



Alexa & Karen's Favorite Things: The Wellness Series (but, oh do we love Taylor Ham!)

We would like to introduce Tina Kolodzieski! Tina is TeamPAR's Design & Sales Assistant and our resident Research Wizard. She joined TeamPAR in March and is fantastic! Reach out and say hello or connect with her on [LinkedIn!](#) Tina's attention to detail and design background will add value to your next project.



[READ MORE >>](#)

**CASE STUDY
NKBA HEADQUARTERS**

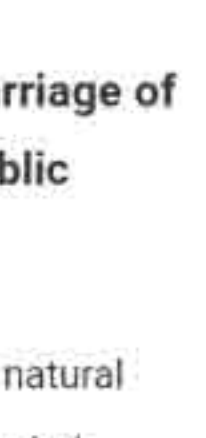
Project: NKBA Headquarters (National Kitchen & Bath Association) – Hackettstown, NJ
Size: Two-Story, Owner Occupied Building – 10,500 SF



Mission: To provide more light and efficiency to this thriving organization, while adding modern amenities and contemporary surroundings conducive to today's business practices.

Business Goals: Maximize the buildings footprint and create areas for collaboration while enabling teams to work most productively.

[READ MORE >>](#)

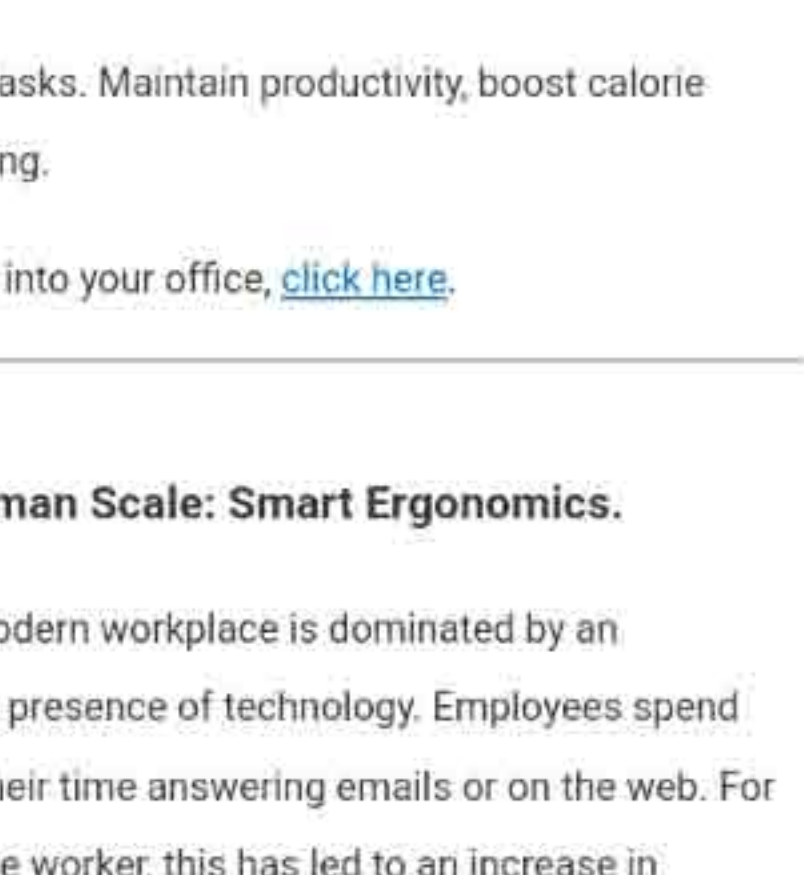


Alexa & Karen's Favorite Things.... The Wellness Series

TEAMPAR'S 8 FAVORITE THINGS

#1.... Green Furniture Concept: The marriage of design and sustainability for indoor public landscapes --- with WOOL, oh la la!

Nature has its cycle, so has Green Furniture – natural and technical – using natural, upcycled or recycled materials in a loop. Genuine materials that efficiently can be kept in shape and that age with dignity.



To achieve a feeling of bringing nature in, The Leaf Lamp Trees are ambiance shapers both visually and acoustically. Foliage of wool felt that absorbs sound and radically improves the speech perception in a room. Grand light trees in scale with any interior.

How are their products sustainable?

For more about the Green Furniture Concept, [click here.](#)

#2.... LifeSpan Workplace: Taking Multi-tasking to the next level.

Not enough hours in the day? We all feel that way. Typically, we do for others and put ourselves last. The addition of exercise equipment in your professional environment can make all the difference!

Enhance your health by integrating exercise into your daily tasks. Maintain productivity, boost calorie burn, and improve physical health in a quiet, functional setting.

For more information about integrating exercise equipment into your office, [click here.](#)



#3.... Human Scale: Smart Ergonomics.

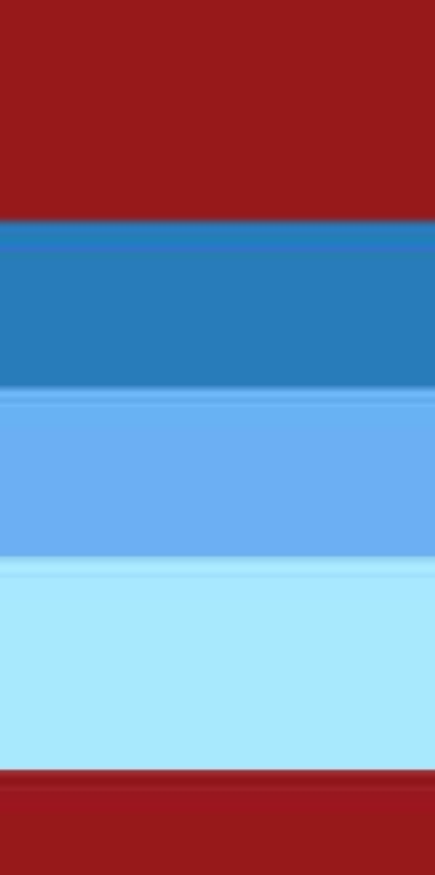
Today's modern workplace is dominated by an increasing presence of technology. Employees spend much of their time answering emails or on the web. For the average worker, this has led to an increase in musculoskeletal complaints such as eyestrain, lower back pain and wrist discomfort.

The best design marries purpose with functionality. This sings the tune of the Millennials as well, their desire for flexible schedules and a comfortable, non-structured work environment. By 2020 Millennials will account for 40% of the US workforce, and by 2025 they will comprise 75% of the global workforce. WOW....it is time for the generations to get along and add some collaboration into the work environment. Ergonomic products fit the bill -- the are healthy for our body and set the stage to accommodate the social and lifestyle wishes of the younger generation.

For more information on how to make your office more ergonomically functional, [click here.](#)

#4.... HUR: Strength Training Solution for Older Adults.

70 is the new 50! There is no doubt about it – scientific evidence concludes that physical activity offers one of the greatest opportunities to extend years of active and independent life, reduce disability and improve the quality of life for older adults.



While TeamPAR was showcasing our services at the Leading Age NJ yearly conference, we were introduced to another vendor that services senior living and active adult environments and saw value in their offerings. HUR equipment offers strength training solutions for active aging, senior living and rehabilitation.

HUR's air resistance strength training equipment is specifically designed for older adults. It is safe, easy to use and effective at both low and high movement speeds. Older adults can start off with zero resistance and increase resistance by 1/4-pound increments. The lack of inertia makes the machines ideally suitable for people undergoing rehabilitation, as well as for those who are training for strength maintenance and strength building purposes. They can train harder with HUR with lower risk of injury.

For more information about HUR for older adults, [click here.](#)

Every Tuesday through October 31st, be sure to keep an eye out for our Alexa & Karen's Weekly Favorite and learn how partnering with TeamPAR can bring you stunning flooring and unique designs.

Karen's Corner



Taylor Ham or Pork Roll?

In May I wrote a blog about NJ's ICONIC Hot Dog Joints in our great state and enjoyed receiving emails shouting out your favorite locations. NJ is dubbed the hot dog capital of America, but I believe Taylor Ham is our meat of choice.

Pork Roll (regionally known as Taylor Ham) is a pork-based processed meat originating and commonly available in New Jersey, New York, Delaware and parts of Pennsylvania and Maryland. It was developed in 1856 by John Taylor of Trenton, New Jersey, and sold as "Taylor Ham".



John Taylor is credited with creating his secret recipe for the product in 1856. George Washington Case, a farmer and butcher from nearby Belle Mead, New Jersey, later created his own recipe for pork roll in 1870. Case's was reportedly packaged in corn husks.

Taylor originally called his product "Taylor's Prepared Ham", but was forced to change the name after it failed to meet the new legal definition of "ham" established by the Pure Food and Drug Act of 1906. Marketed as both "Taylor's Pork Roll" and "Trenton Pork Roll", it saw competition from products with similar names like "Rolled Pork" and "Trenton style Pork Roll". When their makers were sued by Taylor a 1910 legal case ruled that the words "Pork Roll" could not be trademarked.

The processed meat is a local treasure and adored up and down the Turnpike and Parkway, but as is the case with many other beliefs and customs in our State, North Jersey and South Jersey are clearly divided.

In North Jersey, residents continue to use the term Taylor Ham, while South Jersey residents generally use the term Pork Roll, with Central Jersey residents using a mix of the two.

Taylor Ham vs. Pork Roll Voting Results

NJ Advance Media for NJ.com conducted a pole and analyzed the voting data three ways. First, the popular vote is a simple count of votes. The geographical vote is a percentage of the municipalities won by either side. Finally, the pure population vote is a measure of the percent of the vote each side received in a town pitted against the actual population of that town.

Taylor Ham

Popular Vote	45.9%
Geographical Vote	41.95%
Pure Population Vote	51.49%

Pork Roll

Popular Vote	54.1%
Geographical Vote	58.05%
Pure Population Vote	48.51%

Check out the entire NJ Advance Media for NJ.com article... It's fantastic! Even Rutgers University had created a pole and debated what:

HERE IS WHAT TO EXPECT:

1) AS YOU WALK IN, YOU WILL HAVE 2 CHOICES OF SHIRTS AND YOU CAN ONLY CHOOSE ONE

2) GO TO @RUATHLETICS ON TWITTER TO VOTE FOR #TEAMTH OR #TEAMR

Rutgers Athletics @RUATHLETICS

#TeamPR (Pork Roll) #TeamTH (Taylor Ham)

VOTE

3) PURCHASE YOUR VERY OWN TAYLOR HAMB OR PORK ROLL SANDWICH FROM STANDS 1, 2, OR 3

4) ONE LUCKY FAN WILL RECEIVE 8 POUNDS (YES, 8 POUNDS) WORTH OF TAYLOR HAM/PORK ROLL DURING MINUTE OF MADNESS!

5) A RAUCOUS ATMOSPHERE CREATED BY YOU!

FOR TICKETS GO TO SCARLETKNIGHTS.COM/TICKETS

I am writing this blog post and I am from North Jersey and must insist — It is TAYLOR HAM!

Regardless of what you call it, we can all agree that a traditional Taylor ham, egg, and cheese sandwich— is ingrained in New Jersey culture in a way almost nothing else is. We are Taylor Ham aficionados. How do you prefer yours? On a bagel or a hard roll? With or without salt, pepper, ketchup? Regardless, it is nice that NJ has something we can call our own.

Scott Miller, founded the New Jersey Pork Roll Festival in 2014. The 4th annual festival will take place on May 26, 2018 — [check it out!](#) Perhaps I will see you there!

This winter I will write about French Fries around our great State — Disco fries, Whiz fries or French fries with brown gravy... Which is your sinful preference? Stay tuned for the debate!

Which is your favorite place to get Taylor Ham in NJ? Your friends at TeamPAR would love to know!

WWW.TEAMPAR.COM 973.292.0089 INFO@TEAMPAR.COM

