

News

CONTINUED FROM PAGE 18

RVCC's main campus is located at 118 Lamington Road in Branchburg. Serving Somerset and Hunterdon County residents for more than 40 years, the College offers more than 90 associate degrees and certificates. RVCC @ Bridgewater, located at 14 Vogt Drive, offers technical, trade, credit and non-credit courses.

For further information, visit rارانval.edu.

Saturday dog walks at Lord Stirling Stable

Saturday Dog Walks on the trails at Lord Stirling Park at Somerset County Park Commission Lord Stirling Stable are beginning on the Stable grounds at 256 South Maple Ave., Basking Ridge.

Check-in time for owners and their pets will begin every Saturday at 9:15 a.m. The guided trail walk will commence at 9:30 a.m. and last for approximately one hour.

Registration is \$3 per dog and all pets must be leashed and kept under control at all times. These sanctioned Dog Walks offer participants the only opportunity to explore the beautiful equestrian trails of Lord Stirling Stable on foot.

For more information, contact Martha at 973-635-8672. For directions, call Lord Stirling Stable at 908-766-5955.

Arc to host income tax reduction seminar

The Arc of Somerset County to Host a Free Income Tax Reduction and Estate Tax Elimination Seminar at Fiddler's Elbow Sept. 30.

Manville: The Arc of Somerset County will host a free "Income Tax Reduction and Estate Tax Elimination Seminar" at Fiddler's Elbow Country Club in Bedminster on Tuesday, Sept. 30, from 6-8 p.m., presented by Sal Salvo, co-founder of Summit Financial Resources and co-founder of the Institute for Family Wealth Counseling, both located in

Parsippany.

Salvo is a nationally recognized financial educator, speaker, lecturer and consultant to hospitals and universities throughout New Jersey on the benefits of income tax planning and has appeared on CNBC's "Market Watch" and CNN's financial program "Take It Personally".

This free seminar that is open to the public will explain how the new tax law can impact you and your current estate plan, how you can avoid being double taxed from your IRA and 401K, and demonstrate how you can create substantial income tax deductions now.

Networking and light fare will begin at 6 p.m. and the seminar will begin promptly at 6:30 p.m. Seats are free but limited. Call Lisa Marie at 908-725-8544, ext. 610 or email lisamariea@thearcofsomerset.org to reserve a seat today. Attendees must RSVP to this event.

'Quickstart Rallyball' beginner tennis

The Somerset County Park Commission has announced that registration is open for the introductory tennis program for children ages 5 to 10 years old. "QuickStart Rallyball" is a modified version of tennis that allows beginner and advanced beginner players to enjoy success on the court.

The 5-session program will run on consecutive Sunday afternoons from Sept. 14 to Oct. 12, from 4:30-6 p.m., at the Green Knoll Tennis Center, 587 Garrettson Road in Bridgewater.

"QuickStart Rallyball" is an introductory tennis program played on smaller than regulation court utilizing a larger, softer ball that is easier to hit and keep in play. The modifications allow new players to learn the fundamentals of the game.

Registration is now open at the Green Knoll Tennis Center or online at somersetcountyparks.org. Fee for the program is \$30 and pre-registration is required.

Information may be found by calling 908-722-1303. Individuals with a hearing or speech

Searching for Answers?

Getting answers about the cause of your back pain can be challenging. You need an accurate diagnosis, the sooner you can begin the treatment, the better it works for you. It may be a nonsurgical approach or a minimally invasive surgical approach. Either way, trust the diagnosis of your back pain with a board-certified neurosurgeon. A neurosurgeon is specifically trained to treat the spine and surrounding nerves. Additionally, neurosurgeons who are board-certified in spine spend 8 years in surgical spine training while most general surgeons spend 5 years in general surgery training before diagnosis. **Atlantic NeuroSurgical Specialists (ANS)** provides you with the specialists you need for an accurate diagnosis. ANS. You

Don't let insurance come before your health. Call to speak with a counselor. For more information visit www.ansdocs.com or call



Atlantic NeuroSurgical Specialists

Brain, Spine and Neurovascular Surgery

2345 Lamington Road
Suite 107
Bedminster, NJ 07921
973.285.7800

310 Madison Avenue
Suite 300
Morristown, NJ 07960
973.285.7800

3700 Route 33
Neptune, NJ 07753
732.455.8225

89 Sparta Avenue
Sparta, NJ 07871
973.729.0266

