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A Super Bowl history with a Jersey slant

By **CHRIS ORLANDO**
CONTRIBUTING WRITER

While the Jets and Giants won't be making an appearance on their home field at East Rutherford, the two MetLife Stadium tenants have certainly made their impact felt in the NFL's biggest game of the year.

Here is look back at how each team has fared in its respective Super Bowl appearances:

SUPER BOWL III: JETS 16, Colts 7: January 12, 1969 @ Orange Bowl, Miami: While this was the Jets' first and only Super Bowl appearance, it still resonates as one of the biggest upsets in American sports history. Hall of Fame quarterback Joe Namath famously guaranteed a victory just three days before the game was to be played. Namath didn't throw a touchdown in leading the AFL to its first World Championship, but did complete 17-of-28 passes for 206 yards, good enough to earn MVP honors. The Colts, favored by 18 points, trailed, 16-0, after three quarters as Matt Snell ran for a four-yard touchdown and Jim Turner booted three field goals. Trivia: The Colts lone touchdown was thrown by Johnny Unitas in the fourth quarter after he replaced starter Earl Morrall, who was pulled after throwing three interceptions.

SUPER BOWL XXI: GIANTS 39, Broncos 20: January 25, 1987 @Rose Bowl, Pasadena: The Giants made their initial trip to the Super Bowl a very memorable one as Big Blue received a stellar performance from MVP Phil Simms to rally from a one-point halftime deficit (10-9). Simms was 22-of-25 for 268 yards and three touchdowns. His 150.92 passer rating and 88



Photo by John Majoris, AerialPhotosofNJ.com

MetLife Stadium in East Rutherford will be all lit up in bright colors for Super Bowl XLVIII on Sunday, Feb. 2.

percent completion percentage are Super Bowl records that still stand today. Simms' 13-yard touchdown pass to Mark Bavaro on the Giants' first possession of the second half gave New York a 16-10 lead that the team would not relinquish. Trivia: At the end of the game, Simms was the first athlete to utter the now-famous "I'm going to

Disney World!" line in a commercial.

SUPER BOWL XXV: GIANTS 20, Bills 19: January 27, 1991 @Tampa Stadium, Tampa: Played during the height of the Gulf War, the Giants returned to the big game, this time with backup quarterback Jeff Hostetler running the offense. Simms

had suffered a broken foot, ironically, in a 17-13 loss to the Bills in week 15. Long remembered for the Bills' Scott Norwood's "wide right" 47-yard field goal attempt in the game's final seconds, the game also featured a sensational effort by game MVP

PLEASE SEE HISTORY, PAGE 4

Cost of a ticket at the first title game? \$12, this year? \$2,500

By **CHRIS ORLANDO**
CONTRIBUTING WRITER

With the Super Bowl coming to the metropolitan area for the first time in the 48 year history of the event, many New Jersey and New York residents would love to be in attendance at MetLife Stadium in East Rutherford on Feb. 2.

But one thing is for sure: you'd better have your tickets in hand already, or be ready to shell out a lot.

Some tickets are going for close to \$2,500 per seat and many more are going to cost you four times that much by secondary market sellers the closer it gets to Super Sunday.

Comparatively speaking, a ticket for the original Super Bowl, played on Jan. 15, 1967 at Los Angeles Memorial Coliseum cost at most \$12. And the first Super Bowl, won by the Green Bay Packers, 35-10, over Kansas

City, wasn't even sold out.

Granted, it was the first ever event of its kind, and not even called the "Super Bowl" until the Jets met the Colts in Super Bowl III, (It was billed as "The World Championship Game" the first two years).

Tickets for Super Bowl XVIII in 1984 topped out at \$60, while the prices gradually increased to \$175 in 1994 and \$400 for the most inexpensive seat in 2003. The priciest ticket of last year's game was \$1,200.

Consider, in 1967, the average price of a new home was less than \$25,000 and a new car cost just under \$2,800. And a movie ticket, now around \$10 to \$11, was a real bargain at just \$1.20.

The game, airing on FOX this year, is the biggest ad revenue generating program of the year. The price for a 30-second commercial has a price tag of a whopping four

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HISTORY: With a Jersey slant

FROM PAGE 3

Otis Anderson, who rushed 21 times and 102 yards and one score. His one-yard touchdown in the third quarter capped a 14-play, 75-yard drive that consumed 9:29 to open the second half. Trivia: This was the first Super Bowl game in which neither team committed a turnover.

SUPER BOWL XXXV: Ravens 34, GIANTS 7: January 28, 2001 @Raymond James Stadium, Tampa: Ten years after its last Super Bowl appearance the G-Men returned, but this time its offense was non-existent. Giants quarterback Kerry Collins had one of the worst performances in Super Bowl history throwing four interceptions, including one returned by Duane Starks for a 49-yard touchdown that gave Baltimore a 17-0 lead early in the third quarter. The Giants' only points came on the ensuing kickoff as Ron Dixon scored on a 97-yard return. Trivia: The Ravens' Ray Lewis was named the MVP, the first linebacker from the winning team to do so. Chuck Howley of the Cowboys was the very first LB to be tabbed MVP, but was from the losing team as the Cowboys bowed to the Colts, 16-13, in Super Bowl V.

SUPER BOWL XLII: GIANTS 17, Patriots 14: February 3, 2008 @ University of Phoenix Stadium, Glendale: Just say "Manning to Tyree" to any Giants fan and they'll quickly conjure up images of this key 32-yard passing play in which Eli Manning first escaped being sacked and then connected with David Tyree, who made a one-handed leaping catch that put the Giants on the Patriots' 24 yard line late in the fourth quarter. Manning, with his team trailing, 14-10, then found Plaxico Burress in the end zone for the game-winning 13-yard touchdown with 35 seconds remaining. Manning, who was 19-of-34 for 255 yards and two touchdowns, was named MVP, joining his brother, Peyton, who was MVP of the Super Bowl just one year earlier. Trivia: With the loss, the Patriots finished their 2007 season 18-1. The only NFL team to go undefeated in the regular season and win the Super Bowl is the 1972 Miami Dolphins, which finished 17-0 after winning Super Bowl VII over Washington.

SUPER BOWL XLVI: GIANTS 21, Patriots 17: February 5, 2012 @Lucas Oil Stadium, Indianapolis: It was a case of Deja vu all over again, as the Giants again met New England and again Eli Manning per-

formed some late-game heroics while earning MVP honors and leading his team to victory. With 3:46 remaining in the fourth and the Giants trailing, 17-15, Manning completed a deep pass along the left sideline to Mario Manningham for a 38-yard gain to midfield. Six plays later, Ahmad Bradshaw plunged in from one yard out to give the Giants a 21-17 lead with 57 seconds left. A last-second heave into the end zone by the Patriots' Tom Brady was defended as the Giants secured their fourth Super Bowl title. Trivia: With the defeat, the Patriots had lost its fourth Super Bowl, tying the Broncos, Vikings and Bills, for the most losses in the game's history.

Notes: The Pittsburgh Steelers and Dallas Cowboys have appeared in the most Super Bowls with eight each. The Steelers have won the most times (six). ... The Cowboys and San Francisco 49ers each have five titles. ... The only current teams to have never reached a Super Bowl are Cleveland, Detroit, Jacksonville and Houston. ... The Steelers and Cowboys have met a record three times in the Super Bowl with the Steelers winning twice. ... The NFC owns a 25-22 edge over the AFC ... There has never been an overtime game in the Super Bowl.

PRICES FROM PAGE 3

million dollars, roughly the same price it was last year. Back in 1967, however, the cost of a half-minute commercial was \$42,000 and aired on both networks that were airing the game, CBS and NBC.

The halftime show, which has become one of the most high-profile spots for any entertainer to be a part of, used to just be a showcase of local and national marching bands and later on, a performance by "Up With People," which performed at 10 halftime shows.

The very first game saw the University of Arizona and Grambling State University marching bands play in front of the 66,000 in attendance.

Over the last 20 years, halftime has turned into an extravaganza, featuring such pop and rock icons as Michael Jackson, Diana Ross, James Brown, Stevie Wonder, Aerosmith, Britney Spears, U2, Janet Jackson, Justin Timberlake, Paul McCartney, The Rolling Stones, Prince, Tom Petty, Bruce Springsteen, The Who, Madonna and Beyonce'. This year's halftime show is scheduled to feature Bruno Mars.

In 1967, "The Sand Pebbles" starring Steve McQueen was the No. 1 movie at the time, and finished its run making 30 million dollars at the box office. Today, the animated movie "Frozen", with a budget of 150 million, is nearing a gross of double that.

"Bonanza" was the top rated drama in 1967 with The Rolling Stones performing on "The Ed Sullivan Show" the same day as the first Super Bowl being one of the most talked about entertainment show of the year. At present, the CBS drama "NCIS" sits atop the TV ratings with shows like "American Idol", "The Voice" and "The X Factor" battling it out on the entertainment front.

Gasoline cost .67 cents per gallon and compared to the just under \$4 a gallon it goes for at many stations across the state these days with a gallon of milk going for \$1.03 in 1967 compared with news that a gallon in present day may reach \$7.00 a gallon at some point in 2014.



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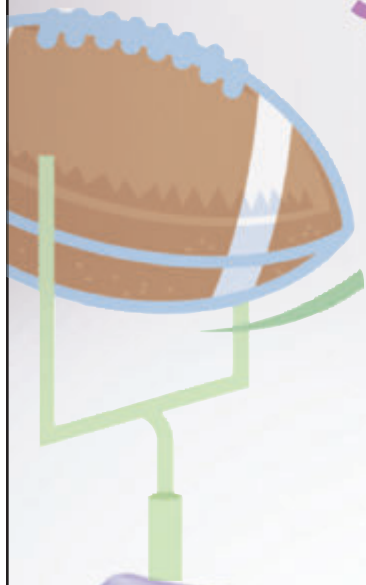




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Original Lombardi trophy comes home to Newark

On display at Newark Museum

For more than a century, the City of Newark was the thriving center of the precious metal industry in the United States and home to the design workshops of scores of famed jewelry goldsmiths and silversmiths such as Tiffany & Co. and Kremenz.

To many, the most recognizable of the objects produced by these manufacturers is the Vince Lombardi Trophy - now the iconic symbol of the National Football League Super Bowl championship - that was first handcrafted in Newark in 1967 at Tiffany & Co.'s silver factory.

The original trophy, named after the Packers' legendary coach who was born in New Jersey 100 years ago, will be on view for three months at the Newark Museum through March 30 - to mark the playing of Super Bowl XLVIII at MetLife Stadium in East Rutherford on Sunday, Feb. 2.

It is a centerpiece of the dazzling exhibition City of Silver and Gold from Tiffany to Cartier.

City of Silver and Gold showcases more than 100 objects drawn from its unparalleled holdings documenting the rise of the city's gold and silver industry from modest beginnings in the early 1800s to national prominence by the turn of the 20th century, according to Ulysses Grant Dietz, the museum's chief curator and interim co-director.

City of Silver and Gold traces Newark's history beginning with small-scale producers such as Baldwin & Co. in the 1840s, which made both silver objects for domestic use as well as some gold jewelry.

Booming Industry

The city's precious metal industry boomed during the years after the Civil War (1861-1865), fueled by discoveries of gold and silver deposits in the United States and the influx of skilled metalworkers from Germany and elsewhere in Europe.

By the time of the American Centennial in 1876, Newark's three main industries had arisen - beer, leather and precious metals.

Busy factories such as those of the Unger Brothers and William Kerr produced stylish, modestly-priced sterling silver coffee and tea sets that were sold in jewelry stores all across the nation.

For a more elite clientele, Tiffany & Co. opened its first factory in Newark in the 1870s and built a massive new factory in the city's north end that opened in 1894.

Some of Tiffany & Co.'s greatest objects came out of their Forest Hill shop in Newark.

Examples from all of these makers are included in the exhibition.

Four unique masterpieces from Tiffany's Newark plant will be on display: a pair of massive candelabras made for the 1900 World's Fair in Paris; a pair of

sleek art-deco candelabras made for the New York World's Fair in 1939; a jewel-encrusted coffee set in the "Viking" style made for the Buffalo World's Fair in 1901; and a unique solid-gold coffee set given by a husband to his wife in 1897 for their golden wedding anniversary.

On the eve of the Great Depression, Newark's jewelry industry was providing 90 percent of the gold jewelry in the American market.

Dozens of factories, from small to huge, produced 14 and 18-karat gold jewelry and accessories six days a week, and Newark became the largest consumer of small colored gemstones and diamonds in the United States.

Well-known names such as Kremenz achieved brand recognition on their own in the 20th century; but other names, such as Henry Blank and Larter & Sons, remained known only to the high-end jewelry stores who sold their cufflinks, brooches, hatpins, necklaces and bracelets in every corner of the country from Alaska to Texas.

The museum is located at 49 Washington St., Newark.



Game officials urging use of mass transit to game

By CHRIS ORLANDO
CONTRIBUTING WRITER

With the Super Bowl coming to the New Jersey/New York metropolitan area for the first time in its nearly half century history, many in the Garden State will be wondering just what the days leading up to big game and Super Sunday itself have in store for them.

Lucky enough to score a ticket to Super Bowl 48? Organizers of the event are hoping that those attending the "first public transportation Super Bowl" will use trains and buses instead of driving.

"Mass transit resources in both New York and New Jersey will serve as the safest, easiest and most reliable methods for getting to every destination," the New York/New Jersey Super Bowl Host Committee said in a statement.

New Jersey Transit is offering a special pass to ease travel for the first Super Bowl to be played outdoors in a cold-weather location.

The "Super Pass" will cost \$50 and is valid for unlimited travel on all NJ Transit trains, buses and light rail, including trips to and from Newark Liberty International Airport and New York City, between Jan. 27 and Feb. 3.

Once at the game, which kicks off at 6:30 p.m., fans won't be able to do the customary tailgating beforehand in the MetLife Stadium parking lot.

No Lounge Chairs

"You will be allowed to have food in your car and have drink in your car," game committee CEO Al Kelly said during news conference last month. "And provided you're in the boundaries of a single parking space, you'll be able to eat or drink right next to your car. However, you're not going to be able to take out a lounge chair, you're not going to be able to take out a grill, and you're not going to be able to take up more than one parking space. And it'll all be watched very carefully."

Only 13,000 parking spots will be available to use on game day and parking passes will cost \$150 each, up from the regular-season price of around \$30.

A big concern with the game in New Jersey during the middle of winter is the weather and many are predicting snow for game day.

According to Accuweather.com, the prediction for Feb. 2 in the East Rutherford area is a high of 37 degrees with a low of 20 with 25 percent chance of precipitation with snow possible.

The lowest temperature for an outside Super Bowl occurred in 1972 when the game-time temperature was 39 degrees at Tulane Stadium in New Orleans.

But rest assured, even if there is a major accumulation of snow, the more than 10,000 workers that have been working feverishly to get the 82,500 seat stadium ready over the last month will have been

'You're not going to be able to take out a lounge chair.'

AL KELLY

Super Bowl Game
Committee CEO

prepared for every last circumstance in order to get the building and field ready for football.

As far as individual fans go, common sense should prevail. Dress properly for being outside for more than four hours at night in early February. The NFL will help out and each fan will find a "Warm Welcome Kit" under its seat at the game. Each kit will include a seat cushion, hand warmers, a hand muffler, ear muffs and lip balm.

Not going to the game but still want to enjoy the sights and sounds of Super Bowl week? There's plenty to do in the surrounding area as well as close by New York City.

While many events being held are for VIPs and are by invite, some do have tickets available via secondary vendors. They include:

The Bud Light Hotel New York, which is housed on the Norwegian Getaway Cruise Ship and docked at Pier 88, 48th Street and 12th Avenue, will have four nights and three days of shows from Jan. 30 to Feb. 2. The performers include The Roots, Run DMC, Busta Rhymes, Foo Fighters, Zac Brown Band, Fall Out Boy and Jake Owen.

On Feb. 1 the Wellmont Theater in Montclair will host the sixth and last of a series of pre-game concerts from VH1 called Super Bowl Blitz. Gavin DeGraw will perform and Nick Cannon from "America's Got Talent" and model Stacy Keibler will co-host. Tickets are \$28. Other shows in the series will be held all week in Queens, Bronx, Brooklyn, Manhattan and Staten Island.

East Rutherford will be hosting its "Meadowlands Tailgate Party 2014" on Feb. 2 from noon to 4:30 p.m. There will be tents, food and music featuring "The Nerds" and Bruce Springsteen tribute group, "The B Street Band."

One event that is free on a first come, first serve basis is the eighth annual Celebrity Beach Bowl presented by DirecTV. The event will be held at Hudson River Park Trust, Pier 40 in Manhattan (353 West St.).

Doors open at 10 a.m. with plenty of festivities and activities taking place up until the game takes place at 2 p.m.

Among the athletes in the game are Joe Montana, Warren Moon, Deion Sanders, Amani Toomer and LaDarian Tomlinson. Celebrities taking part include Sports Illustrated Swimsuit model Chrissy Teigen, actor Tom Arnold, Tracy Morgan and Union Township native Artie Lange.

Noted artist's watercolors have Super Bowl touches

Works by noted artist James Fiorentino, including watercolors of some of the former Super Bowl Most Valuable Players, will be on exhibit at Studio 7 in Bernardsville through Sunday, March 2.

Fiorentino's photo realistic watercolor paintings are in the collections of the National Art Museum of Sport, United States Sports Academy and the National Baseball Hall of Fame in Cooperstown, N.Y.

The Studio 7 exhibit includes

watercolor paintings of two-time Super Bowl MVP Eli Manning of the Giants, Super Bowl XXI MVP Phil Simms of the Giants, and Super Bowl XLIV MVP Drew Brees of the New Orleans Saints and two-time Super Bowl MVP Eli Manning of the Giants.

Studio 7 is located at 5 Morristown Road, Bernardsville.

Visit www.studio7artgallery.com for more information or thebiggamej.com for more information on Somerset County Tourism.



This 30" x 40" watercolor by James Fiorentino depicting Giants quarterback Phil Simms, the MVP of Super Bowl XXI, is part of Fiorentino's exhibit at Studio 7 in Bernardsville.

A 20" x 20" watercolor of Drew Brees by James Fiorentino is on exhibit at Studio 7 in Bernardsville. The watercolor is signed by Brees, the Super Bowl XLIV Most Valuable Player.



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Pro football draws the biggest audience. Up your game for the perfect party.

How to claim victory as No. 1 sports party host

The following is provided by Brandpoint, formerly ARA Content.

When you hear the phrase “tis the season” you might be thinking holidays. But it’s also the season of families and friends gathering together around the big-screen TV for the Super Bowl.

Pro football draws the biggest audience and you might need to up your game to earn the rating of No. 1 game-watching party host from family and friends. So keep these tips in mind as you begin planning for your Super Bowl party.

- Know your audience’s drink choices - Some people prefer soft drinks, others beer, while some might even want a sports drink. Be sure to have plenty of drink supplies on hand, and plan on everyone needing extra liquids to quench their thirst from yelling and cheering on the favorite team.

- Serve the perfect game-watching foods - Rooting for the team is exhausting work, and the fans at your party are going to need good sustenance to keep going. As the perfect host, you don’t have to spend your entire time in the kitchen and miss out on the game. Try blending together Hungry Jack Hashbrown Potatoes with chili for a dip that can be served warm during the first half, or put into the oven during a commercial in time for the halftime break. Hungry Jack Hashbrowns are ready to use, fully seasoned and cook perfectly crispy every time. They are made of 100 percent Idahoan potatoes and do not require refrigeration. Try them in the following game-day recipe:

GAME DAY HASHBROWN CHILI DIP

Ingredients:

1 carton (4.2 oz.) Hungry Jack Premium or

Cheesy Hashbrown Potatoes
2 cups shredded cheddar or Monterey jack cheese (regular or reduced fat)
1 package (8 oz.) cream cheese, softened (regular or reduced fat)
1 can (14 oz.) chili
1 cup frozen or canned corn kernels
1 can (10 oz.) Southwest-style diced tomatoes, drained
1/4 cup sliced green onions
Tortillas or tortilla chips
Hot sauce (optional)

Directions:

Heat oven to 400 F. Fill hashbrowns carton to fill line with hot tap water. Let stand 12 minutes. Drain any excess water. Combine hashbrowns and cheese in a bowl and set aside. Spread softened cream cheese on the bottom of a 2-quart or 9 by 9-inch casserole dish. Layer chili, corn, tomatoes and green onion over cream cheese. Spread hashbrown mixture over the top of the casserole; spray top of potatoes generously with cooking spray. Bake until bubbly and golden brown, about 20 minutes. Serve warm with soft tortillas or tortilla chips and hot sauce if desired.

For other ways to use Hungry Jack Hashbrowns, go to www.hungryjackpotatoes.com/recipes.

- Choice mid-field seating - While you’ll have to rely on the TV stations to give your guests the best views of the action on the field, you’re responsible for the seating arrangements in your home. Make certain you have enough comfortable seating in good positions in front of the TV(s) so no one misses any of the game play. Consider staggering chair heights, and also keep hard table surfaces handy for guests to lay drinks and food plates.

Game day snacks that will score a touchdown

On Super Bowl Sunday, Americans will eat and drink more than on almost any other day of the year—11 million pounds of potato chips, 80 million pounds of avocados, 50 million cases of beer and over a billion chicken wings, according to various food industry groups.

If the idea of all that fried and spicy food gives you indigestion, take heart that it’s relatively easy to change up the menu this Feb. 2 — at least according to Gary Fisch, founder and owner of northern New Jersey’s Gary’s Wine & Marketplace. “Every year, customers come in looking for new ideas for their Super Bowl parties,” said Fisch, who since 1987 has guided football fans through both winning and losing seasons. “Guests always expect wings and beer, so a host that offers interesting drinks or creative hor d’oeuvres instantly makes the party memorable.”

“Once you have your staples nailed down—decorations, ice, seats, glasses, plates and forks — it’s fun to think of new ways to break out of the chili-and-pizza routine,” said Fisch.

For him, naturally, that starts with drinks. “I’m a wine guy, and there will always be a few people at the party just like me. Remember, it isn’t just all about beer,” said Fisch. Full-bodied, spicy reds such as Malbec, Zinfandel and Shiraz are excellent choices to pair with chili and wings, he said.

Other Ideas

Instead of chili, fire up the fondue pot. Self-serve dishes (and coolers full of soda and drinks) free up hosts to watch the game — and fondue is a warming, easy-to-make crowd pleaser. “With fondue, you can pop open a few bottles of dry white wine, such as Chardonnay or Sauvignon Blanc,” said Fisch. “Wheat beers work, too.”

Add cured meats, tapenade, and other offbeat dips to your finger-food platter. Nachos may be the reigning king of Super Bowl appetizers, but guests will appreciate delicious twists such as salami, olive tapenade, cheeses or cream cheese based dips. “All of these items are relatively easy to find or make,” said Fisch.

Think beyond lager. Since most guests will pop open beer during the game, mixing some local craft brews, IPA or porter into the cooler will offer guests more choices. So, too, will self-serve cocktails. Spud Red Hot Chili Pepper Vodka offers a zesty kick to a pitcher of Bloody Marys — and a classic rum punch (recipe below) lets guests sip at their own pace.

“Bottom line, the host should enjoy the party as much as their friends, and shouldn’t miss that last-minute field goal because they are filling someone’s glass,” said Fisch. “Never underestimate the power of a few simple, elegant touches.”

‘It’s fun to think of new ways to break out of the chili-and-pizza routine.’

GARY FISCH

Founder, Owner
 Gary’s Wine & Marketplace

RECIPE: THE KICKER’S PUNCH

This low-alcohol, coral-colored punch is laced with tropical flavors, and draws on Busted Barrel Rum from Jersey Artisan Distilling for a local twist and Domaine de Canton Ginger Liqueur for a gingery kick. Makes 15 servings.

1/2 cup granulated sugar
1/2 cup water
3 cups rum, such as Busted Barrel Silver Rum from Jersey Artisan Distilling (or use the Dark Rum for deeper flavors)
1/2 cup Domaine de Canton Ginger Liqueur
4 cups orange juice (fresh-squeezed is preferable)
3 cups pineapple juice
Juice from two limes
Juice from one lemon
1/4 cup grenadine syrup
4-5 dashes Angostura bitters
Bottle of chilled club soda, to taste
Halved, seeded grapes, as well as pineapple, lemon and orange slices for garnish
Grated nutmeg (optional)

Combine sugar and water in a saucepan, and bring to a simmer over medium heat. Stir until sugar dissolves, and then remove from heat and let cool.

Once cool, combine sugar syrup with orange, pineapple, lime and lemon juices in a large pitcher. Pour in rum and Domaine Canton, then add grenadine and bitters and stir until well-blended. Let punch rest at room temperature for at least an hour before serving.

Fifteen minutes before guests arrive, fill a punch bowl with ice (a block is preferable) and pour in punch. Top with club soda to preferred texture and taste (two to three cups should work) then garnish with fresh fruit. Grate fresh nutmeg on top for an extra layer of spice.

About Gary’s Wine & Marketplace

Gary’s Wine & Marketplace, Beverage Dynamics Retailer of the Year in 2012, is an established leader in the fine wine & spirits business since 1987, with retail locations in Madison, Bernardsville and Wayne, as well as an Online Store (www.garyswine.com). Gary’s Wine has an enormous portfolio of fine and rare wines to fit every budget as well as gourmet foods, gifts, craft beer and spirits.

Pro football Hall of Fame at Liberty Science Center

Just in time for Super Bowl XLVIII at MetLife Stadium in East Rutherford, Liberty Science Center in Jersey City is exhibiting some of the most iconic football artifacts of all time in Gridiron Glory: The Best of the Pro Football Hall of Fame. The exhibition will be at LSC through March 2.

“The NY/NJ metro area is coming alive with football excitement,” said Paul Hoffman, president and CEO of Liberty Science Center. “Gridiron Glory offers a unique opportunity for football fans and families to be a part of the action.”

The 5,000 square-foot interactive multimedia exhibit features more than 200 objects including the iconic Vince Lombardi Trophy, select showings of original Hall of Fame busts, new material from NFL Films, never-before-seen artifacts, immersive fan experiences and a specially-designed “Hometown Heroes” zone that pays tribute to the New York Giants and New York Jets teams.

Training Camp Premiere

“We’re always looking for new and innovative ways to extend the experience of the Hall of Fame beyond our walls in Canton,” said Joe Horrigan, Vice President – Communications/Exhibits of the Pro Football Hall of Fame. “Gridiron Glory is designed to galvanize fans in a compelling way and provides a perfect platform for us to reach new audiences.”

To complement the artifacts and inter-



Photo courtesy Liberty Science Center

Some of the most iconic football artifacts of all time can be viewed at the pro football Hall of Fame’s traveling exhibit at Liberty Science Center through March 2.

active elements of the Gridiron Glory exhibition, LSC is premiering the Training Camp gallery where guests can test their physical skills on authentic equipment as they throw, jump, and kick their way

through the 1,200-square-foot experience.

Gridiron Glory and Training Camp are on view at LSC at 222 Jersey City Boulevard, Jersey City. General admission tickets include all LSC exhibitions and cost

\$19.75 for anyone 13 years old and up and \$14.75 for those ages 2 to 12.

PLEASE SEE LIBERTY, PAGE 10



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Pro football player? Or weekend warrior? Staying in shape crucial

Whether you're a professional football player, a weekend warrior or someone who just wants to remain in shape, staying healthy is crucial to every athlete's game plan. That's why Atlantic Sports Health was created.

Atlantic Sports Health, affiliated with Morristown Medical Center, offers a wide range of world-class care using a comprehensive approach to injury prevention and treatment. Young or old, amateur or professional, Atlantic Sports Health has the expertise, advanced technology and services that expand our understanding of the body's response to all forms of physical activity.

Located at 111 Madison Avenue in Morristown, featuring an ambulatory surgery center and advanced diagnostic imaging tools, and at 89 Sparta Avenue in Sparta, Atlantic Sports Health is easily accessible by New Jersey's major highways.

"Our broad spectrum of care includes orthopedic surgery, sports medicine and psychology, nutrition planning, physical therapy and rehabilitation, performance improvement services including neuropsychological testing, concussion evalu-

ation and treatment and balance testing, chiropractic services and acupuncture," Atlantic states. "We also offer advanced micronutrient blood tests, cardiac workups, VO2 testing and lactate threshold testing, gait analysis, flexibility assessment, speed and agility training and functional movement screening, all to develop an exercise and nutrition program to develop peak performance."

Many groups tout their sports medicine programs but no one else takes care of the athlete from head to toe. We pride ourselves on our approach - no matter your level, you will receive the same attention to detail and expert care from our talented team of physicians, trainers, nurses, physician assistants and therapists. When athletes are injured they know we will return them to the previous level of activity safely and quickly through our treatment of musculoskeletal injuries, physical therapy, sports performance and x-ray imaging.

Atlantic Health System, the parent company of Atlantic Sports Health, has affiliations with several local professional

PLEASE SEE SHAPE, PAGE 11



The Training Camp gallery where guests can test their physical skills on authentic equipment as they throw, jump, and kick their way through the 1,200-square-foot experience.

LIBERTY: Game on exhibit

FROM PAGE 9

About Liberty Science Center

Liberty Science Center (LSC.org) is a 300,000-square-foot learning center located in Liberty State Park on the Jersey City bank of the Hudson near the Statue of Liberty. Dedicated to bringing the excitement of science to people of all ages, Liberty Science Center houses 12 museum exhibition halls, a live animal collection with 110 species, giant aquariums, a 3D theater, the nation's largest IMAX Dome Theater, live simulcast surgeries, tornado and hurricane-force wind simulators, K-12 classrooms and labs, and teacher-development programs.

More than half a million students, teachers, and parents visit the Science Center each year, and tens of thousands more participate in the Center's offsite and online

programs. LSC is the most visited museum in New Jersey and the largest interactive science center in the New York metropolitan area.

The Pro Football Hall Of Fame

Located in Canton, Ohio, the birthplace of the National Football League, the Pro Football Hall of Fame's mission is to honor individuals who have made outstanding contributions to professional football; to preserve professional football's historic documents and artifacts; to educate the public regarding the origin, development and growth of professional football as an important part of American culture; and to promote the positive values of the sport.

For more information, please visit Profootballhof.com; @ProFootballHOF on Twitter, Facebook, Instagram, and YouTube.

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Home-field advantage for the big game party? Have a food safety game plan

The following article is provided by Brandpoint, formerly ARA Content.

You've seen it time and time again. Your favorite football team is trailing late in the game with the ball not far inside the opponent's territory. It's what's commonly referred to as "four-down territory." Attempting a field goal is either a long shot or doesn't garner enough points to win the game.

The best option is to "go for it" on fourth down. As the saying goes, the future is now.

So when it comes time to host your big-game party, take heed: It's always four-down territory when it comes to food safety. Remember: Clean. Separate. Cook. Chill.

The culmination of the pro football season ranks behind only Thanksgiving as the biggest chow-down in the United States.

From the pregame show to the presentation of the Lombardi Trophy to the winning team, it's a long day. And just like the game, it's critical to practice effective clock management with the buffet.

If cold foods are left out of refrigeration and hot foods cool down too long, that's poor defense against harmful bacteria that can cause food poisoning.

While much of the focus on this year's football event surrounds the game being played in an outdoor, cold-weather stadium, it's the room temperature in your home that could spell trouble for your guests.

If the buffet has been sitting out for two hours or more without a heat source for your hot foods or a cold source for cold food, call a time-out and remove it from the eating game. Hot foods should be 140 F or above, and cold foods should be 40 F or below.

The USDA Food Safety and Inspection Service recommends the following guidelines for your football feast:

Make it a clean game: You take great care to keep that official team jersey clean from salsa and barbecue sauce on game



day, but it's even more important to always wash your hands with soap and warm water for at least 20 seconds before and after handling food. Wash dishes, utensils and food contact surfaces with soap and hot water.

Separate: While the opposing teams will be mixing it up all game long, beware of cross-contamination, and keep the raw meat and poultry away from cooked foods. Use separate plates and utensils in preparing veggies and meat and poultry.

Don't practice the hurry-up offense when it comes to cooking: Use a food thermometer to make certain meat and poultry are cooked all the way through to a safe internal temperature:

- Steaks should be cooked to 145 F, with a three-minute rest time;
- Ground beef should be cooked to 160 F; and
- Poultry should be cooked to 165 F.

Even if it looks like all is lost for your team, chill out. Or when it comes to the food, keep it cold by nesting dishes in bowls of ice. Otherwise, use small serving bowls and replace them with each helping.

As for the leftovers, refrigerate or place in the freezer within two hours to prevent bacteria from multiplying.

Athletic associations (NJSIAA), official health partner of Cybex and the Cybex Research Institute. In addition, we are the official sports medicine partner for Parisi Speed School, a national leader in performance enhancing training, so our athletes can get faster and stronger – the goals of every athlete, from the Jets, Devils on down."

Damion Martins, M.D., board-certified in sports medicine and internal medicine, is the director of Orthopedics and Sports Medicine, Corporate Health and the Executive Health Program for Atlantic Health System.

Dr. Martins is also the program director for the Sports Medicine Fellowship at Atlantic Health System.



Photo courtesy Liberty Science Center

FOOTBALL ARTIFACTS ON DISPLAY

More than 200 football-related objects, including never-before-seen artifacts are on display at the Liberty Science Center in Jersey City through Sunday, March 2. Please see the related story and photos on pages 9 and 10.

Use caution with head injuries

As the winter season begins, kids are enjoying their favorite extracurricular activities, including winter team sports.

Sports like skiing, hockey, snowboarding and even ice skating can result in injury if safety guidelines are not followed. Last year over one million children visited a hospital emergency room with a sports-related injury, including concussions.

In fact, more than one million children sustain head injuries each year from a sports-related injury, but many who experience mild injuries never even consult with a medical professional after the incident.

Knowing what precautions to take can help prevent injuries, including serious brain injuries. Atlantic NeuroSurgical Specialists (ANS), New Jersey's largest private neurosurgical practice, provides information on preventing and recognizing Traumatic Brain Injuries (TBI).

TBI's are one of the most common conditions neurosurgeons see. Parents and coaches need to work together with children to ensure the safest playing conditions are being made available to today's youth.

Taking simple precautions, such as wearing the proper protective gear, can help increase a child's safety. Here are some preventative measures and how to identify symptoms of TBI:

Preventative Tips

Make sure coaches are teaching the proper technique.

Check playing equipment routinely for wear or tear.

Before team sports begin, the child should have a preseason exam or undergo a baseline test

Enforce a "no hits to the head" policy within your child's league.

In contact sports, wear a protective mouth guard (must cover all teeth). The mouth guard can act as a shock absorber, if hit in an upward motion.

Strengthening neck muscles when conditioning can help to increase the force re-

quired to cause injury, ie concussion.

Appropriate protective gear must be worn to protect the head and neck; almost every sport has something that can be worn.

If an athlete does suffer a concussion, they should not be allowed back into play until a medical professional evaluates their injury.

Recognizing the Symptoms

Any clear fluid or blood coming from the ears or nose

Swelling of the scalp

Severe headaches

Vomiting that occurs three or more times

Blurred vision and/or dilated, unequal size of pupils

Dizziness or inability to balance properly

Incapable of responding to others, semi-comatose state

Paralysis or difficulty in moving body parts

Body numbness or tingling sensation

ringing in the ears, changes in hearing quality

Back To The Game

When dealing with a TBI, it is very important to make sure that the injury is fully healed before returning to play. There should be an open line of communication among the physician, athletic trainer, parent, and athlete to prevent risk of further injury. Even if the patient is feeling 100 percent recovered, it is recommended he/she pass the appropriate physical before jumping back into the game. Understanding the severity of a TBI can decrease sports-related injuries dramatically.

Don't let insurance come before your health. ANS sees all patients.

For more information visit www.ans-docs.com or call 973.285.7800. If you're suffering from back pain, the ANS Spine Center is now seeing patients. Call for an appointment to be evaluated by our in-network physician.

SHAPE FROM PAGE 10

sports teams and athletic organizations including being the official health care partner of the Jets.

The affiliation means the Atlantic Health Sports team is leading the way in the treatment, knowledge and technology of sports medicine. "We are able to take the information and expertise we've gained from caring for professional athletes and apply it to weekend warriors and student athletes."

"We are also an official health care partner of the New Jersey Devils, official sports medicine and rehabilitation partner of the New Jersey Interscholastic

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