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license, so his bike was always his means of transportation. It's a 15 to 20-minute bike ride from his home to his job. Then when his bike broke down in January, Allen had no choice but to walk to work. Berkeley Heights residents Cindy and John Lepore saw Allen walking during one of the days when the temperature was dangerously cold. They offered Allen a ride and he told them that his bike was broken.

The couple wanted to help, and Cindy's sister, Cathy Balsamo, put a plan into action by posting a photo of Allen's old bike in a Berkeley Heights Community Forum on Facebook and asking for donations to help him get a new bike.

Allen Lindeman of Stirling has been riding his bike to his job at Stop & Shop in Berkeley Heights for at least five years. He never got a

Over \$3000 was raised within a week. And Allen was able to get his new bike, which he got from High Gear Cyclery Inc., in Stirling – where he'd go to get his bikes fixed throughout the years.

When Allen first heard he was getting a new bike, he was shocked. Cathy Balsamo told him they were going to take him to the bike shop to pick out a bike he liked.

"I love it so much. It's awesome," said Allen. "I was crying, 'Oh my God!' All happy tears."

Regarding everyone who pitched in and helped, Allen said, "I love them all."

When Allen took his first ride on the new bike to his job at Stop & Shop he said, "People were loving my beautiful bike." The night before he got the bike, he was so excited he had trouble sleeping.

Chris Ricci, a sales associate at High Gear Cyclery said that Allen's old bike needed a lot of work and wasn't ridable. "They [the community] wanted to get him a new bike. A lot of people donated. He came in here early. He was super happy. He was crying, he was so happy. This is his 'car."

Allen got to road-test the bike and pick out a bunch of accessories, including a new helmet. The money raised by the community fully

COMMUNITY EFFORTS RAISE \$3000 TO GET MAN NEW BIKE

By Maryanne Christiano-Mistretta



(above, l-r) Cindy Lepore, John Lepore, Allen Lindeman, Michael Delia, and Cathy Balsamo.





(left) Allen Lindeman enjoying his new bike.

Photos courtesy of Cathy Balsamo

outfitted him for riding. "Money leftover was donated to his family to pay some bills," added Ricci.

Ralph Bartlow, store manager at Stop & Shop added, "We got a great response from everybody in town."

Balsamo said, "All who played a big role in getting this done were Cindy Lepore, John Lepore, and Michael Delia. Such a great community. Allen is beyond happy."



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UNION COUNTY CLERK JOANNE RAJOPPI TO BE PRESENTED WITH "WOMEN IN AMERICAN HISTORY" AWARD

March is Women's History month and the Crane's Ford Daughters of the American Revolution (DAR) chapter will be presenting Joanne Rajoppi, Union County Clerk, with the National Society of the Daughters of the American Revolution "Women in American History" award on Saturday, March 10, 2018, at noon at the Cranford Community Center, 220 Walnut Avenue, Cranford, NJ.

The "Women in American History" award, sponsored by the NSDAR, is designed to recognize worthy women, and celebrate their contribution to history, culture, and society.

Joanne Rajoppi is the first woman County clerk in the 154-year history of Union County. She is the former Mayor of Springfield, former Union County Freeholder and first woman chairman of the Freeholder Board, and former NJ Assistant Secretary of State during the Byrne Administration. She has been an advocate for women running for public office, writing her first book, "Women in Office: Getting There and Staying There" in 1993.

As an author, her first book published in 2013 chronicled the military service of her great-grandfather during the American Civil War titled "New Brunswick and the Civil War: The Brunswick Boys in the Great Rebellion" letters he wrote to his family. She followed the story with the Hamilton women after the war writing her most recent book: "Northern Women in the Aftermath of the Civil War: The Wives and Daughters of the Brunswick Boys." This book was published in 2017. Ms. Rajoppi will be presenting a power-point program on her most recent book and copies of the book will be available for purchase.

The public is invited to join us for the presentation with a reception to follow. The Crane's Ford chapter will also be celebrating its 74th Anniversary, chartered on March 8, 1944.

The NSDAR is a volunteer women's service

organization dedicated to promoting patriotism, historic preservation, service to veterans and meaningful community service. Membership is open to any woman 18 years or older who can prove lineal descent from an ancestor who aided in achieving American Independence. For more information or DAR application please contact our chapter Registrar, Patricia Campanelli at patushkat@aol.com.



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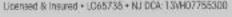








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FOUR LOCAL LETTER CARRIERS EARN MILLION MILE SAFE DRIVING AWARDS

Senior postal managers, municipal officials, and representatives from the letter carriers union recently gathered at the Berkeley Heights Post Office, 364 Springfield Avenue, Berkeley Heights, New Jersey, to honor four local letter carriers for earning the National Safety Council's prestigious Million Mile award. The award is presented to professional drivers who have driven 30+ years without a preventable accident.

The four safety conscious carriers receiving

the Million Mile award included: Charles Douress, Christopher Cunnigham, Melvin Jones, and Earl F. Lewis. Douress, Cunningham, and Jones are Berkeley Heights carriers. Lewis, a former Berkeley Heights carrier, currently works in nearby Gillette. Several other carriers received safe driver pins or a certificate for a year or more of safe driving.

Berkeley Heights Postmaster Ted Zawartkay

organized the 30-minute ceremony. Joining Postmaster Zawartkay to honor the carriers were: Northern NJ District Manager Scott Hooper, Berkeley Heights Mayor Bob Woodruff, Police Chief John DiPasquale, Police Captain Robert Deitch, NALC Region 15 Business Agent Larry Cirelli, NALC Branch 38 President Mike O'Neill, and Northern NJ District Safety Specialist Stephen Cannon.





(above, l-r) Berkeley Heights Mayor Bob Woodruff, Captain Robert Deitch, Gillette carrier Earl Lewis, NALC Regional Business Agent Larry Cirelli, Berkeley Heights Carrier Melvin Jones, Berkeley Heights Carrier Chris Cunningham, Berkeley Heights Carrier Charles Douress, USPS Northern NJ District Manager Scott Hooper, Postmaster Ted Zawartkay, and Chief John DiPasquale celebrate the four carriers' 30+ years of accident free driving.



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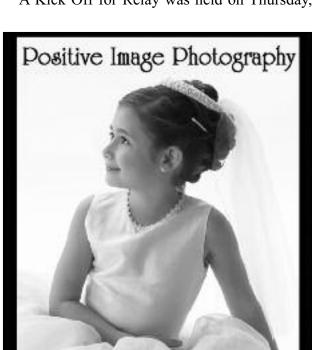
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RELAY 2018 RETURNS TO GOVERNOR LIVINGSTON HS

Submitted by Marlene Sincaglia

The Event Leadership Team announced that the 2018 Relay for Life of Berkeley Heights, Mountainside, New Providence, and Summit will be returning to Governor Livingston High School on June 2 to 3, 2018. Mrs. Rattner stated, "We are excited about the possibility of Relay for Life returning to Governor Livingston High School in 2018. This event is an integral part of our community and an incredible opportunity for our students to help others." Being at the high school also allows for an indoor location in case of inclement weather.

A Kick Off for Relay was held on Thursday,



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March 1, 2018 at the Governor Livingston High School cafeteria. The theme of Kick Off was Back TO GL. We envision a future that is cancer free.

The Event Leadership Team is hoping that many more teams will join us this year. If you have a group of friends, a book club, or other group, please form a team. Relay 2018 is looking for people who will work together to solicit money for ACS and then walk the track on June 2nd to demonstrate that cancer does not sleep and neither do we.

Relay for Life is a community event. The three prongs are Celebrate, Remember, and Fight Back. Everyone has been touched by cancer. At relay we Celebrate the survivors and those who are starting the journey. At Relay, we Remember those we lost to cancer and at Relay, we Fight Back to help prevent cancer.

Relay for Life raises money for the American Cancer Society (ACS). The ACS is leading the fight for a world without cancer. From research, education and prevention to treatment, recovery



and support of patients, caregivers, long-term survivors, ACS stands united in its mission to achieve a world free from the pain and suffering of cancer.

The website cancer.org features the latest most accurate information on virtually all topics related to cancer from prevention and diagnosis to survivorship and caregiving. The toll free helpline 1-800-227-2345 is available 24 hours a day, seven days a week, to help cancer patients, and those seeking information, resources, and support. For more information go to RelayforLife.org



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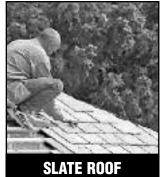
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HIGH SCHOOL STUDENTS HELP **ELEMENTARY STUDENTS TACKLE HOMEWORK**

The Summit Area YMCA is committed to nurturing the potential of the children in our communities. Our programs are built to help them learn, grow and thrive in a safe, nurturing environment. With this end in mind, our Berkeley Heights branch is introducing a new program this

This new program began as an effort to get more teens involved in the Y. It's a way for high school students to gain valuable experience tutoring and as well as interacting with children, benefiting themselves and their community. As Homework Helpers, high school students provide homework help and assistance to elementary students in our aftercare programs. High schoolers may sign up for specific timeslots throughout the school year and for as many hours/days as they wish. Time slots will be from 4 to 5 p.m. on Mondays, Tuesdays, and

Wednesdays. Upon signing in, high school students will take a seat at the "Homework Help" table where our elementary students can come for homework questions and assistance.

All high school students are welcome to become part of this wonderful volunteer opportunity! For more information on Homework Helpers, please contact: Melissa Kardos, Volunteer Coordinator (P) 908 464 8373 x 2230 (E) Melissa.Kardos@theSAY.org

In addition to the Homework Helpers program, teens (ages 14 to 16) looking for more community service hours, can participate in the Y's VolunTeen's program. In this program teens assist with helping out in sports classes, marketing and social media campaigns, swimming classes and more. Please go to www.thesay/org/volunteering/volunteens for more information.

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band schedule

Sunday, March 11

"Round the House" at Bridgewater "Bloody Callan" at Gillette Three Seatings Available: 3:30, 5:30 & 7:30 pm

Tuesday, March 13

"Hooley Shooters" at Bridgewater "Celtic Rebels Band" at Gillette Two Seatings Available: 5:45 & 7:15 pm



Thursday, March 15

"The Snakes" at Bridgewater "Hooley Shooters" at Gillette Two Seatings Available: 5:45 & 7:15 pm



ST. PATRICK'S DAY * Saturday, March 17

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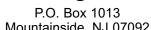
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Lynn McKenna, Parent of High School Senior

*Opened up opportunity to look at colleges we thought were out of our price range."

Barbara Eames, Parem of High School Sophomore

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IRS WARNS PUBLIC ABOUT SCAMS TARGETING TAXPAYERS

The IRS is urging the public to be aware of suspicious individuals claiming to be from the IRS.

Thousands of people have lost millions of dollars and their personal information to tax scams. Scammers use the regular mail, telephone, or email to set up individuals, businesses, payroll, and tax professionals.

The IRS doesn't initiate contact with taxpayers by email, text messages, or social media channels to request personal or financial information. Recognize the telltale signs of a scam.

SCAMS TARGETING TAXPAYERS IRS-IMPERSONATION TELEPHONE SCAMS

A sophisticated phone scam targeting taxpayers, including recent immigrants, has been making the rounds throughout the country. Callers claim to be IRS employees, using fake names and bogus IRS identification badge numbers. They may know a lot about their targets, and they usually alter the caller ID to make it look like the IRS is calling.

Victims are told they owe money to the IRS and it must be paid promptly through a gift card or wire transfer. Victims may be threatened with arrest, deportation or suspension of a business or driver's license. In many cases, the caller becomes hostile and insulting. Victims may be told they have a refund due to try to trick them into sharing private information. If the phone isn't answered, the scammers often leave an "urgent" callback request.

Some thieves have used video relay services (VRS) to try to scam deaf and hard of hearing individuals. Taxpayers are urged not trust calls just because they are made through VRS, as interpreters don't screen calls for validity.

Limited English Proficiency victims are often approached in their native language, threatened with deportation, police arrest and license revocation, among other things. IRS urges all taxpayers caution before paying unexpected tax bills. Note that the IRS doesn't:

- Call to demand immediate payment using a specific payment method such as a prepaid debit card, gift card or wire transfer.

 Generally, the IRS will first mail you a bill if you owe any taxes.
- Threaten to bring in local police or other law-enforcement groups to have you arrested for not paying.
- Demand payment without giving you the opportunity to question or appeal the amount they say you owe.
- Ask for credit or debit card numbers over the phone.

SCAMS TARGETING TAX PROFESSIONALS

Increasingly, tax professionals are being targeted by identity thieves. These criminals – many of them sophisticated, organized syndicates - are redoubling their efforts to gather personal data to file fraudulent federal and state income tax returns.

SURGE IN EMAIL, PHISHING AND MALWARE SCHEMES

Phishing (as in "fishing for information") is a scam where fraudsters send e-mail messages to trick unsuspecting victims into revealing personal and financial information that can be used to steal the victims' identity.

The IRS has issued several alerts about the fraudulent use of the IRS name or logo by scammers trying to gain access to consumers' financial information to steal their identity and assets

Scam emails are designed to trick taxpayers into thinking these are official communications from the IRS or others in the tax industry, including tax software companies. These phishing schemes may seek information related to refunds, filing status, confirming personal information, ordering transcripts, and verifying PIN information.

Be alert to bogus emails that appear to come

from your tax professional, requesting information for an IRS form. IRS doesn't require Life Insurance and Annuity updates from taxpayers or a tax professional.

Variations can be seen via text messages. The IRS is aware of email phishing scams that include links to bogus web sites intended to mirror the official IRS web site. These emails contain the direction "you are to update your IRS e-file immediately." These emails are not from the IRS.

The sites may ask for information used to file false tax returns or they may carry malware, which can infect computers and allow criminals to access your files or track your keystrokes to gain information.

For more details, visit www.irs.gov; YouTube IRS Videos on Tax Scams.

If you have any questions or concerns please contact the Berkeley Heights police department.





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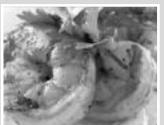
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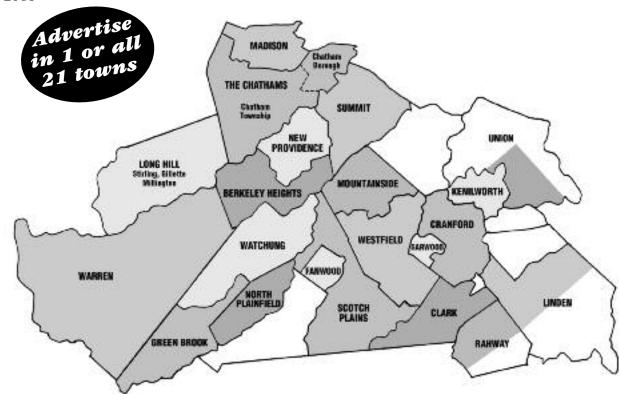
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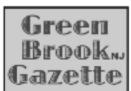
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NATIONAL ALLIANCE ON MENTAL ILLNESS MARCH 2018 EVENTS

Are you feeling stressed and alone in trying to cope with the effects of a loved one's mental health illness? Join our peer led group monthly meetings and gain insight from others facing similar challenges. NAMI hold their Union County Family Support Group Meetings the third Tuesday of every month. The next meeting will be held Tuesday, March 20, 7:30 to 9 p.m. at First Presbyterian Church of Cranford, 11 Springfield Avenue, Cranford, New Jersey. For more information, call 908-233-1628 or email namiunioncounty@yahoo.com.

Free Course on Mental Illness. The NAMI Family-to-Family Education Program begins on Thursday evening, March 22. Presented by the

Are you feeling stressed and alone in trying to pe with the effects of a loved one's mental alth illness? Join our peer led group monthly eetings and gain insight from others facing milar challenges. NAMI hold their Union Union County Chapter of NAMI, the course meets 7 to 9:30 p.m. on Thursday evenings, over a consecutive 12-week period. Course ends on May 31. It is free-of-charge, with all necessary materials furnished at no cost.

The course is offered specifically to the parents, siblings, spouses, teen-age and adult children, and significant others of individuals with severe and persistent mental illness. In a confidential setting, loved ones will learn how to understand and support their ill relative while maintaining their own well-being. The program is not appropriate for individuals who, themselves, suffer from one of the major mental disorders. The course is taught by NAMI

members who have completed intensive training.

Curriculum topics include schizophrenia, bipolar disorder (manic depression), clinical depression, panic disorder, obsessive-compulsive disorder, and others, the clinical treatment of these illnesses, and how caregivers can learn to cope more effectively. Attendees will learn about the biology of the brain, new research, medications, skills needed to successfully communicate with a relative, and how to deal with critical periods. Other topics include advocacy, fighting stigma and problem solving.

Classes will meet at St. Agnes Church, 332 Madison Hill Road, Clark, New Jersey. Registration is required prior to the beginning of the course. Call Pat at 732-382-0762 or email patroman2@aol.com. Please include in the subject line: F2F class. A F2F teacher will contact you with the details. Refreshments will be served.

Understanding New Perspectives on Mental Health Diagnoses. The Union County NAMI invites the public to hear a presentation by Anne Director of Community Education/Outreach with the Mental Health Association of New Jersey. Her goal and mission is to empower families and individuals living with a mental health diagnosis or substance abuse through education and support. The presentation will be held Tuesday, March 27, at 7:30 p.m. at RWJ Rahway Fitness and Wellness Center, 2120 Lamberts Mill Road, Scotch Plains, New Jersey. For more information, call 908-233-1628 or email namiunioncounty@yahoo.com.





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