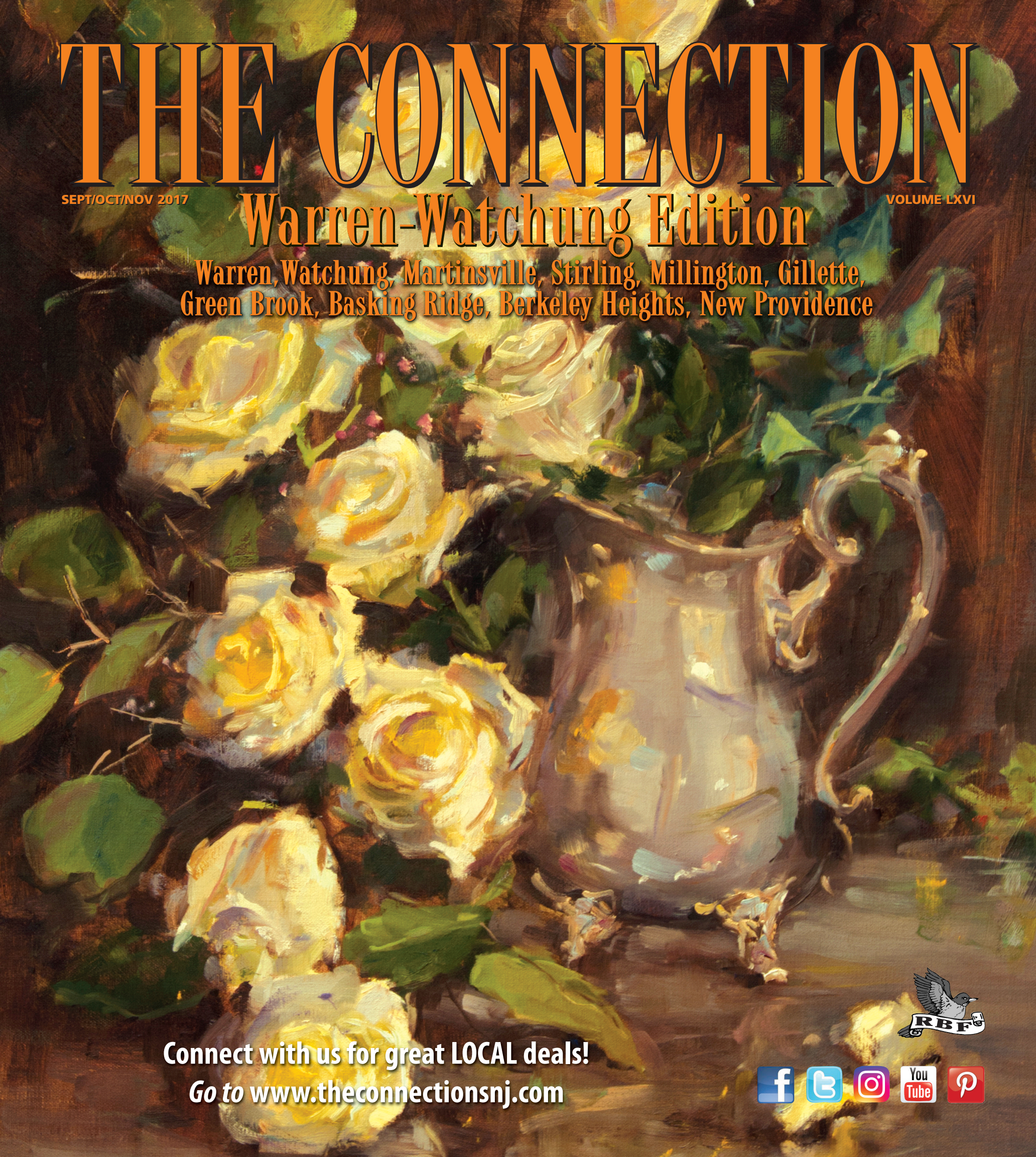
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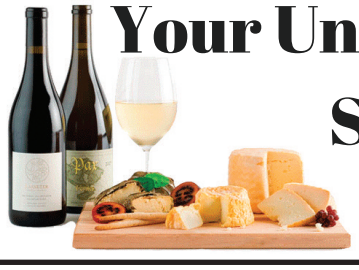
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PUBLISHER
Robin Fand
908-903-1799 • Fax 732-667-8488 • Connectionsnj@gmail.com

OFFICE MANAGER
Anna Petro

PRODUCTION COORDINATORS
Donna Reina, Jody Varvaro

SOCIAL MEDIA/CONNECTORY COORDINATOR
Prachi Jain

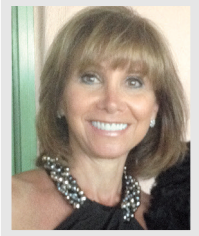
ADVERTISING EXECUTIVES
Patty Herman, Alicia Singman, Pam Zitman

CONTRIBUTING WRITERS
Susan Barbaglia, Sabine Barrett, Rosie Battista, Michelle Cavett, Diane Cawley, Kaylynn Chiarelli-Ebner, Jonathan Dubreuil, Ed Gronske, Carolyn Hanson, Douglas Haymaker, Ph.D., Kate Kleinle, Jeralyn L. Lawrence, Esq., Rebecca Lu, MD, Karl Maloney, DDS, Ellyn Mantell, Fermin Martinez, Ashley Molson, Esq., Michael Osit, Scott Parker, Dan Rosenberg, Amanda Sabo, Rosemary Scoleri, Linda Seigelman, Courtney Stevens, Jill Stolz, Glenn R. Wyder, Jessica Zorn

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PUBLISHER'S MESSAGE



SEPTEMBER, ahh the Autumn leaves, Back to School, back to life after a wonderful summer! Welcome to this fabulous issue full of **NEW and Returning** advertisers, very interesting editorials, Community News and convenient dedicated Sections, which make the magazine easier to read and local merchants simpler to find. Two fall community events worth mentioning are: **5k Run 4 Quaid,** Saturday, October 14 at Watchung Hills Regional High School. This event raises funds to help a local young man, Quaid Mobus, who in 2013 had an accident which changed his life forever. Please read his story on page 100 or to donate to this worthwhile cause! In addition, **Morristown Festival of Books** will celebrate its 4th year connecting best-selling authors with the local reading community. The event takes place on Friday & Saturday October 13-14, 2017. See page 74 for important information.

Highlighted from our business/professional community this issue are: **Shake A Paw Rescue, Mediterranean Tile, The Sundance School, Soo Bahk Do Karate of Gillette, Pro Storage Garage, Sparkle Floors & Carpet, Martinsville Gardens, Morristown Deli, Restro 3 Restaurant, Integrated Speech Pathology, LLC** and **Town Vision Center.** Our talented writers have given us unique insight into these businesses and their respective owners.

Stephanie Amato, formerly of Basking Ridge, adorns our cover with an oil on linen entitled, ***"Trailing Roses."*** Talented artist that she is, Stephanie split her time creatively as a graphic designer while pursuing her first love, painting. Upon moving to Georgia a few years ago she put all her love and devotion into her painting career and has never been happier. She states, "My inspiration for this piece was a silver pitcher, which I had found at an antique store in Georgia. I chose the white/yellow roses to keep the painting in a monochromatic palate so the emphasis would be on the pitcher and reflections on the table. "This painting is currently available through Studio 7 Art Gallery in Bernardsville, NJ, 908-630-9770. Please read Stephanie's impressive bio on page 8.

Look for our FUN contest in this issue: **SPOT THE FAKE!** Somewhere in this issue is a fake ad. Find it and email us at **Spotthefake@theconnectionsnj.com.** Please use the subject line: **FAKE** and include the answer, your name, town and phone number. The Winner will be chosen randomly from a list of those who entered the correct answer and will receive a prize from a local business. Good luck and have fun **SPOTTING THE FAKE! Congratulations to Julianne Arts of New Providence,** winner of the June 2017 **Spot the Fake Contest!**

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Robin Fand, Publisher

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More than 300 people participated in our Spot The Fake Ad Contest in the June issue. Congratulations to everyone who "spotted" *Basket 2 Go!* The winner, selected randomly from a list of all those who entered and provided the correct answer, is Julianne Arts of New Providence. The winner received a gift certificate from Restro 3.

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On The Cover



STEPHANIE AMATO

Stephanie was born and raised on Long Island, NY. She entered the Illustration program at Parson's School of Design in New York City and continued her training at Mason Gross School of the Arts and the Art Students League in Manhattan. During her education, Stephanie also obtained a degree as a Graphic Designer. This has given her the knowledge to create work that is strong in both concept and design.

Stephanie later moved to New Jersey where she established a Graphic Design business, as well as advanced her career as a fine artist. She has participated in many local and national exhibitions, receiving top awards and recognition for her work. She is a Resident Member of the NYC Salmagundi Club, Signature Member of the American Impressionist Society, Signature Member of the Pastel Society of New Jersey, Oil Painters of America, Portrait Society of Atlanta, and the former President of "The New Jersey Society of en Plein Air Painters" 2009-2011.

"I work in the alla prima style painting impressionistic landscapes, seascapes and figurative compositions. My reaction to the scene is what creates the energy and movement I express in the piece."

Stephanie currently resides in Atlanta, Georgia and continues to work both in her studio and outdoors on location.



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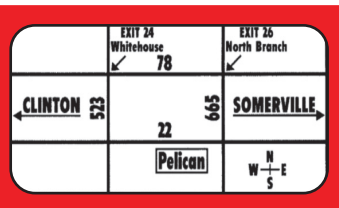
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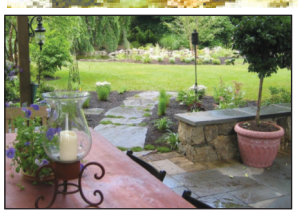
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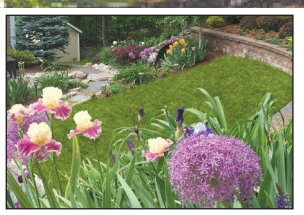
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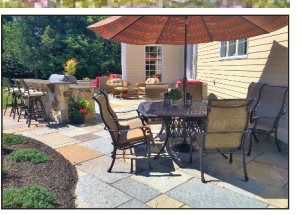




WHAT SETS GREAT LANDSCAPERS APART FROM THE REST

By: Scott Parker, Parker Homescape, LLC





Landscaping is an exciting part of designing your home and, with a great landscaping company, it is easy to beautify your yard and accentuate the look of your property. According to the National Association of Landscape Professionals, most people feel it's important to keep their yards well-maintained. Americans place great value on professional landscaping services – but how do you go about choosing the best one? Not all landscaping services are the same and you want to be sure you are working with a company you can trust to do a great job and that values you as a customer.

UPFRONT AND HONEST PRICING

Every landscape company has a different pricing model. A good landscaping company will account for all known costs and will try to anticipate unexpected ones when estimating the cost of a project. The company should give you an accurate idea of project costs upfront so that there are no surprises at the end of the job. Unprofessional companies may lowball the estimate and then tack on a lot of extra charges for supplies, labor and more at the end. You want to be sure that you are working with a company that is giving you a straightforward price estimate before any work begins.

When comparing landscaping companies, make sure to ask about potential surprises in pricing before signing on to any projects. Companies with a transparent pricing model may seem a little more expensive at first but often produce an end result that is high quality, meets all of your expectations and lasts for a long time.

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Getting professional assistance with your landscaping can help make your ideal vision of your home and garden a reality. The benefits of hiring a good landscaping company far outweigh the money you might save by going with a discounted service. Paying premium prices means you'll be working with a company you can trust and on whose work you can depend. Here are just a few of the advantages of working with a top-tier company:

- **Outstanding results:** Top-notch companies in the landscape industry tend to cost more because they pay more to recruit and hire great employees, have added umbrella insurance to protect their companies, have a staffed book keeper and also spend money to continually train staffing. If a company goes bankrupt due to a liability or poor management/financial wherewithal, you will suffer the consequences with a job that cannot be finished or a warranty that is no longer honored. A successful company with highly skilled employees will allow for a superb finished product.
- **Great customer service:** Quality landscaping companies provide exceptional customer service due to their professionalism. Great leadership generates helpful staff that will be happy to offer you assistance and information throughout the landscaping process.
- **Trustworthiness:** Choosing a landscaper with a strong reputation means you'll be working with someone you can trust. This extends all the way from offering straightforward pricing before the job begins to taking painstaking efforts to complete the job the exact way that you envisioned. Quality landscapers will be bonded and fully insured, so you won't have to worry about any potential liability during your project.

When choosing a professional landscaper, remember that companies vary widely in both expertise and approach. Look for a trusted, skilled landscaping company that will treat you with respect and be honest with you about its pricing model. You will be glad you opted for a premium company when you see the results!

Scott Parker is the owner of Parker Homescape, one of the top landscape design/build firms in the United States that has also been recognizes locally by Design NJ Magazine and New York Spaces Magazine for their award winning work. The firm's work was chosen in 2012 to be published in a book that is currently being distributed worldwide. Additionally, Parker Homescape has been a four time recipient of the prestigious "Best of Houzz" award.

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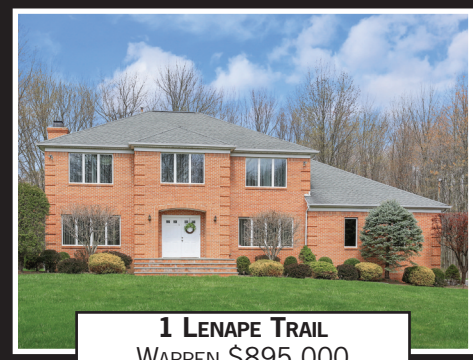
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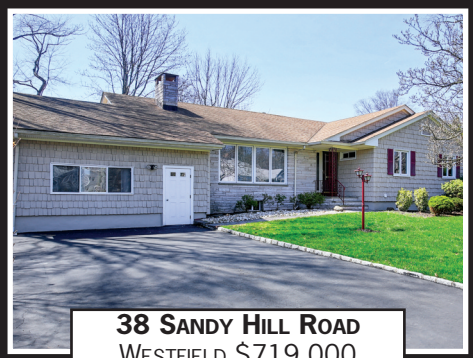
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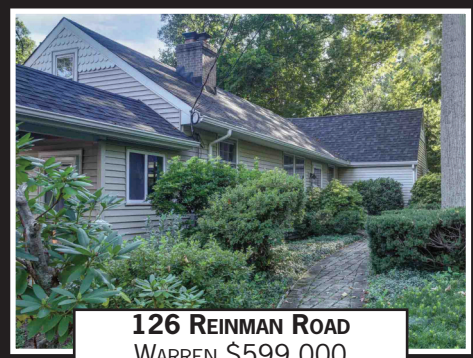
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By: Amanda Sabo & Jonathan Dubreuil

Shake A Paw has been busy fighting the stigma of the deeply tarnished reputation of the term "pet store." According to the Pet Protection Act, which took effect a little over a year ago, it is illegal for NJ pet stores to purchase puppies from unlicensed, unregulated, large scale breeders, which are often referred to as "puppy mills." Every single puppy that walks through our doors has to come from a USDA licensed breeder with zero direct violations. When you take the previously mentioned into account, this makes NJ pet stores the most regulated sources to purchase a puppy in the nation, and has fortunately led to the elimination of irresponsible pet stores.

Unlike any other "pet store," **Shake A Paw** also houses its own rescues inside of our two stores in Green Brook and Union. We have always welcomed our own dogs back, but now we also take in overflow from high kill shelters and customer surrenders. Our rescue & adoption center is a registered 501(c)3 non-profit organization, but most importantly we are a no-kill shelter. Our adoptions typically vary in age from 8 weeks to 14 years, and they all have a home with us until they are adopted.

As a team, we make sure all of our pups and dogs receive the best care. Family owned and operated for the past 25 years, **Shake A Paw** specializes in protecting and preserving the unique qualities of purebred dogs, as well as providing shelter for surrendered and rescued pups. Whether it's a non-shedding, kid-friendly purebred pup to accommodate a customer's allergies and small children, or a family looking to give one of our adoptions a second chance, our unique facility presents customers with many different options of dog ownership.

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By: Sabine Barrett, Fashion Stylist/FIT (Fashion Institute of Technology)

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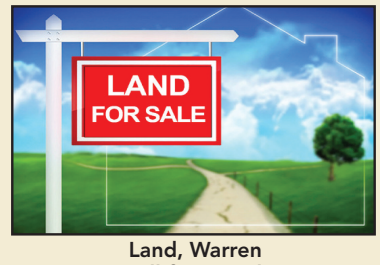
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By: Glenn R. Wyder,
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Opening a new business literally months before the start of the recession may have been deemed by some to be a mistake but little did we know how embracing and supportive the local people were of businesses in town. Today about 80% of our business comes from a 5-7 mile radius of the center of Bernardsville! Thank you to all of you who have been our loyal clients since day one and to those of you who have recently discovered our vast array of materials, our talented design staff, and merchandising that you just don't see in highway and big box stores!

Our Bernardsville location has gone through significant changes since 2007. We have seen design trends go from relatively traditional to a more clean line transitional look. We have seen color go from dark gold, green, and red to white and gray and now to splashes of brilliant color. Our display vignettes have transitioned from predominantly stone tile and mosaics to cleaner limestones and porcelains intermingled with beautiful water jet cut stone, glass, and metal. **Medtile** was in on the ground floor of the onset of concrete tiles, displaying the unique, bold, colorful, designs long before they were so prevalent on just about every DIY & Design social media site!

Medtile clients have come to appreciate and expect cutting edge, state of the art materials, creative merchandising, and superior design consultation and customer service. What they have found is that we deliver all of the above with pride and joy. It has been an honor to be of service to all of you for the past 10 years and we very much look forward to continuing to deliver extraordinary service into the future. Thank you from the bottom of our hearts for your loyalty and support!

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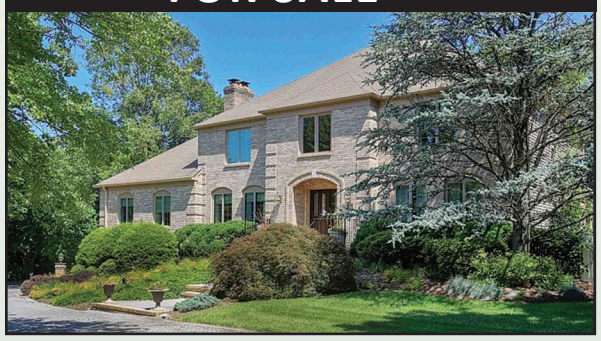
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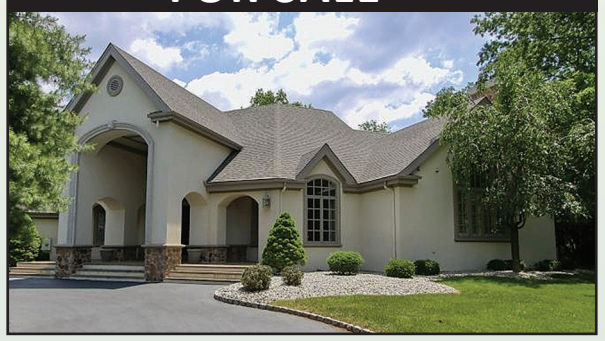
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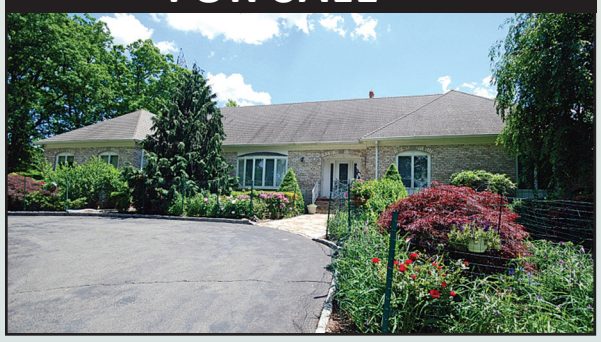
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Jeralyn L. Lawrence, Matrimonial & Family Law Attorney

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

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

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

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

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LAWYER'S VIEW





A LOOK INTO THE LEGISLATIVE IMPACT ON FAMILY LAW

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

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

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

Practitioners of divorce and family law still grapple with the recent legislative changes to the alimony laws. The legislature saw fit to move a bill instituting changes to alimony, and in 2014, the governor signed the bill into law. Since that time, alimony payers and recipients have been analyzing the law and how it impacts their individual circumstances. The new law deals with the length of time alimony is paid as well as changes in circumstances that are used to modify alimony. It is an important statute that is being interpreted and, unfortunately, misinterpreted, daily.

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

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



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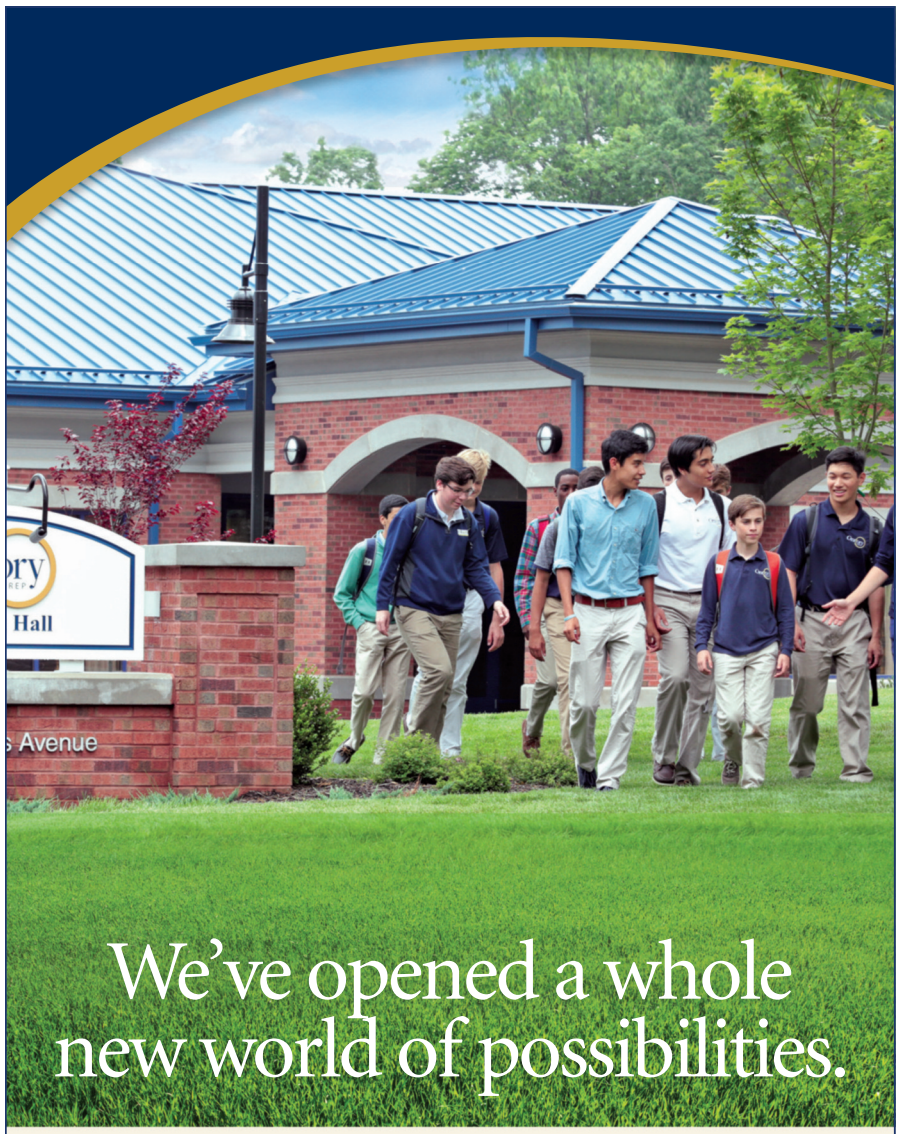
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The **Sundance** calendar is theme based. Each year is a different theme – four to be exact; This Land is your Land, The Earth is Good to Me, It's a Small World, and Everything Under the Sun! Through team teaching and a healthy dose of creativity we weave the theme of the year into every aspect of the curriculum. The culmination of this theme based learning is the students participation in "The Happening." The Happening is a school wide, interactive, multi-sensory experience that brings the classroom learning to life. "To see the wonder in the eyes of the children as they see, hear, smell, feel and even taste a new world come to life through active use of their imaginations is truly a commitment of time and resources well worth the effort," states Cynthia McManigal, Fine Arts Program Director.

S.T.E.A.M. education at **Sundance** expands students' academic endeavors and bodies of knowledge by assuring the arts and sciences are an integral part of the educational process. The Lower School program offers students daily classes in creative movement, art, gym, and music. Subject/Field Experts teach classes in Science, Math, Language Arts Readiness and Spanish as well as Violin, Mandarin, Visual Arts, and Dramatic Instruction, when the students advance to our Primary and Upper Schools. After graduation, students transition successfully into the top independent area schools with competitive test scores and achievements. The **Sundance** Summer Spectacular Camps allow students and alumni to continue their **Sundance** Experience from June through August.

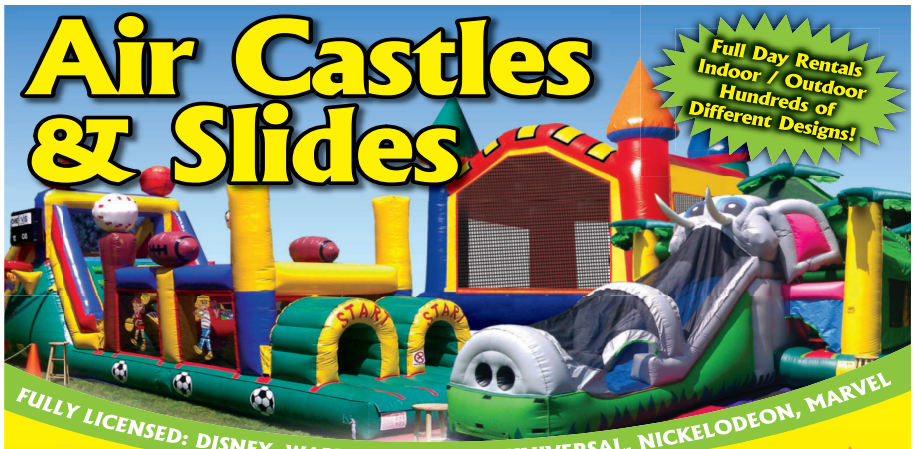
Proud **Sundance** Dad, David Greenberg says, "This school has changed my family's life. My 3 children are so happy going here every day. They come home so happy and can't wait to share what they've learned. The educational philosophy puts children first and teaches them in a fun and interesting way. The teachers are very aware of your child's learning style and because of the small class sizes, are able to cater to each child. If I could give **Sundance** a million stars, I would!"

"**Sundance** is a warm and welcoming place that is filled with love." says Creative and Performing Director, Joann Merrigan. "To our teachers, staff, students, families, and alumni… **Sundance** is home"

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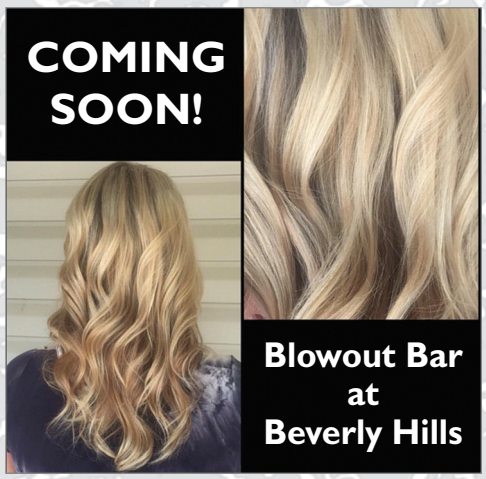
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Family Adventures



INDOOR ADVENTURER: UNDER THE WORLD TRADE CENTER

By: Jill Stolz

As the weather begins to turn towards colder temperatures, it's nice to have some indoor options to explore. One of them could be a trip to the Westfield Mall World Trade Center and Brookfield Place. Simply take the train or drive to Hoboken and take either the PATH train or the ferry to the state-of-the-art World Trade Center Hub, completed in 2016. Designed by an internationally acclaimed architect, the 800,000-square-foot, ultra-modern and sleek transportation center is a design spectacle for the 250,000 daily commuters and millions of annual visitors from around the world.



The centerpiece of the World Trade Center Transportation Hub is the Oculus, 78,000 square feet of retail and dining, with additional retail and dining on multi-level concourses. This is the Westfield World Trade Center, filled with high end retailers as well as more typical mall stores. A random sample of the range of retailers includes: The Apple Store, Buttercup Bake Shop, Cole Haan, Dior Beauty, Dylan's Candy Bar, Eataly, Forever 21 and Forever Flawless, H & M, Joe Coffee, Kiehl's, Lacoste, L.K. Bennett, Lobster Press, Mrs. Blooms, Neuhaus Belgian Chocolate, Pressed Juicery, Roberto Coin, Sam Edelman, Shake Shack, Stuart Weitzman, Sugarfina, Under Armour and Ugg Australia. Not the Metropolitan Museum but fun, right?

Adjacent to the WTC is Brookfield Place (just a six-minute walk), also filled with luxury retailers as well as more affordable brands.Here you will find hip baby and children's clothing, luxury clothing for men and women, luxury leather goods, athletic wear, jewelry, bath and body brands, and eyewear. With multiple powerhouse businesses and a sprawling downtown housing boom, it is not surprising that Brookfield Place also has an Equinox Gym, Saks Fifth Avenue and Drybar for those last-minute blowouts. Le District, an upscale food court, has abundant choices, including: Black Seed Bagel, Blue Ribbon Sushi, Chop't, Del Frisco's Grill, Mighty Quinn's Barbeque, Parm, Skinny Pizza, Sprinkles, and Umami Burger.

Enjoy outdoor concerts in the warmer weather and ice skating in the colder months, or just watch the boats float past the Statue of Liberty in the harbor. On a nice day, take a walk along the Battery Park promenade where the views are priceless. Before you know it, it's time to catch the ferry or the PATH back to New Jersey.

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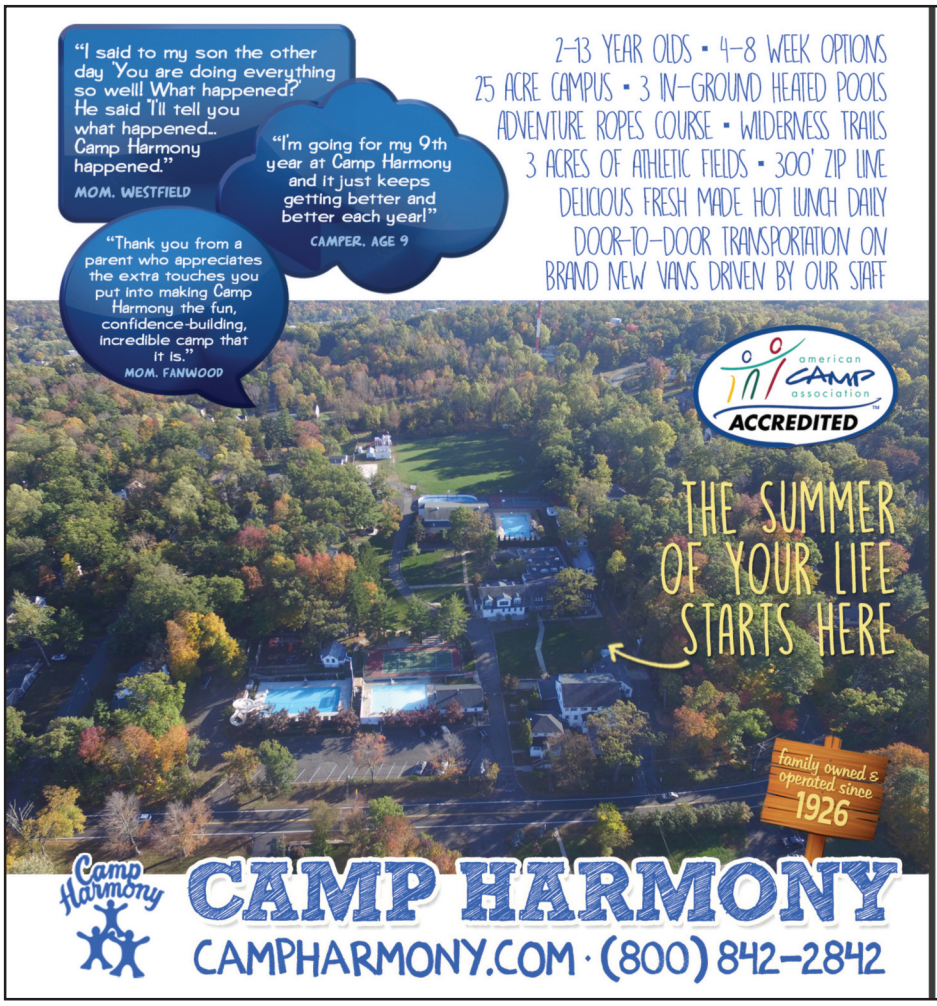
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SOO BAHK DO KARATE OF GILLETTE

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www.karate4peace.com

By: Michelle Cavett, Program Director

Michelle Cavett

Patience. Concentration. Perseverance. Courtesy. Respect. Confidence. These are not just words, but a basis for a code of conduct that supports our humanity and our interactions in society. Imparting these values to our children in today's world is no easy task, considering such socially detrimental actions employed by cyber-bullies, haters, and trolls. Children are vulnerable and impressionable, and many follow the crowd so as not to stand out or be ostracized--the "go along to get along" dynamic. **Soo Bahk Do Karate of Gillette** has made it our mission since 1982 to improve basic desirable human attributes, cultivating leaders who are able to apply self-discipline and act independently to follow what they know, and have been taught, is right – not following along because "everybody else is doing it." Our students develop the habits of paying close attention and trusting practice to build skills in all areas to lead a productive and successful life. Take concentration – many times, when addressed, children may not respond appropriately or behave respectfully. They don't look at their parents or teachers, or must be spoken to many times before reacting properly. By practice and repetition, courteous responses such as looking and listening are encouraged and developed.

Martial Arts, like all art – painting, music, dance, etc., is a discipline. Karate students learn to understand delayed gratification, and the satisfaction of a job well done. They learn perseverance and endurance – not just giving up when things get difficult. New endeavors are usually begun with great enthusiasm, however, when we come to understand that discipline and repetition will be necessary in order to succeed, quitting may seem the more desirable option. At **Soo Bahk Do Karate of Gillette,** students and their families are encouraged, step by step, to recognize and appreciate the results and benefits of perseverance.

Encouraging a healthy life-style is also a part of our mission. **Soo Bahk Do** includes great exercise, stretching, and deep breathing. Additionally, our studio space is toxin and chemical-free.

Over the past 35 years we have been privileged to teach thousands of students not just kicking and punching, but attributes that help them throughout their entire lives. It is not uncommon for former students that trained and practiced here many years ago as children to now bring their own children and grandchildren in to learn these valuable skills. Our youngest student is 3 and our oldest is 71. Visit our website at www.karate4peace.com or give me a call at 908-647-4194 for more information on how our karate programs can benefit you and your children.

Michelle Cavett is an Internationally Certified Instructor in the martial art of Soo Bahk Do Moo Du Kwan. She is a 3rd degree blackbelt and has trained under Certified Master Instructor and 7th degree blackbelt Linda Morey since 2000.

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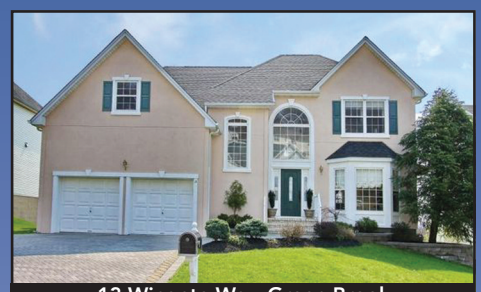


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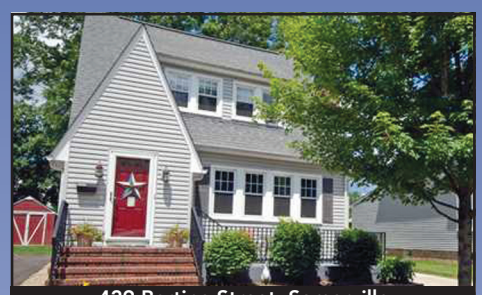
– Featured Listings –


121 Branch Road, Bridgewater
$449,900 Martin Abramson


787 Petron Place, Bridgewater
$949,000 Martin Abramson


13 Wingate Way, Green Brook
$699,999 Vasu Desu

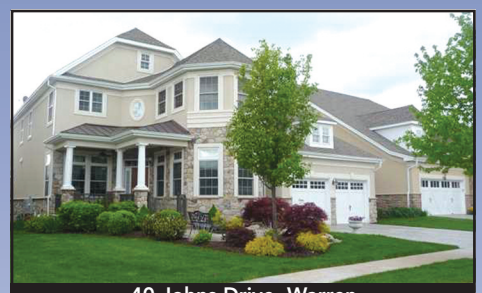

5 Ridge Road, Green Brook
$998,000 Martin Abramson

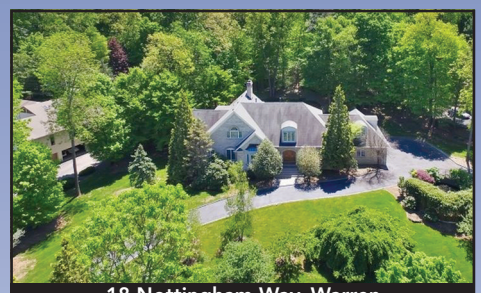

429 Bartine Street, Somerville
$315,000 Lauren Molinaro

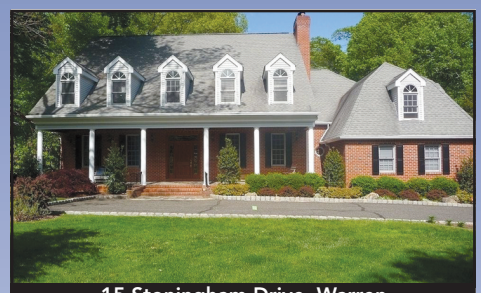

44 Mitchell Avenue, Warren
$339,900 Martin Abramson


83 Hillcrest Road, Warren
$475,000 Cherie Berger

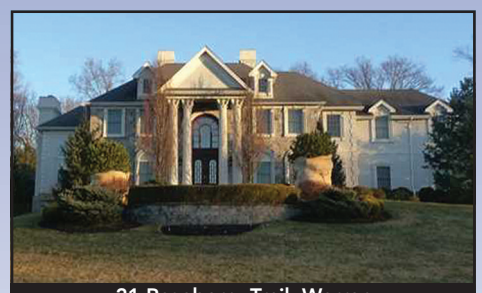

7 Guinard Drive, Warren
$659,000 Cherie Berger


40 Johns Drive, Warren
$1,145,000 Cherie Berger

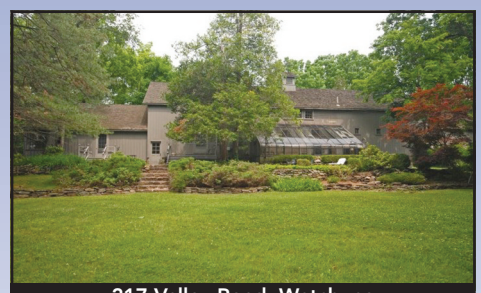

18 Nottingham Way, Warren
$1,150,000 Cherie Berger


15 Stoningham Drive, Warren
$1,150,000 Cherie Berger


3 Krausche Road, Warren
$1,150,000 Sara Matos


21 Raspberry Trail, Warren
$1,835,000 Cherie Berger


10 Stratford Court, Warren
$1,995,000 Cherie Berger


217 Valley Road, Watchung
$550,000 Susan Tucker


45 Dug Way, Watchung
$799,999 Sara Matos

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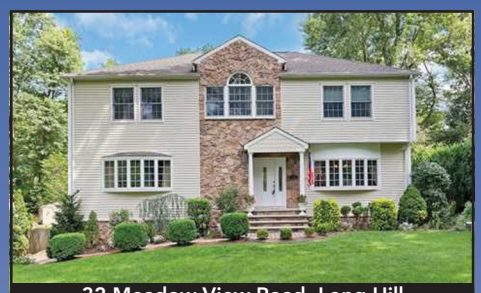
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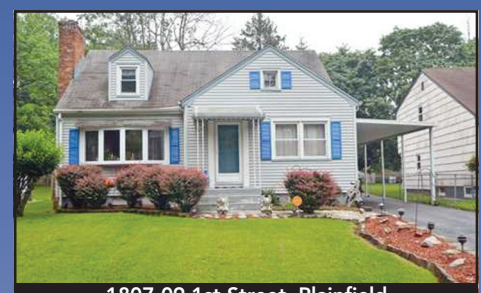
123 Lupine Way, Long Hill
$510,000 Karole Lewis



32 Meadow View Road, Long Hill
$739,000 Cherie Berger



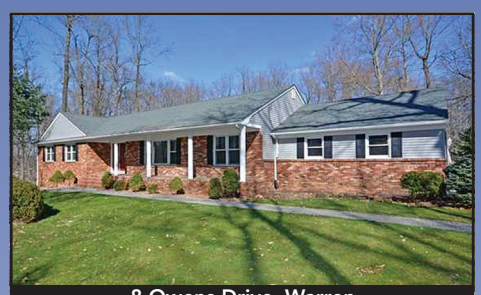
1015 Kenyon Avenue, Plainfield
$229,900 Howard Spencer



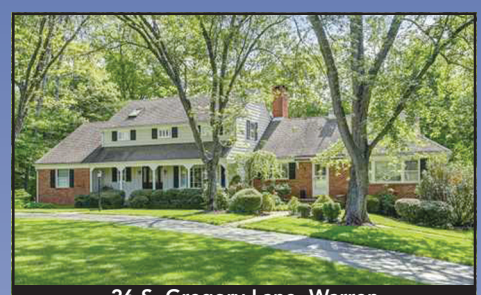
1807-09 1st Street, Plainfield
$270,000 Michelle Waugh



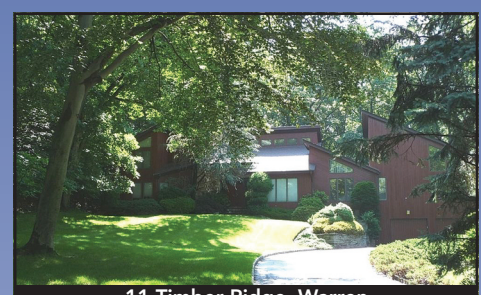
6 Angus Lane, Warren
$699,000 Maria Fornell



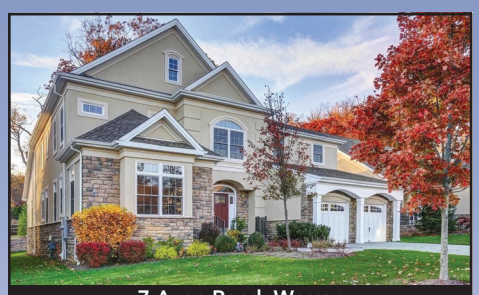
8 Owens Drive, Warren
$800,000 Lenore Cacchio



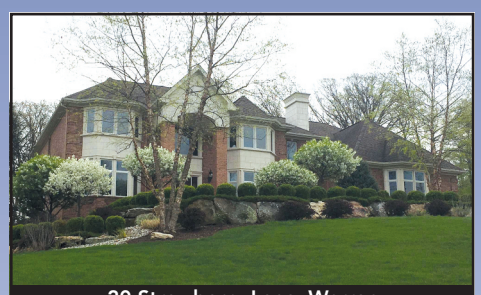
26 S. Gregory Lane, Warren
$819,000 Cherie Berger



11 Timber Ridge, Warren
$935,000 Cherie Berger



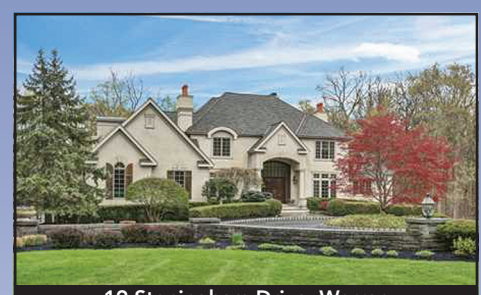
7 Avon Road, Warren
$1,475,000 Cherie Berger



20 Strawberry Lane, Warren
$1,550,000 Cherie Berger



14 Kensington Court, Warren
$1,695,000 Cherie Berger



19 Stoningham Drive, Warren
$1,788,000 Cherie Berger



311 High Tor Drive, Watchung
$875,000 Cherie Berger



25 Kristy Lane, Watchung
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241 Johnston Drive, Watchung
$1,785,000 Susan Tucker



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LOIS DARLING
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My passion for interior design has been a lifelong love affair. I love working with my clients and pride myself on instinctively recognizing their individual style. I strive for a look that is enduring, stylish, and most important comfortable. When I design a room I want it to be timeless, not trendy.

I have over 30 years of design experience. I am committed to always researching, traveling and finding the most current and up to date resources for every design project, big or small. The greatest compliment a client ever gave me was,..."You made my house a home."

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HOME IMPROVEMENT

PLAN TO PLAN...WHEN PAYING FOR SERVICES MAKES SENSE.

By: Ed Gronske, Homefront Design Studio

I'm often asked why we charge design fees when so many of our competitors do designs for free.

I usually ask those customers if their goal is to get competitive prices for their renovation, to which they usually reply yes.

My next question to them is why would they want to invest so much of their time with two or three companies, establishing that same plan? You see most free design providers don't allow customers to walk out of the showroom with any sort of plan that has valuable information they could share with the competition. And really why should those companies share – they did the work for free!

So we have to ask ourselves do we seriously think someone who's doing design work for free really has their heart in the design or are they really hoping for the sale, the profit?

Establishing a plan is the most important aspect of your design. It becomes the definitive outline that you can then take, get competitive prices and at the same time have a document whereby everyone is pricing from the same guidelines; an apples to apples price comparison.

Sure it's fairly easy to price the cabinets and counters but if you are moving things around you need to know those costs as well. Demolition, plumbing, electric, windows, doorways, lighting… and much more, depending on the complexity of your project.

You could argue there's no reason for a plan when you just want to remove and replace items without any changes to the existing footprint, but is your space really the best it could be? Maybe not and that is yet another reason why a designer can help by developing a plan, along with your input.

So let me leave you with this. If you decided to move things along on your renovation without a plan, have a well-documented written outline of what you do want to do. Share that with the parties that will be bidding on the project. When reviewing the bids make sure what you have asked for is included. Be sure to ask if anything you have excluded needs to be included. Be sure you understand what's included by our contractor…and what's excluded and if that's not written in an estimate, ask. Because often times the things that are left out will end up costing more as a change order than it would have as part of the estimate.

Feel free to contact Homefront Design Studio for your design project.

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By: Kaylynn Chiarelli-Ebner

Vehicle Storage Facility Combines Location, Security, and Trust

Whether it's an inherited 1950s Ford Thunderbird, a much-loved Harley-Davidson motorcycle, or a luxury Ferrari convertible, many enthusiasts consider their vehicle to be practically a member of the family. For this reason, choosing an appropriate vehicle storage facility can be stressful and overwhelming. What are the most important factors to consider when making this decision?

According to the experts at **Pro Storage** – a vehicle storage facility located in Plainfield – location is key. The **Pro Storage Garage** is centrally located in downtown Plainfield directly across from the NJ Transit's Plainfield train station. Because the storage facility is just a stone's throw from the Raritan Valley line station, clients don't need a second driver to assist with vehicle drop-offs and pick-ups. Clients can simply hop off the train, take their vehicle for a drive, and then ride the train home after returning their "baby."

With trust a top priority for any vehicle owner looking for storage space, it is important that **Pro Storage** is managed by car enthusiast Richard Margolis, who cares for every stored vehicle as if it were his own. Margolis insists that security and safety are top priorities at the **Pro Storage Garage.** Monitored with security cameras 24 hours a day/seven days a week, the heated storage facility is equipped with a sprinkler system as well as carbon monoxide and smoke detectors for safety. Storage areas also can accommodate trickle chargers for batteries.

Last, **Pro Storage** feels it is important to keep rates very reasonable, which can be arranged in contracts that last a month, a season, a year, or longer. With low rates and flexible terms available, **Pro Storage** is also perfect for families and individuals that want to store a vehicle away from home because they are traveling or need a little extra space in the garage.

For all the aforementioned reasons – location, trust, expertise, safety, security, and reasonable rates – **Pro Storage** has become the vehicle storage facility of choice for car clubs as well as individuals with large motorcycle or car collections.

Pro Storage is located at 310 Park Avenue in Plainfield, just minutes from Route 22, three miles from Route 78 (Exit 40), and five miles from Route 287 (Exit 5). To make an appointment to tour the storage center, contact sales@ProStorageNJ.com.

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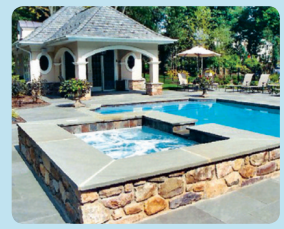
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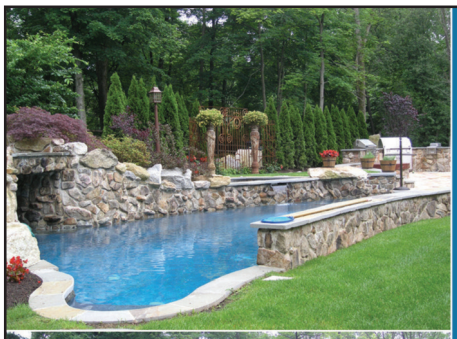
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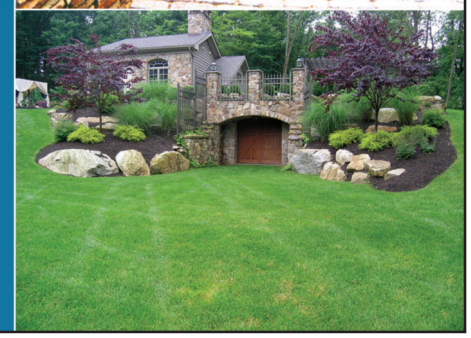
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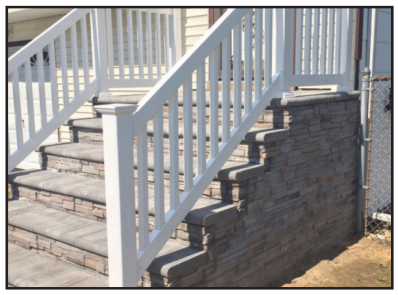






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SPARKLE FLOORS & CARPET

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By: Fermin Martinez

Has the time come for a new look and redesign of your home? Starting from the ground up, the most important aspect of a home's atmosphere and living space are the floors. Installing hardwood floors, new carpeting, or even laminating your floors can work miracles in changing the quality of your home while also adding value.

Sparkle Floors and Carpet is a family owned and operated business serving New Jersey for more than twenty years. In that time they've built an amazing reputation as the most trusted and reliable source for professionally refinished floors and hardwood installations.

Hardwood floors are durable, beautiful pieces that owing to their strength can remain looking new for decades. **Sparkle Floors and Carpet's** showroom provides an attractive and large selection of various flooring products and carpets. Stop by to check out the different ways you can achieve your dream home with an assortment of flooring patterns and configurations. It's easy to find the right match for any home with the guidance of their experienced and friendly staff. With their state of the art equipment and expertise, **Sparkle Floors and Carpet** can meet any homeowner's needs.

Sparkle Floors and Carpet is not limited to just installing hardwood, however. Their goal is to provide you with the home flooring you need. That's why they offer laminate flooring which allows you to get the look and feel of domestic hardwood or even an exotic hardwood depending on your budget.

When it comes to luxury and quality there is no compromise to be found in vinyl flooring – the perfect match for basements, foyers, family rooms and any area that demands both durability and water resistance. These beautiful floors offer the same depth and quality of slate, ceramic tile, and other fine materials in a variety of patterns if that is the style you are trying to accomplish.

But maybe what you need isn't a hardwood or vinyl floor. For many, carpet can provide warmth and acoustic value to any room. "What color carpet would match your furniture and room? Will this be a high traffic area? What about my pets?" The experts at **Sparkle Floors and Carpet** are there to help you brainstorm and find the right carpeting for your home. After two decades in this business they have a proven track record of satisfied customers and continuous referrals because they take pride in their work.

There are many well know reasons to remodel or replace your floors. But what is even more obvious and simple is that **Sparkle Floors and Carpet** is the company to do it. No one else offers such a variety while ensuring quality and a meticulous, personal touch. They've established their legendary reputation that keeps customers coming back. When interviewed, long time customers have put it plainly, "They are owner operated, friendly, neat and professional, their prices are always competitive and they have a 100% satisfaction you can count on." People love **Sparkle Floors and Carpet** on YELP!

Visit **Sparkle Floors and Carpet's** showroom at 451 Park Ave, Scotch Plains, NJ 07076 or give them a call at 908-464-2653!



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LAWYER'S VIEW

MANAGE CLIENTS' EXPECTATIONS

By: Ashley Molson, Attorney at Law, CYT, Executive Coach
Molson Law Firm



Ever feel like you missed someone's email and they got so upset you imagined they were pulling at their hair and steaming out their ears? Ever get the guilty feeling in your stomach when you don't check your email every 20 minutes?

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"Thank you for your email. It has been received and is comfortably resting in our inbox. We check our inbox throughout the day Monday - Friday and we promise we will respond to you within 24 hours.

Have a blissful day.

Almost everything will work again if you just unplug it for a few minutes, including you.? - Anne Lamott"

Who knew something as simple as this automatic reply could cause such rippling effects on people in my community.

This is a permanent automatic reply that I set on my business email. Anyone who sends me an email will receive this message.

Friends, clients and colleagues reach out to tell me that when they receive this message, no matter how many times, it inspires them to breath, relax and feel confident that their email is truly in my inbox and I have the intention to read it and respond.

We talk about emails like they're simply THINGS to manage, but one day it hit me… I can use email to have a meaningful experience with people and as a means of managing their expectations, too.

Because I'm an attorney, when clients email me it's a matter of deep concern. It's important for me to show them that I recognize this and for them to feel secure that I will respond to them. We all know what it feels like to send an email, that needs a response, where days go by with no word in return.

Recently, I was working on a real estate transaction where I had to email and call the seller's lawyer 3 times just to confirm they received my email. My client was very concerned and worried and I had to spend extra time to ease my client's nerves until we heard back.

I never want my clients or colleagues to feel this way when they work with me. So, I started figuring out how I could manage this.

I could just set my intention to answer all emails within 24 hours, but Because I'm a yoga instructor AND a lawyer, I understand stress and how important it is to manage it. I want my clients and colleagues to feel patient and to take a few moments to breath, especially at intermittent times during the work day, so what better way than to draft an automatic reply email that lets them know I will respond within 24 hours and evokes a sense of comfort, ease, and security.

When your clients or colleagues email you, it isn't just to unnecessarily fill your inbox. It could be a plea for help, or clarification. Their email could also be packed with excitement, ideas and plans that could possibly shape your future.



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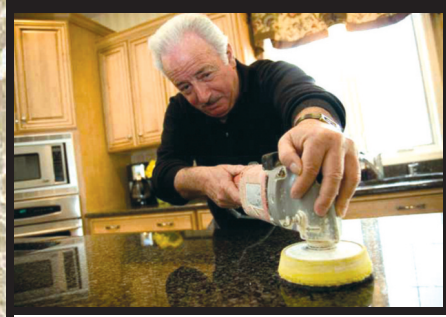
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CREATIVE CORNER

TASSELS GALORE

By: Carolyn Hanson

Tassels are everywhere…on the runway, on purses, on curtains, on pillows, on jewelry and key chains. They can be made from yarn, thread, beads, feathers, leather, ribbon, etc. They are relatively easy to make. The key is to make them thick. Length is up to you. Long or short. Tassels use a lot of fiber, so purchase an extra skein just for this purpose.



Until recently, I had only made tassels from yarn, then, I saw these long beaded necklaces with silk tassels and had to try. Surprisingly, they were just as easy to make with thread as with yarn. For the gray strand, I added the tassels to the existing strand of hematite beads. For the coral strand, the beads were strung for the necklace and the bead extensions for the tassels.



Materials

- Silk Thread (1 spool) – for a fine rich look to decorate jewelry; yarn - for thick full look on pillows or afghans (1 skein); etc
- Heavy cardboard, book, ruler, anything that is stiff and the size of the finished length
- Scissors
- Thin crochet hook or sewing needle with eye large enough for yarn or thread

1. Decide on the finished length. [Silk tassels are 2" and 2.5" long]
2. Cut cardboard slightly longer than the finished length and a few inches wide for thread (4'-5" for yarn)
3. Cut 2 12" pieces of thread/yarn. One will be used for attaching the tassel to your chosen project and the other will be used to wrap around all the strands to form the tassel.
4. Starting at the bottom begin wrapping the yarn vertically around the cardboard. The more wraps, the thicker the tassel. [Note: If using silk thread, wrap 200-300 times; one time completely around is one wrap. For yarn, try not to stretch while wrapping to avoid the tassel from shrinking once removed from the cardboard. I like thick tassels, the thickness of the yarn will determine the # of wraps. Count as you go so that all tassels for the project use the same # of wraps.
5. Once the tassel is the desired thickness, finish on the same end where the wraps started and cut the yarn. Take the 12" piece cut earlier and slide it under all thicknesses as the top of the tassel and tie a knot.
6. Now cut through all thicknesses at the opposite end (bottom) and remove the cardboard. The 12" yarn is now tied around the top center of the cut lengths.
7. Fold the tassel in half so the 12" tied piece is at the top. Now take the remaining 12" length and wrap it tightly around all loose threads slightly below the connector thread leaving enough yarn exposed on both ends to tie a knot.
8. To hide the knot, use the crochet hook or thread the sewing needle with both loose ends and pull it down into the center of the tassel.
9. Trim all ends to the same length. That's it!

There are so many fun and easy ways to make tassels. I found a few on YouTube that I plan to try. They use DMC embroidery floss. There is no need to wrap or even remove the labels. Think of it as a tassel that's already premeasured! https://www.youtube.com/watch?v=l4oekPDLbck - DIY Tutorial How to Make a Tassel - Tassels Tassle Tassles Borlas - Easy Simple

For variations, use a ring at the top of the tassel instead of the string. This can then be easily added to jewelry or a key chain, etc. Choose a ring that fits the size of your project. Add a lobster claw to clip to your purse, or ear wires for earrings.

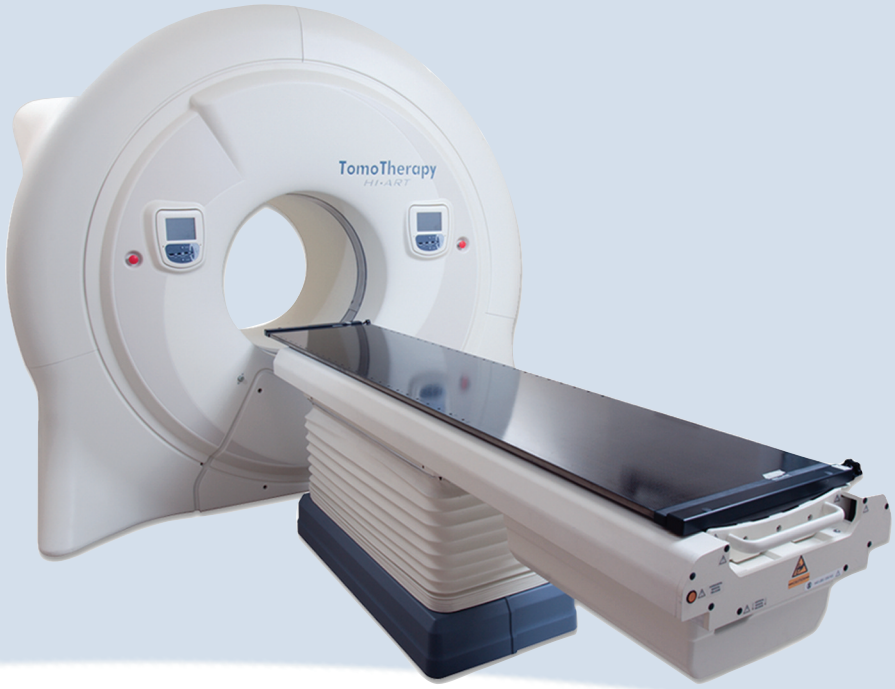
Add some fun to any project. Enjoy.

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

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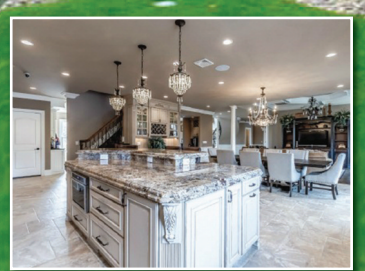
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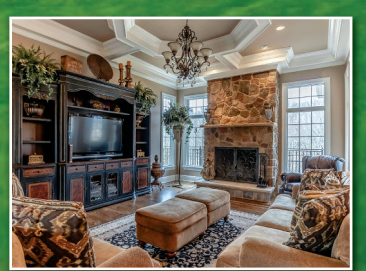


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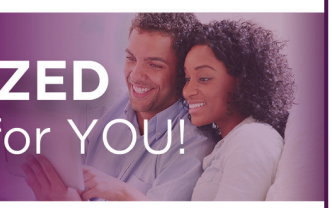
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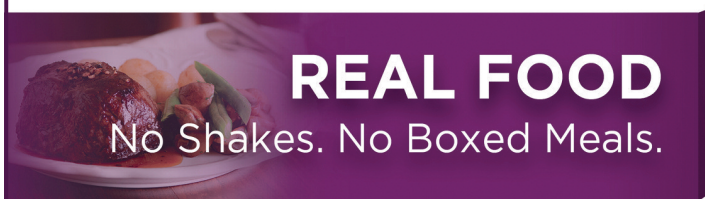


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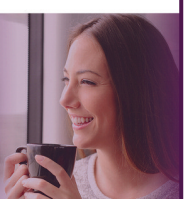
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FALL BACK INTO HEALTHY HAIR

By: Courtney Stevens & Jessica Zorn

This fall, **Fiorilli Hair Design** is introducing two restorative treatments to get you back into healthy, lustrous hair.

FOR COLOR TREATED HAIR:

Redken pH Bonder – Protects hair from damage by chemical services from the inside out. Using a three-step process, we add the nourishing pH Bonder solution to the color mixture to protect hair and keep it strong during the chemical dying process. That is followed up with a fiber restoring concentrate to restore the hair fiber and smooth the hair's cuticle for improved strength, shine, and softness. Clients can also use the Post Service Protector at home to help maintain their hair's natural pH and help prolong the effects of the pH Bonder service.

FOR HEAT STYLED AND COLOR TREATED HAIR:

Redken Heatcure: A heat-activated protein delivery system, this intense reparative service uses a specialized Heatcure iron to liquefy the ingredients allowing them to penetrate the cortex of the hair. This instantly restores hair to a healthy, vibrant look and feel for up to 10 washes. To make the most of this service, clients can continue nourishing their hair at home with the Heatcure Self-Heating Mask, a luxurious at-home hot oil treatment.

For those with frizzy, heat damaged, or chemically treated hair, these new services can be combined to create the Bondcure Professional treatment. A unique hair restoration service experienced in the salon. Bondcure Professional treatment combines the protective power of the pH-Bonder with the restorative power of the Heatcure to give you the healthier hair with every salon visit.

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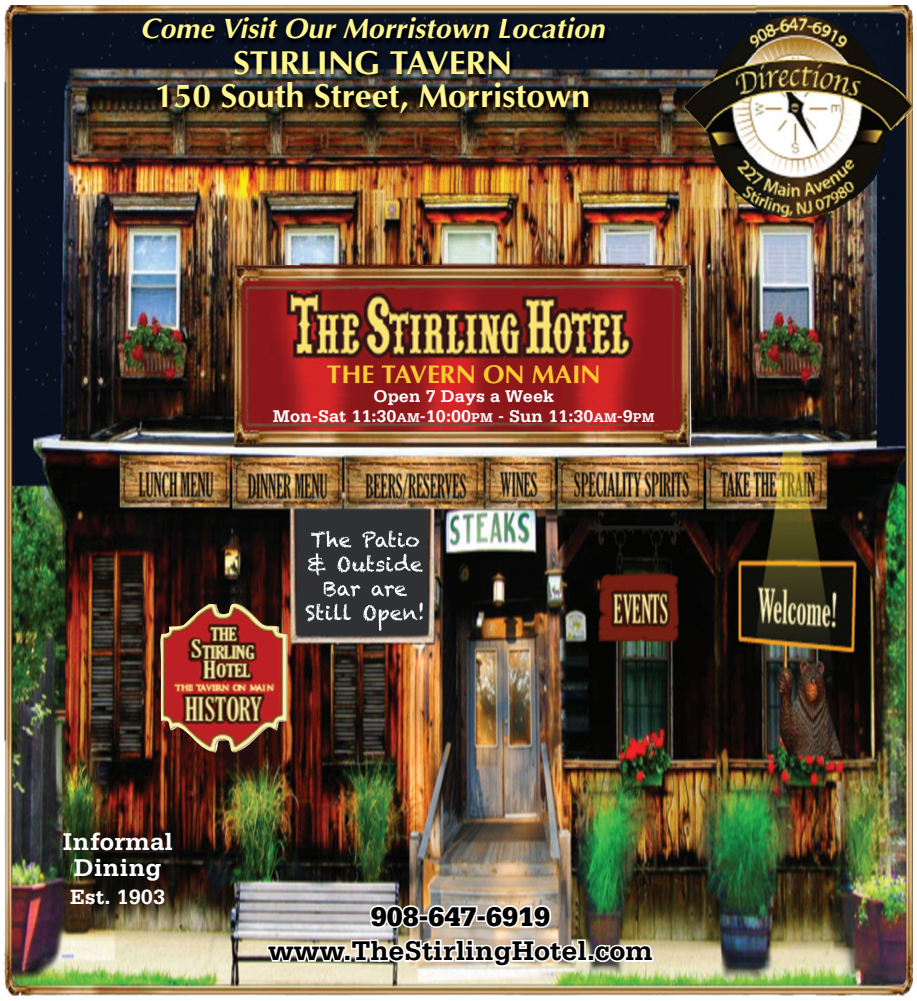
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"As a person who loves to experiment with food, I hold food, and the people who prepare it, close to my heart," says Ajay, owner of **Martinsville Gardens.**

Ajay offers customized culinary fares for every event organized at the recently launched **Martinsville Gardens.** "Every party and each guest is different so every menu has to be unique," he says. For example the *Kathi Roll* are a popular Indian wrap all over the world but when you use a Tortilla wrap instead of traditional *Romali Roti* with Guacamole instead of the usual Asian coriander and mint *chutneys,* you get a more healthier option. Guests coming from diverse backgrounds connect with it and find this a unique fusion fare.

You ask any host or any attending guest after an event as to what three things they remember and the general answer is the venue, the service and most importantly, the food. Many a times we have heard people trying to remember where was "Iva's" event held but they don't need to jog their memory to say that the "food at Iva's party was great." So even amongst the three most popular factors that make an event remembered for long, food is the most important. And for guests to remember food for long, it just doesn't have to be tasty. You get to eat tasty food at many places, even at home. The food has to be unique, tasty and presented well.

Our focus is not just good food but unique creative food. A daughter who planned a surprise birthday for her 80-year-old mother, wanted to serve her a dish that her mother loved since her childhood. So we thought of doing something memorable. A special spice was imported to create that particular dish and we served it to her on her 80th birthday. She said that it was her most memorable birthday and she blessed each one of us. That is what makes us tick.

Though it is said that the chefs are born with skills in their hands, at **Martinsville Gardens** we have developed training manuals to train our local hires. They are encouraged to re-create the fusion food recipes developed by Ajay's culinary insight. Ajay takes a considerable amount of time to develop new dishes, standardize recipes, and train the new and existing hires.

Martinsville Gardens is proud to announce the biggest ensemble of culinary professionals on September 10th 2017. Apart from Chef Stations showcasing popular cuisine, a contest between Master Chefs is scheduled and the event is to be hosted by renowned Celebrity Chef Sanjeev Kapoor, who is an institution in himself and arguably the biggest name in Asian Cuisine. Don't miss this once in a lifetime opportunity to attend this event and indulge in the best food layout!!!









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Big Apple Bites

Enjoy The Joyce

By: Linda Seigelman

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

The Joyce Theater itself is an intimate Chelsea gem with a warm and welcoming ambiance. Converted from an old 1941 movie house, each of the seats offers an excellent view of the stage - there are no bad sight lines. Since its inception in 1982, The Joyce has hosted more than 270 New York City-based, national and international dance companies on its stage. Many companies return year after year. In addition, The Joyce hosts dance festivals devoted to themes, artists or individual countries. There is something for everyone.

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

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

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

WHERE TO EAT

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

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

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

Donut Plant at the Chelsea Hotel, 220 West 23rd Street (bet/ Seventh and Eighth) – my favorite donut shop, classics and seasonal specials: amazing glazed, jelly with homemade jam in every bite, cake donuts like blackout and carrot, cream-filled doughseeds – try the pistachio, the line moves quickly, good coffee too

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

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

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

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

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

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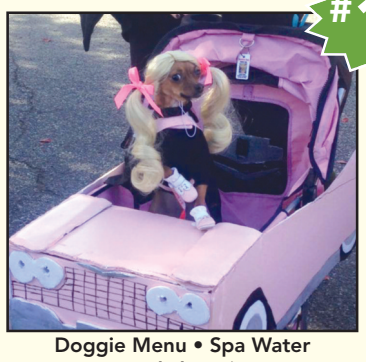


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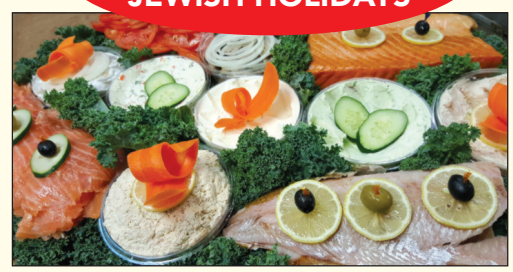
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RECIPE BY *Rosemary*



By: Rosemary Scoleri

Paisano's Restaurant

Chicken Cacciatore alla Calabrese



Prep Time: 20 minutes
Cook Time: 1 hour 10 min
Serves: 4

Ingredients:

4 chicken breasts with skin and backbone

2 teaspoons salt, plus more for taste

1 teaspoon freshly ground pepper, plus more for taste

1 cup all-purpose flour, for dredging

4 tablespoons olive oil

1 large red or yellow bell pepper chopped

1 large onion chopped

2 cups baby bella mushrooms, sliced

3 garlic cloves, finely chopped

1/4 cup imported oil cured olives

1/4 cup balsamic vinegar

1 cup dry red wine

1 (28-ounce) crushed tomatoes

1 1/2 teaspoons dried oregano leaves

1/4 cup coarsely chopped fresh basil leaves

Directions:

Sprinkle the chicken breasts with 1 teaspoon of each salt and pepper. Dredge the chicken breasts in the flour to coat lightly.

In a large heavy sauté pan, heat the oil over a medium-high flame. Add the chicken breasts to the pan and sauté just until brown, about 5 minutes per side. If all the chicken does not fit in the pan, sauté it in 2 batches. Transfer the chicken to a plate and set aside. Sauté garlic till lightly golden, add the bell pepper and onion to pan and sauté over medium heat until the onion is tender, about 5 minutes. Add mushrooms to pan and sauté all vegetables for an additional 5 minutes. Season with salt and pepper. Add the crushed tomatoes and oregano. Add the wine, balsamic vinegar and simmer until reduced by half, about 3 minutes. Return the chicken breasts to the pan and turn them to coat in the sauce. Bring the sauce to a simmer. Continue simmering over medium-low heat until the chicken is just cooked through, about 40 minutes for the chicken breasts.

Using tongs, transfer the chicken to a platter. If necessary, boil the sauce until it thickens slightly, about 3 minutes. Spoon the sauce over the chicken, then sprinkle with the basil and serve.

Serve the chicken over rice or risotto.

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By: Diane Cawley

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Restro 3 serves breakfast, lunch and dinner, Tuesday thru Friday from 9am-9pm and Saturday 8am-9pm. **Restro 3** is open 8am-2pm on Sundays. Stop in after church and catch some breakfast with the people you see every week but haven't had a chance to get to know. There is something to be said about chatting over a short stack of pancakes with fresh fruit, eggs benedict or hot oatmeal.

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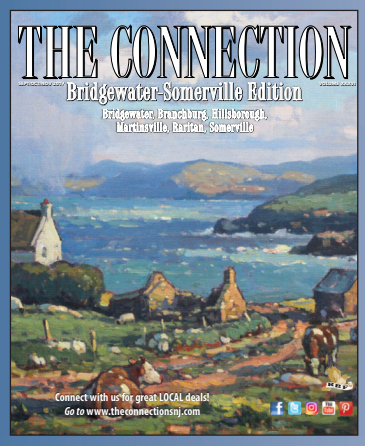


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Slice of Life

A Widow's Secret To A Loving Marriage

By: Ellyn Mantell

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

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

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

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

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



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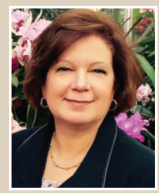
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Community News...

4TH ANNUAL MORRISTOWN FESTIVAL OF BOOKS

The 4th Annual Morristown Festival of Books is thrilled to announce its much-anticipated 2017 award-winning author lineup. The festival will take place on Friday & Saturday, October 13th and 14th. Keynote speaker and Pulitzer Prize-winner Ron Chernow, whose best-selling book inspired the musical hit ***Hamilton,*** kicks off the festival weekend on Friday, October 13 with a discussion of his newest biography, ***Grant.***

The all-day, free main festival on Saturday, October 14 features over 40 award-winning fiction, nonfiction, poetry, children's, and young adult authors, including Pulitzer Prize-winner and poet Paul Muldoon, novelists Alice Hoffman, Tess Gerritsen, Lincoln Child, Megan Miranda and Min Jin Lee, nonfiction writers David Grann, Chris Whipple and Bianca Bosker, Young Adult novelists Libba Bray, Scott Westerfeld, and Daniel José Older, and best-selling children's authors Kate DiCamillo, Laurie Hernandez, Cressida Cowell, Laurie Berkner, and the husband-and-wife creative team behind the popular Ladybug Girl and Duck & Goose series, Jacky Davis & David Soman.

At this all day festival, over 40 award-winning and best-selling authors will speak and answer questions at five locales, all within walking distance of each other along South Street in historic Morristown, including St. Peter's Church Sanctuary and Parish House, The Church of the Redeemer, the Morristown/Morris Township Library and the Starlight Room at the Mayo Performing Arts Center. Book sales and signings will occur at a tent on the grounds of the historic Vail Mansion.

The Friday, October 13 keynote event is generously sponsored by Investors Bank. The Saturday, October 14 festival is presented by Morgan Stanley Private Wealth Management.

Morristown Festival of Books offers something for everyone. Young readers will delight in the ever-popular KidFest featuring award-winning singer and songwriter Laurie Berkner, whose best-selling hit, *"We Are the Dinosaurs,"* is now a picture book; Cressida Cowell, whose best-selling ***How to Train Your Dragon*** series inspired the popular animated films; Newbery Award-winner Kate DiCamillo, whose wordless, graphic story ***La La La*** will enchant both children and parents alike; and gold medal-winning Olympic gymnast and ***Dancing with the Stars*** champion Laurie Hernandez, whose memoir will captivate fans of all ages.

History buffs and nonfiction lovers will be excited to hear that The New Yorker staff writer David Grann will be discussing his masterpiece of narrative nonfiction, ***Killers of the Flower Moon: The Osage Murders and the Birth of the FBI.*** Other nonfiction titles include Bianca Bosker's ***Cork Dork*** and Chris Whipple's ***The Gatekeepers: How the White House Chiefs of Staff Define Every Presidency.***

Fiction lovers will be thrilled by the vast array of novelists featured at the festival including Alice Hoffman (***The Rules of Magic***), Tess Gerritsen (***I Know a Secret: A Rizzoli & Isles Novel***), Lincoln Child (***Full Wolf Moon: A Novel***), Megan Miranda (***The Perfect Stranger***) and Min Jin Lee (***Pachinko***).

Morristown Festival of Books is a not-for-profit organization that proudly supports education in our community, through a partnership with the Morris Educational Foundation.

For more information, go to www.morristownbooks.org and please like us on Facebook.

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OCTOBER 13 & 14, 2017
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THE GLASS UNDERGROUND

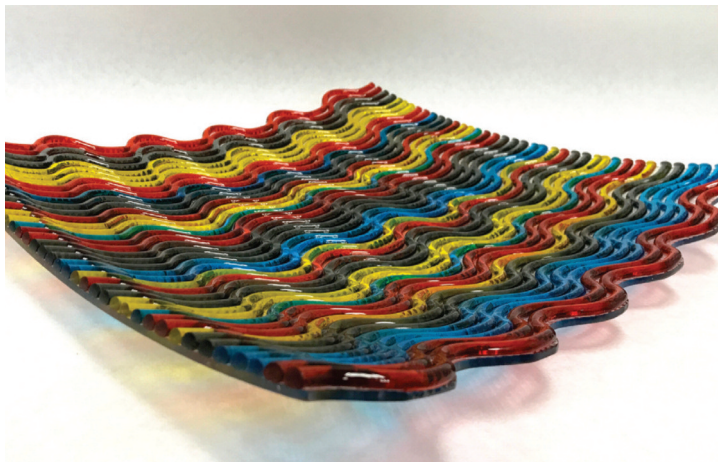
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HEALTH HOTLINE

NON-SURGICAL TREATMENTS FOR SUN DAMAGED AND AGING SKIN

By: Dr. Patricia Barsanti

You've had your share of sunny days, and after your summer glow fades away, you discover new spots and wrinkles on your face that you've never seen before!

The sun gives off ultra violet (UV) light that can cause sunburn, skin cancers, and accelerate the signs of aging over time. In fact, most of your skin's aging is due to the exposure of UV light. Fortunately, anti-aging medicine has made significant strides in preventing and reversing signs of sun damage. Here is information and treatment options to help your sun damaged skin.

Wrinkles – Wrinkles happen when the proteins in our skin such as collagen, responsible for keeping our skin firm and smooth, break down due to aging and UV light exposure. The most common places for wrinkles to appear first are around the eyes, forehead, around your nose and even your cheeks. Popular treatment options include:

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Juvederm® is the #1 selling collection of hyaluronic acid fillers in the US. Each product in the collection adds volume to a different area of the face to lift cheeks, smooth parentheses lines, or even plump lips.

Sun Spots/Age Spots – To protect ourselves from the sun, our skin produces melanin to block out harmful UV rays. Melanin is the reason for your summer tans, but an over production of it in one area can cause it to clump together and form undesirable brown and age spots. Popular treatment options include:

Intense Pulsed Light (IPL) is a light therapy treatment that targets discoloration of the skin. The light energy in IPL is absorbed by the unwanted pigment in our skin and causes them to destroy themselves.

Chemical Peels are a topical acid treatment (mild to strong) used to penetrate the outer surface of the skin for accelerated exfoliation, helping improve skin texture, mild discoloration, and fine wrinkles.

Medical Grade Products – They include Retinols, Growth Factors, Hyaluronic Acids, Vitamin Enriched Moisturizers, Sunscreens with Antioxidants, etc. Prescription strength topical treatments are stronger than those available over-the-counter and will often have better results!

It is important to consult your doctor if you find any new or changing spots on your skin as there is always a potential for skin cancer. Despite the effectiveness of the treatments mentioned above, there is still no way to reverse all long-term sun damage completely. That's why the best habit will always be prevention. Protect yourself by making small adjustments to your sun habits such as limiting sun exposure, wearing sun-protective clothing, and applying sunscreen daily (at least 30+ SPF, even in the fall and winter!).

With great habits and the help of modern medicine, you can look and feel your best!

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MEDICAL MINUTES



FOCUS ON SKIN CANCER AWARENESS

By: Rebecca Lu, MD, Elite SkinMD
Mohs and Dermatologic Surgeon

Nearly 5 million people each year are diagnosed with skin cancer in the U.S. This is more than the incidence of breast, colon, prostate, and lung cancer combined. A recent study in the *Archives of Dermatology* found that there has been a 300 percent rise in skin cancer incidence since 1994, making skin cancer an epidemic that deserves more awareness.

Non-melanoma skin cancers, such as basal cell carcinoma (BCC) and squamous cell carcinoma (SCC), are the most common forms of skin cancer. These types of skin cancer rarely become life threatening, but can be locally destructive and disfiguring if left untreated.

Melanoma is the deadliest form of skin cancer. While it accounts for less than 2 percent of skin cancer cases, it is responsible for the vast majority of deaths due to skin cancer. In fact, according to the American Cancer Society, nearly 10,000 people are estimated to die from melanoma in the U.S. in 2015. It is also the most common cancer in adults 25-29 years old and second most common cancer in adolescents and young adults 15-29 years old. Fortunately, when detected early, melanoma is highly curable.

More recently, an association has been found between breast cancer and melanoma. People with a history of breast cancer have a higher risk of developing melanoma and vice versa. Although the reason for this is not completely clear, it is likely due to multiple factors. It would make sense for those with a history of breast cancer to get checked for skin cancer annually.

Early Detection and Warning Signs

Regular monthly self-exams, along with annual skin exams by a dermatologist, are key to early detection. Those with a history of skin cancer may require semi-annual or even more frequent skin exams.

Because the 3 major types of skin cancer present in different ways, it is important to look for early warning signs. See a dermatologist or a physician that specializes in skin diseases if you notice any of these red flags.

- Look for changes of any kind, especially a growth that increases in size, appears pearly, translucent, crusty, scaly, tan, brown, black, or multicolored
- A sore or pimple-like growth that does that heal within 3 weeks
- A growth or spot that bleeds easily, ulcerates, continues to itch, hurt, bleed, crust, scab, erode
- ABCDEs of melanoma: **A**symmetrical; **B**order that is irregular; **C**olor that is of varying shades of tan, brown, black or even red, white, and blue; **D**iameter that is larger than a pencil eraser (but may be smaller), **E**volving or changing in size, color, shape, elevation, sensation, symptoms, or another trait
- Do not ignore a suspicious growth just because it does not hurt - skin cancers may be painless

For step by step self-exam instructions, please see the American Academy of Dermatology website or the Skin Cancer Foundation website. If you notice a suspicious growth or spot, please see your dermatologist or physician.

Dr. Rebecca Lu is a highly skilled board-certified dermatologist and fellowship-trained Mohs surgeon with an office located at 7 Mt Bethel Rd in Warren, NJ, where she specializes in skin cancer treatments, Mohs surgery, and laser and cosmetic procedures. Dr. Lu is passionate about keeping your skin healthy, clear, and radiant. In addition to treating and diagnosing skin cancers, Dr. Lu also specializes in reversing the signs of aging and sun damage through different procedures and treatments. Dr. Lu and her staff are happy to see you for any of your skin concerns. Please call 908-787-8088 for an appointment. www.eliteskinmd.com

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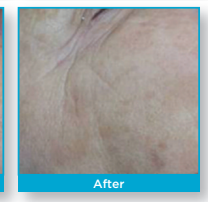
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- Reduce wrinkles around the eyes
- Lighten brown spots
- Improve the appearance of acne scars and surgical scars


Before


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

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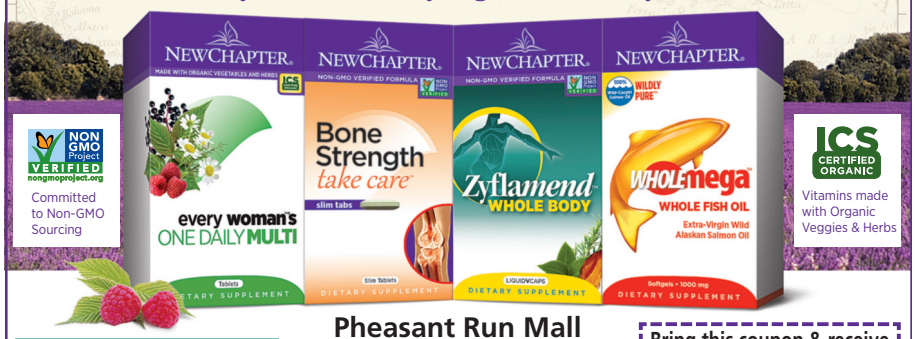
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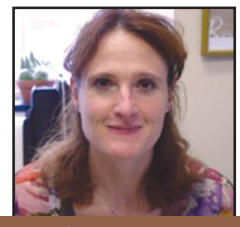
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Dr. Christina Z Luna SLP.D., CCC-SLP

Donna Spillman-Kennedy MS, CCC-SLP

Speech, Language and Back to School

It is time to begin a new school year. One important thing that children cannot tote in that stylish new backpack is communication skills: listening, speaking, reading and writing. Communication is key to all learning so any impairment in these skills can have a significant effect on a child's school experience.

According to a report by the Centers for Disease Control and Prevention, approximately 1 in 12 children ages 3-17 has or has had a problem related to communication which is not the same as a learning disability. Communication disorders can have effects on a child's ability to perform well in school even though they have average to above average intelligence. These problems can lead to difficulty following directions even though they have perfect hearing, not pronouncing words or sounds accurately, or not being able to easily share thoughts and ideas. Some children have challenges with social skills, managing appropriate interactions with teachers and/or other students, turn taking or understanding humor or when someone is "just kidding around". Some children don't seem to speak at all, or have a quality of speech that is distracting or affecting being understood, such as a stutter/stammer or a voice that is hoarse or an odd pitch.

Many children with speech-language difficulties learn early on how to compensate. For example, a Kindergartener can watch what the other children are doing and complete tasks even though they did not understand what the teacher said. Sometimes children who were once strong students in the early grades suddenly have what appear to be problems with behavior, attention, organization, or simply completing assignments. Often teachers and parents forget that if something is too difficult or impossible to understand, it is hard to pay attention or complete a task; so, children, being children, find something else to do. These challenges may create feelings or ideas that learning, reading and school overall to be too hard, and therefore "I don't like to read" or "I don't like school".

Often children are able to naturally outgrow speech-language deficits; however, some do not. Many communication problems can be improved by speech therapy. Others may never be "cured," but children can learn strategies to overcome difficulties, such as with attention deficits or stuttering. Only a licensed speech-language pathologist (SLP) can tell the difference between something that will be outgrown from a problem that needs intervention. If you suspect your child has a communication delay or disorder, obtain a screening from a licensed SLP. Early identification and treatment often allows children to become indistinguishable from their peers during later school years. Therapy begun early may lead to students who are on par with peers. The American Speech-Language-Hearing Association (ASHA: www.asha.org) has excellent information for parents on communication developmental milestones for you to compare your child's skills to, and lists of referrals to credentialed SLP therapists in your area.

Dr. Christina Z. Luna has been a speech-language pathologist for 19 years, working with children, adults and adolescents with a wide range of communication problems and feeding/swallowing disorders. In addition to researching, presenting and publishing works related to the identification and treatment of speech-language learning and cognitive disorders, Dr. Luna has taught courses and supervised clinicians at Kean University and the University of Guyana. She is currently in private practice at **Integrated Speech Pathology, LLC** in Watchung, NJ.

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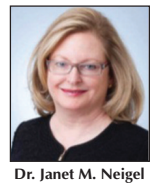
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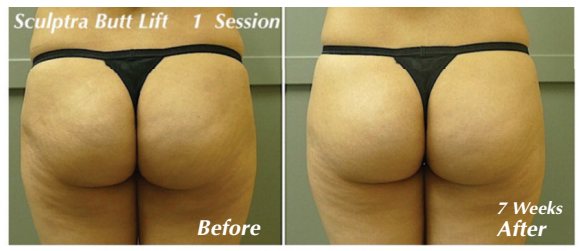
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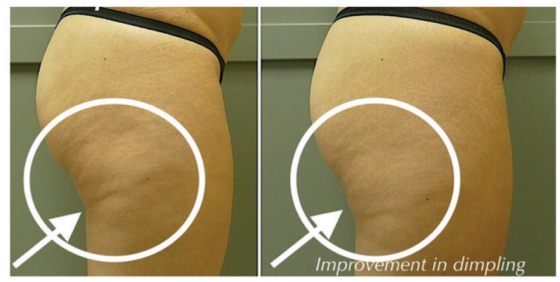


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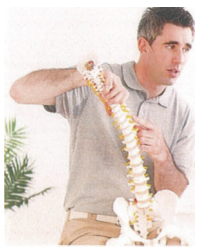
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MEDICAL MINUTES

WHAT ARE WISDOM TEETH?

By: Karl Maloney, D.D.S.
Branchburg Oral Maxillofacial & Implant Surgery
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Wisdom teeth, or third molars, are the last teeth to form in a person's upper and lower jaw. They are the most posterior teeth in the jawbones. Third molars came to be more commonly known as "wisdom teeth" since they are the last teeth to appear in a person's jaw, at a time when people are wiser.

Why are wisdom teeth removed?

Wisdom teeth are removed for a number of different reasons. Reasons for removal can be broken down into two different categories – prevention of disease or treatment of disease. Many wisdom teeth are high risk for causing tooth decay and or bone loss on themselves as well as the teeth in front of them. In addition, they can cause infections in the gums and cheek surrounding them. Finally, cysts or jaw tumors can develop around impacted wisdom teeth. These can be destructive to the jawbone and adjacent teeth and can sometimes require major surgery in order to treat. Ideally wisdom teeth are extracted prior to the development of any of these problems as a preventative measure. However, many times wisdom teeth are extracted after one or more of these problems have occurred.

What does it mean when wisdom teeth are impacted?

Impacted wisdom teeth are teeth that have failed to completely erupt through the gums into the correct position where they completely bite against the opposing tooth. Wisdom tooth impaction is caused by bone and/or the gums and cheek overlying the tooth preventing it from moving into the proper position. Impacted teeth are often high risk for causing tooth decay, bone loss or infections because of the difficulty or inability to clean the areas around them.

Do all wisdom teeth have to be removed?

No, not all wisdom teeth have to be removed. Wisdom teeth that have erupted completely into the arch and are not causing pain and do not have any decay or infection around them often don't have to be removed.

What type of anesthesia is used during wisdom teeth extractions?

Wisdom teeth can be removed using local anesthesia only or under IV sedation. This is discussed and decided between the oral surgeon and the patient during the consultation appointment to determine the most appropriate form of anesthesia.

How long is the recovery period afterwards?

The recovery time can vary, but I tell most patients that they should anticipate missing 1-2 days of work and/or school afterwards. Most patients can return to physical exercise and organized sports after 5-7 days. Most patients come in for a one week follow up visit to ensure that everything is healing well.

What are the risks of wisdom teeth removal?

Wisdom tooth extraction is one of the most commonly performed surgical procedures and is generally very safe and predictable. Serious complications are quite rare. Like any other surgical procedure, pain, bleeding, swelling and infection are possible. However, when performed by an experienced oral and maxillofacial surgeon these can be minimized.

What is the ideal age to have wisdom teeth removed?

The ideal age for wisdom teeth removal can vary from patient to patient since tooth development is different from person to person. This can vary from the teenage years to the twenties. The only way to know is to have an examination and radiograph taken to determine the stage of development of the third molars and whether or not they are at risk for pathology or if there is active pathology present. I recommend that patients in their teens have a consultation and radiograph performed to determine if or when they should be extracted.

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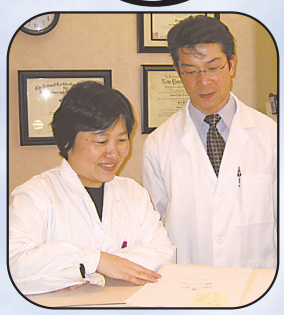
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By: Kate Kleinle



Tom Vazzano, Optician

Driving up to **Towne Vision Center,** I realized how well the building blends in with its location in beautiful New Providence. That's why it's no surprise that Dr. Tom Vazzano, head optometrist at the **Center,** has been operating out of this storefront for 20 years. Lightheartedly calling New Providence a "nice, quiet town, with friendly, safe people and (most importantly) no metered parking," he says he truly couldn't be happier anywhere else.

Introduced to optometry by a close family member, Tom has used his years in the business to truly hone his style–and it shows. **Towne Vision Center** promotes a relaxed, stress-free approach to optometry. Friendly, casual conversation with each patient makes communication effortless and ensures that each customer leaves with the perfect set of glasses. Brands range from Wholesmith to Armani and Oakley to Kate Spade, so **Towne Vision Center** truly does have the perfect set for everyone. From traditional to modern, basic to high-end, **Towne Vision** carries frames for customers of every style and price range. They also offer childrens' glasses, sunglasses, and sports glasses, specializing in polarized lenses. **Towne Vision** even supplies safety goggles to major energy companies throughout the state, proving a smashing success across all of New Jersey.

To ensure that every customer has a great experience, the **Center** accepts VSP, EyeMed, CareCredit, and many other forms of insurance. Members of the military, the police force, and local merchants also receive discounts, making **Towne Vision** a truly integral part of the New Providence community.

With so many services available, people are taking notice. To accommodate their growing clientele, **Towne Vision** has recently undergone significant renovation. Behind a brand-new storefront, they're currently updating the store's interior, making the entire store more beautiful than ever. They've also invested extensively in new technology and examining equipment, in addition to adding new doctors. They even run a lab and perform glasses fittings on-site, often allowing Tom, the optician, to make glasses as people wait. Digital progressive lenses are now available, and inventory is constantly changing to reflect the preferences of each customer. Soon, expanded hours will make **Towne Vision** accessible to an even larger community. Regardless of whether a customer has been examined on-site or come in with a prescription, **Towne Vision** has mastered the art of making the optometry experience as fast, efficient, and pleasant for every customer as they possibly can.

Despite their remarkable ability to change with the times, much about **Towne Vision** still remains timeless. Just as they have for the past 20 years, great customer service, top-of-the-line technology, and a vast selection of frames remain cornerstones of **Towne Vision's** business model. A shop this incredible is too good to pass up- whether you're looking for contacts, lenses, or frames, be sure to give **Towne Vision** a call.

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MERIDIAN MASSAGE

Nowadays people tend to fix their eyes on a "disease," rather than the symptoms. Actually, this is less serious for a lot of people who are generally healthy but experience occasional symptoms for a variety of conditions: headache, neck and shoulder back pain, deep breathing, aching jaw, constipation, shadows around the eyes, flabbiness of the skin due to loose muscle tone, blocked skin pores, acne, premature senility, abnormal mood swings, immune suppression, dysmenorrhea (menstruation cramps), sexual impotence, insomnia, and so on. Aren't these caused by some type of disease?

Symptoms can speak volumes...

If we let uncomfortable symptoms progress untreated then they may progress to dangerous and even life-threatening conditions. As indicators of diseases, these symptoms fall between good health and outright sickness. As we feel more and more uncomfortable, with perhaps a troubling reminder at the waist, we may go to a hospital for a diagnosis of our symptoms and treatments for how to relieve them. These bodily symptoms do not appear out of thin air. They invade our body and spirit.

Your Body's Meridian Lines – pathway to health

Meridian health stimulates the main and collateral channels of moral integrity, removes toxins, smoothes the body's qi (pronounced chee) life force and blood flow, and relieves symptoms; all so as to regulate the body with the purpose of preventing disease. The meridians roughly parallel the major nervous system branches of the body, and are thus plugged into to your mental and physical bodily systems. There are 12 meridians coursing through the body; each one has connection points to all major organs and muscle groups throughout the body. Together they form a comprehensive control network that provides early warning of problems as they develop.

Meridian-based Treatments

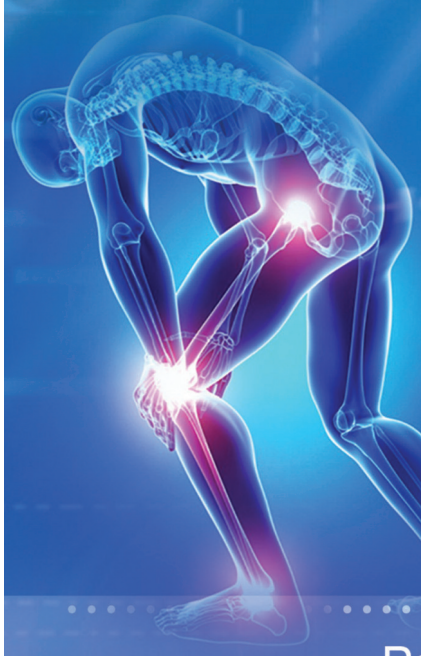
Understanding the function of these meridians or control system consisting of main and collateral channels is the foundation of Traditional Chinese Medicine (TCM). TCM accesses the meridians through massage, acupuncture, gua sha (vigorous kneading along meridian lines), and moxibustion (herbal heat treatment infused into the skin). Meridian theory is one of the fundamentals of basic Chinese medicine theory, learned from ancient times, and in service even now. With a medical history of more than three thousand years, it has played an important role in helping to protect human health.

As the meridians are found from head to toe, the meridian massage cannot be limited to 60 minutes; we at Blue Fountain Day Spa recommend either a 90 minute treatment as the minimum treatment or for the best result, a 2 hour meridian massage.

Blue Fountain Day Spa is committed to your body's health. Wellness in Mind and Wellness in Body include stress relieving treatments, skin and body care, and the professional application of Traditional Chinese Medicine treatments.

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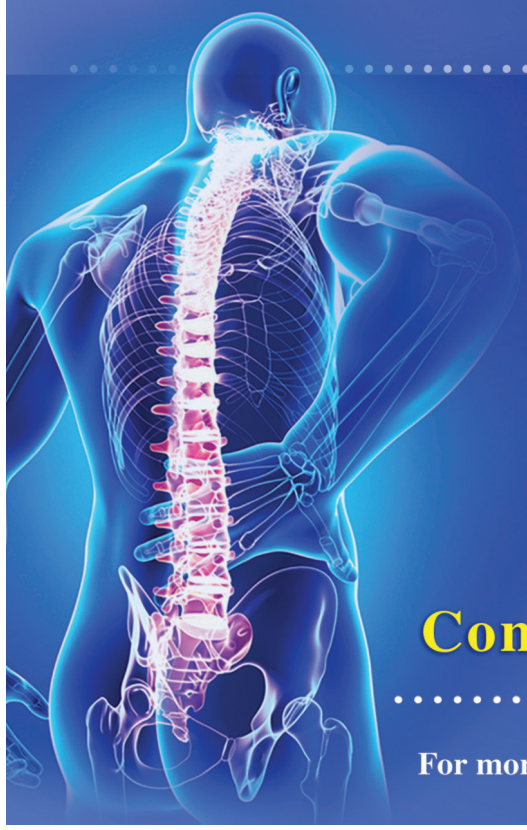
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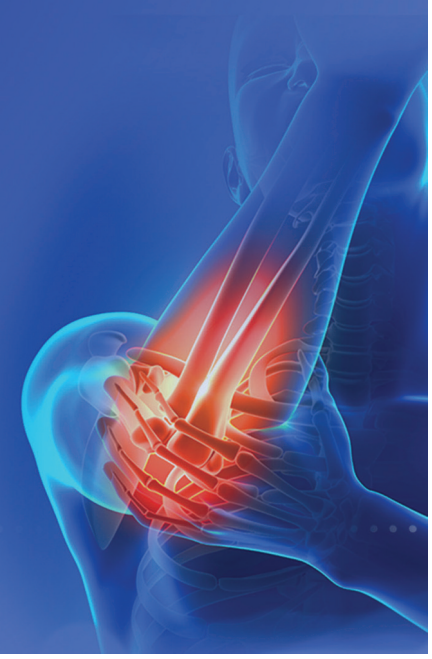


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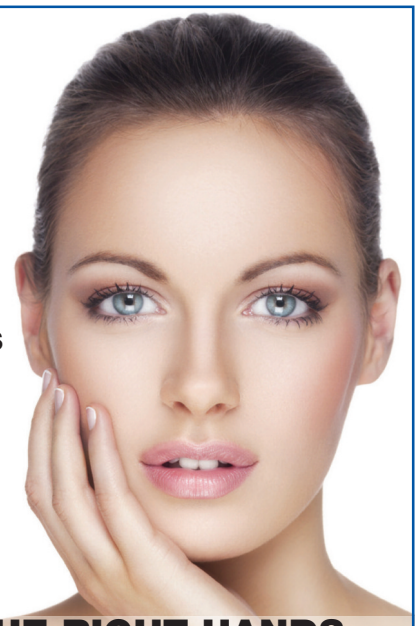
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"WHAT IF?" THINKING
THE BENEFITS AND HAZARDS

By: Dr. Michael Osit

The dominant thread throughout my new book, *The Train Keeps Leaving Without Me: A Practical Guide to Happiness, Freedom, and Self-Fulfillment* is to take control over your life and be planful. Taking charge of your life will increase the chance for personal happiness. One aspect of doing so is to try to anticipate different scenarios in both your life as well as in specific situations so that you are prepared for anything. We call this "What if?" thinking. Examples of What if? thinking are as follows:

What if…?

… my company goes out of business?

… it rains and I want to have an outdoor wedding?

… my boyfriend cheats on me?

… I can't afford to pay my mortgage this month?

The first important fact in these real life examples is that some are within your locus of control to do something about and others are completely out of your hands. There is little or nothing you can do to prevent What if? scenarios when you are totally at the mercy of fate. You can prepare for unpleasant outcomes but not prevent them. Your goal has to be to develop a plan that will hopefully minimize the negative effects should they occur. If you don't, you can get bogged down by a great deal of anxiety due to obsessive-repetitive thoughts from an overflow of information, conflicting thoughts, and catastrophizing. So, if your company is in danger of going out of business, instead of simply worrying about something completely out of your control, get your resume together, start networking, contact a head hunter, and peruse the job websites. Without a productive plan your anxiety becomes more of the problem than the actual situation because you will be spending your time ruminating, which interferes with your ability to enjoy your life in the moment. A football coach once said, "Be where your feet are on the field." That suggests that you need to focus on the moment and be aware of where you are right now. So, make a plan to prepare for potentially unpleasant scenarios and then let them go to enjoy the present. Another adage, "Don't argue with a fool" also comes to mind. Try not to allow the worries to re-enter your mind by catching yourself, seeing a big red stop sign, and diverting your attention elsewhere.

There are also benefits to What if? thinking. The benefit is that you can prevent potential problems by thinking through different scenarios. Tantamount to things like the Internet and fire, when used with balance, wisely, judiciously, and in a calculated controlled manner, they become beneficial tools instead of perilous ones. When you worry wisely and judiciously you are able to consider every angle and every factor to potentiate a positive outcome. In problem solving it can help you plug up holes in a plan to also potentiate success. But remember, whether your "What if?" is something that you can control or not, you need to limit your thinking about it. Make a plan and implement it to deal with the controllable situations. Direct your attention elsewhere to stop thinking and worrying about the situations you have no control over. By doing so, you can facilitate your happiness and minimize a worry ridden life.

Dr. Michael Osit is a Licensed Psychologist practicing in Warren, and author of *The Train Keeps Leaving Without Me: A Practical Guide to Freedom, Self-Fulfillment, and Happiness* (09/16) and *Generation Text: Raising Well Adjusted Kids In An Age Of Instant Everything* (07/08).

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Health Hotline

6 REASONS WHY YOU NEED A FACIAL

By: Susan Barbaglia, Skin Deep Salon and Spa and Beauty Expert

Facials are one of the most misunderstood beauty rituals available. Sometimes seen as unnecessary or ineffective, they can be a forgotten treatment for beautiful skin. But Susan Barbaglia, owner of Skin Deep Salon and Spa in New Providence, says regularly seeing an esthetician should be thought of as an essential part of any healthy skin regimen.

Here's what Susan suggests:

1. **Facials are preventative in nature.** A trip to your spa/salon is like scheduling check-ups with your dentist—regular teeth cleaning keeps your teeth healthy and your annual dental checkups drama-free. Facials offer a similar maintenance benefit – they are best when you are preserving what you have, so your esthetician can keep your skin healthy and looking great. Although an effective treatment against skin abuse, regular facials can keep your skin healthy all along, so repair doesn't have to be so drastic.
2. **Skin can be a guide to what's going on in your body.** Since skin changes over time depending on age, weather, and hormones, your esthetician can help you stay tuned to your body's subtle cues coming from your skin.
3. **You're popping your zits wrong.** Susan says you should use a specific technique to remove a blackhead – push up from underneath. If you push down, or apply pressure incorrectly, you could make the skin irritated or worsen the problem, like leaving scars.
4. **Immediate results? YES!** Although the benefits to facials are long-term, you can see immediate radiant results with most facial treatments. A facial that contains collagen masks or hyaluronic acid treatments will give you instant plumping, says Barbaglia.
5. **Out with the bad.** Most facials at reputable salons such as Skin Deep Salon and Spa include a certain amount of face, décolletage and scalp massage. Not only is this deeply relaxing, but it also drains your lymphatic system, reducing toxins and fluid retention. By flushing out these toxins we also promote circulation, which leaves skin glowing and youthful.
6. **Get skin care Guidance for problematic teen skin.** Acne? Inconsistent skin-care routines? Teens often face skin problems due to fluctuating hormones, poor skin hygiene, and acne. Regular facials specific for teens help manage what nature is throwing their way. Estheticians can advise them on best practices for their unique skin challenges.

Skin Deep Salon and Spa (skindeepsalonspa.com) is both a full-service spa and salon. Their team of dedicated professionals, trained in the European methods of advanced skincare and hair care technology, are committed to helping you achieve optimal health and beauty to last a lifetime. They offer a wide range of professional services including massage & body treatments, skin care treatments, clinical peels, nail, hand & foot care, natural nail extensions, hair cuts, hair coloring & scalp treatments, hair removal, make-up applications, bridal services and more. View our full list of Salon and Spa services or call 908-508-1800 and speak to an associate about how we can help you.

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HIGH FUNCTIONING ANXIETY IN ADULTS AND TEENS

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

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

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

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

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

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

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

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

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

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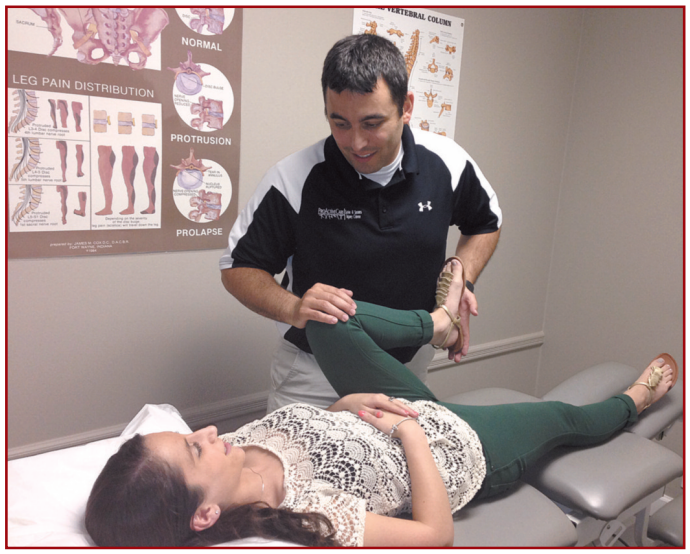
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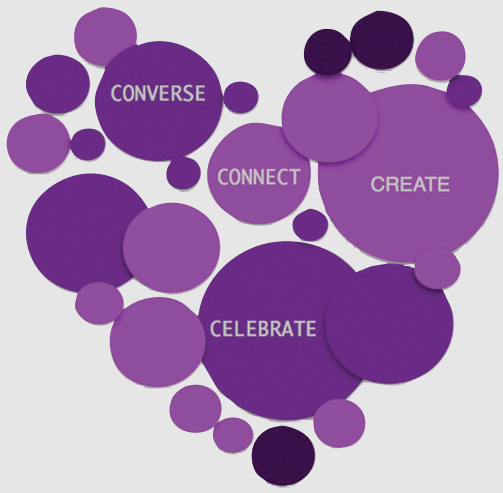
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WAITING FOR THE PERFECT TIME

By: Rosie Battista

If it's not now, when would be the perfect time?

Old beliefs may convince you that you've missed the boat, your ship has sailed or you're just too old to start something new.

There are things that you want to do, but won't do for fear of being judged by others. There are things that you want to do that you may have convinced yourself are just not possible. You are constantly reminded by friends, family and society that you should get real, play it safe, be sure before you start something new, follow the rules and regulations.

The privilege of turning 57 this year has reminded me that my life is precious. A concept that can get lost in the daily grind of life. Sometimes we forget that our life is a gift to be cherished and enjoyed. We forget what we want and we forget that we can have it.

Here's a story that may seem unbelievable to you. It is a story that was unbelievable to me except that it really happened to me. I hope that it will inspire you and be evidence that the Universe always has your back. All you need to do is get clear on what you want and ask for it.

The story begins on my 19th birthday, with my dream to follow a career in fashion. With an acceptance letter to the Fashion Institute of Technology in one hand and a positive pregnancy test in the other, I made the decision to stay home to raise my son. The dream of FIT never really left me and I thought about it through the years. 34 years later as I was doing some self reflective work, the fashion dream came back to me. I wanted to do something with fashion and I lovingly asked myself the question, *"How can I get into the fashion world now?"*

I admit that my head swirled with not so loving thoughts of how ridiculous that idea was. I thought about how impossible such an idea would be. I thought about how crazy it was to think that at this age with no formal fashion education, I could actually work in the fashion field; a field overflowing with young talented people.

I quieted those thoughts and just left the question alone. I stopped judging what could be possible and I let it go.

A week later, the magic happened. I serendipitously met a New York fashion designer at a local NJ event. He was visiting with family and I was helping out a friend. Normally neither one of us would have been in that place, but there we were, on this one day, in the same exact location. The magic is that at that very moment he was in need of an assistant and I was in need of fulfilling my dream of entering the fashion world.

I am now the assistant to a designer, with a highly experienced passionate man teaching me the things I've always wanted to learn. Added to that is the flexible part - time schedule that allows me to continue with my other passions.

It's a dream come true. And that is how the Universe provides for you.

There is nothing that you can't do at any age or stage of life. Simply knock on the door and a door will open. Ask the Universe for what you want and wait for your answer.

There is no perfect time except for right now.

If you have a dream, start now. Let go of the excuses and begin with gentle compassion towards yourself to believe that anything is possible. Asking a few self discovery questions *(see below)* will help give you clarity on what you want. It will help you to see things in a different way and reveal your next step. Because it's never too late to do what you've always dreamed of doing.

And the perfect time is right now.

What is one thing you always wanted to do but didn't?

Why do you want to do this thing?

Why did you never do it?

How important is it for you to do it?

How would it feel if you were able to do it now?

How would you feel if you never did it?

What limiting idea would you have to let go of in order to move forward toward this thing that you want?

Your time is now. Have fun with this.

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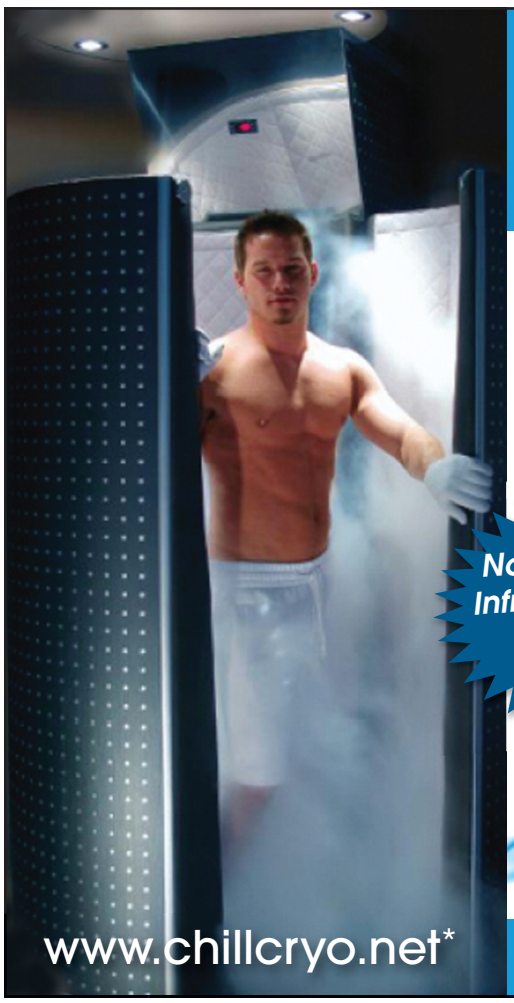
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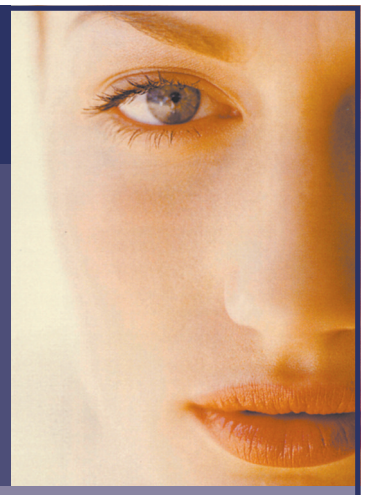
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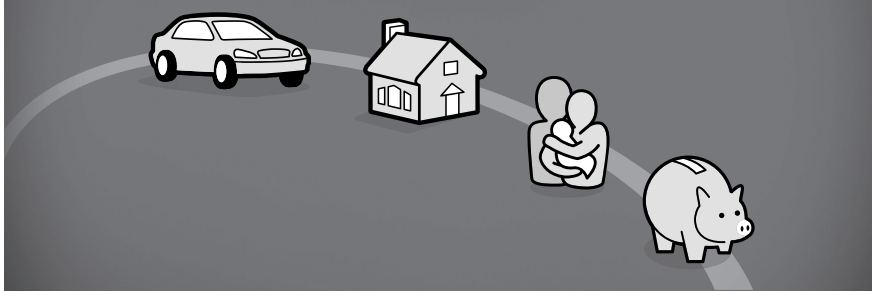
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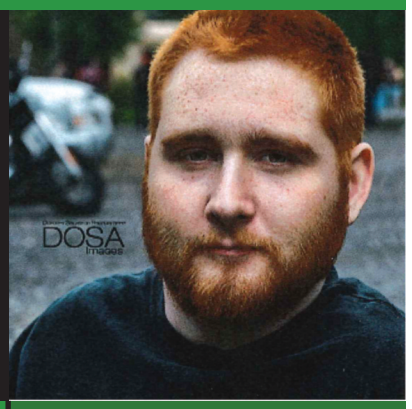
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Community News...

QUAID'S STORY

As narrated to his mother.

On Friday, September 20th 2013, I woke up early on my grandparent's farm in Canton, PA. It was a gorgeous early Autumn day, the sky was bright blue and we couldn't have asked for a better temperature. The following day was going to be a very special one for my large extended family. We were getting ready and preparing for my sister's wedding on Saturday. I was going to be one of the groomsmen in the wedding, and was looking forward to standing by my sister surrounded by friends and family, as she said her vows and committed her life to a man we all loved. She had planned a big country wedding, with the bridal party making their grand entrances on All Terrain Vehicles. We'd spent that day riding, shooting guns, setting up for the wedding, and welcoming guests whom we invited to come up a day early. I didn't know it then, but that night would change my life forever.

My grandparent's farm was a family gathering place for me, my siblings, and my cousins. We lived in New Jersey, but we loved visiting the Pennsylvania farm where we could enjoy the slower paced lifestyle and the working farm environment. The main house was wrapped in a large covered porch where we spent many lazy afternoons, and in the mornings Grammy Peg would always make a hearty farm breakfast with large slabs of ham and fresh laid eggs. In the evenings we built huge bonfires in an old fifty-five gallon drum Pop-pop had on the property. In the winter, I loved the huge piles of mountain snow and enjoyed snowmobiling my way through the fields and woods.

When there was no snow, we explored our surroundings on ATVs. We eventually became just as comfortable riding through the wood, as we would later be in our cars and trucks on our neighborhood roads in New Jersey.

That entire fall day, and each ride we took, had a celebratory tone to it. We weren't just having fun, we were also practicing for our grand entry to the wedding! As I was on the last ride of the night, probably the hundredth time going down that dark country trail, I saw a curve coming up and I thought to myself I should slow down. As I began to let off the throttle, my vehicle struck a large cement block in the dirt road before I began to brake, it catapulted me into the woods, knocking me unconscious. When I woke up I realized I was sprawled upside down with my legs up against a tree. As I came to, a sickening feeling overcame me, along with a sense of fear and dread I had never known before. I knew immediately in that instant that I was paralyzed. I couldn't move, I couldn't yell, it was dark out, I was helpless. Powerlessness was not a feeling familiar to me. I had always landed on my feet in life, and in the rare times I didn't, I knew how to get back on the horse as they say, fix any situation, and make it right again. Lying helpless for what felt like an eternity, I was finally found about a half hour later. When I had not returned from that last ride, my family and friends in the bridal party began searching for me.

Matt, a friend of my brother-in-law to be, was the first to approach me. He had been searching the woods in his pick-up truck with his wife Jenna beside him. Their headlights caught a glimpse of the abandoned ATV I'd been riding and they knew I must be near. They got out of the truck and quickly found me where I lay unconscious. They also had that sickening feeling as they spotted my legs up against a tree and me on the ground below. Both had medical training so they knew not to disturb my positioning as they tried to arouse me to consciousness.

"Quaid! Quaid! Are you all right!" They frantically yelled as they wiped loads of dirt from my mouth and face that I didn't even know was there. Finally I opened my eyes but quickly fell into unconsciousness again. They called 911, and notified those searching for me to tell them I'd been found. The next time I opened my eyes, my best friend, Andy was there on the ground beside me holding my hand. He and I have been friends since the seventh grade and always had each others' backs through the years. Other family members gathered round me and tried not to show their shock. Andy's presence at my side gave me the assurance that I would make it through. "Help is on the way Quaid, it's gonna be alright", Andy kept saying. Somehow he kept his calm as if I'd only skinned a knee. With my him beside me I closed my eyes again.

Finally, the EMTs arrived and working quickly, they loaded me into the ambulance, and drove me to the nearest field where a medivac helicopter was there to meet me. I was flown to the nearest trauma hospital, which was in upstate NY, about an hour and a half drive from where the accident happened and six hours from my home and family in NJ. I had sustained C-5, C-6 and T-8 spinal cord injuries, a shattered kidney, three broken ribs on my left side, two broken ribs on my right, a punctured right lung, fractures of several vertebrae and even the base of my skull. I was hooked up to a ventilator, because I could not breath on my own. I was in such bad shape, they couldn't even operate on me except for life-saving surgery to remove the shattered kidney. The remainder of their efforts in those first few days were focused on trying to stabilize me and my vital signs. I was on heavy doses of pain medications and I barely remember the time as it blurred into several days.

After about a week, I was stable enough to be flown closer to home and was transferred to Thomas Jefferson Hospital in Philadelphia where I had spinal surgeries. I was paralyzed from the chest down. I could barely move. I was totally out of it for about 3 weeks, and my memory of my stay at Thomas Jefferson Hospital is also very cloudy. I was in and out of consciousness and heavily sedated.

Late October I was transferred to Kessler Rehabilitation Center in West Orange, NJ. That would become my home for the next 3 months. Being weaned off the ventilator was a big accomplishment, due to the fact it was very possible I would remain dependent on it for the rest of my life. The longer you stay on a vent, the harder it is to get off. The weaning process was very uncomfortable and scary. There were times I thought I would suffocate without it. They took it off me for thirty seconds, and I thought I was gonna die. It was like I had to learn how to breathe; something that healthy people can do without even thinking about it.

Physical therapy, occupational therapy and speech therapy would become my daily routine. Eventually, I gained some muscle control of my left arm and we worked on strengthening it. Finally I could move my thumb, and it took a lot of concentration to do so. Working hard every day, and with the love and support of my family and friends (and friends I didn't even know had), I slowly started regaining strength. While I was moving ahead in some ways and making some progress, I also began to suffer daily with pain I had never experienced before in my life. When the spinal cord is damaged like mine, nerve fibers and nerve roots no longer function correctly. This damage sends interference and false pain signals to the brain, changing the type of pain sensation experienced. Nerve pain is something very intense, very painful, and very hard to explain. It's chronic, intractable, daily pain and something that I must learn to manage, cope with, and live with at the same time.

After the Kessler Institute, I went back to Philly again where I underwent two more surgeries at Shriners' Hospital. Because of my relatively young age, and the fact that I was in great health and top physical condition at the time of my accident, I was a candidate for some brand new, cutting edge surgeries in the field of spinal cord injury and regeneration. One surgery at Shriners was a nerve bypass to possibly regenerate the nerves in my right arm, and the other was a tendon transfer on my left, to give me the ability to pinch and grasp. Although these steps forward may seem like baby steps for the average person, for someone paralyzed they are monumental and I am determined to keep moving in a positive direction, no matter how small the steps my seem.

For today, I am home in an easy-access ground floor apartment, thanks to the Washington Valley Fire Department, of which my father, uncles, cousins, and grandfather are lifetime members. They and other volunteers from the community, including my best friend Andy constructed my new living space while I was in the various hospitals. Multiple therapies are still a regular part of my day. I'm learning some of the hardest lessons of life as I spend many hours in my motorized wheel chair, thankful that I can breathe on my own, thankful that I survived, and wondering all kinds of things that only God knows. I pray that someday He will show me why this happened, why I survived, and how to navigate on this new journey I am embarking on as a quadriplegic. I have hope that new technologies may someday get me out of my chair and onto my feet. Patience is the hardest lesson I am learning as I wait for that day.

One day I was living the life of a normal 22 year old, my career as a steamfitter was in high gear, and my life was full with friends and lots of physical activity. In a split second my whole life as I knew it, changed forever. I don't have many answers, and there is so much I don't know. But I do know that I am grateful to be alive. I have faith in God that He will direct me on a new purposeful route. My life, just like yours, is a work in progress, and the end of my story is still unwritten!



qmobus@yahoo.com is my email address and I welcome anyone who has read my story to write me if you have any questions.

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SENIOR HEALTH

WHAT IS RESPITE CARE?

Until you became the caregiver for an elderly person, you probably were not familiar with the term "respite care" and had not given much thought to what respite care means. However, the chances are good that, at some point in your life, you either used respite care to help yourself regroup or were placed in respite care while your caregivers got a break. That is because babysitters, summer camps, and even sleepovers with other responsible adults are ways that adults providing care for children get respite. They are informal methods of respite care that allow parents to get a break from their duties and recharge, so that they can provide the high-standard of care they want to provide for their children.

Society has not established similar informal means of providing respite care for adults.

While there are a wide variety of formal and informal venues for providing respite for caregivers of children, there are not as many options for those providing care for adults, who simply need a break. The informal venues of respite care that work for children, such as sleepovers, are simply not practical in most scenarios where the person in need of care is an adult, because, while most parents have peers whose homes are set up to safely watch children, most caregivers of adults do not have peers whose homes are set up to safely watch adults. There are often highly specialized emotional and medical needs involved in caring for adults that even the most well-meaning of friends and family are unable to meet. That is where respite care becomes an important component of the caregiving scenario.

Respite care is the provision of short-term care in a specialized facility outside of the home, which provides temporary relief to caregivers.

Respite care is actually a powerful tool to be used in helping seniors or individuals with special needs stay in their homes, because it gives caregivers the option to get extra help when needed. At Chelsea Senior Living, all of our facilities offer respite care. Caregivers can use respite time for vacations or other planned events, but also frequently rely on it when a temporary change in the caregiver's situation makes it impossible for him or her to provide care to another, but does not dictate a permanent change. Respite care can also serve as an introductory transition to an assisted living environment, when a potential resident and their caregivers are uncertain about making that type of change.

Typically, a respite stay at Chelsea provides a furnished apartment, all meals and the rest of the amenities that our other assisted living residents receive. Minimum stay is usually a month. Chelsea would be happy to accommodate you or your caregiver. Call 1-877-CHELSEA or visit chelseaseniorliving.com for the Chelsea nearest you.

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Senior Corner



WHY SENIOR LIVING WORKS!

By: Ellyn Mantell

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

Moving Mom from her home of 57 years was so difficult for all of us. Mom was angry about leaving what she knew, as well as her feelings about aging out of her comfort zone. Every room and closet was filled to capacity with items no longer relevant to her lifestyle, and she believed, as so many do, that her collections of china, silver, serving pieces, etc. were worth so much more than they turned out to be. Fortunately, the three of us, Mom's "children," were proactive and knew the time had come to help her transition to the assisted side of Chelsea at Warren.

In truth, without the tools my business partner, Carol, and I had, I am not certain we would have so comfortably helped her make the transition we did when it came to downsizing her house, and preparing for her new home at Chelsea. Cleaning out is so much easier with another person! Not only do you have the opportunity to make better decisions, but packing up as you go along is a double time saver. We have learned that as little as we think we need, we need even less. And that, depending upon the new place, so much is provided. No longer in need of kitchen items, Mom, who was an amazing cook, baker and entertainer, needed nothing more than a mug or two, since all meals are provided. Even in facilities where only one or two meals are provided, few need more than service for 2-4 people. Many find themselves eating outside their room with friends they have made!

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

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

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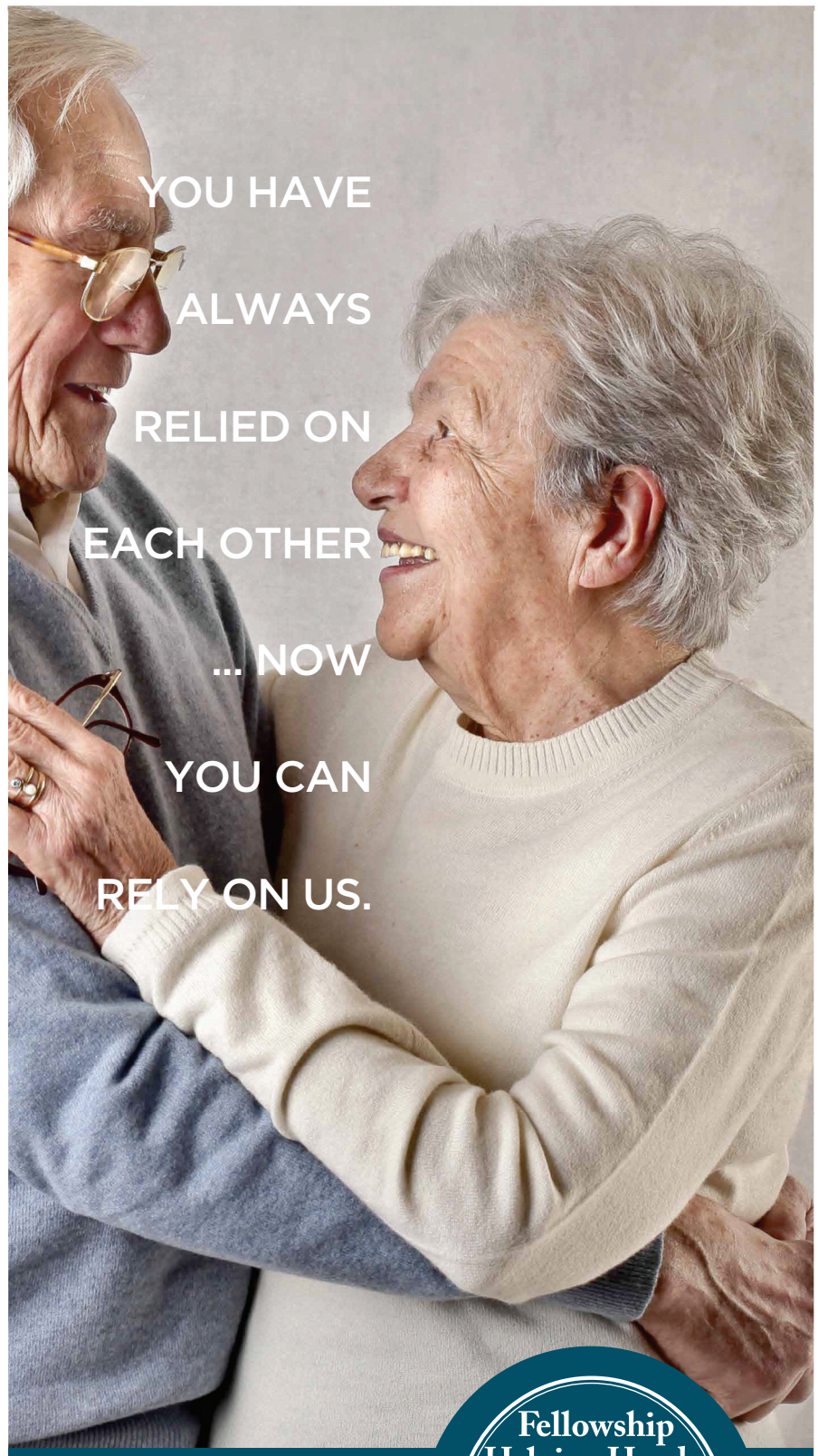
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Warren-Watchung Community Calendar

September - October - November

ACTIVITIES/EVENTS

WARREN SENIORS

Annual Picnic for ALL WARREN SENIORS ONLY: Wednesday, September 13, 12-4pm, Pavilion at Warren Municipal Grounds, Warren. $5 per person. Checks can be mailed to Warren Township. For tickets, call Betty Grossweiler at 908 755 7029. Tickets also available at the door.

Warren Senior Bus: Runs Wednesdays only. Bus is FREE & available to **all** Warren Seniors. Must register for seating at least 2 days prior to ride. Call Somerset County Transportation for reservations: 1-800-246-0527 or 908-231-7115. Use it or lose it.

Warren Senior Club: General meeting 1st Wednesday of each month, 11am, Our Lady of the Mount Parish Center, 167 Mt. Bethel Road, lower level. New members welcome (must be 55). For information, call Mary Ellen Florey 732-469-4771.

Warren Senior Citizen Advisory Committee: Meets 4th Wednesday of every month, 11am, Annex Room, Warren Courthouse. ALL senior citizens residing in Warren Township are invited to meetings. For information, call Betty Grossweiler at 908-755-7029 or email bgrosslane@gmail.com.

WARREN TOWNSHIP CHAMBER OF COMMERCE

"Linked" Online

Warren Township Chamber of Commerce meets 4th Thursday of the month, 8am at Warren Municipal Court for breakfast, networking & presentations from experts in various industries. All are welcome! For info about the Chamber, call Evan Tornquist, Chairman at 908-561-9160 or visit www.warrenchamber.com

THE ARTS

THE CENTER FOR CONTEMPORARY ART (CCA)

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

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

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



***18 Wheels* by Lucas Kelly**

STUDIO 7 FINE ART GALLERY

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

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

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



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

WATCHUNG ARTS CENTER

18 Stirling Road, Watchung, NJ 07069, 908-753-0190. Art Center hours: Tuesday-Friday, 12-5pm, Saturday, 10am-3pm. Volunteer/non-profit organization. Offers art exhibitions, live music performances, comedy & improv, & classes in drawing, yoga & Zumba. For more information, visit www.WatchungArts.org

CLUBS AND SERVICES

AUTO IMMUNE GROUP

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

Face to face support group for patients with Autoimmune Disease, Fibromyalgia & Chronic Fatigue Immune Dysfunction Syndrome. Group meets 2nd Sat of each month, 2-3:30pm, RWJU Hospital, Somerset, 110 Rehill Avenue. **NOTE:** Up to 10 members via Google Chrome accommodated. ***Upcoming Meeting:*** Saturday, October 14. No meetings in July & August. Visit www.autoimmunegroup.com for more information or to make a donation via PayPal or call Joanne at 908-358-7167, Mon-Fri, 2-8pm or email, autoimmunegroup@hotmail.com

THE CHELSEA AT WARREN

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

COOPERATIVE SENIOR HOUSING

"Linked" Online

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

THE GARDEN CLUB OF WATCHUNG

The residents of Watchung & surrounding communities are invited to join. Meetings held at various locations. First Wednesday of the month, 11am, September thru June. For membership info, visit www.thegardenclubofwatchung.org or call 908-754-5766.

INTERNATIONAL FRIENDS CLUB

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

JEWISH FAMILY SERVICE OF SOMERSET, HUNTERDON AND WARREN COUNTIES

"Linked" Online

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

Yearn to Learn (Y2L): Interactive learning experiences for retirees in local group settings, promoting stimulating group interaction, self-exploration & interpersonal connections. Tuesdays, September 12, 26, October 10, 24, November 14, 28, December 12. Email Y2L@JewishFamilySvc.org

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

Café Europa: A social group for Holocaust Survivors. Wednesdays September 13, October 18, November 15, December 13.

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

Expanding Horizon Programs:

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

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

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

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

MOMS CLUB OF WARREN

PO Box 4541, Warren, NJ 07059, http://bit.ly/298wMOMSClub of Warren, NJ. For more information, contact Carolyn Bolcar at carolynbolcar@optimum.net

NEWCOMERS AND NEIGHBORS OF SOMERSET HILLS (NNSH)

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

NEIGHBORS & NEWCOMERS CLUB OF WATCHUNG HILLS

Social club for women living in Warren, Watchung, Long Hill & Green Brook. New members always welcome. Interest groups meet monthly for Bunco, Book Club, Casual Dining, & Knitting and Crocheting & for social events like wine tasting, Soup and Chili Night, & a Spring Social. For more info, call Shelley Molnar at 908-580-0671 or email molnarnj@gmail.com. Look them up on MeetUp.

RUTGERS MASTER GARDENERS OF SOMERSET COUNTY

"Linked" Online

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

SPEECH MEISTERS TOASTMASTERS CLUB

A worldwide non-profit organization which helps develop public speaking presentation & leadership skills. Meets every Wednesday noon at Bernards Township Library, 32 So. Maple Ave., Basking Ridge. For information, contact Ken Schaefer at 732-356-6148 or visit www.speechmeisters.org

SWIM, INC.

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Provides free aquatic exercise for adults with mobility impairments. State wide organization, with 17 chapters across NJ. 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

WAGNER FARM ARBORETUM GARDENS & LEARNING CENTER (WFA)

197 Mountain Ave., Warren. For more information visit www.wfafnj. org email administrator@wfafnj.org, or call 908-350-7383.

WARREN TOWNSHIP

Township Committee meets monthly. Call 908-753-8000 or visit www.warrennj.org for information and meeting agenda.

WARREN TOWNSHIP LION'S CLUB

Meets 2 & 4 Wednesdays of each month, 7pm at *Prezzos,* Warren. For info, contact Adriane Stewart at 908-768-0264, email adrianejstewart@ aol.com or visit www.warrenlionsclub.org.

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

CLUBS AND SERVICES

WARREN WOMEN IN BUSINESS NETWORKING GROUP


Karen Swartz Organizer

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

WARRENBROOK SENIOR WELLNESS CENTER

For active adults 60+. Center offers variety of educational, recreational & entertaining activities including wellness programs & health screenings. Open 9am-3pm Monday-Friday, Warrenbrook Golf Course, 500 Warrenville Road. Accessible to individuals with disabilities. For information call 908-753-9440, email chalker@co.somerset.nj.us or visit www.co.somerset.nj.us/senior.html

WATCHUNG HILLS COIN CLUB

Meets 1st Tuesday of each month 7:30pm at Union Village Methodist Church, 1130 Mountain Ave, Berkeley Heights, NJ 07922. For information, call Pete Doelger at 732-469-0446.

WATCHUNG SENIORS CLUB

55+. Regular meetings held 2nd Wednesday of each month, September to June,11am, Firemen's Exempt Hall (lower level, handicap accessible), 57 Mountain Blvd., Watchung. Refreshments, guest speakers, bus trips, pizza party, picnic in June. Join us! For more information, call Tony at 908-756-6954 or Madelyn at 908-561-1932.

WATCHUNG-WARREN ROTARY CLUB

Meets every Wednesday, 12:15pm at Brightview Senior Living, 57 Mt. Bethel Road, Warren. For more information about club, call Bob Aznar at 908-755-8724 or email at rara1055@optonline.net

LIBRARIES

LONG HILL TOWNSHIP LIBRARY

917 Valley Road, Gillette, NJ 07933. 908-647-2088 www.longhilllibrary.org All events free, open to the public & require registration unless otherwise noted.

WARREN TOWNSHIP LIBRARY

42 Mountain Boulevard, Warren, NJ 07059 908-754-5554, www.sclsnj.org. All programs **FREE. Registration required for ALL programs (unless otherwise noted).** Program dates and times subject to change. For complete program information go to library website: www.sclsnj.org/warren.htm or call library to sign up. **NOTE: The branch will be closed, September 4, November 23.**

ARTIST EXHIBITION:

The Art Space at the library's wall gallery displays:

September: Oil paintings by Westfield artist Sung Gross.

October-November: Watercolor, oil, photography by Warren artist Ghanshyam Patel.

FAMILY PROGRAMS:

Game Day: Friday & Saturday, September1, 2, 9:30am-5pm.

Special Needs Social Hour: Mondays, September 18, ***Yoga,*** October 23, ***Paint Jack O Lanterns,*** November 20, ***Make Holiday Wreaths,*** 7-8pm.

CHILDREN PROGRAMS:

Wompy's World of Musical Play: (Ages 6 months-4 years) Friday, September 8, Monday, November 20, 10-10:45am, 11-11:45am.

Yoga with Miss Lauren: (Ages 4-8) Mondays, October 23, November 13, 4:30-5:15 pm.

TEEN PROGRAM:

Coding with Python: (Grade 6-8) Wednesdays, September 27, October 25, 7-8pm.

ADULT PROGRAMS:

Chess Club: Fridays, September 1, 8, 15, 22, 29, October 6, 13, 20, 27, November 3, 10, 17, 24, 10am-1pm.

Mah Jongg Players Afternoon: Tuesdays, September 5, 12, 19, 26, October 3, 10, 17, 24, 31, November 14, 21, 28, 1-4 pm.

Book Discussion: Thursdays, September 7, ***The Zookeeper's Wife,*** November 9, title TBD, 1:30-3:15 pm; Wednesdays, September 27, ***One Plus One,*** October 25, ***The Night Sister,*** November 29, title TBD, 7:15-8:45pm.

English Conversation Group: Mondays, September 11, 18, 25, October 2, 9, 16, 23, 30, November 6, 10-11:30am.

Bridge Players Group: Mondays, September 11, 18, 25, October 2, 9, 16, 23, 30, November 6, 13, 20, 27, 1-4pm.

Recipe Club: Monday, September 11, ***Herbs with Daryl Minch,*** October 16, ***Making Candy,*** November 13, ***Learn How to Decorate with Fondant,*** 7-8pm.

Needlepoint: Tuesdays, September 12, October 10, November 14, 7-8:30pm.

How to Sell Your House: Thursday, September 14, 7-8:30pm.

Empowerment for New Beginnings - A Workshop for Those Returning to the Workforce: Fridays, September 15, 22, 29, 10am-2:30pm.

Yarn & Threads: Mondays, September 18, October 2, 16, November 6, 20, 10-12pm.

Film Discussion: Thursdays, September 21, October 19, November 16, 1-4pm.

Marc Berger Presents: Saturday, September 23, 2-3:30 pm, Musical Performance, ***Ride.***

Writer's Group - *Where Do I Begin:* Thursdays, September 28, October 26, November 30, 7-8:30pm.

History of Somerville - *An Overview of an Historic Village, Town, & Regional Center:* Tuesday, October 3, 7-8:30pm.

The Strange Case of Dr. Jekyll and Mr. Hyde - Presented by Raconteur Radio: October 7, 2-3:30pm.

Close the Gates - *Immigration Restriction in U.S. Policy, Past, and Present:* Wednesday, October 18, 7-8:30pm.

Book Talk by Local Author Gene Boffa: Wednesday, November 1, 7-8:30pm.

Introduction to Qi Gong: Wednesday, November 8, 7-8:15pm.

Girls Night Out - Musical Performance: Saturday, November 18, 2-3pm.

WATCHUNG PUBLIC LIBRARY

12 Stirling Road, Watchung, NJ Phone 908-561-0117. Hours Monday-Thursday 10am-9pm, Friday 10am-4:30pm, Saturday 10am-4:00pm. All programs **FREE. Registration required for ALL programs (unless otherwise noted).** Register, in-person, by telephone or online at www.sclsnj.org click on EVENTS/PROGRAMS for Watchung. **NOTE:** Program information subject to change; check online for library hours/closings, updated information and added programs. **NOTE: The branch will be closed, September 4, November 23.**

FAMILY PROGRAMS:

Creepy Creatures: (Ages 1 -100) Saturday, October 14, 11am-12pm.

CHILDREN'S PROGRAMS:

Storytime - Miss June's Room: (Ages 4-6): Thursdays, September 7, October 5, November 2, 4-5pm.

Bingo with Miss June: (Ages 4 & up) Fridays, September 8, October 6, November 3 4-4:45pm.

Music with Miss Donna: (Ages birth-5 with caregiver) Wednesday, September 13, October 11, 10-10:30am.

Storytime Just for You: (Ages 4-5 with caregiver) Fridays, September 15, 29, October 13, 27, November 3, 17, 10:30-11:15am.

Big Builders: (Ages 4 to 6 with caregiver) Saturday, September 16, 11-11:45am.

Art with Ms. Bea: (Ages 4 & up with caregiver) Tuesdays, September 26, October 24, November 21, 4:15-5:15pm.

Storytime - Learning with Leisa: (Ages 5-7) Wednesdays, September 27, October 25, November 15, 4:30-5:15pm.

TEEN PROGRAMS:

Teen Advisory Board: (Grades 7-12) Wednesdays, September 20, October 18, November 15, 7-8:30pm.

ADULT PROGRAMS:

Mah Jong Club of Watchung: Mondays & Tuesdays, September 5, 11, 12, 18, 19, 25, 26, October 2, 3, 9, 10, 16, 17, 23, 24, 30, 31; 1-4pm.

Watchung Writers Group: Thursdays, September 7, 14, 21, 28, October 5, 12, 19, 26, 10:30 am-12:30pm.

Retirement Planning Seminar: Tuesday, September 26, 7-8pm.

Color and Conjure: Wednesday, October 25, 7-8:30 pm.

RECREATION

WARREN TOWNSHIP RECREATION COMMISSION

46 Mountain Blvd, Warren, NJ 07059 908-753-8000 Ext. 270, Fax 908-757-9173, recreation@warrennj.org, www.warrennj.org/recreation Meets first Wed. of the month (except Feb, July, Sept.) 7pm, Suzie B. Boyce Court House, 44 Mountain Blvd., Warren. **NOTE: *For children, teens and adults in Warren, Green Brook, and Watchung.***

SCAN HERE FOR PROGRAM DETAILS

Upcoming Activities:

Tennis Lessons: (One 8 week session, 55 minutes each, ages 4-adult): Fall session begins, Mondays September 11, 18, 25, October 2, 16, 23, 30 & November 6; Tuesdays September 12, 19, 26 & October 3, 10, 17, 24 & November 7; Wednesdays September 13, 27 & October 4, 11, 18, 25 & November 1, 8. Fee $140. Held at Municipal Complex and Greenwood Meadows Courts. For more info, email Eleanora Murfitt at emurfitt@warrennj.org or 908-753-8000 ext. 270

Rutgers SAFETY Coaches Clinics: Clinics held Wednesday, November 29, 7pm 10pm. Must be over 18 years to participate. Free for Warren and Watchung residents. Register online. $35 for all others.

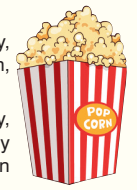
Adult Coed Pickup Volleyball: Mondays, September 18-June 11, 7-10pm, 109 Mt. Bethel Rd, Warren Central School & 132 Jefferson Ave, Green Brook Middle School. Thursdays in Greenbrook, open to warren, Watchung & Greenbrook. For more info, please contact, Mike Rotolo at michael.rotolo1@gmail.com.

Warren Recreation Men's Pickup Basketball: (Ages 18 or older, out of HS): Begin September 18, Mondays, 6pm-9:45pm. Open to Warren, Watchung & Green Brook. For more info, Eric Cheshire at echesh37@aol.com.

WATCHUNG BOROUGH RECREATION COMMISSION

15 Mountain Blvd., Watchung, NJ 07069, 908-756-0080 Ext. 210, Fax 908-757-7027, www.watchungnj.gov

Warren & Green Brook may also register for programs & camps. Visit Warren & Green Brook websites for programs & camps available to Watchung residents. Check website for all sports registration sign up information & program links.



Movie in the Park - *The Secret Life of Pets:* Friday, September 8 (Rain date Friday, September 15) 8 pm, Philips Field. Ice cream social starts, 6:30pm.

Gerald M. Mobus Memorial Fishing Derby: Sunday, September 16, 9:30am-Noon (Rain Date Sunday September 17), Watchung Lake. Must bring your own fishing pole! FREE for Watchung Residents.

Yankee Game Trip: For details, visit www.watchungnj.gov

Harvest Festival: October 28(Rain Date October 29), 1-4pm, Mobus Park. FREE. For more information, visit www.watchungnj.gov.

Mah Jongg Club: Monday & Tuesdays, 1-5pm (All year) Seniors Room, Watchung Library. For more information, contact Melanie Novello at novello1800@aol.com.

Adult Game Day: Thursdays, 1-4pm Seniors Room, Warren Library.

Adult Women's Volleyball: Mondays, 7-9pm, Valley View School Sept-May.

Adult Men's Basketball: Fridays, 7-9pm, Bayberry School October-June 10.

Tennis Lessons: Toddler, Youth, Teen & Adult Starting Fall.

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Sept. 21 & 22: 9:30 am

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Sept. 29: 6:30 pm - Kol Nidre
Sept. 30: 9:30 am

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"Random" Connections

DID YOU HEAR THE ONE ABOUT THE PRIEST AND THE RABBI?

By: Dan Rosenberg

No doubt there are many jokes that start with this sort of question. This is the story of one of them. Some people might find religious oriented jokes offensive so we'll just call it "The Joke" (although based on what we see on television and social media, it seems tame by today's standards). If you want to hear it, then write to me at The Connection and I will be happy to share it with you.

In the winter of 1970, I signed on to be the drama counselor at a summer camp for the upcoming season. A few months later, I stopped by the house of some long-time friends to see their teenage son, David, who would be a camper. I wanted to see if David would be willing to take a lead role in a play I would be directing that summer.

When I arrived, David was on an errand so I visited with his father for a few minutes awaiting his return. His father was a Rabbi and Professor at The Hebrew Union College where Reform Rabbis are educated and ordained. I thought he would enjoy The Joke. It was obvious that he did not, although he was kind enough to let it pass without any reaction, as he took a slow draw on a small cigar and changed the topic.

I lost touch with David when he went off to college and I moved away for work. He too became a Rabbi. As many young Rabbis do, he moved from smaller to larger congregations around the United States. His name would come up from time to time. At one point, he was the spiritual leader for a congregation in Portland, Maine, where good friends of ours worshipped.

Following in his father's footsteps, he left the congregational world to focus on interfaith and interreligious relationships. A couple of years ago, he became the Director of Interfaith Affairs at the ADL (Anti-Defamation League).

I saw on Linkedin that he was based in New York City. After over a year of trying to make our schedules fit, I met him for a cup of coffee (less than two weeks before he would relocate to New England with the ADL). As we were catching up I mentioned to David that over 45 years ago I had told his father a joke that I don't think he liked very much. I then began to tell David The Joke.

David started smiling halfway through my delivery. David knew The Joke. However, he told me he had no idea that his father knew The Joke nor that I had told his father any jokes, let alone The Joke. David then said, "I actually use The Joke as an ice breaker when I am kicking off events around the world to interfaith groups and I am not joking with you now."

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