

## Defining a Sense of Self: Hellenic Therapy Center

We all have personal boundaries. Our boundary defines who we are and determines how we are able to interact and relate to the world, physically, emotionally and spiritually. My boundary lets me know where I end and you begin. My boundary allows me to express who I am and allows you to do the same. Boundaries exist for our protection. When our boundaries are intact, we know that we have separate feelings, thoughts and realities. If we grew up in a dysfunctional family, inconsistency and various forms of abuse influenced our ability to form and maintain our boundaries. We also have difficulty identifying the boundaries of others. Damaged boundaries is another symptom of codependency.



Maria Sikoutris-Di Iorio

When we have a lack of boundaries it becomes difficult to distinguish self from others. I feel my feelings and all your feelings, too. I begin to define myself according to your definition. I lose my own identity. My feelings are your feelings, my thoughts are your thoughts, and I behave the way I think you want me to. I lose my own sense of self and cannot define myself. I live my life through you.

You need an internal boundary so you can detach enough to accurately hear what another person tells you about who he or she is, and you can separate that person's feelings and thoughts from your own. With a good internal boundary, you can be in a relationship without pro-

jecting your own skewed interpretations onto the other person or allowing that person's fear or pain, for instance, to become your own and overwhelm you. And an intact internal boundary is especially helpful and necessary when someone is confronting you.

Emotional boundaries protect us like an internal shield, helping us determine which emotions are ours, and letting us deflect emotions that are not ours. When we have healthy emotional boundaries, we can honestly determine our feelings about any situation, person, place or thing. If we take responsibility for expressing our emotions and notice the impact of our behavior on others, we have healthy emotional boundaries.

With healthy boundaries you can truly detach from other people while staying in caring relationships. You can begin to choose your own behavior, thinking, and feeling. Learning to set healthy boundaries is a very big part of recovery from codependence. Learning to set healthy boundaries usually takes time, practice and patience and does not happen overnight.

At the Hellenic Therapy Center, located at 567 Park Avenue, Scotch Plains, N.J., we strive at enhancing a healthy self-esteem and establishing healthy boundaries in relationships. We have a team of professionals who can work with you. You may call (908) 322-0112 or visit [www.hellenictherapy.com](http://www.hellenictherapy.com).

*Paid Bulletin Board  
goleader.com/express*

### Spring Recreation Available to Seniors

FANWOOD — Registration has begun for the Fanwood Recreation Department's spring programs for senior citizens. Most programs will begin the week of Monday, March 31, and run weekly through the week of Monday, June 16.

Programs include Aerobics, Tai Chi, Tennis, Water Exercise, Zumba Gold, Gentle Yoga and Line Dancing. All classes are held in the recreation building at Forest Road Park in Fanwood, with these exceptions: Water Exercise is held at the Jewish Community Center (JCC) of Central New Jersey Wilf Jewish Community Campus indoor pool in Scotch Plains and Tennis is held at Fanwood's LaGrande Park tennis courts.

The fee is \$15 per program for Fanwood and Scotch Plains residents and \$30 for all others. To register online and pay by credit card, go to [fanwoodrecreation.org](http://fanwoodrecreation.org). Individuals also may pick up a paper schedule and registration form and pay by check at Fanwood Borough Hall, 75 North Martine Avenue, after today, Thursday, March 20.



**HISTORY LESSON...**Alice Dillon, left, a member of the Friends of the Westfield Memorial Library, joins actors Lisa G. Fleming, Renee Williams and Sandi Jackson, pictured left to right, following their performance of *From the Mississippi Delta*, a memoir of civil rights worker Endesha Ida Mae Holland. The Friends presented the play at the library in February in celebration of Black History Month. To become a member of the Friends, pick up a membership form at the library or call board member Lynne Hartzell at (908) 232-7817.

## Senior Council to Focus On Looking One's Best

MOUNTAINSIDE — The Senior Citizens Council of Union County will hold a special spring program entitled "Sitting Pretty" next Thursday, March 27, at L'Affaire Fine Catering, located at 1099 Route 22, East, in Mountainside.

This program will focus on how both men and women can look their best. A panel of experts will discuss the secrets of growing hair, a bright white smile, a radiant complexion and other topics.

Doors for the program will open at 8:45 a.m. with exhibits and free on-site screening. A continental breakfast will be served followed by a special presentation on "Sitting Pretty" beginning at 10 a.m.

Featured speakers will include Dr. Richard Bezzo from Molesafe, who will discuss "safe skin" and what to do about spots. Dr. Arthur Bilenker will talk about the many options available today in cosmetic dentistry. From Robert Wood Johnson Rahway Fitness and Wellness Center, personal trainer Cheryl Taylor will discuss

what being fit really means.

Additionally, the owner and hairstylist of Gian's in Kenilworth and Leah Dade, a director from Mary Kay cosmetics, will both offer the secrets of their trades.

"It's not just about good genes. There are many things we can do to enhance our appearance," said Ellen Steinberg, chairwoman of the Union County Senior Citizens Council. Richard Stone, executive director of the Senior Council, added, "Looking good makes us feel better about ourselves. And that translates to positive energy. It's no wonder that everyone seems 20 years younger."

There is no charge for this program, but interested persons are asked to respond in advance. For more information or to respond, contact the Union County Senior Citizens Council at (908) 964-7555. The Union County Senior Citizens Council is a not-for-profit organization devoted to the needs of older Americans, their families and caregivers.

### Westfield

Monday, March 10, after being stopped for motor vehicle violations on Central Avenue near Sycamore Avenue, Stephanie Gaspar, 21, of Edison was arrested on an outstanding Fanwood traffic warrant in the amount of \$89. She was processed and released after posting bail.

Wednesday, March 12, Edwin Reid, 37, of Scotch Plains was arrested as the result of a motor vehicle stop on North Avenue near Elmer Street on a Springfield traffic warrant in the amount of \$239. He posted bail and was assigned a new court date.

Thursday, March 13, a retail business located on the 100 block of East Broad Street reported a theft incident in which one or more unknown individuals stole approximately \$392 in merchandise.

Friday, March 14, Terence Gmelin, 19, of Westfield was arrested on an outstanding Westfield traffic warrant in the amount of \$145 after turning himself in at police headquarters. He was processed and released after posting bail.

### Scotch Plains

Monday, March 10, a resident of Park Avenue reported that sometime overnight someone entered his unlocked motor vehicle and removed an iPod, valued at approximately \$200.

Monday, March 10, Luis Gonzalez, 30, of Elizabeth was arrested and charged with theft after a resident of Mary Ellen Lane stated that she observed a painter take earrings, valued at approximately \$200, from her bedroom while he was painting. According to police, the victim contacted authorities, who responded to the scene and questioned the suspect. Gonzalez admitted to taking the earrings and turned them over to the police. He was transported to police headquarters, processed and released after posting \$2,500 bail.

Monday, March 10, a resident of West Broad Street reported that she has been receiving numerous calls from a former friend.

Tuesday, March 11, a resident of Morse Avenue reported that someone made approximately \$10,000 in purchases on her credit card without her authorization.

Wednesday, March 12, Alexander Rivera, 43, of Hazlet was arrested after a motor vehicle stop on East Second Street on an outstanding \$1,000 warrant issued by the Scotch Plains Court. He was transported to police headquarters, processed and released.

Thursday, March 13, a resident of Route 22 reported that sometime overnight someone entered her unlocked motor vehicle, which was parked in the driveway, and removed a GPS valued at approximately \$350.

Thursday, March 13, Jared Turner, 27, of Scotch Plains was arrested and charged with possession of suspected marijuana after a motor vehicle stop on Lamberts Mill Road. He was transported to police headquarters, processed and released.

Saturday, March 15, Megan Decristoforo, 32, of Clark was arrested and charged with possession of suspected marijuana after a motor vehicle stop on Westfield Road. She was transported to police headquarters, processed and released.

Sunday, March 16, a resident of Cook Avenue reported that she had received a call from someone who requested her Social Security number and date of birth so that he could process a loan. The victim did not provide the information, police reported.

### Mountainside

Monday, March 10, a resident of New Providence reported that he had used the valet service at a restaurant on Route 22 and left his iPhone 5 in the motor vehicle while he ate. Ac-

ording to police, when he returned the phone was missing, and when he was able to track it, the location of the phone was determined to be in Jersey City on Lincoln Highway.

Wednesday, March 12, the manager of a Sheffield Street business reported that a former employee, who was terminated on September 9, 2013, was able to obtain three unauthorized electronic transfers from the company's bank, totaling \$1,426.

Wednesday, March 13, Joseph Appesato, 47, of Scotch Plains was arrested for driving with a suspended license and on an outstanding ATS warrant out of Woodbridge Township in the amount of \$500. He was transported to police headquarters, processed and released after posting bail.

Friday, March 14, Luis X. Quihpi, 29, of Newark was arrested for driving with a suspended license after a motor vehicle stop on Route 22. He was processed and released at the scene.

Friday, March 14, a resident of Iris Drive reported that she had received a call from an individual claiming to be from Microsoft who told her that her computer was hacked and that he needed to access her computer from a remote location. According to police, she allowed him to access her hard drive and the suspect told her that her computer had been hacked and for \$200 she could download a program to protect her personal information. The victim then wired the money through Western Union, as the suspect directed her to do, and the money was picked up almost immediately, police said. Authorities stated that it should be a red flag anytime someone unknown asks for money to be sent via Western Union.

Saturday, March 15, a resident of Forest Hill Way reported that someone used his debit card to withdraw money in Harlem on March 2. A second attempt to withdraw money was made on March 3, but was declined, police said. According to police, the victim was out of the country and in possession of the card the whole time. The victim stated that he recently used the card to withdraw money at the ATM of the Bank of America branch in Mountainside and at the Chipotle on Route 22 in Springfield.

Saturday, March 15, Cindy Angulo, 24, of Belleville was arrested for driving with a suspended license after a motor vehicle stop on Route 22. She was processed and released at the scene.

Saturday, March 15, Chris V. Mitchell, 30, of Middlesex was arrested and charged with hindering apprehension for allegedly providing false identification to police after the motor vehicle in which he was a passenger was stopped for a violation. He was transported to police headquarters, processed and released.

Saturday, March 15, Roesohn E. Little, 43, of Roselle was arrested on an outstanding ATS warrant in the amount of \$150 after a motor vehicle stop on Route 22. He was transported to police headquarters, processed and released after posting bail.

Sunday, March 16, a resident of Chimney Ridge reported that someone forcibly ripped the downspout off the side of the residence and pulled out four low-voltage landscaping lights from the front yard, causing approximately \$900 in damage. According to police, the homeowners heard voices in their yard during the night but did not investigate.

Sunday, March 16, Jahaida M. Figueroa, 22, of Newark was arrested and charged with possession of suspected marijuana after the vehicle in which she was a passenger was stopped for a motor vehicle violation. She was transported to police headquarters, processed and released.

## Turkish Bazaar/Rug Sale To Benefit Area Homeless

AREA — The Elizabeth Coalition to House the Homeless will host a Turkish Bazaar and Rug Sale on Saturday, March 29, from 1 to 5 p.m. at The Wagon Shed of the Liberty Hall Museum, located at 1003 Morris Avenue in Union.

Participants will have an opportunity to learn more about these ancient works of art, drink Turkish tea, enjoy some Turkish treats, bargain and buy a carpet.

Hamza Yildiz, owner of Noah's Ark, will show some 500 carpets available for purchase: small, big, old, new, Turkish, Persian, and Central Asian pile rugs, kilims and sumacs. Items such as silk bed covers, cushion covers and jewelry also will be available for purchase. A portion of the proceeds from the sales will be donated to the Elizabeth Coalition.

The Coalition is Union County's frontline organization responding to the growing numbers of homeless families and individuals in local communities. For more information and to respond, e-mail: [BetsyFabricant@gmail.com](mailto:BetsyFabricant@gmail.com). For directions, visit [kean.edu/libertyhall/directions.html](http://kean.edu/libertyhall/directions.html).

Mount Haven Trip Still Has Openings

SCOTCH PLAINS — Space is still available for the Scotch Plains Senior Citizen Advisory Committee's trip on Wednesday, April 23, to Mount Haven Resort in New Milford, Pa.

Joey Vincent will perform his one-man show, which includes singing, impersonations, trumpet playing and humor. Both a country buffet on arrival and a large lunch buffet will be available. The cost is \$45 per person for residents of Scotch Plains and Fanwood and \$47 for all other seniors.

Buses will leave at 8:30 a.m. from the Scotch Hills Country Club parking lot on Jerusalem Road in Scotch Plains and return at approximately 5:30 p.m.

Interested persons may register in the Scotch Plains Recreation Office, 430 Park Avenue, Room 113, in Scotch Plains. For more information, call (908) 322-6700, extension no. 222, or (908) 889-2084.

### Small Fry Programs Open to Kids 3 to 5

SCOTCH PLAINS — The Scotch Plains Recreation Commission has announced that signups for the Small Fry program is underway. The Summer Small Fry program is available to children ages 3 to 5 who have not yet attended kindergarten.

The program is broken into three, two-week sessions, beginning June 30, with each session having a 9 to 11:15 a.m. time slot and an 11:30 a.m. to 1:45 p.m. time slot.

Space is limited in the afternoon slots for all sessions and there is a waiting list for the morning sessions. Each session will last 10 days, with the exception of the first session, which runs nine days. The fee for the morning session is \$140, with the first session as \$130, and the fee for the afternoon session is \$110, with the first session as \$100.

Registration for each of these programs can be completed online by accessing [scotchplainsnj.gov](http://scotchplainsnj.gov) and clicking on the "Community Pass" link, or through the recreation office. For more information or if there are questions, call the Scotch Plains Recreation Department at (908) 322-6700, extension no. 223.

### WILL A COURT FORCE YOU TO PAY FOR YOUR CHILD'S COLLEGE EXPENSES?

### WILL THE COURT LISTEN TO YOUR CHILD'S PREFERENCE IN DETERMINING CUSTODY?

### WHAT IS HAPPENING WITH THE ALIMONY REFORM MOVEMENT IN NEW JERSEY?

FIND OUT.

### ATTEND OUR FREE SEMINAR EVERYTHING YOU NEED TO KNOW ABOUT DIVORCE.

The Law Firm of Dughi, Hewit & Domalewski, P.C. is pleased to announce that Mario C. Gurrieri, Esq., Chair of its Family Law Department, who has specialized in matrimonial law for over 40 years, and his group of other well-experienced attorneys, Richard A. Outhwaite, Esq., Kristin M. Capalbo, Esq., Jennifer L. Young, Esq., and Eva M. Uhrig, Esq., will review the law, explain the legal process and answer your questions concerning premarital agreements, separation, divorce, custody and parenting time, division of assets, alimony, child support, domestic violence, post-divorce Court review of changed financial and child related-circumstances, and how the current economic climate and new proposed legislation will impact divorce and post-divorce matters.

**Information will also be provided on Divorce Mediation**, an alternative to the traditional contested proceeding. Divorce Mediation offers the potential for significant financial savings, while assuring that your rights are fully protected by avoiding the expense, stress and delay involved in Court proceedings.

If you are experiencing marital difficulties and contemplating divorce, or if you are simply curious about your rights in a separation or divorce, this free Seminar will be of value to you. If you are already divorced, the Seminar will also be of value in explaining post-divorce rights and obligations of former spouses.

**A Free Personal Consultation will be offered to All Attendees**

**Reservations Required (No last names needed)  
Call: (908) 272-0200  
Refreshments will be served**

**THURSDAY, APRIL 3, 2014  
7:00 p.m. to 9:00 p.m.**

**TEMPLE EMANU-EL  
756 East Broad Street  
Westfield, New Jersey 07090  
908-232-6770  
[www.tewnj.org](http://www.tewnj.org)**

**SATURDAY, APRIL 5, 2014  
1:00 p.m. to 3:00 p.m.**

**HOLIDAY INN  
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### Jews and Christians To Continue Dialogue

FANWOOD — All are welcome to join the Fanwood Presbyterian Church and Temple Shalom on Thursday nights at 6:45 p.m., now through April 10, for soup and Jewish-Christian fellowship and dialogue.

Those who can not come early are invited to join participants at 7:30 p.m. to watch segments of the award-winning documentary *Jews and Christians — A Journey of Faith*, followed by discussion groups. This portion of the program is held in the church sanctuary. Another group meeting for this documentary and discussion presently is being offered on Tuesdays at 1 p.m. in the sanctuary.

Participants will learn more about the Jewish roots of the Christian faith and how they were redeveloped in the church. Seeking common ground, respecting differences and working for peace and justice are the expectations and goals of this venture.

The Fanwood Presbyterian Church and Temple Shalom are located at 74 South Martine Avenue, at the corner of La Grande Avenue, in Fanwood. The dining room entrance is on MacDermott Place. For further information and directions, call (908) 889-2029 or e-mail [admin@fanwoodpc.org](mailto:admin@fanwoodpc.org).