

Annual Asbury Park Beerfest kicks off Saturday

KICKS, INSIDE

Courier News



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Gov. Phil Murphy, right, bows his head as Harry Pangemanan, left, says a prayer at Highland Park Reformed Church. Pangemanan claimed sanctuary Thursday morning. PHOTOS BY BOB KARP/STAFF PHOTOGRAPHER

N.J. immigrants claim sanctuary

Steph Solis
Asbury Park Press
USA TODAY NETWORK - NEW JERSEY

Last week Harry Pangemanan was honored by the Borough of Highland Park for rebuilding homes along the Jersey Shore destroyed by Superstorm Sandy. Thursday afternoon, the Indonesian Christian father of two met the governor.

But Gov. Phil Murphy didn't go to the Reformed Church of Highland Park on Thursday afternoon to applaud Pangemanan's volunteerism. Murphy went because Pangemanan, an unauthorized immigrant, was entering sanctuary to escape deportation.

"Many of the houses that he worked on, in the lawn of the homes he was working on were big Donald Trump signs and yet he was still rebuilding those homes to get Jersey families back inside," the Rev. Seth Kaper-Dale of the Reformed Church of Highland Park, an immigrant rights advocate, told Murphy.

Immigration and Customs Enforcement agents swooped into Central Jersey around 8 a.m. Thursday morning and arrested two Indonesians, Gunawan Liem of Piscataway and Roby Sanger of Metuchen, said Kaper-Dale, who also runs the Deportation and Immigration Response Equipo that tries to intervene in ICE raids.

Liem and Sanger were dropping off their children at school when they were approached by ICE agents, Kaper-Dale said.

"It looked like it happened simultaneously," he told a Press reporter, "That way people wouldn't call (and warn) each other."



Pangemanan breaks down as he tells his story of ICE officers knocking on his door Thursday morning.

More online

For a photo gallery go online to mycentraljersey.com

Escaping ICE agents

Pangemanan was backing out of his driveway to take his oldest daughter to Metuchen High School when he saw an unmarked sport utility vehicle that had sat idle inch forward toward his car.

Pangemanan placed the car in park, jumped out and ran inside. Then he called his daughter, who was

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Bernards reverses decision on quarry

Unpopular redevelopment plan 'too aggressive,' mayor says

Mike Deak
Central Jersey Courier News
USA TODAY NETWORK - NEW JERSEY

BERNARDS – Though it was a foregone conclusion, the Township Committee's 4-1 vote to reverse course and revoke the designation of the Millington Quarry as a redevelopment area received a standing ovation and cheers Wednesday evening.

For an hour residents came to the microphone in the auditorium of Ridge High School to tell committee members that it was time to start over the process of what to do with the quarry, one of the largest undeveloped properties in the township.

Mayor John Carpenter said the unpopular rede-

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Central Jersey Go
Jenna Intersimone
USA TODAY NETWORK - N.J.

5 most outlandish N.J. museums worth the drive

As a travel, entertainment and food writer, I love nothing more than getting out and checking out new and exciting places in the hidden and misunderstood gem that is New Jersey.

However, I have a confession to make: None of those "new and exciting places" ever involves your typical museum. I can admit that I lack the patience, understanding and appreciation that is needed to visit a typical art or history museum and walk through its hallways, learning from a docent about each piece's significance as I count down the minutes until lunch.

Through my travels, though, I have learned that there are many museums that do not fit this description, and instead, these dynamic and one-of-

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Chopra to headline event at RVCC

Susan Bloom
Special to Central Jersey Courier News
USA TODAY NETWORK - NEW JERSEY

On Wednesday, Feb. 7, New York Times best-selling author and integrative medicine pioneer Dr. Deepak Chopra will discuss "The Healing Self: A Revolutionary New Plan to Supercharge Your Immunity and Stay Well for Life" at Raritan Valley Community College in Branchburg.

Conducted in celebration of National Heart Month and sponsored by Robert Wood Johnson University Hospital Somerset, a RWJBarnabas Health facility, the event is part of an ongoing series titled "Talk With Authors," which provides live events with leading authors. Event proceeds will benefit Friends' Health Connection.

"My personal career over the past 40 years has been in three phases — first, discovering the mind-body connection, then launching integrative medicine, which has since become part of the mainstream, and now understanding fundamental reality and the nature of consciousness," Chopra shared in an exclusive interview with MyCentralJersey.com. "Consciousness is that in which all experience occurs and is known and, as applied to health, represents the healing self."

According to Chopra, founder of The Chopra Foun-



Deepak Chopra



Sharan Mahal, M.D.

ation, co-founder of The Chopra Center for Wellbeing and author of more than 85 books, consciousness is holistic in that it encompasses the physical, mental, emotional and spiritual systems and can directly impact one's health.

"Negative energy, for example, can increase one's stress and cortisol levels, while nourishing words can promote a positive increase in dopamine levels," Chopra said. "Every event in the brain is recorded in the body such that mind, body, and awareness are intertwined. Fear, guilt, resentment, anger, etc., can cause inflammation, while love, compassion and joy can bring about healing. By changing the quality of your experiences, you can change your biology."

In addition to offering practical ways to experience higher consciousness, transformation and healing, Chopra will discuss each individual's responsibility for his or her own health and the importance of making the right lifestyle choices every day, not only to prevent or reverse heart disease and other chronic and metabolic illnesses but also to achieve greater happiness and op-

See CHOPRA, Page 5A

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