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February 27, 2014

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CO-PUBLISHERS
 Stephen W. Parker
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Elizabeth K. Parker
 Executive Editor

Stephen W. Parker
 Business Manager

Sherwood L. Spitz
 Vice President of Operations

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 Loretta Kieffer
 Lance Osborn
 Marty Stockert
 Jennifer Ward

CONTRIBUTING WRITER
Melissa Krenek

EDITOR
Nicole Bonaccorso

Letter from the Editor

What a winter it has been so far! A large snowstorm practically every week, and the lowest temperatures I can remember! And the groundhog claims it's not over yet. But we at Recorder Newspapers have put together some great reading material for you to enjoy by your fireplace. Enjoy, and keep warm!

- Nicole Bonaccorso, *Editor*

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Finding Fashion Inspiration In Decades Past

Content provided by Apogee

The spring/summer 2014 fashion season is only a few weeks away. Designers have found inspiration in past decades especially the 1960s. Classic dress designs, knee-length skirt hemlines and tailored silhouettes reflect the sophistication of this period. In regards to color, this spring will usher in lots of black and white combinations, soft shades of white, neutrals, as well as all the seasonal pastels that appear each spring. Blues and greens emerge as accent colors especially in prints. Again this spring the colors red and orange hold their own and paired with navy and white give fashion that "all American look".

Black and white fashions continue to defy time, and keep their well earned place as big color trends for spring and summer. Many designers are adding just a splash of color to the black and white combination, red being one of the popular additions, as well as cheery yellow. The neon shades continue to hold on for yet another season, especially in handbags and shoes. "Fun" fashions appear this season with pop-art, words, vintage florals and tribal prints adding a touch of bold and edgy to the classic mix. Designers have taken their inspiration from nature and thus butterflies, fruit and feathers will be prevalent. Mixing prints is also on trend for spring/summer of 2014. Monochromatic fashions-head to toe in one color-



are popular and create a great opportunity to accessorize with jewelry and scarves.

Pants are now falling just below the waist, and are very flattering on most figure types. In regard to trouser silhouettes, anything goes, from the very skinny to the wide flared leg. Cropped pants, in both skinny and slouchy silhouettes, are once again a huge trend—from slim fit jeans to roomier rolled up boyfriend styles. It's all about showcasing those ankles! Ankle lengths are becoming popular and paired with flats or heels, this pant length works for all statures. Leggings are here to stay and appear in full-length and cropped styles. Denim is adorned with embroidery and prints this season. Pair your jeans with a classic navy blazer, crisp white blouse and pumps and you are ready to go!

Athletic-inspired stripes remain in style

as well as metallics and lace. However this season these trends are showing up in different places and categories. Expect to see lots of stripes, not only on wonderful nautical knit tops, but dresses, handbags, and even shoes. Lace is featured in clothing and accessory pieces and adds a romantic vibe to any outfit. Flowy lightweight metallics are seen in all types of skirts, dresses and blouses. Skirts are fuller and longer this season with midi and maxi lengths leading the way. Many fashions this season will be sewed up with pleats, folds, fringe and draping.

The sweater is the top to wear with bottoms. Think pullovers in all sorts of styles, colors and weights, and match them with all styles of bottoms. Dressy or casual. Chunky or fine gauge. Patterned or solid, tailored, fluid or oversized. Inset panels of sheer fabrications are seen in blouses and if you have abs



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to show off, the cropped top is still in vogue. Dresses paired with a cute fitted cardigan are a classic look for this season. Maxi dresses and skirts are trends that are still prevalent from last year.



In terms of accessories, scarves are still a very strong segment of the market. Infinity and over-sized oblongs lead the way in retro florals, tribal prints and re-colored animal prints. Lace and fringe are added for a more feminine touch. Handbags in black and white combos, straw and over-sized clutches are on trend this season. Bright art-inspired patterns appear on handbags as

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well as clothes. Be prepared to see flowers, lace and metallics on footwear. Pointy toe flats and kitten heels are the rage. Gladiator sandals in bold colors are also on trend. Long necklaces paired with blouses or tunics continue to be strong. Collar necklaces are a great accent to any tee shirt and are bright, bold and blingy this year!

Spring/Summer 2014 poses to be a great fashion season and Apogee has the apparel and accessories to keep you on trend! Classic silhouettes and styles mixed with bright fun accessories will be a great fit for anyone. Black and white combinations, stripes and lace are everywhere from clothes to accessories to footwear. Donna Morgan dresses, Nic + Zoe sweaters, Tribal

pants and Brighton handbags are just a few that are in the store now. Come in and our staff will style you for the new season!

Our semi-annual fashion event will be held on Thursday, March 27th from 6-9pm. Fashion show will be at 7pm.



From Breast Health to Picking the Perfect Bra, Personally Yours *Keeps Today's Woman Informed and Looking Her Best*

By Melissa Krenek

Personally Yours, a lingerie store located in Bedminster, can help you find the perfect undergarment. Owner Suzi Manning has kept the family business alive, giving thousands of brides and everyday women vital information regarding breast health. Most of us forget that our breasts are glands, and don't take care of them properly. "If our liver was on the outside of our bodies, wouldn't we try and protect it?"

I cannot disclose all of Suzi's secrets, but there are a few that all women should know. Many women wear the same bra size throughout their life, which causes problems. For one, a woman's breasts will change nine times in her life. Because of this, Suzi recommends that we change our bras every

six months. If you wear under-wire bras, make sure that the wire is sitting on your ribcage, not your breast tissue.

One common misconception deals with the sports bra—what is its actual job? Our culture has taught us to buy sports bras that are constricting, which mashes our mammary glands. Lymph fluid that flows from the axillary nodes, located in the underarm, flow more while exercising. Sports bras are meant to allow this fluid to flow freely through the breast tissue.

A woman's bust should sit midway between the shoulders and elbow. This allows for a healthy proportion of weight, so the shoulders and back aren't affected. Unfortunately, many women wear bra bands that are too big. This

forces the straps to fall down and the bra itself to ride up, which causes back fat. Fuller busted women that wear the wrong bra size can do serious damage to their backs and necks. If your straps are digging into your shoulders, try a smaller band size with a deeper cup.

The correct bra is the foundation to a great outfit. You may have a beautiful house, but if the foundation is cracked, the house won't last. The perfect bra will both feel and look good. Specialists at Personally Yours will help you find which bra is best for your shape and lifestyle. They carry sizes spanning from AA-JJ.

They don't just sell bras either, they also carry camisoles, nighties, and beach cover ups. Are you a new mother?

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They can help you pick out the perfect nursing bra. If you are looking for more support while swimming, Personally Yours also carries bra-sized bathing suits. Some popular brands they carry are Le Mystere, Hanky Panky, Fantasie, Natori, Panache, and Freya.

If in search of a bridal bra, make sure to purchase at least three weeks before the wedding, just in case you need to return or exchange it. The job of a bridal bra is to create a sleek silhouette underneath your gown. This is why it is vital to wear your expected undergarments to your dress fittings, so both you and your tailor know exactly how the dress should fit on your big day. No matter your size, the strapless bra is still the way to go when wearing a strapless or off the shoulder dress. Another popular style for strapless dresses is the strapless long line bra, also known as a basque or bustier.

The extra long band provides shaping at the waist and offers great support without the need for straps. One style bra might look good with a princess dress but not with a mermaid. Since a princess style dress is form fitting at the bust but flares out at the waist, you may only need a form fitting bra with no additional shape wear. This is not the case for mermaid, since this style of dress is form fitting all the way down to the leg. In this case, you would need a form fitting bra with additional shape wear to create that smooth look all the way through.

When it comes to color, Suzi recommends a nude color, since it will show up the least. In terms of trends, nude, white, and ivory remain popular this season. If you are looking for something a little different, try a blush pink or peach.

Whether you are shopping for your big day or simply needing a lift, Personally Yours will help you pick out the best fit for your body. Don't worry if they don't have your size in a specific style in-store, they can order it in! Visit Suzi and see how the perfect bra can give you a new outlook on life. Personally Yours is located on 315 Main Street, Rt 202. They are open Monday-Friday 10-5, and Saturdays 10-4.



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The Use of Color in Landscape Design

Content provided by Scott Parker of Parker Homescape



Find that one of the most spectacular and enjoyable aspects of the landscape profession is the coordination of color when planning a landscape design. Although one would think that by looking at a tag on a plant or tree, it would be easy to determine color, it can be a much more complex endeavour than that.

Depending on the plant or tree, some flowers or foliage will tinge a much lighter or darker shade when exposed to varying light conditions. Other plants may even turn an entirely different color. If you were to take the sun-loving Gold Thread Cypress which has a bright yellow/golden color and plant it in a location that gets part-sun/part-shade, it would probably flourish, but may turn completely green.

PH levels and other characteristics of soil can also affect the color of flowers and/or foliage. You might purchase a beautiful hydrangea with light pink flowers, only to find that they changed to a blue or white flower.

Depending on the region of the country where a plant or tree is cultivated, you may find that the same species may

have an entirely different color of foliage or flower.

Many species of plants have leaves or flowers that may change by season. Other plants have flowers that re-bloom and may show a different color flower. Some plants have colorful berries or interesting texture during the winter season. There are even plantings whose vibrant leaf or bark color shows best during the coldest winter months.

Make sure to consult a landscape professional to ensure that your vision and color scheme of the landscape of your dreams will indeed be translated from idea to reality.

Scott Parker is the owner of Parker Homescape, a design/build landscape firm that has been recognized as one of the Top Landscape Design/Build Firms in the United States, and has been recognized locally by Design NJ Magazine, New York Spaces Magazine, The Suburban News and many other prestigious publications. In 2012, Parker Homescape's award winning work was chosen to be published in a book that is currently being distributed worldwide.

For more information on Parker Homescape, visit their website and design portfolio at:
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Thai Beef Stew with Lemongrass and Noodles

INGREDIENTS

- 4 lemongrass stalks, trimmed, tough outer layers removed, thinly sliced
- 4 cloves garlic chopped
- 4 kaffir lime leaves, chopped
- 2 tablespoons chopped peeled ginger
- 2 red Thai chiles, with seeds, sliced
- 3 lbs. boneless beef chuck, cut into 2" pieces
- Kosher salt and freshly ground black pepper
- 2 tablespoons vegetable oil
- 2 whole star anise pods
- 1 cinnamon stick
- ½ cup reduced-sodium soy sauce
- 1 tablespoon fish sauce
- ¼ cup (packed) light brown sugar
- 1 cup unsweetened coconut flakes
- 4 medium shallots, quartered
- 1 lb. carrots, peeled, cut into 2" lengths (halved if large)
- 4 scallions, cut into 1" lengths, plus additional for garnish
- 8 oz. wide rice noodles

SUBSTITUTIONS

- 2 tablespoons of lemongrass paste instead of stalks
- Zest of lime for Kaffir leaves
- Serrano chiles for the Thai chiles
- 2 lbs. beef instead of 3
- 1 can beef stock in place of same amount of water



PREPARATION

1. Process lemongrass, garlic, kaffir lime leaves, ginger and 2 chiles in a food processor until a fine paste forms.
2. Season beef with salt and pepper. Heat oil in a large Dutch oven over medium-high heat. Working in batches, cook beef turning occasionally until browned (10-15 mins). Transfer to plate.
3. Cook lemongrass paste in same pot, stirring often until lemongrass paste is beginning to soften (5-8 mins). Add star anise, cinnamon, soy sauce, fish sauce, brown sugar, beef with any juices and 10 cups water. Bring to a boil. Reduce heat and simmer, partially covered, skimming occasionally until beef is tender and liquid is slightly thickened (2 1/2 – 3 hours).
4. Meanwhile, preheat oven to 350 degrees. Toast coconut flakes on a rimmed baking sheet tossing occasionally until golden around the edges (about 4 mins). Set aside.
5. Add shallots and carrots to stew and cook, partially covered, until vegetables are soft and beef is falling apart (35-40 mins). Mix in scallion – they should wilt slightly).
6. Meanwhile, cook noodles according to package directions.
7. Divide noodles among bowls and ladle stew over top with toasted coconut and more scallions. Serve with lime wedges.

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Hopewell Valley Vineyards is the Next Permutation of Wine Making Tradition

Content provided by Hopewell Valley Vineyards



Today, modern Italian and Greek winemakers are the heirs of old-world wisdom and its secrets of good wine. However it's not the technicality of wine making that wins peoples hearts, but the reverence for wine making as an art.

The pride poured into each Hopewell Valley Vineyards wine is palpable. Sergio Neri, master vintner of the vineyard, draws upon a family wine making tradition that extends back for generations. For many years the Neri family owned a vineyard and winery in the renowned Brunello di Montalcino region, and still today have vineyards in Tuscany located in the Chianti Classico region between Florence and Siena.

Hailing from the Macedonia region in northern Greece, Violetta Neri also has wine in her blood. But in this unique case, Neri has inherited her talent from the women in her family. Violetta's grandmother, Evanthia (which fittingly comes from the word 'blossom' in Greek), made an archaic Greek varietal of white wine that was indigenous to the region. She stored her wine in big barrels in the cellar of their village home. The family happily shared and enjoyed the barrels throughout the year. Evanthia's craft and love for wine was passed down to her daughter, Evthokia, and then to her granddaughter Violetta.

Given such wine-drenched heritage, the Neris now share their authentic wines with New Jersey. For them, opening a bottle of Hopewell Valley Vineyards wine uncorks the past, present, and future of fine wine. It's the natural evolution, the next generation, the next permutation, of excellent wine making tradition.

The Neris' finely-crafted wines have dependably won medals from hundreds of local, national, and international wine competitions. Here are some of our medals in 2013:

2013 International Eastern Wine Competition Best of Class:
2009 Villa Neri Sangiovese
Gold: 2009 Villa Neri Sangiovese

Silver: 2011 Chardonnay, 2006 Porto Rosso, 2007 Villa Neri Basia, Villa Neri Spumante Secco, Villa Neri Spuma Rossa

Bronze: Dolce Vita 2008, 2007 Rosso della Valle, 2008 Barbera, Vidal Blanc, 2010 Chambourcin

2013 Florida State International Wine Competition Double Gold:
2009 HVV Cabernet Sauvignon

Gold: NV Spuma Rossa

Silver: 2007 Basia, 2008 Barbera, 2006 Porto Rosso, NV Spumante Secco, 2010 Chambourcin

Bronze: 2010 Merlot, 2009 Sangiovese.

Hopewell Valley Vineyards is open every day from noon to 5 p.m. for tastings. They offer tours of the vineyard by appointment. Fridays and Saturday evening 6 to 9 p.m. the vineyard offers live music, gourmet brick oven pizza and their fine wines. The vineyard is a fine venue for hosting events, private and corporate alike. The vineyard also offers online shopping.



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The newest artist to join Studio 7 Fine Art Gallery is W. Carl Burger. His passionate, lively abstract watercolor and oil paintings will bring a new dimension to the works offered to our discriminating art lovers. Each painting is based on his vision of the natural environment around him and is translated into images that depict the power of nature. In his paintings, Jersey City is alive with people and purpose, Wildwood is bustling with the electricity of shore visitors and the woods and gardens of the state are transformed with beauty, wind and movement. A naturalized American citizen, Mr. Burger was born in Germany and returned to Europe after being drafted, serving in the Army during World War II. After he was honorably discharged in 1946, Carl resumed his studies at New York University, receiving a BS and MA in Fine Arts Education. He took postgraduate courses at Columbia University, the Arts Students League in New York City, and Rutgers University. After teaching for a number of years at high school level, he went on to teach at Kean University for 35 years, retiring in 1993 as Professor Emeritus. During his long career, Burger has exhibited throughout the US, including the Lincoln Center and the National Academy of Design in New York, the Philadelphia Museum of Art, the Smithsonian Institution, the Newark Museum, Montclair Museum, New Jersey State Museum and the Morris Museum, to which he gifted 62 paintings. Mr. Burger's works are held in many private and corporate collections including British Airways, Warner Communications, American Telephone and Telegraph, Johnson & Johnson, Nabisco World Headquarters, Schering-Plough and Ortho Pharmaceuticals. His work is currently being shown at Drumthwacket, our Governor's Mansion in Princeton,



Fun & Games by W. Carl Burger, watercolor, 54" x 72", will be in an exhibit at Studio 7 Fine Art Gallery in April



"Betty" by Sergei Danilin, on exhibit at Studio 7 in April

through July, 2014 along with works by twelve other contemporary New Jersey Artists.

As an artist, teacher and philanthropist, W. Carl Burger is one of New Jersey's most-decorated and beloved artists. We are honored to bring this exciting body of work by Carl to Bernardsville. **Professor and Paint** will be exhibited at Studio 7 March 5-29, 2014. Meet W. Carl Burger at the BernARTsville Art Walk and artist reception on March 7, 2014, Friday, 6-9pm.

Mirrors of the Soul will be the title of our April exhibit of portraits by Sergei Danilin of St. Petersburg, Russia and Oldwick, where he resides in the US. Over the last two decades, Mr. Danilin has been adopted as the

personal portrait artist of many noted American families including the Kennedy's of Massachusetts and many families in the Somerset Hills. His portraits, which will be on loan from the owners, include children like Betty, in her favorite "dress up" outfit, beautiful ladies in their gardens and homes and successful gentlemen in their offices. This exhibit will let you take a glimpse into their lives, as Mr. Danilin has captured them, creating a family treasure on canvas for generations to come. **Mirrors of the Soul** will run from April 2-26, 2014, with a BernArtsville Art Walk and artist's reception on April 4, Friday, 6-9pm. Appointments to meet with Sergei will be available to commission him to create that special portrait, of a fleeting moment in time, for your family.

Contact Kathleen Palmer at 908-963-0365. www.studio7artgallery.com

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The Visiting Nurse Association

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Each day, the VNA makes it possible for the elderly and area residents with disabilities and illnesses to enjoy their best possible quality of life in the comfort and dignity of their own homes. In fact, VNA team members who provide a breadth of services including skilled nursing, hospice care, rehabilitation therapies and certified home health aide assistance are welcome visitors in more than 40 different communities each day.

In its 116th year of service, the work of the VNA has never been more relevant. With the size of this region’s senior citizen population burgeoning, cuts to



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Medicare and other safety net programs looming and healthcare reform mandating a reduction in all forms of inpatient and custodial care, home care is poised to play a greater role than ever before in the overall healthcare continuum.

A storied history

The VNA was founded in Morristown in 1898 by a prominent group of philanthropic residents. With their support,

a single nurse, Anna B. Hillock, set out on a bicycle to address the most serious public health concern of that era - infant mortality. From that humble beginning, a leading comprehensive home healthcare provider serving clients of all ages and their caregivers has emerged.

Although VNA services are available to both young and old, more than 85% of all clients are above age 65 and the

fastest growing segment of the client population is over age 80. "Many elderly area residents have limited resources and are living with chronic illnesses and routine symptoms of aging that impede their independence," observed Faith F. Scott, President and Chief Executive Officer of the VNA. "When we're able to assist them, we often make a difference for entire families. In some instances, an elderly spouse or loved one with their own health issues has been thrust into the role of caregiver. In others, 'sandwich generation' adult sons and daughters are struggling to simultaneously care for their parents and their own children while also pursuing careers. That's why we're committed to fundraising initiatives such as the annual gala to help sustain the home care safety net that's been associated with our organization for more than a century."

An evening of entertainment and awards The 2014 gala at the Madison Hotel in Convent Station on Friday, May 2, at 7 p.m., will feature fine dining, entertainment and the presentation of two prestigious annual community service awards. One of the gala's most popular features, a silent auction of donated luxury goods and services, typically includes VIP tickets to entertainment and sporting events, international and domestic travel packages, designer jewelry and high-tech electronics.

Many ways to help

There are numerous ways to support "Lighting the Way, Brightening the Day" and the work of the VNA. Raffle tickets for a 50/50 cash drawing are \$50 each and attendance is not required to win. Individual and table reservations are available at \$250 per person. Advertising in the event journal is an ideal way for businesses to participate and donations of goods and services for the silent auction are welcomed. A select number of leadership sponsor opportunities are also available. To support this event, please call or e-mail Amanda DeFelice, Community Relations Manager, at (973) 451-4169, adefelice@vnannj.org or Greer Luce, Development Assistant at (973) 451-4119, gluce@vnannj.org.

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Content provided by Diamond Dream Fine Jewelers

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Diamond Dream Fine Jewelers has the knowledge required to guide you to the perfect ring. The gemstones abide by the Gemological Institute of America (GIA) guidelines, which are an industry standard. The jewelers will inform patrons on the knowledge that affects the value and appearance of jewelry.

The traditional piece, solitaire engagement rings will always be popular. However, if you would like to choose something different, there have been several new designs this season. Micro pave set diamonds beautifully display tiny gemstones in a mosaic like fashion that will make them brilliantly shine. Art deco style rings are bold, and symmetrical, which makes them timeless.

Diamond Dream Jewelers is located within fifteen minutes of Morristown, Warren, Basking Ridge, New Vernon, Mendham, Far Hills, and Bedminster at 10-12 Mine Brook Road in Bernardsville, N.J.

Visit www.diamonddreamjewelers.com or <https://www.facebook.com/pages/Diamond-Dream-Fine-Jewelers/> 170823023636 to browse the store's selection.

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THE BERNARDS INN TO HOST BOUTIQUE BRIDAL SHOWCASE



Content provided by The Bernards Inn

If you've recently become engaged, then you won't want to miss The Bernards Inn's Boutique Bridal Showcase on Sunday, March 2 at the elegant landmark property in downtown Bernardsville. Co-presented with New Jersey Bride Magazine, the 1 p.m. event will introduce couples to the latest wedding trends as well as premier local vendors for bridal-related services such as photographers, musicians, florists, formal wear and more.

Molly Tully, editor of New Jersey Bride, will speak about the latest wedding trends. She will be joined by a panel of wedding experts including: Jeffrey Haines of Signature Style Events at The Bernards Inn and Butlers of Far Hills, Julie Conley of Warren Country Events, and Laura Bianco and Kara Thorson of My Bellissima Special Events.

Additionally, attendees will enjoy a stunning wedding fashion show featuring the gowns of Jean-Ralph Thurin luxury bridal designs along with spectacular cake designs by Bernards Inn Pastry Chef Elizabeth Katz. Champagne and Hors d'oeuvres will be served and fabulous door prizes will be

awarded. Entry to the Showcase is complimentary but space is limited and reservations are requested by calling 908-766-0002.

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A wedding at The Bernards Inn is a perfect marriage of elegance and sophistication. Nestled in the quaint Somerset Hills of central New Jersey, The Bernards Inn has been a gracious setting for intimate weddings for over 100 years. Reminiscent of a small European hotel, The Inn offers fine dining and luxurious accommodations in the magnificently restored turn-of-the-century boutique hotel and restaurant.

Luxury, romance, intimacy, service and renowned cuisine make the Inn an extraordinary location for weddings and rehearsal dinners. In-house wedding professionals are available to assist couples in planning the perfect wedding day and attend to every detail. Celebrate your wedding day in the neo-classical splendor of the 180-guest Fenwick Ballroom or the stunning Silver Vault and Wine Pantry for smaller affairs.

The Bernards Inn is New Jersey's only AAA Four-Diamond rated

hotel and restaurant and has garnered many of the hospitality and wedding industry's highest awards.

WEDDING TRENDS FOR 2014

A return to old Hollywood-style glamour and romance are driving many of the wedding trends for 2014. White-glove service, vintage styling, and classical elements are celebrating tradition in a way that captures The Great Gatsby times of the Roaring Twenties, say experts.

"A classic wedding never goes out of style," says Bernards Inn's Director of Catering, Bonnie Schleimer. "Couples are being drawn to The Bernards Inn for its approachable elegance and sophistication as well as the unique design and architectural elements of the property that capture the glamour of a bygone era."

One of biggest food trends in weddings today is delicious, restaurant quality food that surpasses a catering standard. Fresh, local and seasonal ingredients continue to be a trend as well.

Wedding professionals agree that couples are demanding more in terms of cuisine, from the Hors

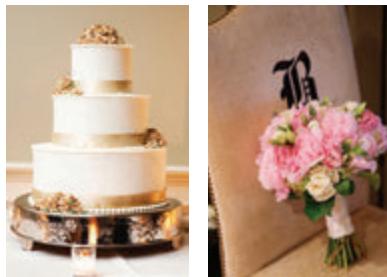


D'oeuvres at the cocktail reception, to the wedding cakes that taste as good as they look. Bernards Inn Executive Chef Corey Heyer and his culinary team deliver by creating spectacular wedding menus that feature many of the same dishes served in the award-winning restaurant.

Signature dishes like the Inn's Lobster Bisque Soup and Sweet Potato Ravioli are popular selections for appetizers while locally sourced meats, poultry and fish—prepared to perfection—are the main courses for dinner. Desserts and wedding cakes are made on the premises by Pastry Chef Elizabeth Katz with simple natural ingredients that are the perfect finish for any wedding celebration.

In keeping with a return to romance, candles and lanterns of all sizes are taking center stage on table-tops and the surrounding décor. "Candelabras are very popular and stunning with beautiful floral arrangements," adds Schleimer.

For more information about weddings at The Bernards Inn, visit www.bernardsinn.com or call 908-766-3900.



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*Impressions,
A Local Boutique
that Provides
the Latest
in Formal Wear
for Men and
Women* By Melissa Krenk

Impressions of Basking Ridge is a new formal wear boutique that has already made quite a splash in the community. The establishment is family owned and operated, and serves both men and women. The owner, Siona

Benjamin, has over twenty years experience in the industry and strives to do all she can to satisfy the customer. They carry the top designers of special occasion dresses including bridesmaids' dresses, mother-of-the-bride and groom apparel and prom attire. They provide tuxedo and suit rentals courtesy of Jim's Formal Wear. Siona strives for excellence in customer service, providing the customer with a comfortable, positive

experience resulting in finding the perfect dress or tuxedo for any occasion.

Siona predicts that this prom season will be dominated by classic, Hollywood style dresses. Films like *The Great Gatsby* have brought most of our fashion trends back in time, allowing for dresses to focus less on embellishments and more on the actual fit of the garment. The days of the short, cocktail prom dress are gone; girls are looking for that

long, form fitting dress. In terms of color, they are choosing darker blues, like royal and navy blue. Another popular color choice is blush, which has been a top contender for all aspects of formal wear for the past couple of years.

Unlike the many dresses portrayed in the film *27 Dresses*, bridesmaids are looking for something they can wear more than once. Modern brides are choosing a color scheme and letting





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their bridesmaids choose their own dress. This allows each individual bridesmaid to look her best on the wedding day, and many other occasions after that. When it comes to length, short bridesmaids' dresses are still the usual request, yet Siona has had a couple brides request longer, fuller dresses. A lot of times the bride cares more about continuity than the risk of being outshined. For example, a bride with a ballroom gown may want her bridesmaids to wear fuller dresses to match.



Siona selects unique designers to be featured in her store; you won't find cookie cutter dresses here! Out of several different designers, Siona tells me a little bit about the top sellers so far and what their target audiences are. These include Angela & Alison, Joseph Ribkoff, Liz Fields, and Tony Bowls. Angela & Alison are a Canadian company known for their unique formal

wear and prom dresses.

Joseph Ribkoff creates popular special occasion and guest wear. He sponsored the Miss America pageant this year. One of the lines carried in the store is Tony Bowls, who like Angela & Alison, focuses on mixing bright colors and embellishment to create bold looks. He creates prom and evening dresses, the

latter can be seen at various celebrity events and red carpets. Unlike prom dresses, today's evening wear is all about bright colors, jewels, and lace.

Impressions also provides tuxedo rentals, grey being a popular choice for this coming season. The best part about a tux is you can always coordinate colors with a prom date or bridal party. A grey or black tuxedo looks good with virtually any color! Siona makes tux shopping easier with her forty dollars off the suggested retail price of your tuxedo rental.

At Impressions, their motto is "dress to impress," and they carry formal wear you won't find at the local mall or outlet store. If you want to make a lasting impression, visit Siona and let her assist you in finding that perfect dress or tuxedo. Impressions is located at 403 King George Road, Basking Ridge.

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Get in Shape for Women — Helping Women in the Community Reach Their Fitness and Nutrition Goals

— By Melissa Krenek —

It is never too late to get in shape, especially if you are altar bound. According to a 2006 study by Brides.com, eighty percent of brides, their wedding party and family members will start prepping their bodies for the big day. It's hard to imagine making time to burn calories when surrounded by seating charts and flower arrangements, but don't sweat it. Get in Shape for Women in Basking Ridge works with your schedule. Nervous about the cost? Owner Kimberlee Caputo offers ten percent off all twelve-week bridal packages! Fitting a healthy workout into your schedule is the best distraction from all the decisions involved in wedding planning. Worried about finding the perfect DJ? Not sure if you want red velvet or vanilla cake? One hour with Caputo's certified trainers will put your mind at ease.

Caputo is a Jersey Girl at heart, but it was her move out of Jersey that

was the catalyst for what is now the Get in Shape for Women in Basking Ridge. While living in Boston and serving as a wellness coach, she visited a studio and decided she wanted to open her own one day. Flash forward to December 2011, Get in Shape for Women in Basking Ridge was officially open for business.

Get in Shape for Women was invented by long time personal trainer Brian Cook, and is the first complete training program made for women. He developed a new fitness concept called "Small Group Personal Training." The groups are made up of four women and one trainer. It cuts the cost of a personal trainer while maintaining a personal atmosphere. There are over one hundred franchises in the U.S. Fifteen are located in New Jersey.

Kimberlee's location has three certified trainers on site, specialized in different concentrations, allowing for a

varied workout. This "keeps the body guessing," and avoids that dreaded exercise plateau. There are four parts to the program: weight training, strength training, nutrition and accountability. The overall workout is approximately 55 minutes long, 30 minutes of weight training, 25 minutes of cardio and nutrition coaching. The weight training consists of eight exercises, four sets, each set being 35 seconds. Clients will use free weights, kettle bells and TRX equipment. Kettle Bells and TRX suspension training are popular exercises for fitness connoisseurs. Kettle Bells, originally from Russia, are cannonball shaped weights with a handle. These are good for full body conditioning; users can burn 20 calories per minute, that's 1200 calories per hour! TRX suspension training was developed by Navy Seals due to limited space. This type of training uses gravity and your own body weight to build strength, flexibility, and stability. Since each group consists of all different fitness levels, Kimberlee found the beginners enjoyed free weights, while the seasoned clients preferred the Kettle Bells and TRX equipment.

Women produce small amounts of testosterone through our adrenal glands and ovaries. We have high levels of testosterone in our twenties, and loose about half that amount by our 40's. Low levels of testosterone effects bone density, which is why strength training is extremely important for women.

The next part of the program is cardio, where members of the group work with treadmills and ellipticals. Cardio helps accelerate fat and calorie burning, lowers blood pressure and heart rate, as well as increases good cholesterol. This includes High Intensity Interval Training, which is an exercise strategy that alternates between short, intense exercise and less intense recovery periods. 20 minutes of intervals is the same as one hour of steady state cardio. The difference between steady cardio and intervals is that the latter keeps you on elevated caloric burn for 24 hours. You can burn an additional 600 calories per week from interval cardio training.

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The next part of the program focuses on nutrition. Kimberlee instructs her clients to eat 5-6 times a day, breakfast, lunch, dinner and then two snacks in between. Each meal consists of three components: lean protein, healthy fat and fiber. She recommends some oatmeal with fruit and chopped nuts for breakfast, chicken, fish, or lean meat with vegetables for lunch, and then something similar for dinner. A good snack in between can be a Greek yogurt with fruit, nuts, or flaxseed. Vegetables are extremely important, the more colorful your plate, the more nutrition you will have. Including a healthy fat, like an avocado or dressing will help ease the idea of a salad. In terms of carbs, Kimberlee recommends some sweet potatoes or quinoa, but only ½ cup is you want a quicker, rapid fat loss. Her clients are given one free day where they can eat whatever they choose. She refers to it as the “85/15” rule, 85 percent of clean eating, 15 percent of having whatever you want.

The last part of the program, and the most important, is the accountability factor. To ensure that each client is sticking to their regimen, Get in Shape for Women will weigh them during each session, making sure they are on the right path. This ideal taps into our need to please, we will more likely stick to something if being monitored by someone else. But don't be scared off, they work with your schedule, you pick the three days of the week that work best for you. If you are working late or have a family emergency, you can pick up the phone and simply reschedule.

Women of all ages are members, the youngest being 13, the oldest 84! Whether you are preparing for the biggest day or your life or simply trying to drop a couple pant sizes, Get in Shape for Women will help you achieve your goals. They offer a free session followed by a consultation regarding your personal fitness goals. Kimberlee's favorite part of the job is educating women and helping them build meal plans. “Our product is our service.” Get in Shape for Women is located at 552 Allen Road in Basking Ridge.




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Engraved Images, Experts in Etiquette and Elegance

By: Melissa Krenek

Engraved Images in Far Hills has prided themselves on their customer service and personalization for over twenty years. No matter what technology throws at us, owner Heidi Gammon believes that the hand written letter still has power, especially when it comes to weddings. The invitation acts as the blueprint for the wedding, and sets the overall style and tone for your big day. Her business will participate in The Bridal Showcase at the Bernards Inn, where they will display some of the popular trends regarding wedding invitations. Similar to other parts of the wedding, Heidi predicts the popular



trends will have a mix between the old and new world; Classic with a touch of modern, or vice versa. She walks me through these emerging trends of 2014.

The first trend mentioned is foil stamping, which is the application of metallic foil, usually a gold or silver, to paper. This trend dates back to Ancient Egypt, where they used “beat gold” to embellish mummies and decorate coffins. Flash forward to 2014; foil stamping machines use heat to transfer the foil to the paper. Foil stamping, depending on the font used, can look fancy, playful, or casual.

A touch of foil, used sparingly, creates an elegant look by giving the paper some dimension. If the couple desires a bolder look, they can use fuller coverage, which adds a “bling” effect.

Next is letterpress, another timeless technique that will be trending this year. With letterpress, the wording for each set of invitations is placed on a press, and then inked with the color the customer chooses. Lastly it is forced under high pressure against the invitation paper. This causes the font you choose to be indented into the paper. If you desire this look, you will need to order heavier paper, since thinner papers will tear during this process. Modern designs and classic looks are equally translated to this printing process.

Another popular trend in invitations is the use of calligraphic inspired fonts and hand lettering. Combining these two techniques create the perfect juxtaposition between the new and old styles. Brides who prefer a vintage feel with a modern look will love this combination. Couples can choose to use this style throughout their wedding suite or simply for addressing their envelopes. Either way, calligraphy adds the simple elegance all brides want.

Color plays a huge role in all aspects of a wedding, especially when it comes to the design of the stationery. Mint was a popular hue for last year, while this year is dominated by blue. Watery and nautical blues are top contenders, but the breakout color is cobalt blue. Brides can choose to use the hue in the font over a white or ivory paper, to frame the invitation, or for a bolder look, use the color as a background.

Heidi’s business handles all aspects of the wedding, not just the invitation phase. They can create the “Save the Dates,” reception menus, wedding programs, even personalized cocktail napkins! They can also create bride and groom gifts, like personalized frames and monogrammed “wine tubs.” Heidi is all about being there for your



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milestones. She has helped customers through their weddings, birth announcements, christenings, etc.

Engraved Images also creates invitations for corporate events, bar/bat mitzvahs, sweet sixteen's, any occasion needed. Hosting an intimate dinner party? Let her experienced staff help you find something that fits your personal style. Their services aren't limited to invitations; they also create personalized business cards, executive letterheads, thank you notes and stationery. Her store carries top brands like Crane, Kate Spade, Vera Wang, William Arthur, and Lilly Pulitzer.

Engraved Images values tradition and proper etiquette, and the personalized service they provide cannot be found in any mall or online platform. Visit Heidi and her team at Route 202 & DeMun Place in Far Hills, where their philosophy is based upon living life graciously and with style!



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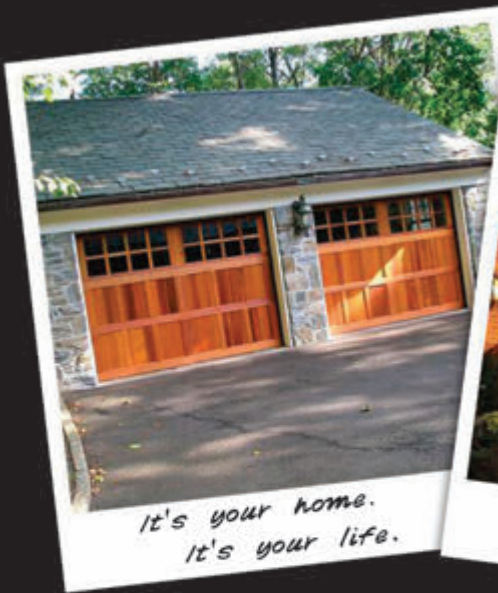
Fleetwood Kitchens & Baths, Creating the Perfect Kitchen or Bath through Modern Conveniences and Timeless Designs by Melissa Krenek

When remodeling your home, it's helpful to have a local business who can guide you through every step. Fleetwood Kitchens & Baths, located in Raritan, has been that helping hand in the community for over sixty years. They have certified designers and skilled installers to help design and maintain every inch of your renovated home. They are considered a full service remodeling firm, and help clients from design to construction.

Modern kitchens are social spaces, so they call for a design that is both aesthetically pleasing and functional. Some popular design styles include traditional, transitional and contemporary, transitional being the hottest trend lately. Transitional designs allow warmth of a traditional space but incorporate crisp, clean lines, which are associated with contemporary style kitchens. This design is also known as being "soft modern." Clients are choosing color

schemes that incorporate earthy, neutral tones, which create subtle elegance. The juxtaposition between light and dark is also becoming popular, mixing dark cabinetry with lighter countertops and vice versa.

Peninsulas and islands allow for more counter space, the latter being a popular choice in the last couple years. Islands usually contain built in drawers for additional storage, and have either



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granite or quartz countertops. Both granite and quartz are popular sellers, quartz rising in popularity due to it being non-porous, stain, heat and scratch resistant.

The most important part of any design is continuity, because of this, its best to wait until the end of the process to add the backsplash. Glass tile and natural stone are the top contenders, but

ceramic and porcelain tiles are also commonly used. Having built-in stainless steel appliances helps maintain the seamless design of the rest of the space. Adding custom wood panels that match the cabinetry will also help seal this look. Because modern technology is all about convenience, customers are choosing to use touch activated and pull-out faucets.

Clients are embracing nature inspired designs for their bathrooms as well. Blending ceramic or porcelain and natural stones create these desired, earthy tones. Rain showerheads provide a spa experience in the comfort of your own home. Showers are now designed with built in shelves, also known as recesses. This plays into the relationship between aesthetics and functionality. Built in shelves allow for more room in the shower and maintain fluidity in the overall design. Bathroom fixtures have had satin nickel finish but bronze and oil rubbed bronze are still popular choices.

In the age of customization, Fleetwood Kitchens and Baths also offer entertainment units built with custom cabinets as opposed to stock cabinets which are already built and simply ordered. With a custom cabinet you have the choice of wood, door style, glaze and stain.

Their company website includes several surveys you can take before beginning the process. There are surveys for both kitchen and bathroom designs, complete with questions regarding the age of your house, your lifestyle, right down to the rooms adjacent to the room that you want to renovate. Many of us picture our perfect kitchen or bathroom, but don't necessarily think about the functionality of it, how it will relate to the rest of our house, and so on. This very specific survey helps clients understand their wants versus their needs, and how they can combine the two to create the best design. For those of us who aren't so handy, the website includes measuring instructions as well.

Additional services include complete electrical and plumbing, specification and installation of all appliances, down to general carpentry. They strive to see each project from concept to completion, giving their expert advice each step of the way. Fleetwood Kitchens & Baths is located on 107 Sherman Ave in Raritan, 1/8 mile south of the Somerville Circle.

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Saint Francis Residential Community: Safe and Affordable Independent Senior Living

Content provided by Saint Francis Residential Community

Are you looking for a safe and affordable independent living community for yourself or a loved one? Look no further. For over 100 years Saint Francis on Diamond Spring Road in Denville has welcomed people seeking comfort and serenity. Founded by the Sisters of the Sorrowful Mother as a Health Resort, this "tradition of caring" has evolved to include long-term residences for seniors who covet their independence as well as providing some "living with assistance" as needs change.

At any one time, over 100 seniors call Saint Francis home. A variety of housing options are offered to accommodate different lifestyles and health needs- unfurnished apartments with kitchens and baths ranging in size from studios to two-bedrooms, as well as furnished rooms with private bath that also includes meals and housekeeping.

Should you or a loved one need a well-deserved vacation for a few days or convalescence care for a few weeks, Saint Francis offers stress-free, full-service guest accommodations. Rooms with maid service, three meals per day, local transportation for medical appointments and shopping, and a variety of social activities are available beginning at \$110 per day.

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The advantages of Saint Francis go beyond housing. It also gives its residents a satisfying lifestyle, one which responds to the needs of the mind, the body and the spirit. In addition to a well stocked library, we offer social and recreational activities throughout the

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Soo Bahk Do Karate & Wellness, Helping You Achieve a Physical and Spiritual Balance Through Karate and Yoga

By Melissa Krenek



connect the body and spirit. Linda Morey, Certified Master Instructor and the owner of Soo Bahk Do Karate & Wellness, is a 7th degree black belt and is also the highest ranking female member of the Soo Bahk Do style in the world. She opened her own studio in 1982, which is a certified member of the United States Soo Bahk Do Moo Duk Kwan Federation. Shari Czar of Infinite Heart Space LLC is a certified yoga instructor with fourteen years of teaching experience.

Soo Bahk Do Karate of Gillette is incorporating yoga and meditation through Shari Czar of Infinite Heart

Space LLC to create Soo Bahk Do Karate & Wellness and offer their clients a fusion of ancient ideologies that

"Yoga and karate share many of the same principles, and we are very excited about expanding our studio of traditional karate to include Shari's traditional style of yoga and meditation," said Michelle Cavett, Program Director and Instructor. The new yoga and meditation classes begin in March.

About Soo Bahk Do Karate

Soo Bahk Do Karate was created in Korea by Grandmaster Hwang Kee in 1936. His son, Master H.C Hwang, brought it to the United States. It is a traditional Korean martial art that focuses on the balance between the physical and spiritual self. It builds focus, agility and mobility through a defensive, non-contact style of karate.

Similar to other types of karate, Soo Bahk Do has various colored belts to signify ranking. The traditional four are white, green, red and midnight blue. Each color represents a season of change. White is winter, the time of innocence and hidden potential. Green is spring, the time for growth and advancement. Red represents summer, the ripening time. The last belt, autumn, is midnight blue and represents maturity. In 1975, Grandmaster Hwang Kee approved the addition of an orange belt, which signifies the transition period between white and green. These classes



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About Hatha & Five Element Yoga

Yoga has been proven to reduce stress, improve cognitive function, and lower blood pressure and cholesterol. In addition, yoga is also said to improve sleep, and increase flexibility and bone density.

Shari is a certified yoga instructor in both Kripalu yoga, which is a form of Hatha, and Five Element Yoga. She has trained in meditation, positional therapy, and Chakra work. She is a member of the Kripalu Yoga Teacher Association and the Yoga Alliance.

Kripalu yoga is also known as “gentle yoga,” and is taught with a compassionate approach, with emphasis on meditation, physical healing, and spiritual transformation. Hatha yoga represents opposing energies, the sanscrit translation literally meaning sun “ha” and moon “tha.” Just twenty minutes of hatha yoga can improve cognitive functions such as memory and focus. These classes are great for beginners, people working on their breathing and flexibility or experienced yogis and yoginis.

Five Element Yoga brings the body and mind in alignment with the five elements: Earth, Water, Fire, Air, and Space. Each part of the body is represented by an element, when all are purified, the entire self will achieve peace. Yoga helps attain this balance of elements, which restores the health to body, mind and soul.

A Fresh Start

Though these new yoga and meditation classes are only available to adults, they are planning on offering them to children in the future. Students will receive proper guidance towards a healthier lifestyle for both their minds and bodies. The studio has state of the art padded floors and provides a calm, serene environment. Soo Bahk Do Karate & Wellness is located at 630 Valley Road, Gillette. For more information about karate, yoga and meditation classes visit www.karate4peace.com or call 908-647-4194,

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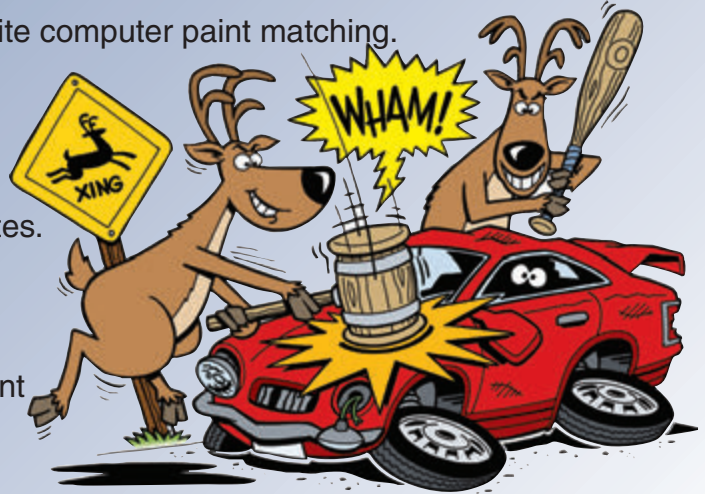
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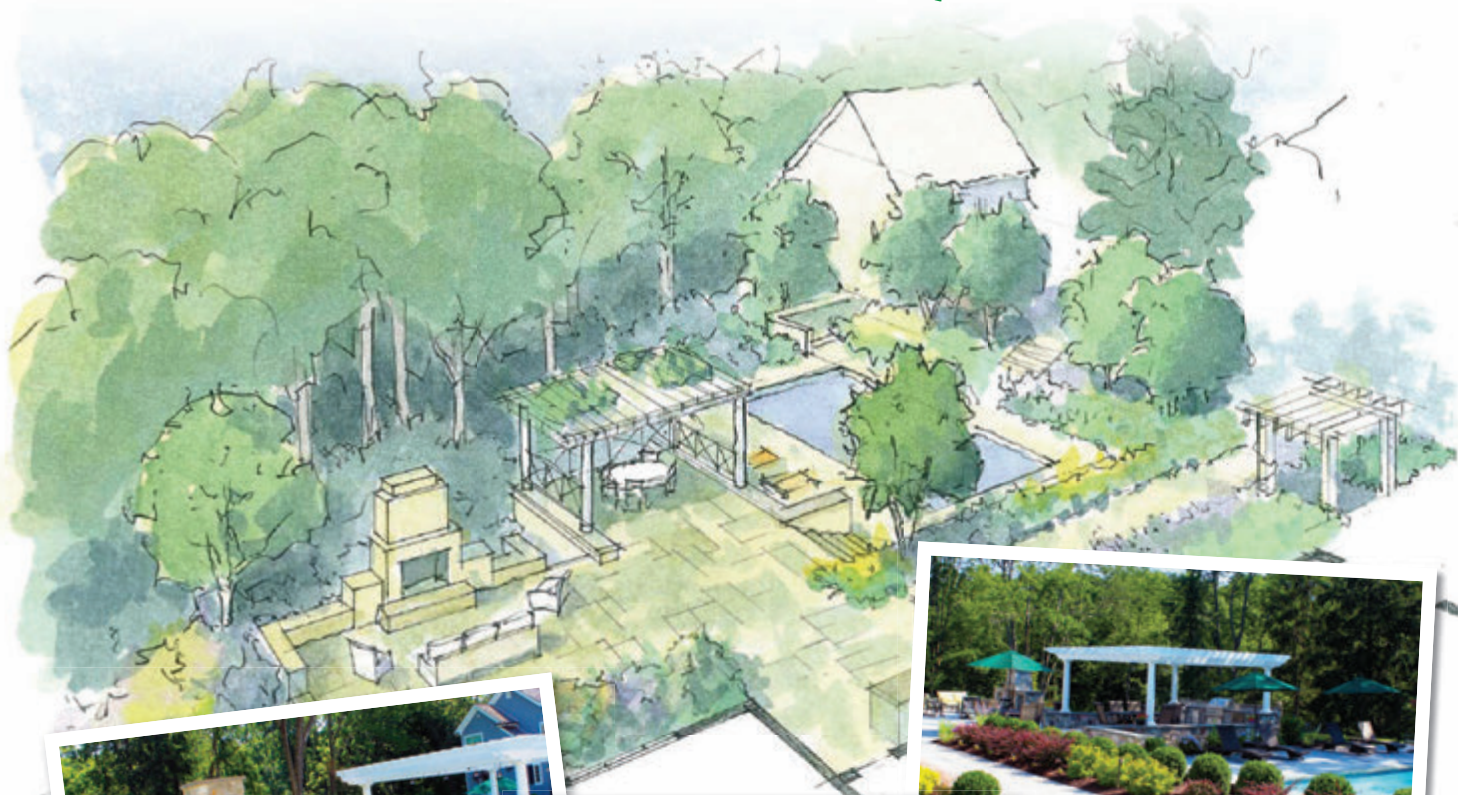


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