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JILL ZIMMERMANN PROMOTES "BIKE HELMET SAFETY" TO EARN HER GOLD AWARD

Submitted by Louise Rittberg

Sixteen year old Jill Zimmermann, a junior at Governor Livingston High School in Berkeley Heights, New Jersey and a senior Girl Scout from Troop 40389 in Mountainside chose to promote and encourage the wearing of helmets for all bike riders as her Girl Scout Gold Award project. The Gold Award is the highest award in Girl Scouts and is equivalent to the Boy Scout Eagle Award.

"I titled my project 'Helmets on the Brain: Preventing TBIs' because its main goal is to prevent Traumatic Brain Injuries (TBIs) caused when bike riders without helmets have accidents. Although helmets don't automatically prevent concussions, they lessen the impact. There's a baseline test called ImPACT (Immediate Post-Concussion Assessment and Cognitive Testing) offered by Overlook Hospital in Summit, New Jersey. The Center for Concussion Care and Physical Rehabilitation offers the baseline test so a comparison can be made in the event there's concern a child has suffered a concussion later. I took the test and it's easy. I'm working with hospital staff to spread the word about ImPACT," Zimmermann explained.

While New Jersey law mandates children under the age of 17 must wear a helmet when riding a bike, Zimmermann believes helmets should be worn by riders of all ages, as well as skateboarders, etc. "I've been working with the Mountainside Youth Baseball and the Mountainside Softball Association to remind coaches, parents and players that wearing a helmet when bike riding is as important as wearing one when batting," she noted.

Zimmermann created a pamphlet promoting her Helmets on the Brain project that details NJ Law on bike helmets, details on ImPACT and additional facts.

She attended many local community events that attract bikers, and will have a table PAL Cop Trot 5K and at the Mountainside PTA Fall Festival, both held October 13th, at Deerfield School in Mountainside, NJ, distributing pamphlets and using coloring pages to attract



youngsters to her table to personally discuss helmet safety. She also secured metal signs, donated by The County of Union, which the Mountainside Department of Public Works posted on community bike racks to remind riders to wear their helmets. She also offered free ImPACT testing and helmet safety checks in the spring for residents.

Zimmermann rewards those who faithfully wear their helmets. "I was fortunate to secure donated coupons from '7-11' for free food items that I use as 'Reward Tickets' for those I see wearing their helmets. There are Bike Helmet Safety Tips attached to the coupons. I have given these out at events, after school and over the summer when I spotted kids wearing their helmets or saw helmets on parked bikes. Mountainside Police Officers are also issuing 'Reward Tickets' to helmet wearers," she said.

The Girl Scout noted that her goal is to make her project a community project. "This is a cause that we can all participate in. My goal is to impact as many people as possible by raising awareness of the importance of wearing a helmet while bike riding. Most bike crashes occur close to home, not just on long rides, so helmets should be worn every time you get on a bike. While a helmet might not totally prevent a concussion, it will lessen the impact and could make a huge difference to the rider's health. I'd like to see the day when bike riders automatically put on their helmets just as they automatically fasten their seat belts in cars," she concluded.

For information on how to schedule an ImPACT test with the Overlook Hospital's Center for Concussion Care and Physical Rehabilitation residents are encouraged to call 908-522-6146.



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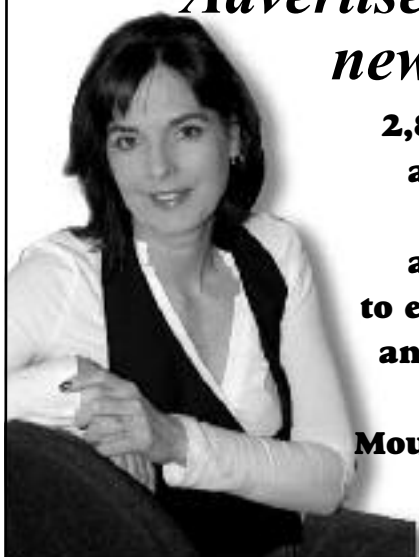
Community service organizations, schools and sports teams are encouraged to submit news of upcoming events or highlights and photos from recent events.

Organizations who are interested in submitting content, please email:
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FALL PICKLEBALL TOURNAMENT



**Entry fee
\$20 per person**

Join the Mountainside Rotary Club & the Mayor's Fitness Program for this Community event
(All proceeds will benefit the Rotary Club of Mountainside)

Friday October 12, 2018*

5:00 PM to 5:45 PM Learn to Play Clinic (optional)

6:00 PM to 9:30 PM +/- Tournament Play. Multiple Skill Levels

*Weather Date Sunday October 14, 2018

Location: Mountainside Tennis Courts
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Or e-mail: msidepb@hotmail.com



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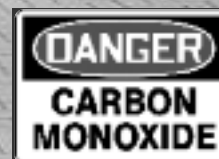
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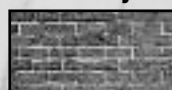
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IMAGINE VOLUNTEERS WIN TWO GOVERNOR'S JEFFERSON AWARDS

Imagine Adult Volunteer Facilitators and Teen Volunteer Facilitators were the recipients this year of the New Jersey State Governor's Jefferson Award in the Adult Volunteer Group Award category and the Youth Volunteer Group Award category.

Each year the New Jersey State Governor's Jefferson Awards highlight the spirit of civic engagement among New Jersey's 1.5 million volunteers and provide Jefferson Awards medals in 22 categories of volunteer service.

The Jefferson Awards were established in 1972 as the official recognition program of the United States Senate. They are considered America's highest honor for public service and volunteerism.

In New Jersey the awards are also the official

recognition program of the Governor's Advisory Council on Volunteerism, administered by a partnership that includes the NJ Office of Volunteerism, NJ Advance Media, the Community Foundation of New Jersey, and corporate sponsors, such as PNC Bank, PSEG, BD and others.

"Imagine adult and teen volunteer facilitators are a consistent, loving, empathic presence for the children and families we serve, providing hope and support while facilitating the mourning process," said Mary Robinson, Imagine Executive Director who nominated the volunteers. "Our volunteers are the foundation of Imagine's community-based peer support model. We would not and could not exist without them and are so grateful for each and

every one of them for their commitment and extraordinary service."

Imagine offers free year-round grief support groups for families with children age 3-18 who are coping with loss due to the death of a parent or sibling or other significant family members, or who are coping with a family member with a terminal or chronic physical illness. Concurrent support groups are available for parents and guardians of the children and for young adults ages 18-30.

Imagine is completely privately funded through the generosity of our donors, and our work is only made possible through their support.

For more information please contact Imagine at 908-264-3100 or www.imagenj.org.



(above) Accepting the award on behalf of Imagine's 17 Youth Facilitators are Justin Zucker and Dani Jayinski of Scotch Plains.



(above) The 2018 New Jersey State Governor's Jefferson Awards presentation ceremony and celebration of volunteerism was held at the War Memorial in Trenton on June 2, 2018. Pictured accepting the award on behalf of all of our over 70 adult facilitators are (l-r) Imagine Adult Volunteer Facilitators Gail Rhein of Plainfield; Monica Rodriguez of Union; Joanne DeSantis of North Bergen; Tamela Beene of Westfield; Jacqueline Miller of North Plainfield; and Steve Johnson of Westfield.

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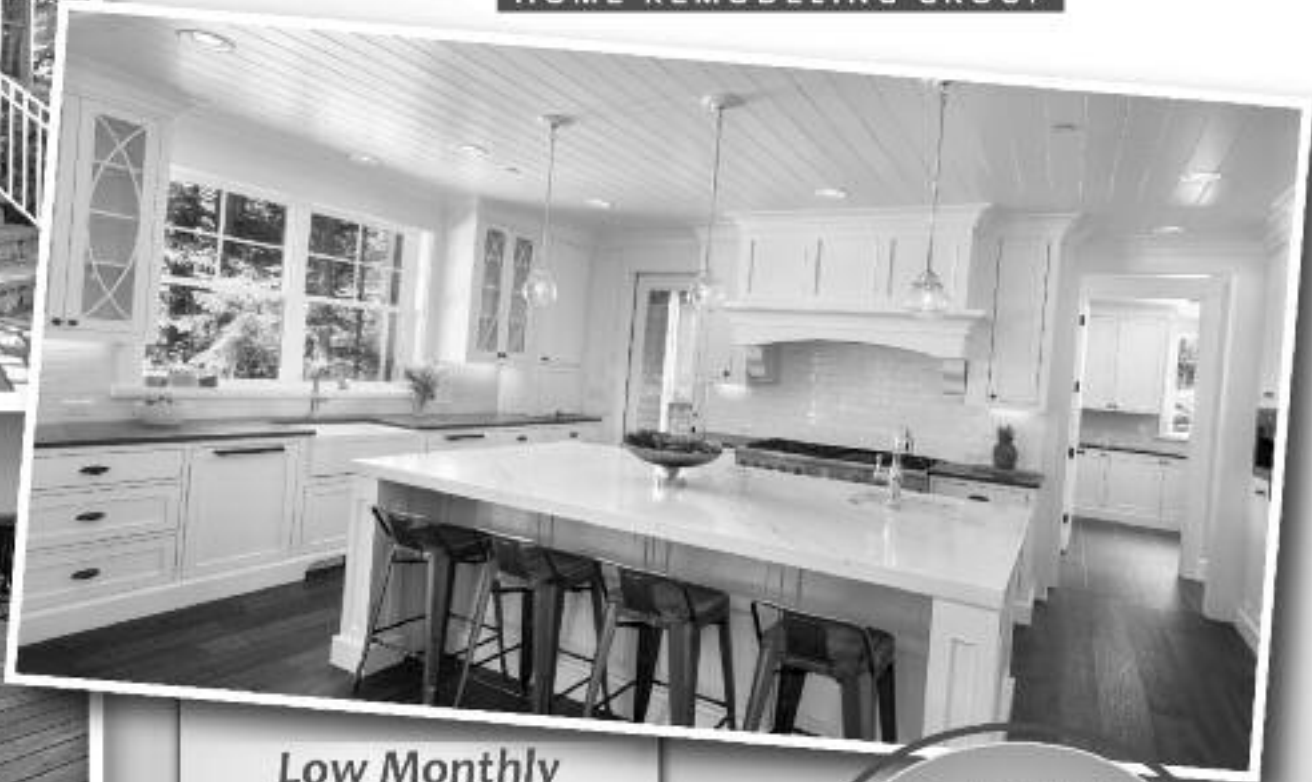


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SENIOR HEALTH AND FITNESS

PROJECT HEALTHY BONES CLASSES

Wednesdays through December 19 for a 15-week session which begins at 10:00 a.m. This class is a high-intensity low-impact exercise program designed for men and women who have, or are at risk of developing osteoporosis. The cost for the program is \$15 for Mountainside residents and \$72 for Non-residents.

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FIT AND HEALTHY CLASSES

Each Friday from 10 to 11 a.m. Note the change in time. Classes will run through December 21 for a 15-week session which begins at 10:00 a.m. Classes will continue to be offered free of charge.

BRAIN POWER EXERCISE CLASSES

New fall class held on Wednesdays at 1 p.m. through Oct. 24. The cost is \$5/residents, \$20/non-residents. This 6-week session focuses on the fundamental connection between physical health and mental health. Each part of health directly impacts the other in both negative and positive ways. The goal in Brain Power is to highlight the positive connections through a variety of activities that move the body and challenge the brain.

CHAIR YOGA CLASSES

Tuesdays 1 p.m. through October 23. \$5/residents, \$20/non-residents. Join us and learn how everyone is lowering their blood pressure, increasing their flexibility, reducing their feelings of anxiety and improving their health and mental wellness in so many ways--all while sitting in a chair!

FREE BLOOD PRESSURE SCREENINGS

2nd Tuesday of every month, from 9:30 to 10:30 a.m. in the Municipal Building. No reservation is necessary.

SAGE ELDERCARE provides free planning and programs to help assist in providing for our frail or at risk seniors who reside in Mountainside. This is possible due to a grant through the Watts Foundation. If you know of or are an elderly person or their caregiver, please call Sage at 908-598-5552

SERVICES: SENIOR CITIZEN HANDYMAN PROGRAM

This program is for Mountainside senior citizens 62 or over who own their home and need minor repairs such as replacement of fuses, batteries, fixtures and light bulbs, remove or place A/C units in windows, move patio furniture, light carpentry, repairs to railings, stairs, locks, door handles, and light painting. It also includes, minor plumbing, such as replacement of washers, opening slow drains, leaking faucets, tub caulking, and more. To participate, a short application must be completed, which can be found on the website under Departments, Senior Services or at Borough Hall. All information is confidential

SENIOR TRANSPORTATION NEWS

Seniors 62 years or older may ride the senior van on Monday 9 a.m. to 2 p.m., Tuesday and Thursday 9 a.m. to 2:30 p.m. No service will be provided on Wednesdays or Fridays. We have 2 excellent and reliable drivers. Food shopping trips are available by appointment on Tuesday and Thursday mornings only. Food shopping appointments must be made at least 1 day in advance. Pick up for shopping will start between 9:30 and 10 a.m. All other appointments such as doctors, hairdressers, post office, library, etc. can be made Monday, Tuesday and/or Thursday starting at 9:30 a.m. These appointments must be made at least 2 days in advance.

To schedule a ride, please call 908-232-2400 Ext. #238. Leave your name, telephone number, time of appointment, your address and the address of your destination.

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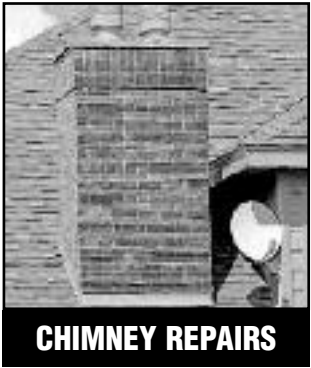
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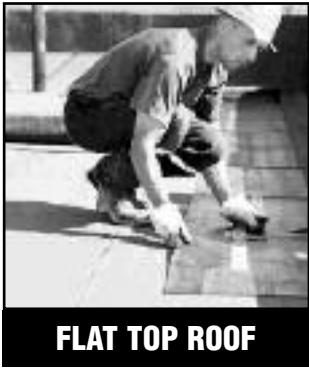
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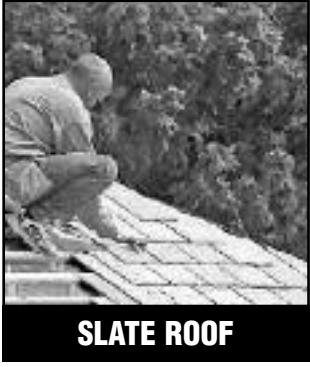
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FRIENDS OF LIBRARY BOOK SALE

The Friends of the Mountainside Library will hold its Book Sale in October. Donations of gently used hardcover and paperback books will be accepted beginning Saturday, October 20, from 10:00 a.m. to 4:30 p.m. and during library hours on Monday, Tuesday and Wednesday.

No reference books, or dictionaries please.

Before donating books, ask yourself the following questions and if you answer yes to any, please do not donate these books:

1. Are the books soiled?
2. Are the books damaged?
3. Have the books been stored in a damp area?
4. Are the books out-of-date?

The Book Sale will take place on Friday, October 26, and Saturday, October 27, from 10:00 a.m. to 4:30 p.m. A preview for residents only will be held on Thursday, October 25, from 7:00 p.m. to 8:30 p.m. Bag day (including a special treat) will be Monday, October 29, from 10:00 a.m. to 5:00 p.m.



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2 & Under.....FREE!

Dinner 3:30pm - 10:00pm

Adult\$11.99
Kids 7-10.....\$7.49
Kids 3-6.....\$5.99
2 & Under.....FREE!

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Lunch 11am - 3:30pm

Adult\$7.99
Kids 7-10.....\$5.99
Kids 3-6.....\$3.99
2 & Under.....FREE!

Dinner 3:30pm - 10:30pm

Adult\$11.99
Kids 7-10.....\$7.49
Kids 3-6.....\$5.99
2 & Under.....FREE!

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OCTOBER PROGRAMS AT THE MOUNTAINSIDE PUBLIC LIBRARY

1 Constitution Plaza, Mountainside, NJ. To register for these programs, stop into the library or call 908-233-0115.

AUTUMN STORY TIMES AT THE LIBRARY WITH MISS ELIZABETH.

Cuddle Story Time is for "walkers"

Tuesday, 10:00 a.m.

and

"babies-in-arms"

10:40 a.m.

Toddler Story Time

Wednesdays at 10:00 a.m.

has stories, songs and movement for 2 year olds with their caregivers. Preschool Story Time, also on

Wednesdays, at 1:45 p.m.

has stories and seasonal crafts

for 3, 4 and 5 year olds.

Morning Family Story Time

on Thursdays at 10:00 a.m.

includes a favorite story and a craft for all ages with their caregivers. Note: There will be no story times on October 23, 24 and 25. Pick up a flyer in the library for times or consult the website calendar at

mountainsidelibrary.org/children.

Brown Bag Academy

Monday October 1 and 15 only

at 1:15 p.m.

(due to Columbus Day and the Book Sale)

Our popular Great Courses Fall Semester is already underway! Experience the joy of learning at lunchtime without the homework or exams! We will be featuring lectures by Professor Robert Greenberg on "The Symphony". This course will end in December, but there will be no final exam! Bring your lunch; coffee, tea and cookies will be served for dessert!

Come early to get your seat!

"SAGE Eldercare: Positive Aging"

Thursday, October 4, 1:30 p.m.

This workshop will be led by author, therapist and positive psychology coach Diane Lang. She will explore ways to thrive at any age, gain perspective on aging, debunk the myths about aging and cultivate a positive approach to our future years and the possibilities that each stage of life can bring. Light refreshments will be served. SAGE, in operation since 1954, provides programs and services to meet the changing needs of older adults, their families and care givers.

To register, please call 908-598-5548 or email education@sageeldercare.org.

"Pipsqueak Players- Reading Reimagined"

Thursdays, October 4, 11, 18 and

November 1 at 3:45 p.m.

Pipsqueak Players (Cheryl and Erin) return to the library for 4 sessions. Mountainside-based Pipsqueak Players is a reading enrichment program that nurtures enjoyment and comprehension in a workshop style setting. Improv, repetition and character exploration are just a few ways a child's reading confidence is developed through this program. This 4 week session will explore a different picture book each week culminating in a showcase at the end of each class. Classes are designed for 5-7 year olds. Preregistration is required.

"Patrick Garner's History Alive:

Thomas Ava Edison

- Inventor, Lecturer and Prankster"

Thursday, October 4 at 7:00 p.m.

"Mr. Edison" will deliver an informal, fun-filled lecture about his life, his inventions and the lessons those inventions taught him. Audience volunteers will be involved in this highly interactive presentation! Patrick Garner is a twenty-year professional actor whose credits range from street fairs to Broadway, most recently as a cast member of GYPSY.

This is a show for all ages; families are welcome and encouraged to attend. You will be entertained, instructed and inspired!

"Kit's Interactive Theatre Presents:

A Sleepy Hollow Show"

Tuesday, October 9 at 3:45 p.m.

Tour Sleepy Hollow with the fictional characters Katrina Van Tassle and Ichabod Crane, where skeletons high-step in a graveyard dance and hobgoblins haunt villagers in this spooky-but not scary- Halloween tale.

This show begins where the original story leaves off. Children will be left with a question that can only be answered by reading Washington Irving's classic story.

This afterschool show is for grades kindergarten and above.

Opera on Film Series

Friday, October 12 at 1:00 p.m.

Friday Operas on Film series presented by Mena Clemson, will be showing Manon Lescaut by Giacomo Puccini. This 1983 recording stars Plácido Domingo as Des Grieux and Kiri Te Kanawa as Manon. Giuseppe Sinopoli conducts the Orchestra of the Royal Opera House.

"Come Read to Kalee"

Friday, October 12 at 3:45 p.m.

After a well-deserved summer vacation, Kalee, Mountainside's favorite therapy dog, will return to the library. Stop in and read to her for 5-10 minutes. Please bring two favorite books with you to read when you come. This program is especially designed for emergent and beginning readers in Grades K-1, but all readers are welcomes. Kalee will be with us monthly through May, 2019. You must reserve a spot for this program.

TUESDAY NIGHT MOVIES:

Beatriz at Dinner (2017)

will be shown on October 2 at 6:30 p.m.

Beatriz, an immigrant from a poor town in Mexico, has drawn on her innate kindness to build a career as a health practitioner in Los Angeles. Doug Strutt is a cutthroat, self-satisfied billionaire. When these two opposites meet at a dinner party, their worlds collide and neither will ever be the same (R).

Borg V. McEnroe (2018)

will be screened on October 9 at 6:30 p.m.

Björn Borg, the world's top tennis player, is set to win his fifth Wimbledon title in 1980; he just has to beat relentless and biting American John McEnroe. With massive pressure placed upon both men, the film culminates in a tense final match regarded at the time as the greatest match ever played (R).

All the Money in the World

will be our feature film.

On October 16

This film chronicles the kidnapping of 16-year-old John Paul Getty III and the desperate attempt by his devoted mother to convince his billionaire grandfather Jean Paul Getty to pay the ransom. (There will be no movie shown on October 23 and October 30 due to the Friends Book Sale.)

CANDIDATES FORUM - SET FOR OCTOBER 9TH

The League of Women Voters of Berkeley Heights, New Providence and Summit is sponsoring a candidates forum on October 9th, 2018. Candidates for Mountainside Borough Council will meet at 7:30 p.m. at the Mountainside Municipal Building. Susan Ferris Rights from New Providence will be the Moderator. The public is invited to attend.

All Moderators are League trained. They may not moderate in the town in which they reside. Audience members at these forums will submit questions in writing to the Moderator to be asked of the Candidates. The forums last approximately one and one half hours and will be available for viewing on local access TV.

The candidates were invited to participate in vote411.org, a digital know your candidates guide and voting information site. The public can read their responses to prepared questions submitted to them.



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MOUNTAINSIDE'S BOYS OF SUMMER LEAVE THEIR MARK

Being the first to accomplish something is forever. Everyone else walks in your footsteps.

This summer, the Mountainside 8U baseball team finished 17-0 in the district, state and Mid-Atlantic Regional tournaments to capture the town's first state and regional Cal Ripken/Babe Ruth Baseball championships.

"This was a magical ride for these kids," head coach Steve Filiaci said. "Many of these kids were on that team that went to the district finals and state semifinals (in 2017) but came up short. Having tasted that motivated them and the coaches to work with them all winter and spring to prepare for these games."

The "Green Machine" could always count on

their pitching and defense, especially when this run started in the district tournament.

Mountainside's pitchers gave up only seven hits in six games while winning its first district title in 10 years. Anchoring the staff were Addison Adornato, Michael Donahue, Matthew Filiaci, Mateo Liloia, and Tyce Hanratty.

In the state tournament, Mountainside overcame a 5-1 deficit in the fifth inning of the semifinals to beat Hillsborough in extra innings and reach the championship game. Clutch pitching by CJ Cantagallo and strong all-around play by Jacob Minnefor helped the Green Machine claim the state title and a spot in the Mid-Atlantic Regionals.

The regional tournament consisted of 10 teams from 5 states; Maryland, Delaware, Pennsylvania, New York, and New Jersey. Six more games for Mountainside turned into six more victories.

Everyone contributed, and the Green Machine benefited from key performances by Noah Hunter, Drew Peris, Bobby Poth, Greg Dardanillo and Alex Pater.

"The continued support of their families and the Mountainside community contributed to their on the field success," Filiaci said. "We had one of the largest fan followings as the boys always felt like they were playing a home game, no matter how far away."



(above) Mountainside 8U baseball team capture the town's first state and regional Cal Ripken/Babe Ruth Baseball championships.



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SHIP AT SAGE TO HOST MEDICARE 2019 PROGRAM ON OCTOBER 16 AND 31

IMAGINE RECEIVES GRANT TO EXPAND CHILD BEREAVEMENT SUPPORT PROGRAMS

“We are so grateful to The Merck Foundation for their generous grant of \$25,000 for the expansion of our bereavement support programs at our new center in Mountainside,” said Stuart Arnold, Imagine Board Chair. “With Merck’s commitment to healthcare and the community it’s a perfect match. The Merck Foundation has been a generous supporter of Imagine for many years and we are so grateful.”

Childhood bereavement is a serious public health issue. The death of a parent or other important person in a child’s life has been noted to be one of the most commonly reported and disruptive Adverse Childhood Experiences (ACEs.) There are currently over 109,000 NJ youth age 0-18 who are bereaved due to the death of a parent. Imagine is currently serving 285 of those children, from 55 NJ towns every two weeks at our center.

"Imagine helps make a difference in the lives of grieving children and families in the communities around our sites," said Paula Alston, Executive Director of Merck's NA Research Facilities. "We are proud to partner with Imagine through our Merck Foundation Neighbor of Choice grant program this year, and we are pleased to be able to help Imagine grow and succeed in their mission."

Imagine offers free year-round grief support groups for children age 3-18 who have had a parent or brother or sister die, and for families coping with a family member with a terminal or chronic illness. Concurrent groups are available for parents and guardians, and young adults 18-30. Support groups meet on weekday nights for an hour and a half. Dinner is provided prior to the group meeting. To schedule an orientation for yourself or your family or for more information please contact Imagine at 908-264-3100 or info@imagine-nj.org.

USED WHEELCHAIR VANS & MINIVANS FOR SALE

Transportation Care Company, a Clark based medical and school transportation company owner is retiring and offering 10 vehicles for sale. Both minivans and wheelchair vans meet the current New Jersey DMV inspection requirements. Five of the vehicles are Ford 250s with raised roofs, Braun lifts and walk up stairs. The five minivans are Dodges. These vehicles are in good running condition. Call for an appointment, 908-413-6658 - Ask for Mr Charles.

SHIP (State Health Insurance Assistance Program) at SAGE will host a free program to discuss Medicare 2019 changes, plans, options, and answer questions. The Medicare 2019 program will take place at SAGE Eldercare 290 Broad Street, Summit on Tuesday, October 16, and Wednesday, October 31, 12:30 – 1:30 p.m.

SAGE Eldercare serves as the SHIP representative for Union County. Staff and volunteers are available for free, personalized, confidential, and objective Medicare counseling on decisions about coverage; help with claims, billing, or appeals; and provide information on programs for people with limited income and resources, as well as help to reassess coverage. The counselors receive ongoing training from the

Division on Aging Services, New Jersey Department of Human Services.

“It is recommended that you obtain advice and guidance from someone who is not affiliated with a particular health care insurance company so that you can compare plans without any bias. Personalized Medicare counseling is available, free of charge, from SHIP counselors, such as those who volunteer their time at SAGE,” said Elyse Drucker, Union County SHIP Coordinator.

For more information or to register for Medicare 2019, please call: 908.598.5548 or email: education@sageeldercare.org.

To make an appointment with a SHIP counselor, please call: 908.273.6999 or email: ship@sageeldercare.org.

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