THE CONNECTION

JUNE/JULY/AUGUST
2015

VOLUME XXV

Bridgewater-Somerville Edition

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Martinsville, Raritan, Somerville

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WARREN - Beautiful Greenwood Meadows colonial featuring updated kitchen with granite counters, stainless appliances, finished basement with bath, 4 bedrooms, sunken living and family rooms, immaculate interior, expansive maintenance free deck overlooking exceptional, level, private rear yard.

www.4sugarwoodway.com

WARREN - Spacious home situated on a beautiful, private 1 acre property in one of Warren's finest neighborhoods! Featuring large center island kitchen with vaulted ceiling and skylights, 42" cabinetry and butler's pantry, master suite with tray ceiling and large master bath, 3 additional spacious bedrooms, 9' ceilings on 1st floor, additional unfinished bonus room on 2nd floor.

WARREN - Sprawling 5 bedroom, 3.1 bath colonial featuring grand 2 story entry, 2 story great room with wet bar, front and rear staircases, spacious center island kitchen with butler's pantry, 1st floor guest suite, finished basement, hardwood floors, recessed lighting, palladian windows, situated on a beautiful acre property.

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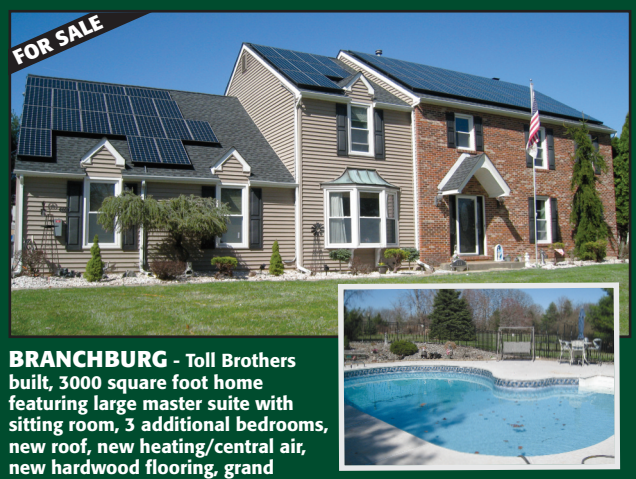

BRANCHBURG - Toll Brothers built, 3000 square foot home featuring large master suite with sitting room, 3 additional bedrooms, new roof, new heating/central air, new hardwood flooring, grand 2 story entry, finished basement, inground pool with new liner, solar powered electrical system with positive ROI, situated on 1+ level, landscaped acre, all for an affordable price.

www.511whitonroad.com

BERKELEY HEIGHTS - Charming home featuring 3 bedrooms, living, dining, and family rooms, great room addition, hardwood floors, recent roof, windows, and siding situated in a great neighborhood convenient to Rt 78.

BASKING RIDGE - Affordable ranch featuring 4 bedrooms, updated kitchen and bath, large inground pool with new liner, hardwood floors, situated on 1 acre of parklike property convenient to Rts 287, 78, NYC train & bus.

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Bridgewater
FOR SALE

"We loved working with Sandy and Johanna."
"They helped us with the purchase of our current home and selling of our previous home. Sandy was very professional, patient and informative throughout the entire process. They are very easy to work with and are also excellent at getting things done quickly when the situation needed it. All of this really helped make the home buying and selling process a smooth one for us. We couldn't have done it without them."
– Anne and Jeremy Van Druff, Bridgewater

"Excellent from start to finish."
"Johanna and Sandy are attentive and detail-oriented. It was so nice to have a team I could trust, to make my home buying process smooth and worry-free."
– Tara Zedayko, Flemington

"I cannot say enough good things about these two ladies."
"I am so happy that we purchased our home with their help. They were so patient, and when our first deal fell through, they kept us positive and told us a better home would be out there. They were right! They were honest and straightforward, and never tried to deceive us or gloss over problems with homes. In fact, they would point them out to us. They were our advocates, and we were always in good hands. It was so great to have them on our side."
– Aimee Louise, Hillsborough

Bridgewater
SOLD

Hillsborough
FOR SALE

"We had a wonderful experience as we trusted Sandra and Johanna to help us with the sale of our condo while we were living in Bangkok, Thailand."
"They have excellent, speedy communication skills, sound advice, and went the extra mile to allow us to sign documents electronically and help us with the leg work on last minute items that we weren't physically there to tie up. Thank you so much!"
– Stephen and Kamyee Ladas, Bridgewater

Bridgewater
SOLD

Bridgewater
UNDER CONTRACT

"We were fortunate to have met Johanna and Sandy."
"They were the first agents that we felt had a high standard of integrity. They had many resources to capitalize on to make things happen. We highly recommend them."
– C. Tkacs, Branchburg

"I would highly recommend Johanna Wiseman as both a seller and buyer agent."
"We recently used Johanna for the sale of our home. She was extremely professional and responsive to all of our questions and concerns. She was quick to produce a wonderfully worded listing with pictures that truly showcased our home. She took the time to learn about our house to market it appropriately, while also providing excellent advice to us throughout the process. She was on top of every item we needed to have in place in order to close. Exceptional."
– Stacy and Joe Newsome, Bridgewater

Bridgewater
SOLD

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Connection Commends

AUDI BRIDGEWATER

701 US Highway 202-206
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By: Joanne Kleinle

Luxury has been defined as "the state of great comfort and extravagant living." First introduced to North America in 1969, the Audi brand embraced their position in the luxury market yet never settled, always striving to new heights. Audi is the quintessential luxury car – offering outstanding performance and elegance in appearance with beautiful designs, curved edges and sharp lines. When looking for a luxurious experience in sales and service, know that **Audi Bridgewater** was carefully crafted to exceed the reputation Audi drivers are accustomed to.

Audi Bridgewater is part of the World Auto Group family of dealerships, and sister store to the long standing Audi Mendham. Since purchasing Audi of Bernardsville and Mendham, owners Chris and Albert Preziosi have made it their goal to provide unparalleled treatment to their customers in all facets. With the decision to relocate Audi of Bernardsville to 701 US Highway 202/206 in Bridgewater, no detail was overlooked in designing the new state of the art facility in true Audi style. The sprawling showroom boasts floor to ceiling windows and an open floorplan offering complete transparency and immediate attention from smiling knowledgeable staff members. The showroom has been designed to give customers a seamless, comfortable, and extravagant experience.

With over 250 cars available in stock, **Audi Bridgewater** offers a large inventory with more options, allowing for highly competitive pricing. The showroom houses up to 9 models – providing excellent viewing opportunities regardless of the climate. Whether you are a loyal Audi driver or considering your first purchase, **Audi Bridgewater** will guide you every step of the way to finding the Audi that is best for you and your lifestyle.

The service area at **Audi Bridgewater** has been designed specifically for high customer satisfaction. The Service Drive opens into a spacious, clean, ceramic tiled climate controlled service bay. After being greeted by a professional valet, customers are directed to an experienced service advisor who will ensure timely processing of the transfer. The expansive shop houses 12 brand new state of the art hydraulic lifts, top of the line equipment and over 200 years of combined experience in Audi Certified Technicians.

Audi Bridgewater offers a courtesy loaner vehicle of like model for all scheduled appointments. Pick up and drop off services are also available when requested for the ultimate convenience. If waiting, enjoy relaxing in the modern, comfortable waiting area equipped with work stations, 8 Wi-Fi hotspots, wide screen TV, comfortable leather chairs, and fresh bakery items.

Audi Bridgewater is more than an exceptional dealership and service experience for their customers. With a longstanding tradition of sponsoring local events, charities, and schools, Chris and Albert Preziosi have instilled the importance of community in their family of dealerships. Community and family, luxury, style and convenience; a few great reasons to visit **Audi Bridgewater** when considering a new, preowned or CPO vehicle or looking for an exceptional place to service your vehicle.

Don't just drive a car, drive an Audi, and don't just go to any dealership, go visit **Audi Bridgewater** and experience what luxury is all about.

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Bridgewater-Somerville Edition

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PUBLISHER'S MESSAGE

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

Featured from our business/professional community in this issue are: **Audi Bridgewater, Kevin Yento-Coldwell Banker Real Estate, Branchburg Preferred Dental, Total Health Chiropractic, Redelico's Paint & Decorating Center, Salon Beauté, Aurora Kitchens & Interiors, Sophisticated Storage Solutions, Congregation Knesseth Israel** and **Crème de la Crème.** Our talented writers have given us unique insight into these businesses and their respective owners.

Local artist, **Sandra Wolf,** adorns our front cover with an oil painting entitled ***"Blue Box."*** She states, " 'Blue Box' is one of my favorite oil paintings - I love the bright and happy mood it conveys. I saw this boxed flower arrangement at a patio restaurant one evening, and was charmed by, not only the beautiful June blooms, but the unusual and lovely color of the planter box. The whole look of it said, 'paint me'… and so I did." Sandi who found her passion for oil painting and pastels later in life has made up for lost time! She took her first oil painting class in 2008 which launched her new career. Please read her impressive bio on page 8.

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

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

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

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

STAY CONNECTED TO YOUR COMMUNITY 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@theconnectionsnj.com

Subject Line: FAKE

More than 200 people took part in our Spot The Fake Ad Contest in the April issue. Congratulations to everyone who "spotted" *Smell-ivision!* The winner, selected randomly from a list of all those who entered and provided the correct answer, is Bob Fenster of Somerville. The winner received a gift certificate to Booker & Zinc Restaurant in the Bridgewater Marriott Hotel.

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FOR SALE

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FOR SALE

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FOR SALE

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FOR SALE

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FOR SALE

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FOR SALE

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FOR SALE

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UNDER CONTRACT

1012 Sunset Ridge, Bridgewater
$799,000

UNDER CONTRACT

29 Solomon Drive, Bridgewater
$789,000

UNDER CONTRACT

668 Foothill Road, Bridgewater
$779,000

UNDER CONTRACT

50 Reinhart Way, Bridgewater
$659,000

UNDER CONTRACT

24 Terrace Lane, Bridgewater
$599,000

UNDER CONTRACT

1038 Vosseller Avenue, Bridgewater
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SOLD

13 Tillman Court, Bridgewater
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SOLD

1077 Tullo Farm Road, Bridgewater
$786,000

SOLD

832 Dow Road, Bridgewater
$640,000

SOLD

782 Amsterdam Road, Bridgewater
$625,000

SOLD

3 Wimple Way, Bridgewater
$590,000

SOLD

3001 Johnson Circle, Bridgewater
$450,000

SOLD

243 Dutch Farm Road, Bridgewater
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SOLD

1091 Rector Road, Bridgewater
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SOLD

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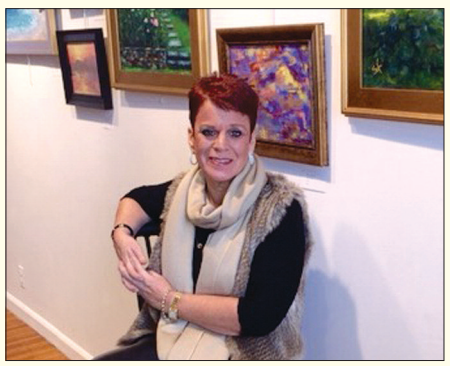
On The Cover



SANDRA GELMAN WOLF

Sandra Gelman Wolf earned a BA from the University of Pennsylvania and a JD from the University of Chicago Law School. She practiced securities law at two major New York City law firms before becoming a stay-at-home mom, an active community volunteer, and an artist. Sandi paints landscapes, seascapes, still-lifes and abstractions in both oil and pastel. She works in a fast, bold and somewhat impressionistic style. "I prefer subtlety over detail, suggestion rather than an exact depiction, and a hint instead of an overworked statement." "For me, it is all about evoking a mood."

Sandi's art has been featured in numerous shows, including a solo showing of her oil paintings, "First Show" at the Summit Public Library; the "Gaelen Juried Art Show and Sale" in Whippany; "The Mentor Program" exhibition and other shows at the Paper Mill Playhouse in Millburn; "Pastel and Painting Students of Anne Kullaf" at the Visual Arts Center of New Jersey; "Five Perspectives," a group show at the Scotch Plains Public Library; "Fresh Perspectives," a group show at the Watchung Arts Center; and a recent juried exhibition at Gallery W in Bernardsville. She was honored to be a donor artist for the 2014 and 2015 "For Art's Sake" benefits at the VACNJ.

Sandi has studied with Anne Kullaf, Julie Friedman and Casey Klahn.

She is happy to accept commissions, as well as to show her completed works by private appointment. She may be contacted via email at sfgwolf@comcast.net, or visit her website at sandrawolfart.com.

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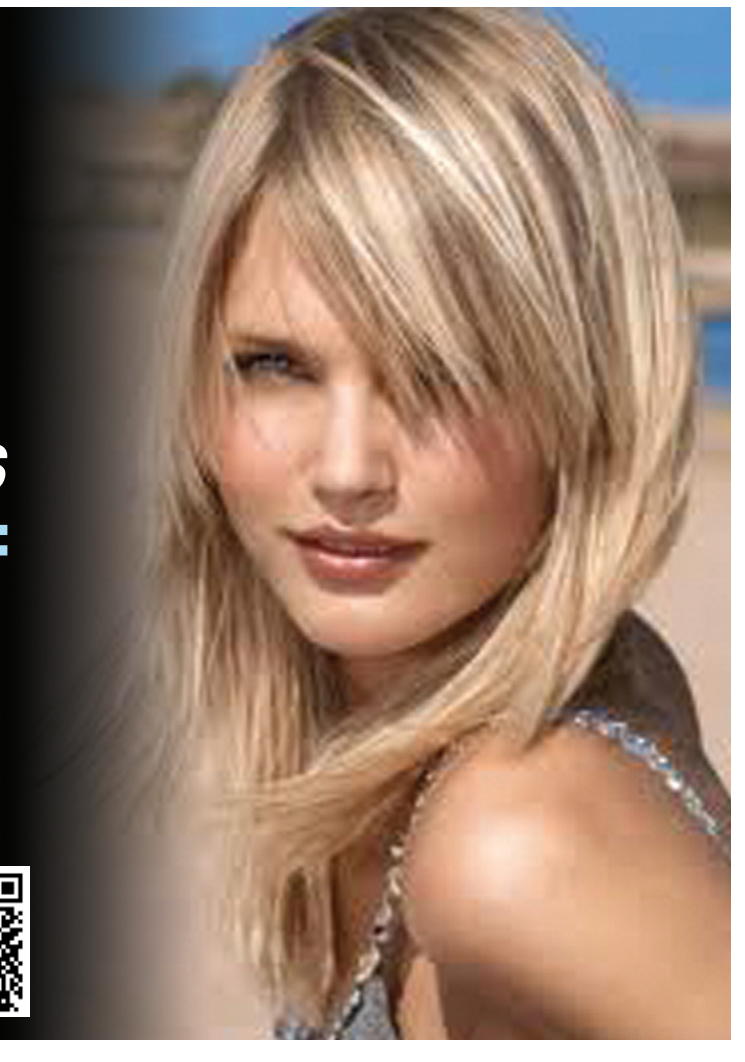

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Weber Genesis S-310	$ 999	$ 849
Weber Genesis S-330	$1,099	$ 949
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Weber Summit S-470	$2,149	$1,899
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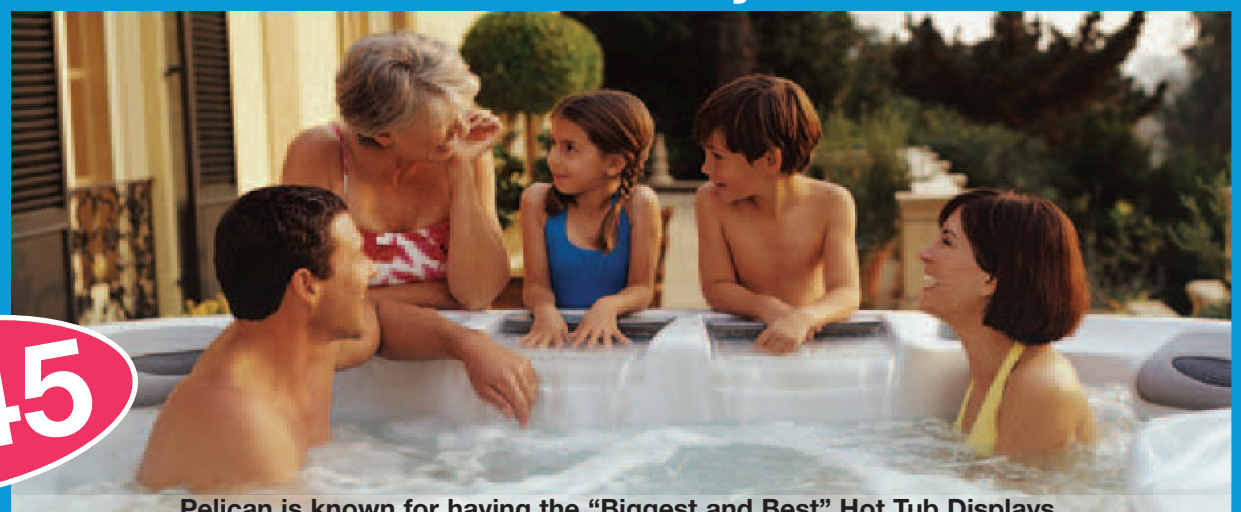

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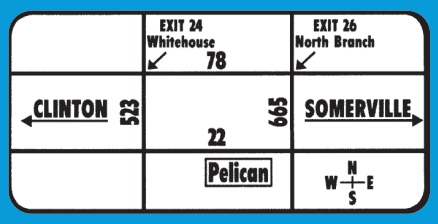

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Submitted By: Peak Medical

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Peak Medical has extensive experience in helping patients with a variety of chronic and severe pain conditions – osteoarthritis, sciactica, stenosis, herniated discs, neck pain, neuropathy, joint pain, sports injuries, and many more. Many people who contact us are frustrated with the poor results they have seen through other clinics, and they are still dealing with the pain. Once they understand our approach and begin to feel relief, they recognize that having the right technology in the right hands, makes all the difference.

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

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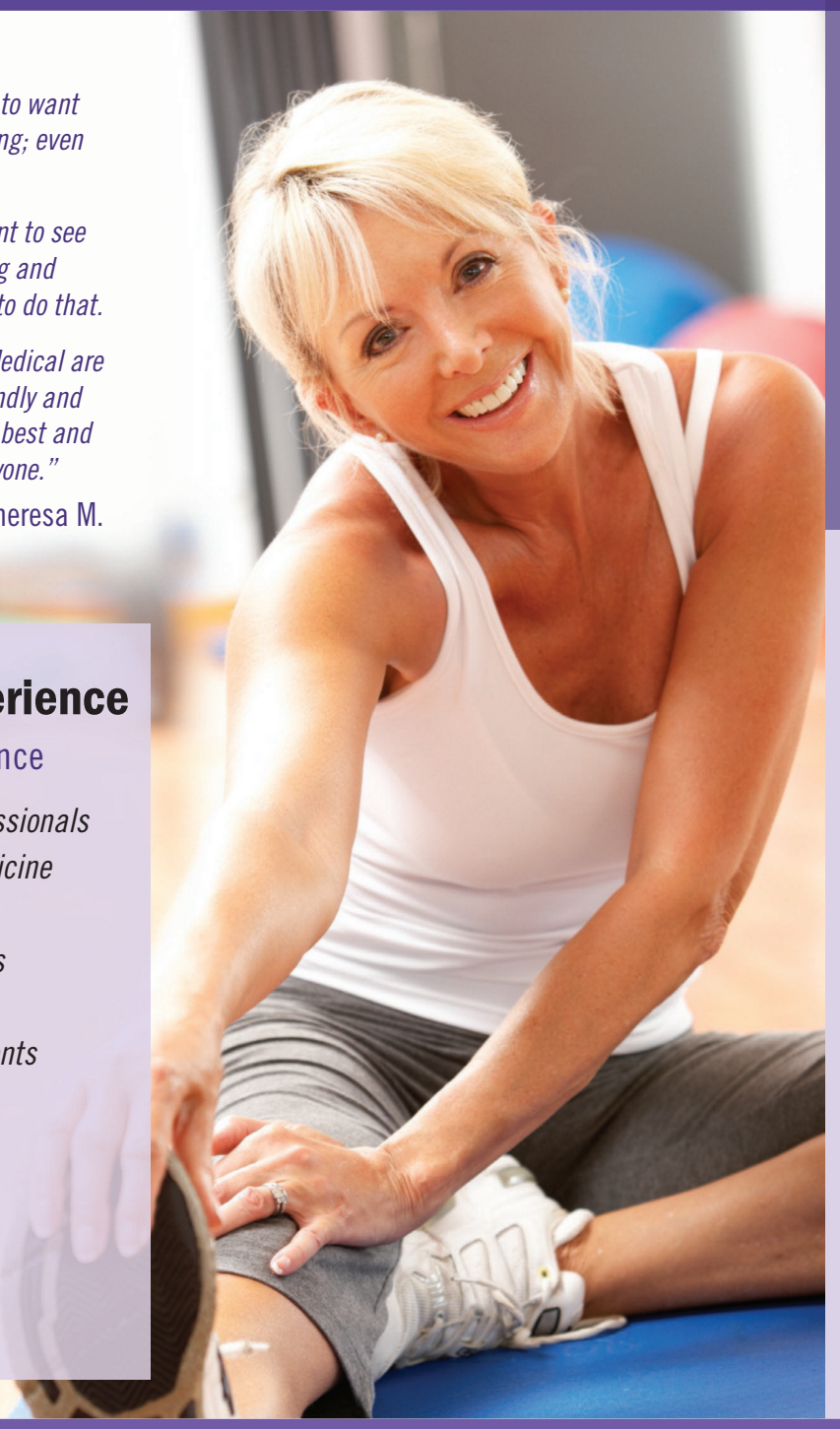
– Theresa M.



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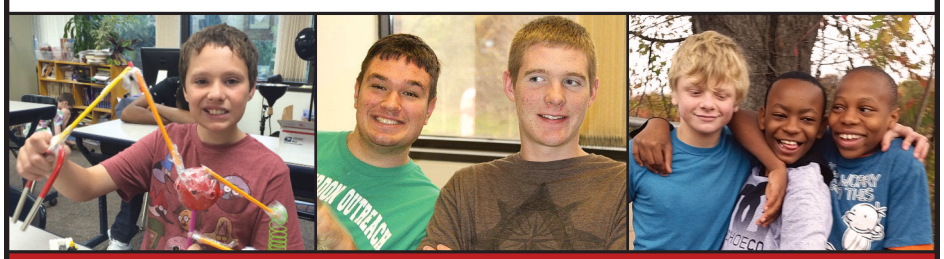

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By: Linda Weeks Di Filippo

"Benny" Kevin Yento

Kevin Yento is a determined and committed real-estate professional, who has created a dynamic team to provide exceptional service to his customers. Real estate is Kevin's passion and he enjoys working with new and existing clients. The **Kevin Yento** Real Estate team serves homebuyers and sellers throughout Somerset, Hunterdon, and Middlesex counties.

Kevin currently resides in Bridgewater. He is fluent in several languages including English, Indonesian (Bahasa), Malay and Korean. The entire team promotes a welcoming environment and thoroughly enjoys working with a multi-cultural clientele.

Kevin's team has achieved success by providing clients with the highest professional level of customer service and expertise. The team customizes their real estate services to fit the needs of each individual client and each unique situation. The **Kevin Yento** team pride themselves on working together to deliver the best service including going above and beyond the norm to assist clients in reaching their real estate goals. Whether that is selling your current home or searching for the perfect "next" property, the **Kevin Yento** team can help.

Kevin was awarded one of real estate's most prestigious honors, the NJAR Circle of Excellence Award, which is the highest level of recognition by New Jersey Realtors. New Jersey Monthly Magazine also acknowledges Kevin for his exceptional service as one of the Five Star Real Estate Agents in 2015. This prestigious award requires agents to be in the Top 2% for client satisfaction. There are over 80,000 real estate professionals in New Jersey and fewer than 2% receive this highly respected award.

It is Kevin's goal to create a positive, successful experience for clients purchasing or selling their homes. The real estate market is a complex and constantly changing environment. It is important to Kevin and his team to create a detailed marketing strategy to achieve the best possible results. His team covers all aspects of the real estate process including staging, professional detailed photography and utilizing innovative online marketing tools to effectively market properties.

Kevin is extremely adept as both a listing and selling agent. His team is highly proficient at analyzing current market trends, prices, and implementing marketing strategies so each property can reach its full potential as quickly as possible. The success of **Kevin Yento** and his team is clearly evident by the many awards received. These include #1 agent in the Bedminster office, International President's Elite for Coldwell Banker, Top 1% of All Coldwell Banker Associates, and Top 25 of All Coldwell Banker Associates.

Contact **"Benny" Kevin Yento** today for a real estate consultation and let his team provide topnotch customer service, creativity and dependability for your real estate needs. Kevin can be reached at 908-334-4586 or visit his website, www.kevinyento.com.

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MIND THE MIND

PLEASE DON'T CLAP FOR MY FAILURES:

DEVELOPING SELF ESTEEM IN CHILDREN

By: Dr. Michael Osit

Recently, I was watching a rising comedian doing his standup routine. At one point in his performance he told a joke that did not elicit any laughter from the audience. He smoothly commented on the fact that it did not go over very well, making fun of himself. The audience then laughed and clapped. The comedian responded by saying, "Please don't clap for my failures," which elicited even more laughter.

I thought about this statement. *Please Don't Clap For My Failures.* I related it to the well known high school commencement speech "You're Not Special" delivered back in 2012. The message delivered by that speech was not to make the graduating class feel badly about themselves, but rather to gently dismantle their false sense of success and perhaps even entitlement due to their parents' misguided treatment of their "specialness." In our attempt to cultivate positive self esteem in our children, we sometimes go overboard in identifying their accomplishments, and either gloss over or try to convert their failures into a positive.

Self esteem is both fundamental and foundational for a happy, healthy child and adult. It is important to understand how your view of yourself develops. Self esteem is largely built on successful and unsuccessful experiences underscored by the type of feedback your child receives regarding those experiences. Social Learning Theory applies here in that if you are positively recognized for an accomplishment it makes you feel good about yourself. If your actions or performance receives a negative reaction, it makes you feel badly about yourself. It is the accumulation of thousands of these paradigms that eventually shape our self esteem. Of course, it is far more complicated than that with many other factors coming into play. But for the purpose of this article, let's keep it simple.

In my close to 40 years working with patients I have come to one core conclusion about self esteem. I believe that a healthy self esteem consists of a balanced combination of self recognition of both your strengths as well as an emotional and intellectual acceptance of your weaknesses. Simply providing your child with accolades about their efforts and accomplishments alone will not create a healthy self esteem. They also need to learn to accept their failures both emotionally and intellectually so that they can turn them into learning experiences. Acceptance of weaknesses as part of a healthy self esteem is essential because it prevents defensiveness when they make mistakes, allows them to accept responsibility for their errors, and most importantly, helps them have a realistic schema, or portrayal of themselves. So, as parents, it is important to appropriately recognize your child's positive traits, and equally important to realistically point out their limitations to help them accept them, work around them, and feel that it is okay to even have them.

Don't clap for their failures. Help them understand them, learn from them, and create a realistic view of themselves. The result will be a self assuredness with no pretense and an inner acceptance of who they are and who they aren't. Realistic acceptance of yourself not only leads to being happy with yourself, it minimizes your child's need to succumb to peer pressure in an effort to gain acceptance. Clap for their successes. Recognize and allow them to own their failures.

Dr. Osit is a psychologist and author of *"Generation Text: Raising Well Adjusted Kids In An Age Of Instant Everything."* He practices in Warren, NJ and can be contacted at Dr.Michael.Osit@gmail.com.

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"Random" Connections

THE GENESIS OF A CONNECTION

By: Dan Rosenberg

Abby, my wife for those of you that are new readers of the column, and I often go to the movies at the Montgomery Cinemas, near Princeton, as they feature independent films, generally not shown at the large chains near Warren.

Likely due to the distance from Warren to Princeton, I can count the number of times on one hand that we have run into people we know at Montgomery. About nine months ago we sat down in one of the five theatres at Montgomery and noticed fellow Warrenites, Cathy and Bob Rolland, across the aisle from us. I hadn't seen Cathy and Bob in at least a year, perhaps two. The previews hadn't started so we said hello.

Bob told me that he looks forward to reading this column. Little did he know that he would be reading about himself in an upcoming edition.

I asked Cathy if she was still working for the Union for Reform Judaism, the organizing body for the Reform movement in greater North America. She said the organization was undergoing a lot of change but was still employed there and optimistic about the future.

I asked if she had ever met my first cousin's son, Danny Young, a rabbi in South Florida, in her travels around the country. There must be thousands of Reform rabbis in the United States and since he was not part of clergy serving a congregation at that time, it was highly doubtful that their paths had crossed. As expected Cathy did not know Danny.

As the lights began to dim for the film and promotions to get underway, Cathy went on to say that she was studying for a master's degree at Hebrew Union College - Jewish Institute of Religion and was excited that she would be spending time in Israel, as well as other centers for Reform studies in the United States, Cincinnati, Los Angeles and as you might expect, New York City.

Within a couple weeks a picture was posted on Facebook of Cathy's master's degree class taken in Cincinnati. Front and center was one of the class instructors holding a Torah, the first 5 books of the Old Testament, flanked on one side by Cathy, the other side by my cousin Danny Young with the rest of their classmates surrounding them.

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Harrison Yee Chosen for 2015 Congress of Future Medical Leaders in Boston, MA

Harrison Yee, an 11th grade student at Bridgewater Raritan High School of Bridgewater, NJ has been nominated to attend the Congress of Future Medical Leaders in Boston, MA on June 24-26, 2015.

The Congress is an honors-only program for high school students who want to become physicians or go into medical research fields. The purpose of this event is to honor, inspire, motivate and direct the top students in the country who aspire to be physicians or medical scientists, to stay true to their dream and, after the event, to provide a path, plan and resources to help them reach their goal.

Harrison Yee was nominated by Dr. Connie Mariano, the Medical Director of the National Academy of Future Physicians and Medical Scientists to represent Bridgewater Raritan High School in NJ based on his academic achievement, leadership potential and determination to serve humanity in the field of medicine.

During the three-day Congress, Harrison Yee will join students from across the country and hear Nobel Laureates and National Medal of Science Winners talk about leading medical research; be given advice from Ivy League and top medical school deans on what is to expect in medical school; witness stories told by patients who are living medical miracles; be inspired by fellow teen medical science prodigies; and learn about cutting-edge advances and the future in medicine and medical technology.

"This is a crucial time in America when we need more doctors and medical scientists who are even better prepared for a future that is changing exponentially," said Richard Rossi, Executive Director, National Academy of Future Physicians and Medical Scientists. "Focused, bright and determined students like Harrison Yee are our future and he deserves all the mentoring and guidance we can give him."

The Academy offers free services and programs to students who want to be physicians or go into medical science. Some of the services and programs the Academy offers are online social networks through which future doctors and medical scientists can communicate; opportunities for students to be guided and mentored by physicians and medical students; and communications for parents and students on college acceptance and finances, skills acquisition, internships, career guidance and much more.

The National Academy of Future Physicians and Medical Scientists was founded on the belief that we must identify prospective medical talent at the earliest possible age and help these students acquire the necessary experience and skills to take them to the doorstep of this vital career. Based in Washington, D.C. and with offices in Boston, MA, the Academy was chartered as a nonpartisan, taxpaying institution to help address this crisis by working to identify, encourage and mentor students who wish to devote their lives to the service of humanity as physicians, medical scientists.

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By: Dr. Joseph Muscatiello

Dr. Joseph Muscatiello

Tooth sensitivity is one of the most common complaints of dental patients. At least 40 million people in the United States suffer at some time from tooth sensitivity.

A spoonful of ice cream or a sip of hot coffee can be extremely painful for someone suffering from sensitivity. In extreme cases, even brushing or flossing can be unpleasant.

In healthy teeth, a layer of enamel protects the crowns of your teeth – the part above the gum line while your gums protect the tooth root. Underneath your tooth enamel and gum tissue is dentin. When dentin loses its protective covering of enamel or gums, tubules inside the dentin allow heat, cold or acidic foods to reach the nerves inside the tooth. The result can be hypersensitivity.

Causes of Sensitivity include:

- Tooth decay (cavities)
- Fractured teeth
- Worn fillings
- Gum disease
- Worn tooth enamel
- Exposed tooth root

Sensitivity is tough to avoid! Eating highly acidic foods like citrus, soft drinks and even salad dressings can lead to sensitivity. Stress can cause grinding or clenching which wears down enamel. Poor oral hygiene can cause gum disease which can cause root exposure. And even people with good oral hygiene may use abrasive toothpastes or whitening products which can contribute to sensitivity.

Some people can improve their sensitivity by using desensitizing toothpaste, which contains compounds that help block the transmission of sensation from the tooth surface to the nerve. However, it requires several applications before the sensitivity is reduced. Additionally, you should avoid hard-bristle tooth brushes which can expose sensitive spots. Many people require additional help to alleviate their symptoms.

When tooth sensitivity lingers for more than 3 to 4 days and reacts to hot or cold temperatures, you should consult your dentist to determine the reason for your discomfort.

What can be done about tooth sensitivity? Your dentist may suggest one of the following treatments:

- Fluoride is a product your hygienist may use which strengthens tooth enamel and reduces the transmission of sensations. Additionally, using concentrated fluoride can significantly reduce the likelihood for developing cavities for children and adults.
- A crown or bonding may correct a flaw or decay which causes sensitivity.
- Surgical gum grafting will protect the root and reduce sensitivity by adding gum tissue to areas where it receded due to gum disease, stress grinding, or hard brushing.
- If sensitivity is severe and persistent and cannot be treated by other means, your dentist may recommend a root canal therapy to eliminate the problem.

If you have any questions about how you can relieve your tooth sensitivity, or would like more information about how to better your dental health, please contact our office at 908-722-0880 to schedule a comprehensive appointment with Dr. Muscatiello or Dr. Fodor. Dr. Muscatiello and Dr. Fodor's practice has been in Branchburg since 1978. They pride themselves on keeping the community of Branchburg smiling and sensitivity free.

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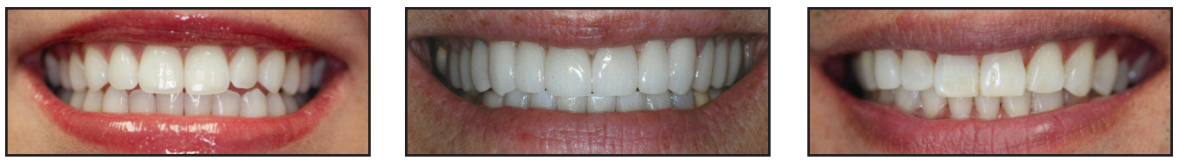

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Health Hotline

THE POWER OF PROPER POSTURE

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By: Dr. Vincent Sferra
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The power of proper posture helps you to look great, get strong and be healthy. Poor posture is a habit that may have begun during your childhood and perpetuated through adulthood due to lifestyle, inactivity and/or repetitive slouching. Poor posture will affect your health, is less aesthetically appealing, and creates a persona of being unhealthy, less energized and less confident in general.

Inadequate or poor posture insidiously creates spinal problems or at the very least weakens the spine thus predisposing it to problems. Interestingly, many spinal problems develop without any incidence of trauma or sudden injury. Actually this is the majority of cases, and in these cases the primary cause of back pain is due to poor posture and poor body mechanics which creates spinal disc, joint and muscle stress. Poor body mechanics include how we lift things and move our bodies as well as how we posture ourselves in front of computers, driving, sitting in front of the TV and sleeping. Consistently maintaining good posture and body mechanics helps support our spine. Repetitively failing to do so will weaken the spine, slowly wearing on the muscles, ligaments and discs. This is behind why so many claim to have done 'nothing' when their back 'went out'. They didn't have to. It was already weak and primed to do so!

Poor posture creates significant muscle, joint and spinal disc stress that initially and possibly for some time, may only cause tension, tightness or achiness and frequently may not give any symptoms at all! But, constantly holding your body in an improper position while standing, sitting or lying down will gradually affect your health overtime. It creates spinal muscle imbalances (some muscles tighten and some weaken or become inhibited). This compounds the adverse effects of spinal stress and increases the risk of injury. Overtime, the stress on those structures will create more significant problems such as herniated spinal discs, spinal arthritis and pinched nerves. Having an MRI is valuable when there is strong evidence to believe that structural damage has actually occurred to the disc or other spinal structures. This is typically not the case, especially early on. A thorough consultation and examination by a doctor who specializes in spinal care is paramount.

Poor posture and being overweight also creates an undesirable self-image and can be harmful to your health. Maintaining a healthy weight will eliminate being too heavy around the waist which adds stress and strain to your lower back. A customized exercise program will help manage your weight and develop strong abdominal muscles which are the back's greatest support.

Poor posture also causes other health issues. Standing tall gives your internal organs more room in the abdomen allowing the digestive system to function properly. It also allows your respiratory system to work better by enabling your lungs to take deep breathes. Slumping over restricts your breathing, creating less oxygen and therefore less energy. Being able to take deep breathes is also a relaxation technique that helps you to temper stress.

NMR's holistic approach integrates the services of chiropractic with physical therapy, nutrition and weight management in order to look at the patient as a whole. Proper posture, regular exercise, tempering your stress, and maintaining a healthy weight will have you Look Great, Get Strong and Be Healthy.

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

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MEDICAL MINUTES

IS IT AN EATING DISORDER?

Douglas Haymaker, Ph.D

Stephanie Haymaker, Ph.D

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

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

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

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

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

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

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HEALTH HOTLINE

"WHAT MORE CAN BE DONE?" – THE CRITICAL QUESTION THAT CAN SAVE A STROKE VICTIM

Newly proven, minimally invasive treatment removes blood clots and has patients returning home as good as new

The normal response from the doctor used to be, "He suffered a stroke. There's nothing more we could do." Especially if the patient sought medical care after the six-hour treatment window.

Today, the response should be much different. So it's critical the patient's loved ones or caregiver ask the all-important question: "What more can be done?"

Not every emergency room physician or neurosurgeon has the training to answer, "There is something that can be done." But, according to Ronald P. Benitez, neurosurgeon and president of Atlantic NeuroSurgical Specialists, there is.

"Using a stent retriever, we can now go into the brain within eight to 10 hours of the stroke – in some instances – even longer, remove the clot and restore blood flow to the brain," he explains. "This minimally invasive treatment is successful in patients who have suffered ischemic strokes. An ischemic stroke – the most common type – is caused when a brain artery becomes blocked, prohibiting normal blood flow to the brain."

Benitez was a pioneer of this treatment when the first device was introduced in 2004. Despite advancements that have been made since then and proven medical success, it wasn't until just recently that results of studies confirming the effectiveness of stent retrievers were released at the International Stroke Conference 2015 in Nashville.

The results showed treatment with the latest generation stent retrievers – the Trevo by Stryker and the Solitaire FR by Covidien – reduced post-stroke disability and increased the proportion of patients alive and independent at three months. Four studies showed convincing evidence of benefit.

"Removing a clot stuck in a blood vessel is somewhat similar to removing a cork stuck in a wine bottle," Benitez details. "We insert the stent into the blood clot and open it to restore the blood flow. The clot attaches to the retriever and comes out when the device is removed.

"This treatment works well in patients with brain tissue that has not been damaged by the lack of blood flow," he continues. "When the brain tissue is alive, but on sleep mode like a computer, we are often able to awaken it."

Dr. Benitez does 80-100 of these procedures a year with amazing results.

"Typically, we see a stroke patient enter the hospital unable to speak and move one side," Benitez concludes. "Many times, after removing the clot, the patient walks out of the hospital and goes home talking. It is truly miraculous."

Despite these advances, seeking medical treatment at the onset of symptoms is still critical, so know the symptoms of stroke:

- SUDDEN numbness or weakness of face, arm or leg – especially on one side of the body
- SUDDEN confusion, trouble speaking or understanding
- SUDDEN trouble seeing in one or both eyes
- SUDDEN trouble walking, dizziness, loss of balance or coordination
- SUDDEN severe headache with no known cause

Women's symptoms may be different including:

- Loss of consciousness or fainting
- General weakness
- Difficulty or shortness of breath
- Confusion, unresponsiveness or disorientation
- Sudden behavioral change
- Agitation
- Hallucination
- Nausea or vomiting
- Pain
- Seizures
- Hiccups

Also, know the location of your nearest stroke center that employs stent retrievers. In New Jersey, ANS performs these procedures at Overlook Medical Center in Summit, Jersey Shore Medical Center in Neptune, St. Barnabas Medical Center in Livingston, and Morristown Medical Center in Morristown.

That way, when you ask that all-important question, "What more can be done," you'll get the right answer.

For more information on stroke and stent retrievers, contact Atlantic NeuroSurgical Specialists at 973.285.2800 and visit us at www.ansdocs.com.

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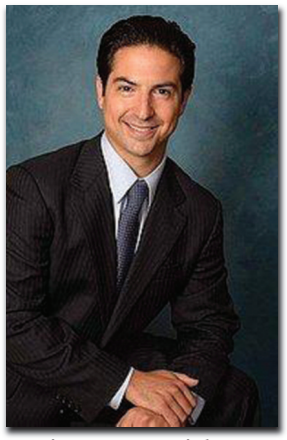
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Craig D. Bronsnick is an attorney with Lampf, Lipkind, Prupis & Petigrow, P.A., and practices with the ***Health Care Law*** Department of the firm. As a member of this Department, Mr. Bronsnick provides legal counsel to provider-clients on contract agreements, organizational structuring, disputes or negotiations with insurance carriers, regulatory issues (e.g. Anti-Kickback, Stark Laws, Codey Act, ERISA, ACA, etc.) and reimbursement matters. The Health Care Law Department has handled some of New Jersey's largest health care transactions and has a proven track record of securing the best possible result.

Mr. Bronsnick began his legal career with a prominent New Jersey Personal Injury Protection (PIP) firm obtaining reimbursement awards on behalf of providers throughout the greater New York City area. He successfully represented medical providers who treated patients suffering from injuries where insurance plan benefits were denied by the insurance carrier.

In addition to Health Care Law, Lampf, Lipkind, Prupis & Petigrow also specializes in the areas of ***Estate Planning and Estate Administration***; ***Tax and Tax Controversies***; ***Asset Protection***; ***Real Estate Transactions***; ***Business and Commercial Law***; and ***General Litigation***. Mr. Bronsnick emphasizes the importance of a responsible attorney-client relationship where he ensures all of his clients' issues are addressed promptly. With his guidance, clients are offered comprehensive legal services in a centralized fashion that brings efficiency, ease, and excellence to their legal matters.

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TOTAL HEALTH CHIROPRACTIC

154 Adamsville Road N.
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By: Dr. Steven Balestracci

Dr. Steven Balestracci

Hello and welcome to **Total Health Chiropractic!** I am Dr. Steven Balestracci. My wife Dr. Terresa Balestracci and I have dedicated ourselves to serving the people of our community for the past 22 years and collectively have over 70 years of experience with and in the field of Chiropractic Medicine. Our motto in our office is "Where TRUE HEALTH and WELLNESS are OUR FOCUS!" Health is defined in Dorland's Medical Dictionary as "A state of Optimum Physical, Mental and Social Well-being, not merely the absence of disease or infirmity." In order to obtain this Optimum Health and Wellness it requires a combination of tenants or key factors. These tenants are Proper Nerve Function, Proper Structure, Proper Nutritional Habits, Proper Exercise Habits, Proper Posture Habits, Proper Rest Habits and a Positive Mental Attitude. The more tenants an individual utilizes the greater one's health has the capability of being while the less tenants an individual utilizes the worse one's health has the capability of being. The tenants I would most like to speak with you about today is that of Proper Nerve Function and Proper Structure.

Proper Nerve Function has the greatest capability of occurring when it is uninhibited however it can also be inhibited especially, in fact, when there is an improper structural component created by aberrant or abnormal positioning of the spinal vertebrae and/or any set of bones that create joints and where the nerves are involved. It just so happens that nerves either travel through or across essentially every joint of our bodies. Therefore, when the nerves are affected by the pathological process of what we in the scientific community of Chiropractic call a Subluxation or Structural Deviation, the overall capacity of the nervous system loses its full capability to function properly and thus functions in a diminished capacity or less than optimum state. Simply stated and broken down into its components the term Subluxation means… less than "Sub" a dislocation "Luxation." So a Subluxation is when a bone, especially a spinal vertebra, is less than dislocated. When this occurs in the spine it causes undue pressure on the spinal disc, joint and nerves thus creating interference to the nerve impulse or information that flows through our nervous system which is responsible for supplying information to every type of tissue in the body. In order to demonstrate these facts further I will touch upon the work of Dr. Winsor a prominent Medical Physician from the greater Philadelphia PA region.

Dr. Winsor was given permission by the University of Pennsylvania in Philadelphia to carry out his scientific experiment in a series of studies where he dissected a total of 75 human and 22 cat cadavers, finding 221 diseased organs. He asked the question, Is there a relationship between the diseased organs and the spine? Dr. Winsor wrote: of the 221 diseased organs 212 were observed to belong to the same sympathetic/nerve segments as the vertebra in curvature/subluxation. These figures cannot be expected to exactly coincide… For an organ may receive sympathetic/nerve filaments from several spinal segments. In other words, Dr. Winsor found a nearly hundred percent correlation between minor curvatures/misalignments/subluxation of the spine and disease of the internal organs. This study is merely one of thousands of studies that have been performed and prove what is demonstrated in Gray's Anatomy which is the major study guide all healthcare professionals utilize to study human anatomy.

In closing spinal subluxations or misalignments of the spine, are a pathology of the spine that Chiropractic Physicians specialize in treating/correcting through special Spinal Adjusting techniques and is analogous to misaligned teeth that Orthodontists treat/correct from placing braces on one's teeth.

It is with great hope that I have been able to help educate the people of our community about the benefits of Chiropractic Care with this brief article. I look forward to further educating our community in the future and invite, to our office, any and all people of our community to experience the Health and Wellness Care we offer here at **Total Health Chiropractic.**

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ORGANIZE THAT

I absolutely DO NOT NEED an Organizer!!!

By: Patricia Diesel, CPC

How many times have you tried to talk yourself out of something…all the while, knowing deep down inside, that it's exactly what you really need?

Such was the case with my client Barbara. She knew it was time…time to get support with her clutter and her life. You see, according to Barb, she was stuck for the very first time in her life, and she was scared. In her earlier life, as a Business Analyst and Bank Vice President – inertia, distraction, procrastination, dread – all of those words meant nothing to her. They also meant nothing to her as a wife, mother, homeowner and world traveler. But suddenly, Barb found herself in uncharted territory – she was nearing a crisis point in her life and was unable to function.

To quote Barbara – "I needed something…someone…to unblock me, and I needed it immediately, whether I liked it or not!" So despite her growling, "I absolutely DO NOT NEED an Organizer," Barb took the advice of her dear friend Jane, and contacted me.

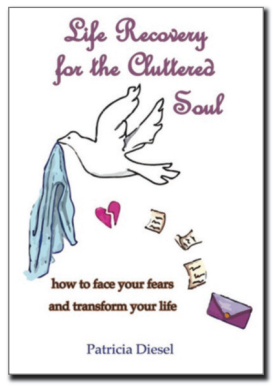
Now listen, don't let that fool you – Barb was still reluctant. When we initially spoke, she did her rant and rave dance and expressed herself in a way that would lead you to believe that she was in no way in need of support. When she was all finished ticking off the reasons why she didn't need me, I gently asked her, "How is that working for you? And how can I help?"

"Well, this is different" Barb said. She liked the fact that I saw through her defensiveness and did not find fault, or as she puts it, "give her Gestapo orders." She also shared with me that she appreciated that I kept it simple and that I was truly interested in how I could get her organized – yes, even in spite of herself.

We met at her pleasant, but cluttered townhouse. All I initially asked of Barbara was not to put anything away or straighten up – I wanted my assessment to be as accurate as possible. Although Barb was concerned about what I may think, I assured her that this was in her best interest and there was absolutely no judgment on my part.

And the rest as they say, is history…

If you would like to find out what happened with Barbara and other clients that I have helped, you can do so by reading my new book:



You can order your copy by emailing me at:

keepitsimplenow@gmail.com.

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

Slice of Life

A Great Man

By: Ellyn Mantell

It is so sad to say, but once again, I have attended the funeral of a dear friend...a special guy, lost to us way too soon. Having spoken with his wife the night before, she asking him a question I asked of her, hearing his voice, not having the vaguest notion that would be the last time I heard it, and the next morning...well, he was gone! And that was that...we lost a friend, she lost her partner, best friend in life, college sweetheart, father of her children, grandfather of her grandchildren. Life changed profoundly for all of them, and for me, it changed, as well. It was the loss of one of a group, six of us who make plans to continue to be in each other's lives, sharing more than three decades.

There were many eulogies for Steve. Sons Ken and Mike spoke of what a GREAT MAN their father was. And wouldn't we all love to be thought of as a GREAT to our children? I nodded at some of the examples of his "greatness," but to be truthful with you, I never knew so many of the others they referenced. I had no idea that Steve was an amazing role model for young boys whose fathers were unable to coach or attend Little League games. I had no idea that he was the first to welcome all the kids in the neighborhood into his home. I had no idea that even as a grandfather, his grandson's friends knew who he was because he would know every one of their names, as if they were as important to him, as they actually were.

No, in reality, I knew Steve as a fun guy, great sense of humor, someone who had similar values and beliefs as we. I knew Steve as a man who truly loved and adored his parents and all his relatives, caring for the aging ones beyond what many would. It wasn't that I knew Steve superficially at all...we shared many good, and sad times. But I didn't think about the impact he would have on so many, and that is, I assume, what makes one A GREAT MAN/WOMAN!

Society seems to name the GREATS as those who have reached a superior status in whatever their area of accomplishment. The GREATS leave a legacy that is written in lofty prose in the New York Times. They are the ones who have achieved recognition in the form of financial, spiritual, athletic, theatrical, etc. They are hallowed and revered throughout their lives, those interfacing with them never questioning their greatness. But what about all of us who are Steves...mere mortals who just live our lives doing the very best we know to do?

Germinating in my mind as I sat at Steve's funeral was the reality that he would never have thought of himself as a GREAT MAN. No, the Steve I knew and loved would have blushed at such words. And yet, my husband, and so many other men would agree that he will be so surely missed and thought about many, many times. They will miss the guy who always had something comical to add to the discussion. And they will miss the guy who knew and loved sports, and celebrated athletic achievements. They will miss the guy who quietly pulled his phone from his pocket to show pictures of his three grandsons. So is that actually not greatness? And his family...will their lives ever be the same, without the paternal head of the family? Will his sons, their wives and grandchildren ever celebrate holidays together and not miss their Steve?

So is greatness the legacy we leave or the life we lead? Perhaps a little, or a lot, of both. I believe that it is through those we love, and who love us in return, those who know us with our weaknesses and our strengths, those who embrace us from near or far, who count on us in good times or bad, who know we will be there to dance with joy or wipe away a tear...those are truly the GREATS in our lives. And if I am to take away anything from the loss of our friend, it is to freely share with someone how special I think they are, how meaningful they are to me, and how they have enriched my life! In the end, if that is what is thought of me, I will be proud...that will be quite a wonderful legacy.

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By: Jo Ann Tartaglia

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Managing Director, Pietro Ruggeri is spearheading the latest New Jersey expansion, including recruiting efforts, and is excited to introduce the community to his remarkable team and their unique take on wealth management.

"Financial matters are personal – very personal," said Ruggeri. "Our clients, business owners and individuals alike, are truly an extension of our close-knit family. The support, guidance and protections we provide them aren't any different from what we would offer our loved ones – and from day one of our first meeting, we abide by that promise."

Fellow Senior Advisors, John Reilly and Salvatore Longo could not agree more, having exemplified this philosophy within their individual practices for the past 15 years. As fierce champions of financial education, members of the Martinsville team routinely teach financial workshops and classes, in particular, providing education for pre-retirees on issues they will encounter before, during and after retirement commences.

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Allied Wealth Partners has developed a vast network of relationships with various product vendors, professional service organizations, and well-established financial institutions enabling the firm to offer attention, flexibility and personal care with the expertise and resources of their national and local partners. As of April 2014, AWP assists clients with over $2 billion of assets and has over $3 billion of Life, Disability and Long Term Care Insurance coverage in force for their clients.

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	1 @BPT 7:05 pm	2 @BPT 10:35 am	3 LAN 7:05 pm	4 LAN 11:05am TV	5 LAN 7:05 pm TV	6 LAN 7:05 pm
7 CAM 1:05 pm	8 CAM 7:05 pm	9 CAM 7:05 pm	10 CAM 7:05 pm TV	11 @LAN 7:00 pm	12 @LAN 7:00 pm	13 @LAN 7:00 pm
14 @LAN 1:00 pm	15	16 BPT 7:05 pm	17 BPT 7:05 pm	18 BPT 7:05 pm	19 SL 7:05 pm TV	20 SL 7:05 pm TV
21 SL 1:05 pm TV	22 SL 7:05 pm	23 @LAN 7:00 pm	24 @LAN 7:00 pm	25 @LAN 7:00 pm	26 SMD 7:05 pm	27 SMD 7:05 pm TV
28 SMD 1:05 pm	29 @CAM 7:05 pm	30 @CAM 7:05 pm				

JULY

SUN	MON	TUES	WED	THUR	FRI	SAT
			1 @CAM 7:05 pm	2 @CAM 7:05 pm	3 @LI 6:35 pm	4 @LI 6:35 pm
5 @LI 5:05 pm	6	7	8 All Star Game @BPT	9	10 LI 7:05 pm TV	11 LI 7:05 pm
12 LI 5:05 pm	13 CAM 7:05 pm	14 CAM 7:05 pm	15 CAM (DH) G1: 11:05AM G2: 7:05PM	16 CAM 7:05 pm TV	17 @LI 6:35 pm	18 @LI 6:35 pm
19 @LI 5:05 pm	20 @CAM 7:05 pm	21 @CAM 7:05 pm	22 @CAM 7:05 pm	23 @CAM 11:05 am	24 SMD 7:05 pm	25 SMD 7:05 pm TV
26 SMD 5:05 pm	27	28 @LI 6:35 pm	29 @LI 6:35 pm	30 @LI 6:35 pm	31 @LAN 7:00 pm	

AUGUST

SUN	MON	TUES	WED	THUR	FRI	SAT
						1 @LAN 7:00 pm
2 @LAN 1:00 pm	3 @LAN 7:00 pm	4 GOLF OUTING	5	6 CAM 11:05am	7 CAM 7:05 pm TV	8 CAM 7:05 pm
9 SL 5:05pm	10 SL 7:05pm	11 SL 11:05 am	12 SL 7:05 pm TV	13 @CAM 7:05 pm	14 @CAM 7:05 pm	15 @CAM 5:35 pm
16 @CAM 1:35 pm	17 LI 7:05 pm	18 LI 7:05 pm	19 LI 7:05 pm	20 LI 7:05 pm TV	21 @YRK 6:30 pm	22 @YRK 6:30 pm
@YRK 5PM 23	24 SL 7:05pm	25 SL 7:05 pm	26 SL 7:05 pm	27 YRK 7:05 pm	28 YRK 7:05 pm	29 YRK 7:05 pm TV
YRK 5:05 pm 30	31					

SEPTEMBER

SUN	MON	TUES	WED	THUR	FRI	SAT
		1 @SL 8:05 pm	2 @SL 7:05 pm	3 @SL 8:05 pm	4 @SL 8:05 pm	5 @SL 7:05 pm
6 @SL 6:05 pm	7 @SL 8:05 pm	8 YRK 7:05 pm	9 YRK 7:05 pm	10 YRK 7:05 pm	11 LAN 7:05 pm	12 LAN 7:05 pm TV
13 LAN 1:05 pm	14	15 @BPT 7:05 pm	16 @BPT (DH) 10:35AM | 7PM	17 @YRK 6:30 pm	18 @YRK 6:30 pm	19 @YRK 6:30 pm
20 @YRK 5:00 pm	21	22	23 ATLANTIC LEAGUE PLAYOFFS	24	25	26
27	28	29	30 CHAMPIONSHIP			

BPT - Bridgeport Bluefish
CAM - Camden Riversharks
LAN - Lancaster Barnstormers
LI - Long Island Ducks
SMD - Southern Maryland Blue Crabs
SL - Sugar Land Skeeters
YRK - York Revolution

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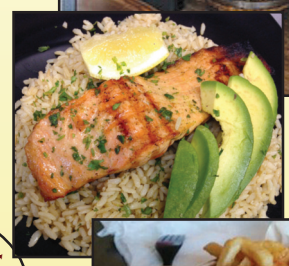

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GREAT WINES FOR SUMMERTIME

By: Gary Fisch
Gary's Wine & Marketplace

Summer is finally here! I am graciously welcoming these longer and warmer days by spending more time outdoors. Whether I'm working in the garden (or watching other people work in the garden), exercising outside or just spending time with friends and family on the patio, I'm happy to be spending more time outdoors. The first thing I notice when I'm outside are the transcending scents of summer – blooming flowers, fresh cut grass, and the lingering aroma of a neighbor's grill teasing my senses. My mouth begins to salivate when I inhale the sweet caramelized aromas of barbeque.

I have already received a few invitations to some summer parties, and of course, I want to bring a great bottle of wine. With so many options to choose from when selecting a great summer wine it's easy to get overwhelmed. The following are three varieties of wine that I plan on sharing with friends this summer – all are perfect pairings with summer fare.

ROSÉ

Whenever someone asks me for the perfect summer wine, my immediate response is rosé. Not only is rosé refreshing and best drunk chilled, but it is also one of the most versatile wines that pairs with many cuisines, like grilled fish, pork, or burgers.

Rosés have a wonderful vibrant color that can range from pale salmon to deep pink. Made from red grapes, rosé wines get their festive color from the skins of the grapes being left in contact with the juice for a short period of time. They are less intense than red wine, but have more depth than a light white wine. My recommendation is to drink rosés while they are young and fresh. Rosés come both dry and off-dry (a touch of sweetness), so the best question to ask your friendly wine specialist when purchasing a rosé is "Is it dry?" They will help you identify a rosé that best fits your taste.

SAUVIGNON BLANC

Crisp and clean in style, Sauvignon Blanc is a great wine to pair with simply seasoned dishes like shellfish, seafood and grilled vegetables. This easy drinking aromatic white wine generally has wonderful acidity with citrus flavors and grassy notes. It is my go-to white wine when I host a summer party. You can find refreshing Sauvignon Blancs from all over the world: from Sancerre in the Loire Valley of France to Marlborough, New Zealand. Personally, being a "Napaphile," I love Sauvignon Blanc from California. Napa Valley is producing more and more Sauvignon Blancs that rival the best in the world.

ZINFANDEL

A summer wine recommendation list is not complete without the perfect red wine. For a wine that stands up to grilled meats lathered with barbeque sauces or homemade marinades, I personally enjoy Zinfandel. Its full-bodied spicy fruit flavors and rich boldness is a perfect pairing for grilled chicken, beef or lamb. Look for wonderful Zinfandels from the Russian River Valley or Paso Robles in California.

As someone who loves discovering wine, it gives me great pleasure to share discoveries with friends and family. Wine is best enjoyed when shared amongst loved ones. I hope these summer wine recommendations will enhance your (or your host's) party. And like the transcending scents of summer, it is the summer memories that we create with friends and family that transcend time. Cheers to you, and have a fun and festive summer!

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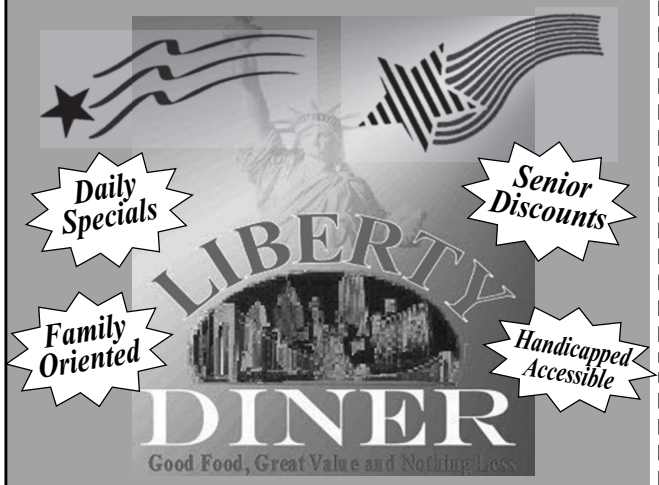

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BIG APPLE BITES

Gotham West Market

By: Linda Seigelman

Food halls have been a staple of the New York City restaurant scene for many years, and their number and popularity continue to grow as does the quality of the vendors and the variety of what is offered. They range from old time favorites like the one at Grand Central Terminal to highly stylized concepts like Eataly to ones featuring small-scale artisanal vendors of which the Gotham West Market is an excellent and fairly new example.

Located on the far west side of Midtown on the outer edge of the area known as Hell's Kitchen, Gotham West brings together a little Brooklyn, some Manhattan, a little Spain, a bit of Tokyo and a touch of Mexico to a block where good eats have been few and far between. But the address is exactly why this new eating spot came to exist - it was built to attract tenants to the luxury rental apartments located atop the market…if you feed them, they will come.

Gotham West spans the entire block of 11th Avenue between 44th and 45th Streets. There are nine vendors preparing great food in a wonderful setting: floor to ceiling windows, industrial chic décor, seating choices from beautiful stainless steel bars to communal picnic tables, cool lighting, indoor and outdoor options, perfect for singles, couples and small or large groups.

Here you can experience the wonders of Ivan Ramen, famous in Tokyo and a New York favorite, without waiting in line for a seat. Yes, the soup and rice bowls are legendary, but the garden salad (Asian style with crispy onions on top) is delicious too. The fried green tomato BLT at Genuine Roadside is amazing and rivals the fried chicken sandwich for which they are famous. The tapas at El Colmado are first rate – the stuffed dates wrapped in bacon are a personal favorite, and their dollar oyster happy hour brings joy to bivalve lovers. Choosing an ice cream flavor at Ample Hills is an impossible task; each one is so good. Fortunately they encourage sampling.

Gotham West Market opens early and stays open late, so you can drop by for a morning coffee and pastry at Blue Bottle, grab a quick specialty hot dog and a beer for lunch at The Cannibal, meet for tapas and a drink pre- or post-theater at El Colmado, and slurp some soup and noodles late at night at Ivan Ramen. If you have a group or a family, it is the perfect spot for everyone to order whatever they want and then meet at a table to enjoy the results.

Check out Gotham West Market. It is a dining destination well worth a bit of a walk.

THE LINE-UP

Ample Hills Creamery – the Brooklyn ice cream vendor, #1 in Zagat, hand-crafted flavors change daily, salted crack caramel is a legendary top seller

Blue Bottle Coffee – many swear by these beans, plenty of delicious baked goods too

Choza Taqueria – Mexican street food for all, tacos, tamales, burritos, tortas, ceviche, great breakfast options

Court Street Grocers Sandwich Shop – from Brooklyn, amazing sandwiches for breakfast, lunch and dinner, from grilled cheese to confit of pork shoulder, all bases are covered

El Colmado – Seamus Mullen's tapas bar, Spanish classics like Serrano ham, garlic shrimp and patatas bravas, excellent wines, fresh oysters

Genuine Roadside – serving the best of America's roadside eateries with a twist (e.g., the fried green tomato BLT) burgers, shakes, tacos, fried chicken

Indie Fresh – soups, salads, broths, juices and smoothies made fresh daily, gluten free, dairy free, no sugar added, served in cool mason jars

Ivan Ramen Slurp Shop – Ivan Orkin, the world-famous ramen expert, wowed them in Tokyo, now in NYC, soups, rice bowls and more

The Cannibal – homemade charcuterie, small plates, specialty dogs, a giant glass beer fridge with hundreds of choices from around the world

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Recipe CORNER

Submitted by: SEVEN BARRELS
Olive Oils & Aged Italian Balsamics

Green Bean and Tomato Salad
with Basil-Shallot Vinaigrette

Ingredients:

2 large shallots, thin sliced

4 Tbsp SEVEN BARRELS Red Wine Vinegar

4 Tbsp SEVEN BARRELS White Balsamic Vinegar or SEVEN BARRELS White Georgia Peach Balsamic Vinegar

1 Tbsp Dijon mustard

salt & pepper

1/2 c SEVEN BARRELS Basil Olive Oil

1.5 lbs thin green beans, trimmed

1/2 c shredded basil

3 pints yellow & red cherry tomatoes, halved

Directions:

Let the shallots sit in the SEVEN BARRELS Vinegar overnight, or for a few hours.

Whisk in Dijon and S&P. Gradually whisk in SEVEN BARRELS Olive Oil.

Cook green beans in boiling salted water for less than 2 minutes, until tender. Rinse under cold water. Cover & refrigerate.

Stir basil into the dressing. Toss the beans with half the dressing and toss the tomatoes with the remaining dressing and arrange.

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REAL ESTATE CORNER

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

What's cooking with Lidia: Summer Vacations

Summer is right around the corner, and the first thing that comes to mind for most of us is vacation. There's nothing more exciting than the anticipation of a well-deserved trip. Your travel arrangements are in order, your bags are packed, the car is tuned up, the tank is full, and you are ready to go. But before you head out, did you take all of the necessary precautions to ensure that your home is safe while you're away?

Here are some tips to ensure peace of mind while enjoying your getaway:

- **Hold Your Mail & Newspapers:** The most obvious tip-off indicating that no one is home is when your mailbox is bulging with mail and newspapers are piled up on your doorstep.
- **Set the Timers:** Set your indoor and also landscape lighting timers to create the illusion that someone is home in the evening.
- **Don't make it Public:** Social media is a powerful tool. Broadcasting your vacation poses a serious threat to your home and personal belongings. Wait until you return from your trip to share the exciting details and photos.
- **Unplug, and Turn it Down:** Unplug all appliances except those on timers to protect your home from potential electrical/power issues. Turn down your thermostat, but do not turn off your heat/AC completely.
- **Alert your Alarm Company:** Call your home security company to give them a heads up that you're going away. Be sure that the alarm is set and working before you leave.
- **Personal Property Managers:** Personal property managers provide a variety of home watch services - particularly for snowbirds, vacationers, corporate consultants, and others who take extended business trips away from home.
- **Rely on Your Realtor:** Given that they are trained professionals in overseeing the safety, security, and maintenance of occupied and vacant properties. Keep your realtor in mind to help provide a watchful eye on your home as well.

While it is wise to consider hiring a personal property manager, if you have a relationship with a realtor, they may be able to provide the same services to you as a courtesy.

If you are planning to take a trip, selling or buying a home, call me to take advantage of my recipe and tips for your next move!

BERKSHIRE HATHAWAY HomeServices | New Jersey Properties

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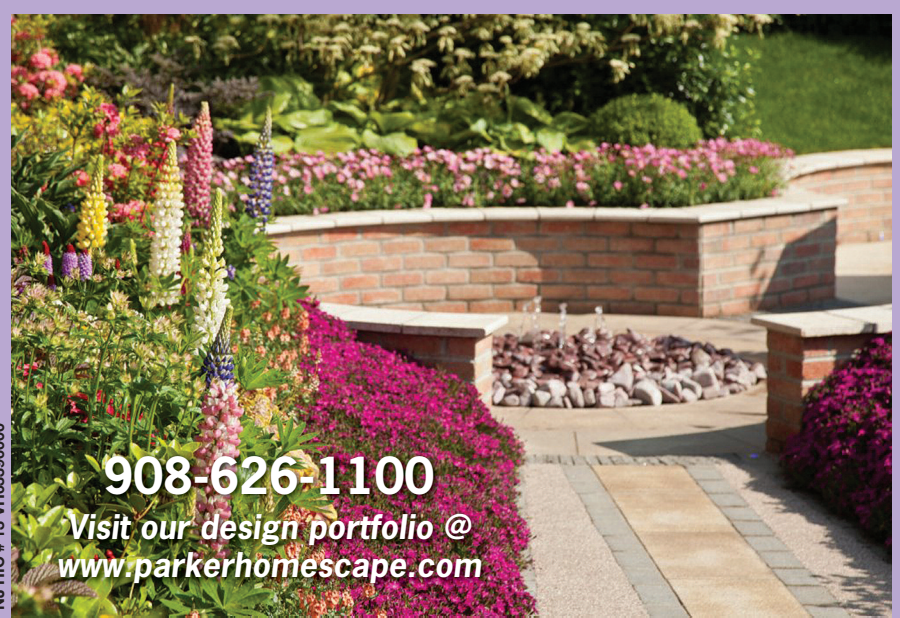

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BYE, BYE, WINTER!

By: Jean Lynch, Parker Homescape, LLC

Are you glad winter is over? While the color green represents life, it also represents envy – why not make your neighbors green with envy!

The enjoyment of a secluded getaway, a beautiful outdoor entertaining area or a relaxing atmosphere created by a koi pond are what you deserve after this especially cold and long winter!

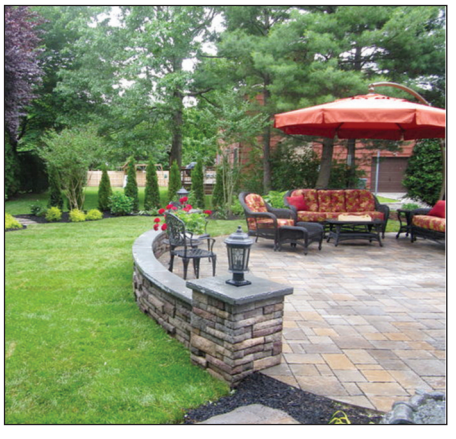
Calmness and serenity can make the difference between anxiety and depression verses dealing with everyday tasks in a controllable manner. It is much easier to deal with difficult situations when you are happily thinking about your outdoor kingdom that awaits you when you arrive at your home.

Landscaping isn't just about your lawn, trees and shrubs – it's also about inviting patios, stately pillars and other beautiful, functional features. These luxurious hardscape elements complement your home and overall outdoor living space, boost curb appeal, and add that something special to your landscape.

The experts at **Parker Homescape** can transform your backyard ideas into a reality. Our award-winning services for homeowners in New Jersey include the design, material selection and installation of full property landscapes, tailored to your distinctive taste. Our team specializes in managing entire landscape design plans, from when the first pencil sketch is made, to when the final flower is planted. We also personally coordinate every aspect of even the most challenging landscape construction projects.

The time is now to enhance your curb appeal, home value, your environment, and your lifestyle while causing your neighbors to be green with envy!

Scott Parker is the owner of Parker Homescape, a design/build landscape firm that has been recognized as one of the Top Landscape Design/Build Firms in the United States, and has been recognized locally by Design NJ Magazine, New York Spaces Magazine, The Suburban News and many other prestigious publications. In 2012, Parker Homescape's award winning work was chosen to be published in a book that is currently being distributed worldwide.For more information on Parker Homescape, visit their website and design portfolio at: **www.parkerhomescape.com or call (908) 626-1100.**



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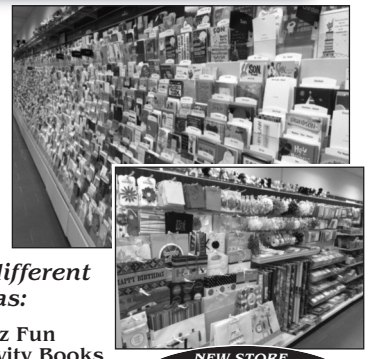

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By: Jennifer Millman

Randy & Wendy Joy

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Whether you're looking to add a splash of color to the walls in your home, develop a creative theme for your new baby's bedroom or completely revamp the look of your living room, **Redelico's Paint & Décor** not only has the high-quality products and expertise to get the job done, but the warm, friendly atmosphere and unparalleled customer service that will make you confident you came to the right place. You'll fall in love with the final outcome.

An independent Benjamin Moore retailer serving customers in Somerville for decades, **Redelico's** offers personalized service and attention to detail that larger chain stores don't provide. Watch a room transform into your ideal space at exceptional value. Knowledgeable, specially trained store staff guide you through every step of the process, combining their expertise with superior quality products and the most innovative tools in the industry to help make your home look the best it has in years – and ensure it stays that way for years to come.

Homeowners, contractors and designers alike benefit from **Redelico's** comprehensive repertoire of products and services, including unique stencils and wallpaper, fabrics, texturing tools, color matching services, in-store and in-home consultations and power washer rentals. Its complete line of Benjamin Moore products matches virtually every project you can dream up, from surface preparation products to a vast slate of coatings in sheens and formulas for every requirement. Energy-efficient offerings cater to green clientele and premium quality products give that wall in your most elegant room an extra special finish. Add vibrant or neutral colors to walls in your home, depending on your personal taste, and rejuvenate your interior area using **Redelico's** extensive line of products, all available at affordable prices.

The Somerville store is open over 60 hours, six days a week to accommodate its customers' busy schedules. Not sure what you're looking for? Owner Randy Redelico and his team of consummate professionals will help you find it. Choose from more than 500,000 patterns of wallcovering created by brand names like Thibaut and York, address any painting need and even borrow how-to tapes and pattern books to guide your decision-making at home.

It may seem daunting to change your personal space, but **Redelico's** understands that. Whether it's a simple adjustment to your living room wallcovering or a complete overhaul to create your dream room, **Redelico's** helps you design it so it feels like home, replete with shades and styles that fit your personality – making your living space even more authentically you.

"The community and surrounding areas deserve the best service possible," says Redelico. "We at **Redelico's** work hard and stay focused on providing that with a smile."

Tired of your 5-year-old drawing on the wall in his or her bedroom? **Redelico's** can help turn that wall into a washable, erasable chalkboard in any color, so your child can happily explore art creatively – and you can relax at the same time. Need a little touch-up to make a room look just right? **Redelico's** has your back for that, too. Not up for doing the job yourself? **Redelico's** can recommend a contractor to do any job in a way that meets its own standards.

For nearly four decades, **Redelico's** has delivered the ultimate in customer satisfaction. Picking colors or wallpaper is a journey. Trust **Redelico's** from start to finish and watch your creative concepts become reality. There's not a more family-oriented company to get your dream job done. And it's not just about getting the job right – it's about allowing "people to get what they want a little easier, says Redelico. Excellent, efficient work with no stress is a truly unique and valuable commodity these days. With **Redelico's**, you get the job done right the first time. Count on their dependable staff and you won't regret it. Just ask any of **Redelico's** clientele who have been enjoying their services for 39 years or longer.

"We care about people," says Redelico, who bought Raymar's Center in 1976 when he was 23. "We've been involved with the journey start to finish. We love what we do."

Redelico renamed the company and learned the business from its former owner, then applied his profound love of people and magnetic personality to turn it into a special, unique company. Nearly 40 years later, it enjoys long-lasting client relationships and is entrenched in the bedrock of the community, a company that is invested in its downtown revitalization, a trusted fixture of its history and a place that genuinely cares about the people who live and work in it.

Grandchildren Grace Joy & Leo

A lovable family man, Redelico enjoys spending time with his wife of 35 years, Wendy Joy, three children, Tina, Tim and Tami, and now has two grandchildren, Grace Joy and Leo. He was proudly serving the Somerville community even before he got married decades ago – and he puts the same authentic, devoted energy into his relationship with his customers as he does his family. At **Redelico's**, you'll feel like family, too.

Get deals right on **Redelico's** website, including $5.00 off each gallon of top line interior or exterior paint or stain or 25 percent off wallcovering and fabrics. True to the character of its owner, **Redelico's** online coupons don't expire so you can use them at your convenience and when the time is right for you. Learn more at www.redelicopaint.com.

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Community News...

JFS Will Never Forget

Submitted By: Elise Prezant, Holocaust Survivor Assitance Program Coordinator

Commemorations were recently held in our community for the 70th Anniversary of the Liberation of Auschwitz and for Holocaust Remembrance Day. The destruction of Jewish life in Europe during the Holocaust was an unparalleled event of unimaginable proportion. Millions of lives were lost, countless families were torn apart, and those that survived were often faced with overwhelming isolation, grief, anxiety, and other physical and emotional illnesses.

Many Holocaust Survivors came to New Jersey, some right after the war ended, others during the wave of Russian resettlement in the 1990's, still others moved to the area more recently, to live near children and grandchildren. Through it all, Jewish Family Service of Somerset, Hunterdon and Warren Counties continues to recognize and respond to the unique needs of this population.

Mrs. G. recently lost her husband, another Survivor. When her husband's health began failing last year, her children moved their parents to this area to be closer to them. Now, Mrs. G. is overwhelmed with the loss of her husband, adjusting to living alone, and trying not to be a burden to her children. This isolation and grief is bringing up painful memories of losing her parents and siblings in the Holocaust as well as anxiety regarding her own aging and a fear of being placed in an institutional setting.

Although nothing can erase the horrors of the past, JFS is able to help Mrs. G. and other Survivors receive the support they need to continue living in our community as they age. With the support of grant funding from the Conference on Material Claims Against Germany, JFS is able to provide comprehensive counseling, case management, and home health services to Mrs. G. and over 40 other Holocaust Survivors. Monthly Café Europa programs also offer Survivors an opportunity to meet and socialize with others who truly appreciate and understand their experiences and often speak their native language.

In addition to providing the Holocaust Survivors Assistance Program, 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' Holocaust Survivors Assistance Program or any other 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

Connection Commends

Salon Beauté

101 Route 202 & 2nd Avenue, Raritan, NJ 08869

By: Prachi Jain

Women like to wear their hair as an accoutrement and **Salon Beauté's** extremely talented hair-stylists help women to fashionably flaunt that accessory. Located in Raritan, **Salon Beauté** is a full service exquisite salon that provides precision hair styling and glamorous cuts to its clients. With proven expertise in complex hairstyles, seamless highlights, trendy waves and perms, the salon boasts of a skilled service and prides itself on building relationships with its clients. Besides these more prominent services, the salon also offers manicures and pedicures and teaches make up techniques to its clients.

The key to having a successful business is to have passion and Gloria Pearce at **Salon Beauté** exemplifies it through her dedication to her work. Owner of **Salon Beauté**, she has been in business for a decade and has a steadfast clientele who vouches for her mastery in both cut and color. The salon started in Somerville but soon needed to accommodate its growing number of customers and the salon moved to its present location in Raritan. Humbly remarking about her continued success and immense love from her clients, Gloria says, "My passion for hair styling and my relentless belief in continued education has made **Salon Beauté** one of the premier salons in the area. Both the owner and the stylists have attended cut and color classes with famous educators in NYC like Arrojo, Minardi, Redken 5th Ave, Framesi, Tony and Guy, Wella, etc.

Beautiful highlights are not about simply mixing colors from boxes but a true professional's artistry combined with the right technique. The stylists at **Salon Beauté** guide their clients in picking their best color and style, one that gels well with their personalities and accentuates their features. Using the latest in color techniques, the salon stylists provide the perfect ombre hightlights using the Ballyage technique as one of many. When looking to add shine, dimension and texture to your hair, the talented team of color and cut experts, Gloria and Katy can help you look your most glamorous and trendy. They also provide hair extensions, which are a big craze these days, especially since they offer the ability to wear hair in any style. Ponytails, braids and top buns all look even better with the added length and fullness of hair extensions. The **Salon** also offers bridal makeups, alluring hair styles for the bride and everyone in the bridal party.

If you are looking to redefine your style or getting ready for a big day in your life, the team at **Salon Beauté** can create that extraordinary look that you have always desired. With an unmatched level of professionalism, quality service and warm and friendly staff – Katie, Amy and Tara along with owner Gloria, make clients feel pampered in a soothing, sophisticated environment. Look up the website at http://salonbeaute.net or call for appointments at 908-725-3202 and visit the salon at 101 Route 202 Raritan, NJ 08869. Your new look will make highlights!

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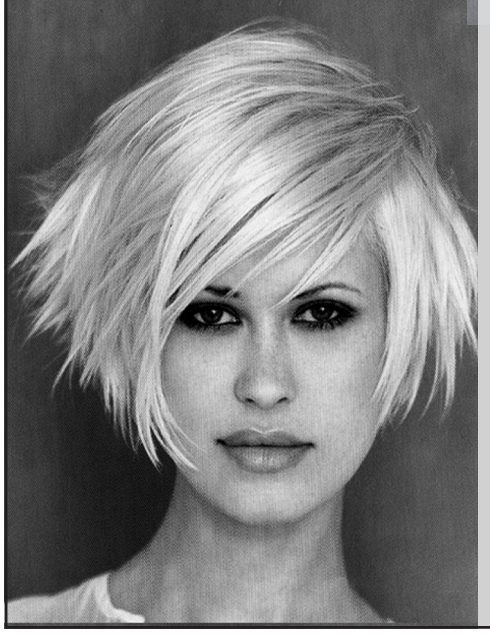

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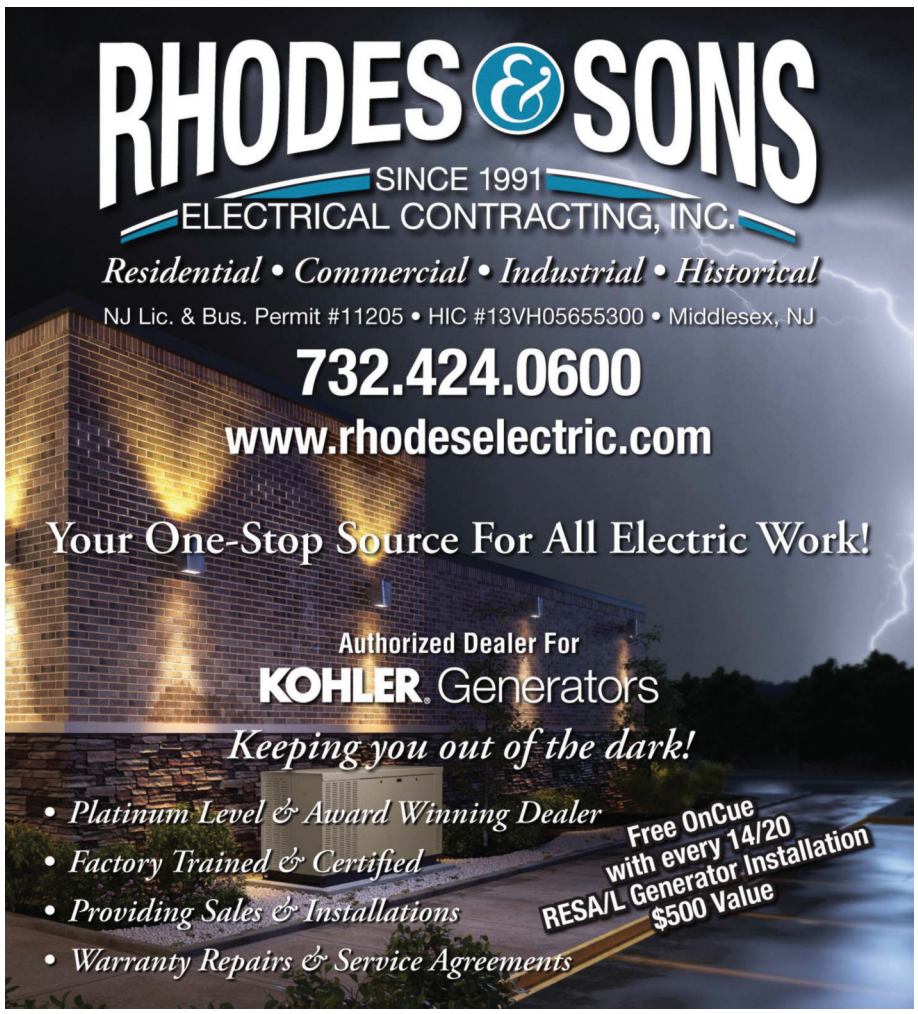

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By: Amara Willey

Kelley Evens

6 Things to Do Before Starting a Kitchen Design Project

So you decided it's time to revamp your outdated kitchen or maybe you are planning a new kitchen from scratch. Knowing what you want and how your kitchen should be designed can be a long and exhausting process. You can prevent many headaches down the road if you do some research first before you call a kitchen designer. It will make the process much more bearable for the both of you. Even if you choose to do the project yourself, it will certainly make everything a lot smoother if you know what you are getting into.

1. What will your budget allow? - Knowing how much money you can put into your kitchen design is important for you and the kitchen designer to know. Make sure your budget can handle it. Things tend to start adding up and unexpected problems can arise that you might not have the money for. It is best to set an amount you expect it to cost, then add another half or even double that cost to allow for changes or upgrades.

2. Do you have the time? - Make sure you have enough time to spend on the project. Get a good idea of how long the project might take by asking an experienced kitchen designer. You will probably have to plan your life around the design and construction of your kitchen for the duration of the project so be prepared and prepare your family for the inconvenience.

3. Do you have a style in mind? - Knowing the style of kitchen you want is an important factor to the total feel of the kitchen. It also gives the designer a good idea about what you are looking for. If you already have a set style in the rest of your house, it is a good idea to keep the style the same for continuity. If you are up in the air about what style to choose, you need to do some research.

4. Search for ideas - While searching for a style, you can look through home design and kitchen design magazines and catalogs. Of course the internet is a great place to get a sense of certain styles to choose from. If pictures aren't enough for you to choose you can visit kitchen design showrooms, like **Aurora Kitchens & Interiors** in Somerville (www.auroradesignsnj.com), or kitchen design showplaces in many home improvement stores where you can see, touch, and experience examples of styles full scale.

5. How will the kitchen be used? - It is important to know what the functions of your kitchen will be. Is it where the family would like to gather? Do you plan to cook a lot? How much storage area will you need? These are just some of the questions you need to ask yourself before talking with a designer, because the better the idea a designer has about what you want, the better they can plan the kitchen to fit your needs.

6. Preparing for construction – "Construction is a pain to deal with but if you plan ahead you can make the most out of it," says Kelley Evens, co-owner and designer at **Aurora Kitchens & Interiors.** You will have to setup a temporary kitchen site, something that Evens and her staff assist with, and avoid going through the construction area while the crew is working.

Follow these suggestions and you will be on your way to having the kitchen you and your family need.

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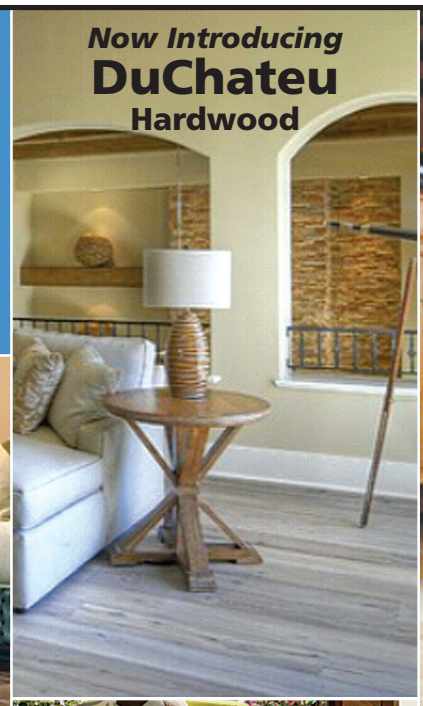

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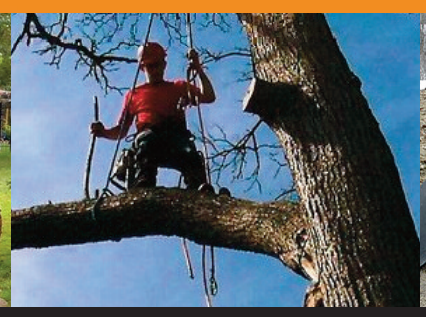

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What to expect when you're expecting…the designer

To get the beauty and function of a custom closet, you have to let our designer take a peek at what you've got. But don't worry the experience is much more like having a friendly conversation than, say, getting fitted for your first bra. Even so, it helps to have done a little prep before we arrive. (But fear not, you don't have to empty your closet!)

Our designer's goal is to show up and measure, design, print and price your new closet on the spot.

"Having a budget in mind is also a big help," says Wendy Scott, our award-winning designer. "That way I can better guide a client on how to maximize their space and get the most functionality out of their investment."

Some clients collect pictures from magazines, others have built a board on Pinterest or an ideabook on Houzz. "These give me great guidelines about their taste and what they are hoping to accomplish," Wendy says.

Of course, not all ideas can be incorporated into all spaces, but doing a little thinking beforehand ensures that we'll get as close to your dream closet as we can.

Most projects take one to one-and-a-half hours with the designer on site. Larger or more involved projects – an upscale dressing room or multiple closets throughout a house – require more time. If you have a large project it might take the designer a day or two to complete the design offsite.

Free your floor: Wall-hung versus floor-mounted

Our customers rely on us to know the latest trends in pencil glazing, cabinet finishes and the perfect crystal fixture to show off a space, but there are less glamorous aspects of closet design. We've got those covered too.

One of the most confusing decisions for customers is often whether to go with a wall-hung or floor-mounted system. We have a definite opinion. It's not a whim, though. It comes down to function and esthetics.

Wall-mounted systems offer the most effective use of space, especially for hanging clothing storage. Keeping closet structures off the floor provides the flexibility to update flooring or carpeting in the future, store bulky items, like suitcases, and easily vacuum the far reaches of your closet (you do that, right?). They also allow us to build around outlets, heating vents and any other architectural feature your closet might throw at us.

Floor-mounted systems are great – in the right setting and for certain applications. They offer a polished, built-in look and are often our preferred choice for non-clothing storage, such as offices, libraries, media consoles, garages and pantries.

Schedule a Consultation

Our consultations are complimentary. Our friendly, professional design consultants will come to your home at no cost or obligation. In no time, they'll help you better understand your storage needs, unlock the potential of your existing space and use our state-of-the-art 3-D software to visualize a beautiful, organized storage space. They will print the design of your customized storage solution and provide a price on the spot. Call today to schedule your appointment. 732-356-4200 or visit us at www.sophisticatedstorage.com.

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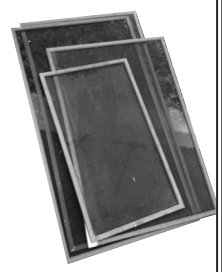

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Submitted By:
Congregation Knesseth Israel

SHALOM! **Congregation Knesseth Israel** is a warm and intimate congregation that has been serving the area's Jewish communities since 1920. We are an unaffiliated synagogue where women and men participate equally. Our religious services are a beautiful blend of the traditional and contemporary, and our synagogue provides a rich environment for spiritual renewal and growth, education, celebration, and mutual support.

CKI is also a unique, caring, and supportive spiritual family. We have a close-knit and involved all-inclusive community which is a source of joy and social interaction for all of our members: young and old, individuals and couples, families both large and small, newcomers and longstanding members. Our congregation welcomes all people who are part of a Jewish family, including interfaith families. Our members come from a variety of Jewish traditions and backgrounds, and what makes **CKI** so special is our ability to take all these variations and blend them into one spiritually rewarding experience.

Our strength and vitality come from our membership. Many of our congregants are involved in the life of our synagogue, volunteering their time and efforts to run our committees, activities, and social events, and we truly value the role they play in defining and shaping our future.

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

Shabbat services are held on Friday nights, year-round. We hold Saturday **Torah services** at Family Services, Bar/Bat Mitzvah Services, and on other Saturdays as scheduled. Members receive tickets to the High Holidays as part of their dues. We also schedule special services and meals to celebrate Hanukkah, Sukkot, Shavu'ot, and Shabbat Across America.

Our **Religious School** is geared to instill in our children a strong sense of Jewish identity through an understanding of prayers, holidays, lifecycle events, and a connection to the history of our people. It meets on Sundays. We offer a Temple Tots Class (ages 2-4) where parents/caregivers meet monthly; Religious School Classes for Kindergarten through 7th Grade; Bar/Bat Mitzvah Classes with additional studies with the Rabbi each week; and teen and youth activities. Each Bar/Bat Mitzvah student is offered an individual date for their ceremony.

We are currently running a **Membership Special** for new first-year membership at a cost of **$90 per individual** and **$180 per family. Affiliate Memberships** at discounted rates are also available for those who have primary memberships in other synagogues and wish to support **CKI** and/or participate in our Religious School.

We welcome you to visit **CKI** and experience what we have to offer! Guests are always welcome at our weekly Friday night Shabbat services. Prospective students can sit in on one of our Sunday Religious School classes. You can find our calendar of events on-line at www.ckibbnj.org.

For additional information, please contact our Membership Chairperson, Lori Siegel at membership@ckibbnj.org or 732-563-1029.

Become part of our temple family at

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WORSHIP WITH US AT THE HIGH HOLIDAYS

Rosh Hashanah

Sept. 13: 7:30 pm

Sept. 14 & 15: 9:30 am

Services are open to all (no tickets required) on September 15th.

Yom Kippur

Sept. 22: Kol Nidre - 6:30 pm

Sept. 23: 9:30 am

Junior Congregation services at 10:30 am on Sept 14 and 23. Babysitting available.

Please call the temple office for tickets & details.

CKI's RELIGIOUS SCHOOL

offers individual Bar/Bat Mitzvahs where your child can shine!

Our **"Temple Tots"** class for 2-4 year olds with caregivers is open to non-members.

Contact **school@ckibbnj.org** to register for the 2015-16 year.

First-Year Dues Special:

$180 for families

$90 for individuals

(includes High Holiday tickets)

Affiliate Memberships

are available for those with primary memberships at other temples

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

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SENIOR CORNER

SENIOR CHOICES

By: Ellyn Mantell

We live in a thriving area for senior living options, and as a baby boomer, I am taking full advantage for our mom! It seems that one of the most difficult things we do as we age, if we are fortunate enough to have our parents, is to deal with their needs in a loving and caring manner. How different it is from years gone by...elderly parents lived out their lives in homes with their children, feeling even older and unnecessary, until they were placed in the proverbial "nursing" facility. Today's aging feel young and vital, and may benefit from not much more than some guidance, assistance and a few great meals! What truly makes the difference, in my opinion, is that today's living models provide the very most important aspect of "aging in place," and that is camaraderie, socialization, and commonality. How wonderful to know that mealtimes, activities, trips to local merchants or shopping within the facility all include being with a friend, a group or just seeing familiar faces.

My sister-in-law, Mindy, lives in Basking Ridge, and Bruce and I live in Watchung. When we knew my mother-in-law, Eleanor, who is like a mom to me, as well, was ready to make the transition to a facility, we investigated the three that are pretty much a straight shoot between our homes. Sunrise in Basking Ridge, The Chelsea at Warren, and Brandywine Senior Living in Watchung, are all well-reputed, and any of the three would have been good choices. If you are in this situation, perhaps it will help if I tell you how we made our decision. First, know that any of the three are well-accredited and totally capable of meeting the needs of so many seniors. So then what will help you make your decision?

This is how we approached the situation. Anticipating Eleanor's long-term needs, Bruce and I went by ourselves a while ago and visited all three facilities. All are very open to visitors, and with an appointment, will provide tours, share fees, etc. Knowing we were getting closer to the time to make the move, Mindy took Eleanor to visit the three, paying close attention to her reaction. They determined that The Chelsea felt best for our mom, so a deposit was given. The deposit was held for us to be used some time in the future, since she didn't seem ready to make the move. However, shortly thereafter, she had a fall and injured her leg quite badly. Suddenly, her inability to care for her injury, coupled with progressive memory loss, put her in a category of needing help, sooner, rather than in "the future." Fortunately, The Chelsea had a deluxe studio available, and my design partner, Carol, and I (**SENIOR ASSISTANTS**) made the space come to life with Eleanor's possessions.

Mom is adjusting day by day, and seems to be thriving and flourishing. It is a beautiful thing to see a woman who had been independent and in charge of everything possible in her life, then with the aging process, begin to slide down the slippery slope of feeling lost and saddened by her lonely situation, become involved and enthused to live with a community of others who have welcomed her with truly open arms! The "buddy system" works! The "mealtime friends" works! The activities, trips and free time to share lives lived fully, well, that works, too.

So far, so good, from our end! We are so appreciative to the people who have helped to make our little dream, that Eleanor will thrive, come true...to the staff and residents for their warmth and caring manner.

And to all who go through "placing a parent" where we feel they should be, check out the variables. Be open to the reality of your situation. Learn the difference between independent and assisted living options; check out the meal plans and how and where the food is prepared; is there adequate medical attention? At what point will a change be suggested/necessary, and how close does the staff keep family advised of progress or lack thereof. Aging isn't for the faint of heart! It is one tough road to travel, and it comes at a time when there are fewer people to share the journey, and many less emotional resources. But if possible, think of placement as a gift you give your parent...an opportunity to be with others, to share their life's experiences, to continue to grow as a member of their own society!

Please write to me if I/we can help pave the way! We can offer options that will free you to be present with your parent, as they so often were for you. ellynmantell@aol.com

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THE ARTS

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

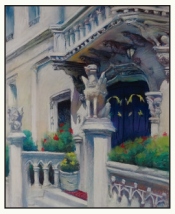
2020 Burnt Mills Road, Bedminster, NJ 07921.

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

Upcoming Activities: ***Summer Classes:***(5 years-teens) All levels of expertise. ***Camps:*** (5 years-teens) All levels of expertise. Register online or call 908-234-2345.

STUDIO 7 FINE ART GALLERY "Linked" Online

Studio 7 Fine Art Gallery Director, Kathleen Palmer with Patriots' mascots, *Sparky & Slider* (photo by Hal Brown)



Old Philly Lights by Mark de Mos, Founding President of Pastel Society of NJ pastel,18" x 12"

Fine art gallery at 5 Morristown Road, Bernardsville, 908-630-9770. Gallery hours: Tue-Sat. 10am-4pm and by appointment. **Upcoming Events:** ***Pastel Society of New Jersey 10th Anniversary,*** through June 30, Joint exhibit with Studio 7 & Wallflowers Gallery. ***BernARTsville Art Walk Reception,*** Friday June 5, 6-9pm. ***Art in the Ballpark,*** Friday, July 10, 6pm. Game Time, 7:05pm, TD Bank Ballpark, Bridgewater, NJ. Featuring On-Site Painting demonstrations, Autographed Giclee's of ballpark by James Fiorentino, Caricatures by Charlie Churchill, Fireworks Display. Event benefits Bernardsville Volunteer Fire Company & First Aid Squad. Call gallery for discounted tickets to the game. ***Best Of Studio 7, including Gary Godbee, Albert L. Bross, Jr. (1921-2013), Lee W. Hughes (1931-2014), Gerry Heydt, James Fiorentino, Stanley Yeager & many more.*** July 1-August 29. Contact owner, Kathleen Palmer for information at 908-963-0365, pskjpalmer@verizon.net www.studio7artgallery.com

CLUBS AND SERVICES

A.A.R.P. SOMERSET HILLS CHAPTER #5275

The American Association of Retired Persons (A.A.R.P.) holds meetings the second Friday of the month, First Presbyterian Church of Bernardsville, 321 Mine Hill Road (Route 202), Bernardsville, 9:30am. New members welcome. Call Edith Cavaluzzo at 908-766-3075 for further information.

AUTOIMMUNE GROUP

Face-to-face support group for people with autoimmune disease/Fibro/CFIDS. Group meets two Saturday afternoons each month, Robert Wood Johnson University Hospital - Somerset, Somerville. Free of charge. **Upcoming Meetings:** June 20, July 18, August 1, 15, September 5. (No meeting July 4). For more information visit www.autoimmunegroup.com or call Joanne, 908- 358-7167, Monday-Friday 2-8pm.

BRIDGEWATER SENIOR CLUB

Meets every Tuesday, noon at Bridgewater Senior Center, 455 Somerville Road, Bridgewater. For information call Donna Langel, Bridgewater Senior Center, 908-725-8020. New members welcome! **Upcoming Trips:** July 15 - ***Renault Winery,*** Egg Harbor City, NJ, $59 includes lunch & casino bonus package. September 10, 11 - ***Thimble Islands,*** Branford CT, plus ***Essex Steam Train Ride & Riverboat Ride,*** $299/double, includes lunches, hotel & voucher for Mohican Sun Casino. Call Ruth Hentz, 908-722-1926 for more information & to make reservations.

BRIDGEWATER TOWNSHIP SENIOR CENTER "Linked" Online

455 Somerville Road, Bridgewater. Many free programs available to residents of Somerset County. Either pick up a calendar or go online to www.bridgewaternj.gov and click the link for Senior Citizen's Calendar. Like to jazz dance? Try out for a spot with *The Bridgewater Roxies.* Call Donna Langel at 908-725-8020 or 908-575-8021.

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

600 First Avenue, Raritan. Provides low and moderate-income individuals and families with free housing information and group education programs. Housing counselors available to assist clients Monday-Friday during normal business hours. Call 908-704-9649 or visit www.cjhrc.org and click on group programs for information or to register. **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 face to face & web-based homebuyer education in Spanish.

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

COOPERATIVE HOUSING "Linked" Online

62 East High Street, Somerville, 08876. ***Great Housing Option for Seniors!*** A 501(c)3 non-profit organization offering attractively affordable housing for seniors aged 62 and above. Housing offered in Bridgewater and Warren townships in beautiful ranch homes for individuals and couples. BRAND NEW UNITS JUST OPENED IN WARREN! For more information please call 908-526-8130 or visit us at www.chchousing.org

HOLISTIC MOMS NETWORK (HMN) OF SOMERSET COUNTY

A national non-profit organization connecting parents and individuals interested in holistic health & green living. Meets 2nd Tuesday of each month at Bridgewater Library, 7pm. All are welcome, not just Moms! Please check our calendar at www.holisticmoms.org for upcoming meeting topics and dates! For more information about HMN and our local chapter, please contact Parvathi at 908-203-1422 or hmn.somersetcountynj@gmail.com or visit www.holisticmoms.org.

JEWISH FAMILY SERVICE OF SOMERSET, HUNTERDON AND WARREN COUNTIES "Linked" Online

150-A West High Street, Somerville, NJ. Unless otherwise noted, for information or to register for programs, contact Elise Prezant, JFS at 908-725-7799 or eprezant@JewishFamilySvc.org, Admin@ JewishFamilySvc.org or www.jewishfamilysvc.org **Upcoming Programs:**

Yearn to Learn (Y2L): Interactive learning experiences for retired persons in small, local group settings, promoting stimulating group interaction, self exploration & interpersonal connections. For more information or to register contact JFS at 908-725-7799 or Y2L@JewishFamilySvc.org.

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

Café Europa: A social group for Holocaust Survivors. June 10, July 15, August 12.

Job Seekers Support Group: Wednesdays, July 1, August 5, 7-9pm. Free of charge & open to the community.

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

Social Learning Group: 10 week program, meeting on Sundays, focuses on social, relationship and 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 and sisters of children with special needs.

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

Moving On: A group for recently divorced individuals is forming.

LITERACY VOLUNTEERS OF SOMERSET COUNTY (LVSC) "Linked" Online

LVSC promotes adult literacy throughout Somerset county with student-centered one-to-one tutoring, ESL classes and English conversation groups. For more information go to www.literacysomerset.org or call 908-725-5430.

RESOURCE CENTER OF SOMERSET "Linked" Online

427 Homestead Rd., Hillsborough 08844-1400, 908-359-0003, ext. 223. Private, nonprofit agency serving people affected by domestic abuse in Somerset County. Provides emergency shelter to survivors of domestic abuse, adults & children. **Free of charge.** For more information, visit www.resourcecenterofsomerset.org or call 24 hour hotline: 866-685-1122.

RUTGERS MASTER GARDENERS 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.

SOMERSET COUNTY SENIOR WELLNESS CENTER "Linked" Online

202 Mount Airy Rd., Basking Ridge, NJ 07920. Open Monday-Friday 9am-3pm. **All** seniors welcome to participate in all activities. Lunch served daily - reservations required 24 hrs inadvance, 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 from this area. ***Please call to make a reservation for all programs.***

SWIM, INC. "Linked" Online

Provides free aquatic exercise for adults with mobility impairments. State wide organization, with fifteen 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 web-site at www.swim-inc.org

VISITING NURSE ASSOCIATION OF SOMERSET HILLS (VNA) "Linked" Online

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

Adult Day Center of the Visiting Nurse Association of Somerset Hills offers free tours of its facilities Mon-Fri between 10am & 3pm. Please call Maria 908-766-0180 x260. For information about the Day Center, visit www.visitingnurse.org

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

"LINK" YOUR ENTRY TO YOUR WEBSITE – CALL JODY 908-903-1799

CLUBS AND SERVICES

VISITING NURSE ASSOCIATION OF SOMERSET HILLS (VNA) *(CONTINUED)*

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

WARREN LADIES LUNCH GROUP

Networking group for professional women from all industries and sizes. Looking for a diverse cross-section of industries and experiences. Group meets for lunch 1st Wednesday of each month at 12:30pm, Water & Wine Ristorante, 141 Stirling Road, Watchung, 07069. Prix Fixe lunch $25 per person. Please go to Meetup.com and search for Warren Ladies Lunch Group, join and RSVP.

ZUFALL HEALTH CENTER "Linked" Online

71 Fourth St., Somerville, NJ 08876, 908-526-2335. Nonprofit provider of personalized healthcare for women, men & children. Medical & dental services, counseling for victims of sexual assault, cancer screening & educational programs. Visit zufallhealth.org or call for appointment. Se halba Espanol.

Shop for Treasures: **Good As New,** 136 East Main Street, Somerville, NJ. Unique boutique offering gently used clothing for women, men, children & more. Donations welcome Thursdays, 10am-6pm, Fridays, 10am-5pm. Visit www.goodasnewnj.com for more information. All proceeds benefit mission of Zufall Health a nonprofit medical & dental center. Visit www.zufallhealth.org.

LIBRARIES

SCLSNJ BRIDGEWATER LIBRARY BRANCH "Linked" Online

1 Vogt Drive, Bridgewater, NJ 08844, 908-526-4016 www.sclsnj.org Program dates & times subject to change. **All programs FREE.** *Registration required unless otherwise indicated.* Visit website or call library for more information & to register. **NOTE: Bridgewater Library will be closed July 3 & 4 for Independence Day.**

ALL AGES (Kids, Tweens, Teens and Adults):

An Evening with Daria Dragan: June 12, 7:30-9pm. **No registration required.**

Family Movie and a Picnic - *The Book of Life:* June 24, 6:30-8pm. **No registration required.**

Retro Game Day: July 18, 1-4pm. **No registration required.**

Shake, Rattle and Roll: July 20, 10-11 am. **No registration required.**

60s Dance Party: August 3, 10-11am. **No registration required.**

Superhero Super Carnival: August 20, 1-4pm. **No registration required.**

KIDS:

Sing Along: Travel Far, Pay No Fare: (All ages) June 15, 10-11 am. **No registration required.**

A Whale of a Summer Sing Along: (All ages) July 6, 10-11am.

Musical Movie - *Frozen* Sing Along: (All ages) July 13, 10am - 12pm.

Sing Along: Campfire Songs: (All ages) July 27, 10-11am.

Sing Along - Farm Frolics: (All ages) August 10, 10-11am.

Sensory-Friendly Art Class: August 13, (5-12 years) 4:30-5pm, (13-18 years) 5:15-5:45pm.

After School Special - Superhero Transportation: (3-10 years) June 8, 4:30-5:30pm.

Super Lego Club!: (5-12 years) June 25, 4:30-5:30pm.

Drive In Movie - *Tinker Bell and the Legend of the Neverbeast:* (2-8 years) June 27, 10am - 12pm.

Superhero Spectacular Craftacular: (3-6 years) 10-11am, (6-10 years) 11:30 am-12:30pm. June 30 - ***Real Life American Heroes,*** July 7 - ***Hurray for Superheros,*** July 14 - ***Local Heroes: Police Officers,*** July 21 - ***Never Thought Of That! Who Made That!,*** July 28 - ***Local Heroes: Firefighters,*** August 4 - ***Roads and Bridges and Playgrounds oh my!,*** August 11 - ***Take Flight/Sky High.***

Hero of Magic: (4+ years) July 9, 4:30-5:15pm.

Lego Club: (5-12 years) July 23, 4:30-5:30pm.

Eyes on the Wild Presents Nature's Heroes: (Grades K-5) July 25, 10-11am.

Turtle Dance Music - Concert for Little Super Heroes: (4+ years) July 30, 10-11am.

Youth Stages - The Little Red Hen: (3-5 years) August 1, 10-10:30am.

Youth Stages - Anansi and the Moss Covered Rock: (6-9 years) August 1, 11-11:45am.

Picarrillo Sciencetelling Presents - Super Heroes!: (Grades K-5) August 6, 11am - 12pm.

Music and Movement: (Birth-3 years): August 17, 9:45-10:15am **&** 10:30-11am.

TWEEN AND TEEN:

Tween Volunteers: (Grades 4-6) July 8, 22, August 5, 7-8pm.

Tween Advisory Board: (Grades 4-6) June 9, July 7, August 11, 7-8pm.

Everything You Need to Know About the Old SAT, the New SAT, the ACT and So Much More: (Grades 7-12 & parents/caregivers) June 18, 7-8:30pm.

Scratch Camp: (Grades 4-6) June 30, July 1, 2, 7, 8, 1:30-2:30pm.

Teen Advisory Board: (Grades 7-12) June 30, August 26, 7-8pm.

Tween Hero Academy: (Grades 4-6) July 1, 7-8pm.

Be Super - Movie and a Sundae: (Grades 7-12) 6-8:30pm. July 6 - ***Divergent,*** July 20 - ***Mockingjay Part 1***.

Teen Lock In - Hollywood: (Grades 7-12) July 10, 7-10pm.

Melted Crayon Art - Glitter: (Grades 7-12) July 13, 7-8:30pm.

Make It, Take It - Tween Crafts: (Grades 4-6) July 15, 7-8pm.

Stage Fighting and Make Up Magic: (Grades 6-12): July 16, 7-8:30pm.

Teen Advisory Board Meeting: (Grades 7-12) July 21, 7-8pm.

Tween Movie - *Night at the Museum - Secret of the Tomb:* (Grades 4-6) July 29, 6:30-8:15pm.

The Superhero Challenge: (Grades 7-12) August 3, 7-8:30pm.

Tween Lock-In - Literary Legends: (Grades 4-6) August 14, 6-8pm.

College Funding Presentation: (Teens & parents/caregivers) August 17, 7-8:30pm.

End of Summer Teen Party: (Grades 7-12) August 25, 7-8pm.

ADULTS:

Computer Class - Publisher Part 1: June 9, 10-11:30am.

Mastering the Job Interview: June 11, 10am - 12pm.

Computer Class - Genealogy Resources: June 11, 1:30-3pm.

Afternoon Movie - *Selma:* June 16, 2-4pm.

Computer Class - Publisher Part 2: June 17, 10-11:30am.

Computer Class - Intro to Word Part 1: June 19, 1:30-3pm.

Speed Networking for the Small Business Owner and Business Professionals: June 24, 8-10am.

Computer Class - Intermediate Internet: June 24, 1:30-3pm.

Bridge: June 25, 1-3pm.

Friday Night Movie - *American Sniper:* June 26, 7-9pm.

Computer Class - Using Library Online Resources: June 30, 10-11:30am.

SCLSNJ SOMERVILLE LIBRARY BRANCH "Linked" Online

35 West End Ave., 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: Somerville Library will be closed July 3 & 4 for Independence Day.

ALL AGES:

Somerville Library Book Sale Preview: June 17, 6-8pm ($25 entrance fee).

Somerville Library Book & Bake Sale: June 18, 10am - 8pm; June 19, 9:30am - 5:30pm; June 20, 10am - 3pm.

A Visit from Officer Franks from the Somerville Police Department: July 11, 1-2pm.

Meet Amelia Earhart, presented by the American Historical Theatre: August 22, 2:30-3:30pm.

KIDS:

Summer Reader Library Bag: (Grades K-5) June 23, 1-2pm.

Hero of Magic: (4+ years) June 25, 1-2pm.

Evening Stories: (4-6 years) July 6, 13, 20, 27, 6:30-7pm.

Eyes of the Wild Presents Nature's Heroes: (Grades K-5): July 28, 3-4 pm.

Picarrillo Sciencetelling presents - Super Heroes!: (Grades K-5): August 3, 7-7:45pm.

Make Your Own Ice Cream: (Grades K-5): August 11, 2-3pm.

TWEENS AND TEENS:

Teen Advisory Board Meeting: June 5, 12, 19, 26, 6-7pm.

Young Adult Summer Reading Kick-Off: June 30, 6-7pm.

The Hero's Journey: July 7, 14, 21, 28, 4:30-6pm.

Train Like a Ninja Warrior: (Grades 6-12) July 15, 5-6pm.

Somerville Library Comic Con: August 8, all day.

ADULTS:

Friends of the Somerville Library Meeting: June 9, July 14, August 11, 7-8pm.

Journey to Waterloo Village Historic Site, Stanhope, NJ: June 11, 7-8 pm.

Discover Your Somerville's Home History: June 13, 3-4pm.

Delaware & Raritan Canal with Linda Barth: June 20, 2:30-3:30pm.

Jersey Shore History & Facts: June 27, 3-4pm.

Book Discussion - *An American Sniper* by Chris Kyle: July 1, 2:15-3pm.

The Battle of Bound Brook Reenactment: July 9, 6:30-8pm.

1960s Music with John Fitzpatrick: July 16, 7-8pm.

The Last Days of President Lincoln: July 18, 2:30-3pm.

Book Discussion - *To Kill a Mockingbird* by Harper Lee: August 5, 2:15-3 pm.

Strong Southern Women - Heroines Facing the Challenges of War (1861-1865) in Their Own Back Yards: August 29, 2:30-3:30pm.

Afternoon Movie - *Mandela: Long Walk to Freedom:* (For Teens & Adults) July 10, 1:30-4pm.

My Uncle, Sergeant John Basilone, United States Marine Corps: (For Teens & Adults): July 11, 2:30-3:30pm.

Movie in the Afternoon - *To Kill a Mockingbird:* (For Teens & Adults) July 14, 2-4:15pm.

Afternoon Movie - *Lincoln:* (For Teens & Adults) July 17, 1:30-4pm.

Afternoon Movie - *Amazing Grace:* (For Teens & Adults) July 31, 2-4pm.

Life and Times of Ella Fitzgerald: (For Teens & Adults) August 1, 2:30-3:30pm.

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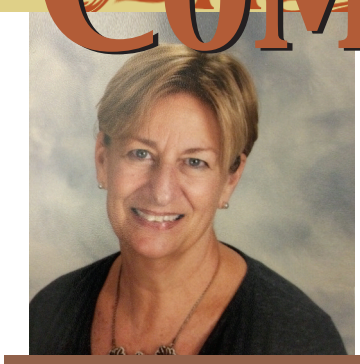

Carol Weiss, Executive Director

794 Route 202
Bridgewater, NJ 08807
908-566-9718

By: Carol Weiss
Executive Director

Enroll your child at **Crème:**

- If you want your child to see learning as fun, rewarding and worthwhile.
- If you want your child to have a balanced, total child learning experience.
- If you want your child to be well prepared for school and to develop an appetite and curiosity for learning. **Crème** is designed to develop the best in your child and provide a long-term advantage at an early age.

Crème has been bringing out the greatness within children since 1980, earning awards for the best daycare centers throughout Colorado, Georgia, Illinois, Kansas, Ohio, Texas, Virginia and New Jersey.

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We have a fun filled summer camp program that runs from mid June through August. Give your child that extra boost they need while at the same time enjoying summer.

On average, all students lose about a month of progress in math skills each summer..." – Harris Cooper Duke University

"While students made similar progress during the school year {some students} had fallen nearly three grade levels behind, and summer was the biggest culprit." – Johns Hopkins University

Will your child begin next year ahead of the curve...or behind it?

Crème's NEW summer camp programs are designed to help participants maintain their momentum and keep learning while they have fun over the summer break.

The programs are designed so parents have the freedom to choose. For example you might want to register your child for two weeks in the Mad Science program, a week in Acting or Dance program, and a week in our Basketball program.

Although the exact programs offered at each **Crème** location will vary, some of our summer programs may include: Somerset Patriots, Somerset County Library, Art Attack, Rizzo's Reptiles, 4H Fair and Bounce U.

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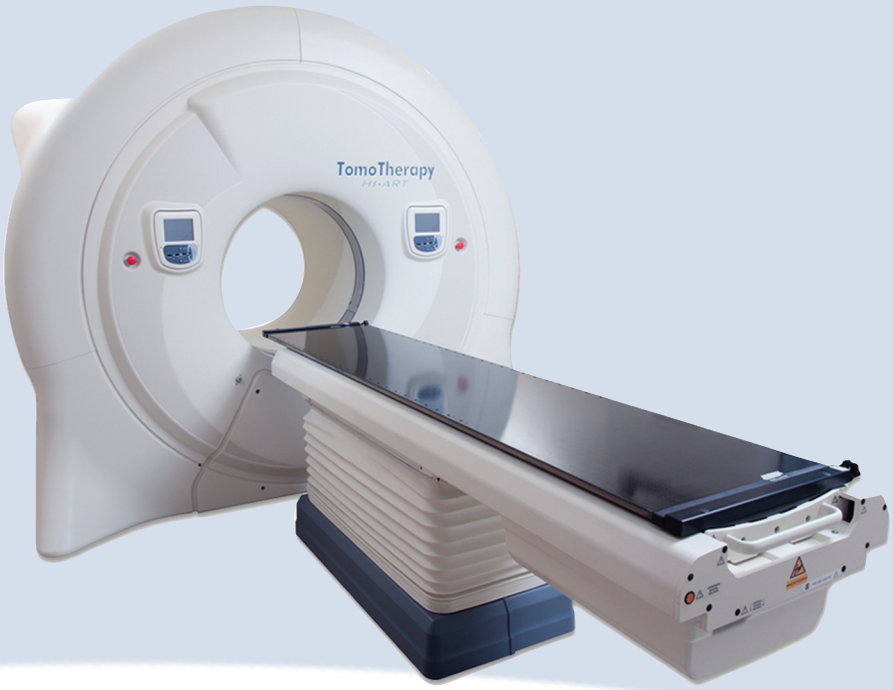

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