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7 YEAR OLD GYMNAST WINS SECOND PLACE AT THE NATIONAL LEVEL HAS HIS EYES SET ON BIGGER GOALS

By: Edir Coronado

Local Mountainside Gymnast, Sasha Rozenshteyn is only seven years old, but at this young age he's already accomplished a plethora of accolades, earning second place at the 2016 Trampoline Championship in Tulsa, Oklahoma. While Sasha came in second at the National level, he earned first place at the state and regional level.

Sasha began four years ago in Olympika Gymnastics, where he entertained the idea of gymnastics, by playing around in the gym. Here, coach, Stoyan Grigorov noticed Sasha's potential. Sasha's talents began to unravel 2 years later and at the age of 7 Stoyan saw the determination needed to compete. This willpower, coupled with the incredible amount of talent portrayed in the gym, yielded the equation of a winning formula.

Coach Stoyan explains that his young protégé has not only the physical skills to compete, but the mindset that he holds carries him through his failures and gives him an inability to fear the competition. "He just wants to win," expressed Coach Stoyan. He points to examples in the gym where he faces off against the older more experienced gymnasts and expects to win. This type of gumption allows young Sasha to be courageous is how he faces defeat is what's really mentally impressive. Where most adults might quit, Sasha's tenacity kicks in pushing him through his shortcomings to create success. "Most kids his age are scared of the competition, but Sasha shows no fear, which is why in the future he is going to represent his country on international level," expressed Coach Stoyan.

Sasha's training regimen includes a rigorous hour and half session three days a week, where coach Stoyan goes over techniques, as well as conditioning and flexibility through stretching. While Sasha is mentally strong, it is easy to forget he is only seven; during these training sessions, Coach Stoyan makes sure to build on that mental toughness Sasha already possesses. Coach Stoyan explains that he uses Sasha's yearning to



be a champion as a way to motivate him and reminding him what it takes to be a champion and what needs to be accomplished to achieve those goals. Sasha responds positively and always comes to practice with laser focus, ready to improve.

Thus far Sasha has participated in 6 competitions, most at the state level, but with his recent success at the national level, coach Stoyan determined that within two years Sasha could see international competition.

Currently Sasha is hard at work with Coach Stoyan and there are mountainous goals Sasha hopes to achieve in the near future. Coach Stoyan has installed a new training regimen tailored to the higher level of competition he will be entering next year in the national level. Coach Stoyan explains that Sasha will move from level 7 to 8. There are 10 levels in total before reaching the elite level. These are the progressions that will be taken before reaching the final goal, being considered the best, and winning gold medals. Sasha has a lot of work ahead of him, but with the help of his coach, Sasha seems destined for success.

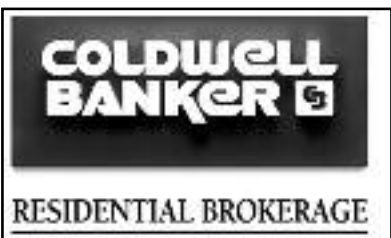
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HETFIELD HOUSE ANNUAL FALL MUM AND PLANT SALE AND GARAGE SALE

Fall season is here when Mountainside's Historic Restoration Committee holds its Annual Fall Mum & Plant sale at the Historic Deacon Andrew Hetfield House. This year's sale takes place from Thursday, September 15th through Sunday, September 18th from 9am-4pm (while supplies last). The Committee's plant experts travel to the grower and hand-select each and every plant for sale. The mums are the best you can get and, because we eliminate the middle man, the prices are very competitive. Stop by the Hetfield House from Thursday through Sunday to get a long-lasting punch of fall color for your home and landscape. Come early for the best selection.

In addition, on Saturday, September 17th from

9am – 2pm, the Hetfield House will host a garage/yard sale. Proceeds from these sales help support the restoration and maintenance of the Hetfield House and Levi Cory House.

The Deacon Andrew Hetfield House is located at Constitution Plaza (Watchung Ave., off Birch Hill Rd.) adjacent to the Mountainside Library. The Mountainside Restoration Committee is a committee of volunteers governed by the Borough of Mountainside whose purpose is to restore and maintain the Deacon Andrew Hetfield House and the Levi Cory house and collect and save historic information and items from destruction.

For further information, please call (908)789-9420; or, go to: www.mountainsidehistory.org



(above) The Mountainside Historic Committee's Annual Fall Mum & Plant sale will be held at Mountainside's Deacon Andrew Hetfield House on Thursday, Sept. 15th through Sunday, Sept. 18th from 9am – 4pm. Shop early for the best selection.

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483 Bayberry Lane List Price 779,000 Sales Price 780,000 DOM 14

BACK-TO-SCHOOL TIME FOR FOSTER YOUTH, TOO

Mountainside residents needed as advocates

Just as the kids head back to school, you may find yourself with more free time — and thrilled at the possibilities! How about changing the life of an area foster child? Train in Westfield later this month with like-minded locals and enjoy a light dinner, guest speakers and a team of trainers that equip you with all the tools needed to become a successful Court Appointed Special Advocate (CASA) volunteer. While many Mountainside students happily settle into school routines, buoyed by active parents readying for Back to School Night, there are foster youth without that support system who face educational challenges. Your commitment to their success helps ensure access to an education that meets their specialized needs:

Five-year-old Samantha is severely autistic and almost completely nonverbal. Due to excessive violence in the family home, a concerned neighbor called for help and, after investigation, Samantha was removed from her parents' care and placed in foster care. Although primarily nonverbal, the two phrases Samantha does say graphically depict the violence she witnessed at home and confirm the trauma she

endured. Since entering care, it has become clear Samantha also is a victim of educational neglect. At age three, Samantha was entitled to an Individualized Education Plan from the Department of Education to ensure continued in-home speech and behavioral services to move her toward enrollment in a half-day educational program. Unfortunately, Samantha's parents neglected to utilize these services and she is now two years behind others her age! A CASA volunteer can advocate for Samantha's educational rights and needed services, among other things, and make recommendations to the family court judge that will ensure her best interests remain prioritized.

CASA of Union County is seeking Mountainside residents to be the voice for one of the nearly 600 Union County youth, ages 0-21, in foster care through no fault of their own, as there are currently only enough volunteers to serve one-third of those youth. Trained CASA volunteers are sworn in by a judge and empowered to speak to foster parents, teachers, doctors, lawyers, tutors, therapists and more. They visit the youth regularly, incorporate

findings into court reports and attend court hearings quarterly, working to ensure best interests are considered and a safe and permanent home is secured as quickly as possible. Although not required, there is a particular need for advocates who speak Spanish.

Fall training kicks off Tuesday, Sept. 27, 2016 and includes 10 sessions over several weeks. A swearing-in at the Union County Courthouse by a family court judge and luncheon follows. Training is 6 to 9 p.m. at the County Clerk Building, 300 North Avenue East in Westfield, across from the diner. A light dinner is provided.

Attend an information session to learn more:

Evening sessions are Tuesday, Sept. 6 and Wednesday, Sept. 21 at the County Clerk Building in Westfield; morning sessions are 10 a.m. Sept. 9 and Sept. 23 at CASA's offices, 1143-45 East Jersey Street in Elizabeth. Mountainside residents are encouraged to contact Lisa at (908) 527-7048 or lporis@casaoofunioncounty.org for details or to RSVP for an information session.

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MOUNTAINSIDE VIETNAM VETERAN HONORED

This spring, The Pingry School's 2016 Boys' Varsity Golf Team, led by the efforts of Head Coach Joe Forte and co-captain Jake Mayer '17, participated in the Folds of Honor Military Tribute Program to honor the memory of William F. Little III '64, a First Lieutenant in the U.S. Army.

Folds of Honor, which Jake Mayer heard about while playing in a tournament, provides the opportunity for a high school or college golf program to honor a fallen or severely wounded American soldier by having team members carry a golf bag displaying the name, rank, and branch of service of the soldier being honored. During the season, the golf team worked hard and raised money to send to Folds of Honor in Lt. Little's name. Through scholarships and other assistance, Folds of Honor gives back to the families of soldiers killed or are severely wounded in service to the United States.

Lt. Little was killed in action in Vietnam when he gave his life to protect one of his own men. The golf team selected Lt. Little after the Class of 1964 made a gift to Pingry in his memory.

"We wanted to honor Lt. Little's sacrifice. He was a Pingry alum, and it wasn't hard to reach out [to his family] because his sister Alison Little '82 is a Pingry parent," Jake said. "I like community service through golf, and I like giving back to the military because my grandfather fought in World War II. There are lots of golf/military partnerships, so this is one way that a high school can be involved."

Thanks to the efforts of Coach Forte and the Athletics Department, Pingry purchased two golf

bags and engraved them—one for Alison Little and one for Bob Weissman, Lt. Little's classmate who helped spearhead the class gift.

Coach Forte is proud that the team participated in Folds of Honor, saying, "We hope to make this an annual effort."



(above l-r) Bruce Morrison '64, Boys' Golf Team Head Coach Joe Forte, Alison Little '82 and her daughter Julia Saksena '22 (Mountainside), Boys' Golf Team Co-Captains Jake Mayer '17 and Justin Chae '16, and Miller Bugliari '52.

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The Mountainside Education Foundation is excited to hold their 4th Casino Night event on Saturday, October 8, 2016 from 7 p.m.-11 p.m. at Pollard Hall at Our Lady of Lourdes Church.

Enjoy a fun-filled casino night with something for everyone including professional gambling tables, music, food and drinks, prizes, and a Silent Auction.

All proceeds from the event will fund educational grants that benefit the students within the Mountainside School District in the areas of arts, science, technology, mathematics, writing, and community service.

The Mountainside Education Foundation would like to thank all their Event Sponsors for helping to make this night a success. Sponsorship

opportunities are still available for both businesses and individuals at a variety of levels. The MEF is a registered 501(c)(3) organization and all sponsorship donations are tax deductible.

Contact Erin Kraven at or go to our website <http://www.mountainsideeducationfoundation.org> for more information on how to purchase tickets or sponsor the event.



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New Jersey Blood Services, a division of New York Blood Center (NYBC) is asking for help to maintain an adequate supply of all blood types, but especially O-negative – the “universal” blood which can be transfused into anyone in an emergency. In addition, hundreds of additional blood drives need to be scheduled to meet projected hospital demand. Current inventory of several blood types is running below the desired target level.

“It’s simple: hospital patient demand for blood often outpaces our best efforts to recruit donors and schedule blood drives,” said NYBC Executive Director of Donor Recruitment Andrea Cefarelli. “There are always reasons but we have to overcome that for the sake of hospital patients who need us.”

“This is one of the toughest times of the year,” Cefarelli added. “We’re asking for our dedicated supporters to roll up their sleeves to make sure we’re able to provide our hospital partners with whatever they need to take care of their patients.”

Blood products have a short shelf life – from five to 42 days, so constant replenishment is necessary. Each and every day there are patients who depend on the transfusion of red blood cells, platelets and plasma to stay alive. But blood and blood products can’t be manufactured. They can only come from volunteer blood donors who take an hour to attend a blood drive or visit a donor center.

September donor drives to be conducted at the Scotch Plains Donor Center, 2279 South Ave, Scotch Plains:

- Wednesday, September 7- 2:00 pm to 9:00 pm
- Friday, September 9- 11:00 am to 6:00 pm
- Saturday, September 10 - 8:00 am to 3:00 pm
- Sunday, September 11 - 8:00 am to 3:00 pm
- Monday, September 12 - 2:00 pm to 9:00 pm
- Wednesday, September 14 - 2:00 pm to 9:00 pm

To donate blood or for information on how to organize a blood drive Please call Toll Free: 1-800-933-2566

Visit: www.nybloodcenter.org. If you cannot donate but still wish to participate in bringing crucial blood products to patients in need, please ask someone to donate for you, or consider volunteering at a local blood drive.

Any company, community organization, place of worship, or individual may host a blood drive. NYBC also offers special community service scholarships for students who organize community blood drives during summer months. Blood donors receive free mini-medical exams on site including information about their temperature, blood pressure and hematocrit level. Eligible donors include those people at least age 16 (with parental permission or consent), who weigh a minimum of 110 pounds, are in good health and meet all Food & Drug Administration and NY or NJ State Department of Health donor criteria. People over 75 may donate with a doctor's note.

About New York Blood Center

Established in 1964, New York Blood Center (NYBC) is one of the largest independent, community-based blood centers in the country. Each year, NYBC provides approximately one million blood products to nearly 200 hospitals in the Northeast. NYBC also provides a wide array of transfusion-related medical services. NYBC is also home to the world’s largest public cord blood bank, which provides stem cells for transplant in many countries, and a renowned research institute, which – among other milestones -- developed the Hepatitis B vaccine and innovative blood purification technology.

GIRL SCOUT COLLECTING BOOKS FOR 5TH GRADE STUDENTS

In the last issue of the Mountainside View there was an article about The Book Bandy I am creating for Hillside's 5th grade school. The generosity of the community was unbelievable and I wanted to thank you all. I have now received 3 times the number of books that I had requested.

If anyone is interested in supporting this Girl Scout Gold Award project there is still a need for other supplies. Please see the Amazon wish list <http://amzn.com/w/1F1REPWY2JHXH>. These same items can also be purchased locally and I can arrange for pick up/drop off. You can also contact me via email at katiezim18@gmail.com.

Katie Zimmermann, Ambassador Scout, Troop 40851, Mountainside Girl Scout

MOUNTAINSIDE ELKS SEPTEMBER DINNER

Mountainside Elks is hosting a dinner on Wednesday, September 21st, 2016 at 1193 Rt. 22 East Mountainside, NJ. Doors open 6 p.m.; donation of \$10.00 for adults; \$5.00 children under 10. Dinner will include: Penne w/vodka sauce, sausage, salad, bread and dessert. Beverages are available to purchase. Please call: 908-232-9667 or email: mountainsideelks1585@verizon.net. Must call or email to reserve a seat/dinner – please RSVP by September 14th.

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JUDGE SWEARS IN 17 COUNTY RESIDENTS TO ADVOCATE FOR FOSTER KIDS

Union County Superior Court Judge Daniel R. Lindemann recently administered oaths to 16 Union County residents to serve as extra eyes and ears for Family Court judges on cases involving abused, neglected or abandoned children currently in foster care. This marks the 30th training class since Court Appointed Special Advocates of Union County began in 2005. A 17th volunteer was sworn in at a later date.

The new CASA volunteers completed 30 hours of training over six weeks. After performing the oath, Judge Lindemann stepped off the bench and thanked each advocate for committing to serve children in need of a voice. A member of the nonprofit's board participated, and each new advocate was provided a commemorative pin and certificate. During a celebratory luncheon that followed, advocates were matched to their new case. Before starting that work, though, they observed court proceedings to see other CASA volunteers in action. Already, most are in the trenches, working their cases and making inroads

for their assigned youth.

Cranford resident Nicole DellaVecchia, a member of Team 30, noted, "I just had my first court appearance for the girl I'm working with, and I'm really enjoying my experience as a CASA volunteer. You not only get the opportunity to give and help a child, but you learn a lot about yourself along the way. We tend to live only in our day-to-day experiences, forgetting there are kids living in our very own communities that need us. I'm honored to be involved with an organization whose mission is to help children and give them a voice!"

Volunteers with varied backgrounds and experiences make successful advocates, and this class is no exception: Ages range from 33 to 80 and include parents, empty-nesters and non-parents; careers include health professionals, school personnel, attorneys and stay-at-home parents. Several experienced abuse in their own childhoods, and one was a CASA years ago who returned to help another child now that her

schedule allowed. Most have no prior knowledge of the foster system.

CASA volunteers have court-ordered access to all parties in a child's life, including foster parents, doctors, caseworkers, therapists and teachers, and incorporate into court reports findings from these contacts as well as time spent with the youth. Volunteers advocate both in the community and court to ensure their youth's needs are met and time in care is as short as possible. There are 600 Union County children in foster care; CASA of Union County advocates for approximately one-quarter of those and its mission is to provide an advocate for every child that needs one.

The next training class kicks off September 27 in Westfield.

For details on that training class, or other ways to help stand up for foster children, contact Lisa at (908) 527-7048 or lporis@casaoofunioncounty.org



(above) Shown with CASA of Union County's Interim Director Lori Morris, far left, is the newest graduating class of volunteer advocates, Team 30. From left are Vanessa Chivers, Summit; Susan Boykin, Scotch Plains; Cynthia Galligan, Summit; Linda Fuller, Berkeley Heights; Delores Perkins, Roselle; Caroline Parker, Elizabeth; Erica Sack, Summit; Sharyn Perlstein, Springfield; Kristin Sanborn, Summit; Anne Koons, Westfield; Nicole DellaVecchia, Cranford; Tracy Forsyth, Summit; Janice Fusaro, Westfield; Lorraine Loza, Kenilworth; and Bev Luehs and Ellen Moore, Summit. Not shown: Tawana Love of Linden, sworn in at a later date.

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MOUNTAINSIDE PUBLIC LIBRARY

One Constitution Plaza, Mountainside, NJ.

To register for these programs, stop into the library or call 908-233-0115.

The Mountainside Public Library has scheduled the following programs for September. Please note that the Library will be closed on Saturday, September 3 through Monday, September 5 in observance of Labor Day.

Tuesday Night Movies

On September 6,

we will be showing the comedy *Burnt* (2015). Adam Jones (Bradley Cooper) was once a top chef in Paris until drugs and alcohol led to a meltdown that put his career on hold. But Adam gets a shot at redemption when his former maître d' (Daniel Brühl) reluctantly hires him as the head chef of his fine-dining restaurant. The acerbic and temperamental Jones gets a second chance to fulfill his dream of earning a third Michelin star. (R). *The Dresser* (2015) will be screened on September 13. In a touring Shakespearean theatre company, backstage hand Norman is devoted to the brilliant but tyrannical head of the company, Sir; he struggles to support the deteriorating star as the company works to carry on during the London blitz. (Not Rated). *My Big Fat Greek Wedding 2* (2016) is our offering on September 20. Parenting and marriage is becoming tougher and tougher for Toula and her husband Ian. And, Toula must contend with aging parents and the endless needs of cousins and friends. When a shocking family secret comes to light, the entire Portokalos clan makes plans to come together for an even bigger wedding than before. (PG-13). Our final offering of the month on September 27 is *Hail Caesar!* (2016). Eddie Mannix is a Hollywood "fixer" for a movie studio who cleans up and solves problems for big names and movie stars in the industry. When a studio star disappears, Mannix has to deal with more than just the fix. (PG-13).

Showtime for each movie is 6:30 PM.

BROWN BAG ACADEMY, Opera on Film Series.

The Friday Opera series, sponsored by the T. Robel Hill Foundation, returns for its fifth season on Friday, September 9 at 1:00 PM. Mena Clemson will be presenting the ever popular *Carmen* by Georges Bizet starring a young Plácido Domingo as Don José and Elena Obraztsova as Carmen. Directed by Franco Zeffirelli, this 1978 recording of a legendary performance features the Orchestra and Chorus of the Wiener Staatsoper under the direction of Carlos Kleiber.

"Saturday Musical Getaways"

Saturday, September 10, 2:00-3:00 PM.

"Happy Trails: Country Classics"

Gerard and Diane Barros (of "A Carole King Tribute" fame) return to the Library for another performance from their repertoire. This time, the husband and wife / keyboard and guitar duo will be performing a unique mix of Country Pop hits throughout years, by such artists as Linda Ronstadt, Patsy Cline, Willie Nelson, Lady Antebellum, Eddie Rabbitt, Johnny & June Carter Cash.

Career Networking Group

Monday, September 12 at 6:30 PM.

"The Inspiration and Motivation of Your Job Search". Discover the internal keys to your motivation. Overcome your fear and learn how to move through obstacles. Develop powerful resilience through practices that will fuel your job search and establish your foundation for future success. As Director of Career Coaching with Career Advancement Systems, Bill Amirault provides intensive 1-on-1 coaching throughout your job search. He began providing these services during his MBA Program at the Indiana University Business Placement Office, a highly renowned center for recruiting and job placement. His other career endeavors include entry-level and senior level Marketing and Brand Management positions at companies such as Procter & Gamble, Johnson & Johnson, and Schering-Plough HealthCare Products (now Merck), plus several business consulting projects with clients in Health Care, Consumer Products, Pharmaceuticals, Industrial products and Nutritionals. He also is a sought after speaker at regional job fairs, providing insight and counsel to hundreds of job seekers each month.

"Guided Meditation for Inner Peace"

Thursday, September 15 at 7:30 PM.

Sally Youngmans returns after a summer break for her monthly yoga series. Join us each month as we explore and experience the most talked about evidence based meditation techniques for inner peace, overall well-being and stress reduction. This month Sally Youngmans will explore the Counting Breath Technique—a simple technique that you can access anytime, anywhere you need it. Immediately tap into your parasympathetic nervous system to reduce anxiety and stress.

"Social Security Workshop"

Thursday, September 29 at 6:30 – 9:00 PM.

There was a time when enrolling in Medicare, while never simple, was certainly easier than it is today. The same is true for Social Security. Neil Berger developed a seminar for employees entitled "67 is the New 65—Social Security Basics" while Director of Human Resources at a major corporation. He will present an expanded and revised version of this program which is current, relevant, objective and unbiased. A separate talk on Medicare will be scheduled in the future. (Note: Mr. Berger is not affiliated with a financial organization, nor is he selling a service or product.)

To register for these programs, stop into the library or call 908-233-0115.

The Mountainside Public Library is located at 1 Constitution Plaza, Mountainside, NJ.



TheEmmaTeam.com

Patricia Sharkey

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Christina Bove

(908) 416-6364

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APPETIZERS

<i>Fried Veggie Mini Rolls (4 pcs)</i>	4
<i>Shumai (6 pcs)</i> <small>Steamed or fried Japanese shrimp dumplings</small>	5
<i>Edamame</i> ☺	5
<i>Indian Pancake w. Chicken Curry Dipping</i> <small>Extra pancakes are \$2 each</small>	6
<i>Vietnamese Pork Spring Roll (4 pcs)</i>	6
<i>Gyoza (6 pcs)</i> <small>Choice of steamed or pan fried</small>	6
<i>Crystal Dumplings (6 pcs)</i>	7
<i>Chicken Skewers (3 pcs)</i> <small>Marinated, char-grilled, serve w. peanut, satay dipping</small>	7
<i>Fried Crab Cheese Wonton (6 pcs)</i>	6
<i>Peking Duck Steam Buns (2 pcs)</i>	8
<i>Lettuce Wrap</i> ☺	10
<small>Choice of chicken or tofu, stir-fried w. basil, onion, chili pepper, pineapple, fresh lime juice, served w. lettuce leaves</small>	
<i>Hawaii Shrimp Roll (2 pcs)</i> <small>Shredded mango, jicama, avocado and crispy shrimp, wrapped in roti pancake, served w. special sauce</small>	8
<i>Summer Roll (2 pcs)</i> ☺	5
<i>Calamari</i>	8
<small>Battered calamari rings, deep fried to crispy, served w. citrus mayo dipping</small>	
<i>Rock Shrimp</i>	10
<small>Battered rock shrimp fried to golden crispy, w. citrus mayo dipping</small>	

SOUPS AND SALAD

	Cup / Bowl
<i>Wonton Soup</i>	3 / 5
<i>Hot and Sour Soup</i>	3 / 5
<i>Lemongrass Seafood Soup</i> <small>Shrimp, scallop, crab meat, prince mushroom, vermicelli and coconut milk</small>	6 / 10
<i>Spicy Mango Salad</i> ☺ <small>Shredded mango, jicama, avocado, crispy vermicelli and crushed peanuts in sweet chili sauce</small>	7
<i>Avocado Salad</i>	6
<i>Seaweed Salad</i>	5
<i>Grilled Chicken Salad</i> ☺	9
<i>Grilled Salmon Salad</i> ☺	10

VEGETARIAN

Lightly sauteed and served w. white rice

<i>Mixed Veggies</i> ☺	10
<i>Broccoli</i> ☺	10
<i>Mushroom and Tofu</i> ☺	11
<i>Baby Bok-Choy</i> ☺	10
<i>String Beans</i>	10

NOODLE AND RICE

<i>Ye's Stir-fried Rice Noodles</i> <i>Vegetable / Chicken / Beef / Shrimp</i> ☺ 11 / 12 / 13 / 14 <small>Stir-fried w. dry tofu, onion, pepper and bean sprouts, top w. peanuts</small>	
<i>House Pineapple Fried Rice</i> <i>Vegetable / Chicken / Beef / Shrimp</i> ☺ 11 / 12 / 13 / 14 <small>Stir-fried w. pineapple, corn, onion, bell pepper, carrots and raisins</small>	
<i>Vietnamese Basil Fried Rice</i> <i>Vegetable / Chicken / Beef / Shrimp</i> 11 / 12 / 13 / 14 <small>Stir-fried w. onion, bell peppers, basil, peas, carrots and corn</small>	
<i>Yaki Udon</i> <i>Vegetable / Chicken / Beef / Shrimp</i> 11 / 12 / 13 / 14 <small>Stir-fried w. baby bok-choy, onion, bell peppers and carrots</small>	
<i>Singapore Vermicelli</i> <i>Vegetable / Chicken / Beef / Shrimp</i> ☺ 11 / 12 / 13 / 14 <small>Stir-fried w. onion, bell peppers, bean sprouts and egg</small>	
<i>Classic Fried Rice</i> <i>Vegetable / Chicken / Beef / Shrimp</i> ☺ 11 / 12 / 13 / 14 <small>Stir-fried w. egg, onion, peas and carrots</small>	
<i>Roast Duck Egg Noodle Soup</i>	12
<i>Seafood Udon Noodle Soup</i>	13

PHO ☺

Pho starts with fragrant broth which is made fresh daily. The aromatic broth made by simmering light, quality meat, beef knuckle bones, served with fresh flat rice noodles, and topped with your meat selection, also fresh Asian herbs and spices.

<i>Pho Dac Biet</i>	13
<small>This Pho bowl is pocked with rare eye round steak, well-done skirt flank, soft tendon, and beef bolts. It's a different texture in every bite.</small>	
<i>Pho Tai</i>	12
<small>A layer of thin rare eye round steak is cooked by the beef broth right in your bowl, bringing out the sweetness & tenderness of beef slices in to each bite.</small>	
<i>Pho Bo Vien</i>	11
<small>Seasoned beef and soft tendon meat balls cut into bite-size portions further creamed on undertone of sweetness to the already fragrant beef broth. It is a favorite among children.</small>	
<i>Pho Tom</i>	13
<small>Plum shrimp are topped over beef broth, low in calories but amazing in taste.</small>	
<i>Pork Chop</i>	12
<small>Selected pork chop marinated in lemongrass special sauce</small>	
<i>Grilled Chicken</i>	12
<small>Selected chicken breast marinated in lemongrass special sauce</small>	

VERMICELLI OR RICE ON PLATE

Vermicelli or rice dish with lettuce, tomato, cucumber and roasted peanuts and fried onion, served with homemade chili lime sauce.

<i>Vietnamese Grill Chicken</i>	12
<i>Vietnamese Grill Pork Chop</i>	13
<i>Vietnamese Grill Shrimp</i>	14
<i>Pork Spring Roll</i>	10

☺ Indicates choice of mild, medium or hot, seasoned to your taste.
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<i>Teriyaki Chicken / Beef / Shrimp / Salmon</i>	13 / 16 / 16 / 18
<i>Crispy Chicken Cutlet</i> <small>Breaded chicken breast deep fried to golden crispy, w. chef special sauce</small>	13
<i>Tropical Mango Chicken / Shrimp</i> ☺	13 / 15
<small>Fresh mango, onion, bell peppers, prince mushroom and sweet peas, sauteed w. spicy sweet mango sauce</small>	
<i>Sangria Crispy Duck</i>	20
<small>Crispy duck glazed w. fruity red wine sauce over baby bok-cho</small>	
<i>Vietnamese Basil Tofu / Chicken / Beef / Shrimp</i>	13 / 13 / 15 / 15
<small>Sauteed w. eggplant, prince mushroom, onion, sweet peas and fresh basil leaves w. spicy basil sauce</small>	
<i>House Green Curry Tofu / Chicken / Shrimp</i> ☺	12 / 13 / 15
<small>Broccoli, eggplant, prince mushroom, onion and bell pepper cooked in green curry sauce</small>	
<i>Korean Grilled Baby Back Ribs</i>	20
<small>Marinated short ribs, grilled in Korean style</small>	
<i>Crispy Tangerine Chicken / Beef</i>	13 / 15
<small>Seasoned chicken shreds fried to crispy and glazed w. tangerine sauce</small>	
<i>XO Sauce Chicken / Shrimp / Sea Bass</i>	13 / 15 / 26
<small>Sauteed w. sweet peas, broccoli, prince mushroom and onion</small>	
<i>Seafood Pan Fried Noodles</i>	20
<small>Shrimp, scallop, crabmeat, squid, prince mushroom sauteed w. house special brown sauce, over crispy fried noodles</small>	
<i>Butter Shrimp</i>	18
<small>Jumbo shrimp sauteed w. chef's special sauce, served w. fried black kernalled rice</small>	
<i>Char-Grilled Chilean Sea Bass</i> ☺	26
<small>Served over steamed mixed veggies w. miso-orange sauce</small>	
<i>Mandarin Fish</i>	18
<small>Fresh red snapper lightly breaded to golden crispy w. sweet peas, pineapple, onion and bell peppers over special spicy sauce</small>	
<i>Hot and Spicy Chicken / Beef</i>	13 / 15
<small>Onion, bell peppers, prince mushroom, sweet peas, stir-fried w. chef special sauce</small>	
<i>Crispy Cumin Lamp Chop</i>	26
<small>Lightly breaded flash-fried golden brown w. peppers and onion</small>	
<i>Indian Curry Chicken</i>	13
<i>Broccoli Chicken / Beef / Shrimp</i>	12 / 13 / 14
<i>Garlic Chicken / Beef / Shrimp</i>	12 / 13 / 14
<i>General Tso's Chicken / Shrimp</i>	13 / 15
<i>Sesame Seed Chicken / Shrimp</i>	13 / 15
<i>Szechuan Chicken / Beef / Shrimp</i>	12 / 13 / 14

DESSERT

<i>New York Cheese Cake</i>	5
<i>Green Tea Ice Cream</i>	5
<i>Mango Sorbet</i>	6
<i>Coconut Sorbet</i>	6
<i>Tiramisu</i>	6
<i>Mochi Ball Choice of Flavors:</i> <i>Mango, Strawberry, Vanilla, and Green Tea</i>	4

We want Ye's Bistro to be a place where you feel at home, can relax in a warm and casual family style atmosphere, and at the same time enjoy a wide variety of the most famous Asian cuisine.

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Mon.-Sat.: 11:30 am - 3:00 pm
Choose a side: wonton soup or hot and sour soup or veggie spring roll.

ENTREES

Choose rice: white rice, fried rice or brown rice.

<i>Teriyaki Chicken / Salmon</i>	9 / 10
<i>Crispy Chicken Cutlet</i>	9
<i>Tropical Mango Chicken / Shrimp</i> ☺	9 / 10
<i>Indian Curry Chicken</i>	9
<i>Vietnamese Basil Chicken / Beef / Shrimp</i>	9 / 10 / 10
<i>House Green Curry Tofu / Chicken / Shrimp</i> ☺	9 / 9 / 10
<i>Crispy Tangerine Chicken</i>	9
<i>Broccoli Chicken / Beef / Shrimp</i>	9 / 10 / 10
<i>Szechuan Chicken / Beef / Shrimp</i>	9 / 10 / 10
<i>Garlic Chicken / Beef / Shrimp</i>	9 / 10 / 10
<i>Sesame Seed Chicken</i>	9
<i>General Tso's Chicken</i>	9
<i>Sauteed Mixed Veggies</i> ☺	8
<i>Sauteed String Beans</i>	8

NOODLE AND RICE

<i>Ye's Stir-fried Rice Noodles</i> <i>Vegetable / Chicken / Beef / Shrimp</i> ☺	9
<i>House Pineapple Fried Rice</i> <i>Vegetable / Chicken / Beef / Shrimp</i> ☺	9
<i>Vietnamese Basil Fried Rice</i> <i>Vegetable / Chicken / Beef / Shrimp</i>	9
<i>Yaki Udon Vegetable / Chicken / Beef / Shrimp</i>	9
<i>Singapore Vermicelli</i> <i>Vegetable / Chicken / Beef / Shrimp</i> ☺	9
<i>Classic Fried Rice Vegetable / Chicken / Beef / Shrimp</i> ☺	9
<i>Roast Duck Egg Noodle Soup</i>	12
<i>Seafood Udon Noodle Soup</i>	13

VERMICELLI OR RICE ON PLATE

Vermicelli or rice dish with lettuce, tomato, cucumber and roasted peanuts and fried onion, served with homemade chili lime sauce.

<i>Vietnamese Grill Chicken</i>	9
<i>Vietnamese Grill Pork Chop</i>	9
<i>Vietnamese Grill Shrimp</i>	10
<i>Pork Spring Roll</i>	8

DRINKS

Cold Drinks 16oz, Hot Drinks 12oz

<i>Bubble Tea (Cold)</i> 4	<i>Flavored Tea (Cold)</i> 3.50
<small>Free topping bubble, jelly or herb pudding (additional topping 50¢)</small>	
<i>Black Tea</i>	
<i>Taro</i>	
<i>Green Tea</i>	
<i>Coconut</i>	
<i>Strawberry</i>	
<i>Mango</i>	
<i>Chocolate</i>	
<i>Almond</i>	
<i>Bubble Tea (Hot)</i> 4	<i>Flavored Tea (Hot)</i> 3.50
<small>Free topping bubble, jelly or herb pudding (additional topping 50¢)</small>	
<i>Black Tea</i>	
<i>Taro</i>	
<i>Green Tea</i>	
<i>Almond</i>	
<i>Soft Drink (Can)</i> 1.25	<i>Coffee (Cold or Hot)</i> 4
<i>Coke</i>	
<i>Diet Coke</i>	
<i>Sprite</i>	
<i>Fanta</i>	
<i>Mountain Dew</i>	
<i>Ice Tea</i>	
	<i>Fresh Juice</i> 4
	<i>Watermelon</i>
	<i>Cucumber</i>
	<i>Kiwi</i>
	<i>Orange</i>
	<i>Hot Tea (Per table)</i> 2.00
	<i>Coconut Mocha</i>
	<i>Cappuccino</i>
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	<i>Vietnamese Coffee</i>

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September is Suicide Prevention Month. It's a time when organizations, communities and individuals throughout the nation will bring attention to how each of us can be a part of the solution to end suicide. Can you imagine feeling so hopeless that you'd consider taking your own life? For some what feels unthinkable is optional, and the experience often goes unnoticed and unaddressed. The unfortunate reality is that suicide is the 10th leading cause of death in America; occurs every 12.3 minutes; and, takes the life of approximately 117 individuals on any given day. Those who complete suicide most often suffered in silence and were desperate to end their emotional pain. Experts believe that people don't really want to die, but in a moment choose a permanent solution to solve a temporary problem that felt overwhelming. However, suicide can be prevented and help is available. Therefore, our challenge as a society, neighborhood, family member, friend or concerned individual is to be educated about suicide prevention, and prepared to take action in the event that we find ourselves in the difficult position to assist someone in distress.

It's important to know that we should always take a person serious whenever they suggest they

no longer want to live. Also, we must understand that age, ethnicity, gender or economic status does not protect a person from experiencing suicidal thoughts or behaviors. It is always right to tell somebody who can partner with you to keep the person safe whether that be a parent, spouse/partner, adult sibling, teacher, doctor or police officer to name a few. Finally, in a crisis immediately call 911 or the National Suicide Hotline at 1-800-273-TALK (8255).

There are many opportunities to learn more and equip ourselves with helpful information. A few resources to assist us in our efforts to obtain important knowledge includes: 1) New Jersey Hopeline at 1-855-654-6735 or www.njhopeline.com - includes a live chat option; and, 2) National Suicide Prevention Lifeline (www.suicidepreventionlifeline.org). The list is not exhaustive nor intended to exclude a host of organizations that are invaluable in the effort to prevent suicide. It's simply a beginning step that each of us can take. Suicide prevention is everyone's business. So, speak up, speak out, and speak often because you matter!

Dr. Carla J. Cooke, Licensed Psychologist/ Founder and Director of Sanctuary of Hope and Healing in Scotch Plains, NJ.



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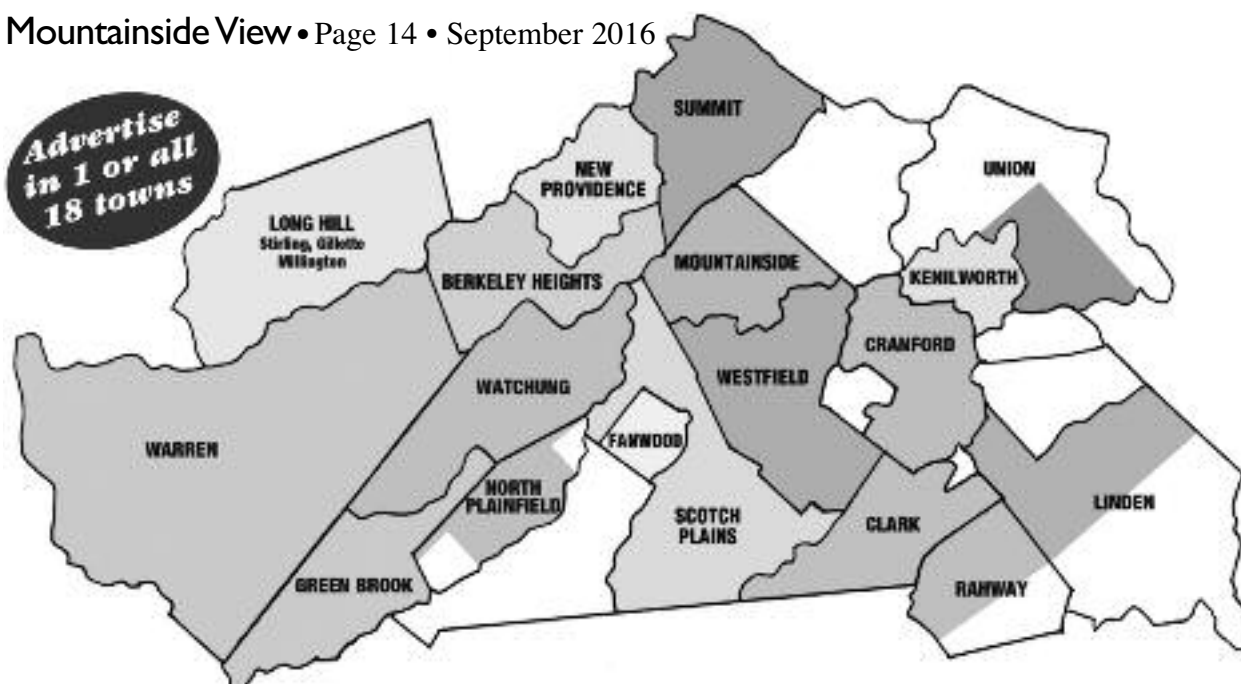
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1 Dudley Ct. & Rt. 1 South, Avenel, NJ
Across from Sansone Auto Mall.

10% OFF ALL AC COMPRESSORS
With this ad. Expires 10/10/16.

Advertise in 1 or all 18 towns



**RENNA MEDIA
NEWSPAPER RATE SHEET
WE MAIL
100,000
NEWSPAPERS
MONTHLY!**

To place an ad call:
Tina Renna at 908-418-5586
or Joe Renna at 908-447-1295
email: info@RennaMedia.com
Fax: 908-709-9209



Qty: 4,800
Mailed to every home and business.
Zip: 07922



Qty: 6,500
Mailed to every home and business.
Zip: 07066



Qty: 9,800
Mailed to every home and business.
Zip: 07016



Qty: 3,000
Mailed to every home and business.
Zip: 07023



Qty: 3,000
Mailed to every home and business.
Zip: 08812



Qty: 3,600
Mailed to every home and business.
Zip: 07033



Qty: 6,500
5,400 mailed to homes and businesses.
Zip: 07036



Qty: 3,600
Mailed to every home and business in Gillette, Millington and Stirling.
Zips: 07933, 07964, 07980



Qty: 2,800
Mailed to every home and business.
Zip: 07092



Qty: 4,700
Mailed to every home and business.
Zip: 07974



Qty: 6,500
Mailed to every home and business in 07060.
Zip: 07060



Qty: 5,500
4,100 mailed to homes and businesses.
Zip: 07065



Qty: 9,500
Mailed to every home and business.
Zip: 07076



Qty: 9,600
Mailed to every home and business.
Zip: 07901



Qty: 5,500
5,000 mailed to homes and businesses.
Zip: 07083



Qty: 6,200
Mailed to every home and business.
Zip: 07059



Qty: 3,000
Mailed to every home and business.
Zip: 07069



Qty: 11,800
Mailed to every home and business.
Zip: 07090

Past issues can be found at RennaMedia.com

Artwork included in ad price.

Units	Size	RATE FOR ANY 1 NEWSPAPER	RATE FOR ANY 3 NEWSPAPERS	RATE FOR ANY 6 NEWSPAPERS	RATE FOR ANY 9 NEWSPAPERS	RATE FOR ANY 12 NEWSPAPERS	RATE FOR ANY 15 NEWSPAPERS	RATE FOR ALL 18 NEWSPAPERS
1 Unit - Business card	3.25" x 2"	\$60	\$150	\$250	\$340	\$400	\$450	\$500
2 Units	3.25" x 4"	\$100	\$250	\$400	\$500	\$600	\$700	\$800
4 Units	6.5" x 4"	\$180	\$450	\$700	\$950	\$1100	\$1300	\$1500
6 Units	10" x 4"	\$240	\$600	\$900	\$1250	\$1400	\$1650	\$1900
9 HALF PAGE	10" x 6"	\$320	\$800	\$1000	\$1350	\$1500	\$1800	\$2100
12 Units	10" x 8"	\$360	\$900	\$1200	\$1550	\$1800	\$2150	\$2500
18 FULL PAGE	10" x 14"	\$400	\$1000	\$1400	\$1750	\$2000	\$2400	\$2800

FRONT PAGE BANNER 8.25" x 2" **\$320**
BACK COVER 10" x 14" **\$600**

PAY FOR 6 MONTHS AND GET 1 FREE

Back cover and front page banner reserved on first come, first served basis.
Current advertiser has right of first refusal.

Make Checks payable to Renna Media, 202 Walnut Avenue, Cranford, NJ 07016

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100,000 Newspapers

**Direct Mailed to
Homes & Businesses
in 18 Towns!**

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AND INSERTS. JOE 908-447-1295**

FULL COLOR INSERTS - PRINTING PRICES (Per 1,000)

A	B	C	D	E
8 1/2" x 5" POST CARDS	8 1/2" x 11" FLYERS Half-fold to 8 1/2" x 5 1/2"	8 1/2" x 11" TRI-FOLD 3 3/4" x 8 1/2" Finish size	11" x 17" BROCHURES Quarter-fold to 8 1/2" x 5 1/2"	11" x 17" MENUS Tri-fold to 5.3/4" x 11" W/ COUPON 5" x 11"
				
\$45 per M Up to 100,000 Full color / 2 sided 9pt stock / No bleed	\$35 per M Up to 100,000 Full color / 2 sided 60lb stock / No bleed	\$45 per M Up to 100,000 Full color / 2 sided 60lb stock / No bleed	\$68 per M Up to 25,000 \$51 per M over 25,000 Full color / 2 sided 60lb stock / No bleed	

ARTWORK PRICE FOR FLYERS, BROCHURES AND MENUS
STOCK DESIGN AND PRODUCTION \$600

Large library of stock layouts and images to choose from. Custom art and photography available at an hourly rate of \$120.

INSERTION RATES (Per 1,000)

ANY 1 NEWSPAPER \$60	ANY 3 NEWSPAPERS \$55	ANY 6 NEWSPAPERS \$50	ANY 9 NEWSPAPERS \$45	ANY 12 NEWSPAPERS \$40	ANY 15 NEWSPAPERS \$35	ALL 18 NEWSPAPERS \$30
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JERSEY LANDSCAPE & GARDEN SUPPLY

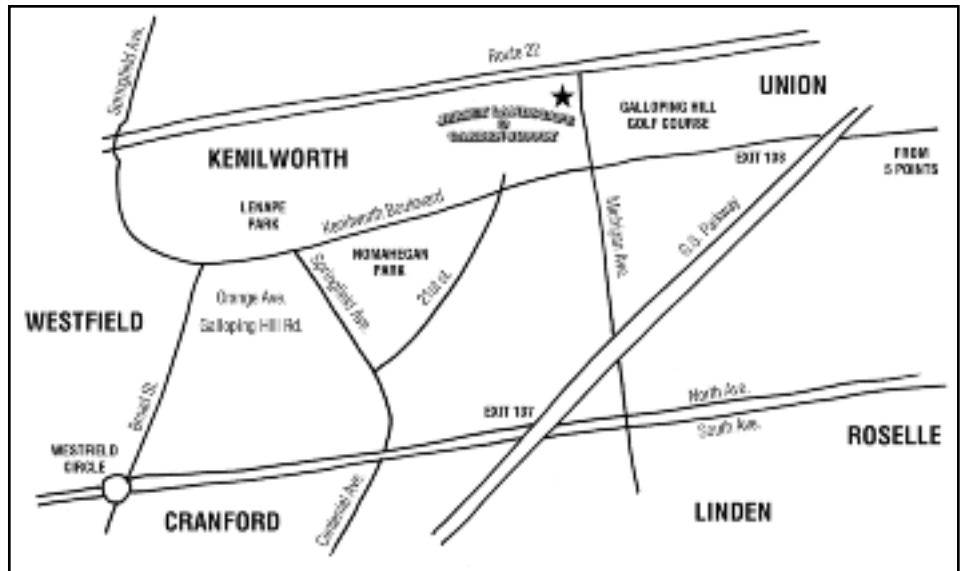
Hours:

Monday - Saturday: 7:30 am - 5 pm **908-688-8333**
Closed Sunday

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 MASONS & HOME OWNERS**

528 N. Michigan Ave. Kenilworth, NJ

Largest Display of
 Cambridge Pavers
 in Union County



See above display and others at www.cambridgepavers.com

SOIL

	Prices per yard
Black Topsoil.....	\$35
Jersey Brown Soil.....	\$35

MULCH

Black Dyed	\$30
Brown Dyed	\$30
Red Dyed	\$32
Hardwood	\$20
Play Ground	\$35

QUARRY BASE MATERIALS

Concrete Sand	\$46
3/4 Clean Stone	\$38
Stone Dust	\$34
QP	\$34

DECORATIVE STONE

3/8 Red Stone.....	\$66
3/4 Red Stone.....	\$64
3/4 Pearl Pebble	\$82
2-4 Pearl Pebble	\$82
3/4 Arctic White	\$82
3/8 Riverbed / Pea Gravel	\$56
1 Riverbed.....	\$58
2-4 Riverbed	\$58

Prices subject to change without notice.

**We accommodate
 the trade
 as well as the
 do-it-yourselfers!
 We are always
 ready to assist.**

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Concrete Block



Belgiur Block

Diamond Blades



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