# Summit Limes

Published by Renna Media Issue 26 • November 2017

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James Fitzsimmons 908-598-9302 447 Springfield Ave **Summit, NJ 07901** ifitzsimmons@ allstate.com

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#### **NEIGHBORS HELPING NEIGHBORS SINCE 1962**

annual fundraising drive, and is asking neighbors to continue helping neighbors by making a tax-deductible donation during the campaign.

Founded in 1962, the First Aid Squad serves as the primary Emergency Medical Services agency for the City of Summit, operating three fully-equipped ambulances, a first response truck, special operations trailer and one of the first EMS bike teams in New Jersey. Each year and on a 24-hour basis, the First Aid Squad responds to more than 2200 medical 9-1-1 calls from Summit residents and members of the business community, provides stand-by coverage at community events and non-emergency medical transport.

"The Summit Volunteer First Aid Squad provides an essential service and is truly dedicated to protecting and serving the citizens of Summit," explains Mayor Radest. "Just as area residents and businesses depend on the First Aid Squad to be there when they call 9-1-1, the Summit Volunteer First Aid Squad depends on generous donations from the community to survive. I am asking you to please help support this vital organization."

The First Aid Squad is considered a leader among Emergency Medical Service providers in the region and aids as the back-up response unit for many nearby towns throughout Union, Morris and Essex Counties. In 2016, the Squad responded to 242 mutual aid calls in 8 surrounding towns.

Radest continues: "Organizations such as the EMS Council of NJ and Overlook Hospital consistently recognize the Squad

The Summit Volunteer First Aid Squad is conducting its and its dedicated volunteers for the professionalism, expertise and skill they bring to each call."

> Staffed entirely by volunteers, the First Aid Squad has 65 adult members and 20 junior cadets. Its operations are funded solely through private contributions, saving the City of Summit more than two million dollars annually.

> "Each year, your tax-deductible donation goes directly to purchase medical supplies, equipment and help off-set the cost of keeping members trained to professional standards," reports First Aid Squad President Mike D'Ecclessis. "Our annual fundraising appeal letter was recently mailed to all homes and businesses in Summit. Please consider making a donation; no contribution is considered too small."

> The First Aid Squad does not receive any support through tax dollars or from any government agency. Its operations are funded entirely through private donations from members of the residential and business community. The Summit Volunteer First Aid Squad, Inc. is a 501(c)(3) non-profit organization and all donations are tax deductible.

> The annual fundraising campaign is administered by First Aid Squad volunteers without the use any outside marketing agencies or professional fundraisers. 100% of all donations directly benefit the First Aid Squad and the people it serves.

> To learn more about the Summit Volunteer First Aid Squad, membership opportunities or to make a donation online, go to summitems.org or call 908-277-9479.

> Donations can also be mailed to: P.O. Box 234, Summit, NJ 07901. Please make checks payable to Summit Volunteer First Aid Squad.





## Summit LTimes

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#### **PROMOTE YOUR COMMUNITY EVENT**

Community service organizations, schools and sports teams are encouraged to submit news of upcoming events or highlights and photos from recent events.

**Organizations who are** interested in submitting content, please email Editor@rennamedia.com

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#### **SUMMIT HIGH SCHOOL STUDENT HIGHLIGHT**

School. At a young age, on his family's boat in Bay Head, he showed an interest in sailing which then became a passion. Thomas is Captain of Varsity Sailing, and has been part of the team throughout all four years of high school. His crew at SHS is Kelsey Kennedy. Thomas also sails in the summer with a laser team. One highlight of his sailing career has been competing in the Canadian National Championship. Sailing against Olympians, Thomas gained valuable experience, honed his skills, and placed 18th overall.

In addition to sports, Thomas is President of Student Council for the 2017-2018 school year. Along with his peers, he recently planned a successful pep rally at the beginning of October, and the group hopes to plan another in late fall. He is looking forward to continuing the SHS tradition of the hallway decorating contest in November as well. A confident leader, Thomas attributes his success to his strong public speaking skills. He is also very organized which allows him to prepare his agenda and key points when talking to administrators.

Thomas enjoys community service. He has helped with Toys for Tots, a day where he interacted with children who do not have what many do at the holiday season. Additionally, Thomas has been part of the Interact Club for the past three years. This community service club allows students to be involved in many service projects. For example, as a sophomore and junior he held a seat on the board of the Operation Smile Club, running a silent auction and raffle, all with the goal to raise money for children in need of critical facial surgeries.

Academic success is important to Thomas. He has a full course load, taking six AP classes this year. Thomas has to offer others is, "Take advantage of different opportunities. Work with the advisors of your classes or clubs to build solid relationships." Being level-headed and organized has gone a long way for Thomas, as has following advice he received from an influential coach early on who said that "every race is a new race." Thomas has learned that when he

Thomas Quinn is a senior at Summit High encounters a challenge or setback, he needs to clear his head and start fresh. He thinks it is important to not let unfortunate events, people, or circumstances affect moving forward. He also subscribes to the theory of "thinking smart." When he needs to reach a goal, he creates a game plan. He does this by looking at the end result and then plans backwards so that he can follow a clear path.

> Summit High School has meant a lot to Thomas. He hopes that those who come after him will learn that getting involved in clubs, sports, and/or activities is key. "You only have four years of high school and these relationships and experiences will add so much to your personal enjoyment." What motivated Thomas is that he does not want to have regrets, or in hindsight think that he could have done more.

> The future looks bright for Thomas. He would like to be a Television Journalist, a career that would capitalize on his non-fiction writing, ease of being in front of the camera, and goal of relaying information to others. Following certain role models, such as David Muir, inspires Thomas. He sees how many have charted their own course, set goals to achieve, and have the utmost respect for their role in covering the news.

> Respect is something Thomas has as well. "I would not be successful alone. It is my family, coaches, counselors, sailing team, Student Council... everyone who has been supportive of me. Without that strong base I would not be where I am today," explained Thomas. And with that support in this life, there is no doubt that Thomas will continue to excel.



(above) Thomas Quinn.



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#### SANTA CLAUS SHOP IN SUMMIT GEARS UP TO SERVE LOCAL FAMILIES

The Santa Claus Shop will open its doors to area families, providing its 51st consecutive year of complimentary holiday shopping. The shop serves more than 400 low-income families and senior citizens from Summit, New Providence and Berkeley Heights who are referred by local social services agents.

The Santa Claus Shop guests personally select a household item, new clothing for each member of their immediate family, a hat and mittens, a book, and a new toy for each child. Local volunteers are responsible for the shop setup, personal shopping services for each guest, giftwrapping and clean up.

This year's Santa Claus Shop will be held at St. John's Lutheran Church, 587 Springfield Avenue in Summit. The Santa Claus Shop will be hosting a holiday gathering for senior citizens Tuesday, November 28th. Families will be offered shopping hours by invitation only on Wednesday, November 29th.

The Santa Claus Shop is chaired by Summit residents, Denise Holmes, Laura Lameo, Jenn Moore and Diana Moran and co-chaired by Liz Febo, Kourtney Matter, Franny McBride and Shelley Sherman. The Santa Claus Shop exists solely on donations and volunteers. With the

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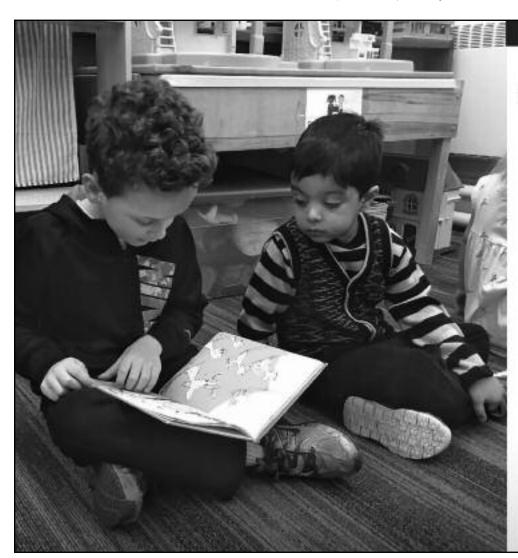
monetary donations from area residents, local organizations and businesses, the Santa Claus Shop can purchase the gifts that allow less fortunate neighbors to experience the joy of holiday giving without financial burden.

To keep the holiday spirit alive for those in the community, the Santa Claus Shop chairwomen ask for checks to be made payable to SHIP, with

Santa Claus Shop noted on the check's memo line, and mailed to the Santa Claus Shop, P.O. Box 119, Summit, NJ 07901. The ability to make an online donation is also available at www.summitsantaclausshop.com. If you would like to find out more information or get involved please visit our website or follow us on Facebook at Santa Claus Shop - Summit, NJ.



(above l-r) This year's chairwomen Denise Holmes, Diana Moran, Laura Lameo and Jenn Moore.



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#### **TOURS OF SUMMIT PRIMARY CENTERS**

Parents of prospective kindergarten and pre-kindergarten students for the Summit Primary Centers at Jefferson School and Wilson School are invited to tour the facilities. Children who will be 5 years old by October 1, 2018 are eligible for Kindergarten and children who will be 3 by October 1, 2018 are eligible for pre-kindergarten.

"This is an opportunity for parents whose children may attend our schools to tour the Primary Centers and have questions answered," said Janice Tierney, principal of both Primary Centers.

Tours will be conducted at both centers:

JEFFERSON PRIMARY CENTER, located at 110 Ashwood Avenue, and **WILSON PRIMARY CENTER,** located at 14 Beekman Terrace. All tours begin at 8:45 a.m. and last approximately one hour.

Tours are limited to 15 participants (parents only please) and we ask that you call the office to reserve a spot. Please select your tour location and date based upon your home school assignment as follows:

**BRAYTON & JEFFERSON SCHOOLS - TOUR JEFFERSON PRIMARY CENTER** 

November 13, 2017 and December 4, 2017 at 8:45 a.m.

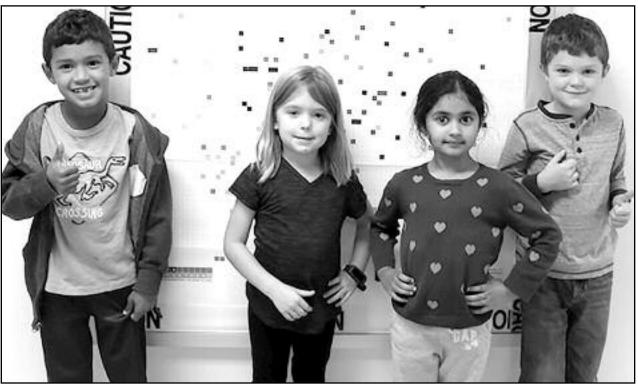
WASHINGTON & FRANKLIN SCHOOLS – TOUR WILSON PRIMARY CENTER

November 14, 2017 and December 6, 2017 at 8:45 a.m.

**LINCOLN HUBBARD SCHOOL –** please contact either Primary Center Office to determine your Primary Center location.

Reservations to tour The Primary Center at Jefferson can be made by contacting Eileen Mortenson at 908-918-2160 ext. 6752. Reservations to tour The Primary Center at Wilson can be made by contacting Donna Schneider at 908-918-2175, ext. 6652.





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#### PARENTS SHARE STORY OF TEEN DEPRESSION & SUICIDE, LESSONS & HOPE

Wendy and Steve Sefcik recently shared the story of their 16 year-old son's struggle with depression and ultimate suicide at a community gathering in Westfield sponsored by crisis listening line Caring Contact and hosted by Westfield residents Linda Habgood and Gary Zanfagna in their home.

In the evening's program, "Breaking the Silence: Remembering T.J. – A Story of Depression, Lessons and Hope," the Sefciks discussed the warning signs that preceded their son's death in 2010.

They told the audience of more than 100 how their son grew up as an outgoing, sensitive boy who was well liked and excelled at sports. Yet as T.J. Sefcik moved into his teen years, he began to show what his parents now recognize as the early signs of depression, including increasing irritation and disrespect. Twice they sought guidance from counselors and both times were told T.J. was experiencing normal emotional growing pains before he was finally diagnosed with depression.

On December 1, 2010, T.J. Sefcik died by suicide. Following his death, the Sefciks immersed themselves in learning everything they could about teenage depression and suicide.

"It begs the question, 'What would lead a boy like this to take his own life?'," Steve Sefcik said.

"We feel it's so imperative we share what we learned so no other family loses a child to suicide," Wendy Sefcik added.

The Sefciks told the audience that one in four Americans will experience a diagnosable mental disorder and that one in eight teenagers will suffer at least one episode of depression before they reach adulthood. They identified symptoms of teenage depression as irritable or angry moods, unexplained aches and pains, extra sensitivity to criticism and withdrawal from some but not all people. They also warned that the stigma of suffering from depression is the greatest barrier to treatment.

The Sefciks provided the audience with a list of resources families can turn to for help with teenage depression, including Erika's Lighthouse (erikaslighthouse.org); JED Foundation (jedfoundation.org); the Balanced Mind Parent Network (dbsalliance.org); the Society for Prevention of Teenage Suicide (sptsusa.org); and Caring Contact (caringcontact.org). A complete list can be found at rememberingtj.org.

"We will speak to anyone interested in the message," Wendy Sefcik said. "We want to raise awareness of the importance of taking care of your mental health. We believe our mental health is as important as our physical health and we don't take care of both until an issue arises. If you pay attention to your mental health, that's suicide prevention."

Steve and Wendy Sefcik can be reached through their website rememberingtj.org.

Caring Contact is an award-winning, volunteer-staffed caring and crisis hotline and listening community, providing active listening support and best-in-class training to the Central and Northern New Jersey community. More than

100 trained volunteer listeners answered nearly 9,000 calls last year from people in crisis, having suicidal thoughts or simply feeling depressed and lonely.

If you are in crisis and need someone to listen, call them at 908-232-2880. To learn more, visit caringcontact.org.

Anyone interested in volunteering may visit http://caringcontact.org/give-support/volunteer/. There are non-listening volunteering opportunities, as well.

Caring Contact serves Central and Northern New Jersey and is a primary responder to calls to the national suicide prevention line (1-800-273-TALK or 1-800-SUICIDE) that originate in New Jersey. Callers also reach Caring Contact by dialing 908-232-2880. Those preferring to seek supporting through texting may text "heart" to 741-741. The hotline also provides best-in-class training to the Central and Northern New Jersey Community.





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#### **WASHINGTON SCHOOL'S COLONIAL FAIR**

For an entire school day, students, faculty, staff and parent volunteers traveled back in time and experience life as it was in America's Colonial era on October 13th. Once every three years, Washington School's normal curriculum is replaced with a full day of Colonial era activities, performances, and food. All students, faculty, and volunteers dress in period clothing.

The day began with a "town crier" reading a proclamation naming October 13th as Colonial Day. As the children assembled in the gym for the opening ceremony, volunteers dressed as the Founding Fathers were on stage recreating the signing of the Declaration of Independence while another volunteer, dressed as Betsy Ross, worked on the first American flag. The students recited the Pledge of Allegiance and members of the Summit High School band played fife and drum.

Following the opening ceremonies, the students participated in activities and chores reminiscent of the Colonial era like candle-making, tin-smithing, churning butter, pressing cider, stenciling, cross-stitching, and yarn making. In addition, they played games from Colonial times and will saw horses pulling a plow. Children also sampled food that was

common in the 1700s, such as spiral ham, fresh turkey breast, corn muffins, and cider.

"Colonial Day is a wonderful tradition here at

"Colonial Day is a wonderful tradition here at Washington School. It enables our students to learn, hands-on, what it would have been like to have lived in Colonial America. I wish we could hold Colonial Day each year, but because it is such an enormous undertaking, it really is only possible to have it once every three years," said Dr. Lauren Banker, Principal, Washington School.

In addition to the myriad of activities, students saw a reenactment of everyday life in 1730's Pennsylvania from the view-point of an indentured servant. A presentation detailing traditional Lenape life in the Eastern Woodlands explored everyday village activities, and the roles of men, women, and children within the family and community. Drawings and photographs depicting how the Lenape dressed, built shelters,

grew crops, fished, hunted, cooked, made tools and weapons, and more were on display. Students in grades 3 through 5 learned about the American Revolution from the vantage point of a Colonial aristocrat.

During the closing assembly, children sang patriotic songs, and concluded with Yankee Doodle. "What makes Colonial Day so special is the amount of time and energy the entire Washington School community devotes to making it a reality. Parents, grandparents, and local residents volunteer not only their time, but also unique talents to take us all back to the 1700s for a day. Families and friends of our school also donate a majority of the food, supplies, and equipment needed. It is really a remarkable effort by so many," explains Dr. Banker.

Special thanks to the Washington School PTO, as well as to staff, faculty and the community.







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#### SHS THEATER DEPARTMENT TO PRESENT LOVE'S LABOUR'S LOST





Summit High School will present Love's Labour's Lost by William Shakespeare on November 16 to 18 at 7:30 p.m. in the SHS Auditorium.

"It is a hilarious, romantic comedy full of mistaken identities, confessions of love, and heart-felt affection," shares Anne Poyner, Director of the Summit High School theater department. "Love's Labour's Lost is guaranteed to lift your spirits and is a show the entire family can enjoy."

Tickets can be purchased at showtix4U.com or at the door on the night of the performance. \$11 for students and seniors, and \$13 for adults.



(above front, l-r) Love's Labour's Lost Cast, Beatrice Halper, Grace Hauer, Sophie Li, Caleigh Pan Kita, Juliet Huneke, Darby Ryden,
Keyshawn. (top. l-r) Michael Polivko, Adrian Gomes, Harry Saroff, John Hurrell, JJ Stewart, Mitchell Sink, Erin Manion, Owen McTernan,
Kayla Goldman, Ben Errig, Iain Alvidrez.

Love's Labour's Lost rehearsal photos provided by Julie McTernan.





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The Summit Playhouse will present the Tony Award-winning musical "The Bridges of Madison County" this November. Performances are November 3, 4, 10, 11, 17 and 18 at 8:00pm and November 5 and 12 at 2:00pm.

The Summit Playhouse is located at 10 New England Avenue, Summit, NJ and tickets can be purchased online www.brownpapertickets.com/event/3081773.

Based on the best-selling novel, "The Bridges of Madison County" tells of a forbidden love affair between a photographer and a housewife that changes them forever. The musical captures the lyrical expanse of America's heartland along with the yearning entangled in the eternal question" "What if ...?" Winner of the 2014 Tony Award for Best Score and Orchestrations, this sweeping romance about the roads we travel, the doors we open and the bridges we dare to cross will leave audiences breathless.

The cast includes Tina Kaye, Sean Finnerty, Sal Vararro, Jodi Freeman Maloy, Rich Maloy, Samantha Kaplan, Sean Switzer, Anna Lovallo, Catherine Flynn, Will K Carey, Kathleen Mals, and Kevin Ohlweiler. For more visit:

www.thesummitplayhouse.org/ 908-273-2192 or summitplayhouseinfo@gmail.com

#### **GET AN EARLY START TO HOLIDAY SHOPPING**

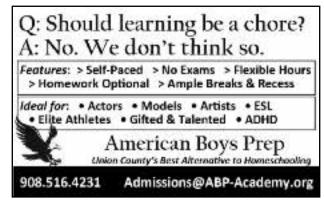
To give you a head start on your holiday shopping, this year the Summit Historical Society's annual Holiday Boutique will take place before Thanksgiving. The Boutique will take place on Thursday, November 16th, from 10 a.m. to 4 p.m. followed by our "Carter House by Candlelight" in the evening from 6:30 p.m. to 9 p.m.

This year's Boutique will feature many new vendors in addition to our best-selling vendors from previous years. They will be selling a wide variety of items suitable for holiday shoppers, including clothing, jewelry, art, floral

arrangements and canine treats plus award winning jams, chocolates and organic items.

During the day, there will be hot cider and cookies for your shopping pleasure and during the evening's "Carter House by Candlelight"you can enjoy wine and cheese as you shop at your leisure.

The Holiday Boutique will be held at the Carter House, home of the Summit Historical Society, located at 90 Butler Parkway in Summit. Admission is free and all are welcome. Please drop by and enjoy the Boutique. It will be a delightful way to do your holiday shopping.



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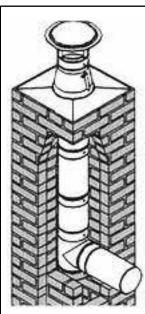
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(above, r-l) Allstate agency owner Jim Fitzsimmons presents a \$1,000 grant to Erin Fogerty, physical ed. and drivers ed. teacher at Summit High School.



(above) Allstate agency owner Jim Fitzsimmons (second from right) donates \$1,000 to club president at Summit Soccer Club, Stacey Space (second from left). Summit soccer club lead trainers join the photo.

#### **ALLSTATE AGENCY GIVES TO SUMMIT HIGH SCHOOL AND SUMMIT SOCCER CLUB**

Allstate New Jersey Exclusive Agent Jim Fitzsimmons received the Agency Helping Hands in the Community award for his commitment to helping others. With this award came a \$1,000 grant from The Allstate Foundation for Summit High School, where Fitzsimmons volunteers. In addition, Fitzsimmons gave a \$1,000 personal donation to Summit Soccer Club, along with mini soccer balls and water bottles to players and parents.

Fitzsimmons recently spent the day teaching drivers' ed. classes at Summit High to talk about the dangers of texting while driving as students added their thumbprints to an oversized pledge banner as symbols of their promises not to text and drive. Students took the pledge to put their cellphone down and focus on the road, as part of Allstate's national "X the TXT" campaign to raise awareness about the dangers of texting while driving.

"Everyone is susceptible to distractions behind the wheel," said Fitzsimmons. "Pledging not to text and drive is a simple act that can help ensure those we love come home safely. No text is worth risking a life.

Allstate New Jersey agents have a proud history of putting their good hands to work in supporting New Jersey communities, promoting volunteerism and providing financial resources to enable local organizations to help others.

The Agency Helping Hands in the Community award celebrates the spirit of service. "Commitment to our communities is a part of what we do every day – protecting people and making their lives more secure," said John Kane, President of Allstate New Jersey Insurance Company. "With support from The Allstate Foundation, Jim, Summit High School and the Summit Soccer Club are making their communities stronger."

"It is really important for me to take a step back even during busy times and give back to the community," said Fitzsimmons. "I want these organizations to know that I appreciate what they're doing to help keep others on the road safe and involved with sports as well. I am happy so many students took the X the TXT pledge at Summit High School and I'm proud to support an organization like the Summit Soccer Club."

For more information on teen safe driving and other safety and insurance topics, please contact Allstate New Jersey agent Jim Fitzsimmons at 908-598-9302. His agency is located at 447 Springfield Ave. in Summit, open 9 a.m. to 6 p.m. Monday, Wednesday, and Friday, 9 a.m. to 7 p.m. Tuesday and Thursday, and 9 a.m. to 1 p.m. on Saturday. Visit his agency website at: agents.allstate.com/jamesfitzsimmons-summit-nj.html









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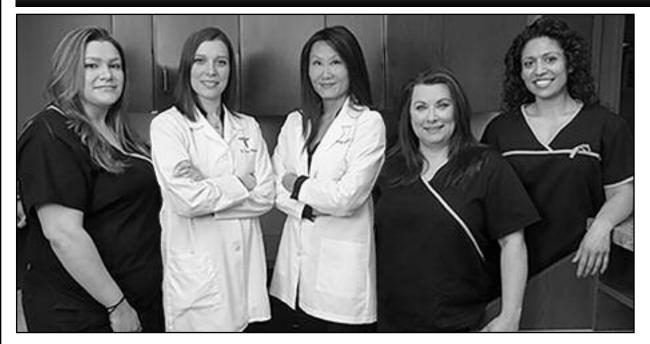
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In short, dental implants improve the quality of your life. They can improve your appearance, boost your self-confidence and allow you to speak with greater clarity.

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Having a great smile can make a huge difference in the way you look and feel. Summit Dentist offers a complete range of cosmetic treatments to create the confident smile you've always wanted. We begin with a detailed smile assessment, discussing with you which aspects you like and dislike about your smile. Once our assessment is complete, we will discuss with you treatment options to help your smile look more natural, youthful and healthy.

## MERCURY-FREE DENTISTRY

Mercury Amalgam (silver) fillings may be hazardous to your health. At Summit Dentist, we believe that the overall health of our patients always comes first. Accordingly, at our office we have elected to only use new and advanced fillings made of tooth-colored materials that contain no metals or mercury. It's just one more way that we show our patients how much we care. Your safety and smile are our primary concerns!

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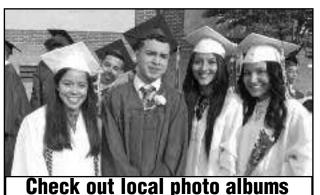
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## MUNICIPAL CURBSIDE LEAF COLLECTION

The City of Summit Department of Community Services is offering curbside leaf collection now through December 1 or the first major snowstorm.

The Division of Public Works will collect bagged leaves on regularly scheduled garbage pickup days. Leaves must be placed in biodegradable brown bags and placed at the curb. Residents may also bring leaves to the Summit Transfer Station at 40 New Providence Ave. Leaves collected in the spring and fall are composted and are made available to the public in the spring for use on lawns and in gardens.

Please contact the Department of Community Services at 908-273-6404 with any questions. For more information, visit cityofsummit.org.



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#### **JEFFERSON SCHOOL FALL FESTIVAL**

On October 14, 2017 Jefferson Elementary School held its annual Fall Festival. The rain held off and kids from all over Summit came down to have loads of fun! There were many highlights such as a petting zoo, pony rides, face painting, confetti eggs, games, crafts, prizes, and more! In addition to parent volunteers, LCJSMS students and SHS football players ran numerous activities. Special thanks to Principal Joseph Cordero and the amazing JES PTO!









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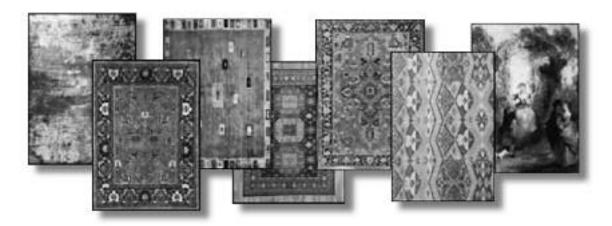
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