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OCTOBER 2009

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THE GOOD LIFE

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Did You Know?

The time-honored art of knitting has been proven to prevent memory loss and reduce stress. "It's a repetitive process and therefore very soothing," says Paige Sato, of Modern Yarn in Montclair. Double the benefits and buy yarn from one of New Jersey's many fiber farms — the United Nations has declared 2009 the International Year of Natural Fibres. "People like the experience of seeing the animals and knowing they're buying something produced locally," says Linda Berry Walker of WoodsEdge Wool Farms in Stockton. Visit newjerseylife.com for a list of the state's fiber farms and knitting shops and for a pattern from Modern Yarn.



Editors' Pick



BUNGALOW HOTEL

This stylishly modern boutique hotel is a perfect excuse to return to the Shore. Designed by award-winning NJ architects Minno & Wasko, the Bungalow offers the finest amenities and is only footsteps away from a beach club, a day spa, and fine dining.

Address: 50 Laird St., Long Branch
732.229.2700
bungalowhotel.net

APOLLO SIGNATURE



WINDOW SHOPPING

Shop with the likes of Mary J. Blige. In addition to boasting an impressive roster of celebrity clientele, this boutique is famed for its selection of the trendiest designer clothes and accessories. 30 W. Palisade Ave., Englewood, 201.567.6727

Not to be missed!



PET AIRLINE

Jet-setting dogs and cats can now enjoy first-class service aboard their own airline. Pet Airways has been designed to be a safe and comfortable way to transport your household pets. Animals fly supervised in the main cabin. Rates start at \$149. petairways.com

BOOK CLUB

GET HOOKED

This heartwarming novel follows the story of a group of diverse women whose lives are woven together through a New York City knitting circle. While examining the craft's relevance to modern culture, the women find themselves supporting each other through major life changes. Join the club! Enter to win one of five copies of this book at newjerseylife.com.



GRIGGSTOWN *Farm*

Homemade pot pies, delicate quail eggs, and fresh vegetables are only a sampling of what this Princeton farm and market offers. Stop by for a wide selection of humanely grown poultry and more than 100 varieties of produce, which Chef Matthew Sytsema uses in his mouth-watering prepared foods. griggstownquailfarm.com

Visit newjerseylife.com for a full recipe from Griggstown. ←

