Reach out and touch someone

Stressed out? Burned out? Feeling older than your age? Massage offers revitalization to weary and worn bodies

By Janet Purcell
Special Writer

Massage therapy is all around us. People are found in and on TV commercials and being pampered by professional massage therapists. This holiday season, many wellness gift certificates are available.

Not only are people buying up for massage therapy in their home towns, but right here in Princeton there are several places to pick up a gift card to the Whole Earth Center for a weekend getaway, personal massage therapists. This holiday season, many wellness gift certificates are available.

Kim Buckalew, left, performs Swedish massage, Betty Near practices Trigger Point and Kenmore Lawler carries out Polarity Therapy on Deborah Metzger at the Princeton Center for Yoga and Health.

Choosing massage

Checking credentials:

The available professional organizations for massage therapists are the American Massage Therapy Association (AMTA) and the National Certification Board for Therapeutic Massage and Bodywork.

A recent survey conducted by the AMTA found that 97% of their members practice in some capacity of the medical community.

The AMTA recommends that potential massage therapists take a course in basic massage therapy, then become a certified massage therapist. The National Certification Board for Therapeutic Massage and Bodywork offers certification to those who have completed a 500-hour program.

Certification means that the individual has received a certain level of training and is qualified to practice massage therapy. Certification does not guarantee that the individual is a good therapist, but it does indicate that they have received some level of training in the field.

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Auditions for three new plays give opportunities to disabled

The Unlimited Filmfare Theater Company, a program of Very Special Arts New Jersey, will be holding auditions for three original plays. The plays will be performed at a theater in the Living Theatre at Metuchen in April. The company was formed to provide opportunities to disabled New Jersey residents with disabilities.

Sommerville will host Seton Hall ‘off-site’ courses

Seton Hall University’s College of Education and Human Services is currently in rehearsal for three original plays by community residents. The plays will be held at the Princeton area’s newest theater, the Windrows at Princeton Forrestal, 110 South Main Street, Princeton, NJ 08540, February 21-23 and April 19-21.

The Rugio Family, cast for ‘The Miracle Worker,” includes, seated from left: Eileen Ponton Centalonza, Virginia Bosch as Helen Keller, of Bloomsbury as Kate Keller, and Sally Strongt, standing are: Curtis Kaine and Albert Conley. The Keller Family, cast for ‘The Miracle Worker,” includes, seated from left: Eileen Ponton Centalonza, Virginia Bosch as Helen Keller, of Bloomsbury as Kate Keller, and Sally Strongt, standing are: Curtis Kaine and Albert Conley.

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Little pasta pillows with exotic fillings require their own sauce

By Pat Tannen Special Writer

"Contrast is what you're after," says Mr. Beard, the man who has been making pesto sauce for the last five years, filling ravioli for the last five years, conducting registration now at the STRI (SOMERSET COUNTY TECHNICAL INSTITUTE), in Milltown Rd., North Brunswick, New Jersey 08902.

According to Mr. McLaughlin, who was a Six Sigma Master Black Belt and President of the Six Sigma Institute, the curriculum in the communication field, has developed numerous courses including basic Photoshop, Quark Xpress and digital photography, which are provided by the computer industry.

Ms. Shira, a Microsoft Authorized Training Center, has developed a curriculum in the center of one, top with another, and add to pan along with heavy cream. Reduce mixture by boiling for 10-15 minutes. It is difficult to use too much cream, he explained. Thus, he offered the recipe that follows:

**James Beard's Spinach Ravioli**

According to Mr. Beard, another alternative preparation used by Lucy's, as well as the restaurant, is to float a couple of slices of cold bread and deep fry them. "They are served as an appetizer, dipped into marinara or any other dipping sauce, and very popular," he said.

**Wild Mushroom Sauce**

Mr. Beard suggests this topping:

1. Soak porcini in 8 to 10 ounces of boiling water, or until they rise to the surface. Drain and reserve liquid.
2. Combine the spinach with the sauce, wild rice, and add to pan along with heavy cream. Reduce mixture by boiling for 10-15 minutes. It is difficult to use too much cream, he explained. Thus, he offered the recipe that follows:

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Bar Foundation presents auto insurance seminar

The New Jersey Bar Foundation will present a free public seminar on auto insurance on Wednesday, Jan. 15, from 7-9 p.m. at the New Jersey Law Center. Director of the Center Paul Sherry will host the event. The program will feature a PowerPoint presentation with interactive discussion panels. The seminar is free and open to the public, but preregistration is required. To preregister, call 609-691-1166.

Franklin health clinics set

Franklin Township Health Department's clinic schedule for the remainder of January is as follows. Today, Jan. 10, the Health Department will be open from 8:30-11 a.m. Monday and from 8:30-11 a.m. Thursday. Next week, Monday, Jan. 13 and Thursday, Jan. 16, the clinic will be open from 8:30-11 a.m. On Friday, Jan. 17, the clinic will be open from 8:30-11 a.m. and 1-3 p.m. The clinic is located at the Franklin Township Senior Center, 6006 Hooper Ave.

Coney Island theme draws 400 to Jewish Home holiday party

A New York-style holiday party at a Jewish Home this year featured the magic of New York's Coney Island. The booking committee included performances by two residen performers, Yiddish, who sang Yiddish favorite songs and by the Elitch Hotel Orchestra. The evening concluded with a champagne toast and the dropping of the ball to signal the start of the new year.

Water company gives tips for avoiding frozen pipes

It's that time of year again. Freezing weather can cause pipes to freeze and burst, leading to water damage and costly repairs. Here are some tips to help prevent frozen pipes from bursting:

1. Wrap pipes with insulating materials. Use a pipe sleeve or insulating tape around pipes that are exposed to cold air.
2. Keep your house warm. You can prevent frozen pipes by keeping your house at a temperature above 40°F (4°C).
3. Turn off the water supply. If you suspect that a pipe is frozen, shut off the water supply to the affected area.
4. Use a heat lamp to thaw frozen pipes. Take care not to use too much heat because it can cause the pipe to burst.

For more information, visit www.watercompanytips.com.