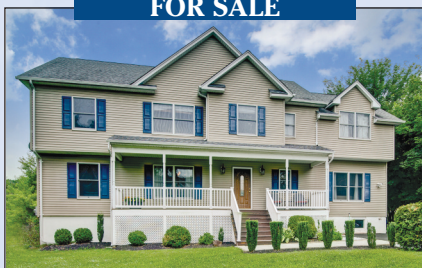
a Partnership Focused on Success & Associates

FOR SALE



952 Ardsley Lane, Bridgewater

FOR SALE



132 Leghorn Avenue, Bridgewater

FOR SALE



24 Heinrich Way, Bridgewater

FOR SALE



152 Bonney Court, Bridgewater

UNDER CONTRACT



Trance, Bridgewater

UNDER CONTRACT



122 Branch Road, Bridgewater

UNDER CONTRACT



25 Stafford Court, Bedminster

UNDER CONTRACT



98 Alder Lane, Basking Ridge

SOLD



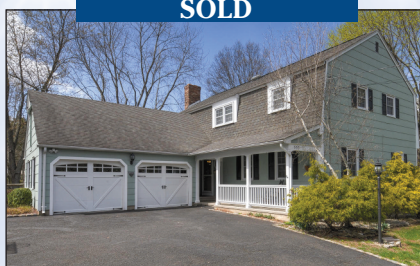
44 Hillcrest Road, Martinsville

SOLD



, Bridgewater

SOLD



555 Lyme Rock Road, Bridgewater

SOLD



11 Colmart Way, Bridgewater
(Participated)

SOLD



1667 Donohue Road, Bridgewater

SOLD



112 Pine Street, Bridgewater

SOLD



Road, Bedminster

SOLD



418 Clover Court, Branchburg

SOLD



8 Ammerman Way, Chester

SOLD



10 Coventry Circle, Piscataway

SOLD



137 Tower Boulevard, Piscataway

We can get **YOU** where **YOU** want to be. **HOME.**

Jared Kominsky

Sales Associate

Cell: **908-500-5988**

Email: jkominsky.cb@gmail.com

Linda Fragassi

Sales Associate

Cell: **732-221-3476**

Email: lfragassi@gmail.com



Ryan Tapia

Team Transaction Coordinator

Cell: **908-285-7298**

Email: ryan.tapia@aol.com

Kate Domoslawski

Sales Associate

Cell: **908-502-2811**

Email: kate.domoslawski@cbmoves.com

#1 Agent CB Bedminster/Bridgewater 2013
#1 Team CB Bedminster/Bridgewater 2014-2016

#1 Listing Team CB Bedminster/Bridgewater 2013-2016
NJ Realtor COE Platinum Level 2013-2016

NOW LEASING

Luxury Rentals in Bridgewater, NJ



NEW 1-2 Bedroom Apartments • Garages & Storage Available • Pet-Friendly
Minutes from Routes 22, 202 & 206, and I-78 & I-287!



Call Today To Tour & Learn About Our Current Specials!

(908) 541-0800

580 Route 28 (Easton Turnpike), Bridgewater, NJ 08807

www.Fairway28.com

www.theconnectionsny.com





Bridgewater Sports Arena

Fall Family Fun Starts Now!

Newly Renovated Ice Rinks!

FALL LEARN TO SKATE



**Leaves are falling,
but you don't have to!**

**SIGN UP FOR OUR LEARN TO
SKATE PROGRAM TODAY!**

- Beginners through advanced.
- All ages and abilities.
- Free public sessions/skate rentals included.
- Friday, Saturday & Sunday classes.
- Revolving enrollment – join any time!
- Check our website for full brochure!

**COMING IN THE FALL...
DATES TO BE ANNOUNCED**

**DJ on Ice
every Friday night!**

★★★★★★★★★★★★★★★★

**Beauty & The Beast
Skate & Tea!**

★★★★★★★★★★★★★★★★

**Skate & Pizza Party
with the Minions...
& Gru!**



HALLOWEEN HAPPENINGS...

Zombies on Ice & 5th Annual Maze of Fear!

**BSA is the place to play for
your birthday or group event!**



**ICE SKATING
LASER TAG • ARCADE**

**WE DO IT ALL!
YOU JUST ARRIVE AND
ENJOY THE PARTY!**

Perfect for...Birthday Parties,
Bar/Bat Mitzvahs, Group Outings,
Team Building, Corporate Events,
Team Banquets, Holiday Parties,
Project Graduation and more.

Bridgewater Sports Arena

Birthday Child Free Coupon!

Applicable towards Blast, Skating, Laser Tag or Thrill Parties.

\$18.95 - \$26.95 Value

Must be presented to host/hostess before final billing. Limit one coupon per party. Parties must have a minimum of 10 + the birthday child to qualify. May not be combined with any other coupons or discounts.

**NOW
HIRING!**

**Laser Tag & Arcade Attendants
Party Hosts • Skate Guards**

- Part-time positions.
- Nights, weekends, holidays a must.
- 16 years old & up.

Applications can be picked up at our front desk!

Visit our website for hours!

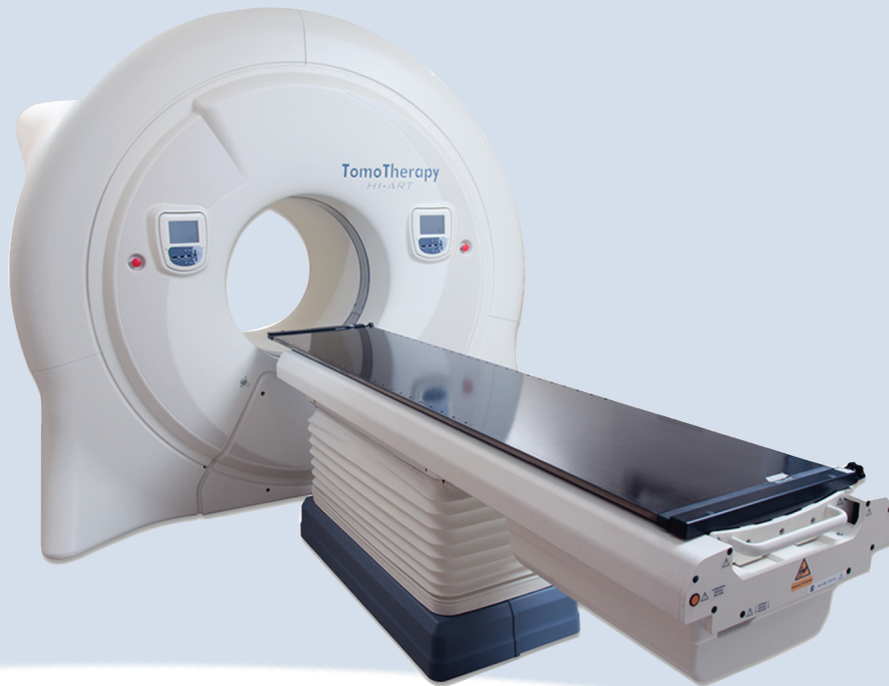
1425 Frontier Road • Bridgewater, NJ 08807

Phone: 732-627-0006 • Web: www.BSAarena.com

PREMIER UROLOGY GROUP

*Radiation Therapy Center
Featuring the State of the Art*

TomoTherapy® Hi Art® Treatment System



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

RADIATION ONCOLOGY TEAM

Stan Golin, MD • Mark Macher, MD

UROLOGY DEPARTMENT

EDISON DIVISION

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

WESTFIELD DIVISION

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



570 South Avenue, Cranford, NJ

908-603-4200

908-272-5335

Radiation Oncology

Urology

Premierurologygroup.com

**Join us for our 27th Anniversary
Celebration - October 5, 6 & 7**
Please check our website for Anniversary Specials



PIG ROAST

September 29 & 30

Free Buggy Rides Friday & Saturday

Dutch COUNTRY FARMERS MARKET

**An array of delicious home-style comfort foods,
sweet treats and farm fresh products await you.**

**BAKERY • CANDY • CHEESE • CRAFTS • MEATS
POULTRY • PRETZELS • PRODUCE • SEAFOOD • SUSHI**



**HOURS - Thurs: 10am-6pm
Fri: 9am-7pm, Sat: 8am-3pm**

**19 Commerce Street
(behind Shop Rite)
Flemington**

908-806-8476



Follow us on Facebook
DutchFarmersMarket

Join our Email Loyalty Program to receive
Special Loyalty Member ONLY offers.

BECCA'S BAKERY

\$3.00 off

Any \$30.00 Purchase
Donuts - Buy 6
Get 2 FREE

Expires 12/1/17. One Offer Per Stand Per Customer.

ESH'S SEAFOOD & SALADS

Bean Salad

\$1.00 off per lb

Expires 12/1/17. One Offer Per Stand Per Customer.

LANCASTER COUNTY MEATS

\$5.00 off

Any \$30.00 Purchase

Expires 12/1/17. One Offer Per Stand Per Customer.

MARTY'S CANDIES, CANNED GOODS & HOMEMADE FUDGE

\$1.00 off

per lb.

Expires 12/1/17. One Offer Per Stand Per Customer.

ROLL 'N SUSHI

10% off

Any \$20.00
Purchase

Expires 12/1/17. One Offer Per Stand Per Customer.

BEILER'S CHEESE & PICKLES

\$1.00 off

\$5.00 Purchase

Expires 12/1/17. One Offer Per Stand Per Customer.

FLEMINGTON PRODUCE

\$.50 off pint

Fresh Carrot Juice

Expires 12/1/17. One Offer Per Stand Per Customer.

LIL'S SOFT PRETZELS & ICE CREAM

Buy 2 Get One

FREE

All Pretzel Wraps

Expires 12/1/17. One Offer Per Stand Per Customer.

MY RESTAURANT

FREE Drink

With any Entrée Purchase

Find us on Facebook @myrestaurant
in the Flemington Farmers Market.

Expires 12/1/17. One Offer Per Stand Per Customer.

STOLTZFUS FRESH & BBQ POULTRY

Fresh Chicken Cutlets

Buy 3

Get 1 FREE

Expires 12/1/17. One Offer Per Stand Per Customer.

Visit our Website: www.dutchfarmersmarket.com for valuable weekly coupons.



CONNECTION COMMENDS

DUTCH COUNTRY FARMERS MARKET

19 Commerce Street, Flemington

**Celebrating our
27th Anniversary
This Year!**

The Dutch Country Farmers Market offers a huge variety of homemade foods, sweet treats, fresh meats and produce, quality furniture and unique craft items. Every Thursday, Friday and Saturday the market is bustling with shoppers, taking in the sights and wonderful aromas of the many offerings from friendly, Amish vendors, all under one roof. For 27 years, the market has brought old-fashioned quality from the countryside of Lancaster, Pennsylvania to Flemington.

At Becca's Bakery, homemade baked goods are made right before your eyes. Becca's fresh donuts and apple and blueberry fritters are top sellers. Whoopie pies, rolls, cakes, muffins, breads, pies and gluten-free and sugar-free items are also available.

Watch homemade pretzels being made from scratch at Lil's. Her famous pretzels are delicious on their own, or stuffed with cheese and the meat of your choice. Homemade root beer, 15 flavors of popcorn, chips, fruit smoothies, and hand-dipped, Hershey's ice cream are only some

of the treats available.

Beiler's Cheese and Pickles features homemade, raw milk cheese from Millport Dairy, Lancaster County, and a beautiful display of imported and domestic cheeses, homemade cheese spreads, yogurt and butter. Barrel cured pickles, beets and sauerkraut are favorites, and fresh-from-the farm milk with no added BST hormones is for sale.

Visit the homemade fudge shop at Marty's Candies & Canned Goods and check out the chocolates and variety of candies, dried nuts and canned goods. Sugar, spices, flour, jams, jellies, apple butter and honey are also on display.

Esh's Craft has Amish handcrafted outdoor lawn furniture. Also, placemats and table runners are best sellers. Indoor furniture is also sold and can be custom made.

Esh's Seafood and Salads offers fresh, wild caught and farm raised seafood. Over 100 types of prepared foods are made on site, including soups and salads. Some

selections are grouper, cod, salmon, shrimp, flounder, tilapia, stuffed flounder, clams and crabs. Featured salads are broccoli, cauliflower and coleslaw. Esh's also has side dishes and desserts to complete the meal.

Flemington Produce offers a wide selection of colorful, freshly picked, seasonal fruits and vegetables. Fresh squeezed juices, cut fruit and party platters are also available.

Find fresh poultry without hormones and antibiotics at Stoltzfus Fresh & BBQ Poultry. An extensive showcase features many cuts of chicken and turkey, and an array of prepared entrees, potatoes and vegetables. Cooked items including fresh BBQ, ribs, wings and rotisserie chicken are available to eat-in or take out. Stop by for the pig roast the last Friday and Saturday of every month.

Lancaster County Meats features fresh custom cuts of grass-fed organic beef, veal, pork, lamb, a full line of lunchmeats, and much more. Hickory smoked bacon and ten

different types of fresh, homemade sausage without preservatives are top sellers. Special orders of organic meats are available upon request.

At Hubby's Watch Service, you can drop off your watch and have it repaired while you shop. Les Huber, a local to the area known as "Hubby" to his customers, offers a full watch repair service.

Visit Roll & Sushi for homemade sushi and Miso soup. Party platters are available upon request.

The Lancaster County Restaurant is located on site, is operated under new management and is open for breakfast, lunch and dinner.

The market is located at 19 Commerce Street in Flemington. Hours are Thursday 10am until 6pm, Friday 9am until 7pm, and Saturday 8am until 3pm. Call 908-806-8476 for more information and visit www.dutchfarmersmarket.com for coupons and to view weekly specials.

Dining Out

Football is Back!



Chicken Holiday

691 E. Main Street, Bridgewater
1/4 mile west of TD Ballpark
CHICKEN • SEAFOOD • RIBS
CATERING AND PARTIES

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

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

732-469-4111

View our menu and additional coupons on our website
www.chickenholidaybridgewater.com

Open 7 Days a Week
Sun.-Thurs. 10:30am-8pm; Fri. & Sat. 10:30am-9pm

Shrimp in a Basket	
40 pcs. Shrimp	13.25
60 pcs. Shrimp	19.75
80 pcs. Shrimp	25.95
100 pcs. Shrimp	31.95
<small>Expires 12/11/17. Not to be combined with any other offer. Valid at Bridgewater location only.</small>	

Economy Plan	
24 Pieces of Chicken	
3 lbs. Salad of Choice	
12 Dinner Rolls	
	43.95
<small>Expires 12/11/17. Not to be combined with any other offer. Valid at Bridgewater location only.</small>	

Buckets of Chicken	
8 Pc. Chicken	12.50
12 Pc. Chicken	17.95
16 Pc. Chicken	23.50
20 Pc. Chicken	28.95
Larger Quantities Available	
<small>Expires 12/11/17. Not to be combined with any other offer. Valid at Bridgewater location only.</small>	

Buffalo Wings	
16 Buffalo Wings	13.95
24 Buffalo Wings	20.95
48 Buffalo Wings	38.95
100 Buffalo Wings	75.95
Larger Quantities Available	
<small>Expires 12/11/17. Not to be combined with any other offer. Valid at Bridgewater location only.</small>	

Dinner For Two	
8 Pieces of Chicken	14.50
Single French Fries	
or Mashed Potatoes Plus	
1/2 lb. of Salad of Choice	
<small>Expires 12/11/17. Not to be combined with any other offer. Valid at Bridgewater location only.</small>	

Family Chicken Fiesta	
12 Pieces of Chicken	22.95
Double Order of	
French Fries or Mashed Potatoes	
Plus 1 lb. of Salad of Choice	
<small>Expires 12/11/17. Not to be combined with any other offer. Valid at Bridgewater location only.</small>	

Chicken Jubilee	
16 Pieces of Chicken	29.95 NOW 29.95
1 lb. Salad of Choice	
Triple Order of French Fries or	
Mashed Potatoes Plus 6 Rolls	
<small>Expires 12/11/17. Not to be combined with any other offer. Valid at Bridgewater location only.</small>	

COUPONS CAN BE USED MULTIPLE TIMES

Catering for that
"SPECIAL OCCASION"
and more...

Italian & Gourmet Specialties
Freshly Prepared Foods
Homemade Pasta



- Specialty Cheeses
- Fresh Sauces
- Handcrafted Specialty Sandwiches
- Rare Aged Balsamic Vinegars
- Fine Extra Virgin Olive Oils from Different Regions

- Full Line of Imported Quality Italian Products - Panettone, Torrone, Chocolates, Desserts
- Porcini Truffles
- Fresh Line of Air Shipped Fresh Cheeses From Northern & Southern Italy From Master Cheese Makers
- Dessert Cheeses Hand Crafted from Alba, Piedmont

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

Tel: 908-595-1606 • Fax: 908-595-1597

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



BIG APPLE BITES

Enjoy The Joyce

By: Linda Seigelman

When September rolls around, it is the perfect time to start thinking about all of the wonderful things to do in Manhattan in the fall: new plays on Broadway, major new exhibitions at the museums and smaller shows at the galleries along Madison Avenue and in Chelsea, and of course, many restaurants to try. As a fan of dance, I always check to see what's happening at The Joyce. The Joyce Theater is one of the great venues for dance in Manhattan, and each season it presents a wonderful slate of performances, from classical favorites to New York debuts and world premieres. This fall, the legendary Twyla Tharp will have a three-week residence at The Joyce starting on September 19. She will debut a new dance set to the music of Bob Dylan and perform some favorite classics as well.

The Joyce Theater itself is an intimate Chelsea gem with a warm and welcoming ambiance. Converted from an old 1941 movie house, each of the seats offers an excellent view of the stage - there are no bad sight lines. Since its inception in 1982, The Joyce has hosted more than 270 New

York City-based, national and international dance companies on its stage. Many companies return year after year. In addition, The Joyce hosts dance festivals devoted to themes, artists or individual countries. There is something for everyone.

Located at 175 Eighth Avenue at the corner of 19th Street, The Joyce is very easy to get to. Take the Holland Tunnel and then head North on Hudson Street which becomes Eighth Avenue. The trip is often less than an hour door to door. Parking on most of the cross streets near the theater is available starting at 6:00pm, perfect timing for a pre-theater meal or drink.

In keeping with The Joyce Theater's mission to enhance the public interest in dance and the related arts, ticket prices are usually very reasonable though they vary a bit according to the dance company that is performing. Lesser known or smaller company tickets often start at \$10 and may run to \$35 or \$40. Tickets for more well-known/popular companies are usually priced from around \$19 to \$69. To attract future generations of dance lovers, the theater offers a number of family matinees throughout the year with children's tickets priced at \$10. In addition, Joyce Theater members get substantial discounts on all performances.

The neighborhood surrounding The Joyce is perfect for a stroll before or after the show. And it is only a couple of blocks to the High Line which is great by day and lovely in the evening. A few favorite spots for a snack or a meal are listed below, but there are many more in the area. So consider a dance performance at The Joyce Theater. It is a wonderful New York experience.

WHERE TO EAT

Aldea, 31 West 17th Street (bet/ Fifth and Sixth) - excellent food with a Portuguese/Mediterranean flair, great ambiance, small plates, select menu, a lovely spot

Cafeteria, 119 Seventh Avenue (at 17th) - very popular place for good, reasonably-priced American food 24/7, stop in for a drink, a snack or a meal, outdoor seating

Cookshop, 156 Tenth Avenue (at 20th) - a neighborhood favorite, customers return for fresh, local ingredients in a modern setting, outdoor seating in good weather

Donut Plant at the Chelsea Hotel, 220 West 23rd Street (bet/ Seventh and Eighth) - my favorite donut shop, classics and seasonal specials: amazing glazed, jelly with home-made jam in every bite, cake donuts like blackout and carrot, cream-filled dough-

seeds - try the pistachio, the line moves quickly, good coffee too

Le Bergamote, 177 Ninth Avenue (at 20th) - the best French pastries and bread in the area, perfect spot for coffee and a treat, BLD available as well including sandwiches, salads, steak frites and roast chicken

Le Grainne Café, 183 Ninth Avenue (at 21st) - casual little French bistro/café, savory and sweet crepes, sandwiches, salads, eggs all day, a favorite spot for a meal or a steamy café au lait, open late

The Meatball Shop, 200 Ninth Avenue (bet/ 22nd & 23rd) - everything you wanted in a meatball - chicken, beef, pork or vegetable, anyway you want it - sliders, heroes, with pasta, in a sauce, always freshly made

Omai, 158 Ninth Avenue (bet/ 19th & 20th) - consistent, high quality Vietnamese food in a Zen-like setting, wonderful soups, spring and summer rolls, noodle and rice dishes, friendly service

Tia Pol, 205 Tenth Avenue (bet/ 22nd & 23rd) - tiny tapas restaurant, delicious chorizo, ham and cheese croquettes, stuffed peppers, fried chick peas and seasonal daily specials, small bar area and a few tables inside and out, always busy

The Best NEW Italian Restaurant Around!

BYOB

Gluten Free Available

We Deliver



484 U.S. Highway 202 • Flemington • 908-237-3788

Located Next Door To Travel Inn & Suites • Plenty Of Parking

Open 7 Days Beginning At 11:30am



visit www.alforno202nj.com
for our current monthly promotions!
Dine-In or Take-Out
We Cater • Party Packages Available

Kids Sunday Special

Kids eat FREE from the kids menu.
One child per adult.

Exp. 12/1/17

\$100 Off
Banquet/
Catering Order
40 or more persons.

Exp. 12/1/17

1/2 Price Specials Mon. - Thurs. 2:30 - 5:30 pm

Mon.	Tues.	Wed.	Thurs.
Pasta Dish Plain Pizza	Chicken Entrée Plain Pizza	Pasta Dish Plain Pizza	Chicken Entrée Plain Pizza

Exp. 12/1/17

15% Off
Take Out Dinner Dishes
Mon. - Thurs. only
Exp. 12/1/17



Flaming



Grill & Supreme Buffet

Open Thanksgiving Day!

The Marketplace Mall
Between Walmart & MacDonald's
126 North Main Street
Manville, NJ 08835

FOR MORE INFORMATION, PLEASE CALL

PH: 908-685-8828

908-685-8883

FAX: 908-685-8880

OPEN 7 DAYS A WEEK
Gift Certificates Available

Thanksgiving Special
\$16.99

Lobster & Crab Legs All Day
(depends on Market Availability)

WE HAVE
1 LARGE
PARTY ROOM

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

LUNCH BUFFET

Mon.-Sat. 11am-3:30pm

ADULT MON-FRI	\$7.59
ADULT SATURDAY	\$8.39
KIDS	
3-6 years old	\$3.39
7-10 years old	\$4.99

SUNDAY ALL DAY DINNER **\$11.99**

DINNER BUFFET

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

ADULT	\$11.99
KIDS	
3-6 years old	\$4.99
7-10 years old	\$6.99

BUFFET TO GO

\$3.99/lb	\$4.99/lb
Regular Items	with Seafood
\$5.99/lb	\$6.99/lb
All Seafood	Sushi

Party Tray To Go Available

www.flaminggrillbuffetmanville.com

www.theconnectionsny.com

\$100 OFF

BSC

LUNCH BUFFET - Dine-In Only

With purchase of 2 fountain beverages. Coupon must be presented before payment. Limit 2 adults per coupon only. Not valid with any other offer. Offer valid after applicable taxes. Excludes Holidays. Expires 11/30/17.

\$100 OFF

BSC

LUNCH BUFFET - Dine-In Only

With purchase of 2 fountain beverages. Coupon must be presented before payment. Limit 2 adults per coupon only. Not valid with any other offer. Offer valid after applicable taxes. Excludes Holidays. Expires 11/30/17.

\$150 OFF

BSC

DINNER BUFFET - Dine-In Only

With purchase of 2 fountain beverages. Coupon must be presented before payment. Limit 2 adults per coupon only. Not valid with any other offer. Offer valid after applicable taxes. Excludes Holidays. Expires 11/30/17.

\$300 OFF

BSC

DINNER BUFFET FOR 2 ADULTS - Dine-In Only

With purchase of 2 fountain beverages. Coupon must be presented before payment. Limit 2 adults per coupon only. Not valid with any other offer. Offer valid after applicable taxes. Excludes Holidays. Expires 11/30/17.



**YOU THINK IT, WE'LL PRINT IT!
...ON A T-SHIRT**

NEW LOCATION

**12 East Main Street
Somerville, NJ 08876
908-450-7450**



**Doggie
Tees
Available**

**GIMMEE
GIMMEE TEES**

**ALL SIZES & COLORS AVAILABLE.
AFFORDABLE PRICES!**



**Family Fun • Community Events
Sports • Birthdays • Artwork Promotion
Team Building • Company Logos, etc.**

GimmeeGimmeeTees.com

HIGH QUALITY, LONG LASTING GARMENTS

You can also personalize your own garments



Volunteers Wanted

- Make a difference in someone's life
- Find meaning and purpose
- Share your knowledge, life experience, and compassion
- Receive ongoing support

Male and Female Volunteers from all cultural and religious backgrounds are being recruited to be trained.

Check our website for information

www.jewishfamilysvc.org

**Contact 908-725-7799; or admin@jewishfamilysvc.org
for more information about volunteer opportunities.**

JFS
Jewish Family Service
of Somerset, Hunterdon and Warren Counties

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

Community News...

Volunteer to Live a Long and Healthy Life!

By: Maris Chavenson, LCSW

The research is in...volunteering is good for both the body and the soul. According to the AARP, studies show that volunteers experience greater self-esteem, happiness, an enhanced sense of well-being, and a renewed sense of purpose. By helping others, you help yourself!

JFS of Somerset, Hunterdon and Warren counties (JFS) offers people of all ages ongoing weekly or short-term volunteer opportunities that can be tailored to individual skills, interests, and passions.

Many older adults in our community are frail and isolated and would benefit from companionship, conversation, assistance getting to doctors, or help with basic tasks around the home. JFS has addressed this need through two programs that help build mutually enriching relationships between seniors and volunteers: the **Senior Mentor Volunteer Program** and the **Good Deeds Corps**.

The JFS Senior Mentor Volunteer program recruits, trains, matches, and supervises volunteers to work with seniors for a minimum of a year. Volunteers help their seniors in many ways. They decrease isolation with regular weekly visits, act as advocates connecting sen-

iors to resources in the community, go on local outings, play games, watch movies together, or listen to music. Volunteers are able to be creative when planning activities with their senior. One senior mentor volunteer shared the following: "I visit a 90-year-old woman who is so smart and has weathered so many storms in her lifetime. I feel that she is an inspiration to me, and I know that I am making a difference for her."

The JFS Good Deed Corps program offers volunteers an opportunity to provide seniors with short term support that is focused around socialization, cognitive skills, help with gardening, grocery shopping, transport to medical appointments, or other support based on the needs of the senior.

Lucie is a high school student who volunteers with the Good Deeds Corps. In the summer she and her mother, Kari, harvest nutritious, fresh produce donated by local farm. Other volunteers deliver the produce to needy families and seniors. Outreach projects like Lucie's have a positive impact on the quality of life for homebound seniors. Lucie said the following about her volunteer experience: "This project has opened my eyes to the generosity of community members such as the farmers allowing

me to harvest at their farm, and inspired me to put other people's well-being first and to do everything in my power to make a positive difference in their lives."

JFS recruits and trains interested volunteers throughout the year to be matched as senior mentors or with our Family Mentoring Program. Volunteers complete 9 hours of training and participate in ongoing monthly meetings with other volunteers and professional staff. The next mentor training will be in the Fall of 2017. For more information or to register contact JFS social worker, Maris Chavenson at 908-725-7799 ext. 100. Anyone interested in referring a homebound older person or a family should contact JFS.

JFS is a not for profit, nonsectarian social service agency serving the needs of individuals and families in Somerset, Hunterdon and Warren Counties since 1980. JFS is committed to serving the needs of the entire community and offers a continuum of programs and services. Licensed clinical social workers provide individual, couple and family counseling as well as geriatric assessments, supportive counseling and case management services for home bound elderly. The Family Mentor Program recruits, trains and matches volunteers with

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

JFS
Jewish Family Service
of Somerset, Hunterdon and Warren Counties



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

34 E. Main Street, Somerville, NJ 08876
908-722-9881
info@thedessertplate.com
www.thedessertplate.com

The Dessert Plate
Baked Goods from Scratch

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



The Finest in Collision Repairs
Since 1965

30 Warren St. • Somerville, NJ 08876
908-722-1066 Fax 908-722-0378

KandLAutoBody.com • Lic. # 02153A

REDELICO'S PAINT AND DECORATING CENTER

"The Friendly Store of Value"



Family Owned &
Operated for 41 Years
Jennie, Tom, Randy
& Wendy



Aura, Natura, Regal,
Ben, Textures,
Stain & Primer

Cabot, Olympic & Wolman Stains

WALLPAPER

Thibaut, York, Waverly,
Norwall, Design by Color

Painter Pants, Coveralls &
All Your Paint Supplies

Certified Consultants are here to
help you every step!

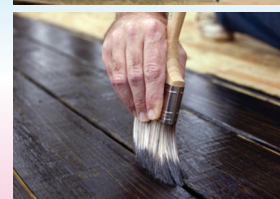
118 W. Main Street • Somerville, NJ 08876

1-800-794-7124

908-725-1566 • Fax: 908-725-9375

www.redelicopaint.com

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



20% OFF

All Top Line Interior/Exterior
Paints or Stains

Excludes Aura. Must be used in store & presented at point of sale.
Cannot be used online. Expires 11/15/17.

Order online at
benjaminmoore.com

Benjamin Moore

Pick-up at Redelico's



Somewhere in the magazine is a



theconnectionsny.com



"Spot It" and send your
answer with your name,
town & phone number to:

spotthefake@theconnectionsny.com
Subject Line: FAKE



Capital Cuts HAIR STUDIO

Walk-ins
Welcome

Precision Hair Cuts &
Styling for Men, Women
and Children

Get Ready for Fall!

SPECIALIZING IN:

Weaves	Flat Tops	Perms
Relaxers	Fades	Color
Twists	Razor Cuts	
Dreads	Shaving	

BARBER/STYLIST
Nigel • Stewart
Lorenzo

STYLIST
Stephanie

Open 5 Days
a Week
Closed
Sundays &
Mondays

13 South Bridge Street
Somerville, NJ

908-725-7610



Norris McLaughlin & Marcus, P.A.

ATTORNEYS AT LAW



Jeralyn L. Lawrence, Matrimonial & Family Law Attorney

Helping clients navigate through difficult personal matters for 20 years

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

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

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

Jeralyn has been widely recognized for her contributions to her profession. In 2014, she received her third New Jersey State Bar Association Distinguished Legislative Service Award, the highest recognition of a member's noteworthy legislative service. She also received the 2014 New Jersey Professional Lawyer of the Year Award, which honors attorneys whose character, competence, and commitment to the highest professional standards mark them as outstanding members of the bar. New Jersey Family has named her one of the 2017 Best Lawyers in New Jersey for Family Law and The National Academy of Family Law Attorneys selected her as one of the TOP 10 Family Law Attorneys in New Jersey for her hard work and dedication in the field of family law. Jeralyn was selected for inclusion in the Family Law section of Super Lawyers® and *The Best Lawyers In America*®, and recognized as one of the Top 100 New Jersey Super Lawyers®, and the Top 50 Female New Jersey Super Lawyers®. She has been named as one of New Jersey's Top 50 Women in Business by *NJBIZ*, and as an Outstanding Woman in Somerset County by the Somerset County Commission on the Status of Women. In the past, Jeralyn was recognized by her peers as one of the Ten Under Forty, New Jersey's top 10 matrimonial lawyers under the age of 40; and *New Jersey Law Journal's* 40 Under 40, 40 accomplished and promising attorneys in the State of New Jersey under the age of 40.

Jeralyn L. Lawrence

jllawrence@nmmlaw.com

400 Crossing Boulevard . 8th Floor

Bridgewater, NJ 08807

t: 908-252-4278 • f: 908-722-0755

www.nmmlaw.com



LAWYER'S VIEW



A LOOK INTO THE LEGISLATIVE IMPACT ON FAMILY LAW

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

I knew as early as the sixth grade that I wanted to be a lawyer. My father is a retired juvenile detective, and I developed my love for the law through him. Law school proved challenging, requiring round-the-clock studying, but this diligence allowed me to graduate second in my class. Throughout law school and to this day, I have remained intrigued by how the law changes, whether it be in case decisions written by judges or by statutes enacted through the legislature and then signed by the governor. Either way, the laws, and the daily lives of my clients, are impacted by any change.

Having the popular childhood cartoon "School House Rock – How a Bill Becomes a Law," as my only prior experience of the legislative process, I certainly was not prepared for how significant the influence of the legislative and executive branches can be on the law.

Practitioners of divorce and family law still grapple with the recent legislative changes to the alimony laws. The legislature saw fit to move a bill instituting changes to alimony, and in 2014, the governor signed the bill into law. Since that time, alimony payers and recipients

have been analyzing the law and how it impacts their individual circumstances. The new law deals with the length of time alimony is paid as well as changes in circumstances that are used to modify alimony. It is an important statute that is being interpreted and, unfortunately, misinterpreted, daily.

Further legislative action was recently taken concerning child support. New Jersey receives federal funding based on how many open child support accounts the probation department maintains. To cut down on unnecessary open accounts, the legislature drafted, and the governor ultimately signed, a bill providing for a termination of child support by a set age. This termination, however, is not the same as emancipation; even in light of this new statute, if a child is not self-sufficient, child support may continue.

When dealing with a divorce or family law matter, it is important to be aware of any changes to the law as a result of a judge's decision, but equally important to have an understanding of the legislative process and bills the governor signs into law and how they impact your individual situation.

COASTAL VIRGINIA'S PREMIER MUSIC FESTIVAL FEATURING NATIONAL, REGIONAL
AND LOCAL ARTISTS AND SONGWRITERS PERFORMING GENUINE ORIGINAL MUSIC COMES TO NORTH BRANCH!

AIKEN & FRIENDS FEST, NORTH BRANCH

MIKE AIKEN & GUESTS

Friday, September 22 - Evening

Songwriters-in-the-Round concert featuring Mike Aiken, Ken Tizzard and Paul Jefferson
Enjoy music and discussion about their writing and inspiration

Saturday, September 23 - Daytime

Noon: concurrent 60-minute workshops in guitar, songwriting or indie music promotion

2-5PM: FREE Concert On The Quad

Featuring - MSG Acoustic Blues Trio, Jacob Vauko and others TBA

LOCAL MUSICIANS: Bring your instrument and join the jam in the Pickers' Tent!

Saturday, September 23 - Evening

Tall Tales & Troubadours with Mike Aiken

THE REST OF FEST INFO:

- Food available 1-7PM Saturday
- Watch for open mic opportunities in advance of fest
- Winner(s) may be invited to open for the Saturday night concert

PRICING FOR TICKETED EVENTS:

- Friday and Saturday night events \$20/each
- Workshops \$10/each
- WEEKEND PASS -
- See both concerts and attend one workshop for only \$30! (\$50 value)



**FRIDAY & SATURDAY,
SEPTEMBER 22 & 23**

On the campus of Raritan Valley Community College
118 Lamington Road, Branchburg, NJ

RVCCARTS.ORG

BOX OFFICE
908-725-3420



**300+ NEW AND
PRE-OWNED
VEHICLES IN STOCK**
"A VEHICLE FOR EVERY
BUDGET AND LIFESTYLE"



(866) 939-0558
LiccardiChryslerDodge.com
130 U.S. 22 West • Green Brook, NJ 08812



www.theconnectionsny.com



Now Open In Somerville

Lighting Genie
Fine Lighting & Accessories

- Chandeliers
- Ceiling Fans
- Lamps
- Bath Lighting
- Outdoor Lighting
- Landscape Lighting







15% OFF
OUR ALREADY DISCOUNTED PRICES

Limit 1 coupon per customer per visit.
May not be combined with other offers.
Expires 11-15-17.

908-432-1884
www.lightinggenie.com

80 Somerset Street, Somerville
HOURS: Mon, Tue, Wed, Fri 10am-5pm • Thu 10am-8pm • Sat 10am-5pm



CONNECTION COMMENTS

LIGHTING GENIE
80 Somerset Street
Somerville NJ 08876
908-432-1884
www.Lightinggenie.com

By: Rachel Ricucci

Robert Wiggins

Follow the lights downtown to a lighting store called the **Lighting Genie**. **Lighting Genie** sells all types of lighting including chandeliers, table and floor lamps, and ceiling fans. The owner, Robert Wiggins, brings over 30 years of experience to his store; he used to work at Circle Lighting for 25 years until they retired. Robert maintained many of the same loyal customers from Circle Lighting. He has a following of his own now that has kept him afloat and has many thanks to extend to Circle Lighting for the continuous flow of business. He mentioned having a very good working relationship with them.

Lighting Genie began out of Robert's house until it landed in its new home (near downtown Somerville) where it has been for one year. The location on Somerset Street is very visible as it's a busy street. The store itself is an eye catcher and very welcoming with its glowing lights in the windows which seem to call out for attention.

Lighting Genie can get all of the same products and brands that the larger lighting stores can. Robert said if he has a resource he will find a way to get it. This store also offers heaters, pendants, bathroom exhaust fans and medicine cabinets. The mirrors he carries can be ordered in different sizes and finishes. There is variety in the products that are sold there. For instance, Robert sold a large chandelier to the Brook Arts Center in Bound Brook; he also sells commercial lighting that is suited for parking lots and offices.

Robert provides very prompt and

personalized customer service. He also handles the shipping, which is free for Somerville customers. As for the lighting and electrical expertise that he brings to his customers, Robert commented "There's a lot you have to know – it's a big deal." There's a technical aspect to knowing how the lighting fits with electricity and Robert said he's still learning.

Robert advertises in local magazines and specifically in one called Blueprint Magazine. He said his main targets for the business are interior designers, electricians and home builders; he would like to bring in more of the repeat business that these professions provide. He'll also contact designers directly by e-mail and introduce himself. Robert also advertises via word of mouth, referrals and business cards. He'll also use technology to his advantage by adding listings in online directories.

Keeping in touch with customers happens via phone, e-mail and text, per Robert. He understands that people are on the go. Robert will answer his customer's questions quickly and stresses that he can provide excellent customer service and prompt help unlike the larger lighting stores. "I'm different from the competition – communication is the key." Talking to customers outside of business hours and being reachable is something he'll do often to provide quality service.

Looking ahead at the growth of the company, Robert said it won't be long before he hires some part-time help. "Business is starting to snowball – I'm getting a lot of positive feedback."

BACK TO BLACK SEALCOATING

Call Us for Snow Removal

DRIVEWAYS & PARKING LOTS
ASPHALT PATCHWORK
CRACK FILLING & REPAIR
PARKING LOT LINE STRIPING
ASPHALT OR COAL TAR (Emulsion Sealer)
SPECIALIZING IN COMMERCIAL PARKING LOTS
POWERWASHING
MASONRY REPAIRS
TENNIS COURTS
LIC # 13VH0653440

\$50 Off Any Job Over \$500
(not to be combined with any other offer).

www.backtoblacksealcoating.com

LICENSED 732-968-3646 INSURED
backtoblacksealcoating@yahoo.com



Bedmister Twp: Classic Colonial with in-ground pool, 4 bedrooms, 3.5 baths on 2± acres, borders preserved land. Offered at \$949,000



SOLD

Mendham Twp: Tudor Revival with 5 bedrooms, 3.2 baths on 5.85± acres. Finely detailed 4,700+SF layout, high ceilings. Offered at \$1,035,000



Bedmister Twp: Custom brick front Colonial, .95± acres, 4 bedrooms, 3.1 baths, updated kitchen, new spa master bath. Offered at \$819,900



SOLD

Frenchtown: Newer stone front Colonial, upgraded, 4 bedrooms, 3.5 baths on 1.5± acres, borders preserved land. Offered at \$549,900



Mary Licata

Sales Associate, GRI, ABR, ePro

Office: 908-234-9100 ext 215

Cell: 908-442-3434

mlicata@turpinrealtors.com

www.maryhlicata.com



UNDER CONTRACT

Watchung Boro: Updated Ranch with 4 bedrooms, 3 baths on 1.5± wooded/open acres near I-78, Rt. 22. Offered at \$629,900



UNDER CONTRACT

Branchburg Twp: Luxurious Meadow View Colonial on 1.6± acres, 5 bedrooms, 4.5 baths, chef's kitchen, expansive master bedroom suite. Offered at \$859,000

Over 20 years of Real Estate and Construction Experience
Turpin Top Ten 2013 and 2015 and 2016
Turpin President's Club 2013-14-15-16



www.TurpinRealtors.com



SOLD

Bridgewater Twp: Updated Custom Colonial on approximately 1-acre with 4 bedrooms, 3.5 baths, granite kitchen, 1-bedroom rental apartment. Offered at \$679,900



Montgomery Twp: Updated 1790s Dutch Colonial on 2± acres, 4 bedrooms, 1.2 baths. 2 barns, prime Montgomery schools. Offered at \$549,900



UNDER CONTRACT

Franklin Twp: Neutral décor end unit condo, 2 bedroom, 2 bath plus den in active adult community. Amenities galore. Offered at \$289,900



Alexandria Twp: Brick façade, circular brick patio, pond with waterfall, firepit, wooded rear property, quiet country setting, Shy Creek Estates. Offered at \$569,900

Turpin Real Estate Inc., 21 US Route 202, Far Hills, NJ 07931

EQUAL HOUSING OPPORTUNITY

WELCOME HOME

THE



GROUP

Since 1946

Your Real Estate Connection on LONG BEACH ISLAND!

12800 Long Beach Blvd.
Long Beach Island, NJ
609-492-1511



Donna Freedland - 908-672-2309
LBI Resident - 30 Years

**Selling • Buying • Relocation
Vacation Rentals**

Make your REALTY dream a REALITY!

I'd love to share my knowledge and love of the island with you.
Expect the service you deserve from someone you can trust.

Call Donna
Cell: **908-672-2309**

Referral to your friends and family is the greatest compliment
you can give me. I can place referrals globally, it's easy!

Thank You for Your Trust!



CHIPPING SERVICES TREE DOWN? STORM DAMAGE?

**TREE
WORK**

- Stump Removal • Stump Grinding
- Wood Splitting • Brush Removal
- Debris Removal • Firewood



908-432-5503

Screen Repair

Save
for the
future!

Quality
Work

Call For
Prices



1161 Papen Road, Bridgewater, NJ 08807
Call Fred 908-580-0341

RHODES & SONS

SINCE 1991
ELECTRICAL CONTRACTING, INC.

Residential • Commercial • Industrial • Historical

NJ Lic. & Bus. Permit #11205 • HIC #13VH05655300 • Middlesex, NJ

732.424.0600

www.rhodeselectric.com

Your One-Stop Source For All Electric Work!

Authorized Dealer For
KOHLER Generators

Keeping you out of the dark!

- Platinum Level & Award Winning Dealer
- Factory Trained & Certified
- Providing Sales & Installations
- Warranty Repairs & Service Agreements

Free OnCue
with every 14/20
RESA/L Generator Installation
\$500 Value

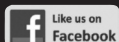


Bookings made easy...

Text or Call
908-210-8626
for all inquiries

Mention the
Connection Ad, Get
\$10 OFF

jerseydriveservices.com



Eli's Lawncare Plus
Tree Services • Stone Work

Commercial/Residential

SERVICES:

- Spring Clean Up
- Lawn Care, Maintenance, Fertilization
- Excavation
- Paver, Stone Walkways & Patios
- Landscape Design & Installation
- Dry Mason & Stone Retaining Walls
- Fence Installation & Repair
- Snow Plow

Free
Estimates

Eli Rodriguez
732-261-0546

1280 Route 28, Somerville, NJ 08876

elislawncare@hotmail.com

www.elislawncareplus.com

INSURED & LICENSED



**We make all types of furniture such as
Bookcases, Cabinets & Coffee Tables**



Police Officer
Equipment Stand



Coffee Table

All furniture is made custom to your size & color choice

Mention this ad and receive
10% Off Your First Order

Exp. 11/15/17

<https://www.facebook.com/cjbcraftsmanship>
cjbcraftsmanship@gmail.com

671 Boesel Ave., Manville, NJ 08835
919-402-6851



Swim in better water!

New, beautiful, virtually chlorine-free *SmartPure®* Pools with advanced ozone purification systems ensure fresh, healthy, silky soft water without the typical chlorine costs, hassles & hazards!



**100%
Financing
oac**

**5 OFFICES SERVING
PA/ CENTRAL &
SOUTH NJ/ DE**

800.219.2141

14 Rte. 9 North

Morganville, NJ

Lic. #13VH04278700

bluehaven.com

**Rely on proven expertise from one
contractor for your entire backyard**



Custom masonry • Fire pits & outdoor kitchens
Landscaping • Pergolas, pavilions & pool houses



**Free brochure, in-home
estimate & custom design**



BLUE HAVEN since 1954
POOLS & SPAS
World's Largest!

Locally by **Calvitti**

EXPERT REMODELS & MODERNIZATIONS



Call 908-500-9213
or visit **www.hollypartyrentals.com**





We Have All Your Party Needs!







**Tents • Tables & Chairs • Grills • Stereo Equipment
Cotton Candy Machine • Bounce Houses & More!**

REAL ESTATE CORNER



By: Johanna Wiseman

RE/MAX
Preferred Professionals

See ad on page 3

Most consumers, when looking at homes in person or online, are attracted to current trends and contemporary finishes.

In recent years, home staging has taken an increasingly important role in presenting a home for sale. Staging goals include removing distracting personal possessions, minimizing the amount of furniture and storage required for living, and streamlining colors and finishes. These techniques combine to create an environment in which the greatest cross-section of potential buyers could feel comfortable and excited about dwelling in the space. Staging can be a dramatically effective way to broaden and enhance a home's appeal to a new generation of homeowner.

Television shows and photo-browsing websites have reinforced the notion that choosing a home is a simple matter of finding a space that reflects one's personal style, with or without additional effort to customize or improve what is being purchased. While there are buyers ready to "roll up sleeves" and transform a home, a greater number of buyers seek a living space they can inhabit without making any immediate changes.

In an era where decorative home staging prevails, it is easy to overlook the importance of continued, long-term maintenance

in preserving the value of a home. Buyers lured by trendy paint colors and new light fixtures might not think to notice the age of the furnace, or the condition of the roof and windows. Exterior factors, masonry and landscaping surrounding a home can be a source of existing value, or require additional investment. The current environment of limited inventory and multiple offers has conditioned buyers to make quick bids, often without all of the relevant details. Buyers must request and examine a Seller's Disclosure document for facts about a home's major systems and maintenance, before making any decision. Sellers who are ready to embark upon cosmetic improvements or staging in preparation for sale, should also carefully consider any outstanding maintenance requirements. It may be wiser to invest in repairs prior to listing, rather than waiting until a buyer's home inspection reveals flaws.

A home's outward appearance, or "curb appeal" is a strong factor in its readiness for sale. Beyond the obvious appeal of a well-staged home, buyers and sellers should always look carefully at the less trendy but more traditional components of a home's structure. Here, they will discover the true value of a home.

PRO STORAGE



Garage

EXOTIC CLASSIC ANTIQU

VEHICLE STORAGE

Most affordable and trusted storage facility

310 Park Ave. Plainfield, NJ 07060

908-444-8530

Conveniently located off I-287, Routes 78 and 22.

Within a residential/commercial complex across from the Downtown Plainfield Train Station.

\$175/month - Seasonal or Year-Round Terms



Visit our website:

prostoragenj.com

Don't Worry about a Thing, **CALL THE KING**

Winter will be here
before you know it.
Check your heating
system before the
cold is here!

KING GEORGE

PLUMBING • HEATING

COOLING • ELECTRIC

**SPECIAL
FINANCING AVAILABLE**
Subject to Credit Approval.
Ask for Details.
Complete Heating and
Cooling System.

\$25 OFF
Any Service
(Cannot be combined
with any other offer.)

908-754-4773

Thanks to all our loyal customers.
We will continue our 36 year history of
quality service at our new location...

398-400 US Highway 22
Green Brook, NJ 08812

- Same Day & Saturday Appointments •
- Satisfaction Guaranteed •
- Fast Friendly Service •
- Fully Insured •

*American
Standard*[®]
HEATING & AIR
CONDITIONING



**SERVICE
CONTRACTS
AVAILABLE**

NJ Plumbing
License #7202

NJ Electric
License #2849

\$99
AC TUNE-UPS
(Regularly \$150)

www.KingGeorgePlumbing.com

HOME&DESIGN

Do you need your roof repaired or replaced?

0% Financing for 18 Months*

Call Now and ask about our Price Match Guarantee



**Roofing • Siding • Seamless Gutters
Repairs and Replacements
Gutter Cleaning • Gutter Guards
Fully Insured • All Work Guaranteed**

\$500 Off any project
\$5,000 or more

Expires 11/15/17

NJ H.I.C. Lic. #13VH001779000 PA H.I.C. Lic. #PA046980



*Call for Details

www.thompsonroofing.net

Call Today 908-359-8108 • Committed to Customer Service Since 1973



Personal care for your family of devices

- Mac and PC Repairs
- Indoor and Outdoor WiFi
- Home Audio and Theater
- Tech and App Tutoring
- Cloud Setup and Family Sharing
- Backup Assistance and Setup

mytechguy

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

www.theconnectionsny.com

Pick Your Paint With Confidence!

Meet with our in-house color consultant for invaluable support.



61A Mountain Blvd., Warren NJ • (908)-757-9100 • www.warrenvillehardware.com



WARRENVILLE HARDWARE DESIGN CENTER

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

Patty Hernon, Design Consultant
studio@warrenvillehardware.com

BUY ONE GET ONE



BENJAMIN MOORE® COLOR SAMPLE
Visit today and let us make sure you get the best paint
and advice to get your project done right.

Coupon valid for one (1) free Benjamin Moore® Color Samples with the purchase of one (1) Benjamin Moore® Color Samples. Redeemable only at participating retailers. Must present this original coupon to redeem - no copies will be allowed. Limit one per customer. Products may vary from store to store. Subject to availability. Retailer reserves the right to cancel this offer at any time without notice. Cannot be combined with any other offers. **Coupon expires 10/31/17.**

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

Welcome to Honda Paradise

**Make your best deal and get
an extra \$250 off any new or
preowned vehicle!**

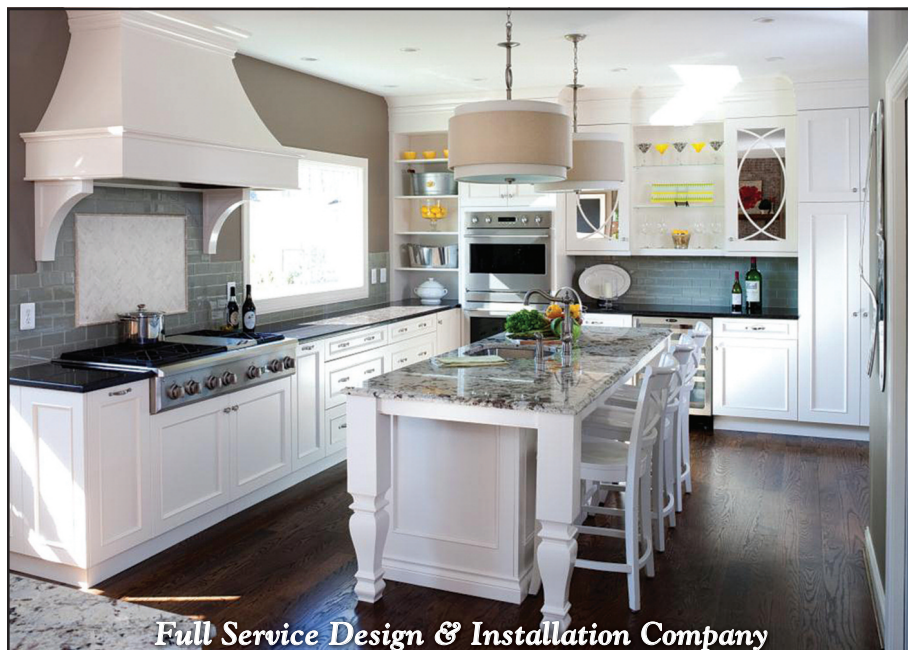
OR
15% off any service

Show this ad to redeem the offer.
Expires September 30th, 2017. Limit 1 per customer.
Not to be combined with any other offers.

1201 US HIGHWAY 22 BRIDGEWATER, NJ 08807
(855) 5-Honda-5 AutosportHonda.com

FREE maintenance plan
FREE key replacement
FREE car washes
FREE shuttle service
EARN rewards points
SAVE \$\$\$!

HOME&DESIGN



Full Service Design & Installation Company

FW FLEETWOOD
KITCHENS & BATHS
Est. 1953

Kitchens, Baths, Hardware, Appliances
Entertainment Units, Home Offices



908.722.0126

www.fleetwoodkitchens.com

Proud NKBA
Member

THE STUMP COMPANY

**A FULL SERVICE TREE CARE & STUMP GRINDING SERVICE
& LAWN CARE SERVICE**

RESIDENTIAL
and
COMMERCIAL

- Garden Beds & Tree Roots Ground
- Full Service Tree Care
- Residential Back Hoe Service
- Trenching
- Backyard Grading
- Tree Trimming & Removal
- Shrub Trimming

- Owner on Every Job
- Emergency Service Available



Local Bridgewater Resident

COUPON
\$20.00 off
any job of \$100.00 or more
Expires 11/15/17

Free Estimates • Fully Insured
Email: HEALEN@verizon.net

Call **908-884-0362**



HOME IMPROVEMENT

SUSTAINABILITY IN KITCHEN DESIGN

By: Jeff Van Fleet, CKD, CBD, Fleetwood Kitchens & Baths

Can the charming yet inefficient kitchens of the past really be transformed into modern marvels of efficiency and beauty? The answer is yes, and renovation sustainability is priority in the innovative designs of today. With an overabundance of selections available, consumers are now empowered to make choices with ease allowing them to create both inspired and environmentally friendly kitchen designs. And each design selection they make has the power to reduce negative effects on the environment, whether in the energy used and omitted or the production process.

Cabinetry is the single largest part of a kitchen space, and choosing one that is part of the Kitchen Cabinet Manufacturer's Association's (KCMA) Environmental Stewardship Program (ESP) means that a cabinet manufacturer is environmentally responsible for reducing waste pollution and promoting resource sustainability. Moreover, a cabinet certified by the Forest Stewardship Council (FSC) ensures the construction of it

is invested in protecting and preserving the environment by using non-toxic glue, reconstituted and composited wood veneers, sustainably harvested solid wood frames, eco-friendly substrates without urea formaldehyde and water-based low volatile organic compounds (VOC).

Another important aspect of a kitchen's design is the countertop choice. Quartz is not only an attractive and popular product, but a green one as well. A quartz product with a Greenguard seal makes high quality indoor air a top priority. It does not emit Radon, and is low in other chemical and particles emissions. Electing to use low VOC glues during the installation can also add to the high environmental standard. Other green options for countertops include but are not limited to butcher block, stainless steel, and glass made from recycled and repurposed materials. A salvaged countertop is another conscientious choice.

A kitchen wouldn't be complete without efficient and practical appliances, and with

so many products available making an eco-friendly choice can be overwhelming. Focusing on energy efficiency, however, simplifies the process. A refrigerator, for example, can use more energy due to its size or configuration, and one with a freezer on either the top or bottom is more energy efficient than a side-by-side refrigerator. Also, an energy saving induction cooktop or an appliance powered by electric solar panels are ideal options, as they not only utilize renewable energy sources, but also omit less energy during and after each use.



Eco-friendly focused kitchen designs also offer cutting-edge and exciting new products. One of the hottest trends are indoor gardens like the Urban Cultivator. This small, refrigerator-like appliance is climate controlled and includes its own built-in watering system. It allows home-grown organic produce and herbs to be cultivated with ease and comfort right in the kitchen. Conserving both energy and resources, the indoor garden is a potential new staple in the modern kitchen.

Design is an ever-evolving industry, and incorporating sustainability into kitchen design continues to produce fresh innovations that inspire creativity and promote eco-conscious choices in the empowered consumer. Each selection made with the mindful awareness of its environmental impact is an important choice not only for the healthier, safer, and greener homes and families of today, but also for those of tomorrow.





Your Connection to New York Real Estate

Maryanne Farrell

Licensed Real Estate Salesperson

Manhattan/Brooklyn Resident 20+ Years

Specializing in New York City and Brooklyn Real Estate

917-304-6154

maryanne.farrell@compass.com



FOR SALE

20 Sullivan Street, SoHo, Manhattan
5 Bed, 4.5 Bath, \$14,995,000



FOR SALE

87 Dikeman Street, Red Hook, Brooklyn
4 Bed, 3.5 Bath, \$2,995,000



SOLD

35 Willow Place, Brooklyn Heights, Brooklyn
5 Bed, 3.5 Bath, \$4,900,000



SOLD

401 Hicks St., Unit B1B, Cobble Hill, Brooklyn
2 Bed, 2.5 Bath, \$1,895,000



COMPASS

90 5th Avenue, 3rd Floor, New York, NY 10011



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

The CAP Connection



TRUCK CAPS & TONNEAU COVERS

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

Gift Certificates Available!

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



908-236-7997

Fax: 908-236-7686

1260 Rt. 22 West • Lebanon

(only minutes off Rt. 31, 78, 287, 202 & 206)

www.capconnections.com

JOE'S SEALCOATING

High Quality Residential & Commercial Paving, Seal Coating & Crack Repairs

Your Driveway Is Our Passion

- Commercial Asphalt Paving
- Residential Asphalt Paving
- Pavers, Walkways & Patios
 - Belgian Block Curbing
- Any Size Retaining Walls



All Sealer
Is Hand
Applied

15% off while we are in your Neighborhood

Offering:

**The Best Quality Paving,
Asphalt Based Sealer
& Hot Crack Filling**

Call for **FREE** estimate:

201-317-5368

joessealcoatingnj.com



LIC. #13VH09430300



We will bid any plan
and help bring your
dream to reality.

Visit our website
for more examples
of our work.

Dreaming of a custom
home, remodeling
project or beautiful
addition?



908-781-0777

Email: info@tjchomes.com

www.farhillsdb.com

Lic. #13VH04925100

FREE COUNSELING LEADS TO SUCCESS



**Central Jersey
Housing Resource
Center (CJHRC)**

Non-Profit 501c3



Do you want to purchase a home in 2017?

Did you know that there are grant programs to help with
down payment and/or closing costs?

- Must complete a homebuyer education seminar provided by CJHRC prior to signing contract and must complete at least one in person counseling session to complete a projected budget.
- Applicants must purchase a home in Somerset County and be out of attorney review
- Home inspection must be completed without any quality control issues
- Other criteria must be met

For more information please call (908) 704-9649 or email cjhrc@verizon.net

All services & programs are FREE

Se Habla Espanol

600 First Avenue • Suite 3 • Raritan, NJ 08869

www.cjhrc.org • cjhrc@verizon.net • 908-704-9649

Hours: Monday-Friday 9-5:30



NEW BREEZE



RESIDENTIAL FULLY INSURED **COMMERCIAL FREE ESTIMATES**

TREE SERVICE LLC

Specialist In
LANDSCAPING & TREE SERVICES
 TOPPING • TRIMMING • PRUNING
 STUMP REMOVAL
908.413.6182
 Email: mrosales23@aol.com



Custom Picture Framing by BEVELED EDGE

Unique Frames • Friendly Service
Archival Quality
 Owner Operated Since 1989



LARSON • JUHL

IN HOME CUSTOM DESIGN SERVICE
PICKUP AND DELIVERY SERVICE AVAILABLE

BEVELED EDGE FRAMING
FALL SPECIAL
20% OFF
ANY CUSTOM FRAMING
Must present coupon when placing order.
 May not be combined with any other offers.
 Coupon expires 11/15/17.

Store Hours:
 Tues.-Fri. 10am-5pm • Sat. 10am-4pm
 Evenings by Appointment

51 MT. BETHEL ROAD • ARCH PLAZA • WARREN
908-754-6772
www.bevelededgewarten.com






BENCH'S CARPET ONE FLOOR & HOME

We do a complete job from start to finish!

31 Frelinghuysen Avenue, Raritan, NJ 08869
908-725-6466
 – PAYMENT OPTIONS AVAILABLE –
 Hours: Mon-Fri 9am-7pm, Sat 9am-5pm, Sun 12pm-3pm

Ceramic • Hardwood
Area Rugs • Laminate • Linoleum
Remnants • VCT Tiles
Carpet-Residential / Commercial
Remnants On Sale
Military Discount (Show ID)

RUSTIC RIVER HARDWOOD

Healthier Living
 Flooring Installation System

Exclusively at

CARPET ONE FLOOR & HOME

VERO STONE





benchscarpetoneraritan.com

Visit our website to follow The Adventures of Cooper

When your best friend needs the best care



SERVICES

- Acupuncture
- Behavior
- Cardiology
- Clinical Nutrition
- Critical Care
- Internal Medicine
- Surgery
(Orthopedic & Soft Tissue)

24-Hour Emergency & Specialty Care



210 Route 206 S.
Hillsborough, NJ 08844
908-359-3161
www.rbv.net

THE GLASS UNDERGROUND Glass Art Gallery

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

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

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



Scan here to shop
our mobile website



Over 100 networking events per year.
Special Interest Groups for all businesses.
Endless Opportunities.



Somerset County Business Partnership

Your Chamber of Commerce and more

OVER 750 MEMBERS
Join Us!

www.SCBP.org 908.218.4300



The Affordable Alternative
We are a warm and welcoming center
providing multi-generational learning
celebration & worship

Join us for the High Holy Days
Services led by Rabbi Kim Geringer and Musician Steven Dropkin
Services will be held at 775 Talamini Road, Bridgewater

**Register for our fun, creative,
camp-style Sunday school**
Located at 20 Shawnee Drive, Watchung

For more information, to register
a child, or to purchase tickets:
visit www.ChaiCenterNJ.org
or call 908.864.7788

Sharon Friedman
Executive Director

Wendy Merkin Piller
President



RACHAEL NICOLE

EVENTS

photo credit: SARAH MERIANS.COM

Full Wedding Planning
Day Of Wedding Planning
Corporate Events
Bar/Bat Mitzvahs
& Social Occasions

Introducing...
DISTINCTIVE TAILGATES
by Rachael Nicole Events



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



Rachael@rachaelnicoleevents.com
RachaelNicoleEvents.com

Spotlight on "SENIORS"

Move to Senior Living with Ease & Style

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



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

Senior Assistants

Carol Cozewith & Ellyn Mantell
908-883-0469 • ellynmantell@aol.com

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



Sure you're tough!
But everyone needs a
hand now and then.

- Bathing Assistance
- Med Reminders
- Transportation
- Certified HHAs
- Live-in & Hourly
- Safety Supervision
- Dementia Care
- Meal Preparation
- Homemaking

ComForCare
HOME CARE



live your best life possible

Licensed, Bonded,
Insured & Accredited

908-927-0500

Somerset Co &
Middlesex Co

www.comforcare.com/new-jersey/somerset-county



SENIOR CORNER

WHY SENIOR LIVING WORKS!

By: Ellyn Mantell



As I write this, we are recovering from a snow event that had the area blanketed with frigid temperatures and double digit inches of white. Glistening as it may be, it is the bane of all of us caring for people in need. My mind goes back to the days when our Mom was in her home in which she raised my sister-in-law and husband, just two years ago. Weather like this would bring so much worry...loss of electricity? Enough food? Dangerous driving conditions?

Moving Mom from her home of 57 years was so difficult for all of us. Mom was angry about leaving what she knew, as well as her feelings about aging out of her comfort zone. Every room and closet was filled to capacity with items no longer rele-

vant to her lifestyle, and she believed, as so many do, that her collections of china, silver, serving pieces, etc. were worth so much more than they turned out to be. Fortunately, the three of us, Mom's "children," were proactive and knew the time had come to help her transition to the assisted side of Chelsea at Warren.

In truth, without the tools my business partner, Carol, and I had, I am not certain we would have so comfortably helped her make the transition we did when it came to downsizing her house, and preparing for her new home at Chelsea. Cleaning out is so much easier with another person! Not only do you have the opportunity to make better deci-

sions, but packing up as you go along is a double time saver. We have learned that as little as we think we need, we need even less. And that, depending upon the new place, so much is provided. No longer in need of kitchen items, Mom, who was an amazing cook, baker and entertainer, needed nothing more than a mug or two, since all meals are provided. Even in facilities where only one or two meals are provided, few need more than service for 2-4 people. Many find themselves eating outside their room with friends they have made!

What we have learned is very important, however, is having an attractive home. More than ever, people socialize and showing their

new home is a big part of that event. Frequently, Carol and I in the halls of a senior living community and a resident will offer to show us their new home...they are happy and proud! That pride goes a long way to enabling the new resident to have the self-esteem necessary when meeting new people. It is easy to forget that "first impressions" are important at any age.

If we can help your parent or yourself transition to a senior facility, or if you want to discuss downsizing and adjustment issues around that process, please contact me at 908-883-0469 or ellynmantell@aol.com. Carol and I (SENIOR ASSISTANTS) will gladly be there for you!

SENIOR HEALTH



WHAT'S THE VALUE OF A HELPING HAND?

By: Nancy Lorince, ComForCare Home Care

Offering a service that no one needs would seem to be a very poor business model. But it's a running joke in our office that that's exactly what we do. I say it's amazing our home care agency is still around after more than a decade of being told by our clients that they are fine without us, don't like what we offer and don't think it's worth the money.

But most of our clients are seniors over 70, and if you ask their children about the value of the home care service we offer you will hear a very different story.

These children are the ones who worry about the safety and well-being of their parents. They love them and are more than happy to pitch in and help. They often spend several hours each week visiting and helping out with household chores, calling to remind their parents about meds, making and chauffeuring their parents to medical appointments, keeping an eye on household finances, and much more.

And they worry, worry, worry about their parents' safety and well-being, both now and in the future. After a couple years or more of trying to manage their parents' needs plus their own lives that often include jobs, children and even grandchildren, they realize that everyone's life will improve if they get some help.

That's where we come in. We can provide the support they need, whether it's a visit by a trained home health aide just a couple times a week, round-the-clock

supervision and care, or anything in between. We can start small and increase care as the parent needs more help over the years. Or the reverse: we can provide long hours of safety supervision and support right after someone is discharged from hospital or rehab and taper down to "graduation day" when that client is recovered and ready to fly solo again.

I do understand why so many people are reluctant to accept professional help in the home. Our culture prizes independence, and it can feel like a defeat to admit that you can no longer manage safely on your own. Sometimes, too, seniors fear that they will see less of their children if an agency provides some of the support they need.

Recently I was called to come visit with the parents of a woman who had first met with me two years ago. She was concerned about her parents and her ability to meet all their needs all that time ago, but it had taken them all that time and a couple near disasters to come around to the idea.

I always reassure potential clients that they are in charge. That we are there only for as long as they need us, and that, far from weakening their relationship with their children, we will make it possible for their family visits to be more relaxed, without the burden of thousand daily chores.

According to a 2014 AARP report, 87% of people over the age of 65 want to remain in their home as they age. In home care exists to make that possible.

EVERLASTING CARE

The Cemetery of Choice for Family Heritage

Generations of Gracious Care



- Glass Front Cremation Niches
- Beautiful Views
- Affordable Pricing



95 Mt. Airy Road

Basking Ridge, NJ 07920

908.766.0522 • SHMPCEMETERY.COM

Spotlight on “SENIORS”



Choose Comfort Keepers®
for your loved ones
**The 2017
Best of Home Care
Award Winner**



- ♥ Personal & Companion Care
- ♥ Nutrition & Diet Assistance
- ♥ Respite Care
- ♥ Hospice Care Support
- ♥ Dementia & Alzheimer's Disease Care
- ♥ Assistance with Long Term Care Insurance Setup
- ♥ Transitioning Home from Rehab
- ♥ Communications Tablet Designed for Seniors

♥ Private Duty Nursing – for specialized care needs ♥



Contact Us Today
(908) 741-6400

Bridgewater-826.ComfortKeepers.com



**Comfort
Keepers®**

a *sodexo*® brand

© 2017 CK Franchising, Inc. An international network, where most offices independently owned and operated.

CONNECTION COMMENDS

**COMFORT KEEPERS®
IN-HOME SERVICES**

991 Route 22 West, Suite 200
Bridgewater, NJ 08807
908-741-6400
bridgewater-826.ComfortKeepers.com



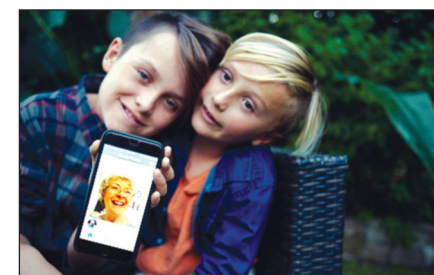
In the past 10 years, social inclusion has changed. People are not receiving updates on their friends or families in person and fewer updates are happening via a phone call. Communication is now shared via texts, sharing a picture or video on social media such as Facebook, Instagram, or via Facetime. Seniors are more disconnected and isolated than ever because they are digitally removed from the younger tech-savvy generations. The older you get, the harder it is to keep up with technology.

As reported in the New York Times on September 6, 2016, in an article entitled Researchers Confront an Epidemic of Loneliness, it stated, “In Britain and the United States, roughly 1 of 3 people older than 85 live alone. Studies in both countries show the prevalence of loneliness among people older than 60 ranging from 10% to 46%.” According to a 2011 AARP study, 9 out of 10 adults over age 65 want to stay living in their homes as long as possible. While the Administration on Aging reports 47% of women over age 75 live alone at home, a Kaiser Family Foundation report found more than 5 million seniors need assistance with normal activities of daily living.

Studies have shown that loneliness leads to depression, higher rates of declining mobility, difficulty in performing routine daily activities and other health problems. In addition, living isolated at home can lead to health risks ranging from medication mismanagement, eyesight issues leading to falls, poor or malnutrition, and increasing dementia or cognitive impairment. According to the Alzheimer's Association, 25% of those with dementia are living alone.

Comfort Keepers® takes this issue very seriously which is why they have partnered with grandPad to help combat loneliness and keep seniors connected to their loved ones. The grandPad tablet is a 7-inch tablet solution for seniors that connect them to friends, family, and activities they love. The device which is customized to each grandPad user facilitates interaction between seniors and family members including the sharing of photos or videos via a Companion App

using Facebook or Instagram, listening to favorite music whether Frank Sinatra or Patsy Cline, playing games such as Solitaire or Sudoku, watching videos or exchanging emails. Video calls are as easy as touching the picture of a family member and you are connected; no passwords or complicated user names required. The lightweight design has a senior-friendly user interface and specially designed stylus that allows users to embrace new technology in a non-threatening, easy way.



The grandPad was tested on seniors to make sure that the user experience is suitable for the older adult. It is simple, safe, and secure. With just one touch it is loaded with the user's personal contacts, so there are no spam or security issues, and a Wi-Fi connection is not needed. The grandPad allows seniors to stay connected with their loved ones. Seniors can send audio emails, read the news and play games, but at its core, it's a communications device that lets them interact with their loved ones almost instantly.

Seniors want to stay connected to their loved ones, to their family, and to their friends. They want to keep all of their memories alive and they want to share their memories. Their loved ones want them to stay healthy and happy. **Comfort Keepers®** provides the grandPad to their customers to accomplish these goals. Learn more at: <http://www.grandpad.net>.

Even if you are not a **Comfort Keepers®** customer, you can still get your senior a grandPad at a DISCOUNTED PRICE by contacting Elizabeth Bartlett, Certified Senior Advisor® at 908-741-6400 or 973-532-2101 or at CK826@ComfortKeepers.com.

Want to know what's happening in our community?



Stay Connected

Find out by reading iCONNECT Community.

**The newest ONLINE addition to
The Connection Magazines**

Go to www.blog.theconnectionsny.com
and read about local stories and take a
virtual tour of the community events.



**iCONNECT Community from The Connection Magazines!
We keep you connected to your community.**

www.theconnectionsny.com



UNITED REFORMED CHURCH



Sunday School Registration Now Open

Pre-K through 8th grade

Sunday Worship 10:00 a.m.

All are welcome!



Chili Cook-Off • Sept. 17 – 4:00 p.m.
Chili Chefs Wanted!

UNITED REFORMED CHURCH
"THE CHURCH ON MAIN STREET"
100 West Main St., Somerville, NJ
(908) 725-4545
Email: info@urcsomerville.org
www.urcsomerville.org





CLEANING SERVICES WITH A PERSONAL TOUCH

Sofia 908-342-7921
RARITAN RESIDENT

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



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



18 Raritan Avenue, Raritan, NJ
908-526-8590

Complete Car Care & Repair Center
Foreign and Domestic

- Tune-Up
- Name Brand Tires
- Electronics & Wiring
- Mufflers & Exhaust Systems
- Mileage Maintenance Service
- Brakes, Struts, Suspension
- A/C, Heating Services
- Fuel Injection Cleaning
- Window Repair
- Trans Flush
- Radiator Flush



ASE Certified Technicians

Computerized Auto Center

Owner on Premises

Reasonable Rates • Prompt Friendly Service

Monday-Friday 8am to 5:30pm • Sat. Appointments Available

  **APalma7358@optonline.net**  



Serving Somerset County for 48 Years

- Complete Collision Repair Service
- Direct Repair Facility for Most Insurance Companies
- All Insurance Companies Accepted
- I-Car Platinum Certified
- Car-O-Liner Certified
- BASF Vision Plus Excellence Shop
- Foreign and Domestic Vehicles
- Free Estimates



OPEN
Mon-Fri: 8am-5pm

138 US Hwy. Rt. 206 South, Hillsborough, NJ 08844
Phone 908-526-6300 • Fax 908-526-6436
www.amwellauto.com • amwellauto@verizon.net



594 N. Bridge Street
Bridgewater, NJ 08807

(908) 722-1339

temple-sholom.net

facebook.com/TempleSholomNJ

L'Shana Tova!

Join us for the High Holy Days

We have a great new young family membership incentive!
Contact Dorit at our temple office for details!

- ✓ Jewish Education from Preschool through Seniors
- ✓ Tot Shabbat, Children's and Family Services
- ✓ Twice-a-week Religious School
- ✓ Award-Winning Hebrew High School
- ✓ Single Bar and Bat Mitzvah Ceremonies
- ✓ Weekly Shabbat Services
- ✓ Morning Minyan and Shiva Minyans
- ✓ Intergenerational Sisterhood and Men's Club
- ✓ Youth Programs: USY and Kadima Chapters
- ✓ Monthly Mitzvah Projects
- ✓ Havurot and Social Clubs

Join us for the holidays and year round.
There's something for everyone at Temple Sholom!

BRIDGEWATER-SOMERVILLE COMMUNITY CALENDAR

SEPTEMBER - OCTOBER - NOVEMBER

PAGE 66

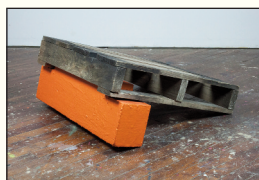
THE ARTS

THE CENTER FOR CONTEMPORARY ART (CCA)

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

Synthesizing Nature: Friday, September 15-Saturday, November 4. Curated by Cory E. Card (View Arts Center) & Wes Sherman.

Lucas Kelly curated by Wes Sherman. Faculty Exhibition: Gary Godbee. **Opening Reception:** Friday, September 15, 6-8 pm.



18 Wheels by Lucas Kelly

STUDIO 7 FINE ART GALLERY



Fine art gallery at 5 Morristown Road, Bernardsville, 908-630-9770. Gallery hours: Tuesday-Saturday 10am-4pm & by appointment. **Upcoming Events:**

Paintings and Drawings by Anthony Panzera, NA; William Bouguereau - It's All in the Details: September 1 - October 28. **Artist Receptions: Fridays, September 8, October 6, 6-9pm.**

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



At the Edge of the River
10" x 8", oil

CLUBS AND SERVICES

AUTOIMMUNE 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 2nd Sat of each month, 2-3:30pm, RWJU Hospital, Somerset, 110 Rehill Avenue. **NOTE:** Up to 10 members via Google Chrome accommodated. **Upcoming Meeting:** Saturday, October 14. No meetings in July & August. Visit www.autoimmunegroup.com for more information or to make a donation via PayPal or call Joanne at 908-358-7167, Mon-Fri, 2-8pm or email, autoimmune-group@hotmail.com

BRIDGEWATER SENIOR CLUB

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

BRIDGEWATER TOWNSHIP SENIOR CENTER

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

BRIDGEWATER WOMAN'S CLUB

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



CENTRAL JERSEY HOUSING RESOURCE CENTER (CJHRC)



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

First Time Homebuyer Workshop: Saturday, September 23, 10:30am -2:30 pm, Franklin Township Library, 485 DeMott Lane, Somerset. FREE.

Financial Literacy & Savings Match Program: Tuesday, October 17, 5:30-9pm, Bridgewater. Learn how to budget & start saving. Register in advance by calling 908-704-9649.

Step by Step To Home Ownership (Free Pre-Purchase Homeowner Education Program): Wednesday, November 15, 5:30-9:30pm, Peapack Gladstone Bank, Bedminster. FREE. For more info or to register call 908-704-9649 or visit www.cjhr.org.

Ongoing Programs

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

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

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

COOPERATIVE SENIOR HOUSING "Linked" Online

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



INTERNATIONAL FRIENDS CLUB

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



JEWISH FAMILY SERVICE OF SOMERSET, HUNTERDON AND WARREN COUNTIES

"Linked" Online



150-A West High Street, Somerville, NJ. Unless otherwise noted, for information or to register for programs, contact Elise Prezant, JFS at 908-725-7799 or eprezant@JewishFamilySvc.org, Admin@Jewish FamilySvc.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. Tuesdays, September 12, 26, October 10, 24, November 14, 28, December 12. Email Y2L@Jewish FamilySvc.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 13, October 18, November 15, December 13.

Job Seekers Support Group: Wednesdays, September 6, November 1, December 6. 7-9 pm. Free & open to the community.

Expanding Horizon Programs:

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, Winter & Spring. To become a tutor, to register for services, or to find more information, please visit www.literacysomerset.org or call 908-725-5430.

NEWCOMERS AND NEIGHBORS OF SOMERSET HILLS (NNSH)

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

RUTGERS MASTER GARDENERS "Linked" Online OF SOMERSET COUNTY

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 Road, Hillsborough 08844-1400, 908-359-0003, ext. 223. Private, non-profit agency serving people affected by domestic abuse in Somerset County. Provides emergency shelter to survivors of domestic abuse, adults & children. **Free of charge.** 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:**



29th Annual Candlelight Vigil in Support of Survivors of Domestic Violence: Thursday, October 5, 7-8:30pm, Warren Township Municipal Building, 46 Mountain Blvd, Warren. Register at <https://www.safe-sound.org/>

Soaring to New Heights: Thursday, November 2, 6- 10pm, The Stone House, 50 Stirling Rd, Warren. Cocktails & dinner. Sponsorship opportunities available. More information at <http://www.safe-sound.org/events/> harvesting-help-hope-2017

SOMERSET COUNTY SENIOR 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.



Ongoing Programs:

Dancercise: Mondays, 10:30am.

Tai Chi: Wednesdays, 1pm.

Upcoming Programs:

Helen Vasko Discussion Group: Tuesdays, September 5, October 3, 10:30am.

FREE Blood Pressure Screenings: Tuesdays, September 5, October 3, 10:30am.

Disasters that Shaped New Jersey: Tuesday, September 12, 10:30am.

Clifford Seay Sings the Songs that You Love: Wednesday, September 20, 10:30am.

Crooners of the 1930-1960s, performance by Gordon James: Friday, September 22, 10:30am.

Rubber Stamping Halloween Gift Card Workshop: Wednesday, September 27, 10:30am.

Triskaidekaphobia (fear of the number 13): Friday, October 13, 10:30am, Meg Wastie Museum of Early Trades & Crafts.

Vintage Views - Photographic Journey, Walter Choroszewski: Friday, October 20, 10:30am.

Rubber Stamping Thanksgiving Gift Card Workshop: Monday, October 25, 10:30am.

Halloween Celebration: Tuesday, October 31, 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

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

www.theconnectionsny.com

BRIDGEWATER-SOMERVILLE COMMUNITY CALENDAR

SEPTEMBER - OCTOBER - NOVEMBER

PAGE 67

CLUBS AND SERVICES

ZUFALL HEALTH CENTER

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 assault, cancer screening & more. Visit www.zufall-health.org for more information, or call for an appointment. Se Habla Espanol.

Good as New Shop for Treasures: Wednesday & Friday, 10am-5pm, Thursday 10am-6pm, third Saturday 10-3pm.

"Linked" Online



LIBRARIES

SCLSNJ BRIDGEWATER LIBRARY BRANCH

1 Vogt Drive, Bridgewater, NJ 08844, 908-526-4016, www.sclsnj.org. Program dates & times subject to change. **All programs FREE.** *Registration required unless otherwise indicated.* Visit website or call library for more information & to register. **Note: SCLSNJ's library branches will be closed on November 23.**



FAMILY PROGRAMS:

Pajama Time Storytime: (All Ages) Wednesdays, September 6, 13, 20; October 4, 11, 18; November 1, 8, 15, 29; 7-7:30 pm.

Family Movie Under the Stars: (All Ages) *The LEGO Batman Movie*, October 6, 6:45-8:30pm.

Sensory-Friendly Art Class: Special needs (Ages-12) Saturdays, September 16; November 4; 10-10:30am.

CHILDREN'S PROGRAMS:

Storytime & Craft: (Ages 3-6) Tuesdays, September 5, 12, 19; October 3, 10, 17; November 7, 14, 28; 10-11am.

S.T.E.A.M. Storytime: (Ages 3-6 & Grades K-4) Tuesdays, September 5, 12, 19; October 3, 10, 17; November 7, 14, 28; 4:30-5:30pm.

Toddler Time: (Ages 18-36 months) Wednesdays & Fridays, September 6, 8, 13, 15, 20, 22; October 4, 6, 11, 13, 18, 20; November 1, 3, 8, 10, 15, 17, 29; 10-10:30am.

Baby Time: (Ages Birth-18 months) Thursdays, September 7, 14, 21; October 5, 12, 19; November 2, 9, 16, 30; 9:30-10am.

Tail Waggin' Tutor - Children Reading to Dogs: (Ages 4+) Wednesdays, September 13; October 11; November 8; 4:30-5:30pm.

Scratch Programming Club: (Grades 3-4) Thursdays, September 14; October 12; November 2; 7-8pm.

Music & Movement: (Ages 0-3) Tuesday, September 26 & Monday, November 13; 9:45-10:15am and 10:30-11am.

Lego Master Builders: (Grades K-4) September 28; October 26; November 16; 5-6pm.

Yuck or Yum - Test Your Tastebuds: (Grades 3-4) October 5, 7-7:45pm.

Candy Chromatography: (Grades K-4) Monday, October 16, 5-5:45pm.

The Legend of Sleepy Hollow: (Grades 2-8): Thursday, October 19, 7-8 pm.

S.T.E.M. Playground (Ages 3+): Mondays, October 23; November 20; 4:30-5:30pm.

Heart of Art - Draw Animals: (Grades K-4) Tuesday, October 24, 5-6pm.

Halloween Spooktacular: (Ages 3+) Monday, October 30, 4:30-5:30pm.

Pumpkin Play Clay: (Grades K-4) Monday, November 6, 5-5:45pm.

Heart of Art - Draw Flowers: (Grades K-4), November 13, 5-6 pm.

Heart of Art - Draw Cartoon Characters: (Grades K-4) Tuesday, November 21, 5-6pm.

Mayflower Float: (Grades 3-4) Thursday, November 30, 7-7:45pm.

TWEEN & TEEN PROGRAMS:

Tween Volunteers: (Grades 4-6) Monday, September 11; October 2; November 6; 7-8pm.

Tween Advisory Board: (Grades 4-6) Tuesdays, September 12; October 10; November 14; 7-8pm.

Teen Advisory Board: (Grades 7-12): Tuesdays, September 19; October 24; November 28; 7-8pm.

Tween S.T.E.M. Challenge: (Grades 4-6) Monday, September 18, 7-8pm.

Homework Helpers: (Grades 3-8) Tuesdays & Wednesdays, September 19, 20, 26, 27; October 3, 4, 10, 11, 17, 18, 24, 25; November 1, 7, 8, 14, 15, 21, 28, 29; 6:30-7:30pm.

Teen Cafe: (Grades 7-12) Tuesdays, September 26; October 17; 6-8pm.

Tween Craft - Haunted Gingerbread Houses: (Grades 4-6) Wednesday, October 18, 7-8:30pm.

Tween Lock-In - Halloween Party: (Grades 4-6) Friday, October 20, 6-8pm.

What You Need to Know About the College Process: (Grades 7-12 & parents), Thursday, September 7, 7-8pm.

Fast-Paced Filmmaking for Teens: (Grades 7-12) Tuesday, November 7, 5:30-8:30pm.

ADULT PROGRAMS:

English Conversation Group: Wednesdays, September 13, 20, 27; October 4, 11, 18, 25; November 1, 8, 15, 22, 29; 10-11:30am.

English Conversation Group - Intermediate: Wednesdays, September 13, 20, 27; October 4, 11, 18, 25; November 1, 8, 15, 22, 29; 10:30am-12pm.

Mah Jong: Thursdays, September 7, 14, 21, 28; October 5, 12, 19, 26; November 2, 9, 16, 30; 11am-1pm.

In Stitches - A Laid Back Knit and Crochet Affair: Thursdays, September 7; October 5; November 2; 6:30-8:30pm.

Friends Concert - Counterclockwise Ensemble: Friday, September 8, 7:30-9pm.

Adult Literacy Grant Class: Mondays & Wednesdays, September 11, 13, 18, 20, 25, 27; October 2, 9, 11, 16, 18, 23, 25, 30; November 1, 6, 8, 13, 15, 20; 7-8:30pm.

Introduction to Essential Oils: Tuesday, September 12, 7-8pm.

Mysteries in the Morning Book Discussion: *Wild West Mysteries*, Wednesday, September 13, 10 am-11:30am.

Computer Training Class: Wednesdays, September 13, Monday, September 25; Thursday, October 5; Wednesdays, October 11, 25; November 8, 15; 1:30-3pm.

SCORE - Service Corps of Retired Executives: Wednesdays, September 13, 27; October 25; 6:30 pm-8:30pm.

Computer Training Class: Monday, November 6; Tuesdays, October 3, 17, November 28; Thursdays, September 14, November 30; Fridays, September 29, October 6, 13, 20, November 10, 17; 10-11:30am.

Lead a More Fulfilling Life with Meditation: Thursday, September 14, 2-3pm.

Become a Literacy Tutor: Thursday, September 14, 6-7pm.

The Growing Problem of Heroin Abuse: Thursday, September 14, 7-8pm.

Classic Book Discussion: *The Tenant of Wildfell Hall* by Anne Bronte, Thursday, September 14, 7-8:30pm.

Library Club: Special Needs (Ages 13-21) Saturdays, September 16; November 4; 11-11:45am.

SCLSNJ Car Show - The 12th Annual Bridgewater Library Car Show: Saturday, September 16, 12-3pm.

The Bountiful Herb Garden: Saturday, September 16, 2-3pm.

Tuesday Afternoon Movie: *How to Be a Latin Lover*, Tuesday, September 19, 2-4pm.

Book Discussion: Sycamore by Bryn Chancellor, Tuesday, September 19, 7-8:30 pm.

New Jersey's Endangered and Threatened Wildlife: Thursday, September 21, 3-4pm.

Friday Night Movie: *Guardians of the Galaxy Vol. 2*, September 22, 7-9pm.

Don't Be Paranoid, You Look Great - A Personal Story of Schizophrenia: September 26, 7-8pm.

Divorce - What You Need to Know, Before, During and After: Thursday, September 28, 7-8:30pm.

Life Insurance - Learning How to Protect Your Family and Investments: Tuesday, October 3, 2-3pm.

Maximizing Medicare - Presented by the Office of Aging in Somerville: Thursday, October 5, 3-4pm.

Meet the Author: Saturday, October 7, 2-3pm, Riley Sager, Author of *Final Girls*; Patricia Diesel, Monday, October 16, 7-8 pm.

Friends Friday Night Concert Series - *Cello Fury*: Friday, October 13, 7:30-9pm.

Tuesday Afternoon Movie: Tuesdays, October 17; November 21; 2-4pm.

Book Discussion: Tuesdays, October 17; November 21; 7-8:30pm.

Lizzie Borden Took an Ax...Or Did She: Saturday, October 21, 2-3:30pm.

Art Therapy with the Carrier Clinic: Tuesday, October 24, 3-4pm.

SCLSNJ Friends of the Library Dinner: Wednesday, October 25, 6-9pm.

Chocolate-Everyone's Guilty Pleasure: Thursday, October 26, 7-8:30pm.

Friday Night Movie: October 27; November 17; 7-9pm.

Seeing America - Presented by the Newark Museum: Saturday, October 28, 2-3pm.

Friends Luncheon: Wednesday, November 1, 10am-3pm.

Friends Living Room Concert: *Hiroya Tsukamoto*, Thursday, November 2, 12-3pm.

Sleep Disorders: Friday, November 3, 2-3pm.

Mysteries in the Morning: Wednesday, November 8, 10-11:30am.

Start Here - The Office on Aging: Wednesday, November 8, 2-3pm.

Learn About Diabetes: *November is Diabetes Month*, Friday, November 10, 2-3 pm.

Friends Concert: *Vincent di Mura*, Friday, November 10, 7:30-9pm.

Understanding Hospice: Monday, November 13, 2-3pm.

American Indian Cultures: Tuesday, November 14, 3-4pm.

The Empty Chair - Coping with Loss and the Holidays: Wednesday, November 15, 3-4pm.

Book Discussion: Thursday, November 16, 6:30-8 pm.

SCLSNJ SOMERVILLE LIBRARY BRANCH

35 West End Avenue, Somerville, NJ 08876, 908-725-1336, www.sclsnj.org. Program dates & times subject to change. **All programs FREE.** *Registration required unless otherwise indicated.* Visit website or call library for more information & to register. **Note: SCLSNJ's library branches will be closed on November 23.**



FAMILY PROGRAMS:

Touch a Fire Truck: Saturday, September 30, 11am-12pm.

TWEEN & TEEN PROGRAMS:

Teen Crafting Club: (Grades 5-12) Wednesdays, September 6; October 4; November 1; 3-5pm.

Learn Art! Printmaking: (Grades 6-12) Wednesday, September 20, 3-5pm.

Magic the Gathering Draft Tournament: (Grades 6-12) Friday, September 22, 5-7:30pm.

Game Night/Teen Advisory Board: (Grades 6+) Friday, September 29, 5-8pm.

ADULT PROGRAMS:

Book Club @ SSCH: Wednesdays, October 11, November 1; 2:15-4pm.

English Conversation Group: Mondays, September 11, 18, 25; October 2, 9, 16, 23, 30; November 6, 13; 6:30-8pm.

Undiscovered Somerset County - Can't Miss Experiences and Tourism Tools: Tuesday, September 12, 7-8:4 pm.

Scrabble in the Afternoon: Wednesdays, September 13; October 18; November 8; 2-4pm.

English Conversation Group: Thursdays, September 14, 21, 28; October 5, 12, 19, 26; November 2, 9; 10-11:30 am.

Independence Celebration Central America & Mexico: Saturday, September 16, all day event.

Friday the Thirteenth Night: Friday, October 13, 5-7:30pm.

RECREATION

SOMERSET COUNTY PARK COMMISSION

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

Duke Island Walkers: Wednesdays, 9:30 am, Duke Island Visitor's Center. FREE.

Bonsai Exhibit: Saturday, September 9-Friday, September 15. Monday-Friday, 10am- 4pm; Saturday, 10am-5pm, Sunday, 12 Noon-5pm. Leonard J. Buck Garden. FREE. Donations appreciated.

58th Annual Somerset County Dr. Michael S. Kline Golf Tournament: September 9, 10, 16, 17, Green Knoll, Warrenbrook, Spooky Brook, and Quail Brook Golf Courses.

Flower & Garden Photograph: Saturday, September 16, 9-11:30am. Create flower images & garden landscape photographs. Fee, \$35 pp. Limited to 12 people. Horticulture Building next to the Colonial Park Rose Garden, Parking Lot A.

Horse Care Workshop 101: Saturdays, September 16, 23, 30, October 7, 14, 1-3pm, Lord Stirling Stable, 256 South Maple Avenue, Basking Ridge. \$60 for Somerset County residents & \$90 for non-residents.

Dog Days - A Very Silly Dog Show: Sunday, September 17, Lord Stirling Stable, 256 South Maple Avenue, Basking Ridge. More info on www.flssnj.org.

Annual Fall Nature Ride: (Ages 9 & older & under 200lbs) Sunday, September 24, 8:30am. Lord Stirling Stable. \$35 for members and Lord Stirling Stable students; \$40/ Somerset County residents; \$50 for non-residents.

1770's Festival at the Environmental Education Center: Sunday, October 1, 11:30am-4:30 pm. Suggested donation \$5.00.

"Home On the Range" Introductory Horseback Ride: (Ages 9 & up) Sunday, October 1, 29, 1pm, Lord Stirling Park. Fee, \$40 for Somerset County residents. \$50 for non-residents.

Peony Propagation Workshop: Thursday, October 5, 4:30-6:30pm. Participants meet at the Colonial Park Garden Rudolf W. van der Goot Rose Garden, Parking Lot A. For information call 732 873-2459 ext. 21 or visit www.somersetcountyparks.org.

Introductory Horseback Ride: (Ages 9 & up) Sunday, October 8, 1pm, Lord Stirling Stable. \$35 for Somerset County residents, \$45 for non-residents.

By the Light of the Moon: Friday, October 13, 6:30-7:30pm, (Rain date Saturday, October 14), Environmental Education Center. Fee, \$6 pp, preregistration required.

Live Animal Show at the EEC: Sunday, October 15, 1-2pm. FREE. Suggested donation \$5 per person.

Proper Techniques for Cleaning & Sharpening Gardening Tools: Tuesday, October 17, 10-11:30am. Fee \$15 pp & preregistration required

Goofs and Ghouls: Sunday, October 22, 1-3pm, Colonial Park Gardens, Stone Cottage at Parking Lot A, Mettlers Lane, Franklin Township. FREE. For information call 732-873-2459, ext. 21 or www.somersetcountyparks.org.

Flower & Landscape Photography - Autumnal Brilliance: Tuesday, October 24, 9-11:30am, Leonard J. Buck Garden, 11 Layton Road, Far Hills. Pre-registration required. Fee \$35 pp. Call 908-234-2677, ext. 21 for more info.

Cape May Birding Adventure: Depart Tuesday, October 24 and return Thursday, October 26. Call 908-766-2489 for pricing and details.

Mischief Night Madness - Colonial Park Putting Course: Friday, October 27, 4-9pm (Rain date Saturday, October 28), Colonial Park Putting Course, East Millstone. Fee: \$8 for family of two; \$10 for family of 3 or more.

Fall Festival at Lord Stirling Stable: Saturday, October 28, 5-8pm. Additional information may be found at www.flss.org.



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

www.theconnectionsny.com

DON'T RISK LOSING PRICELESS MEMORIES!



THE ARCHIVAL COMPANY
RESTORE AND RELIVE

CREATE YOUR DIGITAL LEGACY!

Convert your old media to a digital format and enjoy your family videos on your TV. No DVDs required!

VIDEO TO DVD & DIGITAL FORMATS:
VHS, VHS-C, Hi8, HDV, DIGITAL 8, MINIDV, U-MATIC 3/4", BETA SP, SX, SUPER 8/8MM, 16MM

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

You Tube The CONNECTIONS
Visit our Connection On-Line ad to view our video

15% OFF WITH THIS AD

THE CONNECTION MAGAZINES

ADVERTISING DEADLINE Oct. 16th 2017

Next Exciting Issue HOLIDAY 2017



You Tube The CONNECTIONS
Visit our Connection On-Line ad to view our video

908-903-1799 Fax 732-667-8488
email: ConnectionsNJ@gmail.com
www.theconnectionsNJ.com



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

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

Tel.: 908-231-9500
For information on the firm & other details visit:
www.aasTaxServices.com

Professional Full Service Tax Office for Individuals and Small Business Entities

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

Affordable Prices
(check prices & discounts on our website)

Home on the Range

Live like a cowboy just for a week!
Wrangling • Roping • Campfires

"Real cowboys don't take baths. They just dust off."

therealcowboy.com




ALL TIRE COMPANY
Serving You Since 1945

3221 Rt. 22E. • Branchburg
Across from Shoprite and Wendys behind Mobil Gas Station
Towing

AAA Approved Auto Repair

ASE NJ State Inspection and Emissions Repair
908-725-7373



Come in to see Ray, Mike and Matty for all of your car-care needs!

Car Wash on Site

Mon.-Fri. 7:30am-6pm
Sat. 7:30am-4pm
Sun. 9am-4pm



GOODYEAR ALL TIRE & SERVICE INC.

OIL CHANGE SPECIAL! \$19.95
• New Oil Filter Installed
• Fill Crankcase up to 5 qts Major Brand Oil
• Semi & Full Synthetic Oil also available
• Free Preventive Maintenance Inspection
No other discounts apply. Must present coupon to get this price. Shop supply/hazmat material fees will be added. Offer expires 12/1/17.

\$10.00 OFF Any Service over \$100
With Coupon. Most Vehicles.
No other discounts apply. Additional charge for shop supplies may be added. Offer expires 12/1/17.

www.alltirecompany.com

SUPERCUTS®

3150 Route 22 • Branchburg • 908-231-1818
477 Union Ave • Bridgewater • 908-231-0988

supercuts.com f i t

FOR MEN, WOMEN & CHILDREN • NO APPOINTMENT NEEDED

\$3 OFF HAIRCUT
REG ADULT \$17, JR/SR \$14

\$5 OFF COLOR
MIN \$35

SUPERCUTS®

Coupon valid only at locations listed. Not valid with any other offer. No cash value. Coupon valid for the entire family. Please present coupon prior to payment of service. Printed in the USA © 2017 Supercuts Inc. Expires: 11/15/17 CON130

Coupon valid only at locations listed. Not valid with any other offer. No cash value. Coupon valid for the entire family. Please present coupon prior to payment of service. Printed in the USA © 2017 Supercuts Inc. Expires: 11/15/17 CON160



CYNTHIA PAGNOTTA

Sales Associate/Partner

Cell: 908.436.7947

Cindy@PagnottaHomes.com



PAGNOTTA HOMES

Your Key to a Successful Real Estate Experience

*Record Breaking
Bridgewater Sales Leaders
for 7 Consecutive Years!*

**NJAR CIRCLE OF EXCELLENCE
SALES AWARD 2006 - 2016**



NICHOLAS PAGNOTTA

Sales Associate/Partner

Cell: 908.436.7946

Nick@PagnottaHomes.com

Specializing in marketing and selling homes in Bridgewater and Martinsville since 2004

OUR ADVANTAGE

GLOBAL EXPOSURE AND EXTRAORDINARY
MARKETING IN ALL PRICE RANGES



FOR SALE
5 Cory Ln.
Bridgewater



FOR SALE
9 Drysdale Ln.
Bridgewater



FOR SALE
8 Forest Ave.
Bridgewater



FOR SALE
770 Weemac Rd.
Martinsville



FOR SALE
11 Powelson Ln.
Bridgewater



FOR SALE
552 Foothill Rd.
Bridgewater



FOR SALE
2904 Johnson Cir.
Bridgewater



UNDER CONTRACT
27 Running Brook Rd.
Bridgewater



UNDER CONTRACT
37 Winslow Dr.
Martinsville



SOLD
3 Dumont Ct.
Bridgewater



SOLD
24 Weaver Dr.
Martinsville



SOLD
11 Colmart Way
Bridgewater

View our inventory of listings and sales at: **www.PagnottaHomes.com**

Contact us today at **908-436-7947** for a FREE consultation & market analysis on your home.



LIKE NO OTHER

68 North Finley Avenue, Basking Ridge, NJ | 908.696.8600

454 Main Street, Bedminster, NJ | 908.719.2500



Kienlen
Lattmann

Sotheby's
INTERNATIONAL REALTY



© MMXVII Sotheby's International Realty Affiliates LLC. All Rights Reserved. Landscape at Le Pouldu, used with permission. Sotheby's International Realty® and the Sotheby's International Realty logo are registered service marks used with permission. An Equal Opportunity Company. Equal Housing Opportunity. Each Office is Independently Owned and Operated.



IGNITE SOMETHING

ONLY THE PERFECT CUT CAN UNLEASH A
DIAMOND'S BRILLIANCE AND ITS POWER TO IGNITE.

heartsonfire.com

ROMAN
JEWELERS
Bridgewater • Flemington
romanjewelers.com

HEARTS ON FIRE®
THE WORLD'S MOST PERFECTLY CUT DIAMOND®

Mamie S. Bowers, MD, FACOG
Michele S. Grove, MD, FACOG
Kelly A. Frys, DO, FACOG

Sara J. Grimes, MD
Barbara LaBrie, CNM
Catherine McCabe, CNM



Offering complete obstetrical and gynecological care

~TWO LOCATIONS~

HUNTERDON DOCTOR'S OFFICE BLDG.
1100 Wescott Drive, Suite 105
Flemington, New Jersey 08822
Phone: (908) 788-6469

BRANCBURG OFFICE
3461 Route 22 East
Branchburg, New Jersey 08876
Phone: (908) 707-1117

www.LMA-LLC.COM

Member of Lifeline Medical Associates, LLC

www.theconnectionsny.com



Giselle sees an allergist. Tom does not.

Why suffer any longer? Allergists can help you feel healthy all the time.

If you suffer from allergies or asthma, learn what an allergist can do for you. Allergists have training and experience that allow them to identify the source of your suffering. **Contact our office to schedule an appointment today.**

© 2008 ACAAI. All rights reserved.


allergist

Find an allergist. Find *relief*.



**Call for a FREE
Brochure**

Kristine Krol, M.D.
Board Certified Allergist

Somerville Office
177 W. High Street
Somerville, NJ 08876
908-725-8666

Bedminster Office
2345 Lamington Road • Suite 107
Bedminster, NJ 07921
908-781-5550

Bridgewater Office
215 Union Avenue • Suite C
Bridgewater, NJ 08807
908-781-5550