

HYPNOLINK 2007 NEWSLETTER



N.A.C.H. and The Greater NJ NGH Chapter

National Association Of Certified Hypnotherapists

1358 Burnet Ave. Suite 1

Union, New Jersey 07083

Medical Applications of Hypnosis

HYPNOSIS IN BURN PATIENTS

Patients who are severely burned characteristically show a variety of major problems. In addition to severe constant pain and the trauma engendered by the need for repeated treatments such as debridement, there are loss of appetite, contractures, poor mobility, and often severe psychological symptoms: despair, hopelessness, helplessness, regression, and a psychological set of "giving up." Nausea and anorexia compound the problem by causing weight loss.

The treatment of the burned patient may start as early as a few minutes to several hours after the time of the burn. Some clinicians report that post-burn hypnotic anesthesia can decrease the inflammatory response and lead to lessened destructiveness of the injury. Suggestions may be given for coolness of all burned areas by using imagery of ice and snow (Ewin, 1978).

The burned patient has a long, arduous road to recovery, and hypnosis may be of help in reestablishing adequate physiological functions and in maintaining hope and the will to live.

Control of Bleeding

The purported ability of hypnosis to decrease bleeding has been widely mentioned in the literature (Newman, 1974). Anecdotal reports attest to a phenomenon found in hypnotized patients in which incisions are remarkably free of bleeders.

A study comparing clotting before and during the hypnotic trance did not demonstrate significant changes. Hypnosis, however, if indeed it has effects on bleeding, probably does so at the tissue arteriolar level rather than on clotting time.

HYPNOSIS IN OTHER MEDICAL CONDITIONS AND SPECIALTIES

The hypnotherapist, to be maximally effective and innovative, needs to develop knowledge of the wide ranges of possible applications of hypnotic techniques in different medical settings and for different medical problems. The literature contains many examples of how hypnosis has been applied, often creatively, to aid in the overall management of patients with specialized problems.

Neurological applications have included using hypnosis in Parkinsonism since psychological factors tend to aggravate the expression of disease. Along with chemotherapy, hypnosis can be applied to relaxation, to the improvement of ambulation and speech, and to the diminution or abolition of negative scenarios the patient may have built up about his illness.

The symptoms of multiple sclerosis, whose remissions and exacerbations can be accompanied -- and contributed to -- by anxiety, depression, and stress, can be better managed by the adjunctive use of hypnosis.

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Medical Applications of Hypnosis

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Although the pathophysiology of the lesions is not altered by hypnosis, the subjectively ominous or catastrophic reactions to exacerbations can be softened.

In orthopedics, hypnosis can be used for helping the patient adjust to different positions required for longer-term healing. In the emergency situation, hypnosis can assist the frightened and tense patient who needs a reduction procedure.

In plastic surgery, similarly, when it may be necessary for the patient to maintain an uncomfortable position for successful skin or pedicle grafting, hypnosis can minimize bodily irritations and the desire to move.

The ophthalmological and otolaryngeal specialties have found hypnosis to have positive effects on glaucoma (Berger and Zamet, 1960) and suppression of amblyopia; it has also been used in cataract removal and for the adjustment to contact lenses. Globus hystericus, hysterical aphonia, gagging, and tinnitus are other conditions with strong psychogenic overlays which are especially responsive to hypnotherapy.

In urology, hypnosis has found applications in cystoscopy and vasectomy, not only to make the procedures more comfortable, but to help ensure smooth

psychological adjustment.

Pediatric dental hypnosis

Good dental education is best done early. Due to the impressionable and highly suggestible nature of children, it is especially important to provide, from the start, programs of dental care which are as free of discomfort as possible and even possibly somewhat fun. Some dentists, for example, with commendable imagination, mention to their young patients that the dental office can be thought of as a modified spaceship.

In most cases, an unhurried empathic attitude, combined with reassurances will suffice. Hypnosis may be indicated for the child needing more involved work or the child who has had previous negative experiences.

Hypnotic work with children, while similar to adult hypnosis in substance, requires some modifications. The shorter attention span of children requires more absorbing, interesting, and innovative induction procedures. The suggestions and language must correspond to the child's verbal capabilities. The child needs immediate reward and praise for his hypnotic achievements. Successful techniques are more apt to use fantasy or imagery, concrete suggestions using specific images, and ego --

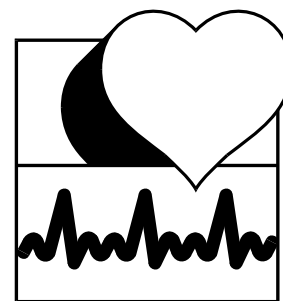
strengthening methods to enhance the child's self-image for mastering the problems at hand.

Preoperative preparations The preoperative hypnotic preparation of the patient can be handled in a variety of ways. Some authors recommend that there be a rehearsal of the operation under hypnosis, with recreated conditions made to be as real as possible, to familiarize the patient with the procedures, the sensations commonly encountered, ie, the wet sponge to prep the skin for incision, the sound of clamps, hemostats, etc (Crasilneck and Hall, 1975).

Less time-consuming, but possibly not as effective, is a preoperative hypnotic induction during which a general description of the procedure is drawn and appropriate suggestions are given. Mention may be made before the operation that the patient will be calm, will rest soundly, and eat or not eat as required, with comfort; that, as anesthesia is given, it is to be accepted willingly and that pain sensations will be blocked; that during the operation, breathing will be restfully slowed and healing dreams are likely to be encountered. For the postoperative period, the patient is told that recovery will be rapid, discomfort minimal, and healing accelerated.

For the postoperative period, the patient is told that recovery will be rapid, discomfort minimal, and healing accelerated.

Such hypnotic procedures may be applied to any phase of the operative process. Preoperatively, it allays anticipatory anxiety and allows for more restful adaptation. If the hypnotherapist is to be present during the operation, this should be mentioned to the patient because it will set the stage for future hypnotic rapport.



AD/HD Understanding the True Meaning of Living With It.....Part 8 of 10 Series

By Roxanne Cortese

Introduction To AD/HD Coaching

by Andrea Little

WHAT IS AD/HD COACHING ?

AD/HD coaching has been defined as follows: "AD/HD coaching is an ongoing relationship which focuses on the client taking action toward the realization of their vision, goals or desires. AD/HD coaching uses a process of inquiry to discover ways in which a client can maximize strengths and talents, function optimally with a disability, and be responsible and accountable for actions or lack of action. AD/HD coaching provides clients with structure, support, skills and strategies."

WHY DOES A PERSON WITH AD/HD NEED A COACH?

Not all people with AD/HD do need a coach. On the other hand, after you have a medical diagnosis, have found the right combination of medications to normalize your brain functioning, have educated yourself about AD/HD and how it has and can affect you, have surrounded yourself with supportive, understanding people and a support group, but still find yourself spending hours and days playing solitaire instead of doing the dishes, paying bills or doing your paperwork, it is time to consider hiring a coach.

IS A COACH THE SAME AS A THERAPIST?

No, a therapist helps a person with emotional problems and growth (which may stem from having a disorder such as AD/HD). An AD/HD coach works specifically with AD/HD issues helping the AD/HD person learn ways to set realistic goals and reach them.

IS THERE SPECIAL TRAINING OR CERTIFICATION TO BECOME A COACH?

Training for coaching can be obtained through some AD/HD coaches. There is no certification for AD/HD coaches yet. Training gives the AD/HD coach a structure from which to work and the assistance of more experienced AD/HD coaches if needed.

CAN ANYONE BE AN AD/HD COACH ?

Yes, anyone who helps a person with AD/HD develop and reach their goals is being a coach to them. However, a coach without a plan, without training and without the backing of experience may be less successful than one who is professional, trained and experienced. Also, because of the relationship between a coach and a client, it is difficult to have a coach with whom you are emotionally involved.

HOW MUCH DOES AN AD/HD COACH COST ?

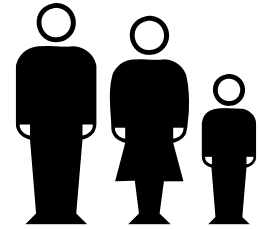
Cost of coaching varies from coach to coach. Some bill weekly, some monthly. The cost is usually billed by the hour. How much time each client needs varies also. Some people want daily contact of 15 minutes or more. Others don't need daily contact but want longer contact on a weekly basis.

HOW IS AD/HD COACHING DONE? WILL THE COACH COME TO MY HOUSE ?

AD/HD coaching is different for each coach and each client. Each coach has a preferred way of working and each client has different needs.

There are three main areas in which a coach can help in your personal life. First, she/he can help you stay on track and help you prioritize to meet your goals.... Next, your coach can help you see your successes by being supportive, almost a cheerleader.... Thirdly, a coach can be right in your house to help you maintain systems, put papers away, getting to all the stuff that you hate: that boring, repetitive filing, paying bills, balancing the checkbook or going through papers"

Coaches can help remind you of your long-range goals, while gently keeping you focused on the tasks at hand. A coach can be particularly helpful at work, especially when you're first learning new skills and techniques".



Imagine taking our skills as a hypno-counselor and combining it with coaching. A powerful combination for helping

AD/HD coaching also helps clients to:

- Understand that the source of many of their challenges is AD/HD, not personal shortcomings.
- Safely examine areas of failure and areas where they want to be held accountable.
- Heighten self-awareness and self-observation skills, and use those heightened skills to improve decision-making and performance.
- Change perspective when "stuck", for example, learning new ways to work with procrastination, perfectionism, staying on task, or being more consistent.

Become aware of their own learning styles, processing styles and learning preferences so they can enhance their ability to learn and comprehend information and situations.

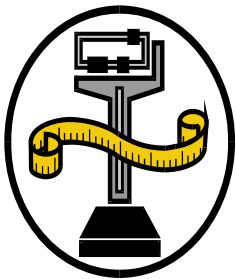
Bananas...sent in by Pat Conti



*Essential Oils/Herbs
Stimulate the Senses
and Help to Strengthen
the Immune System*

HEALTH PAGE

*FOR
MIND
BODY
AND
SOUL*



This is interesting.....After reading this, you'll never look at a banana in the same way again.

Bananas contain three natural sugars - sucrose, fructose and glucose combined with fiber. A banana gives an instant, sustained and substantial boost of energy. Research has proven that just two bananas provide enough energy for a strenuous 90-minute workout. No wonder the banana is the number one fruit with the world's leading athletes. But energy isn't the only way a banana can help us keep fit. It can also help overcome or prevent a substantial number of illnesses and conditions, making it a must to add to our daily diet.

Depression: According to a recent survey undertaken by MIND amongst people suffering from depression, many felt much better after eating a banana. This is because bananas contain tryptophan, a type of protein that the body converts into serotonin, known to make you relax, improve your mood and generally make you feel happier.

PMS: Forget the pills - eat a banana. The vitamin B6 it contains regulates blood glucose levels, which can affect your mood.

Anemia: High in iron, bananas can stimulate the production of hemoglobin in the blood and so helps in cases of anemia. **Blood Pressure:** This unique tropical fruit is extremely high in potassium yet low in salt, making it perfect to beat blood pressure. So much so, the US Food and Drug Administration has just allowed the banana industry to make official claims for the fruit's ability to reduce the risk of blood pressure and stroke.

Brain Power: 200 students at a Twickenham (Middlesex) school were helped through their exams this year by eating bananas at breakfast, break, and lunch in a bid to boost their brain power. Research has shown that the potassium-packed fruit can assist learning by making pupils more alert.

Constipation: High in fiber, including bananas in the diet can help restore normal bowel action, helping to overcome the problem without resorting to laxatives.

Hangovers: One of the quickest ways of curing a hangover is to make a banana milkshake, sweetened with honey. The banana calms the stomach and, with the help of the honey, builds up depleted blood sugar levels, while the milk soothes and re-hydrates your system.

Heartburn: Bananas have a natural antacid effect in the body, so if you suffer from heartburn, try eating a banana for soothing relief.

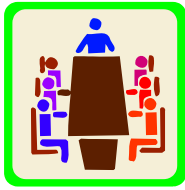
Morning Sickness: Snacking on bananas between meals helps to keep blood sugar levels up and avoid morning sickness.

Mosquito bites: Before reaching for the insect bite cream, try rubbing the affected area with the inside of a banana skin. Many people find it amazingly successful at reducing swelling and irritation.

Nerves: Bananas are high in B vitamins that help calm the nervous system.

Overweight and at work? Studies at the Institute of Psychology in Austria found pressure at work leads to gorging on comfort food like chocolate and crisps. Looking at 5,000 hospital patients, researchers found the most obese were more likely to be in high-pressure jobs. The report concluded that, to avoid panic-induced food cravings, we need to control our blood sugar levels by snacking on high carbohydrate foods every two hours to keep levels steady. **Continued page 6**

Education ..A Constant
learning for Life



**Take 2, 3, 4
Workshops**

**Members Register:
Call Dr. Gatto 908-
964-4467
ggattohypno@aol.com**

**2 = \$190 down and
\$200 the following
2 months**

**3 = \$285 down and
\$200 the following
3 months**

**4 = \$380 down and
\$200 the following
4 months**

**Credit Card
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**All Workshops
Now Receive
CEU Hours**

**To be
announced**

Script to Read Faster

Do your relaxation induction then follow up with this script. See yourself sitting at your desk or in your favorite chair reading. You are reading at a very comfortable speed and retaining everything you read. I now want you to notice that you are reading at twice the speed that you normally do. You have not sacrificed any comprehension or retention. In fact, your comprehension and retention have also improved.

Your eyes have the capability to see much more than you now allow them to see. You can now accept the rapid rate with which your eyes are capable of seeing and allow them to do so. The human mind can comprehend at an astronomically fast rate. You now allow your mind to accept and comprehend at least double the rate that you have in the past. Your reading speed will continue to get faster and faster as quickly as

you accept it. You now see and comprehend in sentences instead of words, paragraphs instead of sentences. Becoming faster and faster, more and more efficient every time you read. With every book, article, and lesson that you read, you become better and faster and you feel great because you are realizing a part of your potential you have not realized before.

WALTER STOCK RECEIVES AWARD

Longtime, dedicated member of the NACH and NGH, Walter Stock received the National Federation of Hypnotists Union 'Member of the Year' Award at the National Guild of Hypnotists 20th Annual Convention held in Marlborough, Mass in August. Walter has been presenting interesting and exciting seminars and workshops throughout the USA for many years. His charitable donations are appreciated by the Union (DPEIU-AFL-CIO) and we wish him well with everything that he and his loving wife, Maureen do now and in the future.

2007 NGH Convention

Again it was a wonderful year at our NGH Convention in Massachusetts. From what I observed this year was all the new people that were there. It was nice to see new faces that have taken up the practice of Hypnosis. There were also a lot of new presenters this year. Everyone was so busy going from class to class, that the exhibit hall was not as busy this year. To me this means people were like sponges, there to learn. The hotel ran

more smoothly this year also and they always had plenty of coffee, tea, fruit and muffins every morning for free. My workshop was probably the biggest attendance that I have had since I started presenting. I can not tell you how important it is to go to this convention. There is a wealth of information available to all that have a sincere desire to make their practice expand, learn new techniques, immerse yourself in a

particular area of expertise and network with other hypnotherapists that you may find out live near you. This is the main event of the year. You leave motivated, excited and ready to get your practice moving. For those of you who could not attend, at least continue your education with the NACH workshops. Keep bringing in new modalities to complement your practice.

Roxanne, Editor

Banana and..... Ways to increase your energy

Continued from page 4

Ulcers: The banana is used as the dietary food against intestinal disorders because of its soft texture and smoothness. It is the only raw fruit that can be eaten without distress in over-chronicler cases. It also neutralizes over-acidity and reduces irritation by coating the lining of the stomach.

Temperature control: Many other cultures see bananas as a "cooling" fruit that can lower both the physical and emotional temperature of expectant mothers. In Thailand, for example, pregnant women eat bananas to ensure their baby is born with a cool temperature

Seasonal Affective Disorder (SAD): Bananas can help SAD sufferers because they contain the natural mood enhancer tryptophan.

Smoking & Tobacco Use: Bananas can also help people trying to give up smoking. The B6, B12 they contain, as well as the potassium and magnesium found in them, help the body recover from the effects of nicotine withdrawal.

Stress: Potassium is a vital mineral, which helps normalize the heartbeat, sends oxygen to the brain and regulates your body's water balance. When we are stressed, our metabolic rate rises, thereby reducing our potassium levels. These can be rebalanced with the help of a high-potassium banana snack.

Strokes: According to research in The New England Journal of Medicine, eating bananas as part of a regular diet can cut the risk of death by strokes by as much as 40%!

Warts: Those keen on natural alternatives swear that if you want to kill off a wart, take a piece of banana skin and place it on the wart, with the yellow side out. Carefully hold the skin in place with a plaster or surgical tape! So, a banana really is a natural remedy for many ills. When you compare it to an apple, it has four times the protein, twice the carbohydrate, three times the phosphorus, five times the vitamin A and iron, and twice the other vitamins and minerals. It is also rich in potassium and is one of the best value foods around So maybe its time to change that well-known phrase so that we say, "A banana a day keeps the doctor away!"

These are easy, natural ways to help you get your energy back. Let's get started.

1. Try an "Anti-Fatigue" Eating Plan.

Your diet is a critical player when battling fatigue. Every time you put food in your mouth, you either nourish and support your body, or damage it. Use these three food tips to help boost your energy:

Eliminate dairy. Don't believe industry hype. Dairy products contain a type of protein called casein that is difficult to digest. In fact, most components of dairy products—fat, protein, and milk sugar—are hard to digest. The saturated fat in dairy products not only contributes to fatigue, but to other more serious illnesses as well. And, the amino acid tryptophan in milk has a sedative effect that may increase fatigue.

You don't need to depend on dairy products, even for calcium. There's an abundance of foods that are as good as, or better than, dairy for meeting calcium needs—including beans, peas, soybeans, sesame seeds, poppy seeds, and green leafy

vegetables. Certain fruits such as raisins, blackberries, and bananas are excellent sources of calcium and magnesium.

Avoid wheat products. As I've said on many occasions, I firmly believe that the vast majority of women are well served by avoiding or at least limiting their consumption of wheat and wheat products.

Women who are low on energy often have difficulty digesting wheat, which is highly allergenic and difficult for the body to process. Because allergens such as wheat stress your adrenals and thereby trigger the output of anti-inflammatory hormones, repeated allergic reactions can weaken the adrenals over time. This greatly increases your susceptibility to stress of all types and can lead to fatigue and low energy.

Reduce caffeine consumption. While your doctor may say it's okay to drink one cup of coffee or one soda per day, that rule doesn't apply once you start experiencing fatigue. Caffeine actually depletes energy and physical reserves by stressing the nervous system and exhausting adrenal glands. Ultimately it increases fatigue and may cause anxiety, irritability, jitteriness, and sleeplessness.

Instead, use herbal teas. Here's a great recipe for "Energizing Herb Tea:"

- 2 cups water
- 2 teaspoons fresh ginger root, grated
- 1 teaspoon peppermint leaves

1 teaspoon honey (if desired)

Bring water to a boil. Add ginger and peppermint to water and stir. Turn heat to low and simmer for 15 minutes. Add sweetener if desired.

HYPNOSIS HEALS... FALL Session, 2007 (Classes begin on September 15th , 2007)

To: All Persons Interested in Hypnosis Certification

From: The Academy of Professional Hypnosis (908) 964-4467..... go to www.hypnoacademy.com / to print registration form

Schedule: **Basic :** (September 15-16, 22, & Oct 7 2007) **Advanced:** (October 13-14, & 20-21 2007)

Advanced Clinical : (October 28 and November 3-4, 11 2007)

This Academy is the first school of hypnosis to be approved by the New Jersey Department of Education as a post-secondary vocational school. (1991) You will be able to practice on a part time basis as many do, or on a full time basis, at your discretion. We have found that many students learn hypnosis not only for career purposes, but for personal growth. All of the many demonstrations and student one-on-one practice sessions are directed towards resolution of real issues and problems, so that you are ready to practice upon graduation. A Diploma is awarded upon the completion of 100 hours of in-class study which is comprised of 3 courses, Basic, Advanced and Advanced Clinical. The title designation on the Diploma is "Certified HypnoCounselor". Hypnosis is extremely exciting, both the study and practice of it. Feel free to contact us to discuss this, and make arrangements to register for the FALL session where excitement awaits you.

HYPNOSIS HEALS

Surgery....Hypnosis given during surgical radiology not only diminished patients' pain and anxiety, but also shortens surgical time and reduces complications from the procedure. *Lancet, 2000*

Cancer....Many cancer patients suffer nausea and vomiting not only after chemotherapy, but before treatment. In a study of 16 subjects who normally experienced these symptoms, hypnosis alleviated pre-chemotherapy sickness in all of them. *Oncology, 2000*

Immunity....Hypnosis seems to significantly raise the activity of B-cells and T-cells, both key to immune response, in highly hypnotizable subjects. *American Journal of Clinical Hypnosis, 1995*

Smoking....Of almost 3,000 smokers who participated in one group hypnotherapy session, sponsored by the American Lung Association, to kick the habit, 22% reported not smoking for a month afterward. *The International Journal of Clinical and Experimental Hypnosis, 2000*

Attention Deficit Disorder (AD/HD)Research shows that hypnosis is as effective as Ritalin in treating ADD in children.

Presented at the American Psychological Association Meeting 1999

Pain....In 169 patients, self-hypnosis was largely successful in alleviating chronic tensions headaches.

International Journal of Clinical Experimental Hypnosis, 2000

Studies....A growing number of studies show that hypnotherapy can treat headaches, ease the pain of childbirth, aid in quitting smoking, improve concentration and study habit, relieve minor phobias, and serve as anesthesia, all without drugs or side effects.

Psychology Today, January/February 2001



TOPIC: PAIN MANAGEMENT WITH GLOVE ANESTHESIA **PRESENTER:** *Dr. John Gatto*

Dr. Gatto has been teaching pain management for over 20 years. In fact, the 2 day workshop that he and Tony offered in the past had been approved by the NJ State Nurses Association for re-certification contact hours. The workshop is presently being scheduled for the late Fall. Learn how to apply Glove Anesthesia to numb the pain in various parts of the body. He will demonstrate this method with several volunteers from the audience. You cannot afford to miss this presentation. Add this weapon to your armory. Get a glimpse of the workshop that shall be offered in the near future.

Dr. John Gatto completed his Masters of Science from St. John's University and Doctoral Degree in Clinical Hypnotherapy from the American Institute of Hypnotherapy. He is the co-founder of the Academy of Professional Hypnosis, the first hypnosis post-secondary vocational school to be approved and licensed by the State of New Jersey Department of Education (1991). He is also the co-founder and president of the NACH, member of long standing in the National Guild of Hypnotists, and a delegate from New Jersey to the Council of Professional Hypnosis Organizations (COPHO), an organization dedicated to the unification of hypnotists. For several years Dr. Gatto

worked with terminally ill cancer patients in a leading local hospital. He brings to this presentation the insights that he has gained from working with clients in his 20+ years of private practice, also with hospital patients, and in teaching students these methods at the Academy of Professional Hypnosis (www.hypnoacademy.com) since 1991.

NACH MISSION

The National Association of Certified HypnoCounselors offers its membership an opportunity to:

Identify and investigate pertinent areas of concern in the field of hypnosis.

Provide a climate for discussion of significant issues relevant to hypnosis and to analyze critical problems.

Participate in the special seminars that are designed to sharpen those skills required in hypnocounseling.

Meet and interact with professions involved in investigative study and ongoing research methods of the mind: both the conscious and the subconscious.

Have an opportunity of working with those professionals interested in unifying and de-mythifying the field of hypnosis.

Actively participate in the investigatory legislation relative to mandatory licensure of all hypnocounselors within the United States.

Assist others in an awareness and an acceptance of the diversity of training and techniques employed in hypnosis.

Enjoy instant credibility and national recognition of their credentials.

2007 Meeting Dates

September.....19th

October, 17th.....November, 14th

No meetings

July & August

December and January

Mark Your Appointment Book

Next 2007 Meeting



Wednesday: Sept. 19th 2007

Networking: 7:00 PM

Dinner: 7:30 PM

Meeting Place: Galloping Hill Inn

Union, NJ

DIRECTIONS

PARKWAY: get off at exit 138 (Galloping Hill Road). Travel 1/4 mile on Galloping Hill Road towards Union.(908) 686-2683. **ROUTE 22:** Get off at Union exit on Morris Avenue (Kean University). Proceed towards Elizabeth on Morris Avenue for 1/4 mile. Make right on Salem Road and go to the end. **STATEN ISLAND OR LONG ISLAND:** Take the bridges to Route 1, Elizabeth. Go to Elizabeth Center. Take Morris Avenue heading towards Union for approx. 2 miles, make a left turn on Salem Road and go to the end.