

COLLINGSWOOD

DECEMBER 2021

living

PLUS

- A Holiday Festival with Albertino's!
- Why I Love Collingswood
- Audiology 101

WELCOME HOME

Meet Ben Everette Moore & Jimson Wilson D'Souza

publisher's note



DEAR COLLINGSWOOD READERS,

The holidays are here and I can feel the cheer, I hope you can too. There is nothing like decking the halls and filling up your cup of eggnog to gather 'round with friends and family. I love how Haddon Avenue feels so festive as the businesses in town string their lights. This year I am feeling quite reflective as we just wrapped 12 editions of *Collingswood Living*. It has been an absolute joy to get to produce this publication and meet so many members of this community. Collingswood is full of so many beautiful

people and it's been my honor to provide this platform for you to get to know some of them.

This month we spotlight such a fun couple, residents and business owners Ben Everette Moore and Jimson Wilson D'Souza, owners of the new home store in town, Everette Wilson Designs. Additionally you will get to read about our holiday collaboration with both Everette Wilson Designs and the Gallelli family, owners of Albertino's. The Gallelli family hosted us for an evening to indulge in the 7 fishes that they will be offering in the month of December. Everett Wilson provided design and décor which was absolutely stunning. This month we also hear from our expert realtor Liz Mason who weighs in with an article composed of community submissions on why you've chosen Collingswood as the place to buy a home and lay your roots! Expert Jon Ayes gives us the 411 on hearing loss. Expert and pediatric dentist Dr. George gives us insight for the best ways to give your children cavities and, more importantly, how to avoid them!

We hope you enjoy our usual sections of Colls High School Sports, kids crafts, Around Town, new business spotlights, "Must Have" holiday guide and so much more!

Happy Holidays Collingswood, thank you for reading, contributing, and supporting the businesses that support us!

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206 E Coulter Ave	Collingswood	3	2	1,445	\$310,000	\$285,000	\$197
122 E Stiles Ave	Collingswood	3	2	1,350	\$300,000	\$310,000	\$230
409 Cedar	Collingswood	2	2	1,302	\$295,000	\$336,000	\$258
112 E Coulter Ave	Collingswood	3	1/1	1,306	\$350,000	\$365,000	\$279
820 Linwood Ave	Collingswood	3	2	1,833	\$365,000	\$388,500	\$212
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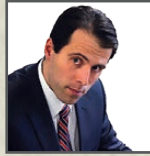
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Born and raised in Delaware County Pennsylvania, Mr. Honer has been a Collingswood resident for the better part of the past decade. In addition to his tax preparation and consultation services, Mr. Honer is an accounting teacher at the collegiate level. His professional licenses include a CPA, CFE, and Attorney license in both Pennsylvania and New Jersey. Lastly, he is a "die hard" Philadelphia sports fan, which he states, "usually leads to disappointment."

AUDIOLOGY: JONATHAN S. AYES



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d/b/a Associates in Hearing HealthCare
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Jon Ayes joined Associates in Hearing HealthCare in July of 2014 as Director of Operations. He became practice owner in November 2018. Jon brings 25 years of experience in managing health care practices in a manner that enhances patient experiences. When not working, Jon enjoys family time and a good golf game.

DERMATOLOGY AND COSMETIC SKINCARE : DR. ANAMARIA NEWPORT, DMS, DMD*, MHS, PAC



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Born and raised on the shores of Lake Erie, Jeffrey Alan Kerstetter brings a blue collar ethic and sensibility to his practice of family law. Jeffrey takes pride in helping his clients find practical solutions to their legal issues,

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Jason is the principal and owner of the Connell Insurance Agency, licensed in property, casualty, and life Insurance. He's a University of Delaware graduate and a long-term Collingswood resident. He and his family have been helping locals for the last four decades. Connell Insurance Agency (CIA), is experienced people serving the insurance needs of Collingswood citizens and nearby communities throughout South Jersey. Jason is a big advocate of consumers having choice and will work to find you the best coverage and price to fit your needs and budget. As an independent insurance agency, he works with numerous top-tier, leading insurance companies providing competitive options for his customer's needs. It's that simple and the origin of their slogan, "If you work with us, we will work for you."

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Dr. Steven Bromley, M.D. is a board certified Neurologist with more than two decades of experience in the medical field. Dr. Bromley owns and operates the South Jersey MS Center, a one-of-a kind, state-of-the-art private practice which treats MS and a variety of complex neurological conditions. Dr. Bromley has the highest of ratings and has received numerous accolades from his community.

OPHTHALMOLOGIST: MICHAEL S. KRESLOFF, MD



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Dr Michael Kresloff, MD is a board certified ophthalmologist, a fellow of the American Academy of Ophthalmology and a member of the American Society of Cataract and Refractive Surgeons. He is a Wills Eye affiliated surgeon specializing in laser cataract and refractive surgery. His goal is to reduce or eliminate his patients' need for glasses through the use of specialized lenses that correct for prescriptions including astigmatism. He has been recognized by many online, local and national publications as a top doctor for his work and compassion.

ORTHODONTIC DENTISTRY: TEJY M. THOMAS, DMD



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Dr. Tejy Thomas is a dual Ivy league trained and Certified Orthodontic Specialist. In starting 'Center City Orthodontics', his vision was to have a patient centered orthodontic practice with the primary objectives of clinical excellence and patient experience. His team is proud to be able to serve the local area with their practice locations in Philadelphia and Cherry Hill. Dr. Thomas holds various positions at the state and national level with the American Association of Orthodontists, as the President of the Pennsylvania Association of Orthodontists and is currently serving as the Director of the Middle Atlantic Society of Orthodontists. Furthermore, he has been recognized as one of the leading providers of Invisalign treatment for adults and teens in the country.

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Dr. George Thomas Lynch, better known as "Dr. George" is originally from Southern Delaware and received his undergraduate training at the University of Delaware. He then received his Doctorate at the University Of Pennsylvania School Of Dental Medicine and further received his pediatric dental training at St. Christopher's Hospital for Children. Dr. George is a Diplomate of the American Board of Pediatric Dentistry and an active member within the American Academy of Pediatric Dentistry and is excited to be serving the families within Center City Philadelphia and South Jersey. When Dr. George isn't "counting and brushing teeth," he can be found either at the gym, heading to the beach or walking his dog Hudson around the neighborhood.

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Liz is a Collingswood local who is passionate about real estate and truly loves helping others through the process of home buying and selling. She's a twin mom, avid reader and Little Free Library steward. If you're looking for a responsive and reliable realtor, or if you have any questions about the local real estate market, give her a call!

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As a Vice President and a Senior Investment Manager, Frankie Fontanez provides investment leadership in the creation and implementation of investment strategies. Frankie also serves as an investment advisor for complex accounts. Frankie works with a team of investment advisors, experienced professionals in financial and estate services, trusts and banking services, to help clients achieve their financial objectives. Prior to joining PNC, Mr. Fontanez has spent over 30 years in the Financial Industry at the Philadelphia Stock Exchange, with extensive experience in equities and options, also at Legg Mason/ Morgan Stanley as part of a Wealth Management Team with over \$500 million of assets working with individuals, entities and businesses. His professional licenses include Registered Investment Advisor, FINRA Series 7, 63 and 66 licenses. Mr. Fontanez currently resides in Collingswood, New Jersey with his wife and two children.

Welcome Home

MEET BEN EVERETTE MOORE & JIMSON WILSON D'SOUZA

By KRISTEN JORGENSEN | Photos by MATT ZUGALE



IF YOU'VE EVER TAKEN A STROLL down Haddon Avenue, then you know the curation crown for all things home décor and design goes to Everette Wilson Designs. By definition, the art of curation is selecting, organizing, and looking after the items in a collection or exhibition and there is no doubt that is exactly what Ben Everette Moore and Jimson Wilson D'Souza are perfectly orchestrating at their new store and passion project at Everette Wilson Designs. Nestled quaintly on Haddon Avenue in downtown Collingswood, Ben and Jimson have done a meticulous job of bringing together the Avant Garde and the unusual with the balance of class found in traditional styling to the design table. Their store features more than just décor, it's an immersed experience of traveling outside of South Jersey and into a wonderland of home furnishing goodies and self-care products. Perhaps the most memorable part of the shopping experience is walking in to meet Ben and Jimson themselves. You're greeted with a warm welcome and a southern smile that just feels like a warm hug and that somehow, you're already home.

Getting to the Heart When walking into Everette Wilson Designs, you most likely will be greeted warmly by the booming voice of Ben Moore. A tall drink of southern water, Ben is the true embodiment of a human teddy bear. Kind, warm and with a visible zest for life, he will usher you in and place a cup of homemade sangria in your hand. He'll talk to you about everything and anything before he even asks you what brought you into the store. Jimson is usually at the counter and shyly smiles at you from across the room in a way that feels polite and sincerely sweet. With a quick nudge and sniff from their rescue pup, Bourbon, you know you're in the right place.

I'm certain that the refreshing and genuine kindness you immediately get from Ben comes from his southern roots and hospitality. Ben grew up in West Monroe, Louisiana, a very rural area about four hours north of New Orleans. He's the youngest of his two older siblings, one older sister and the other a cousin that his mother raised, but that Ben still considers a sister. His mother, who Ben claims taught him so much of what he knows about design and aesthetics, worked in the beauty industry when Ben was growing up.

When he was just a teen, Ben dropped out of high school due to being bullied for being gay. The depression and anxiety were suffocating and the only safe outcome was for Ben

to remove himself from the torment and the situation. As Ben explains, "life in rural Louisiana is a different animal for anyone that's different but especially for a gay teen." But Ben didn't let that slow him down. He immediately obtained his GED and went on to try his first attempt at college. He attended the University of Louisiana Monroe and worked as a supervisor in a nursing home. It was only until the untimely death of his dad that Ben made the realization he was ready for a change. "It was when my dad died that I realized I didn't need to prove myself to anyone or get approval anymore." At that time, Ben quit his job, dropped out of college at ULM and jumped online to start his apartment search to move to the Philadelphia area. "I decided on Cherry Hill, New Jersey because it was so close to Philadelphia and definitely more populated than where I was coming from. I signed a two-year lease online and made the move. For me, Cherry Hill was like a training bra." Ben laughs.

Upon arriving in Cherry Hill, Ben applied and got accepted into Drexel University and started working as a hiring manager for a legal and medical staffing company for eight years. During that time, one of Ben's professors put him in contact with the Director of Graduate Medical Education at a local hospital where Ben applied for a position in the Graduate Medical Education Department. He was hired and started a position in the department managing Residency and Fellowship programs in the department. In 2017, Ben

went on to graduate from Drexel with honors in Health Care Administration. Now living in Philadelphia, Ben started climbing that proverbial corporate ladder and started another position in the Risk Management Department as an Operations Manager while enrolling into a master's program at the Fox School of Business at Temple, from where he later graduated in 2019. Ben was then promoted to a Clinical Risk Manager, where the main job description was to "investigate when bad things happen in healthcare," as Ben describes. "The position would have me on call all hours of the day and into the night. We were sort of brand ambassadors with a bit of public relations and legal. My job was to protect the organization." During this time, Ben really felt like this was it, he was where he needed to be in life. He was making six figures, and had the high pressure "dream job" that we all think we need. It wasn't until Ben realized that corporate work environment does not always allow chasing your passion for helping vulnerable people when they need you the most. For him, that notion





medical school. Finally, after graduating, Jimson headed to the United States in 2011. Upon arrival, Jimson didn't have any family or many connections to the Indian community. "At the time I blended in with the Russian community, more so than the Indian community. I happened to have a lot of friends here that were also originally from Russia or that were born and raised here in the Russian community. It was a community that was always very accepting and warm. So as soon as I came to the states, I moved to Northeast Philadelphia, which has a huge Russian community."

Jimson started his career at Fox Chase Cancer Center, which was also conveniently located in Northeast Philadelphia. After residing here for a few years, he quickly adjusted and started to branch out and meet new folks, including Ben. "The first thing I loved about meeting Ben was his personality. He was so expressive about everything and anything. He was kind and patient with my busy schedule, which I really appreciated. He also understood the stresses of working in the medical field which was a nice common ground for us to have together."

The Making of a Home Ben and Jimson met online in the early fall of 2014. The pair spoke often over the course of three months over Facetime and video chats, but with both having such demanding schedules, it took several months before they would have their first date. Eventually they did, as Ben recalls "We actually had our first date at the barber shop. We got our hair cut together, walked through the city and then headed over to the Christmas Village." Both equally smitten with one another, a year later, Ben repeated the date, this time with a proposal. The two were now living together in a tiny 200 square foot apartment in Philadelphia. "It was a shoebox studio apartment," Jimson starts to explain. "We literally had no room to host guests or have company over. But when we look back at those times, we really had such great memories together in that little place. We really made the most of it."

In 2016, the couple tied the knot, unexpectedly, on the ninth floor in the mediation room of Thomas Jefferson Hospital. "Jimson and I agreed that we didn't want a big wedding. My good friend Danny, who was an ordained minister, was totally bedridden and near death in the hospital at the time. He had a team of nurses wheel him to the ninth floor, where he officiated the wedding."

After marriage, the couple eventually upgraded to a few different apartments over the years, before finally deciding to move to the suburbs in June 2020. "It was just time for us to start a new chapter. There was a lot of tension in the city, and we just didn't feel like it was safe for us or for Bourbon anymore." Thankfully, for all of us locals, they decided on Collingswood and migrated over the bridge.

Home Sweet Home Ben and Jimson quickly dove into the community upon arriving, and not just with the start of the store. With a life's mission of making everything a little nicer (and prettier), Ben reached out to the mayor's office to help orchestrate the Knight Park Cleanup Committee, a volunteer-based project to clean up the park every first and third Saturday during the spring, summer, and early fall months.

Opening a storefront and becoming entrepreneurs was always a dream and a conversation that Ben and Jimson had openly discussed in the past. They both consider themselves creative, and now with living in Collingswood, it just seemed

broke his heart. In September 2020, with the support of his husband Jimson, he resigned.

A World Away A world away, Jimson Wilson D'Souza was growing up in India. The youngest of two boys, Jimson was born and raised as a Roman Catholic. He grew up attending a Catholic school, which is fairly uncommon in India. His mother, a trendsetter in her own right, occupied a high-profile job for government railway lines. Naturally gifted in academics, Jimson decided to pursue a higher education in the field of medicine, similarly to Ben. It was in 2004, after completing his primary education that Jimson left India to continue his education in Russia.

Jimson spent about 7 years living in Russia while he attended school. During that time, he spent a year in the United States, as an exchange student while in

to come together. "Ben and I have always enjoyed making our own soaps, candles and fragrances. We would give them to friends and family, and they would love it! The positive feedback really motivated us to pursue the next steps, but we didn't want to open a store that exclusively sold those types of products," explains Jimson. "We did a bit of research and realized that there wasn't really a store in town that offered uniquely curated modern pieces that fell in line with our style. We wanted to compliment the other stores in town, and not step on anyone's toes."

In addition to shopping at the store, Everette Wilson Designs also offers interior design services. The process starts with a personal "Space Lift" consultation, where you can openly discuss your design concerns, goals, color story and non-negotiables when it comes to editing your space. Clients who move forward with design services receive a 10% discount on all furnishings provided by Everette Wilson Designs.

When Ben and Jimson aren't busy at the store, they enjoy taking in all the local shops and eateries in town. "We absolutely love Osaka. The food is great, and we adore Selena, who's an amazing server. She travels all the way from Brooklyn, New York just to work there and supports her entire family." Ben explains. The couple also love to dine at Albertino's Italian and belt out a good tune at Songbird Karaoke, though Ben would prefer, like most of us, to have had a few cocktails of liquid courage before stepping inside.

The saying "Home is where the heart is" may sound a bit cliché, but when it comes to Ben and Jimson, it rings true. When you stop in Everette Wilson Designs, you feel the heart and passion of two small business owners who truly love their community. There is no doubt that you'll feel right at home once you step foot inside and will almost certainly be inclined to bring a little bit of their "home" into yours! ■



We're proud to be part of Collingswood's past, present and future. And proud of what our neighbors are doing today to make our community a great place to call home.

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Audiology 101



By JONATHAN AYES
Hearing Associates LLC

DID YOU KNOW THAT ONE IN THREE folks experience hearing loss by the time they reach 65 years of age? A more staggering number is that about 50 million Americans suffer from tinnitus, a constant ringing in the ears. Those are incredible statistics, but what is more surprising is how many of these cases go undiagnosed or, even worse, untreated. So many people dismiss having an audiology test, or even address their hearing issues.

Hearing loss can present differently, and most people don't initially recognize it as a problem. What most people don't know is that delaying treatment for their hearing issues can affect their health and quality of life in other areas. Hearing loss could be linked to additional health issues, including diabetes, cardiovascular disease, fall risks, cognitive decline, and depression. Hearing loss can affect any age; from babies with congenital hearing loss, to those with noise induced hearing loss due to their occupation or military services, to those experiencing age-related hearing loss which commonly begins around 50.

Treatment approaches vary depending on the type of hearing loss a patient is experiencing, whether it's conductive—an interference with the passing of sound to the inner ear, which could include ear-wax buildup—or sensorineural, which is when the cochlea or auditory nerve is damaged and cannot accurately send electrical information to the brain. However, it is the difficulty processing information coming from the ear that is concerning as it relates to a person's cognitive abilities. Studies have shown there are merits to some theories about how brain cells respond when hearing loss occurs, possibly not processing information as quickly or easily as it once did. But that's not the only coexisting condition connected to hearing loss. Studies have shown there is a high association between loneliness, depression and social isolation when hearing

loss becomes more severe and left untreated.

In addition to emotional impact, certain diseases like diabetes are also connected to hearing loss. Patients with hearing loss also have a higher incidence of heart attack and stroke. Fall risks are also a concern when someone is not getting auditory cues from their environment. Tinnitus can also put a major strain on people, as I can personally attest to, as I have experienced it firsthand. Most folks think the sound they hear is occurring in their environment, and it's only when they start reporting to others around them do they realize it's within their ears. More concerning is that 85-90% of those with tinnitus also experience hearing loss. Therapies can be used to address tinnitus depending on the level and how it affects their daily life. If hearing loss is also present, hearing aids will more than likely be part of the process.

If a hearing aid is needed to treat any type of hearing loss, it's important to know that these new devices are not the analog models they remember their grandparents using. Over 90% of devices today are digital, and extremely tiny. We work with all the large manufacturers including Oticon, Widex, Phonak and ReSound. Here at Associates in Hearing HealthCare, we are also the only office in South Jersey offering Lyric, an invisible, 24-hour wearable technology placed inside the ear and replaced every five to six weeks. Hearing aids now even offer connectivity via Bluetooth and can connect to your phone, TV, or other devices.

Even if you feel that you have no audiological issues, I still strongly encourage readers to be proactive and schedule a full audiological exam. After your exam, a provider will go over the results and discuss further recommendations if necessary. And if no hearing deficit is detected, the exam is still a good baseline for the future. To learn more or to speak with a patient care coordinator, call us anytime at (888) EARS-4YOU or visit us on the web at WWW.EARYOU.COM. ■

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By LIZ MASON
Weichert Realtors
Haddonfield

Why I Love COLLINGSWOOD

I asked some of my clients what they love about Collingswood, and if there was anything that surprised them about the process of buying a home



Colin, Beth, Austin & Indie Blois

- Moved to Collingswood in 2019
- Bought a house in Collingswood in 2021

Favorite Collingswood restaurant: Villa Barone

Favorite small business in town: The Candy Jar would get our kids' vote!

Favorite festival or event: Porchfest

Why I love Collingswood: We love living in Collingswood, it has a true community feel. We love that there is always so much going on and so many events and activities to enjoy as a family. The people are so welcoming and we've made some great friends here.

Where you lived before buying your house: We lived in England and had been planning a big move to Philadelphia as a family. Choosing a neighborhood to live in when you've barely visited the area let alone the country wasn't easy, but thanks to an Uber driver for recommending Collingswood and the help of Liz who we found through Instagram it has now become home.

Is there anything you wish you knew before buying a home? We rented before we bought and we are so glad we did. It gave us a chance to get to know the neighborhood and decide what our priorities were when buying a home.



Katie Skrzek & Anthony Chwastyk

- Bought house in Collingswood in 2019

Favorite Collingswood restaurant: June BYOB

Favorite small business in town: Revolution Roasters

Favorite festival or event: Porchfest (we hosted for the first time this year!)

Why I love Collingswood: We love the walkable downtown and all of its shops and restaurants. We love the inclusive atmosphere and the many opportunities to interact with the community. It's always fun running into people, from the mayor to our wedding planner to our realtor, when we walk around Collingswood.

Where you lived before buying your house: We lived in an apartment together in Haddon Township since 2014 before buying our house in 2019. Anthony grew up in Delran, New Jersey and Katie grew up in Morrisville, Pennsylvania.

Is there anything you wish you knew before buying a home? We wish we knew how unpredictable the process can be! The time it took from touring our house to settlement was less than a month, which was much faster than we expected.



Dayalan Srinivasan, Jenna Lewis, & Sathya

- Bought house in Collingswood in 2021

Favorite Collingswood restaurant: Constellation Collective (before it closed), & Indiya

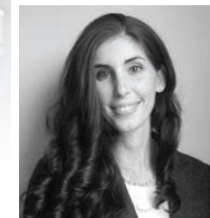
Favorite small businesses in town: Occasionette, BeSpoke Home & Life, & Upcycle Fitness

Favorite festival or event: Collingswood Book Festival

Why I love Collingswood: A progressive, inclusive and strong community, walkability, and proximity to public transit

Where you lived before buying your house: Before Collingswood, we lived in Central NJ (yes, there is a Central NJ!) in Princeton/Highland Park, and before that in Boston/Cincinnati.

Is there anything you wish you knew before buying a home? We wish we knew how to repair drywall and renovate a kitchen before we had to do it ourselves!



Jessica O'Donnell

- Bought house in Collingswood in 2020

Favorite Collingswood restaurant: This is a hard one! If I can only pick one, I'd have to say The Pop Shop

Favorite small business in town: The Principled Pet

Favorite festival or event: The Farmers Market... food, music and the great outdoors all in one

Why I love Collingswood: The people, small town atmosphere, walkable downtown with restaurants and shops, multiple types of festivals each year, and convenient proximity to Philly.

Where you lived before buying your house: I grew up in Montclair and then attended college in Oklahoma. Collingswood is a great combination of my favorite aspects of those diverse locations.

Is there anything you wish you knew before buying a home? I lucked out with a great realtor who explained the entire process really well. My advice to others would be to never make assumptions; you should always rent the larger moving truck and it takes longer than you would expect to unpack. ■

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Around TOWN

By KRISTEN JORGENSEN



1. Congrats to the Collingswood Panther marching band for placing FIRST PLACE in the NJ State championships!
2. CJ Jeff Money - easily the coolest barber in South Jersey!
3. Bloomeon is THE place to get the prettiest dried flowers and popular pampas grass! One of our favorite booths at the farmers market! Check them out on Instagram at @bloomeon.
4. Bespoke knows what it means to make the season merry & bright!
5. We love local authors! @iamsusancharli has TWO books at @idasbookshop - Ask about her!
6. #Collingswoodprime with bloc delivery is back for the holidays!
7. We might be biased... but we think Collingswood kids are the BEST! Pictured is "big brother" Andrew who is 8, Tae with all those curls 3, and little Lottie who is 2!
8. Not sure if we shop at Bespoke for great goodies or for Griffin.
9. A girls night out .. decorating a different kind of Christmas tree at @hammerandstain. ■

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Ruff, Ruff...

IT'S ROSIE!

By KRISTEN JORGENSEN

ROSIE ENJOYS MORNING STROLLS to Cooper River where she meets up with some friends, and nightly walks down Haddon Avenue where she always grabs a treat at “Scissors N’ Suds”! She can be found at all the Collingswood parks stealing sticks from all of her doggie friends.

Rosie is about 3 years old, and her DNA results showed she is a Schnauzer/Lab/Pitbull mix. Her human mom adopted her in November of 2019 from MatchDog Rescue as she had been a stray in Texas.

Make sure to say “hello” to Rosie if you see her “around town!” ■

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Find Your Center with CENTER YOUR MOVEMENT

By KRISTEN JORGENSEN

IN THAILAND THERE IS A SAYING, “When the water rises, hurry to get some.” In English this translates to “Take advantage of the opportunity to do something before it’s too late,” a message that so many of us tend to lose sight of when it comes to our personal and mental health. The intensity of work schedules, tending to our family’s needs and meeting outside demands daily rarely leaves us time to take care of ourselves. Mental and physical health wellness are vital for living a fulfilled and balanced life. It’s time to take the opportunity to readjust your thoughts and feelings and get back to your center.

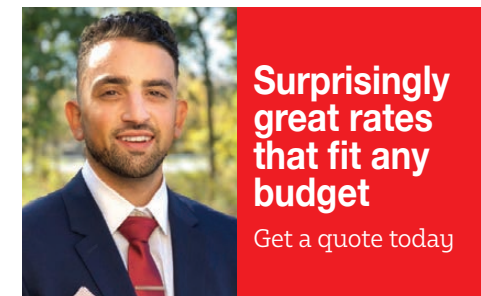
When *Collingswood Living* was introduced to Deborah Cioffi at Center Your Movement, we knew right away that we wanted to welcome and introduce her to the Collingswood community. Deborah is a trauma-informed yoga teacher, Thai yoga massage therapist and a holistic skincare specialist. She graciously invited us to her studio to experience a few of her offered services and it did not disappoint. The studio is welcoming, clean, and full of positive energy. You instantly feel decompressed and accepted, almost as though your soul already

appreciates the experience you’re about to embark upon. Deborah is kind, soulful and intuitive. The intention behind Center Your Movement is to bring the practice of mindfulness and the freedom that conscious movement creates into every aspect of your life. Center Your Movement offers people the opportunity to practice yoga in an environment that is convenient, non-intimidating, and comfortable for the first-time beginner to the advanced student. Deborah’s hope is that you will find a more balanced, stress-free lifestyle through your own yoga practices.

Upon my arrival, Deborah recommends that I receive a Thai massage. Many readers are probably unfamiliar with what a Thai massage is, so let me explain. This is not your standard massage. Thai Massage and Thai Medicine are said to have been founded by the legendary Shivago Komarpaj, a physician from over 2500 years ago. He was from northern India and said to be a friend and personal physician of the

Buddha. Most of the recorded history of Thai massage was lost in 1767 during the Burmese attack in Ayutthia, but fortunately there were records that survived. Following World War II Thailand became a popular place for tourists, making Thai massages a world-known technique, when it finally reached the United States in the late 1980s. The passive stretching you receive in a Thai Massage session is oftentimes deeper than you can extend into in a yoga class or on your own. Similarly, to yoga, Thai massage incorporates the use of breath to gently move deeper. Smoothing out and elongating the breath tells the nervous system that it’s ok to just “chill out” and the reward of breath focus is a profoundly relaxed body and peaceful state of mind.

Deborah delivered an incredible session, creating a safe and calm environment that truly brought me back to my center. We chatted briefly after the experience about my personal struggles and things I can do outside of the studio to bring the calm and balance back into my daily routines. All the while, the biggest take away from my experience was the human connection. Deborah truly cares about healing trauma and helping people find a healthier and more peaceful path in life, which I think we can all agree, is the purpose of life. ■



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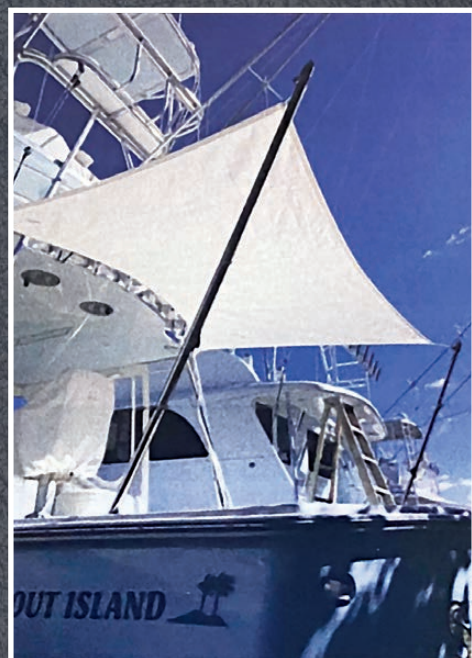
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Holiday GIFT GUIDE

By KRISTEN JORGENSEN



Get ready for the holidays with festive outfits and accessories from Art Plus Gallery or impress your guests with new recipes with all new cookbooks.



Homemade soaps from Cynplicity Soap make great stocking stuffers! Try their whipped body lotion Cranberry Pomegranate or sleep easy with Lavender Pillow fragrance.



Beautiful dreidel dishes and gorgeous menorahs from Occasionette are perfect gifts for your friends celebrating Hanukkah!



A holiday mug for everyone on your list from Occasionette. Stuff it with chocolate candies or hot chocolate packets for a little something extra.



Glittery nutcrackers and a marble Christmas tree cheese board will jazz up any holiday party. @occasionette



Not sure what to buy? A Gift Certificate to a local business like Center Your Movement. ■

Collingswood SPORTS SPOTLIGHT

By KRISTEN JORGENSEN



1



2



3

1. Big congrats to freshman **GABBY VERDONE** for being named 1st team all conference striker!
2. Congratulations to Sophomore **CADANCE** on being named a 1st team all conference defender!
3. Shout out to senior, **OWEN STROHM!** The high flying winger and team captain has been selected on the colonial Conference All- League First Team list!

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Chris Michael AIF
Collingswood High School 2012

Scott Wight CFP
Collingswood High School 1977



4



5



6

4. **Girls Field Hockey:** The girls put down their sticks and went bowling! Safe to say, they prefer Field Hockey!
5. Congrats to senior defender, **ETHAN SHUTE!** The no-nonsense center back has been an established starter in the Colls backline for the last two years.
6. BIG CONGRATS goes out to the **@collingswoodfieldhockey** team for bringing home the 3-0 dub against lower Cape May in their semi-finals game! Goals scored by juniors Mia McConnell (2) and Lilly Bataloni. ■

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Promote Healthy Speech Development

By JOYCE KAVENEY, M.S., CCC-SLP
 Speak to Me Kids

SPEECH AND LANGUAGE DEVELOPMENT are skills we learn during the first years of our life. These skills are fundamental in our understanding of the world around us. By age 6 most children learn the basics of understanding and communicating. With the use of masks during their school day (daycare) our children need parents and caregivers to help support their continued development at home. It is now more important than ever to increase your face to face time at home.

There are many simple ways to support continued speech and language progress and growth. Remember to schedule a time each day dedicated to some of the following activities:

- Spend time engaged in turn taking activities such as board games, story telling and building with blocks
- Read books
- Practice the speech sounds they struggle with (always ensure your speech pathologist provides ways to target sounds at home)
- Talk about your day, ask questions and introduce new vocabulary
- Sing and listen to music

When your child is out in the community, whether at school, daycare or socializing, be sure they know the best way to effectively communicate and ensure they understand their teachers and school staff. Wearing masks decrease the sound decibels as well as the clarity of speech sounds. Children under 12 years old still rely on facial cues when communicating with adults and peers. With the ability to only see part of one's face, linguistic signals that are critical for communication can be taken away. Children with speech sound disorders rely on seeing one's mouth to help them imitate the accurate production of speech sounds. Some ways to help advocate for your child as well as have your child advocate for themselves in a masked environment include the following:

- Be sure the speaker is facing their communication partner when speaking
- Ensure that there is minimal to no background noise
- Ensure the speaker reduces their rate of your speech and speaks slightly louder
- Ensure the speaker uses gestures and body language to aid in their communication
- To ensure your understanding- repeat back what was said to you

If you are concerned about your child's language development please reach out to our office for a free consultation and check out our Facebook and Instagram pages for daily activities! www.speaktokids.com or (856) 983 3390. ■

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December CALENDAR OF EVENTS

PLEASE CHECK ONLINE AS THESE EVENTS ARE SUBJECT TO CHANGE

WEDNESDAYS

Wish Upon a Wednesday Character Dinners

📍 The Pop Shop

Christmas characters every Wednesday night! The Grinch – Dec. 8 | Christmas Belle – Dec. 15 | Mrs. Claus – Dec. 22 | Olaf – Dec. 29.
TIME: 5:30-7:30 pm
COST: Varies

FRIDAY & SATURDAY EVENINGS IN DEC

Caroling

📍 Downtown Collingswood

Enjoy holiday caroling while you shop, stroll and dine. Caroling will take place on the steps of the Zane School at the Millennium Clock and carolers also stroll along the Avenue. See the schedule of times and performers online.

THURSDAY, DEC 2

Collingswood's Annual Community Menorah Lighting

📍 The Lumberyard Garden, corner of Collings and N. Atlantic Ave.

Connect with the community and enjoy an evening of fun for the whole family with music, latkes, donuts, dreidels and choco-gelt! Sponsored by Chabad of Camden and Burlington counties.
TIME: 6 pm
www.thechabadcenter.org

FRIDAY, DEC 3

Holly Jolly Trolley Light Tours

📍 Downtown Collingswood

Bundle up and take a ride past the twinkliest homes in Collingswood! Then spend the evening in the region's merriest town for shopping and dining. Collingswood is adding the Holly Jolly Trolley lights tour to the Borough's magical holiday offerings in December. The trolley will board in Collingswood's downtown, giving guests an opportunity to plan

a night to enjoy the trolley then shop and dine in the Borough's "winter wonderland" which includes caroling, free visits with Santa and free parking! Holospex, magical glasses that turn each point of light into a seasonal image, will be available on the trolley as well. Event repeats weekly on Fridays until Dec. 17.
TIME: 5 pm

FRIDAY, DEC 3

Parade of Lights

📍 Knight Park

The annual Parade of Lights will kick off with fire trucks and floats strung in glittering lights along the perimeter of the park beginning at Grant Avenue and Browning Road. The best viewing areas are along the park side of Park Avenue. Trucks from fire companies and organizations all over the region compete for top honors and are sure to delight spectators.

Please Note: Knight Park will be closed to parking during the event and vehicle traffic and parking will be prohibited along Browning Road, Park and Collings Avenues for safety.

TIME: 6:30 PM

SATURDAY, DEC 4, 11, 18,

"DecemberFest" Holiday Pop-Up

📍 Downtown Collingswood

Collingswood is popping up holiday fun in 2021. Come pop, shop, and dine in beautiful downtown Collingswood! Stop by Haddon & Woodlawn Avenues for even more holiday celebrations. Go online for more information on each week's featured theme.
TIME: 5-8 pm

www.collingswood.com/things_to_do/arts_and_events/holidays_in_collingswood.php

BEGINNING DEC 6

See Santa in Collingswood FREE!

📍 Extraordinary ED, 808 Haddon Ave.

Santa is available for visits every weekend in December free of charge! Santa will welcome families at his Collingswood Headquarters at Extraordinary ED. Visit Santa to drop off your wish list and take photos and enjoy all the fun, shopping, and dining in downtown Collingswood! Santa will also be accepting letters in his mailbox in front of Borough Hall beginning Friday, November 26. Get your letters in early so Santa has time to answer them. New this year, Collingswood is hosting a **sensory-friendly Santa experience**. Visit Santa in a quiet and comfortable setting for children with special needs on **Sunday, December 12**.

TIME: Fridays 5-8 pm | Saturdays 1-3 pm & 5-8 pm
Sundays 1-3 pm

COST: FREE

FRIDAY, DEC 10

Gordon Lightfoot

📍 Scottish Rite Auditorium

TIME: 8 pm

COST: \$75 | \$59.50 | \$39.50

All previously purchased tickets will be honored

SATURDAY, DEC 11

Second Saturday

📍 Downtown Collingswood

Enjoy live music and art all over Collingswood. Just arrive & enjoy the culture. Mini-art exhibitions in lots of shops! Second Saturday was started by a collection of store owners that had an interest in promoting the arts in Collingswood. Each month visitors can plan a night on the town to experience the unique arts, music, shopping and dining Collingswood is known for. As always, there are local artists and musicians on each block.

TIME: 5-9 pm

COST: FREE

www.collingswood.com/arts/second-saturday

FRIDAY, DEC 17

The Nutcracker

📍 Tricia Sloan Dance Center,

315 White Horse Pike, Collingswood

TIME: 7:00 pm

COST: \$32 | \$26 | \$25

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expert contributor

How to Make a REALLY GREAT CAVITY



By DR. GEORGE LYNCH
Cobblestone Kids Pediatric Dentistry



HERE'S THIS STRETCH EACH YEAR on the calendar that runs from Halloween to Valentine's Day I call the "cavity season." It seems like every month has some form of sugar bomb. Halloween... trick or treat - give me candy. Thanksgiving... pass the honey glazed ham and candied yams. December...I think candy canes are 107% sugar. January... New Year's Day starts at 12:01am and who doesn't have sugar in their system... February... heart shaped boxes of chocolates. Need I say more?

So, we have been thinking about it...what is the best recipe for a cavity? Each year there are contests for who can grow the biggest watermelon, squash, or pumpkin. Cobblestone Kids has decided we need to have a contest for the biggest and greatest cavity.

Here's how we do it!

- Don't brush your teeth. *I mean like never.* Those rules about brushing in the morning, after school, and before bed are not going to help you grow a great cavity. Stop all brushing activity *now* because when you brush your teeth, you brush away the plaque that help cavities form.
- Eat candy, lots of candy. Candy has lots of sugar. If you see ingredients like sugar, fructose, sucrose, and glucose, this is *really good to help a cavity grow.* Sugar is the natural food of the little bacteria that bore into our teeth and form cavities. Simple math formula... lots of sugar = great big cavity.
- Drink lots of soda and fruit juices. For a really great cavity, *gargle with soda right before bed.* Besides giving you some amazing burps to make your dog bark, the acids in the soda will eat away your tooth enamel all night long allowing sugars and bacteria do their job like little, tiny drills.
- Throw away the floss. *Floss is the enemy of cavities.* You can't grow a great cavity if you are using floss. Floss gets the food

particles out from between teeth. One of my favorite cavities is one that forms between the teeth. It's called an interproximal cavity and is sneaky and fast. Big hole possibilities!

- Eat gummy vitamins. *Gummies are great for cavities.* Your parents think they will help you because they are "vitamins." Cobblestone Kids knows they leave pieces of "gummy" in all the nooks and crannies in your mouth. It's like superglued sugar which starts drilling right away into your tooth. How cool is that?!
- Never go to the dentist. I don't mean never come and visit me - because I want to see all of you - but don't go to a dentist for those silly cleanings, x-rays, and that cavity-bully known as fluoride. *Going to the dentist will make it harder to grow the biggest and best cavity.* So, if you want to come by and say hello - that's great - but I expect to see you with a soda in one hand, a candy bar in the other, and some good old-fashioned green and yellow teeth. I want to know you are trying your best to grow the hugest cavity we have ever seen!

Make Cobblestone Kids proud! The two runner ups (2nd and 3rd Place) for our biggest cavity contest get to go with our doctors to Lowe's or Home Depot and pick out a brand-new drill to repair your cavity. Cordless 20-volt impact driver preferred! The big winner of our contest gets a three-day weekend for one at home on the couch, complete with fresh gauze every hour, to recover from tooth extraction. There's even a bonus prize if you can whistle through the gap when you speak.

Parents: We know oral care is tough with kids. Keep them brushing; keep them flossing; limit sugar and soda; come to regularly scheduled appointments. *There is no such thing as a "Cavity Winner."* ■

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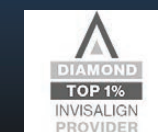
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A Holiday 'Feastival' with ALBERTINO'S!



By KRISTEN JORGENSEN



Here's what you need to know:

The Seven Fishes inspired menu is a prefixed menu (price per person)

It will be a **Reservation Only** seating. Call the restaurant to reserve at 609-291-3100.

For more holiday cheer to bring home, Albertino's Italian will also be selling their famous braided bread loaves during the holidays.

They will also be **OPEN for New Year's Eve** - the best way to end the year!

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Featured Dishes

Carpaccio di Salmone Affumicato: Served with capers, lemon, red onion, extra virgin olive oil and arugula with white balsamic vinaigrette

Frittura Mista:

Jumbo shrimp and calamari floured and fried with fresh lemon

Pomodoro con Tonnato:

Yellow tuna marinated in red onion, celery, mayonnaise finished with a black Mediterranean olive

Linguine ai Frutti di Mare:

Little neck clams, mussels, jumbo shrimp, calamari in a plum tomato white wine sauce

Branzino al Forno:

Whole white Mediterranean Branzino fish marinated with lemon, rosemary, garlic, extra virgin olive oil, baked in the oven

Desserts Included:

Panettone bread pudding served with a vanilla brandy cream sauce

Pumpkin and Eggnog ricotta filled cannoli

Braided house-made bread loaves

LIKE MOST OTHER HOLIDAYS, Italian Americans really have a way of making the Christmas season not only about the love of family, but also about the love of food! But there is one day and one meal that is perhaps the most celebrated and legendary Italian- American meal of the calendar year.

The Feast of the Seven Fishes is the annual Christmas Eve vigil and epic seafood feast that has grown into the most beloved meal of the year in Italian American households. Steeped in tradition, the Feast of the Seven Fishes is the centerpiece meal of the entire holiday season, and in the Gallelli family at Albertino's Italian, it is no different.

These recipes included in the seven fishes at Albertino's are not only traditional but they're a representation of the Gallelli Family's Calabrese roots, where fresh seafood is in abundance. Chef Albertino, who spent part of his childhood in his family's hometown Soverato, included one of his favorite dinner starters when dining with his parents: the frittura mista. And dishes like the Pomodoro con Tonnato, being one of Chef Albertino's mother's recipes, make it even more special.

Marco "Albertino" Gallelli, his wife Maria and daughter 'little' Maria, kindly invited *Collingswood Living* and business neighbors, Ben Everette Moore and Jimson Wilson D' Souza from Everette Wilson Designs into their "home" for a sneak peek and menu tasting of their incredible Seven Fishes dinner special, which will be offered at the restaurant during the last two weeks of December. "The seven fishes have always been part of our family tradition for as long as I can remember and a lot of people just don't do it anymore. We really wanted to bring something special to the community and share our tradition with all our customers," explains daughter Maria. If you've ever dined at Albertino's Italian, then you know the truth behind the sentiment. You can feel the love of family and tradition from the time you walk through the door, and through each bite of meticulously prepared and plated dishes.

To make the evening somehow even more spectacular, the restaurant and tablescapes were completely decked out and with all the "merry and brightness" brought in from Everette Wilson Designs. A rich chocolate organza visually melted onto the table. Beautiful handmade ceramic serving dishes with delicate magnolia touches, sparkling gold plate chargers, and of course Christmas trees adorned with classic gold ornaments that looked to have been plucked straight from a winter wonderland.

It was an evening that proved to encapsulate the true meaning of the holidays. Coming together where friends become family, food feeds not just your belly, but also your spirit and the beauty of life that is to be celebrated. The décor, the food, the friends made for an unforgettable evening. If you make any plans to dine out during the busy holiday season, *Collingswood Living* highly recommends you slow down, and enjoy the reason for season with the Gallelli family at Albertino's Italian and their special Seven Fishes themed menu. ■





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Elf on the Shelf IDEAS!

By KRISTEN JORGENSEN

WHETHER YOU LOVE OR HATE the Elf on the Shelf, there is no doubt that he is a popular little guy. He sits on the shelf and magically gets into trouble at night. With each night, the Elf on the Shelf moves. For some families, the Elf reports back to Santa, while for other families, it is just a fun game of what else the Elf will get into.

Take the stress out of this holiday tradition with these super easy Elf on the Shelf hiding spots; perfect for when you forget to move the elf... again!

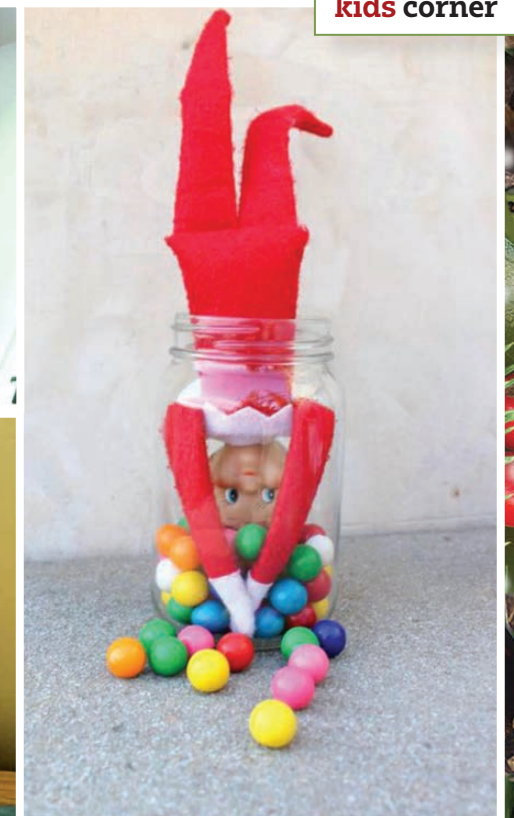
Spot 1 - Does your child pour their own breakfast cereal in the morning? Put him inside the box.

Spot 2 - Put him through the handle of a jug of juice or milk in the fridge.

Spot 3 - In a tissue box, covered with tissue blankets.

Spot 4 - Time to get up! Sitting on an alarm clock is an early morning surprise!

Spot 5 - Pick up a mason jar from the dollar store along with gumballs and place your Elf of the Shelf upside down in the gumballs. ■



kids corner

CUTE CHRISTMAS Crafts

By KRISTEN JORGENSEN

WHETHER YOU'RE THROWING a party or just want something fun to do with the littles at home this holiday season, these easy Christmas crafts for kids are a fun way to celebrate the season! Cute and simple enough for little hands. You're going to love these!

Hot Cocoa Jar We can guarantee that you'll have to make the kids a cup of hot cocoa when you recruit them to help assemble these sweet DIY kits. But spending quality time making gifts for loved ones will be worth the sugar rush.

To make: Paint a red circle with acrylic paint (or use a round red sticker) on a 1-cup mason jar. Once dry paint on a bit of greenery and write hot cocoa. Layer hot cocoa mixture, chocolate chips, and mini marshmallows in the jar. Place a square of seasonal fabric between the lid and screw band and tighten.

Pine Cone Christmas Tree This project is so easy to put together, you don't even have to go to the craft store to find the supplies. Just venture to your yard for materials for pine cone crafts, paint the pine cones green, and add dots of color for "ornaments."

Christmas "Friends" with Popsicle Sticks Can't decide what to make with your little ones? Start with popsicle sticks. They're easy to find and super versatile—just look to this craft!

Paper Plate Ornament Finally, a bauble that can't break! Glue rounds of colorful tissue paper to plate. Top it off by gluing on a felt or construction paper "cap" and some ribbon.

Candy Cane Reindeer This adorable reindeer is a Christmas classic! All it takes to create this Christmas cutie is a candy cane, pipe cleaner (chenille stem), a pom pom, and googly eyes - easy peasy! ■



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Just a Tad!
Frutti Di Mare

By ANTHONY IANNONE
Anthony's Creative Italian



INGREDIENTS

- 24 mussels
- 12 shrimp
- 12 dry diver scallops
- 24 little neck clams
- 1 lb. fresh calamari
- 1 cup white wine
- 2 cups seafood stock
- salt & pepper to taste
- 4 garlic cloves, minced
- Fresh oregano, basil & italian Parsley
- Red pepper flakes (optional)
- 2 Tbsp. butter
- 3 cups crushed tomatoes - optional for a red sauce

PREPARATION:

1. Put white wine, stock, garlic, spices in a large pan. Add all seafood and cover with a lid. Cook slowly over medium heat until the clams and mussels have opened, approximately 15 minutes. If shrimp and scallops are firm to the touch, add the calamari and butter. Tomatoes should be added at this time if you want a red sauce. Cook for another 5 minutes.
2. Cook a pound of your favorite pasta until al dente. Strain and add back to pasta pot. Add a cup of the broth from the seafood and toss together. Divide the pasta amongst four bowls, add seafood. Garnish with chopped Italian parsley. Serves 4. ■



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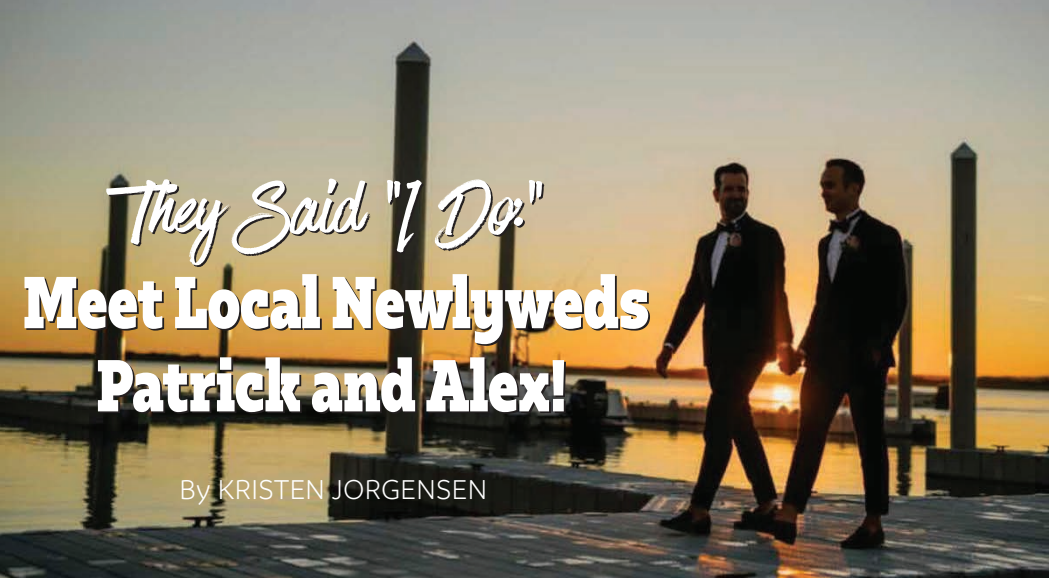
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They Said "I Do!" Meet Local Newlyweds Patrick and Alex!

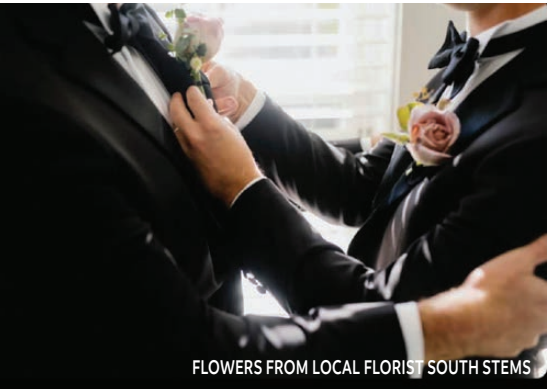
By KRISTEN JORGENSEN

ALEX HAMILTON AND PATRICK HEALY, two Collingswood locals, tied the knot on October 1, 2021, at the Deauville Inn in Strathmere, New Jersey!

A word from Patrick:

We celebrated our wedding with our incredible friends and family beautiful weather at the Jersey Shore. We moved to Collingswood right after we got engaged hoping it would be a great start to a new life together! We have grown to truly love the small town life! We have date nights every Tuesday at the Tortilla Press and love stopping into the local shops. It has been great getting to know the locals bartending at Devil's Creek Brewery and we are excited to start a family and send our kids to Collingswood schools because of all the amazing parents we have met in the area! We are Philly and Dallas born but we can say we are truly "New Jersians" and Collingswood residents now.

Make sure to say Hi and "Congratulations" next time you see Patrick and Alex "Around Town!" ■



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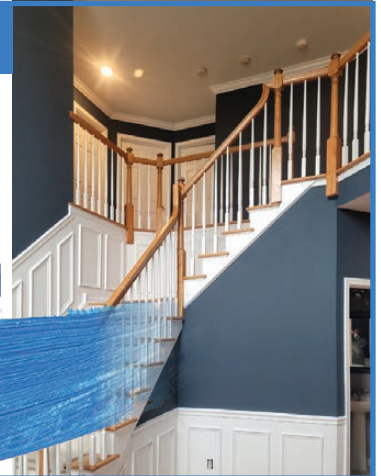
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