

WARREN MONTHLY_{NJ}

WARREN'S HOMETOWN NEWSPAPER

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SOMERSET COUNTY LIBRARY CREATES COMMUNITY MURAL

By: Edir Coronado

With the landscape of education and research changing rapidly and the format in which society consumes needed information becoming almost exclusively digital, the public library has maintained its relevance, as Carolann DeMatos stated, as a "community cornerstone." DeMatos is the Director of Marketing and Public Relations at the Somerset County Library System; holds a Master in Science in Digital Imaging and Design; and is the visionary behind this year's traveling mural created by the community.

The mural was created with the purpose of reminding the community of the library's message and educational forum; connect, explore, share, and discover, through art. The art project was developed at this year's Somerset County 4-H County Fair held on August 10th. 4-H is a nationwide youth development organization. According to the Somerset County 4-H association, the yearly county fair is a showcase for visitors to see a wide variety of 4-H projects in action.

DeMatos announced before the 4-H fair that a blank canvas with four boards would be made available for all to stop by, fill their hands with paint, and leave their handprints or thumbprint. The event took about two hours and over 200 participants of all ages were involved. DeMatos was pleasantly surprised with the number of people that wanted to be involved in the venture and the different types of folks that wanted to participate. One of the important aspects of the project, which was stressed during the design, was the expression of everyone's artistic self.



(above) Children participating in the creation of the Somerset County Community Mural which will be on tour to all of the Somerset County libraries

The County Agricultural Department presented the same idea for a mural, which inspired DeMatos, except a professional artist was brought in for the task. This, DeMatos felt, might discourage people from participating, so she decided to simplify it by making the artwork about handprints. At one point a child had placed a blob across the boards causing the mother to apologize for what she believed was her child ruining the art. Dematos assured the woman, that nothing was ruined, but instead her son had only enhanced the artwork. "Let him explore," expressed DeMatos. The Somerset County Library Mural Project, was meant to be easy going, in order to foster an environment where the community could be more involved with their library.

Partly because the Somerset County Library system wants to exert itself as, not just a place where you can read books; which is still an important part, but, a place where you can sit and enjoy a cup of coffee and feel safe. "We are the next best Starbucks, except we are free," stated DeMatos.

The Mural will be on tour to all of the Somerset County libraries, where it will be hung up for all community members to see. Its final destination is yet to be determined. A new mural project is in the works and because of the great turnout, a bigger canvas will be made available, so more people can be involved. DeMatos hopes that this project can serve as inspiration for local branches to create their own murals.



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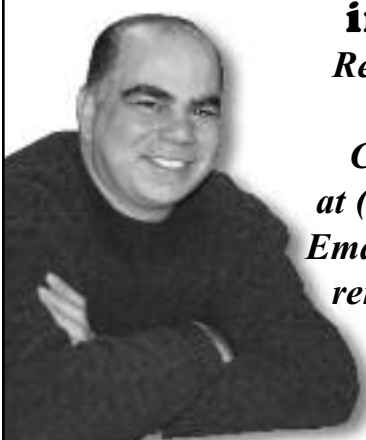
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Shumai (6 pcs) Steamed or fried. Japanese shrimp dumplings	5
Edamame ☞	5
☛ Indian Pancake w. Chicken Curry Dipping Extra pancakes are \$2 each	6
Vietnamese Pork Spring Roll (4 pcs)	6
Gyoza (6 pcs) Choice of steamed or pan fried	6
Crystal Dumplings (6 pcs)	7
Chicken Skewers (3 pcs) Marinated, char-grilled, serve w. peanut, satay dipping	7
Fried Crab Cheese Wonton (6 pcs)	6
Peking Duck Steam Buns (2 pcs)	8
☛ Lettuce Wrap ☞ Choice of chicken or tofu, stir-fried w. basil, onion, chili pepper, pineapple, fresh lime juice, served w. lettuce leaves	10
☛ Hawaii Shrimp Roll (2 pcs) Shredded mango, jicama, avocado and crispy shrimp, wrapped in roti pancake, served w. special sauce	8
Summer Roll (2 pcs) ☞	5
☛ Calamari Battered calamari rings, deep fried to crispy, served w. citrus mayo dipping	8
☛ Rock Shrimp Battered rock shrimp fried to golden crispy, w. citrus mayo dipping	10

SOUPS AND SALAD

	Cup / Bowl
Wonton Soup	3 / 5
☛ Hot and Sour Soup	3 / 5
☛ Lemongrass Seafood Soup Shrimp, scallop, crab meat, prince mushroom, vermicelli and coconut milk	6 / 10
Spicy Mango Salad ☞ Shredded mango, jicama, crispy vermicelli and crushed peanuts in sweet chili sauce	7
Avocado Salad	6
Seaweed Salad	5
Grilled Chicken Salad ☞	9
Grilled Salmon Salad ☞	10

VEGITARIAN

Lightly sauteed and erved w. white rice

Mixed Veggies ☞	10
Broccoli ☞	10
Mushroom and Tofu ☞	11
Baby Bok-Choy ☞	10
String Beans	10

NOODLE AND RICE

☛ Ye's Stir-fried Rice Noodles Vegetable / Chicken / Beef / Shrimp ☞	11 / 12 / 13 / 14
Stir-fried w. dry tofu, onion, pepper and bean sprouts, top w. peanuts	
☛ House Pineapple Fried Rice Vegetable / Chicken / Beef / Shrimp ☞	11 / 12 / 13 / 14
Stir-fried w. pineapple, corn, onion, bell pepper, carrots and raising	
☛ Vietnamese Basil Fried Rice Vegetable / Chicken / Beef / Shrimp	11 / 12 / 13 / 14
Stir-fried w. onion, bell peppers, basils, peas, carrots and corn	
Yaki Udon Vegetable / Chicken / Beef / Shrimp	11 / 12 / 13 / 14
Stir-fried w. baby bok-choy, onion, bell peppers and carrots	
☛ Singapore Vermicelli Vegetable / Chicken / Beef / Shrimp ☞	11 / 12 / 13 / 14
Stir-fried w. onion, bell peppers, bean sprouts and egg	
Classic Fried Rice Vegetable / Chicken / Beef / Shrimp ☞	11 / 12 / 13 / 14
Stir-fried w. egg, onion, peas and carrots	
Roast Duck Egg Noodle Soup	12
Seafood Udon Noodle Soup	13

PHO ☞

Pho starts with fragrant broth which is made fresh daily. The aromatic broth made by simmering light, quality meat, beef knuckle bones, served with fresh flat rice noodles, and topped with your meat selection, also fresh Asian herbs and spices.

Pho Dac Biet This Pho bowl is pocked with rare eye round steak, well-done skirt flank, soft tendon, and beef bolts. It's a different texture in every bite.	13
Pho Tai A layer of thin rare eye round steak is cooked by the beef broth right in your bowl, bringing out the sweetness & tenderness of beef siles in to each bite.	12
Pho Bo Vien Seasoned beef and soft tendon meaeet balls cut into bite-size portions further creamte on undertone of sweetness to the already fragrant beef broth. It is a favorite among children.	11
Pho Tom Plum shrimp are topped over beef broth, low in calories but amazing in taste.	13
Pork Chop Selected pork chop marenated in lemongrass special sauce	12
Grilled Chicken Selected chicken breast marenated in lemongrass special sauce	12

VERMICELLI OR RICE ON PLATE

Vermicelli or rice dish with lettuce, tomato, cucumber and roasted peanuts and fried onion. served with homemade chili lime sauce.

Vietnamese Grill Chicken	12
Vietnamese Grill Pork Chop	13
Vietnamese Grill Shrimp	14
Pork Spring Roll	10

☛ ☛ Indicates choice of mild, medium or hot, seasoned to your taste.

☞ Gluten Free options are available.

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Teriyaki Chicken / Beef / Shrimp / Salmon	13 / 16 / 16 / 18
☛ Crispy Chicken Cutlet Breaded chicken breast deep fried to golden crispy, w. chef special sauce	13
☛ Tropical Mango Chicken / Shrimp ☞	13 / 15
Fresh mango, onion, bell peppers, prince mushroom and sweet peas, sauteed w. spicy sweet mango sauce	
Sangria Crispy Duck	20
Crispy duck glazed w. fruity red wine sauce over baby bok-cho	
☛ Vietnamese Basil Tofu / Chicken / Beef / Shrimp	13 / 13 / 15 / 15
Sauteed w. eggplant, prince mushroom, onion, sweet peas and fresh basil leaves w. spicy basil sauce	
☛ House Green Curry Tofu / Chicken / Shrimp ☞	12 / 13 / 15
Broccoli, eggplant, prince mushroom, onion and bell pepper cooked in green curry sauce	
Korean Grilled Baby Back Ribs	20
Marinated short ribs, grilled in Korean style	
☛ Crispy Tangerine Chicken / Beef	13 / 15
Seasoned chicken shreds fried to crispy and glazed w. tangerine sauce	
☛ XO Sauce Chicken / Shrimp / Sea Bass	13 / 15 / 26
Sauteed w. sweet peas, broccoli, prince mushroom and onion	
Seafood Pan Fried Noodles	20
Shrimp, scallop, crabmeat, squid, prince mushroom sauteed w. house special brown sauce, over crispy fried noodles	
☛ Butter Shrimp Jumbo shrimp sauteed w. chef's special sauce, served w. fried black kerneled rice	18
Char-Grilled Chilean Sea Bass ☞	26
Served over steamed mixed veggies w. miso-orange sauce	
☛ Mandarin Fish Fresh red snapper lightly breaded to golden crispy w. sweet peas, pineapple, onion and bell peppers over special spicy sauce	18
☛ Hot and Spicy Chicken / Beef	13 / 15
Onion, bell peppers, prince mushroom, sweet peas, stir-fried w. chef special sauce	
Crispy Cumin Lamp Chop	26
Lightly breaded flash-fried golden brown w. peppers and onion	
☛ Indian Curry Chicken	13
Broccoli Chicken / Beef / Shrimp	12 / 13 / 14
☛ Garlic Chicken / Beef / Shrimp	12 / 13 / 14
☛ General Tso's Chicken / Shrimp	13 / 15
Sesame Seed Chicken / Shrimp	13 / 15
☛ Szechuan Chicken / Beef / Shrimp	12 / 13 / 14

DESSERT

New York Cheese Cake	5
Green Tea Ice Cream	5
Mango Sorbet	6
Coconut Sorbet	6
Tiramisu	6
Mochi Ball Choice of Flavors: Mango, Strawberry, Vanilla, and Green Tea	4

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ENTREES

Choose rice: white rice, fried rice or brown rice.

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☛ Crispy Chicken Cutlet	9
☛ Tropical Mango Chicken / Shrimp ☞	9 / 10
☛ Indian Curry Chicken	9
☛ Vietnamese Basil Chicken / Beef / Shrimp	9 / 10 / 10
☛ House Green Curry Tofu / Chicken / Shrimp ☞	9 / 9 / 10
☛ Crispy Tangerine Chicken	9
Broccoli Chicken / Beef / Shrimp	9 / 10 / 10
☛ Szechuan Chicken / Beef / Shrimp	9 / 10 / 10
☛ Garlic Chicken / Beef / Shrimp	9 / 10 / 10
Sesame Seed Chicken	9
☛ General Tso's Chicken	9
Sauteed Mixed Veggies ☞	8
Sauteed String Beans	8

NOODLE AND RICE

☛ Ye's Stir-fried Rice Noodles Vegetable / Chicken / Beef / Shrimp ☞	9
☛ House Pineapple Fried Rice Vegetable / Chicken / Beef / Shrimp ☞	9
☛ Vietnamese Basil Fried Rice Vegetable / Chicken / Beef / Shrimp	9
Yaki Udon Vegetable / Chicken / Beef / Shrimp	9
☛ Singapore Vermicelli Vegetable / Chicken / Beef / Shrimp ☞	9
Classic Fried Rice Vegetable / Chicken / Beef / Shrimp ☞	9
Roast Duck Egg Noodle Soup	12
Seafood Udon Noodle Soup	13

VERMICELLI OR RICE ON PLATE

Vermicelli or rice dish with lettuce, tomato, cucumber and roasted peanuts and fried onion. served with homemade chili lime sauce.

Vietnamese Grill Chicken	9
Vietnamese Grill Pork Chop	9
Vietnamese Grill Shrimp	10
Pork Spring Roll	8

DRINKS

Cold Drinks 16oz, Hot Drinks 12oz

Bubble Tea (Cold) Free topping bubble, jelly or herb pudding (additional topping 50¢) Black Tea Taro Green Tea Coconut Strawberry Mango Chocolate Almond	4	Flavored Tea (Cold) 3.50 Rose Green / Black Tea Passion Fruit Green Tea Honey Green / Black Tea Lychee Black Tea Grapefruit Green Tea Lemon Green / Black Tea
Bubble Tea (Hot) Free topping bubble, jelly or herb pudding (additional topping 50¢) Black Tea Taro Green Tea Almond	4	Flavored Tea (Hot) 3.50 Rose Green / Black Tea Honey Green / Black Tea Grapefruit Green Tea
Soft Drink (Can) Coke Diet Coke Sprite Fanta Mountain Dew Ice Tea	1.25	Hot Tea (Per table) 2.00 Coffee (Cold or Hot) 4 Coconut Mocha Cappuccino Matcha Latte Vietnamese Coffee
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SCENES FROM SUMMER FUN

By: Mary Ann McGann



(above) Sew fun. Sixth grader Elina Xu sews a flip flop pillow in this popular Summer Fun sewing class by Susan Leonard, a second grade teacher at Woodland.



(above) Kindergartners help stake tomatoes in the new garden at Mt. Horeb School

Each summer, the Warren Township Board of Education offers children an array of enrichment opportunities through its Summer Fun program, with such creative and eclectic offerings as School of Rock, So You Wanna Sew?, Adventures in Yoga, Innovation Station and much more. Small group instruction in math and language arts is also available for students, ages pre-school through 8th grade, who are recommended for extra help.

Summer Fun is so successful, says program coordinator Meryl Lettore, because “we cater to the varied interests of all children. Whether dance, art, science, music, there’s something for everyone. Students thrive here and parents are thrilled with the experiences their children get here.”

In its third decade of operation, Summer Fun wrapped up this summer’s fun at Mt. Horeb School on July 29th.



(above) A crayon melt creation with incoming third grader Julia Cagno.



(above) Soon-to-be 5th grader Misha Patel shows off her “tie-dye in a jar.”



(above) Grade schoolers Brady O'Shea and Vito Cocuzza rock out in “School of Rock” with the help of Woodland music teacher Karen Sutherland.



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LOCAL NEW JERSEY HISTORY COMES ALIVE FOR 8TH GRADERS

By: Mary Ann McGann

Picture this, it's the winter of 1778-79 and 8,000 to 10,000 war-weary soldiers in General George Washington's Continental Army have set up camp on what is now the present-day site of Angelo L. Tomaso School and the surrounding area.

Called the Second Middlebrook Encampment, certain historians believe that such prominent American Revolutionary War officers as Nathanael Greene, William Alexander (Lord Stirling) and the Marquis de Lafayette may have joined Washington on the very ground where young footsteps now scamper and play in the ALT schoolyard.

This tantalizing morsel of New Jersey history is just one of the stops on a tour of local historical sites, a recent rite of passage for 8th graders who board a fleet of small buses provided by the school district each spring to journey back in time for a glimpse of centuries-old happenings in Warren.

Meticulously orchestrated by social studies teachers Robert Hartshorn, Lynn Degen, and Josephine Brasile, the tour includes visits to:

The Kirch-Ford House, a carefully restored farmhouse on the corner of Reinman and Mt. Bethel Roads. "Virtually synonymous with Warren was the Kirch family, three generations

of which occupied the farm and house for 121 years," writes Alan A. Siegel in "Warren A to Z: An Entertaining Guide to the 275 Year History of Warren Township, New Jersey."

The Mount Bethel Baptist Meeting House, a white clapboard structure across from the former King George Inn at the intersection of Mt. Bethel and King George Roads. The meeting house is listed on the New Jersey State Register of Historic Places and was named a National Historic Site in 1976.

The Coddington House, a 2 ½ story center hall home built c.1865 by a prosperous local farmer. The house, which sits on a slight rise just 200' from Mt. Horeb Road, boasts "moldings above the windows, weatherboard exterior, louvered shutters, large sawn eave brackets" and other finishing touches which help to "retain the original integrity of style and workmanship," writes Siegel.

The Hofheimer Grotto, a hidden gem located behind the current municipal complex. According to Siegel, Nathan Hofheimer, a successful businessman who maintained a summer home in Warren in the early 1900s, "imported craftsmen from Europe to transform a flooded copper pit mine into a replica of a grotto he had once visited in his native Germany."

Also on the tour, of course, is a stopover at



(above) Cayla Park steps back in time at the Kirch-Ford house.

ALT for a discussion about the comings and goings of the Continental Army during colonial times. The outing wraps up at Washington Rock where students enjoy a pizza lunch (with the help of PTO parents) and a spectacular view of the vista over which General Washington is said to have frequently cast an eye to monitor British troop movements in the valley below.



(above) Warren Middle School 8th graders enjoy the view at Washington Rock the same spot General George Washington is said to have used to monitor British troop movements more than 200 years ago.



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CHELSEA AT WARREN CELEBRATES 100TH BIRTHDAY OF ANNE LAHOFF

Anne LaHoff, a former dance teacher who once danced with Fred Astaire, celebrated her 100th birthday at The Chelsea at Warren, 274 King George Road, surrounded by friends and family, on Monday, August 15, 2016.

Mrs. LaHoff, who was born in Jersey City and later moved to North Arlington, was a career employee of RCA in Harrison where she

supervised the manufacture of vacuum tubes for radios.

The highlight of her second career as a ballroom dance instructor came in 1949 when she won the Viennese Waltz portion of the Harvest Moon Dance competition in New York. The prize was a dance with legendary performer Fred Astaire.

"Fred Astaire was a good dancer," recalled Mrs. LaHoff, "but not as good as my husband."

Mrs. LaHoff was joined at her Chelsea birthday party by her many Chelsea friends, nephews Michael Miller of Oradell, Robert Miller of Manchester, niece Maureen Stivale of Middletown and the Millers' spouses, Eva and Elaine.



(above, center, l-r) Mrs. LaHoff makes a grand entrance into the party with family (standing, l-r) Robert and Eva Miller, Michael Miller and Maureen Stivale, (seated, l-r) seated Mrs. LaHoff and Elaine Miller.

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WHEN IT COMES TO PREVENTING SUICIDE, YOU MATTER!

September is Suicide Prevention Month. It's a time when organizations, communities and individuals throughout the nation will bring attention to how each of us can be a part of the solution to end suicide. Can you imagine feeling so hopeless that you'd consider taking your own life? For some what feels unthinkable is optional, and the experience often goes unnoticed and unaddressed. The unfortunate reality is that suicide is the 10th leading cause of death in America; occurs every 12.3 minutes; and, takes the life of approximately 117 individuals on any given day. Those who complete suicide most often suffered in silence and were desperate to end their emotional pain. Experts believe that people don't really want to die, but in a moment choose a permanent solution to solve a temporary problem that felt overwhelming. However, suicide can be prevented and help is available. Therefore, our challenge as a society, neighborhood, family member, friend or concerned individual is to be educated about suicide prevention, and prepared to take action in the event that we find ourselves in the difficult position to assist someone in distress.

It's important to know that we should always take a person serious whenever they suggest they no longer want to live. Also, we must understand that age, ethnicity, gender or economic status does not protect a person from experiencing suicidal thoughts or behaviors. It is always right to tell somebody who can partner with you to keep the person safe whether that be a parent, spouse/partner, adult sibling, teacher, doctor or police officer to name a few. Finally, in a crisis immediately call 911 or the National Suicide Hotline at 1-800-273-TALK (8255).

There are many opportunities to learn more and equip ourselves with helpful information. A few resources to assist us in our efforts to obtain important knowledge includes: 1) New Jersey Hopeline at 1-855-654-6735 or www.njhopeline.com - includes a live chat option; and, 2) National Suicide Prevention Lifeline (www.suicidepreventionlifeline.org). The list is not exhaustive nor intended to exclude a host of organizations that are invaluable in the effort to prevent suicide. It's simply a beginning step that each of us can take. Suicide prevention is everyone's business. So, speak up, speak out, and speak often because you matter!

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HUGHES NAMED DIRECTOR OF LEARNINGRX

LearningRx in Warren is happy to announce that Ingrid Johannsen Hughes has been named the center's Director, as of August 1. Ingrid will now be responsible for day to day management of the center. Because she is an adept communicator, Ingrid will also play a bigger role in marketing and communications. Owner Mike DiCristino said, "Ingrid has been indispensable in helping the center to transition after I purchased LearningRx Warren in November, 2015. She continues to display an impressive ability to maintain and enhance the high quality service LearningRx Warren is known for, while also making the center an enjoyable and fun place to work."

About LearningRx-Warren: At LearningRx, we target and train the weak cognitive skills that make learning and life harder than it needs to be for children and adults. Our programs work on the causes, not just the symptoms, of learning struggles. We use intense mental exercises, done with a personal brain trainer, to work on the skills the brain uses to think, learn, and perform. Come to our Center and take a cognitive skills assessment. The assessment will identify the root cause of your struggle and allow us to create a brain training program that's right for you. Schedule your assessment today!

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SCLSNJ AWARDED GRANT TO HELP ADULT LITERACY

Somerset County Library System of New Jersey has been awarded a \$99,084 grant from The New Jersey Department of Labor and Workforce Development to provide 84 adult community members with basic skills training through an Adult Literacy and Community Library Partnership Pilot Program.

SCLSNJ, in partnership with The New Jersey Department of Labor and Workforce Development, identified a need to provide adult basic skills training that would lead to greater employment opportunities and/or career advancement for NJ residents in need of jobs, as well as those in low-wage, lower-skilled occupations. According to the grant, "To effectively maintain sustainable employment, entry-level workers must be equipped with the skills necessary to meet the increasing demands of the workplace." With that in mind, the goal of the Adult Literacy and Community Library Partnership Program is to provide adults with educational opportunities to acquire and improve the literacy skills necessary to become self-sufficient and to participate effectively as

productive workers, family members, and citizens.

In order to expertly provide these adult basic education classes, which will prepare students to take a high school equivalency exam, SCLSNJ will work closely with the Hunterdon-Somerset Title II Consortium, an organization that includes Hunterdon County Educational Services Commission, The Jointure, and Franklin Township Board of Education.

Designed to improve the English language proficiency and adult basic education skills of those adults who are unemployed, underemployed, or needing remedial instruction in Somerset County and the surrounding area, the program will emphasize preparation for high school equivalency testing. English for speakers of other languages classes will focus on conversation, grammar, citizenship, and life skills.

The Adult Literacy and Community Library Partnership Pilot Program will take place at SCLSNJ's Bound Brook Memorial Library, Manville Library, and North Plainfield Memorial

Library branches. A summer session and a fall session will be offered. Summer session dates and times are:

Tuesdays and Thursdays, July 5th-August 25th, 6-8:30 p.m. at SCLSNJ's Manville Library branch, located at 100 S. 10th Avenue in Manville. Registration and assessment will be held July 5, 6-8:30 p.m.

Tuesdays and Thursdays, July 5th-August 25th, 6-8:30 p.m. at SCLSNJ's Bound Brook Memorial Library branch, located at 402 E. High Street in Bound Brook. Registration and assessment will be held July 5, 6-8:30 p.m.

Mondays and Wednesdays, July 6th-September 12th (no class July 11), 6-8:30 p.m. at SCLSNJ's North Plainfield Memorial Library branch, located at 6 Rockview Avenue in North Plainfield. Registration and assessment will be held July 6, 6-8:30 p.m.

All classes are free and participants ages 18 and over will be able to register the first day of class on a first come, first served basis. For more information, email adulthoodliteracy@sclibnj.org or call 908-526-4016 ext. 188.

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STEP BY STEP GUIDE FOR WHEN YOUR SPOUSE FILES FOR DIVORCE

By: James McGlew II, Esq.

Whether you have been served with notice that your spouse has filed for divorce, or if you are contemplating filing for divorce yourself, there are important steps anyone facing this scenario should undertake.

The first is to stay calm. This is obviously easier said than done but it is important as many people do or say things while processing this major life change that they later come to regret.

If you have children, take whatever steps necessary to distance them from the proceedings you or your spouse are considering. At this early stage of the process there is no benefit to advise them of the situation and they should not be involved in any discussions between you and your spouse. Children should never be compelled to "choose sides" regardless of their age.

Do not post or share any form of information regarding the situation on social media! While venting about your feelings may make you feel better in the present, any negative and inflammatory comments about your spouse will have a detrimental long-term effect on the disposition your case. Once comments are posted online, even if they are deleted, they are never completely gone.

Do not allow your spouse to intimidate you with threats or claims of withholding access to children or financial support. The Courts are available to you and can resolve these immediate

issues before your divorce is finalized.

Organize and secure any and all financial or other legal or family documents in your possession. These would include prior tax returns, bank statements, credit card statements and retirement account statements. If any person or child suffers from a serious medical condition, secure copies of medical records. The more information you can collect and which does not need to be obtained from a third party such as the IRS, an employer or a bank or credit card company, can save significant costs over the duration of your case. If you and your spouse signed a Prenuptial Agreement, be sure to maintain a copy and provide it to your attorney.

Do not transfer any significant amount of financial assets or property, nor should you incur any major debt. Do not change beneficiaries on any insurance policies or modify your existing health and life insurance coverages. You should also confirm that your spouse has not taken any of these actions.

Lindabury's Family Law Group has decades of experience representing clients in both contentious and civil divorces. We provide the full range of divorce and family law services and are easily accessible from our Westfield New Jersey office. Call today to schedule a consultation with James McGlew at (908) 233-6800.

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PROGRAMS SCHEDULED FOR INDIVIDUALS WITH SPECIAL NEEDS

According to Cornell University, in 2013, the overall percentage of people (all ages) with a disability in New Jersey was 10.5 percent. Recognizing a need in the community, Somerset County Library System of New Jersey has announced a series of fall programs designed specifically for individuals with special needs. The programs, available for children, teens, and adults, were developed by a recently formed Special Needs Task Force at SCLSNJ, a group that includes a variety of staff members from SCLSNJ's 10 library branches.

"My goal is to offer programs for children and teens with special needs in a more consistent way," said Lynn Mazur, a librarian at SCLSNJ's Bridgewater Library branch and a member of SCLSNJ's Special Needs Task Force. "I also want to offer adaptations of the great programs

we're already offering in our existing programming lineup. Those who do attend those programs always give such positive feedback, so we feel like we're on the right track to providing programs that meet the needs of this community."

"As the sister of a young man with autism, I am well aware of the challenges that families face in getting their loved ones with disabilities involved in the community," said Zoe Vybiral Bauske, a librarian at SCLSNJ's Mary Jacobs Memorial Library branch and a member of SCLSNJ's Special Needs Task Force. "I hope that my library can be a place where families with disabilities feel understood and accepted, particularly as they age out of the school system and children's activities." Special Needs programs at SCLSNJ libraries this fall.

CHILDREN

These programs are held in an inclusive environment designed for children and teens on the autism spectrum or with other special needs. Families, siblings, and children of all ages are welcome. Caregivers attendance is required.

Sensory-Friendly Art Class

September 10 & November 5, 10-10:45 a.m.

At SCLSNJ's Bridgewater Library branch, located at 1 Vogt Dr. in Bridgewater

Explore art through creative activities at various stations..

Happy Un-Birthday Party

December 3, 10-10:45 a.m.

At SCLSNJ's Bridgewater Library branch, located at 1 Vogt Dr. in Bridgewater

Come and celebrate your un-birthday! Party games, snacks, and crafts will be provided.

TEENS/YOUNG ADULTS

These programs are held in an inclusive environment designed for teens and young adults 13-21 years old on the autism spectrum or with other special needs.

Caregivers are encouraged to remain in the Library for the duration of the program.

Library Club

September 22, October 20, & November 21, 7-8 p.m.

At SCLSNJ's Bridgewater Library branch, located at 1 Vogt Dr. in Bridgewater

Come to the Library for socializing, games, snacks and more! Call 908-526-4016 for details.

ADULTS

This is an environment designed for special needs adults 21+ years old to meet new people and explore fun and interesting activities including music, art, yoga, gardening, crafts & more. Caregivers are encouraged to remain in the Library for the duration of the program.

Special Needs Social Hour:

Play Bingo & Meet New People

Tuesday, September 20, 7-8 p.m.

At SCLSNJ's Warren Township Library branch, located at 42 Mountain Blvd. in Warren Township

Join the Library staff for a fun game of bingo.

Special Needs Social Hour: Music with Tweed Schade

October 17, 7-8 p.m.

At SCLSNJ's Warren Township Library branch, located at 42 Mountain Blvd. in Warren Township

Listen to your favorite music played by Tweed Schade.

Special Needs Social Hour:

Enjoy yoga with instructor Jillian Keller

November 21, 7-8 p.m.

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All Somerset County-operated Senior Centers offer a nutritionally balanced lunch, Monday through Friday, for a suggested donation of \$2.50, for anyone 60 and above. Menu choices include a hot meat-based or meatless entrée or a cold meat-based or meatless boxed lunch. Please make reservations prior to 10:00 am the previous business day. Why not invite a friend or neighbor to join you for lunch! As an additional suggestion, why not come earlier in the day and enjoy one of the center's many programs.

(NEW) Yoga with Jillian

Tuesdays, 12:45 pm – 1:45 pm

\$40 for the 8-week program, session begins September 20th - Registration required, call (908) 753-9440 for information.

(NEW) Dancercise with Sabina Hanriot

Thursdays, 10:30 am – 11:30 am

Learn how to Salsa and Merengue! These two Latin dances will exercise all major muscle groups and improve your flexibility, balance and coordination while providing a fun and interesting aerobic workout. Sneakers required. \$40 for the 8-week program, session begins September 8th - Registration required, call (908) 753-9440 for information.

Safari Special Event

September 6, 10:30 am

Using a PowerPoint presentation, Dorothy and Irwin Vogel will take us on a safari that will focus on the migration of animals found in Kenya and Tanzania. Arrive a little early and have some fun with safari sightings.

Tone and Flexibility Exercise Class,

September 7, 14, 21 & 28 – 10:45 am

Enjoy an energizing class suitable for beginner and intermediate levels. Exercising with Sabina will boost your energy level, reduce stress, and help tone your body by using resistance bands, exercise balls and dance moves. Exercises can be done standing up or sitting down.

“No Bake Energy Bars”

September 9

with Jessica Guarnieri, Registered Dietitian, ShopRite/Wakefern, 10:30 am - Join us for this hands-on

nutrition program. As a group, we will make a generic energy bar batter and then each attendee will add an additional ingredient of their choice.

“Carnival of Sound (Roman Carnival Overture)”

September 12

by George Marriner Maull, Artist Director, Discovery Orchestra, 10:30 am - This overture was composed in 1844 and first performed at the Salle Herz, Paris, on February 3, 1844. A stand-alone overture intended for concert performance, made up of material and themes from Berlioz's opera Benvenuto Cellini, including some music from the opera's carnival scene-hence the overture's title. It is scored for large orchestra, is in the key of A major, and features a prominent and famous solo for the cor anglais. Join us as George takes us through the blueprint of this overture and teaches listening skills that will help the attendees to connect with classical music.

“Active Shooter Safety Tips and Senior Scams”

September 19

by Somerset County Sheriff's Officer David Danecker & his K-9 Partner, Apex - This program will have three parts. Part one will highlight safe ways to react if you are caught in an active shooter situation, part two will go over the latest scams and fraud schemes that are directed towards seniors and part three will be a demonstration by Apex, a canine narcotics dog.

“Traveler Series on Germany and Austria”

September 26

by Tracy Kaminski, Educator, Morris Museum, 10:30 am - Explore Germany and Austria with the Morris Museum Traveler Series. This program includes the viewing of photos taken by Morris Museum Staff Members and the exploration of objects representing the people and the culture of these two countries. Highlights of the program will include a look into the foods, clothing, local crafts, and festivals (Oktoberfest) that make these countries unique.

“Managing Osteoarthritis Pain”

September 27

by Dr. Ravi Patel, 10:30 am - Learn about degenerative joint disease and why it happens. This presentation will highlight why there is pain associated with it, how to manage the resulting pain and ways to prevent flare-ups.

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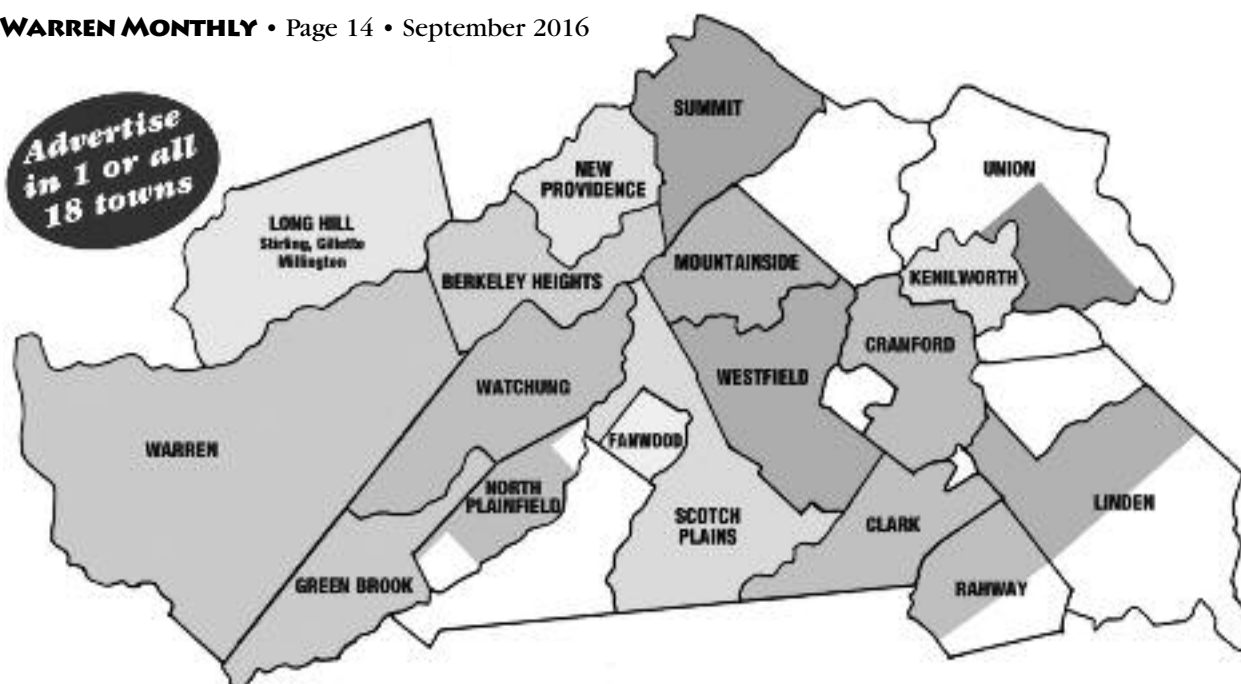
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6 Units	10" x 4"	\$240	\$600	\$900	\$1250	\$1400	\$1650	\$1900
9 HALF PAGE	10" x 6"	\$320	\$800	\$1000	\$1350	\$1500	\$1800	\$2100
12 Units	10" x 8"	\$360	\$900	\$1200	\$1550	\$1800	\$2150	\$2500
18 FULL PAGE	10" x 14"	\$400	\$1000	\$1400	\$1750	\$2000	\$2400	\$2800
FRONT PAGE BANNER	8.25" x 2"	\$320	PAY FOR 6 MONTHS AND GET 1 FREE					
BACK COVER	10" x 14"	\$600						

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TMC'S BOUTIQUE OPENS IN NEW PROVIDENCE

TMC's Boutique, formally located in Stirling, NJ for 6 1/2 years, has brought her unique store to New Providence and invites the public to celebrate a grand opening on September 17th at 2 p.m. Located on 1259 Springfield Avenue.

TMC was created by Linda Tribuna because being an artist herself she wanted to create a unique store selling the beautiful work of both local and national artists. Since Linda was part of many art shows she asked artists she met through the years to sell in her store. During her time in the Stirling location she sold the work of over 20 local and 10 U.S. artists.

Now here in New Providence, with a much larger location, Linda is representing 13 additional artists bringing her total to 30+ local and 10 national artists. TMC's Boutique carries

jewelry, handbags, frames, knitwear, bottle holders, bottle openers, lighted glass boxes, pottery and so much more!



(right) Linda Tribuna invites the public to meet local artists at the grand opening of her boutique located at 1259 Springfield, Avenue, New Providence on September 17th at 2 p.m.



TMC's Boutique
1259 Springfield Avenue
New Providence 07974
(908) 473-0982

Hours: Monday - Saturday: 10:00am to 6:00pm



*TMC is a unique shopping experience!
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