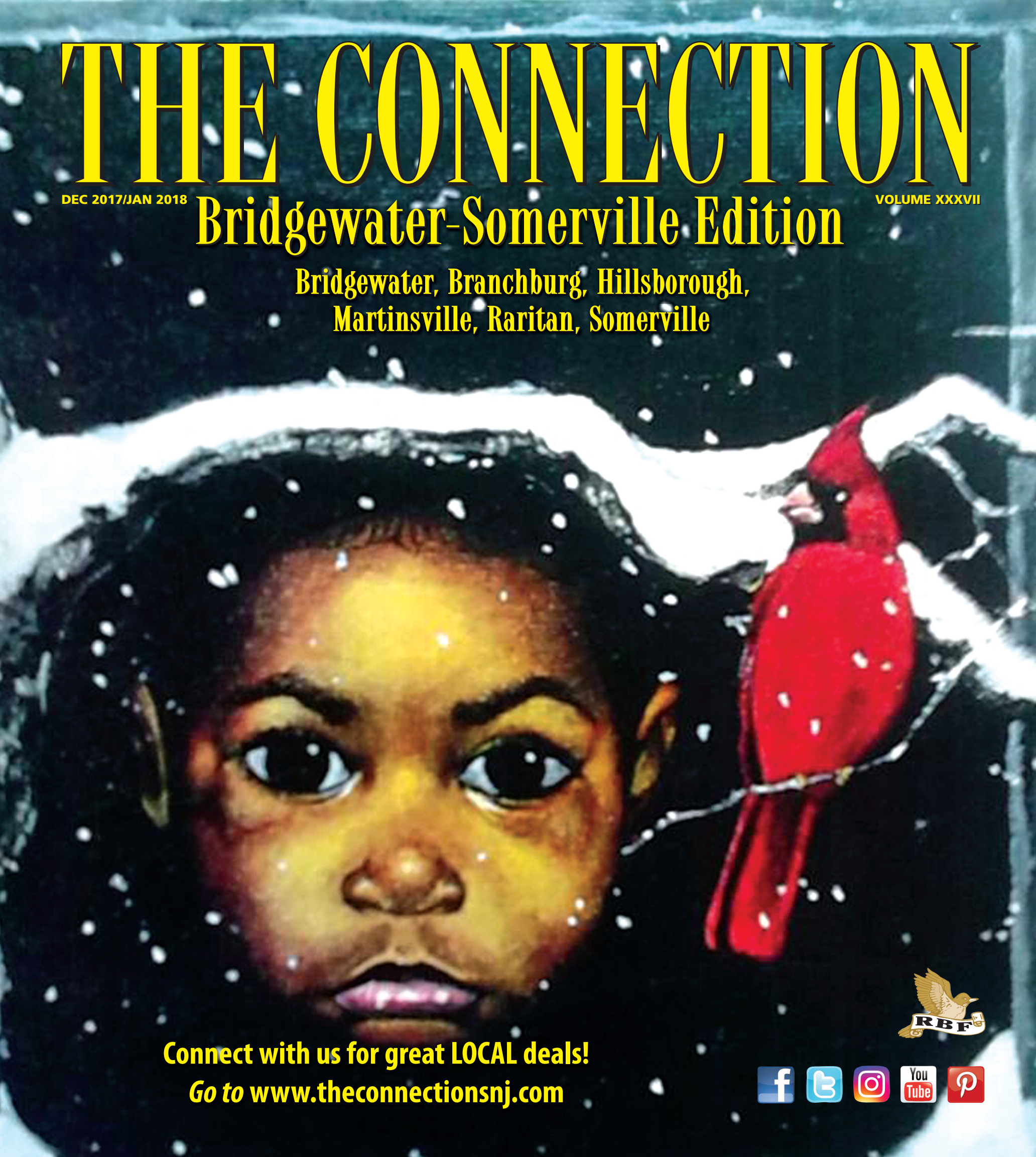
THE CONNECTION

DEC 2017/JAN 2018

VOLUME XXXVII

Bridgewater-Somerville Edition

Bridgewater, Branchburg, Hillsborough,
Martinsville, Raritan, Somerville



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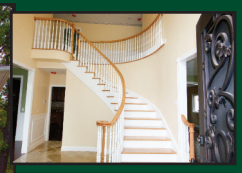

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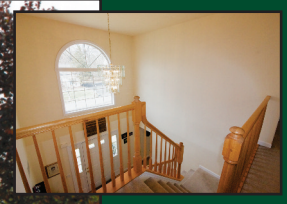

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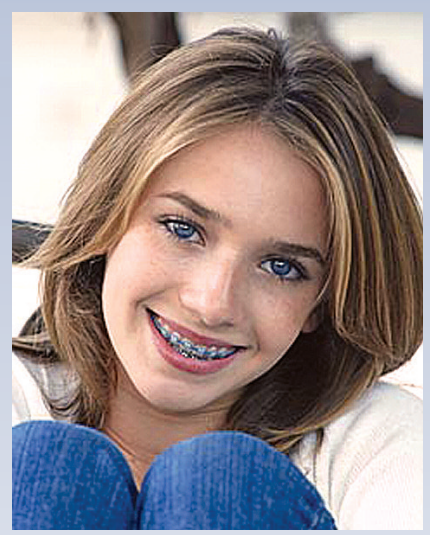

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Bridgewater-Somerville Edition

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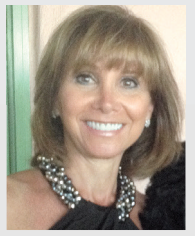

PUBLISHER'S MESSAGE

Happy Holidays to all of our loyal readers! We are delighted to present a fabulous issue of **The Bridgewater-Somerville Connection** at the most joyous time of the year. With that in mind we have included several wonderful sections in the magazine: **Holiday Cheer Section, Dining For The Holidays** and **Houses of Worship** as well as our regular sections, **Home & Design, Spotlight on Seniors, Shop Somerville, Health & Wellness** and our **Community Calendar.** In addition, we are thrilled to highlight the following businesses in this edition: **Tropiano & Son Jewelers, Woof Gang Bakery & Grooming, AFC Urgent Care, Integrated Speech Pathology, LLC, Flaming Grill & Supreme Buffet, Central Jersey Housing Resource Center** and **Kevin Yento & Associates.** Our talented writers have given us unique insight into these businesses and their respective owners.

Local artist, **Leslie Floyd,** adorns our front cover with an acrylic painting entitled, ***"Snow Bird."*** This piece is actually a portrayal of a friend's daughter at age 2 looking out the window, wanting to go out to play on a snowy day. His works include landscapes, animals and musicians among others. Please visit his impressive website www.lesfloyd.com and read his 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 Pam Booth of Hillsborough,** winner of the September 2017 **Spot the Fake Contest!**

We encourage you to view our **ONLINE RECIPE BOOK** this Holiday Season! Share your favorites with the community by submitting to connectionsnj@gmail.com. The perfect way to find new recipes for your upcoming parties!

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Sincerely,

Robin Fand, Publisher

SPOT THE FAKE!

Somewhere in this Magazine is a FAKE AD.

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

Spotthefake@theconnectionsnj.com

Subject Line: FAKE

More than 200 people took part in our Spot The Fake Ad Contest in the September issue. Congratulations to everyone who "spotted" *Home on the Range!* The winner, selected randomly from a list of all those who entered and provided the correct answer, is Pam Booth of Hillsborough. The winner received a handmade rug from Bench's Carpet One Floor & Home.

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On The Cover

LESLIE FLOYD

Leslie Floyd is a local Somerville artist who was born into a very talented family. Leslie is one of seven children born to William and Doris Floyd. The creative arts were always nurtured in the Floyd family. Leslie's artistic talents were first motivated by his older sister Karen, who encouraged Les to try painting as a hobby.

As the years went on, Leslie's abilities began to flourish. His artistic skills were noticed and encouraged by his teachers. In his early years at Somerville Junior High, Joseph Garcia, an art teacher, became Leslie's mentor. Soon Les was encouraged to enter local and national art competitions. He was the recipient of the National Scholastic Art Awards over a six year period from Junior High School to High School. In his senior year, he received a blue ribbon which allowed him to represent the state of New Jersey in the national competition. Leslie was ranked as one the top twenty young artists in the nation.

Les won a blue ribbon in the New Jersey Teen Arts Festival in Trenton. During high school Leslie studied under the artist, Maurice Fern of Mendham, NJ. After high school he studied Fine Arts at Montclair State College. He also studied art at the DuCret School of Art in Plainfield, NJ. In the early seventies, Leslie began to make his mark as an exciting new artist. Soon his works were found throughout the state. Leslie has presented his work in art shows at Yale University, Rochester, Philadelphia, Trenton, Plainfield, New York City and other locations. For several years, Leslie's portrait of Dr. Martin Luther King Jr. was displayed at the Somerset County Courthouse.

Leslie uses all mediums of art, but he prefers water color, pen and ink, and acrylic. He describes his style as traditional realism with a slight impressionistic influence. Along with being a dedicated artist, Les is also proud of his work as a tutor to many young artists. These young people have gone on to complete college and pursue careers in various art-related fields. Today, Les Floyd works in his home studio in Somerville, NJ where he illustrates those images that touch his heart and his spirit. He continues to give art shows, do commissioned art work, and give private lessons.

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SLICE OF LIFE

A Real Friend

By: Ellyn Mantell

Walter Winchell was a television and radio personality whose news reports were listened to by American families from the 1930's to the 1950's. Eventually, he became a gossip columnist for a New York newspaper, and some say he ruined the careers of many with his loose and verbose tongue! In his day, there were few ways to get news and society had to rely upon the perception and views of those who kept Americans in the know; none could have imagined or predicted the overwhelming manner in which we are connected today to the entire world by simply turning on our phone or computer. We now have countless "journalists" who share their views with us...in fact we have a barrage of breaking news and staying current is a lost art.

I grew up hearing Walter Winchell's name as an authority on all things popular and he truly was a "household name!" Recently, I read a quote of his, and it has even more meaning to me at this time in my life than it might have had years ago. Mr. Winchell said that "a real friend is one who walks in the door when the rest of the world walks out." Although I am blessed with many wonderfully loving friends, I know that there are those not so fortunate, and they may long for someone upon whom they can depend when things get difficult. And when times are most challenging, well, those are the moments when a true friend declares their support, and means it! The rest of the world may not abandon us, but how comforting to have the warm blanket of friendship to keep away the winds of life's difficult times!

It is human nature that people go toward pleasure and attempt to avoid pain. And as such, life becomes our instructor. The formative childhood years, the angst of the teen years, even the early adult years are filled with so many choices in friends. The goals regarding relationships seem to revolve around how many can we meet and what do we have in common. But at a certain point, we better know ourselves; what qualities do we bring, and what do we need and want from others crystallizes in our minds.

My friends are dear to me and enhance my life in the way that spices enhance our food. They provide the embroidery of my quilt of life, and without them, I know there would be an incredible void. They bring me the joy of celebrating, the beauty of the generations, the fight in the human spirit, the camaraderie of experiencing similar times of our lives. I am richer, by far, for these incredible relationships. Of this, I have no doubt!

However, I ask myself if I am a real friend, and do I walk in the door when friends need me? In thinking about this question, I came to realize that the answer is an overwhelming...I very much WANT to, but may fail because I am simply human. I wonder if I have the ability to know what a friend needs unless they share it with me? I wonder if I become intrusive when asking friends personal questions or giving "too much" advice? How friendly is too friendly, and when do we know we are overstepping our bounds? For those of us who savor the reward of truly connecting with friends, there is a compelling need to respect where each of us ends and begins.

Naturally, I do not know what experiences Mr. Winchell had in his personal life, and who he considered his true friends. Or for that matter, who considered him a true friend. Times were so different. The world was so much smaller because few traveled outside of their neighborhood, community, state or country. Those lives seem to be more predictable and they were more connected to each other geographically. Perhaps that might have made it easier to walk in the door for a friend.

But I believe we all need to know we matter to those we call "friends," and that friendship is a gift we give each other...a most valuable one! In times when we are in need, our friends will hopefully draw ever closer to us, do their best to support us, hold our hands when necessary; in good times, they will share our joy, bringing us even more happiness...because like a lovely cloak, the fabric of our relationships wraps us in texture and beauty, and means so much!

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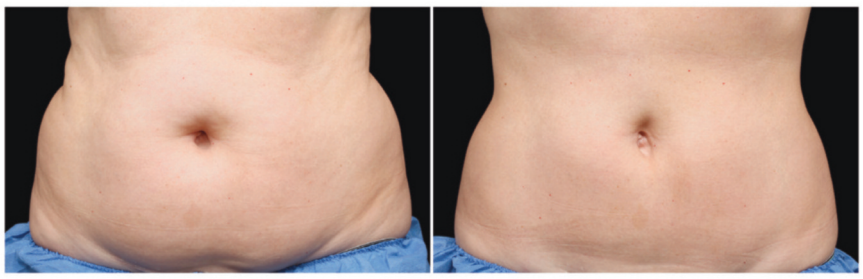

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Family Adventures

HOLIDAYS IN THE CITY

By: Jill Stolz

Chestnuts roasting on an open fire…It's Christmas time in the city…are you humming holiday tunes yet? Too corny? But isn't that the point of the holiday season, to bask in traditions that you carry over from your childhood or create for your own children to make beautiful memories? It's safe to say that Christmas time in New York is the stuff memories are made of and every child and adult should experience the magic.

The season officially kicks off with the Macy's Thanksgiving Day Parade and ends with the ball dropping in Times Square on New Year's Eve. But the starting point for most people is the famous tree, lit up in all its glory, at Rockefeller Center. If it's cold out, and chances are it will be freezing, grab an overpriced hot chocolate and watch the skaters on the Rockefeller Center rink below. If you really love skating, head over to Central Park's Wollman Rink and check out the park's beautiful holiday lights while you are there.

On your way uptown, make sure to pass by the fabulous window displays at Barneys and Bergdorf Goodman. On Third Avenue, stroll by the Bloomingdale's window displays and then cross the street for a treat (or two or three…) from Dylan's Candy Bar. And don't forget about the creative displays in the famous midtown department stores, Saks Fifth Avenue, Macy's and Lord and Taylor.

Heading downtown, stop into Grand Central Terminal to see the grand light displays on the Sky Ceiling. And the Grand Central Holiday Train Show at the New York Transit Museum and Gallery Annex features vintage trains made by Lionel, American Flyer and Louis Marx & Co., dating back to the 1920s. The exhibit features a full train track with a fully functioning train and a miniature New York City background. If trains are your thing, the New York Botanical Garden's Holiday Train Show is a beautiful scene of the city built entirely from plants and natural material. The handmade miniature trains that run through the landscape are equally impressive.

If you are seeking entertainment, the annual Christmas Spectacular, featuring the Rockettes, awaits you at Radio City Music Hall. The Big Apple Circus at Lincoln Center is great for younger kids, and *The Nutcracker* at the New York City Ballet is wonderful for older children. All the way downtown, the South Street Seaport is turned into the 19th century, complete with carolers and a variety of entertainers from that era. And all the way uptown, the Holiday Lights at the Bronx Zoo features more than a hundred illuminated animal and holiday sculptures, the Holiday Express Train and the Polar Bear Express Experience along with music, storytelling and live reindeer.

So put on your hats and mittens, bundle up your kids, and make Christmas time in New York part of your family's tradition. No matter what's going on in the world, no matter what's going on in your life, the holiday spirit in the city is infectious. May peace, joy and love be with you this holiday season and always.

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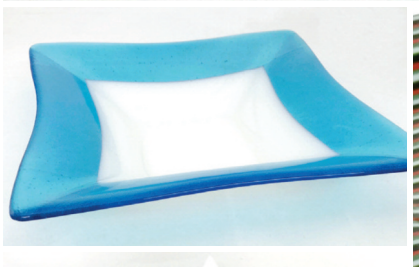

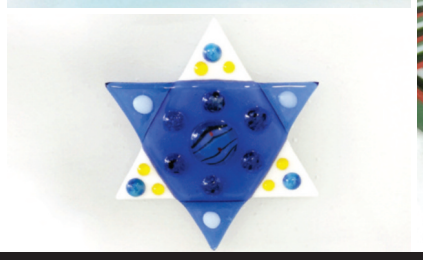

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Michele and Ray Tropiano

Tropiano & Son Jewelers is a local gem celebrating 81 years in business. It is located on the main street of Raritan, New Jersey just down a few buildings from where Meni and Raymond Tropiano first opened the jewelry store in 1936 making it one of the oldest businesses in the state. Under the ownership and management of their grandson Ray Tropiano and his wife Michele, **Tropiano & Son** brings 3 generations of knowledge, integrity, and service to the retail industry. It continues to offer the highest standards of customer service and attention to detail that have enabled them to continue to grow since 1936.

In the early days the store sold appliances and offered two small cases of jewelry. Raymond Tropiano Sr. also dealt in gold coins while his wife Meni took the train from Raritan into New York City to bring back jewelry for the business. **Tropiano & Son** soon developed an outstanding reputation as a family jeweler that offered honest, fair, and sincere service along with exceptional value. Under the leadership of son Frank Tropiano they formed partnerships with many local corporations including Johnson and Johnson providing service awards, incentive programs, and overall personal jewelry needs. During this time they also established a commitment to local athletic, educational, music, and charity organizations.

Tropiano & Son remains a family owned and operated business being overseen by Ray and Michele Tropiano who have worked alongside each other for over 30 years. With other staff including their master jeweler Feliks, and sales associates Megan, Margie, and Donna they continue to bring that special touch to their customers. As times have changed the store has adapted by bringing in many new lines that allow customers to purchase beautiful pieces at very affordable prices while continuing to design and make pieces right on the premises. They continue to offer onsite expert jewelry repair along with complete customization including engagement rings, wedding bands, and every day pieces. With the rise in online shopping there is still a need to touch, feel, and see those pieces that will bring years of memories. **Tropiano & Son** offers very competitive pricing with the added benefit of that personal one to one service and attention to detail that has enabled them to continue to serve the community for over eighty years.

Traditions not only continue at **Tropiano & Son** but also begin as an entire new generation finds that when it is time for jewelry and gift needs nothing compares to having that personal and expert guidance that the skilled and knowledgeable staff at **Tropiano & Son** can provide. Along with their competitive pricing **Tropiano & Son** continues to offer pricing accommodations to those employed with companies such as Johnson and Johnson and those that have in the past or currently serve our country including military, police, fire, rescue, and EMT. Do yourself a favor and visit this gem located at 28 West Somerset Street in Raritan and begin your own tradition.

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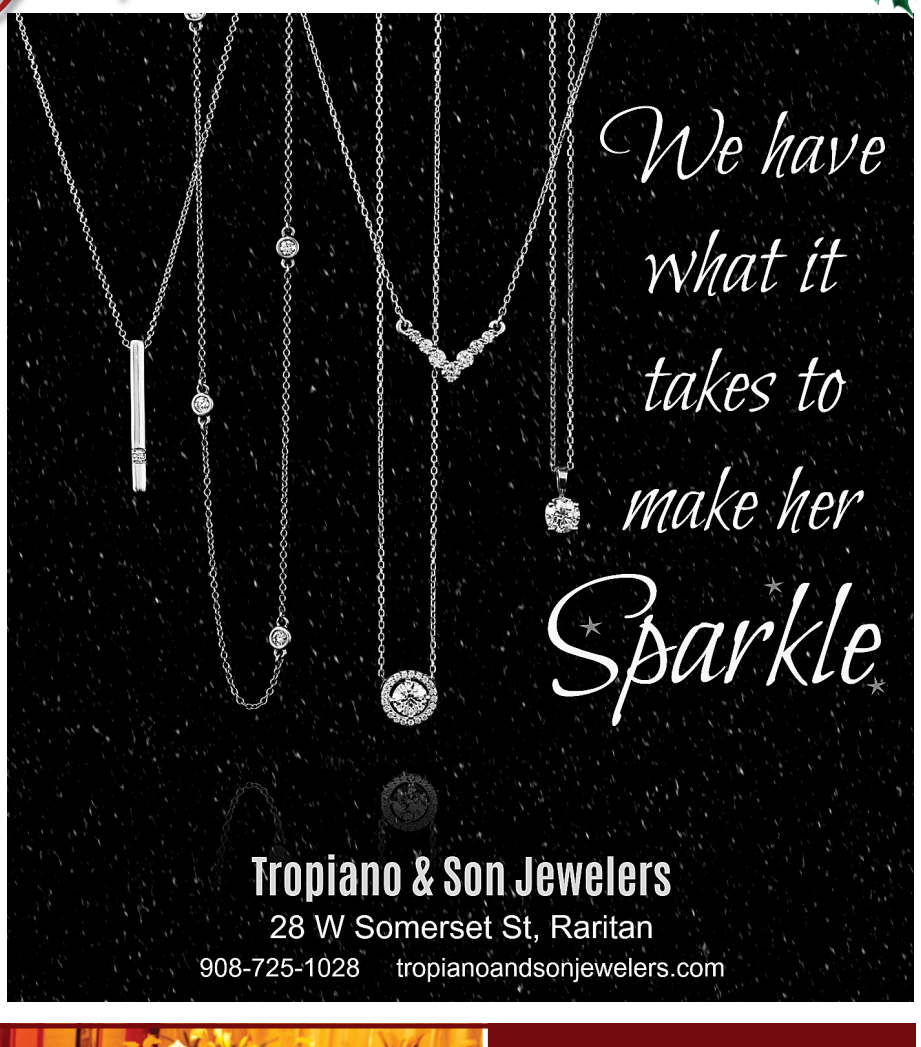

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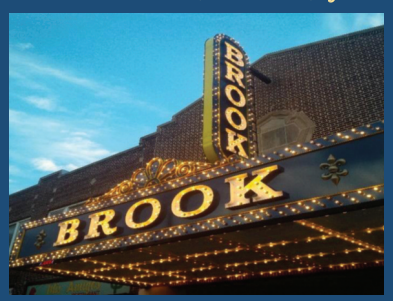

2017 – Winter Schedule of Events

December

1 & 2	*It's a Wonderful Life: A Live Radio Play*
9	*The Nutcracker* – NJ Youth Ballet Company
10	*The Beatles* - From Liverpool to Abbey Road
16	Return Engagement – "Laughter is Good for the Soul"
17	*Peter Pan* – 1924 Silent Film, featuring Bernie Anderson on the organ
30	*Polar Express* – Children's Holiday Movie and Pajama Party

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By: Katrina Musto

When Mehul and Ketna Patel opened **Woof Gang Bakery & Grooming Bridgewater** in February 2016, they realized how much more goes into grooming a pet than people think. The pet spa and store featuring all natural, USA-made chews and dog collars, high-quality dog food, fun home goods for pet lovers has been known to give everything from blueberry pie facials to Mohawks to its willing four-legged participants.

Open 7 days a week from 9:30am-7:30pm Monday-Saturday and 10am-6pm on Sundays, the weekends tend to fill up with regular customers, although newcomers often emerge due to word of mouth. "We have dogs that come from as far as Pennsylvania for grooming," Patel explained. Grooming services include everything from teeth brushing to pumpkin spice shampoo treatments. Every month, a new scent is available as well as luxury shampoo upgrade treatments, with choices such as pina cololda in the summer and merry cranberry around the holidays. De-shedding and blueberry pie facial treatments are popular services performed by the experienced groomers, but every service depends on the breed of the dog. Six to eight weeks is a typical time frame for a haircut while a mini-groom can be once a month, and includes such luxuries as a soothing bath, blow dry, brush out, and feet-face-fanny trim. They have a cat groomer also that does baths, haircuts and nail trims. With toasted almond and sugar cookie scented body products for the pets and clothing items such as raincoats and scarfs, it is no wonder customers keep coming back for more.

"We work with the owner and the dog to make this an enjoyable experience," Patel says. "We have returning clientele so our dedicated staff know their dog the minute they walk in the door." With a loyalty rewards program if the customers purchase pet food and other retail items in the store plus sending out personalized emails to each customer after a visit, it is easy to see why Patel enjoys the job she has.

And let's not forget the bakery section. Upon entry, customers can feast their eyes on treats so decadent they temporarily forget they aren't for humans. Peanut butter patties, cheddar cheese bagel bites, plus seasonal and football shaped cookies are all just some of the items one can take home to their beloved pet. Birthdays are always fun and they have many options from cakes, cupcakes, cookies to toys to help celebrate your favorite pooches' birthday. Free treats and samples are given out when **Woof Gang** hosts events, which is a good way to socialize with other dogs. **Woof Gang Bakery & Grooming Bridgewater** also works with local rescues and hosts multiple on-site adoption events as well as donates treats and food throughout the year to rescues and shelters in need. Birthday parties, pet costume contests during Halloween, Christmas events featuring Santa, Valentine's Day functions and Easter egg hunts for local organizations that are passionate about pooches, are all just some of the many events hosted by the store. "Last February we had our one-year anniversary party and had a caricaturist on hand and were handing out samples to the guests," Patel fondly recalled.

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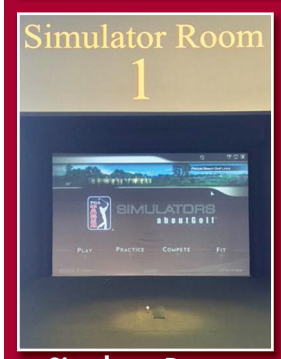

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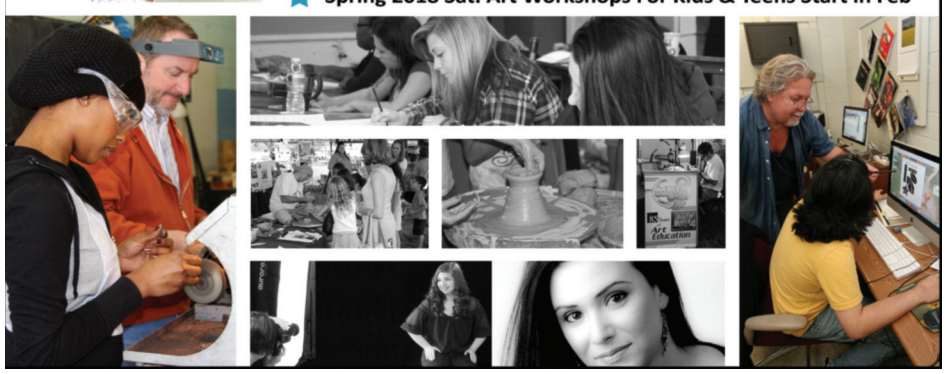

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MEDICAL MINUTES

TONGUE TIE

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

What is Tongue Tie?

Tongue tie, also known as ankyloglossia, occurs when a small web of skin directly underneath the tongue causes difficulty with protrusion of the tongue. This is sometimes noted at birth or later in life. It may cause difficulty with eating or speaking. Sometimes this causes difficulty with breast-feeding, and a medical referral may be made by a breast-feeding consultant. If the condition is noted in a child with speech issues, treatment may assist with the speech therapy. Treatment of a tongue tie may also help with oral hygiene.

At the office visit, the oral cavity will be examined for any abnormalities. The tip of the tongue may appear to be retracted when the tongue is fully protruded.

Treating Tongue Tie

In many cases this may be treated in the office, with a local anesthetic given as a medication applied to the tongue tie and possibly with an injection. Often, sutures are not necessary. Follow up in a week can be scheduled to check for healing. Over-the-counter medication for discomfort is sufficient, and may not even be needed. Surgical treatment may be considered even in a newborn. Sometimes the procedure is done in the surgery center, as this may be easier for an older child.

Learn more about tongue tie and the treatments, contact:

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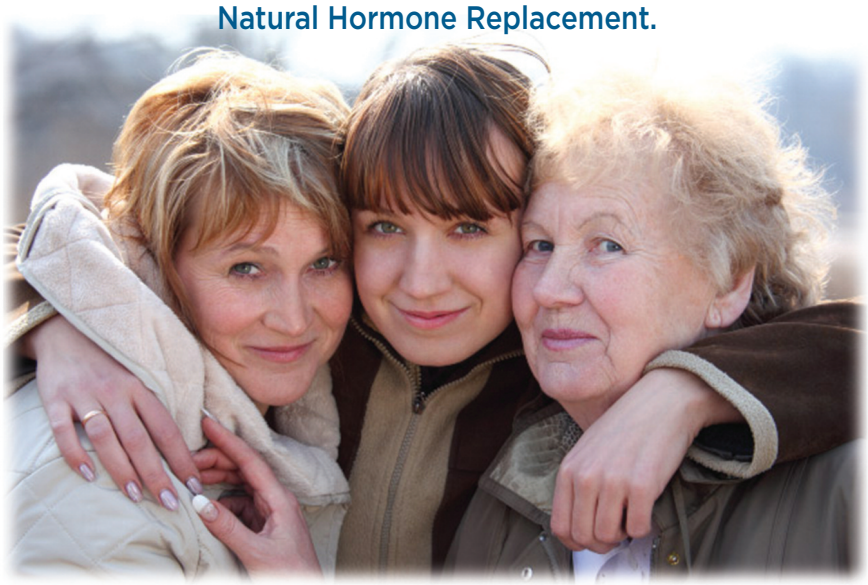

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MEDICAL MINUTES

WHAT'S A *PREGNANT* WOMAN TO DO?

By: Dr. Vincent Sferra
Natural Medicine & Rehabilitation

Pregnant women often struggle finding ways to cope with the discomforts of pregnancy. Many options are just not appropriate during pregnancy; but there are ways to get through these 9 months that can help prepare you for a healthy pregnancy and delivery which can have life-long benefits.

During pregnancy, there is a change in biomechanics, muscle cramps and/or muscle imbalances, an increased demand on pelvic and spinal ligaments and muscles, change in weight distribution, and hormonal changes which can create laxity in the ligaments and connective tissue. These processes can cause back, hip, joint, and pubic pain. Proper body mechanics, breathing mechanics, myofascial release, relaxation techniques and stretching and strengthening exercises can alleviate symptoms.

Physical therapy includes pain management strategies, soft tissue manipulation, exercises to improve physical functioning, and a home exercise program. Building muscle strength, endurance, stability, balance, and flexibility will keep/get you in shape for delivering the baby without placing increased stress on your joints. Toned muscles will also help improve metabolism, and help you get back to your pre-pregnancy body!

Chiropractic care is a safe, effective, and gentle treatment. Being pregnant changes your center of gravity and affects your posture which can cause back, shoulder and neck pain. Chiropractic methods such as adjustments of the spine and pelvis, as well as active release of the muscles can help relieve discomfort.

Acupuncture has been used for thousands of years to treat many conditions in women during and after pregnancy. Years of practice have shown that acupuncture treatments throughout pregnancy enhance the health of the mother, prevent complications and influence the development of the baby. Acupuncture is easily integrated into a multi-disciplinary team approach. It is used to help promote faster recovery, relief of pain and numbness, reduce constipation, and promotes a sense of well-being and relaxation.

Biofeedback therapy is a non-invasive and drug-free treatment option, which makes it suitable for those who wish to avoid medications or those who cannot use them, such as pregnant women. Biofeedback is a safe and effective treatment for headaches, insomnia, morning sickness, anxiety, and stress. With biofeedback therapy, patients learn to control bodily processes such as muscle tension, blood pressure, or heart rate. Mind-body interventions are based on the interconnectedness of mind and body and on the power of each to affect the other.

Nutrition plays a vital role in the development of the baby and can help pregnant women who are affected by gestational diabetes. Healthy eating during pregnancy is not only important to the mother's health but is critical to the baby's growth and development. Proper nutrition is also important for the mother's recovery, adequate energy levels, and helps to prevent postpartum depression. Good nutrition is also needed to help maintain the supply and high nutrient levels in the breast milk.

Healthy eating, daily exercise and learning how to temper stress are life skills, and there is no better time to start than during pregnancy! Setting a good example and teaching children the importance of a balanced diet and physical exercise is essential for their growth, development, and even improving their focus when learning. By developing these healthy lifestyle habits early, children establish good behaviors which can have long-term benefits.

Whether you are pregnant or looking to improve the health of your loved ones, please call for a complimentary new patient consultation at our Branchburg or Somerset locations:

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Dr. Sferra, Founder and Clinic Director, is board certified in Chiropractic Medicine and Chiropractic Neurology, a Certified Clinical Nutritionist and is a Certified Strength and Conditioning Specialist certified by the National Strength & Conditioning Association.

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MEDICAL MINUTES

WHAT ARE WISDOM TEETH?

By: Karl Maloney, D.D.S.
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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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AFC URGENT CARE

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"Urgent Care or Emergency Room? When to know where to go..."

By Harold Ehrlich, M.D., Medical Director, American Family Care Urgent Care, Bound Brook

Imagine this scenario…it's late on a Friday afternoon. You have a fever, severe sore throat and ear pain. So now what? Your regular doctor won't be in until Monday morning; and that's IF you can secure an appointment. Emergency Room? That could take hours waiting to be seen and it may only be a simple cold with ear infection. Urgent Care? But you're not sure if they treat those symptoms.

Many of us have experienced the scenario above and have not known which way to turn. Of course, we all know the Emergency Room will treat an illness or injury at any hour. However some people may not know that an Urgent Care may be able to care for the same illness, can cost significantly less than an ER trip AND will be much quicker than a hospital Emergency Room. **American Family Care Urgent Care** in Bound Brook bridges the gap between your primary care doctor and ER Services for your non-life-threatening medical concerns without losing your valuable time. Our average visit from registration to discharge is under an hour.

Emergency Rooms are a vital, life-saving resource to our communities. So what is the guideline to know when you should go to the Emergency Room or an Urgent Care such as **American Family Care Urgent Care**? Rule of thumb is any time you are in a severe condition, go the Emergency Room or call 911.

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- Mild/Moderate Abdominal Pain
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- Pink Eye
- Cough/Colds/Flu
- Migraine
- Minor Lacerations
- STD Tests or Treatment
- Upper Respiratory Infections
- Mild/Moderate Vomiting, Diarrhea
- Domestic Animal Bites

American Family Care in Bound Brook has been around since 2012 and staffed with only highly experienced physicians, nurses and x-ray technicians. Our professional and friendly team treats children (starting at age 6 months), teens and adults. With on-site x-ray and lab services our physicians can diagnose and treat you without sending you to another facility.

AFC Urgent Care accepts most insurance plans including Medicare and Medicaid; in addition patients who do not have insurance may be seen at a discounted rate. Besides traditional medical treatment, **AFC** performs DOT physicals, handles Workers Comp and Occupational Medicine for all size businesses as well as school, camp and pre-employment physicals.

American Family Care Urgent Care is open 7 days a week from 8 a.m. to 8 p.m. Monday through Friday with Saturday and Sunday hours of 8 a.m. to 5 p.m. including most holidays. No appointments are necessary as walk in patients are always welcome. Conveniently located right off I 287 in the Shop Rite shopping plaza, the spacious, clean center has ample parking in a well-lit and safe environment. So the next time you can't get an appointment with your regular doctor whether it's after hours or a weekend; come see us at 601 W. Union Avenue, Bound Brook. Check out our great reviews on Google and Facebook!

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MEDICAL MINUTES

PLANTAR FASCIITIS

By: Dr. Jyotsna Thapar
Ankle & Foot Specialist of NJ, LLC

Ever stepped out of bed with severe pain in the heel? Or your heels hurt for a little while when you first stand up and start walking? This type of heel pain is one of the most common foot ailments in the world. It can flare up at any time of day, from the first thing you feel when you get up in the morning to a mid-afternoon run. This pain is enough to make movement incredibly painful until your foot begins to loosen up. The condition is called plantar fasciitis, which has several causes and, luckily, several solutions.

The main symptom of plantar fasciitis is inflammation of the ligament that connects your heel to the ball of your foot. This can be caused by a variety of factors, from flat feet, worn shoes and poor foot biomechanics to overuse and muscle tightness.

Plantar fasciitis can be treated in several ways. Prior to exercising, it is important to warm up and stretch properly, keeping your muscles flexible and less prone to inflammation. Avoid exercising on hard surfaces to minimize impact injuries, and rotate exercises to limit the amount of time you are spending on your feet. Maintaining a healthy weight lessens the pressure on your feet and ankles, which reduces your risk of strain.

Your shoes should be appropriate for the activity you are participating in. For example, if you are hiking on uneven surfaces and rocky terrain, you should not be wearing flip-flops. If you are walking along cobblestone streets, sensible shoes may be better for your ankles. You should replace your shoes at least once per year as they wear, to discourage poor walking habits.

One of the most effective treatments for heel pain is custom orthotics. Orthotics provide an extra layer of cushioning and support to your foot while keeping your bones and muscles aligned. Orthotics will help evenly distribute weight across your feet and resolve biomechanical issues that are causing pain. Ankle & Foot Specialist of New Jersey will take a mold of your feet to match them exactly to your arch, relieving stress on your heels to allow proper recovery. Along with custom orthotics, you may be prescribed anti-inflammatories and icing, as well as stretching exercises as soon as you are able.

Heel pain can be a burden on your life, but it doesn't have to be that way. **Ankle & Foot Specialist of New Jersey** will evaluate your feet and symptoms and determine whether custom orthotics will ease your pain. We can be reached at **908-222-8980** or **732-356-FOOT,** or you can request an appointment at our Warren or South Plainfield offices online.

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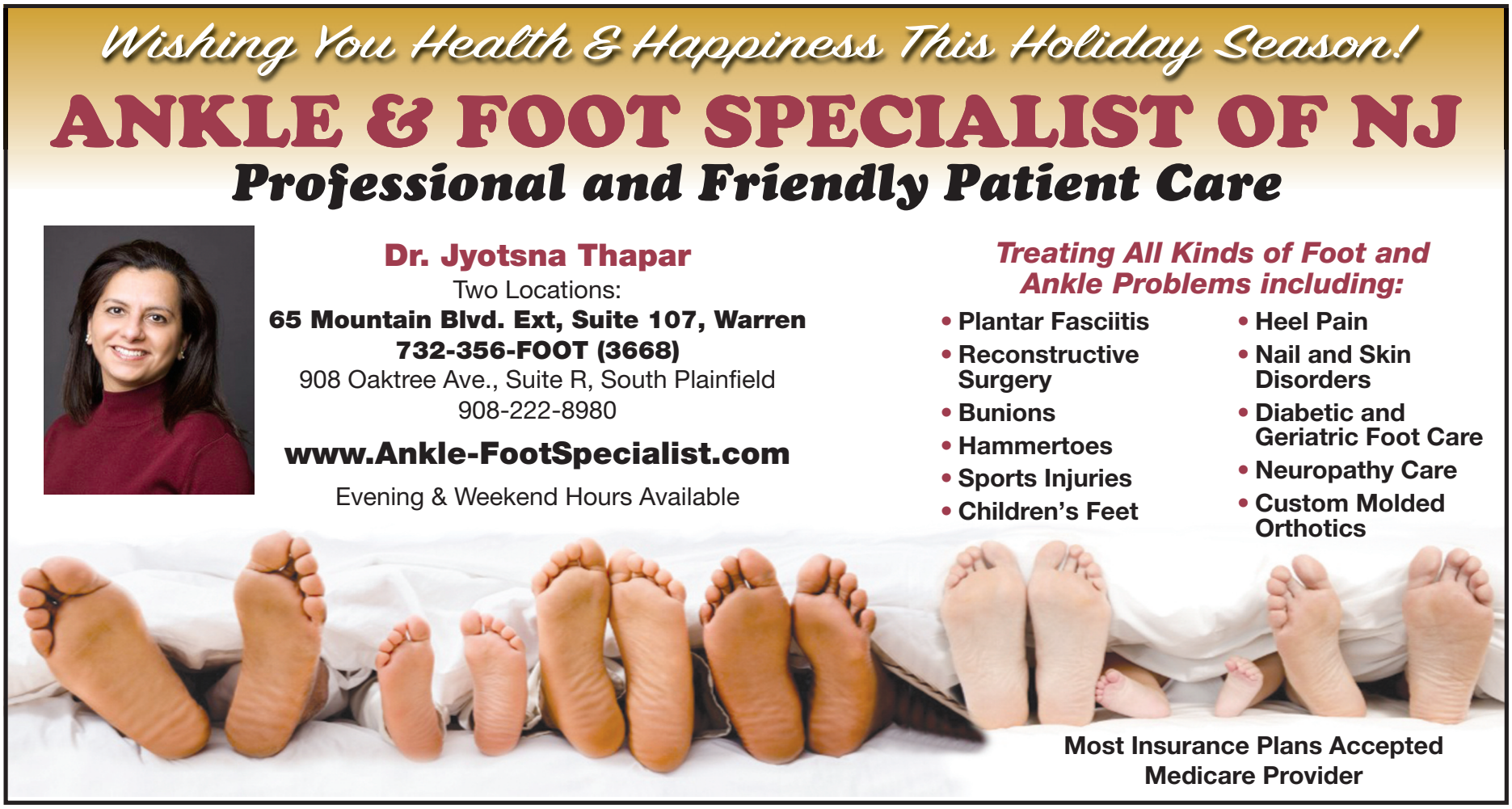

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WHEN IT'S WORTH THE RISK, IT'S WORTH INTEGRATED CARE

When the body's nervous system – the delicate and complex command, control and communication network made up of the brain, spine, and neurovascular system – isn't working properly, the impact can be dramatic and life altering. Regardless of the cause – a brain tumor, herniated disk, stroke, or any other trauma – getting medical care from an integrated care team is essential.

According to Dr. Yaron A. Moshel, co-director of the Brain Tumor Center at Atlantic NeuroSurgical Specialists (ANS), the largest neurosurgical practice in New Jersey, integrated care brings together all the subspecialties related to one medical specialty for comprehensive care.

"For example, at ANS, we have an integrated care system that brings together all brain tumor subspecialties in one place," he explains. "Our brain tumor center treats only brain tumor patients with all of the experts needed to provide every component of care right here."

ANS' Brain Tumor Center – includes specialists in neurosurgery, otolaryngology, radiation oncology, medical oncology, neuro-oncology, neuro-radiology, neuro-ophthalmology, neurology, neuropathology, physiatry – as well as consultations in nutrition, alternative medicine and social services.

Dr. Yaron Moshel, co-director of The ANS Brain Tumor Center, explains a new treatment for glioblastomas. ANS is known for pioneering cutting-edge treatments and participating in life-changing clinical trials.

The benefits to this collaborative approach are many – not just for brain tumor patients – but for patients with spine and neurovascular issues as well. Having specialists dedicated to each of these three specialties within neurosurgery – versus generalist neurosurgeons – brings the depth of experience and shared knowledge that enables the most effective multidisciplinary treatment plan to be customized for each patient.

ANS' Spine Center – under the direction of Dr. John J. Knightly – follows the same principle.

"The ANS Spine Center brings together board-certified, fellowship-trained neuro-spine specialists, physical therapists, pain management physicians, chiropractors and other qualified support staff to deliver exceptional care," Knightly details. "That's one reason we perform the most minimally invasive spine surgeries in the state of New Jersey."

Another is ANS' pioneering use of "Big Data," a powerful tool that helps identify the right treatment for the right patient at the right time. Dr. Knightly serves on the Spine Executive Committee of the American Association of Neurological Surgeons – Congress of Neurological Surgeons, the organization that launched the first national neurosurgical clinical registry. This outcomes database collects and analyzes clinical data that measures the quality and efficacy of common spinal and neurosurgical procedures.

Likewise, ANS' Neurovascular Center comprises a highly-trained group of neurosurgeons, radiologists, stroke neurologists, neurointensivists and stroke rehabilitation experts who are immersed in researching new techniques.

According to Dr. Ronald P. Benitez, center director and president of ANS, "ANS' Neurovascular Center is at the forefront of ongoing research, delivering the latest innovative treatments to the most complex neurological disorders, including stroke and aneurysm." ANS' success rate for treating strokes is higher than the national average.

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

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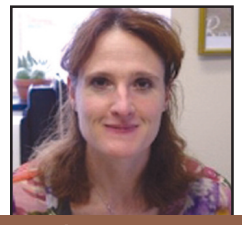

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Dr. Christina Z Luna
SLP.D., CCC-SLP

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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YOUR RELATIONSHIP AND THE HOLIDAYS

Douglas Haymaker, Ph.D

Stephanie Haymaker, Ph.D

The holidays may be a time of joy and family celebrations, but for many families, holidays can also be a time of stress and challenge. Couples who have been struggling through the year in their relationship, and even those who are usually enjoying home life together, may experience a greater sense of tension between them. With all the hectic activities that go on during this season, it is important to find time to connect and enjoy each other.

Conflicts that have been brewing all year may bubble to the surface. For some families, holiday preparation and traditions mean much more togetherness. Sometimes couples find that the intimacy that they hope for is lacking. Sometimes the "marital contract," the set of expectations that each person brings to the marriage about married life, is at odds with their partner's. Budgeting concerns, parenting styles, time management and extended-family obligations can all become daunting topics of discussion. Some of the most common topics couples fight about are chores, money, how to rear children and the level of involvement with in-laws. All of these issues come to the fore in the holiday season.

Recent transitions may become more apparent or painful during the holidays. New babies, kids moving to and from college, and loves one lost in the near or distant past are all part of the ebb and flow of life. Losses can be hard to cope with any time of the year, but at the holidays may feel especially overwhelming. Couples may handle these changes in different ways. They may have expectations about how their partner should help them through a difficult time. But these expectations are not always clear. Some people react by pulling away, others by becoming argumentative. Being able to ask for what you want from your partner, and what you can give to them, can prevent many misunderstandings.

How couples understand their own needs and those of their partner, is one of the central issues often addressed in couples counseling. Despite knowing someone well, or perhaps because of it, couples sometimes "fill in the blanks." They jump to conclusions about what the other person is saying. Fine-tuning communication and problem solving skills can be a helpful outcome from the therapy process.

Couples are drawn towards the familiar. There is an innate tendency to attempt to create a family environment much like the one in which we grew up. There is a certain "right" way of doing things, which often comes down to doing something the way our parents did it. But different families do things in different ways. It's said that marriage is a joining of two cultures. Sometimes, these cultures clash. Sometimes this pattern takes place without our even realizing it. At some point in a marriage, the question often comes up, "who is this person?" Therapy helps couples to understand these feelings and identify healthy patterns as the partnership evolves over time.

One goal for therapy may be improving effective communication styles. Sometimes an impartial outsider can help untangle the knots in a relationship which are too overwhelming for the couple themselves. Sometimes, partners need help discussing their assumptions, goals, and dreams about their marriage and their family. Couples can also learn to fight productively, to stay on topic, and to compromise without resentment.

Relationships do not need to be in distress to benefit from couples therapy. In fact, many people choose to pursue sessions to strengthen an already healthy foundation. They may wish to tackle a single troublesome issue, or prepare as a team for a future transition. We make holiday preparations for many things that are important to us. Perhaps now the time to discuss some plans to make family life better for the coming year.

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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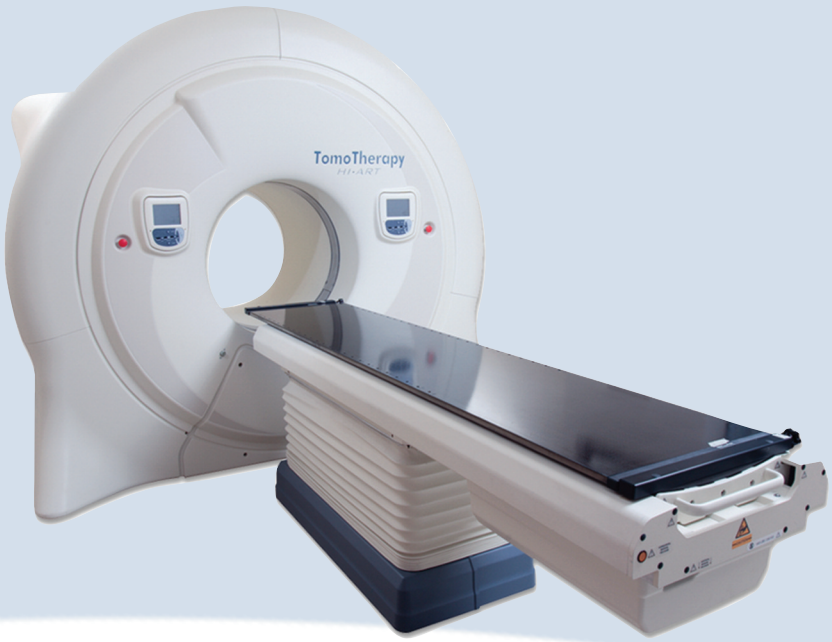

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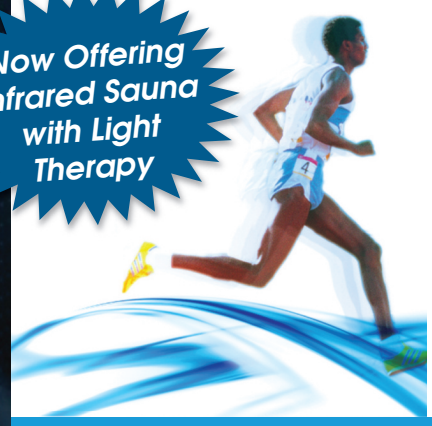

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By: Dan Rosenberg

After graduating from college in December of 1973, I was eager to start my first professional job. I wasn't enthralled with the fact that I had to move to Detroit, but it was a good opportunity and I had no other offers at that time, worthy of serious consideration.

Growing up in Cincinnati, I had visited Toledo many times to visit relatives. We also had relatives in Detroit that I had never met. When I travelled to Detroit to find an apartment a month before my start date, my mother introduced me to her first cousin in Detroit, Arlene. She and her husband, John, welcomed me with open arms. Their daughter was also my age, so they just made me one of the family and were very helpful in helping me find a place to live.

A few weeks after I moved in, one of my newfound cousins had a birthday and I was fortunate enough to be invited to a celebratory dinner. The restaurant, which no longer exists, was Jim's Garage, located downtown.

Though the name was a bit unusual, it was a terrific restaurant with fantastic food. We were stuffed but couldn't resist ordering dessert. As my "cousin-in-law" John savored his cheesecake, he said, "The only other time I have tasted cheesecake this good was when I was stationed in Guam in World War II. One of my fellow soldiers, Tommy Schwartz, a friend of mine also from Detroit, was stationed with me. He received a cheesecake from his mother. It came a long way, but it tasted so good, perhaps because of our regular diet. I wasn't sure how it stayed fresh."

After the bill was paid, we retrieved our coats and a couple of the people in our group decided to use the restrooms. So I took the opportunity to look at some of the articles and reviews that were posted on the wall near the exit.

One of the newspaper clippings from what appeared to be the front page of a leisure section in The Detroit Free Press, had an interesting headline, "Jim's Garage To Feature Mrs. Schwartz's Famous Cheesecake."

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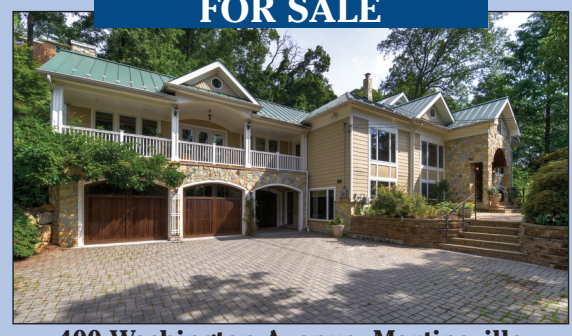

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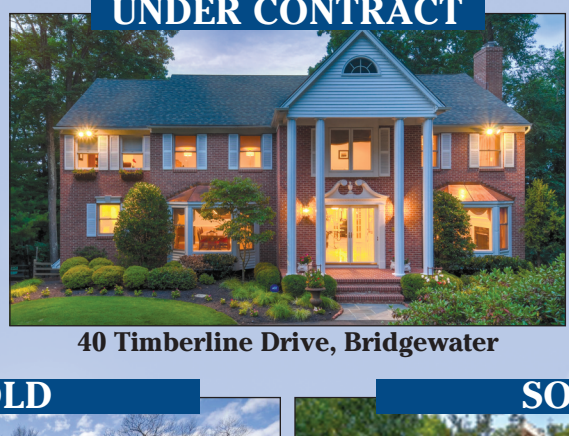

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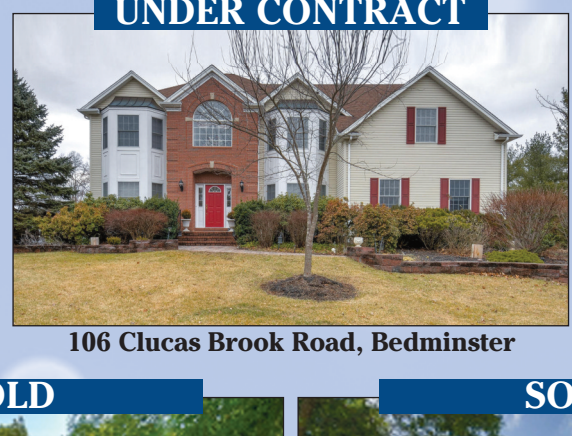

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Kevin Yento & Associates would like to welcome Stacey Gilbert, the newest member of the Kevin Yento Team. Stacey has lived in Bridgewater for 27 years and is very involved in the community. She knows the area inside-out and is willing to help you select the ideal home for your family's needs.

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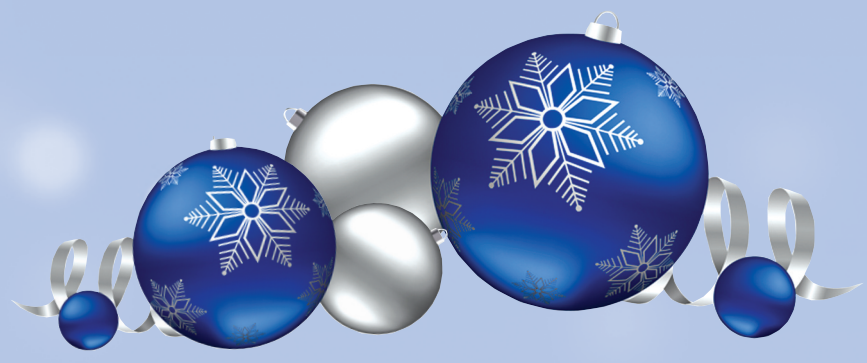

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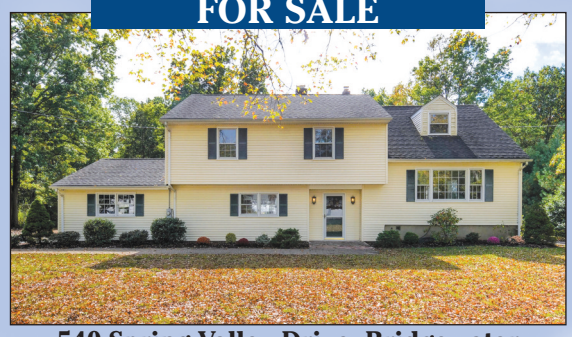

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LAWYER'S VIEW

THE LAW ON REMOVING A CHILD FROM NEW JERSEY HAS CHANGED

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

On August 8, 2017, the law governing a parent's ability to move with their child out of New Jersey changed dramatically. New Jersey joined 42 other states in our country that view this issue as one that focuses on the best interests of the child. This is a marked change from the previous law, which essentially presumed the custodial parent would be able to relocate with the child.

The social sciences underpinning the old law suggested that a happy custodial parent led to a happy child, so if the move made the custodial parent happy, then the child would be happy too. More recently, both studies and common sense have shown this is not the case when children have two active, involved, and loving parents.

Now, the law has shifted the focus to where it should be – on the child. Factors a court should consider in analyzing the best interest of a child when considering a parent's request to move from New Jersey are:

- the parents' ability to agree, communicate and cooperate in matters relating to the child;
- the parents' willingness to accept custody and any history of unwillingness to allow parenting time not based on substantiated abuse;
- the interaction and relationship of the child with its parents and siblings;
- the history of domestic violence, if any;
- the safety of the child and the safety of either parent from physical abuse by the other parent;
- the preference of the child when of sufficient age and capacity to form an intelligent decision;
- the needs of the child;
- the stability of the home environment offered;
- the quality and continuity of the child's education;
- the fitness of the parents;
- the geographical proximity of the parents' homes;
- the extent and quality of the time spent with the child prior to or subsequent to the separation;
- the parents' employment responsibilities; and
- the age and number of the children.

Additional factors, suggested for the court to consider are:

- Reasons for seeking or opposing relocation;
- The right of the child separated from one parent to maintain personal relations and direct contact with both parents on a regular basis in a manner consistent with the child's development, except if the contact is contrary to the child's best interests;
- Pre-existing custody and parenting time determinations;
- The history of the family and particularly the continuity and quality of past and current care and contact arrangements, including any prior relocation;
- The impact of granting or refusing the child's relocation, paying particular attention to the child's extended family, education and social life;
- The nature of the inter-parental relationships and the commitment of the applicant to support and facilitate the child's relationship with the stay-behind parent after relocation;
- Whether the parties' proposals for parenting time after relocation are realistic, paying particular attention to the cost to the family and burden to the child;
- The enforceability of parenting time provisions ordered as conditions of relocation in the state of destination;
- The issues of mobility for family members, both seeking and opposing relocation;
- The economic impact of relocation on both parents;
- Any special medical, mental, or educational needs of the child and the likelihood that those needs can be met at the same or better level in the state of destination than in the State of New Jersey; and
- Any other factor the court may deem relevant under the circumstances.

When I served as Chair of the Family Law Section of the New Jersey State Bar Association, we studied this issue exhaustively and drafted a statute which incorporated this best interest standard, and it was slowly making its way through the legislature. Thankfully, the judiciary, specifically the New Jersey Supreme Court, acted first to address this very important issue. Relocation/removal cases are some of the most difficult and heart wrenching of all. This change in the law is welcome, and will hopefully reduce the strife and stress in children's lives.

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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.

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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 was named the Best Lawyers® 2018 Family Law "Lawyer of the Year" and the 2016 Family Law Mediation "Lawyer of the Year" in the Woodbridge New Jersey, Metro Area. She has also 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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By: Rachel Ricucci

The owner of **Flaming Grill** has been in her Manville restaurant for three years and has over 20 years of experience serving the community an array of Asian dishes with an extensive menu sure to please every taste. The **Flaming Grill & Supreme Buffet** is just that – supreme! The owner says she enjoys when people come in and she sees them smiling. "That moment makes me feel very good – you can feel it!" The owner runs the restaurant and hires and trains people while preparing the very best seafood around. "We always inspect the food to make sure it's fresh" she said.

Some things that make this restaurant so successful are variety and keeping the food hot and fresh at all times. **Flaming Grill** offers a buffet menu that changes and they also have different seasonal items to keep the menu interesting. With over 250 different items on the bar, some of the favorites according to the owner include the oysters and sushi. The hibachi bar is also very popular.

When asked what makes her restaurant different from other restaurants around town, the owner said that they take the customers' feedback very seriously. Customers can write down their feedback about the service in a book. "We know what the customers want and try to please them," said the owner.

The owner elaborated on the types of events held there and the groups that come into the restaurant. People come in to celebrate baby showers or to have a place for church business and other functions. There is a Chinese school that visits the restaurant once a year and the owner and her staff reserve the restaurant for 120 students. They also serve a lot of families in the area.

The restaurant strives to keep people happy and keep fresh food in house. The crab is live, the hot food is checked every hour, and the vegetables are from an Asian market. When the owner is out shopping, she said she's always aiming to see what foods are the freshest and best for her customers. She also looks at new equipment and considers what can make the food taste better to keep its flavor.

Flaming Grill wants to continue to provide fast customer service and foods that people enjoy.

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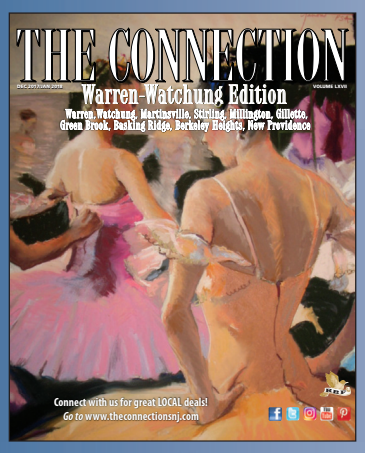

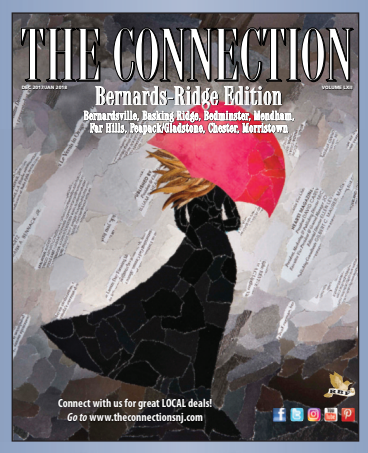

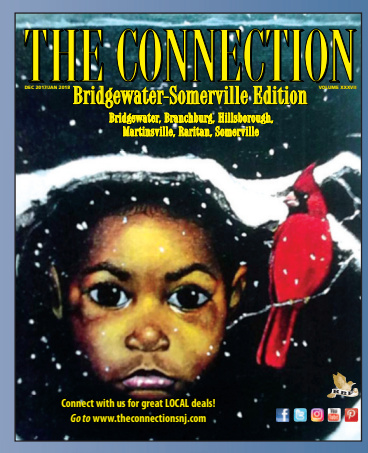

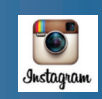

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Big Apple Bites

BACK TO THE MARKETS

By: Linda Seigelman

It's the perfect time to make a trip into Manhattan because the Union Square and Columbus Circle Holiday Markets are back. There is nothing better than spending a few hours outdoors browsing the markets, finding great gifts, and stopping for some delicious eats along the way.

The Union Square Holiday Market is an internationally renowned holiday market located in Union Square Park. Hailed as a must-visit destination for unique gifts created by local craftsmen and artists, millions of people from the States and abroad browse the winding aisles each year enjoying this eclectic holiday experience. For 2017, the Market has exciting new sections like Little Brooklyn and Urbanspace Provisions, a warming station, a kid's craft studio and live music. It marks the official start of the holiday shopping season in New York City and is open from November 16th to December 24th.

Favorite items such as candles, soaps, handmade jewelry and winter accessories will be featured along with exciting new products such as small batch jams and natural olive oils. As always, there is a large selection of organic, fair trade certified and made in the U.S. items. Grab a Persian soup or a cup of thick hot chocolate and take a break on a park bench for some great people-watching.

The Columbus Circle Holiday Market, now in its 15th year, is the younger sibling to Union Square and opens a bit later – on November 28th. It is considered one of the most beautiful places for outdoor holiday shopping. Located at the entrance to Central Park, at 59th Street and Central Park West, the Columbus Circle Market also has many distinctive items for sale including old favorites such as handmade wooden puzzles and artisan chocolates as well as some new handcrafted jewelry and clothing items and fascinating gadgets and tools. Food vendors offering snacks and holiday treats from around the globe should not be missed.

Both markets are open late every day. Be sure to leave time to explore the streets beyond the markets. Downtown, you can stroll through the Village or to Madison Square Park and Eataly. Uptown, the shops in the Time Warner Center and the pathways in Central Park beckon. These are also two great food neighborhoods, so take the opportunity to head to a café or restaurant for a comfortable chair, a warm environment, and coffee or a good meal.

SOME FAVORITE SPOTS NEAR COLUMBUS CIRCLE

Blue Water Grill, 31 Union Square West (at 16th) – long-time favorite of the area, seafood specialties, always crowded, great brunch and lunch choices, overlooks the square

Cafeteria, 119 Seventh Avenue (at 17th) – you can't go wrong here, consistently good and reasonably priced, burgers, chicken, meat loaf, salads, busy all day and night, open late

Eataly, 200 Fifth Avenue (at 23rd) – a bit of heaven for Italian shopping and eating, from pizza to steak, take out or eat in, always crowded but worth a visit, great place for gifts too

Le Pain Quotidien, 801 Broadway (at 11th) – a city staple, communal tables, good soup, salads, sandwiches, delicious freshly baked pastries and breads – take some home

SOME FAVORITE SPOTS NEAR UNION SQUARE

Arte Cafe, 106 West 73rd Street (bet/ Columbus & Amsterdam) – long-time casual Italian spot, prix fixe options for lunch, brunch and early dinner, good food at good prices

Bouchon Bakery, 10 Columbus Circle (at 60th) – take-out bakery or sit-down café with great views of Columbus Circle, excellent soups, sandwiches and more, the pastries are a must, take home some bread and a treat or two

Café Luxembourg, 200 West 70th Street (bet/ Amsterdam & West End) – French bistro, an Upper West Side fixture that is still great for lunch, brunch or pre/post-theater or a movie

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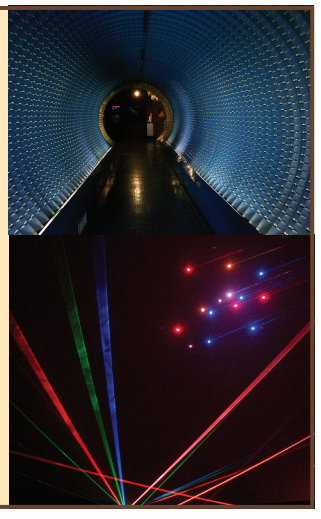

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CREATIVE CORNER

DEMENTIA PATIENTS GET BUSY WITH TWIDDLEMUFF

By: Carolyn Hanson

Have you ever heard of a Twiddlemuff? Also known at twiddle mitt or hand mitt, a Twiddlemuff is a textural activity muff found to be beneficial to dementia patients. It's used as a distraction from pulling on bandages and tubes by giving the patient something to do with their hands. It's covered both inside and out with different interesting objects that can be manipulated. Not surprisingly, a twiddlemuff also provides warmth to cold hands, and can be easily knitted, crocheted or sewn from materials you already have in your stash. Design is not critical; it's all about texture and keeping busy.

Start by making a flat textural rectangle 12" x 24". [Note: This rectangle is later folded in half to form a 12" x 12" square that is sewn together.] Use different stitches and different yarns or fabric. For yarn, try chenille, wool, fun fur, cotton, mohair, and boucle. Mix them up. Any stitch size will do. Use a gauge that matches the yarn. If using fabric, try, chenille, brocade, satin, taffeta, faux fur, wool, corduroy and cotton.

Next, make it fun. Add patches or appliques, buttons, pockets, bobbles, large beads, pom-poms, tassels, ribbons, knots, fringe, and embellishments that will provide interest. Free your imagination. Think of it as an activity muff; similar to a toy used by a toddler. [Note: Leave the midsection unembellished for an inch or so. This is where the muff will be folded in half and stitched to the loose ends.]

Last step is to fold in half so that the unembellished sides are facing each other and the embellished sides are on the outside.Sew up the 3 open ends and then fold in half again and sew the bottom seam to the fold line. No need to weave in ends. [When was the last time you heard that!] These small strings add to the texture.

Another option is to create a lap quilt with different activities in each block.

If your group is looking to do charity work, contact your local senior living facility with dementia units. Most are happy to accept donations into their program.

For simple knit and crochet patterns go to Pinterest or Ravelry and search for Twiddlemuff. The pattern referenced here is by Knit for Peace. www.knitforpeace.org.uk.

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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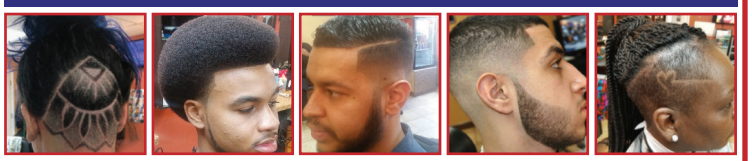

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CJHRC Staff

Many consumers do not know about a housing non-profit in Raritan NJ known as the **Central Jersey Housing Resource Center (CJHRC)**.

CJHRC is a full service housing counseling agency and to many **CJHRC** serves as a critical community resource whose services are FREE. **CJHRC** has been in existence for nearly 30 years helping the Somerset County community and surrounding area achieve a broad range of goals related to housing and financial literacy, which include looking at finances and credit and determining, creating or reviewing a household's budget to figure out their debt to income ratio.

CJHRC can also provide a tri-merged credit report with scores for those who complete the required documentation/authorization. The **CJHRC** counselor can review the report with their client with the goal of addressing/resolving any issues. It is important in this day and age of "hacking" that consumers pay close attention to their credit reports, bank and credit card accounts and look into anything suspicious. **CJHRC** explains financial literacy either one-on-one with clients by appointment at their Raritan NJ office or at a financial literacy workshop. The next workshop will be held in mid-February from 5:30-9:00pm in Bridgewater. Pre-registration is required.

CJHRC offers a unique "Savings Match Program" which can provide up to $1,200 to those that qualify. After they complete all program requirements, the funds are provided to the entity they set up when first accepted into the program. Savings Match Funds can be used for an approved goal such as paying down credit or student loan debt, buying a home or paying rent or security and health care bills/costs.

CJHRC housing counselors continue to help existing Somerset and Hunterdon County families facing delinquency or foreclosure. Counselors will usually touch on the following options with clients: reinstatement, loan modification, refinancing, a payment plan (also known as forbearance), filing bankruptcy (Chapter 13), selling, short sale and deed in lieu. In addition, they are told about New Jersey's Hardest Hit Fund (NJHHF) which through a federal grant from the US Treasury offers two programs for eligible homeowners: New Jersey HomeSaver and the New Jersey HomeKeeper program. Homeowners must have suffered a qualifying involuntary hardship that caused or will cause them to fall behind on their mortgage payment – hardships include involuntary loss of employment, reduction in income (hours), financial hardships such as medical, divorce, disability or death. Those wishing to apply for NJ Hardest Hit Fund assistance with the possibility of getting up to $50,000 can go to www.hardesthitnj.org.

Whether you are trying to rent an apartment, need financial literacy, want to purchase a home and learn about first time homebuyer grants and programs, are an existing homeowner just looking for post-purchase information on weatherization, rehab or other information or a homeowner struggling to keep the home, please contact **CJHRC** between 9-5 Monday through Friday and a counselor will be able to assist you. For those wishing to meet with a counselor in-person, appointments are suggested. Call **CJHRC** at (908) 704-8901 or 704-9649.

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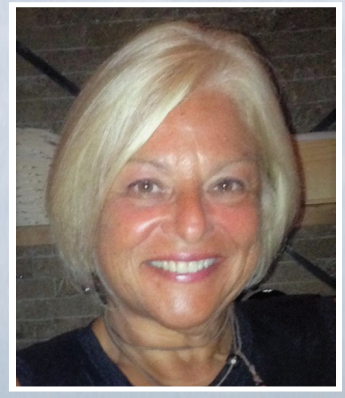

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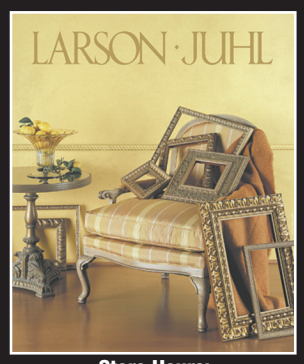

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Kevin Yento

See ad on pages 36-37

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

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

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

Kevin was awarded one of real estate's most prestigious honors, the NJAR Circle of Excellence Award, Platinum Level which is the highest level of recognition by New Jersey Realtors. New Jersey Monthly Magazine also acknowledges Kevin for his exceptional service as one of the Five Star Real Estate Agents in 2016. This prestigious award requires agents to be in the Top 2% for client satisfaction. There are over 80,000 real estate professionals in New Jersey and fewer than 2% receive this highly respected award.

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

Kevin is extremely adept as both a listing and selling agent. His team is highly proficient at analyzing current market trends, prices, and implementing marketing strategies so each property can reach its full potential as quickly as possible. The success of **Kevin Yento** and his team is clearly evident by the many awards received. These include #1 agent in the Bedminster office 2013-2017, #1 Team Coldwell Banker Bridgewater, Bedminster 2014-2017, #1 team in Somerset, Middlesex and Hunterdon Counties 2016; International President's Elite. Over the past 6 years, Kevin has sold over $140 MILLION in residential listings and has developed an amazing relationship with the local community. In 2016 Kevin totaled 74 transactions and over $33 MILLION in residential revenue.

Kevin Yento & Associates would like to welcome Stacey Gilbert, the newest member of the Kevin Yento Team. Stacey has lived in Bridgewater for 27 years and is very involved in the community. She knows the area inside-out and is willing to help you select the ideal home for your family's needs. Contact Stacey Gilbert at 908-500-5849.

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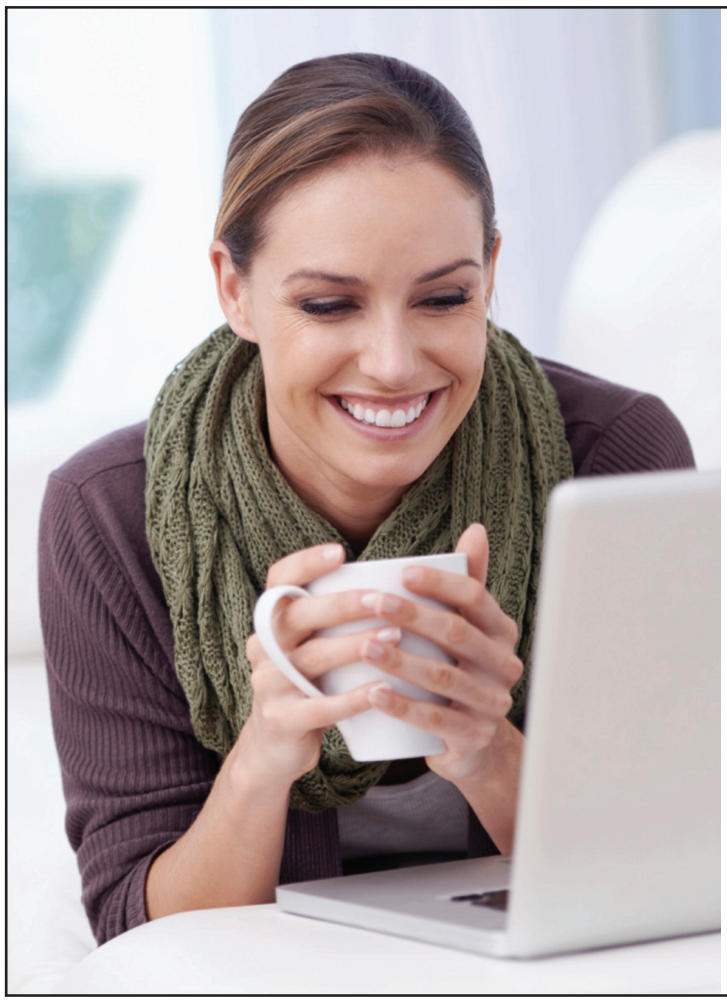

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By: Johanna Wiseman

See ad on page 3

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Occasionally I am asked to spearhead a house-hunting trip for clients from out-of-state or abroad, who want to live in Somerset County, but haven't yet become acquainted with the area. While I'm not a professional tour guide, I like to enhance my home-showing itinerary by sharing some local highlights.

My special places and events represent some of the unique and attractive features of living in Somerset County. Clients who are relocating, and even short-term visitors will benefit from knowing a little more about our area.

For a visitor with a historical interest, I point out markers indicating significant encampments and/or battles of the Revolutionary War, located in Bridgewater and Bound Brook. History buffs are also delighted to know about the Delaware and Raritan Canal transportation network, and the many tow paths still existing from the era when mules powered barges full of freight. These tow paths have been converted for hiking, biking, and fishing. The Raritan River, its canals, and other local waterways welcome kayaks, canoes, and fishing at various locations.

While on the topic of hiking and nature walks, I recommend the beautiful Natirar Park Trail in Far Hills, a well as the Chimney Rock and Washington Valley Park trail systems near Martinsville. The Duke Estate in Hillsborough offers miles of walking/bike paths in a manicured park setting. Sculptures, fountains, interesting trees and architecture, a passenger trolley, an orchid house, a Visitor Center with riparian conservation displays, community gardens, and a weekly farmer's market are all features of this local treasure.

Depending on the season, I like to drive by the 13 Skeletons display on Rt. 206 North in Bridgewater. This seasonal, spooky, and sometimes humorous art installation began as Halloween yard decoration, and some years it has expanded to include additional holidays. The homeowners' creativity is unique and enchanting. People pass by day and night to see changes in a visual narrative, different every year, reaching its "big reveal" on Halloween Night.

If we need to stop for lunch, I enjoy introducing Somerville. Main Street teems with a variety of shopping and eateries. Division Street was recently converted to a pedestrian plaza with outdoor restaurant/cafe seating, live music, and a farmer's market. The diversity of food choices per square block in Somerville is outstanding. There is truly something for everyone. I love to describe the Friday "Classic Car Cruise Nights" when people can stroll and patronize the businesses, while viewing the spectacular vintage vehicles parked along Main Street.

My must-see list has evolved over the years, and will surely continue to do so as I discover new places and events in the area. The majority of my real estate business is with clients who are making local moves. I appreciate the additional opportunity to work with an incoming resident, because together we get to view our great community with fresh eyes.

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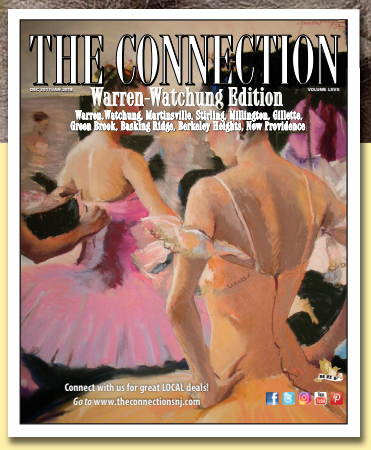

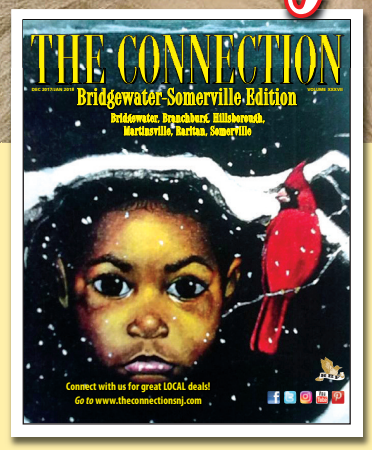

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***B**elievers **J**oyously **U**nified in **M**ission with **C**hrist*

Sunday Service at 9:30am
Sunday School (preschool, elementary, middle school, and high school groups)
22 S. Finley Ave
www.bjumc.org • 908-766-1108

December 10

Liberty Corner Presbyterian Church

45 CHURCH ST, LIBERTY CORNER, NJ

10 AM **WORSHIP**

11:30 AM **LIVE NATIVITY**

petting zoo animals, music, & Christmas goodies

libertycorner.org/events

Christmas Eve

Liberty Corner Presbyterian Church

10:30 AM* **Family Service**

7*, 9 & 11 PM **Candlelight Services**

**Childcare available.*

liberty corner PRESBYTERIAN CHURCH | libertycorner.org

St. Bernard's Episcopal Church

All are welcome!

Open midweek for prayer & meditation

Weekly Sunday Worship at 10 am

Christmas Eve 10 am Morning Prayer
5 pm Family Carol Eucharist
8 pm Festal Choral Eucharist

Christmas Day 10 am Holy Eucharist

YMCA Tutoring Lab Offering
Homework Help & Academic Support,
Tues. & Weds. 3:00-5:00 pm
(Volunteers Welcome)

Contact us for Baptisms, Weddings & Funerals

The Rev. Beth Rauen Sciaino
www.StBernardsNJ.org
88 Claremont Road
Bernardsville, NJ 07924
908-766-0602

Union Village United Methodist Church

1130 Mountain Ave. • Berkeley Heights, NJ 07922

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Serve God in the world

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Sunday Worship ~ 9:15 am with Fellowship Hour following
Christian Education ~ Young Ones during Worship
Christmas Eve Worship ~ 7 pm

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Traditional Christmas Eve Service with Carols and Candle-light at 8:00 p.m.
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wilsonmemorialchurch.org

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and Christian Education 10 AM

Christmas Eve Services
5 PM Family Service
10 PM Candlelight Service

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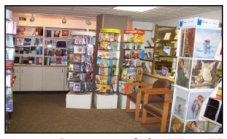

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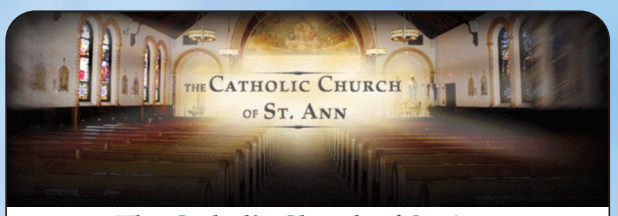
fccofchester.org • lmershimer@fccofchester.org
Office: 908-879-5322 • *Mobile:* 908-798-0143



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Weekdays: 7:00 a.m. on Monday, Wednesday & Friday; 7:00 p.m. Tuesday and Thursday

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Somerset Hills Lutheran Church

Worship with us every Sunday at 9:30 am

Saturday, December 2nd @ 5:30 pm
Lessons and Carols followed by a Potluck Dinner

Sunday, December 24th
Christmas Eve Worship
@ 3:30 pm for families with children
@ 5:30 pm - Candlelight Worship

Sunday, December 31st
New Year's Eve Worship
@ 3:30 pm - Worship with Holy Communion

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Children Ministry Provided

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Interim Pastor

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E: lamingtonchurch@gmail.com
W: www.lamingtonpcusa.com

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Saturday, Dec. 3	5:00 pm St. Nicholas Visit and Potluck Supper
Sunday, Dec. 17	5:00 pm Advent Lessons and Carols and Potluck Supper
Sunday, Dec. 24	4:00 pm Christmas Pageant and Holy Eucharist 10:00 pm The Midnight Mass of Christ
Monday, Dec. 25	11:15 am Christmas Day Festival Eucharist
Sunday, Dec. 31	8:15 am and 10:30 am Christmas Lessons and Carols

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BRIDGEWATER
United Methodist Church

Rev. Dr. Jennifer Cho, Senior Pastor

Sunday Morning Services:
Traditional Worship - 9:00 am
Sunday School - 9:00 am
Contemporary Worship - 10:30 am
(one service at 10:30 am on December 17, 24 and 31)

Special Worship Services:
Sunday, December 17
10:30 am - Festival Orchestra
7:00 pm - Blue Christmas

Christmas Eve Worship:
4:30 pm - Christmas Eve Pageant
8:00 pm - Traditional Worship with Communion

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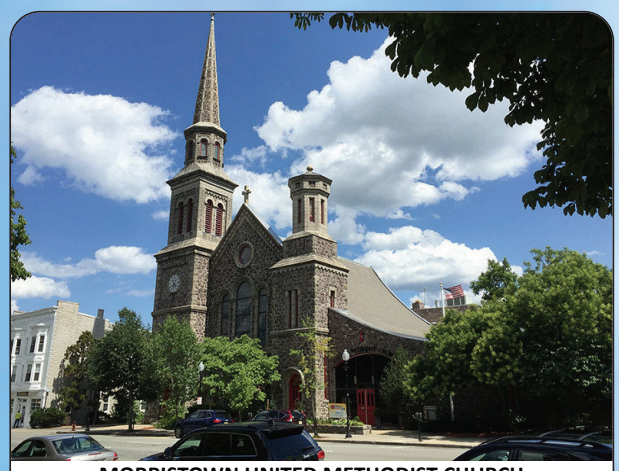

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www.pcnp.org

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Christmas Eve Morning Service
9:30 AM - Worship Service

Christmas Eve Services
4 PM - Children's Service
7 PM - Candlelight Service w/ Choir
9 PM - Candlelight Service w/ Praise Team
11 PM - Candlelight Service w/ Praise Team

The Presbyterian Church at New Providence
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908-665-0050 • www.pcnp.org

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baptist church

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

ADVENT CALENDAR
Nov. 26, 9am & 10:45am - Advent Series
Dec. 2, 2pm & 4pm - HisKids Music & Drama
Dec. 13, 7pm - Christmas Coffee House
Dec. 24, 5pm - Christmas Eve Candle Light

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www.Saint-Mark-Lutheran-Church.org
Info@Saint-Mark-Lutheran-Church.org
Sunday, 9:30am - Worship & Holy Communion, Sunday School
Christmas Eve - 5pm - Festive Music, Worship & Holy Communion

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Pilgrim Congregational Church

"where faith and friendship meet each week"

Christmas Eve Services, Sunday, December 24th

10:30 am Traditional Christmas Sunday Worship
Our sanctuary will be beautifully decorated with poinsettias and Christmas trees given in memory of loved ones, and Senior Minister, The Reverend Virginia Scott, will deliver the morning message.

10 pm Candlelight Service of Lessons and Carols
through scripture and the singing of carols accompanied by a string quartet the light of Christmas is passed through our congregation as we raise our candles high and welcome Christ's birth.

105 Mountainview Road, Warren
www.pilgrimcongregationalchurch.org
908-903-0929

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Sunday Mass Schedule	Daily Mass in the Chapel
Saturday - 5:15 pm Vigil Sunday - 7:30 am, 9:00 am, 10:30 am and 12 Noon	M-F 8:00 am & 12:10 pm Sat. 9:00 am (No 12:10 pm in July & August)

Christmas Mass Schedule
Vigil of Christmas Eve, Sunday, December 24, 2017
5:00 pm and 7:30 pm
Christmas Day, Monday, December 25, 2017
Midnight, 8:00 am, 10:00 am and 12 Noon

500 Route 22, Bridgewater, NJ 08807
908-725-0552
www.stbernardbridgewater.org ~ also on Facebook

JFS
Jewish Family Service
of Somerset, Hunterdon and Warren Counties

BECOME A TEEN MENTOR

JFS is currently seeking teen mentors to join our family mentor program. Teen mentors spend about an hour each week engaging in activities of mutual interest with youth under the age of 10. Activities may include playing sports, doing crafts or playing games together. Teen mentors are interviewed, trained and receive on-going support.

Please consider becoming a responsible teen mentor to make a difference in the life of a child and earn service hours.

Contact Young-In Shin LSW at 908-725-7799 for more information or to sign up!
Email: Admin@JewishFamilySvc.Org
Website: www.JewishFamilySvc.Org

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Community News...

Be a Teen Mentor!

By: Young-In Shin, LSW

Are you looking to make an impact in the community through building relationships? Jewish Family Services of Somerset, Hunterdon and Warren counties (JFS) is currently recruiting teen mentors for the family mentor program. Teen mentors are matched with children under the age of 10 who are part of JFS. Teen mentors will meet once or twice a month engaging in activities of mutual interest such as sports activities, indoor and outdoor games.

Teen mentors make a huge difference as you can see from this story. When Mary's older and only sister went off to college, Mary felt all alone. Mary, who has been diagnosed with high functioning autism, has a difficult time making friends. Mary's parents reached out to JFS's Family Mentor Program to see if Mary could find a friend in the midst of these changes and transitions in her life. Mary was matched with teen mentor, Diane, and they started meeting regularly. They met once or twice a month, watching movies, having meals or sometimes just sitting and talking. Mary's parents saw how much Mary enjoyed and valued her time with Diane. Mary agrees that "Diane has been one dependable friend that she could talk to."

The JFS Family Mentor Program recruits, trains, matches and supervises all volunteers with our programs to help begin and guide the relationship to make it most beneficial. Not only is volunteer work a life changing experience, but it's also a great way for teens to build a resume and community service section for college applications. Through meaningful relationships, volunteers as well as families receive satisfaction and learning. A current volunteer recently shared, "I get out of it so much more than my family does".

As we seek new volunteers, here is an example of a family waiting for a mentor. Sonya, an 8 year old girl, is the oldest of 4 siblings. Her father works 2 jobs and most of her mother's attention is spent on her baby brother. She recently transferred to a new school so she does not have any friends. Sonya is also behind academically after having moved 3 times in the past 2 years due to her father's job changes. Sonya is seeking a mentor to play board games, go for walks and spend one on one time with, giving their full attention.

So often the need expressed by families in these situations is for someone who will sit and be authentically interested in them. If you are interested in more information about becoming a volunteer, please contact JFS at 908-725-7799 to speak with Young-In Shin. If you, or someone you know could benefit from having a volunteer, please call us.

JFS is a not for profit, nonsectarian social service agency serving the needs of individuals and families in Somerset, Hunterdon and Warren Counties since 1980. JFS is committed to serving the needs of the entire community and offers a continuum of programs and services. Licensed clinical social workers provide individual, couple and family counseling as well as geriatric assessments, supportive counseling and case management services for home bound elderly. The Family Mentor Program recruits, trains and matches volunteers with vulnerable young families or with elderly persons for friendly, supportive, in-home visits; Families with children with special needs are assisted through social groups, parent groups and through the Family Mentor Program. Career Counseling helps individuals in many aspects of their job search. Ohr Tikvah-Light of Hope Jewish Healing Services offers presentations, support groups, and individual spiritual counseling to address the health, wellness and healing needs of the community. All information is confidential. Many programs are at no cost, on a sliding fee scale or payable through third party insurance. If youare interested in learning more about JFS' programs, please contact us at 908-725-7799, visit our website:www.JewishFamilySvc.org, like us on Facebook. Jewish Family Service of SHW, Inc. 150-A West High Street, Somerville, NJ 08876.

JFS
Jewish Family Service
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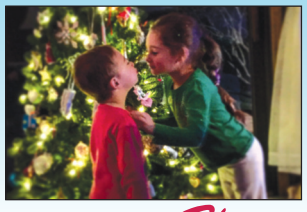

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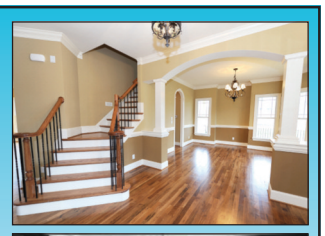

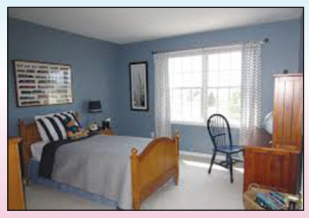

Benjamin Moore Paints

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LEGAL EAGLE

DIVORCE – GETTING STARTED

By: Amy Wechsler, Esq.

Whether you are curious as to what could happen if you decide to end your marriage, or your husband or wife has made that decision and you are forced into the process, you can take steps to protect your interests and understand how divorce will affect your own and your children's futures.

Know Your Finances

Wherever you are in life – single, married, or divorced – you should know your finances. After divorce the income that met your family's needs under one roof will have to cover two households. If you haven't paid attention to finances, take the time now to examine the family's income and expenses. Review bank and credit card statements, and keep your cash receipts to establish your budget. Then compare that budget to the family income to see whether you have a surplus (savings), a deficit (debts) or basically break even.

Obtain Important Financial Documents

Most people have access to tax returns, pay stubs, banking records and credit card statements. Other important documents include health insurance cards, life insurance and car insurance policies, and retirement account statements. Make copies of these documents and keep them in a safe place.

If your spouse handles the family finances and you do not have access to records, you may still be able to obtain them. For example, if your mortgage is in joint names, ask the mortgage company for statements showing the mortgage balance and monthly payment.

Be Careful of Social Media

You may be tempted to discuss your divorce on Facebook or Twitter or send texts and emails to friends and family. Avoid the temptation – once you hit "send," you've lost control over where your comments go. Your statements can be used against you later, or can get back to your spouse or – far worse – to your children.

Talk to Experts

Most parents need guidance on how to help children deal with the stress of divorce. Experienced, licensed mental health professionals can help you manage your own anxiety and coach you on how to tell the children, answer their questions, and insulate them as much as possible from your divorce process. Ideally, you and your spouse will work together with someone to provide consistency and stability as your family transitions.

Financial planners can advise how to utilize the funds that will be available to you post-divorce. They can help explore how various proposals and options will work for you and your family.

The Legal Process

An experienced family lawyer can advise you of your rights and obligations regarding both your children and your finances. You don't have to wage war in litigation or put your fate to a judge who must handle hundreds of cases. Mediation, collaborative divorce and other cooperative processes can save you time and money, and provide an individualized focus on your family's well-being. In choosing an attorney, make sure it is someone familiar with all the options so you can make an informed choice about the most appropriate way for you to proceed.

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Senior Corner

I HAVE ONE WORD FOR YOU...PLASTICS!

By: Ellyn Mantell

For my readers old enough to remember the **THE GRADUATE** starring Dustin Hoffman and Anne Bancroft, you will recognize that line as a pivotal one in the film. Dustin is the graduate attending a graduation party where older guests are offering advice to any young guest who will listen. With all of the bravado in the world, one tells him the word of the future is **PLASTICS,** and who amongst us would argue that plastic is a way of life for all of us?

The **PLASTICS** to which I am referring, however, is in the form of big black plastic bags, and as a senior, you will learn there is nothing as valuable! And that is because of two other important words: downsizing and moving.

Downsizing requires large trash bags, and more large trash bags. Not only are they sturdy and quite safe for hauling the trash out of your home, they are opaque, so once an item is thrown into the bags, they are "out of sight" so we don't feel morose about their disposal. We all know the feeling of being overwhelmed by items we have collected over the years, and if they have special meaning to us, they feel too valuable to discard. But in reality, since most of us will be living in smaller space, we need to "right size" with fewer possessions. We talk with our families hoping they will want these possessions, but the younger generation doesn't seem so inclined. Their desire, most often, is to have more electronics and less of what we truly valued. So we are faced with the need to discard...thank goodness for those big black or green trash bags!

The bags are invaluable for packing, as well! Fill them with towels, bedding, clothing not on hangers and you have made impact on your moveable items. Throw them into your car and you will be able to get a head start on unpacking in your new home. If things need pressing after removing from the bags, throw them into your dryer with a few ice cubes and put on low. Take them out after you no longer hear the ice cubes bouncing around and let them hang for a few minutes. The wrinkles should disappear. By the way, that is my tried and true method to refresh my clothing when necessary.

For other tips and assistance, call me at **SENIOR ASSISTANTS at 908-883-0469, or write me at ellynmantell@aol.com.** Carol and I would love to help!

ACTIVITIES

NORTH BRANCH REFORMED CHURCH

Christmas Youth Musical & Holiday Potluck Dinner: Ministry of Music & Worship Arts presents Eliza Jones and the Seekers of the Lost Christmas Treasure. Sunday, December 3, 4pm, North Branch Reformed Church, 203 Route 28, Bridgewater. For more info, contact 908-725-2313 or visit www.nbrc.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 Event:**

International Juried Exhibition: Through December 23. Juror Stephen Westfall selected 51 pieces representing the work of 48 artists from across the United States and Canada.

Queue **by Jill Kerwick**

STUDIO 7 FINE ART GALLERY

Fine art gallery at 5 Morristown Road, Bernardsville, 908-630-9770. Gallery hours: Tuesday-Saturday 10am-4pm & by appointment. Contact owner, Kathleen Palmer for information at 908-963-0365, pskjpalmer@verizon.net www.studio7artgallery.com

CLUBS AND SERVICES

AUTOIMMUNE GROUP

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

Face to face support group for patients with Autoimmune Disease, Fibromyalgia & Chronic Fatigue Immune Dysfunction Syndrome. Group meets 2nd Sat of each month, 2-3:30pm, RWJU Hospital, Somerset, 110 Rehill Avenue. **NOTE:** Up to 10 members via Google Chrome accommodated. ***Upcoming Meeting:*** Saturday, December 9. 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

BRIDGEWATER SENIOR CLUB

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

BRIDGEWATER TOWNSHIP SENIOR CENTER

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

BRIDGEWATER WOMAN'S CLUB

P.O. Box 6071, Bridgewater, 08807. A service organization, meets second Tuesday of the month, 10am, Somerset County Library, Bridge Street, Bridgewater. Refreshments served 9:30am. Educational & social programs begin, 11am. The organization supports local, state, national & international charities. New members welcome. Call Gerrie Gora at 908-231-0350 for more information. **Upcoming Programs:**

Rusty Williams and The Barbershop Quartet: Tuesday, December 12, Bridgewater Somerset County Library.

Winter Flower Arrangements: Gray's Florist, Tuesday, January 9, Bridgewater Somerset County Library.

CENTRAL JERSEY HOUSING RESOURCE CENTER (CJHRC)

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

Post Purchase Class - I Own A Home Now What? Tuesday January 9, 2018, 7-8pm. Topics covered: Basics of Good Credit, What to Know about Refinancing, Know Your Debt to Income Ratio, Importance of Homeowners Insurance and Understanding Your Coverage.

Financial Literacy & Savings Match Program: Thursday, February 15, 2018, 5:30-9pm, Bridgewater. Learn how to budget & start saving. Register in advance by calling 908-704-9649.

Step by Step To Home Ownership: (Free Pre-Purchase Homeowner Education Program) Wednesday January 10, 5:30-9:30pm at CJHRC office, 600 First Ave, Raritan. SPACE IS LIMITED SO REGISTER EARLY! For more info or to register call 908-704-9649 or visit www.cjhrc.org.

Ongoing Programs:

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

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

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

COOPERATIVE SENIOR HOUSING "Linked" Online

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

INTERNATIONAL FRIENDS CLUB

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

JEWISH FAMILY SERVICE OF SOMERSET, HUNTERDON AND WARREN COUNTIES

"Linked" Online

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

Upcoming Programs:

Soup for the Soul: Tuesday, November 28, 11:30am, SSBJCC, 775 Talamini Road, Bridgewater. Recommended donation, $18. An interactive program that aims to raise awareness about food insecurity for seniors and raise funds to help them afford more nutritious food.

Something Beautiful Happened: Thursday, January 18, 7pm, Presenter, Yvette Manesis, $10 Jewish LIFE admission fee. Co-sponsored with Jewish LIFE.

JFS Fitness Challenge: Sunday, January 28, 2018, 12:30pm, SSBJCC, 775 Talamini Road, Bridgewater.

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

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

Café Europa: A social group for Holocaust Survivors. Wednesdays, December 13, January 17.

Job Seekers Success Group: Wednesdays, December 6, January 3, 7-9pm. Free & open to the community.

Expanding Horizon Programs:

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

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

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

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

LITERACY VOLUNTEERS OF SOMERSET COUNTY (LVSC)

LVSC Literacy Volunteers of Somerset County
120 Finderne Ave • Box 7 • Bridgewater, NJ 08807

Through a network of trained volunteer tutors, LVSC promotes adult literacy in Somerset County. ***Current program offerings:*** student-centered one-to-one tutoring; English Conversation Groups; English as a Second Language (ESL) Classes; and US Citizenship Preparation Classes. VOLUNTEER TUTORS NEEDED: Training provided Fall, Winter & Spring. To become a tutor, to register for services, or to find more information, please visit www.literacysomerset.org or call 908-725-5430.

NEWCOMERS AND NEIGHBORS OF SOMERSET HILLS (NNSH)

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

SAFE+SOUND SOMERSET

(formerly Resource Center of Somerset)

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

CLUBS AND SERVICES

SOMERSET COUNTY SENIOR WELLNESS CENTER

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

Dancercise: Mondays, 10:30am.

Tai Chi: Wednesdays, 1pm.

SWIM, INC. "Linked" Online

Provides free aquatic exercise for adults with mobility impairments. State wide organization, with 17 chapters across New Jersey. Three locations in Somerset County: *Somerset Hills YMCA,* contact Dr. Paul Kiell, 908-230-3581, *Somerset Valley YMCA, Bridgewater,* contact Janet McCloskey, 908-704-0630, *HRC Fitness,* Hillsborough, contact Angela Horan, 908-399-3097. Accepting new participants & seeking volunteers. For additional information contact Eileen Loughnane, 908-766-6085, info@swim-inc.org or visit our website at www.swim-inc.org

WARREN WOMEN IN BUSINESS NETWORKING GROUP

(formerly, Warren Ladies Lunch Group)

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 Rd., Watchung, 07069. Registration & reservations a MUST. RSVP through Meetup.com Website http:// www.meetup.com/Warren-Ladies-Lunch/

ZUFALL HEALTH CENTER "Linked" Online

71 Fourth St., Somerville, NJ 08876, 908-526-2335. Nonprofit provider of medical, dental, behavioral health & educational services. 24/7 Hotline for victims of sexual assault, cancer screening & more. Visit www.zufallhealth.org for more information, or call for an appointment. Se Habla Espanol.

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

LIBRARIES

SCLSNJ BRIDGEWATER LIBRARY BRANCH

1 Vogt Drive, Bridgewater, NJ 08844, 908-526-4016, www.sclsnj.org. Program dates & times subject to change. **All programs FREE.** *Registration required unless otherwise indicated.* Visit website or call library for more information & to register. **Note: The branch will be closed on December 2, 4, 24, 25, 31; January 1, 15, and February 19, 2018.**

FAMILY PROGRAMS:

Friends Living Room Concert: *Odarka,* Monday, December 18, noon - 3pm.

New Year's at Noon Ball: (Ages 3+) December 29, 11:15am - noon

Friends Concert-Sandro Russo: Friday, January 12, 7:30-9pm.

Getting Ready for PARCC - *How to Use Lumos StepUp™ Library Program:* (Children, Adults): Monday, January 29, 7-8pm.

Big Time Story Time - *1,000 Books Before Kindergarten Kick-Off:* (All ages) Friday, January 5, 10-11am.

Friends Concert - *Crosswinds Trio:* (All ages): Friday, February 9, 7:30-9pm.

Genius on the Moors - *The Bronte Sisters:* (Teens, Adults) Wednesday, January 17, 2-3pm.

Universal African Dance and Drum Ensemble: Saturday, February 24, 2-3:30pm.

CHILDREN'S PROGRAMS:

African Mask Making: (Grades K-5) Thursday,February 15, 4:30-5:45pm.

TEEN PROGRAMS:

Teen Holiday Cupcake Wars: (Grades 7-12) Monday, December 18, 7-8pm.

ADULT PROGRAMS:

History of the Movie Musical - The 1960s: Friday, December 8, 2:30-3:30pm.

Friends Concert - *Westminster Chamber:* Friday, December 8, 7:30-9pm.

Meet Bobby Rydell - *Singer and Author:* Saturday, December 9, 2-4pm.

Meditation for a Stress Free Holiday and Beyond: Thursday, December 14, 2-3:30pm.

Meet George Washington Through Art: Tuesday, February 6, 2:30-3:30pm.

Meet the Author - *Marta McDowell:* Saturday, February 24, 2-3pm.

SCLSNJ SOMERVILLE LIBRARY BRANCH

35 West End Avenue, Somerville, NJ 08876, 908-725-1336, www.sclsnj.org. Program dates & times subject to change. **All programs FREE.** *Registration required unless otherwise indicated.* Visit website or call library for more information & to register. **Note: The branch will be closed on December 2, 4, 24, 25, 31; January 1, 15, and February 19, 2018.**

FAMILY PROGRAMS:

Getting Ready for PARCC - *How to Use Lumos StepUp™ Library Program:* (Teens, Parents/Caregivers), February 3, 2-3pm.

Kids Movie Time: (All Ages) December 27, January 13; 2-4pm.

Noon Year's Eve Party: (All Ages) December 28, 11:30am - 12:30pm.

Happy Birthday Mo Willems - *Valentine's Day with Mo Willems' Friends:* Wednesday, February 14, 4-5 pm.

CHILDREN'S PROGRAMS:

Storytime (Ages 2-4): Tuesdays, December 5, 12; January 16, 23, 30; February 6, 13, 27; 10:30-11am.

Storytime - Stories, Rhymes, and Songs: (Ages 18 months-3 years): Wednesday, December 6, 13; 10:30-11am.

Waggin' Tails: (Grades K-4) Saturday, December 9, 11:30am - 12:30pm.

Somerville Study Buddy: (Grades 1-6) Mondays, December 11, 18; 5-7pm.

LEGO® Club: (Grades K-5) Wednesdays, December 13, January 10, February 7; 4:30-6pm.

Teddy Bear Time - *1,000 Books Before Kindergarten Kick-Off:* (Ages 2-5) Tuesday, January 9, 10:30-11:15am.

Cartoon Drawing: (Grades 2-5) Saturday, January 27, 1-2pm.

TWEEN & TEEN PROGRAMS:

Teen Crafting Club: (Tweens, Teens) Wednesday, December 6, 3:30-5:30pm.

Game Night/Teen Advisory Board: (Grades 6-12) Fridays, December 8, 22; January 19; February 2, 16; 5-8pm.

***"Beauty and the Beast"* Double Feature Movie:** (Grades 6-12) Saturday, December 16, 4-9pm.

ADULT PROGRAMS:

Library Loopers: Fridays, December 1, 8, 15; 10am-noon.

Book Club: Wednesday, December 6, 2:15-4pm.

Crafting - *Printmaking:* Saturday, December 9, 1-3pm.

Scrabble in the Afternoon: Wednesdays, December 13, January 10, February 14; 2-4pm.

Adults with Special Needs Puzzle Night: Thursday, December 14, 6:30-8pm.

Learn to Play the Ukulele: Thursdays, January 4, 11, 18, 25; February 1, 8, 15, 22; 7-8:30pm.

The Magic 15: Saturday, February 10, 1-2 pm.

Actor Marvin Jefferson as York: Saturday, February 17, 1-2:30pm.

RECREATION

SOMERSET COUNTY PARK COMMISSION

Information on all activities available at www.somersetcountyparks.org or by calling 908-722-1200.

Duke Island Walkers: Wednesdays, 9:30 am, Duke Island Visitor's Center. FREE.

40th Festival of Trees: Saturday, December 2-Friday, December 29, Environmental Education Center, 190 Lord Stirling Road, Basking Ridge. **Note: EEC will be closed December 24, 25, & 26.**

17th Annual Winter Holiday Festival at Lord Stirling Stable: Saturday, Sunday, December 2, 3, 10am-3pm.

Holiday Kissing Ball Workshop: Saturday, December 9, 10am-12noon, Park Commission Headquarters, 355 Milltown Road, Bridgewater. Share holiday styling tips & create a beautiful holiday kissing ball using fresh floral and evergreen materials. Fee $35 pp, all supplies provided. (limit: 15 people).

Winter Horseback Riding Lessons: English Saddle Balanced Seat riding lessons for juniors and adults, Lord Stirling Stable. Lessons begin on Tuesday, January 2, 9, 16, 23, 30, February 6, 13, 20, 27, March 6, 2018. Online & walk-in registrations accepted on a first come, first served basis beginning at 8 am, Saturday, December 9, 2017.

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