

RWJBarnabas

Robert Wood Johnson University Hospital

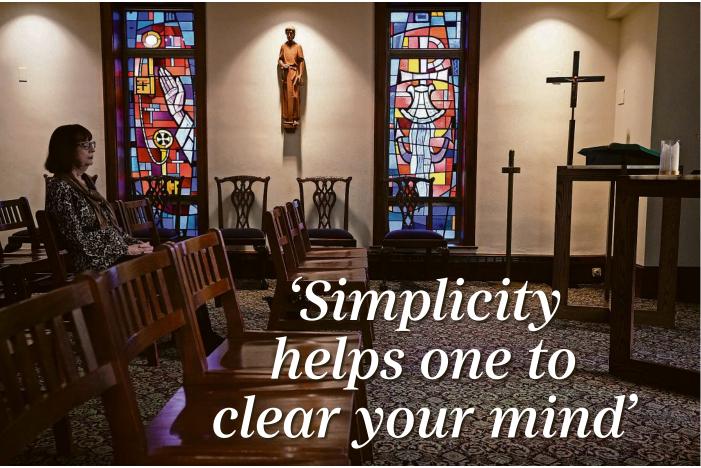
rwjbh.org/rwjuhed

Home News Tribune

SUNDAY, DECEMBER 14, 2025 | MYCENTRALJERSEY.COM

PART OF THE USA TODAY NETWORK

Opulent silent retreat allows visitors to disconnect



Barbara Maddox participates in a silent retreat at Loyola Jesuit Center on Nov. 6 in Morristown, NJ. Pictured below is a window of stained glass at the Loyola Jesuit Center. PHOTOS BY YANNICK PETERHANS/NORTHJERSEY.COM

Deena Yellin NorthJersey.com | USA TODAY NETWORK

MORRISTOWN, NJ – mid autumn sunlight, a lone leaf slow-danced from its branch down to a reflecting pool, where koi circled a gently trickling fountain. • It was a picturesque garden, surrounded by brilliant gold and auburn foliage. • Still, silent meditation with this backdrop of tranquility can require help, which came from Brigette Vohden. • "There's no wrong way to do this," she said.

As director of mission for Loyola Jesuit Center in Morristown, New Jersey, she has overseen many silent retreats and has met a growing number of nov-

Silent retreats have become a buzzworthy travel trend in recent years, as more Americans seek relief from the stress of their lives and the nonstop overstimulation of the digital age. Yoga centers, spas and convents have reported a spike in interest from visitors who want to unplug from the chaos.

See RETREAT, Page 3A



Area man charged in Metuchen stabbing

Suzanne Russell

MyCentralJersey.com
USA TODAY NETWORK – NEW JERSEY

METUCHEN – A New Brunswick man has been charged with the attempted murder of a Long Branch man following a Dec. 3 stabbing at a Durham Avenue home.

Peter Fragoso, 29, was arrested on Dec. 4 and charged with attempted murder, a first-degree crime, as well as unlawful possession of a weapon for an unlawful purpose, and obstruction, Middlesex County Prosecutor Yolanda Ciccone and Metuchen Police Chief Arthur Flaherty Sr. announced.

Fragoso was being held at the Middlesex County Adult Correctional Center pending the results of a pre-trial detention hearing.

Around 7:34 p.m. Dec. 3, Metuchen police received a 911 call about an altercation with a knife at a home on Durham Avenue.

When officers arrived, they found a 23-year-old Long Branch man with stab wounds.

The man was taken to Robert Wood Johnson University Hospital where he was treated for his injuries.

An investigation led by Metuchen Detective Robert Ring and Middlesex County Prosecutor's Office Detective Stephanie Redline indicated Fragoso was the suspect and this was not a random act of violence, according to the prosecutor's office.

The investigation is continuing. Anyone with information is asked to contact Detective Ring at 732-632-8501 or Detective Redline at 732 745-3316

Email: srussell@mycentraljersey.

Middlesex restaurateur brings imaginative restaurants to Carteret

Suzanne Russell

MyCentralJersey.com
USA TODAY NETWORK – NEW JERSEY

Restaurateur Sarbjit "Sam" Badwal is bringing two imaginative restaurants to Carteret aimed at blending in with the borough's efforts to create dining and entertainment experiences.

Badwal, who has lived in Carteret for

more than 15 years, recently opened Lab X, a fusion of international food focused on Mediterranean and Indian cuisine, innovative cocktails, and hookah flavors along with live DJs and entertainers, at 265 Washington Ave.

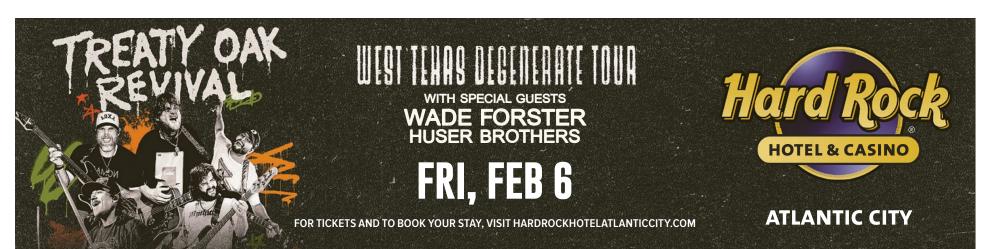
LVLZ, a hibachi restaurant, is under construction on the rooftop and ground floor of The Botanic, at 36 Washington Ave., and will include a rooftop bar and dining.

The two eateries are Badwal's first restaurants in his hometown.

"We chose to open two restaurants in Carteret — rather than just one — because each concept plays a unique role in supporting the borough's long-term vision for growth, entertainment, and community engagement," Badwal said. "Carteret is in the middle of an exciting

transformation, especially with the Performing Arts Center attracting more visitors, new residents, and vibrant nightlife. We saw an opportunity not just to open a restaurant, but to help build a full ecosystem of dining and entertainment experiences that complement what the town is already investing in."

See RESTAURANTS, Page 3A



Subscriber-only eNewspaper



