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local fundraising

\$45M Capital Campaign Announced for Children's Specialized Hospital

Contact Person: Philip Salerno, III, President & CDO

Organization: Children's Specialized Hospital Foundation

Website: www.give2csh.org

Can you provide a bit of history of the CSH Foundation?

Children's Specialized Hospital Foundation is the fundraising arm for Children's Specialized Hospital (CSH). For over three decades we have been securing philanthropic support for the hospital's greatest needs. 100% of every donation we receive supports the life-changing care at CSH that is transforming the lives of children with special healthcare needs in New Jersey and beyond.

Tell us about your exciting new campaign!

Last month, CSH celebrated the opening of its new outpatient center in Union, NJ, marking the launch of an \$89 million initiative that aims to expand access to more than 500,000 children in New Jersey and the New York metro area. Seeking to raise \$45 million, the Transforming Lives 2.0 capital campaign will play a vital role of CSH's planned expansion into communities where children currently do not have access to the specialized care they need. Dollars raised will also support research projects at CSH that are crucial to the future of children's health in the fields of autism, brain injury, chronic health conditions, cognition and mobility. To date, \$31 million has been committed to the Transforming Lives 2.0 campaign effort.

Fundraising efforts will be co-led by a team of New Jersey superstars. Proud Toms River resident, former New York Yankee and Met, and 2020 Olympic Silver Medalist, Todd Frazier, and his



wife, Jackie will serve as honorary chairs. They will work alongside campaign chairs and members of the CSH Foundation Board of Trustees, Mark Montenero, owner of Autoland in Springfield, NJ, and Ed McKenna, Senior Partner at McKenna, Dupont, Stone & Washburne and former mayor of Red Bank.

By 2023, the hospital will expand its reach even further with three new locations in Toms River, Eatontown, and Bayonne. Philanthropic gifts to the campaign will directly support the infrastructure expansion, technological advancements, and the important and innovative research that will change the future of pediatric health.

How can the community help your organization? Can neighbors get involved?

Yes! Every gift matters, no matter how small. Since 1891, Children's Specialized Hospital has been helping children reach their full potential, and that is in large part due to the generous donors that have provided gifts to the Foundation. From vital programs and services to groundbreaking research, 100 percent of every dollar received goes directly to helping thousands of children with special healthcare needs in New Jersey and beyond. To help or learn more, community members can visit www.give2csh.org.

Any other information you would like to include?

This is the largest undertaking in CSH Foundation history. We are rising to the challenge because, when the expansion of CSH is completed, more children living with special healthcare needs will receive the life-changing care they require to reach their full potential—and doing what's best for children is at the core of everything we do. We are confident that through the generosity and compassion of our donors, we will reach our goal.

SUMMIT+CHATHAM

LOCAL



Natalie Peralta
Copy Editor
Director of Social Media – Summit



Cami McKenzie
Copy Editor
Director of Social Media – Chatham



Tanya Dev
Contributing Editor



Caroline Wightman
Magazine & Social Media Columnist



Maria Nicole
Facebook & Instagram Strategist



Grace Tortorella
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Mark De Hanes
Photography

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local events

Summit Downtown Holiday Event Schedule Released

The holiday season is right around the corner! Summit Downtown, Inc. (SDI) is excited to announce the downtown holiday events and initiatives for 2021: Small Business Saturday, Celebrate in Summit, Carriages & Carolers, and returning this year by popular demand, The HillTop Elf Scavenger Hunt. The Summit VISA Gift Cards, accepted at over 100 Summit businesses city-wide, are also available this holiday season so people can support Summit businesses by giving the gift of local! More information on holiday events and Summit VISA Gift Cards can be found on summitdowntown.org.

The HillTop Elf Scavenger Hunt • November 27 – December 18

A great event for adults and kids alike! The HillTop Elves are hidden within more than 50 different downtown Summit businesses or in the storefront windows; shoppers and their families are urged to wander downtown in search of the HillTop Elf! The more elves you find, the better chance to win! No purchase is necessary. Scavenger Hunt Forms are available at all participating businesses or can be downloaded off the SDI website. The participating businesses are listed on the form where shoppers identify where they saw the elf at each business. Completed forms must be turned in by 4PM on Saturday, December 18 to be entered to win \$500 Summit VISA Gift Card. Ten runners up will also each win \$100 gift cards. Summit VISA Gift Cards are accepted by over 100 Summit businesses and make great holiday gifts! The winning

completed forms will be drawn on Monday, December 20; winners will be notified by email.

Small Business Saturday • November 27

Small Business Saturday offers a meaningful alternative to shopping at the mall or on Route 22 for Black Friday. Never more important than now, start your holiday shopping and support local businesses while enjoying live music throughout downtown and free Horse and Carriage rides from 1-4pm at Lyric Park (corner of Beechwood Road and Bank Street). The HillTop Elf Scavenger Hunt will begin on Small Business Saturday too! Many downtown businesses will also feature special promotions and sales for the day.

Celebrate in Summit • Saturday, December 18 • 1-4PM

Shop, dine, and celebrate right in downtown Summit this holiday season! There will be music throughout the downtown and Horse and Carriage rides from 1-4pm at Lyric Park (corner of Beechwood Road and Bank Street). At the Promenade at 426 Springfield Ave, an ice carver will be making holiday sculptures out of ice! Come see him in the act from 1-3pm; the sculptures will be at the Promenade for as long as weather allows. NEW this year Santa will be making an appearance! All activities are free to the public. Special thanks to Major Sponsor Christie's International Real Estate, Summit Office for making this event possible!



**Carriages & Carolers • 1-4pm •
November 27, December 4, 11 and 18**

Take a break from your downtown shopping to enjoy holiday music, strolling carolers and brass, and free Horse and Carriage rides from 1-4pm Saturdays November 27, December 4, 11 and 18. The boarding location will be Lyric Park, located at the corner of Bank Street and Beechwood Road. Use 17 Beechwood Road for GPS. Masks and social distancing will be required.



Summit VISA Gift Cards

Looking for a new way to support local Summit businesses while giving a great gift to that special someone? Accepted at over 100 Summit businesses, both in and outside the downtown, Summit VISA Gift Cards are available for purchase at summitdowntown.org. Don't know what to get? Get Summit Gift Cards!

Summit Downtown, Inc. is a nonprofit organization dedicated to the ongoing development and promotion of the business community in downtown Summit, NJ.



Celebrate in Summit

Free Parking
DEC. 11-26

- Small Business Saturday
NOV. 27**
Kick off the holiday season with free horse & carriage rides & Holiday Street Sounds 1-4pm #shopsmall
- HillTop Elf Scavenger Hunt
NOV. 27 - DEC. 18**
Visit downtown Summit and find the HillTop Elf at participating businesses.
Win Summit VISA Gift Cards!
- Carriages & Carolers
SATURDAYS
NOV. 27-DEC. 18**
Holiday music with strolling carolers & brass, horse & carriage rides 1-4pm
- Celebrate in Summit!
DEC. 18**
Celebrate the holidays downtown: live ice carving, horse & carriage rides, strolling musicians & brass 1-4pm

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S pet of the month



Meet Emily

FAMILY MEMBERS' NAMES

Vikram, Shivani, Diya and Vani

MALE OR FEMALE

Female

PET'S NAME

Emily

TYPE OF ANIMAL/ BREED

Domestic Short Haired Cat

PET'S AGE

3 Years

Where/why did you get your pet?

Our first pet cat, Tyler, passed away in 2018 at the age of 12. When COVID hit, the girls really started missing having a pet and found the “Yellow Brick Road Rescue Shelter” online, which was looking for homes to foster their cats till they found a family to adopt them. Emily came into our lives because she was our foster family.

Is there a story behind your pet's name?

Emily was originally named Gummy! We have no idea why the shelter changed her name to Emily. Her name sure causes confusion when we talk about her as most people end up thinking we are referring to a friend.

Anything special or unusual about her (talents/quirks)?

Emily is highly intelligent. She knows how to open a door, she can tell when the car arrives in the driveway or garage and will come running to greet us. She loves to go on walks outside the house but within the boundary of our property. Being from the wild, Emily only knows how to survive but does not know how to show affection. Everytime I am busy in the house, she shows her affection by sitting with her back to me till I turn and discover her there. She has come a long way from being rescued from the wild and is learning to love and be loved.

What do you like best about your pet?

We love Emily's “bratty, mob boss” attitude of “I am the most important person in your life and I need full attention.”

Any funny stories??

She is very possessive of me and if anyone talks to me she immediately comes into that room. She loves to sleep right next to me or the girls and we dare not move or she will beat us up. She thinks she is tiny and can fit into any paper bag or carton and it's super funny to watch her big frame trying to do so.

What else should we know about your pet and/or how your pet has enriched your home/family?

Emily has brought much joy to our family during a difficult lockdown period. Once we started fostering her we fell in love with her despite her brattiness and did not have the heart to give her up to any other family. She needed our “crazy about animals” family to find love and to understand it as best she can.

Would you like to feature your pet in the magazine and social media? Please send us an email at support@localmedianj.com.

Meet Sammy



Where/why did you get your pet?

We got her at St. Huberts because we were looking for another dog to add to the family.

Is there a story behind your pet's name?

No, but after we named her that we soon realized what a lover she is and how she always wants someone petting her, so now we call her "Sammy Sweetheart."

Anything special or unusual about your pet?

She only sleeps on her back.

What do you like best about your pet?

She always can make me smile no matter how upset I am.

Any funny stories?

One time one dog snuck into our backyard and Sammy fell in love with her and when the dogs owner came and got her Sammy cried about it for hours.

How spoiled is your pet? Give us an example.

Every night I have to give her a head rub or she'll start crying.

What else should we know about your pet? How has the pet enriched your life?

Sammy has taught me to always love first, she has shown our family what unconditional love looks like and we are all so grateful for her.



FAMILY MEMBERS' NAMES	Rachel, Vivian, Robert and Shannon	MALE OR FEMALE	Female
PET'S NAME	Sammy	PET'S AGE	2 years
TYPE OF ANIMAL/BREED	Australian Cattle Dog mutt		

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women who inspire

Meet Belkys Pastor



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Belkys Pastor is the owner and founder of Distinct Vacations, a luxury travel boutique in New Jersey. She combined her love of travel with her analytical and organizational skills, from a previous career in corporate finance, to approach vacation planning in a way not often found with other travel professionals. Her clients' itineraries are handcrafted and designed with much attention to detail to create custom dream vacations filled with unforgettable memories.

When not busy designing client trips or globe-trotting meeting with her local suppliers, Belkys can be found on the yoga mat or enjoying family time with her husband, two teenage sons, and a one-year-old pup.

Why do you consider Summit/Chatham such a special place?

I serve many clients who live in this area. Through my involvement with B.I.G. I built a loyal clientele here. I very often have potential clients reach out because they found my business on the Chatham Facebook group with raving reviews. I am extremely grateful for this community and the loyal customers that have helped grow my small business.

What do you hope your work does to enhance the lives of area families?

Vacations are some of our most precious memories. My clients are busy professionals who are looking to create lifelong memories with their families before the kids graduate high school, or college, or move on with their own lives. I help them by designing private and highly personalized tours. My goal is to customize each trip to make it fun, elevate the experience, and for the entire family to share moments that will forever remain in their hearts.

Why is the women's empowerment organization B.I.G. a valuable resource for you?

I have been a member of B.I.G. for over 5 years and I am honored to be one of the assistant leaders of the Chatham/Madison pod. I know my business would not be where it is today if it weren't for the friendships and connections made through B.I.G. When I joined this organization I had a part-time corporate job. My travel business grew, and I had the courage to leave corporate in 2017 to pursue my passion full time. As an entrepreneur, it's an amazing feeling knowing I have the support of the women of B.I.G.

B.I.G. offers women the inspiration, community and tools they need to move their lives forward. Chatham area women can contact Cathy.Maloney@rate.com and Summit area women can contact melaniewilsonsummit@gmail.com and to attend a complimentary B.I.G. meeting.

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Meet Dean



Spotlight

Name: Dean Matter

Age: 8

School: Washington Avenue School

Family Members:

Brett, Shannon, Leigha, Olivia, Riley

Pets: Frankie, dog

Something unique about me:

I am a fast runner

When I grow up I want to be:

Professional football player

Favorites

Activities/Hobbies: Flag football and wrestling

Animal: Dogs

Color: Black

Food: Chicken Wings

Movies: Avengers: Infinity War

Music: Country

Place to play: Backyard

Sports teams: Eagles, Phillies, Flyers

School Subject: Reading

Vacation:

The Bahamas



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SUMMIT HIGH SCHOOL NATIONAL SIGNING DAY

Lara Cota, T&F - University of Pennsylvania

Dagny Donaldson, Swimming - Lehigh University

Teddy Robertson, T&F - Lafayette College

Dylan Sebastian, Lacrosse - Hofstra University

John Murray, Lacrosse - Sacred Heart University

Ethan Harris, Soccer - Colgate University

Natasha Kim, Soccer - Indiana University

Maggie DeFabio, Lacrosse - The United States Naval Academy

Jessica Penner, Lacrosse - Elon University

Kit Zanelli, Lacrosse - Ohio State University

Olivia Lawlor, Basketball - Dartmouth College





GABRIEL TOLEDO
SCHOOL: Chatham High School
GRADE: Senior
SPORT/ACTIVITY: Soccer
POSITION: Forward
FAMILY MEMBERS: My parents, Mauricio and Michele, sisters Victoria and Solphia, and our dog, Spike.



How long have you participated in this sport?

I have been playing soccer since I was 6.

Are you on a team?

Yes, I am on Morris United STA and the Chatham High School varsity team.

How did the Pandemic impact your sport?

At first, I wasn't allowed to really play outside on the soccer fields or even train with my coaches and teammates, but after the pandemic started slowing down, my team was allowed to begin training once again. But as I made progress, I kept on working on my strength, speed, and skills on my own, either in the gym or in my backyard.

What have you learned from participating in this sport?

Something that I have learned playing this sport is, that in order for me to achieve greatness, I must give it my all, I must put countless hours on the pitch, I must make sacrifices and keep on working on myself even if I don't see improvements from a day to another, because these improvements may even take weeks, months and years to begin to show.

What do you like best about the sport?

My love for this sport goes way back. Since I was really young playing soccer has always been a passion for me, my dad, grandparents, and uncles have all played when they were younger, therefore soccer runs in my blood. But my favorite

part I'd say is playing the sport, getting to enjoy it with your friends but also competing against them.

What is your favorite moment?

My favorite moment would be my free-kick four years ago. I was playing for the Lions in Maryland. We were playing our last game of the season and a win meant we would win the league. We were playing Bethesda, a very highly-ranked team in the U.S. In the last five minutes of a tie game, we received a free kick from 30 yards away from the goal. I stepped up to take it and I remember just sending this free-kick into the upper left corner to win us the game and the league title.

What do you plan on doing next year?

I plan on playing soccer at the next level. I plan on playing in college and finishing my club season with great stats.

One tip for someone looking to get into this sport:

I'd say it's very important for people to keep in mind, if you are going to do something then do it right and at the best of your capabilities, because it is better to know that you gave it your all, rather than doing something half well done and knowing that you could have done a better job by giving a little more effort.

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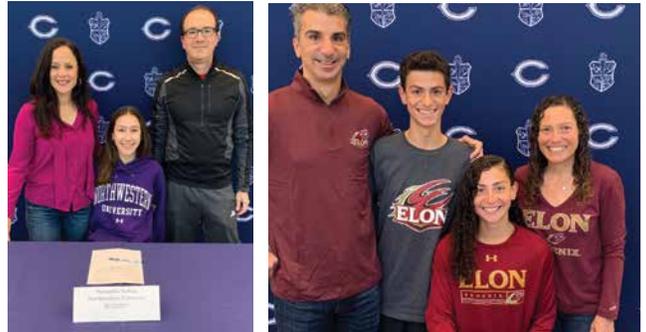


Liz Miller
 lmiller@pfnavigation.com
 908.568.2458
 www.pfnavigation.com

C sports spotlight

CHATHAM HIGH SCHOOL NATIONAL SIGNING DAY

- Seren Agar, Tennis - Boston College
- Kayleigh Coughlin, Lacrosse - Rutgers University
- Carly Frohnafel, Lacrosse - University of Denver
- Lara Kology, Lacrosse - University of Florida
- Tommy Lamar, Baseball - Lehigh University
- Sarah Petitjean, Track - Elon University
- Samantha Serban, Fencing - Northwestern University
- Owen Walewander, Baseball - Lehigh University



COUGAR WEEKEND

Photography by Grace Tortorella



Local studio offers services for dog owners

BY TANYA DEV, Contributing Editor



Jessica Valentino, Founder
 447 Springfield Ave., Summit
 908-277-9600
www.wonderdogstudio.com

What motivated you to start your business and what was your mission?

When I was 17, I rescued Duke, an eight week old, car sick, fuzzy black and tan haired German shepherd and Alaskan malamute mix. Duke became everything to me. Copiloting on car rides, accompanying me to the horse farm, countless walks around the neighborhood, trips to the beach, Duke was there for it all. I saw first hand what a difference it makes in a dog's overall behavior when they are provided with lots of exercise and given boundaries by their humans. The mission of Wonder Dog Studio is to enhance the bond between dog and human by offering the best products and services to our clients.

What services does Wonder Dog Studio offer Summit residents?

Wonder Dog Studio offers an exclusive shopping experience where your furry best bud is always welcome. We have appointment based, cage free grooming where we bathe, dry, brush out, cut nails, clean ears, and trim hair. We have add ons for our grooming dogs like blueberry facials as well as curated products such as natural chews from Nepal. We also offer one-on-one training in the client's home or at our studio and group classes filled with real world solutions to issues that our clients face everyday. All of our dog behavior classes are created by "dog behavior guru," Nick Valentino. Nick has been teaching people how to effectively "speak dog" for more than a decade. He brings so much knowledge to the Wonder Dog team and clients and we are truly grateful to have him as our Pack Leader.

What is unique about your business?

We find that the most unique thing about our business is that Wonder Dog Studio brings our clients day camp that is behavior based where new dogs are integrated into our current pack



and then have the ability to learn from the existing pack members. Our day camp revolves around our team being able to communicate effectively with the dogs so all of our staff puts a lot of time into understanding the foundation of how dogs think and why they behave a certain way. We focus on draining excess energy, building confidence and trust within the dogs that need it, we show dogs who may not know what is expected of them what we want and in turn, we are always passing along to clients different ways to make life with their dog the best it can be.

Why do you enjoy working with dogs?

If you are a dog lover, you can understand where the joy would come from. Our dogs' provide us with unwavering companionship, they make us smile, they comfort us when we're sad, they are always ready for fun, and know when it's time for a cuddle. Watching dogs transform from scared and shy to fulfilled and balanced is something I will never grow tired of. I am grateful for the privilege of calling so many dogs in our community, family.

Anything else you would like to share?

We have a mantra at Wonder Dog Studio that I would love to share with our community:

We celebrate all dogs, the purebred poodles and the ruff and tuff mutts, the brand new puppies from the breeder and the newly adopted rescue on their fifth home, dogs that walk on leash like a Westminster champion and dogs that pull like the dickens, the three pound toys, the 250 pound mastiffs and every dog in between, the face lickers, ball chasers and butt scooters, the fearful and the fearless.

The bottom line is, if you are struggling with your dog, please reach out and know we are here to help you. We look forward to meeting you and your dogs!

feature spotlight

Pets: I am the proud owner of Jocko, my two-year old French Bull Dog, who truly believes he is a Frenchman..... so, we call him Monsieur Jocko!

Position: Owner and CEO

Company Name: House of DeZign

Website: houseofdezign.com

Phone: 973.908.3575

Email: info@houseofdezign.com

MEET ROYA RANJBAR



Tell us about your family, where did you grow up?

I was born in Shiraz, which is located in the southwestern part of Iran. My parents were very supportive of any area that I showed interest. At a very early age I designed clothing and shoes out of paper for my dolls. On my first trip to Dubai, I was introduced to Barbie Dolls and they became my models for designing and sewing clothing by hand. After completing high school, I had the opportunity to attend engineering college because of my scholastic ability in math and physics but my passion was fashion design. My parents, recognizing that I had natural talent, agreed to send me to Aria a highly acclaimed Fashion Design School where I received my fashion degree after seven years of course study.

What was it like coming to America?

I traveled extensively throughout Europe as a young adult but never had the opportunity to come to the U.S. When I closed my successful business, I decided to take the leap and venture to a completely different place. Very quickly after arriving in the States, I felt like I was home. There were many people who helped me acclimate to this new and exciting environment and the experiences, from first arriving through the present, have been extremely favorable and positive.

WHILE WORKING FOR THE GERMAN MAGAZINE, BURDA, I DECIDED TO CREATE MY OWN BRAND, LALEH, WHICH INCLUDED VARIOUS LINES OF HAND SEWN CLOTHING.

Why did you decide to raise your family locally?

My family and I looked at many different areas in New Jersey but when we visited Chatham, we knew it was the location we wanted to establish roots. It has a cosmopolitan environment with a home town feeling. It's safe, offers an excellent school system, community focused, and is the ideal place to raise a family. It also helps that it is in close proximity to Manhattan and that several of my friends either live in Chatham or the surrounding area!

What activities have you and your family been involved with the community?

I volunteer with charities and local organizations that support individuals with disabilities, refugees and animals. I actively support various Chatham children's sport. It is my belief that volunteering is "good exercise for our pride" and that it is better to focus on taking action as opposed to speaking about the actions you are taking.

What inspired you to get into the fashion industry?

I was interested in fashion design from the age of nine. One of the trades in my country was sewing so I had exposure to all types of textiles and sewing techniques, including draping. I was also fortunate to travel in Europe and other area in the Middle East which gave me the opportunity to see different cultures and style of dress.

How did you become an entrepreneur?

After graduating from high school, I enrolled in a fashion school abroad where I completed an intense seven-year program. In a constant effort, to differentiate myself from others, I learned how to embroider and hand sew stones on to couture ready to wear clothing. While working for the German magazine, Burda, I decided to create my own brand, Laleh, which included various lines of hand sewn clothing. I trav-

eled throughout Europe and to Dubai to gain international experience about different designs, cuts, and how to sew these types of clothing. I was not only an entrepreneur but also a trail blazer in my country and once my brand was successful, I came to the U.S.

How does one learn about the fashion industry?

I can't speak for others, but my passion for the fashion industry drove my learning experience. Not only did I create my own clothing for dolls, but I read magazines and any materials, that I could get my hands on, to learn as much about the industry as possible. I knew I wanted to be a part of the industry and my goal was, at some point, to work for a well-known and respected European or U.S. fashion house before opening my own business. I achieved the first goal by working for Chanel in Manhattan about 15 years in many different capacities.

Tell us about your studio at House of DeZign. Why did you open the business here in Chatham?

The House of DeZign is located at 11B Roosevelt Avenue and it is a fashion design studio for people of all ages. I opened the business in Chatham because I saw an opportunity to contribute to the community and, hopefully, generate awareness about the many opportunities in the fashion industry. Chatham is ideally situated because of its proximity to Manhattan. We can offer employment and intern programs for students attending fashion schools in Manhattan, Montclair, as well as well as, some of the local schools where sewing is taught. Also, it offers another after school activity for students in the surrounding areas who may be interested in fashion and learning how to sew.

Who are your students, what ages?

Our students range in age from six years of age to adults. They are predominantly females but everyone is invited and welcomed to participate in our classes.



feature spotlight Continued from page 17

What types of classes do you offer?

We offer basic sewing classes and fashion design. For a description of the courses and events offered please visit our website. In addition, classes, the studio offers camps throughout the year and is available for special events like birthday parties.

What are the latest trends in fashion?

Having been in the fashion industry for many years, it is my opinion that fashion is cyclical so if you just wait, the trend will return which means that nothing ever really goes out of fashion. Currently, I find there is an upcycling trend where old, worn, or damaged clothing is transformed into something new. In addition to being efficient it also helps all of us become active participants in being ecologically conscious in doing our part to save the environment. I plan to offer a course in upcycling at the House of DeZign.

What advice would you give to anyone thinking about a career in fashion?

The fashion industry is extremely competitive so I would recommend that anyone interested in a career recognizes that it will take determination, discipline and a lot of hard work. It requires being knowledgeable about various sewing and fashion designs and a way to differentiate yourself from others. Individuals interested in this industry should have knowledge about all design software and recognize the importance of bringing value to the business where they seek employment.



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Making the Case for Prostate Cancer Screenings

BY DR. NAEEM RAHMAN

The decline in prostate cancer screenings due to concerns of over-diagnosis and over-treatment is having a serious consequence: the number of men diagnosed with metastatic prostate cancer has doubled in just five years.

There is some validity to the concerns of over-screening. The widespread use of the prostate specific antigen (PSA) blood test has resulted in some patients enduring unnecessary invasive biopsies and potentially unnecessary treatments. However, since its inception in the early 1980s, PSA has resulted in a dramatic decline in metastatic disease and declining death rates.

Despite this, there is a narrative regarding over-diagnosis and over-treatment for a perceived indolent cancer amongst the public and many physicians. A large segment of family practice doctors don't believe in the benefits of screening for prostate cancer. This discounts that nearly 250,000 men are diagnosed every year with prostate cancer, and nearly 35,000 will die in 2021 from their disease, making it the second leading cause of men's cancer deaths.

Amongst the urology community, the argument of over-diagnosis and over-treatment is less compelling. The National Comprehensive Cancer Network's 2018 guidelines for prostate cancer early detection supports baseline screening for well-informed healthy men at age 45.

We're now able to be more nuanced about who really needs a biopsy, often monitoring borderline PSA elevations, seeking newer, more sensitive blood tests when possible, and obtaining MRIs to help guide decision-making. Once cancer is diagnosed, we have better tools such as genetic testing and advanced nomograms to see which patients may avoid treatment.

Our ability to treat prostate cancer that's caught early has gotten better with improved surgical techniques, including robotic surgery, and stereotactic precise radiation therapy ("CyberKnife"), which has reduced the risk of urinary, sexual and gastro-intestinal side effects.

While the five-year survival rate of localized prostate cancer is nearly 100%, this plummets to 30% when it spreads to other parts of the body.

The risk of prostate cancer is highest in men in their 60s, with Black men having highest rates of developing and dying from

prostate cancer. Men with a close male family relative with prostate cancer or female relative with breast or ovarian cancer should consider earlier screening. Over the past three decades, the number of men age 49 and younger developing prostate cancer has increased, and they have a lower survival rate. I opted to check my PSA in my mid-40s, as did many urologists I know.

According to statistics from the federal Surveillance, Epidemiology, and End Results (SEER) Program, the rate of metastatic prostate cancer diagnoses increased 48% between 2014 and 2018. The Centers for Disease Control and Prevention reported that distant cases of prostate cancer increased from 4% in 2003 to 8% in 2017.

As a urologist on the front line against prostate cancer, I believe a continued emphasis on screening is necessary to help reduce the development of advanced disease, and ultimately save lives in the process.



Naeem Rahman, M.D., is Lead Physician for Atlantic Medical Group Urology at Atlantic Health System. Dr. Rahman is a board-certified urologist and member of the American Urological Association and the Society of Robotic Surgery.



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Yekaterina "Kathy" Kaye

Licensed Real Estate Salesperson
y.kathy.kaye@compass.com
M: 345.657.0123 | O: 973.310.6816
KathyKayeHomes.com
@mrsrealtornj

Matthew Keane

SVP of Mortgage Lending
M: 973.464.7571 | O: 973.295.6478
matt.keane@rate.com
www.rate.com/MatthewKeane
NMLS ID: 12966



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Yekaterina "Kathy" Kaye is a real estate salesperson affiliated with Compass. Compass is a licensed real estate broker and abides by equal housing opportunity laws.



Chatham & Summit Market Update

with Kathy Kaye of Compass, MrsRealtorNJ

The clocks have fallen back, and we've entered the home stretch of 2021. And what a year it's been! Throughout the U.S., we saw multiple real estate records topple, many of which had stood for decades. According to Realtor.com, home prices have risen 13.5 percent since the pandemic began in Spring 2020, driven by surging demand and low inventory. Morris County specifically outpaced that national average with New Jersey Realtors data showing a 17.7 percent increase in median sale prices. Underscoring the push-pull relationship between supply and demand, we've seen the number of single-family homes sold through September 2021 jump 14 percent compared to 2020, while new listings fell 8 percent year over year in the county.

As the year winds to a close, we're seeing a cooldown from the white-hot summer. In Summit, the number of days on market has ticked up since last October, and we saw a 30 percent decrease in new contracts YOY. Median sales price reached \$933,000 in October 2021, a 17 percent increase from last year, and sellers are continuing to achieve their full asking price. In Chatham Borough, median sales prices reached \$1 million in October, a modest 5 percent increase from last year, and new listings fell 21 percent. In neighboring Chatham Township, the market is still brisk, with a 30 percent reduction in days on market. The median sales price in October 2021 skyrocketed 39 percent YOY to \$877,000, with sellers achieving full asking prices. Even with the traditional year-end slowdown as we enter the holiday season, 2021 will go down as one of the strongest years in real estate in recorded history.

So, what lies ahead? Several economic and market factors indicate a strong but far less frenzied path ahead. Leading the cool-off is the lingering issue of low supply across the country. This is especially a factor in the lower end of the pricing spectrum, creating a challenge for first-time buyers who were unable to enter the market during the unprecedented pandemic buying charge. Stagnant new home construction is compounding the housing inventory issue, with workforce shortages, skyrocketing materials costs and global supply chain problems wreaking havoc in the industry.

Experts agree that the era of record-low interest rates is likely heading to an end, with rates expected to tick up next year. While the Fed has acted cautiously thus far, decreasing

COVID cases and rising employment, consumer spending and fears of inflation will force its hand sooner rather than later. According to the average prediction of experts across organizations like the National Association of Home Builders, Fannie Mae and the National Association of Realtors, mortgage rates will hover around 3.14 percent by the end of 2021. It's important to remember that that's still uncharacteristically low and far from the 5 percent rates that were commonplace just three years ago.

These forces, combined with continued interest from buyers, should create a strong but far more manageable real estate landscape in 2022. Pent-up demand will unwind, supply-chain issues will resolve, and cooler heads will prevail, drawing the elusive "return to normal" closer than ever.



Kathy Kaye is a real estate salesperson affiliated with Compass. She can be reached at 862-432-2810 or by email at y.kathy.kaye@compass.com. Find her online at kathykayehomes.com or MrsRealtorNJ instagram, Facebook and LinkedIn. Compass is a licensed real estate broker and abides by equal housing opportunity laws.

Protecting yourself from the next storm

BY MARIELLA FOLEY, Contributing Editor – Finances

Tropical storm Ida made its mark on much of the East Coast and has been viewed as one of the deadliest storms to hit NJ. Many homeowners who never experienced flooding issues in the past were suddenly caught off guard and inundated with water in their homes, costing many residents significant losses. These “100-year storms” seem to be occurring more frequently these days. With global warming a very real issue, we may begin to see more storms like Ida. So how can we be more prepared next time?

1. Review existing homeowners’ insurance coverage – Make this a regular annual exercise to review your coverage with your carrier so you understand how specific scenarios would play out. Review the deductibles and determine if any changes are needed.

2. Protect your sump pump – be sure to check your sump pump periodically to ensure it is functioning properly, especially when preparing for an upcoming storm. A standard homeowners’ or renters’ insurance policy generally does not provide coverage for water damage caused by a sump pump failure. Be sure to obtain a sump pump overflow endorsement on your homeowners’ or renters’ insurance. This will provide added protection from costly water damage resulting from backed up drains or failed sump pumps.

3. Take steps to minimize losses – Check your home for weaknesses. If your home, including your garage and basement, tends to accumulate water from time to time, explore what steps are necessary to rectify the matter. This is a sign of a potential issue in the future. Consider clearing out unnecessary storage and valuables from these areas to reduce potential loss.

4. Flood proof your home – Work with a contractor to learn the best way to seal your foundation and floodproof your property, both inside and outside.

5. Consider flood insurance – Call your insurance carrier and inquire about the cost of this type of coverage for your home in your area and what is covered. Any homeowner can obtain coverage for a more reasonable amount, even if not located in a designated high-risk flood zone. While it would mean an increase in your annual premium, it will give you additional peace of mind to know that the proper coverage is in place in the event of a future flood.

These are just some easy steps to take to protect yourself against potential risks. If you are in the process of doing any type of structural renovation on your home, consider a more in-depth inspection to identify other potential issues or areas of improvement. Insurance is about protecting yourself from a potential loss. We have now seen how the unexpected can catch us off guard. Don’t let it happen to you too.



Mariella Foley, CFP® is a Partner and Wealth Advisor with Round Table Wealth Management. She has been part of the Westfield community advising clients for over 20 years. For a professional consultation Mariella can be reached at mariella@roundtablewealth.com or 908-374-2570.

The advertisement features the Round Table Wealth Management logo at the top, which consists of an orange geometric atom-like symbol above the text "ROUND TABLE" in a large, dark blue serif font, and "WEALTH MANAGEMENT" in a smaller, orange sans-serif font below it. The background of the ad is a teal color with a subtle geometric pattern. The main text is in white and orange, stating: "Providing comprehensive investment advisory services to individuals and families since 1999". Below this, it says "Call us for a no-obligation, complementary financial review." in orange. At the bottom, the address "241 North Ave. W, Ste. 300, Westfield, NJ 07090", phone number "(908) 789-7310", and website "www.roundtablewealth.com" are listed in white.



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Jim's Story

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