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# The Life Chronicles

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## Beginning

### Deeper than the Deep Blue Sea

By Lucas Garfinkel

The ocean is such a dichotomy, at one moment majestic and peaceful and the next a burst of color and wonderfully loud. It is teeming with wildlife, whether it is a clown fish searching for his lost son or a great blue whale sprawling out of the ocean and submerging itself again in an awe-spurring sight. The great blue sea is endless, with numerous possibilities of what your next encounter may be. This is very similar to the outlook of a newborn baby because their life seems like a road of never ending opportunities. That was exactly the feeling when Robert Sullivan was brought into this world in 1936.

Growing up, Bob lived in a dichotomy of his own. He lived in Essex Fells during the school year, however, he was always itching to be back at his real home in Seagirt, where his family stayed every summer. This is where Bob's wild spirit would come alive. He and his brother would always be out-and-about going on new adventures and meeting new people just like wild fish in the ocean. Bob worked at the Warren Hotel in Spring Lake and he and his coworkers had more fun than the guests that stayed there. For instance, every Thursday night, he and his friends would play beach volleyball and the winner would win 6 cases of beer.

Living in Seagirt was like living in a bubble for Bob and his friends. It is hard to worry about the outside world when you are living in paradise; the only worry you have is if the tide is going to reach your chair. Bob did not even know that the war was going on during this time. Similarly, life in the ocean has no idea what is happening in the real world and has no idea about the catastrophes humans initiate when we disagree.

Much like whales in the ocean, Bob migrated to a lot of different places as a teenager. His father owned a newspaper company in the Bronx and sold it to a big fish in the industry, Dorothy Schiff, who converted it into the NY Post. His father then took his family to Martha's Vineyard, Cape Cod, and Nantucket. Bob also voyaged to a few different high schools including Caldwell High, Oratory Prep, and finally a boarding school in Rhode Island. He was not much of a student but he did know how to socialize and make friends anywhere he went, always traveling in a school of fish. This ability to connect with others would become his defining attribute and would be the basis for the rest of his life.



## Middle

### A Good Old Fashion Newspaper

By Lucas Garfinkel

The purpose of a newspaper is to keep people informed of events

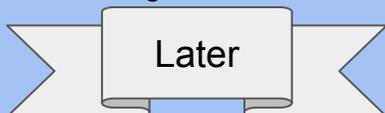
around the world, as well as ones in our backyard. In general, a good newspaper reports the best and the worst moments of life. Not only is it fitting that a newspaper should represent Bob's middle years due to the fact that he operated one for a long time, but it is in these middle years where he will encounter both his finest and lowest periods of his life.

Coming out of college, Bob started his real life with some front-page headlines. He went straight to the army but had to leave after six months due to a bad case of meningitis. He was seriously sick for about a week and he does not remember anything from that week. His parents later filled him in on all the news that occurred, exactly what a good newspaper would do. After his full recovery, Bob was able to journey on adventures that would last a lifetime. Much like how newspapers have the power to bring people to places they have never been before and hear stories they have never heard before, Bob was able to travel to numerous places he has never been, particularly in Europe and Asia. He and his friends were lucky enough to go to France, England, Ireland, Scotland, Norway, Sweden, Italy, and many more countries on their excursions. The reason why these trips were a highlight of Bob's life was due to all the amazing people and connections he was able to encounter along with the fascinating stories he was lucky enough to hear. His ability to connect with people would be the hallmark of these trips and his life.

After his incredible voyages across the pond, Bob decided he needed to settle down and build his life. He could not find the right job, bouncing around from job to job in the insurance world. Finally, he got a call from his dad asking if he would want to work at his newspaper in Caldwell, believing his son needed that small-town, local newspaper feel. Bob gladly agreed and eventually became a co-operator of the local newspaper in Caldwell, named The Progress, along side his older brother for 28 years.

Bob was a very social guy, always having a date by his side. It was on a trip to his friends house in Vermont, however, where he met his lovely wife Laura for the first time. Sooner than later, the front page story was written and Bob and Laura got married up in Westchester, NY. A couple years later, Bob and Laura decided to adopt two children, Greg and Brooke, from Prince Edward's Island in Canada. These were some of the happiest times for Bob, probably being found in the cartoon section of the newspaper.

After time went on, though, Bob's exposé of his problems became the feature of his newspaper. Unfortunately, life will throw curveballs at you at any moment of time, and for Bob, he realized this lesson when his wife asked for a divorce. After such a shock to Bob's life, he realized he needed to fix some of his troubles. Ultimately, he was able to achieve this goal and came back an even better and more amazing person, accepting his fate and not letting his past mistakes weigh him down.



## The Bag of Life

By Lucas Garfinkel

In Bob's room, at the assisted living home where he lives today,

he keeps a small white paper bag filled with empty, ready to be sent hallmark cards. These cards range from birthday cards to Valentine's Day cards to congrats on the new house cards. This sort of bag may not be typical, but for Bob it could be expected because it really signifies who he is as a person.

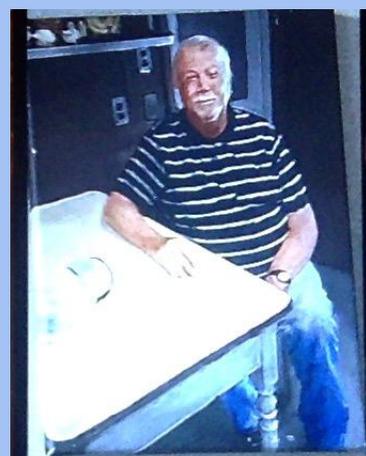
A bag full of empty cards, yearning to be written on in order to make that connection with the receiver, letting them know someone is thinking about them. This simple gesture can really make a huge impact on someone's life. Writing a card is about making that impression on another person, it is about the thought that went into it, and it is a pure indication of true emotion. Bob Sullivan represents all of these things.

Walking in the hallways of Morris Hills Center assisted living home, one will see a lot of elderly people who have been burdened by the true realities of life. However, when Bob walks down the hallways, he says hello to everyone he sees and greets them with a tender smile. This just shows how he embodies making connections and tries to help other people with small gestures like a smile. Bob senses that many people in his home are not happy and are down on life. He realizes, though, that maybe he can really help other people by giving them a smile and staying positive, and that is very important to Bob.

Another example of how Bob devoted his life to helping others was the volunteer work he did at several prisons in Newark. Bob suffered with alcoholism but has been sober for numerous years. After he became sober, he started to devote his time to helping people with the same problems he had himself, making sure they would not make the same mistakes. Later nicknamed "Big Book Bob" because he would always talk about the *Alcohol Anonymous* big book when

helping others. He once stated "It has been my honor to help others and to freely give away what I have received. Watching others get better has been a tremendously rewarding experience."

If there is one thing to be known about Bob, it is that he is the most friendly, caring, and thoughtful person you will ever meet. He has this extraordinary power to connect with others much like a bag of hallmark cards. Everyday Bob wakes up with the intent to help another person and to just enjoy life, making the most out of what he's got. That is truly how everyone on this Earth should live their life, exactly like Bob Sullivan.



The editorial staff of this newspaper wants to thank Bob for letting us get to know him and to write our newspaper about his life. Not only has this process affected his life, but it has also affected my life as the editor and chief of this project. He was able to instill a little bit of his happiness in me from his amazing smile and his incredible laugh. I wish, from the bottom of my heart, that he is able to stay healthy and keep on spreading his joy and happiness to others for many more years to come.