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Issue 39 • December 2018

HIGHLANDERS CHOSEN AS COMMENDED STUDENTS



(above) Governor Livingston High School is proud to have seven Highlanders chosen as Commended Students this year: Somer Campbell, Arice Chang, Ryan Davey, Samuel Lee, Lorenzo Pagdanganan, Aaron Wang and Ann Xu. Congratulations to all! Photo by Governor Livingston High School

Governor Livingston High School recently honored those students selected by the College Board as Semifinalists and Commended Students in the National Merit Scholarship Program during a special recognition breakfast at the school.

These GL students are outstanding scholars who have demonstrated the ability to achieve academic excellence. Established in 1955, the National Merit Scholarship Program is one of the most academically competitive programs for high school juniors for recognition and scholarships. High school students enter the National Merit Program by taking the Preliminary SAT/National Merit Scholarship Qualifying Test (PSAT/NMSQT), which is an assessment that serves as an initial screen of approximately 1.5 million entrants each year.

In early September, high schools throughout the nation are notified as to whether any of their students have qualified as National Merit Semifinalists. To ensure that academically- talented young people from all parts of the United States are included in this talent pool, Semifinalists are designated on a state-representational basis. They are the highest scoring entrants from each state. To be considered for a National Merit Scholarship, Semifinalists must advance to Finalist standing in the competition by continuing to meet high academic standards and other requirements. This year, Governor Livingston High School is proud to have two students who have been recognized as National Merit Semifinals, Evelyn Doskoch and Olivia Tang. Congratulations to both!

Commended Students in the National Merit Program are chosen on the basis of a nationally applied Selection Index score that may vary from year to year. Some of these students become candidates for special scholarships sponsored by corporations and businesses, and they represent only slightly more than two percent of all students who took the PSAT/NMSOT.



Berkeley Heights News • Page 2 • December 2018

Berkeley Heights COMMUNITY NEWS

Berkeley Heights News is published by Renna Media. 4,800 newspapers are printed monthly and mailed to every business and resident in Berkeley Heights.

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Reserve space in the next issue. *Call Tina today at 908-418-5586* or email info@rennamedia.com

LED SIGN DEDICATED IN MEMORY OF JIM REILLY

for the LED sign in town that was donated by the benefits all residents. Follow Berkeley Heights Reilly family in memory of Jim Reilly. The Town Township, Union County, NJ on Facebook.

On November 1, 2018 a dedication was held thanks the family for such a generous gift that



(above) Al D'Emilio, Pat Bartiromo, Phyillis Petrone, Mayor Woodruff and Vince Bury







"GWYLLYN" OF OUTLANDER JOINS PIPES OF CHRISTMAS



Attention Outlander fans: STARZ Series' Outlander bard, "Gwyllyn" aka Gillebride MacMillan, has just been added to the 2018 production of the Pipes of Christmas with performances in NYC and Summit, NJ.

Tickets are still remaining for the 2 p.m. concert on Saturday, Dec. 15 in NYC, and the 7 p.m. concert on Sunday, Dec. 16 at Central Presbyterian Church in Summit, NJ.

Get tickets via www.smarttix.com or by calling (212) 868-5444.

MacMillan will be signing copies of his new CD, "Freumhan Falaichte" (Hidden Roots) after the 7 p.m. performance in Summit, NJ.

BERKELEY HEIGHTS SANTA VISIT & 4TH ANNUAL WINTER WALK BERKELEY HEIGHTS TOWNSHIP & RECREATION COMMISSION

Please join with our community on Saturday, December 1st, 2018 in this wonderful holiday celebration!

We will be ringing in the season with Santa visiting Town Hall, 29 Park Avenue between 10:00 a.m. and 1:00 p.m. Bring the kids to meet, talk with and even have their photo taken with Santa! Don't forget to have the children write their letters to Santa for drop off that day!

The excitement will continue later that evening with our Annual Tree Lighting which will take place at Peppertown Park between 5:00 and 6:00 p.m. Immediately following the Tree Lighting will be an incredible fireworks display,

BANK

generously donated to the township by Garden State Fireworks.

Complimentary hot cocoa and cookies will be served during the tree lighting.

Following the festivities at Peppertown Park the township's 4th Annual Winter Walk will commence down Springfield Avenue from 6:00 p.m. till 9:00 p.m. and will include many exhibits, activities for the children, and discounts from local shop owners.

We are excited to see you all there and can't wait to ring in another holiday season with everyone!

Your higher balance deserves a higher rate.





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Nexts IDE



Berkeley Heights News • Page 6 • December 2018 FAMILY HOLIDAY FUN WITH SEUSSICAL AT CDC THEATRE DECEMBER 7-16

CDC Theatre in Cranford is offering a great way to jump into a fun holiday season! Seussical is a fantastical and magical musical adventure that is fun for the whole family! The show follows many of our favorite Dr. Seuss characters, including Horton the Elephant, The Cat in the Hat, Gertrude McFuzz, and a little boy with a big imagination – Jojo, in the musical retelling of their respective Dr. Suess fables. The colorful characters transport the audience from the Jungle of Nool to the tiny but effervescent world of the Whos.

The Cat in the Hat (Lyle Dungee) narrates the story of Horton (Zach Love), an elephant who discovers a speck of dust inhabited by the Whos, including Jojo (Garrett Hanlon), a Who child sent off to military school for thinking too many "thinks", and his very concerned parents Mr. Mayor (Justin Luckenbaugh) and Mrs. Mayor (Nicole Scavone). Horton faces a double challenge: not only must he protect the Whos from a world of naysayers and dangers, but he must guard an abandoned egg, left in his care by the free-spirited Mayzie La Bird (Krystina Matos). Although Horton faces ridicule, danger, kidnapping and a trial, the intrepid Gertrude McFuzz (Jenna Ravenda) never loses faith in him, and through the power of friendship, loyalty, courage, family and community these two unique worlds emerge triumphant from their trials and tribulations.

Director Zach Mazouat explains that "Just like its source material, at a first glance, Seussical appears to be a lighthearted children's musical, but at the heart of each of the show's many storylines is a meaningful lesson about friendship, courage, self-acceptance and the power of the singular voice. It's a show that both children and adults will enjoy. A true testament to the enduring power of Dr. Suess and his

fables." Also at the helm of this production are music director Tracy Witko, choreographer Melanie Della Peruti, stage manager Dana Dispoto, and producer Anita Esteve.

Rounding out the very talented cast are Rachel Valovcin, Elle Michaeli, Brian Butterfield, Jaimie Woodruff, Melanie Cella, Alison Giles, Michele Greenspan, Jonathan Sykes, Ryan Sautner, Tyler Sautner, Aaron Shinn, Alexandra Banncroft, Edgar Hidalgo, Sean Kelly, Olivia Kelly, Mark Zebro, Joseph Michaeli, Bridget Webb, Lorelle Lane, Marisa Piccininni, Billy Mehr, Hannah Martin, Joann Riley, Danielle Mastropiero, Nicole D'Angelo and Geovanna Ayala (as Cindy Lou Who).

The show will run Fridays, Saturdays and Sundays from December 7-16.

Additional information and tickets can be found by visiting cdctheatre.org. Shop on-line for best price and selection.







BERKELEY HEIGHTS COMMUNITY GATHERS TO HONOR VETERANS

The Berkeley Heights Veterans Committee held a remembrance program at VFW Headquarters on 11/11/2018 at 11 a.m., the time that officially marked the end of World War I on 11/11/1918. The program welcomed the community to take time to pause and remember those who have served and sacrificed for freedom.

The VFW Post 6259 Hall is located at 15 Locust Ave, Berkeley Heights, NJ and is also home to American Leagion Post 356 which was restarted by members of the VFW. Both organizations are recruiting new members. Veterans are encouraged to join. They can be from any branch of the service and can transfer from other posts it they are new to the area. The organizations conduct several community service programs throughout the year and invites the community at large to participate. On December 18, 2018 they will be visiting veterans at Lyons Hospital to have a Christmas party for those in the PTSD ward.



(above, l-r) Jerry Barter, Andria Massari, Louise Collins, Frank Perlzak, WWII veterans and 2018 Memorial Day Parade Grand Marshal Rich Betram, Tom Lombardi, Joe Frederico, Trent Fettes, and handler with service dog Axel.





(above, l-r) Post Commander Tom Lombardi, Adjudant Al camper, Sgt-at-Arms Frank Perlzak, and Building and Grounds Chairman Ed Mueller standing behind an authentic WWI Uniform on display in their clubhouse.



(above, l-r) Union High School JRROTC served as Color Guard: Benjamin Brett, Antony Steitz, Izabella Ksiazek, and Sebastian Van Auken.



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MONDAY - THURSDAY Lunch 11am - 3:30 Adult\$7.

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Lunch 11am - 3:30pm	Dinner 3:30pm - 10:00pm
Adult\$7.99	Adult\$11.99
Kids 7-10\$5.99	Kids 7-10\$7.49
Kids 3-6\$3.99	Kids 3-6\$5.99
2 & UnderFREE!	2 & UnderFREE!

FRIDAY - SATURDAY

Lunch 11am - 3:30pm	n Dinner 3:30pm - 10:30p)m
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SUNDAY ALL DAY DINNER

11am · 10j	om
Adult	\$11.99
Kids 7-10	\$7.49
Kids 3-6	\$5.99
2 & Under	•

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Choose your favorite ingredients from dozens of seafood, meats and vegetables. Watch our chef preparing them in our special hibachi sauce to create a full-flavored dish.



2018 CROP WALKERS EARN 7,300 TO COMBAT HUNGER



(above) Walkers cross South Street in New Providence.



(above) Barbara and Tom Sproule registered participants prior to the walk and served Zita's Ice Cream after the 2018 Crop



Submitted by Larry Holt

Achieving contributions of \$7,300, the 2018 New Providence Crop Walk of Sunday afternoon, October 21, 2018 in spite of the high winds and mid-40s temperature, was a large success. Matching funds and other contributions are still arriving. Since 1974, the town has had this annual walk.

Planned by Faith Lutheran Church and hosted by United Methodist Church, the Crop Walk saw one-hundred eight adults and children with Crop Walk signs, plus a dog, hiking the three mile route through town. The walkers were members of area churches. The three with the largest number of walkers were the Asian Indian Christian Church of Berkeley Heights, the Sebit Presbyterian Church of Warren and Faith Lutheran of New Providence. Each had about twenty-seven walkers.

The chairperson of the Crop Walk was Mike Warin of New Providence, who is a member of



(above, l-r) Courtney Auchter, Jewel Vanriele, Victoria Vanriele, John Everson, Jim Skidmore. Victoria ran the Crop Walk.



(above, l-r) Ky Luu, Harry Nord, Pat Bellone, Susan Nord, Courtney Auchter, Cliff Auchter, all of Faith Lutheran, visit before the Walk.



Faith. He was assisted by fifteen volunteers.

Prior to the walk, Mr. Warin conducted a brief orientation. He reminded the participants that many of the world's poor and hungry have to walk long distances for food and water and that hunger is a significant issue in the United States as well. The walkers were raising funds to help alleviate this international and national issue. Mr. Warin was followed by Bob Hasbrouck of Faith and New Providence, who instructed regarding the procedures and route of the walk. Mr. Hasbrouck has assisted with the Crop Walk since its beginning forty-four years ago.

Rev. Jane McCready of Faith read a bible scripture and conducted a responsive prayer with the group. John Everson and Courtney Auchter, accompanied by guitarist, Jim Skidmore, the three also of Faith, led the walkers in the singing of "We Are Marching in the Light of God."

In recognition of hunger being a problem throughout the world, one of the verses was sung in Swahili.

Aroused by "We Are Marching in the Light of God," the walkers then lifted their red and white Crop Walk signs and marched down Springfield Avenue.

Upon completion, the walkers and volunteers enjoyed ice cream at the Methodist Church. The plentiful ice cream was donated by Zita's Home Made Ice Cream, 1790 Springfield Avenue, New Providence.

Mr. Warin expressed his gratitude to the New Providence Police Department for their special effort to protect the walkers.

All of the contributions will be donated to Church World Service, an interdenominational organization which combats hunger in the United States and around the world. The focus of Church World Service is meeting the needs of the most disadvantaged people. Church World Service will return twenty-five per cent of the money to the soup kitchen at St. John's Roman Catholic Church in Newark. With the pending arrival of winter and other soup kitchens having closed, the needs of St. John's are significant

Persons wishing to make contributions to the Crop Walk may send their donations to Faith Lutheran Church, 524 South Street, New Providence, NJ 07974. The phone number is 908-464-5177. The web site of Faith Lutheran is famfaith.org.



(above) Crop Walkers begin their march, after singing We Are Marching to the Light of God.

ALZHEIMER'S NEW JERSEY FOCUSES ON SAFETY FOR ALZHEIMER'S AWARENESS MONTH IN NOVEMBER NON-PROFIT PROVIDES ESSENTIAL TRAINING AND TIPS ON HOW TO INTERACT WITH AND PROTECT PEOPLE WITH THE DISEASE

Alzheimer's New Jersey, a non-profit which provides programs and services to the residents of New Jersey affected by Alzheimer's disease and other dementias, recognized Alzheimer's Awareness Month in November by focusing on the importance of safety for the 180,000 people in New Jersey diagnosed with the disease.

"Because of the memory loss and confusion associated with Alzheimer's disease, safety is an important consideration. It is important that caregivers as well as police officers and other first responders understand Alzheimer's disease and the role that memory loss and confusion play in communication and behavior changes including wandering behavior," said Ken Zaentz, president and CEO of Alzheimer's NJ.

Alzheimer's New Jersey provides information and resources that support police officers, first responders and caregivers regarding safety and the person with Alzheimer's disease. This includes wandering behavior which is common and can be very dangerous.

- Be aware that a person in any stage of Alzheimer's disease can get lost and that wandering can put the person at serious risk.
- Make sure the person wears an identification bracelet.

- Alzheimer's New Jersey, a non-profit which ovides programs and services to the residents on walks.
 - Keep items out of sight that may prompt them to leave (i.e., coats, hats, purses, etc.).
 - Decorate the door to the outside so that it is not recognized as a doorway or put a STOP sign on the inside of any exterior door.
 - Be aware that wandering may be more likely in unfamiliar places. Do not leave the person alone when traveling, shopping, etc.
 - Make sure stairwells are lit and use nightlights for bathrooms and hallways.
 - Use contrasting colors. For example, painting the edge of a step a different color than the rest of the floor will make that step easier to see.
 - Ensure carpets are fully tacked to the ground and avoid throw rugs.
 - Install grab bars and a bath chair in the tub and shower.
 - Use medication dispensing products or have family/caregiver dispense medication.
 - Consider installing a shut-off valve for the stove.
 - Secure tools, gardening equipment and appliances that the person no longer remembers how to operate safely without

assistance.

• If the person is not safe to be home alone, consider home care, adult day services and/or alternative living situations to assure 24/7 supervision and safety.

In addition to Always Safe, Alzheimer's New Jersey (formerly the Alzheimer's Association, Greater New Jersey Chapter) provides local programs and services that assist those living with Alzheimer's disease and dementia and their caregivers in New Jersey. Visit alznj.org or call 888-280-6055 for more information.

ABOUT ALZHEIMER'S NEW JERSEY

Since 1985, Alzheimer's New Jersey has provided care and support for New Jersey families and has helped advance research for a cure. As Alzheimer's New Jersey (formerly called the Alzheimer's Association, Greater New Jersey Chapter), their commitment to local programs and services is stronger than ever. Their mission is to respond to the needs of people in New Jersey who are affected by Alzheimer's disease and other dementias, by providing programs and community partnerships that increase awareness and access to services. Visit alznj.org or call 888-280-6055 for more information.



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"I was admitted to Spring Grave earlier this month from Overlapk Hospital with a broken femur. I have to admit that I wasn't excited about the need to go anywhere for rehabilitation, but at the suggestion of my physicilar and a social worker I selected Spring Grave. The core has been great! Therapy was amazing! I went from being dependent to independent in a few short weeks!"

SMILES ABOUND FOR 28 YOUTH AT UNION COUNTY ADOPTION DAY

It was quite a day at the Union County Family Courthouse, as 28 youth gathered to celebrate their adoptions and an end to foster care. The morning of Friday, Nov. 16, 2018, Union County's observation of the national awareness day held each year the Saturday before Thanksgiving, 16 children entered courtrooms as foster youth but exited as part of a forever family. In addition, 12 others adopted in recent months returned to celebrate.

National Adoption Day raises awareness of children in foster care awaiting adoption. Since its inception 19 years ago, approximately 60,000 children have left foster care and entered forever families. In the United States, more than 100,000 such youth need a permanent home, and the average wait time for each is nearly four years. Unfortunately, more than 20,000 age out without a permanent home or family.

In addition to adoption hearings officiated by Superior Court Judges James C. Wischusen and James Hely, festivities included guest speakers, entertainment, gifts for the children and families, and well-wishes from all. All adoptions ended with teddy bears for all, plucked from their perch on the judges' bench.

After the adoption finalizations, families were greeted by CASA of Union County staff and Cranford Girl Scout Troop 40332 Cadettes who rallied their community to donate games and popcorn for "Family Fun Night Makes Memories" baskets. In addition, each child received specially selected books donated by Kappa Alpha Theta's Westfield Chapter and each child will receive a bike and helmet, courtesy of the Albanese Family of Plainfield's Dairy Queen.

Prior to the formal program — which included comments from Union County's Assignment Judge Karen M. Cassidy and Family Presiding Judge Lisa F. Chrystal, as well as two teen adoptees — families enjoyed personalized cupcakes, books from Union Catholic highschoolers, coats from Alpha Kappa Alpha

Sorority, elaborate balloon hats sponsored by A Birthday Wish Foundation, and the appearance of Heroes4Heroes, a Union County corrections officers organization whose members don superhero costumes and brighten the faces of all. In addition, Elizabeth's Thomas Jefferson Arts Academy. A Cappella Choir performed "This is Me" from The Greatest Showman - the conclusion of which left no dry eye.

Eleven adoptees had CASA volunteers advocating for their needs: Clark's Bob Vogel, five youth; Westfield's Barbara Bagger, three youth; and Springfield's Isabella Blumberg, invited by the family to join the closed hearing as their three adoptions were finalized.

For details on CASA of Union County and ways to get involved, contact Courtney at cgreen@casaofunioncounty.org or 908-293-8136, or log on to casaofunioncounty.org.



(above) Judges Richard Wischusen and James Hely celebrates with the Arias family after the adoption presceeding that they presided over. The event was extraordinary in that it kept six siblings intact as one family. Both Judges worked with the family during the years the children were in the court system. It was a monumental, emotional and joyous event for all involved in the child welfare system.



HOMES WAN FOR TELEVISION PROGRAM **IN THIS AREA**

We need 30 Ugly Homes with Ugly Kitchens, Bathrooms, Siding, Window, etc., Inside or Outside that need fixing or Remodeling. We will Repair and Remodel them and shoot video for training film and future TV show on Home Remodeling Work.

Must Sign Release, for purpose of filming job! This must be a complete remodeling job, not just patch up work. This remodeling is to be specially priced out of work, with compensation back to the homeowner for signed release.



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FALL 2018 LEAF AND YARD DEBRIS COLLECTION PROGRAM ENDS DECEMBER 19TH

The Fall Leaf and Yard Debris Collection Program commenced the second week of October. The Town will be divided into five (5) sections and each section will have a brush pick-up on the first day of the scheduled week for that area, weather permitting. Leaves and brush will be picked up concurrently.

FOR BRUSH COLLECTION:

All brush must be out for pick-up on the first day of the scheduled week for the section. Absolutely no brush will be collected once a section is marked as completed. Residents are advised that there will be no more than one brush pick-up per household. If for some reason you are missed you MUST contact the Department of Public Works via e-mail publicworks@bhtwp.com or telephone 464-0427 within 24 hours. This is assumed that your neighbor's debris is gone but yours is not. Sections will be marked completed by crew lead men and double checked by department foremen; we ask that you kindly do not put out additional brush after the Department has cleaned your neighborhood, as it will not be picked up.

The only accepted brush will be sticks and branches less than four inches (4") in diameter, five feet (5') in length, tied and bundled with twine. We will be going through sections streetby-street with a large machine and a bucket that can grab multiple pieces of debris- having them bundled together means we can move more brush with fewer movements and make the entire process more efficient for everyone.

Piles will be rejected for the presence of lumber, building materials, leaves, roots, stumps, briars, vines, badly decayed branches, dirt, rocks and metal. They will also be rejected if they are bundled with anything other than twine.

Please be advised that including these items can cause damage to equipment and physical harm to personnel. If your pile is rejected you can call within 24 hours of that rejection and we will return when you have removed the offending materials.

FOR LEAF COLLECTION:

Leaves should be put into paper bags and left curb side, accessible by machine. We use a process of loading the leaves into a compacting truck body in order to clean an area safely and efficiently. Please do not include any other type of debris in your leaf bags.

Leaf collection will continue across all sections for the duration of the cleanup program, we understand that volume can be intermittent and that one week you may have no leaves and the next everything is ready to be cleaned up. The program is scheduled to end on Friday, December 19th. Please anticipate having your leaves bagged and placed curb side at least two weeks before this date so that we are able to pick them up in a timely fashion.

For a breakdown of the sections by road list, please visit www.berkeleyheightstwpnj.gov/ DPW/yard-waste.html.



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THIN FILM PLASTICS COLLECTION PASSES THE 2,100 POUND MILESTONE



(above) The ANJEC 45th Annual Environmental Congress, showing what 500 plastic bags looks like. This was the conference at which ANJEC presented the Berkeley Heights Environmental Commission with a 2018 Environmental Achievement Award for its Thin Film Plastics Collection efforts.



The Connection, a community-based nonprofit organization in Summit is currently recruiting for:

Lifeguards

We have a variety of positions available including days (early morning, midday, afternoon), evenings and weekends. Compensation

- Starting at \$10.00 per hour
- \$5.00 per hour premium offered for shifts worked between 5:00am 8:30am.

Swim Instructor

You will be responsible for teaching safe pool and water practices while instructing swimming skills and techniques.

Monday – Friday

3:30pm – 6:30pm

Saturday – 9:00am – 1:00pm
Sunday – 9:00am – 12:00pm and 1:15pm – 3:30pm

Weekend Aquatics Supervisor Responsible for supervising staff and overseeing all scheduled programs/activities. Shifts available are:

• Friday – 8:30am – 6:00pm

• Saturday and Sunday – 8:00am – 5:30pm Afterschool Program Assistants

Supervise groups of Elementary-aged youth and plan engaging activities in an afterschool setting.

 Monday – Friday, 2:45pm - 6:00pm while school is in session, following the Summit Public Schools calendars

Maintenance

Responsible for the maintenance and cleanliness of our facility • Hours include evenings and weekends.

To apply: Stop in to The Connection and complete an application or Submit a resume to Nancy MacNiven

at: nancy.macniven@theconnectiononline.org The Connection offers membership discounts to staff and

their families (work hour minimums apply) including access to fitness facility and pool as well as adult and children's classes.

The Connection is an Equal Opportunity Employer. We believe our differences make us better. Submitted by Kim Diamond

Berkeley Heights residents are doing their part to keep thin film plastics out of landfills and by recycling them. Thanks to the Trex Thin Film Plastics Bins the Berkeley Heights Environmental Commission (BHEC) placed around town, residents have contributed over 2,100 pounds of thin film plastics since June.

The BHEC initiated this collaboration with the Trex Company, a Virginia-based company that repurposes thin film plastics and uses them in the outdoor decking and furniture that they manufacture. If a particular organization collects over 500 pounds of thin film plastics in under a six month period, Trex will award that organization with a Trex bench.

To date, in addition to the BHEC, several other Berkeley Heights organizations have participated in the Trex Thin Film Plastics Challenge (the "Trex Challenge"), collecting thin film plastics from the Trex Bins that the BHEC placed in six locations: the library, the police station, the YMCA, Pet Supplies Plus, Columbia Middle School, and Governor Livingston High School. These organizations have included the Berkeley Heights Recreation Department as well as Sandy Hook Promise (also known as Start With Hello – BH). Each of these groups has now earned a Trex bench. All three benches will be placed in public areas within the Berkeley Heights community.

"It felt really great to give back, and show our commitment to the community in another way, as we continue our work with Sandy Hook



(above) YMCA Trex bin.



Promise," said volunteer Vicki Baum. "As I left one collection site carrying a heavy bag, a woman with small children stopped me and asked 'Are you one of the Sandy Hook Promise Volunteers? Thank you!""

Any organization that is interested in participating in the Trex Challenge should contact the BHEC, so that they can reserve their place in the queue for handling the Trex Bin collections.

In October, the BHEC received a 2018 Environmental Achievement Award from the Association of New Jersey Environmental Commissions (ANJEC) at ANJEC's 45th Annual Environmental Congress for the BHEC's success in engaging the community in an effort to promote a cleaner, healthier environment through the Trex Challenge.

The Trex Challenge has provided additional community benefits as well. As a result of the Trex bin at the library, the library experienced more foot traffic this summer than it had in the last number of years, notwithstanding its new, smaller location. In fact, the Trex bin at the library is the most popular location at which people have been dropping off their thin film plastics.

"The Trex Challenge was a great initiative for Start With Hello – BH," noted Karen Cassels Foote. "It was an opportunity to bring a group of neighbors together and to bring awareness to the Sandy Hook Promise Programs, help the environment, and to earn a Start With Hello - BH Friendship Bench!"



(above) Berkeley Heights librarians with overflowing Trex bin.





SAGE ELDERCARE

290 Broad Street, Summit. 908-273-5550 • sageeldercare.org. Submitted by Cindy Potters

What is Happening to Medicare 2019

Tuesday, December 4, 12:30 – 1:30 p.m. and Thursday, November 15 7:00 – 8:00 p.m. Get all of your questions answered including: different plan options, when and how to make changes and how to choose the right prescription. PLANS CHANGE EVERY

YEAR, as do your needs. It is important to evaluate your needs for the upcoming year during the annual enrollment period. This program will explain the changes and what you need to know. The speaker will be a SHIP (State Health Insurance Assistance Program) counselor from Union County. This program is free and open to all.

To register or for more information, please call 908.598.5548 or email education@sageeldercare.org.

Caregiver Support Group for Adult Children

Monday, December 3, 17 (meets every other week) A free support group for adult children who act as their parents' caregivers will be led by Licensed Clinical Social Worker and InfoCare Manager Kathy Larkin. The groups will cover topics such as balancing work and the needs of their families, long-distance caregiving, family conflicts, finding resources, and navigating the healthcare system. Pre-registration is required for this free group. Every other Monday, 7:00 - 8:30 p.m. To register, or for more information, please call 908.598.5509.

Caregiver Support Group for Spouses

Monday, December 3, 17 (meets every other week) A support group for caregivers will be led by Licensed Clinical Social Worker and InfoCare Manager Kathy Larkin. The groups will cover topics such as coping with caregiver emotions and managing stress, navigating care options, and defining our roles as caregivers. Preregistration is required for this free group. Every other Monday, 2:00 -3:30 p.m. To register or for more information, please call 908.598.5509.

Fun-to-be-Fit Exercise Class

December 4, 11, 18, (10:15 – 11:15 a.m.) and December 7, 14, 21, 28 (11:30 – 12:30) General exercise class for older adults designed to improve overall fitness for all levels. Cost is \$10 per class. To register or for more information, please call 908.598.5548 or email education@sageeldercare.org.

Gentle Chair Yoga

December 3, 5, 10, 12, 17, 19, 24, 26, 31 (11:30 - 12:30 p.m.)

Class for older adults that deepens flexibility and strengthens personal body awareness. Cost is \$10 per class. 11:30 – 12:30 p.m. To register or for more information, please call 908.598.5548 or email education@sageeldercare.org.

Tai Chi

December 4, 11, 18 (11:30 – 12:45 pm) Tai Chi is a series of precise flowing movements that develop balance, strength, flexibility, focus, endurance, and calmness. Cost is \$10 per class. 11:30 a.m. – 12:45 p.m. To register or for more information, please call 908.598.5548 or email education@sageeldercare.org.

About SAGE Elder Care

Since 1954, SAGE Eldercare has been helping make the communities it serves amazing places to age. The nonprofit organization provides a wide array of information, support, and services designed to help individuals lead the most independent and active lives possible. From helping with errands and delivering Meals on Wheels, to

exercise classes, community programs and support groups, Medicare counseling, care planning, an adult day health care center, and home health care, as well as the SAGE Resale Shop and Furniture Restoration Workshop, SAGE's expertise helps older adults remain independent

in their own homes. SAGE is committed to being the leading provider of programs and services to meet the changing needs of older adults, their families, and caregivers in Union, Essex, Morris, and Somerset Counties.

VOLUNTEERS NEEDED TO HELP AT BLOOD DRIVES

New Jersey Blood Services (NJBS), which supplies blood to hospitals throughout the state, is in need of volunteers to help at blood drives. The blood drive volunteer is an integral member of the blood collection team whose task it is to assist donors with registration and/or at the refreshment area. No medical background necessary. Volunteers should have the ability to relate to the public, be able to perform different jobs as needed and have the willingness to follow the rules.

For additional information contact, Monday to Thursday 9 a.m. - 5 p.m., Manager of Community Relations & Volunteer Services Sharon Zetts at 732-850-8906.

About New York Blood Center

Founded in 1964, the New York Blood Center Network (NYBC) is a nonprofit organization that is one of the largest independent, communitybased blood centers in the world. NYBC, along with its partner organizations Community Blood Center of Kansas City, Missouri (CBC), Innovative Blood Resources (IBR), Blood Bank of Delmarva (BBD), and Rhode Island Blood Center (RIBC), collect approximately 4,000 units of blood products each day and serve local communities of more than 45 million people in the Tri-State area (NY, NJ, CT), Mid Atlantic area (PA, DE, MD), the Kansas City metropolitan area, Minnesota, Nebraska, Rhode Island, and Southern New England. NYBC and its partners also provide a wide array of transfusion-related medical services, including Comprehensive Cell Solutions, the National Center for Blood Group Genomics, the National Cord Blood Program, and the Lindsley F. Kimball Research Institute, which—among other milestones—developed the Hepatitis B vaccine and a patented solvent detergent plasma process innovating bloodpurification technology worldwide.



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HUNDREDS GATHER FOR FIFTH ANNUAL UNION COUNTY DAY OF PRAYER

Apostle Church in Scotch Plains for the fifth annual Union County Day of Prayer, which featured speakers from the Sikh and Hindu faiths for the first time in the event's history.

With the theme "Striving to Make a Beloved Community," the evening delivered a variety of messages centering on unity, embracement of diversity and goodwill toward others. Each year, the Union County Day of Prayer brings together leaders and individuals from across the spectrum of religious identity.

Sharmila D. Jaipersaud, an attorney with the law firm Schenck, Price, Smith and King, was one of the first-time speakers representing Hinduism.

"Division is simple," she said. "We can see the differences between us. When you have an interfaith gathering like this and we can come together to pray, it shows those who are against us we are unified. There's a power in numbers."

Navdeep Tucker, a Sikh from DashMesh Barbar Gurudwara in Carteret, read two passages from the scriptures.

"The first describes [the Sikh] belief in the attributes of God," he said. "The second relates to the different ways people worship, but how we're all seeking a relationship with God."

Welcoming the audience, the Rev. John Paladino of St. Bartholomew touched on the dividing forces that work against community values.

"It's no secret we live in a divided time. There is much strife," he said. "People see themselves as belonging to a certain race or ethnicity or nonprofit that strives to integrate people with

like?"

Other speakers echoed Paladino's theme.

"Interfaith and the idea of unity of all people is an essential principal of our practice," said Michael Petkov, a Buddhist with the New Jersey chapter of Soka Gakkai International. "All people have the Buddhist nature, this higher condition of life and the ability to make all people happy."

Zagham Chaudry, secretary general of the Muslim Community Center of Union County, noted most Americans have never met a Muslim and said he strives to change misperceptions about the religion.

"Interfaith is extremely important, especially in these times," he said. "People are comfortable in their communities and with like-minded people - but when you interact with other people with other backgrounds, you realize they are not so different from you. We all have the same passions, the same insecurities and we all seek a peaceful, happy life."

The Union County Interfaith Coordinating Council (UCICC), which sponsors and organizes the event, promotes inclusion of all people within the community and creates a clearing house of faith-based, nonprofit and government community services available to the public, promoting greater awareness of these services, according to Sid Blanchard, executive director of Community Access Unlimited (CAU) and co-founder of the council.

CAU, a Union County-based, statewide

Hundreds gathered at St. Bartholomew of the class. Is that what the reign of God should look disabilities and at-risk youth into the general community, supports its members with housing, vocational and life-skills training, education, advocacy and recreation.

> Blanchard said people with disabilities experience the greatest level of discrimination in this nation, and the UCICC was founded in part so that CAU members would have greater access to houses of worship where they would be welcomed, he added.

> "Our mission is to help people with disabilities and young people become part of the community," he said. "To be able to do that, we have to have a community. If one person is excluded, everyone is excluded."

ABOUT COMMUNITY ACCESS UNLIMITED

Community Access Unlimited (CAU), celebrating its 39th year in 2018, supports people with special needs in achieving real lives in the community. CAU gives a voice to adults and youth who traditionally have little power in society, assisting its members with housing, life skills, employment, money management, socialization and civic activities. CAU also supports opportunities for advocacy through training in assertiveness, decision-making and civil rights. Currently serving more than 5,000 individuals and families, CAU continues to grow each year.

For more information about CAU and its services, contact us by phone at 908-354-3040, info@caunj.org or by mail at 80 West Grand Street, Elizabeth, NJ 07202.



(above) Members of the Union County Interfaith Coordinating Council and others who took part in the fifth annual Union County Day of Prayer.

Berkeley Heights News • Page 18 • December 2018



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CHILDREN'S STORY TIMES AND PROGRAMS

The Good Tymes String Band Tuesday, December 11 at 10:30 a.m. for children of all ages

Paper Plate Story Time Tuesdays, December 4, 18 at 9:30 a.m. for ages 3-5 years.

Story and craft with Katie Mazzaferro. **TinkerTime with Tots**

Wednesday, December 12 at 10:00 a.m. for ages 2 - 5

Baby Time Thursdays, December 6, 13, 20, 27

at 9:30 a.m. for ages 0 - 24 months

New Year's Eve Partv Friday, December 28 from 10:30 - 11:15 a.m. Ring in the New Year for ages 3 - 6

ADULT PROGRAMS Morning Book Group

Friday, December 7 at 10:30 a.m. will discuss A Partial History of Lost Causes by Jennifer duBois.

Evening Book Group

Tuesday, December 11 at 7:30 p.m. will discuss Exit West by Mohsin Hamid. New members are welcome; please stop by or call the Reference Desk (908-464-9333, extension 150) if you are interested in joining.

Italian Conversation Group

Tuesday, December 4 at 7:00 p.m. Sign up at the main desk for informal Italian conversation group led by a fluent Italian speaker. For high school age - adults. Beginners welcome!



