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Issue 38 • November 2018

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#### FALL PICKLEBALL TOURNAMENT CHAMPIONS ANNOUNCED

Mountainside Rotary Club in conjunction with Pickleball Tournament annual

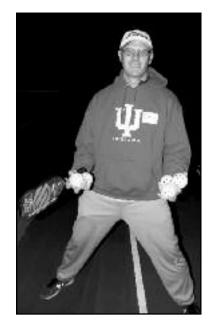
the Mayor's Fitness Program held there 2nd Mountainside Tennis Courts located behind City

On Friday, October 12, 2018, the Hall. The event was organized by Rotary Club member Chris Robertshaw. Twenty-four players made up 3 divisions of 2 players each to compete for bragging rights.



908-418-5586

PRSRT STD U.S. POSTAGE PAID PHILA PA 191



(above, right) Tournament Director Chris Robertshaw.



(above) Competitive Champions Mark Merriman and Jeff Becker



(above) Intermediate Division champs: Zack & Roy Marceau.



(above) Casual Division champs: Jack & Amanda Brouillard.

Photos from this and other events can be found online at rennamedia.com and on Mountainside View page on facebook.com. Feel free to "Like," "Tag," and "Share."



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## MOUNTAINSIDE VIEW

Mountainside View is published by Renna Media. 2,800 newspapers are printed monthly and mailed to every business and resident in Mountainside.

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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

Mountainside View is online at www.rennamedia.com like us on facebook.com/ Mountainside View



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

#### **VETERANS DAY CEREMONY - NOV 11**

Veterans of Foreign Wars (VFW) Post 10136 will conduct its annual Veterans Day Ceremony. The ceremony will take place at 12:30 p.m. at the Mountainside Veterans Memorial Park which is directly across from the Mountainside Library. All borough residents and veterans are cordially invited to attend and participate.

The Mountainside VFW continues its 'buy a brick' fundraising program to continue to support the perpetual care of Mountainside Veterans Memorial Park. This program provides all Borough residents and businesses with an

On Sunday, November 11, 2018, Mountainside opportunity to participate in this effort with the purchase of a personalized brick to honor a former or current veteran or simply to express personal support for Mountainside's past and present veterans. Personalized bricks are set in the assembly area for all to see and enjoy. Bricks can purchased on-line http://polarengraving.com/VFW10136. Brick forms are available in a drop box attached to the Veterans Park sign. For further information, please contact Tim McLaughlin, VFW Post 10136 Commander at 908-928-9191.





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#### **MOUNTAINSIDE FIRE DEPARTMENT OCTOBER OPEN HOUSE**

On Friday, October 12, 2018, the Mountainside Fire Department held their annual open house. The interactive experience allowed visitors to meet with fire safety personnel, while touring the Firehouse.









(above) Park Middle School students Sophie McMeekan and Taylor Prunty interviewed firefighter William McMeekan for a school project featuring hometown heroes.

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(above) Sixteen completed scarecrows decorate the Hetfield House.



(above) The students arrive.

#### Mountainside View • Page 6 • November 2018 DEERFIELD SCHOOL 5TH GRADE VISITS HETFIELD **HOUSE & CREATES HISTORIC SCARECROWS**

Submitted by Carol Goggi

On Tuesday, October 16, 90 fifth grade students, chaperones, and teachers walked from Deerfield School to the historic Deacon Andrew Hetfield House for a field trip. During their nearly mile-long walk, in beautiful fall weather, the group was escorted by the Mountainside Police Department.

Upon arrival at the circa 1760 Hetfield House, the students began assembly of their 16 scarecrows – representing a different historic figures in world history. Teams of 5 or 6 students, with parent chaperones, constructed their scarecrows which were planned in advance by the students. Materials were delivered by teachers to the Hetfield House prior to the field trip. Mountainside Restoration Committee members were on-hand and provided the frames and straw to stuff the scarecrows. Each team took a break from their scarecrow assembly to take a tour of the Hetfield House where they learned about the history of the Hetfield House and some history about Mountainside. Tours were conducted by Mountainside Restoration Committee volunteers.

The sixteen scarecrows represent Neil Armstrong, Betsy Ross, Amelia Earhart, Michael Jackson, Donald Trump (3), Michael Jordan, Harry Potter, Leonardo DaVinci, Walt Disney (2), King Tut, Jackie Robinson, Rosa Parks and Abraham Lincoln. The scarecrows were placed on stakes in front of the Hetfield House where they will be on display through early November.

The Deacon Andrew Hetfield House and Levi Cory House are located at Constitution Plaza adjacent to the Mountainside Library. Constitution Plaza is the first right off Birch Hill Road which is off New Providence Road near the Mountainside Volunteer Fire House. The Mountainside Restoration Committee is a committee of volunteers governed by the Borough of Mountainside whose purpose is to restore and maintain the Deacon Andrew Hetfield House and the Levi Cory House and collect and save historic information and items from destruction. For further information or to donate funds, please call (908)789-9420; or visit mountainsidehistory.org.



(above) Walt Disney & King Tut.



(above) Walt Disney & Abraham Lincoln.



(above) Neil Armstrong.



(above) Betsy Ross & Amelia Earhart.



(above) Harry Potter & Leonardo DaVinci.



(above) Jackie Robinson & Donald Trump.

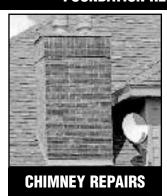






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#### **COMMUNITY ACCESS UNLIMITED HELPS STUDENTS AND ADULTS WITH DISABILITIES PREPARE FOR EMPLOYMENT**

them excellent candidates, people with disabilities experience increased rates of discrimination difficulty and finding employment, according to local nonprofit Community Access Unlimited (CAU).

There are nearly 40 million Americans with disabilities, according to the Pew Research Center. In 2017, the U.S. Bureau of Labor Statistics reported that the unemployment rate for this sector was 9.2 percent, more than double the 4.2 percent rate for people without disabilities.

CAU, which supports people with disabilities, has long worked to address this problem by preparing its members for employment. In October 2017, the Kessler Foundation awarded CAU its \$35,000 Community Employment Grant to assist the nonprofit in its efforts.

The grant is subsidizing a job-readiness program aimed at high school students with disabilities to empower them to transition into employment upon graduation, as well as adults with disabilities who would like to enter the workforce. Funds were used to create and implement a curriculum and develop partnerships with local high schools supporting students with disabilities, including introduction of the program at Roselle Park High School this fall.

Recently, six CAU members reaped the rewards of the Kessler Foundation's assistance when they received certificates following completion of one phase of the program, preparing them for employment. Classes focused on resume building, applying for a job, interviewing skills and professional dress and behavior. The classes also allowed for an assessment of participants' skills and interests to help CAU custom-design a plan for each member that ultimately will lead to employment.

"The program includes all the basic steps to have a successful employment search, even how to shake hands," said Onieka Grier, director of employment services at CAU. "The assessment allows us to help them focus on a career path."

Roselle residents Joshua Alves, 27, and Alphonse Cervone, 37, and 22-year-old Marcus Barnesof Elizabeth were among the six CAU members who earned certificates.

Alves is adept at computers, even helping staff with problems, according to Grier, and wants to pursue a career in information technology.

"I never had a real job before," he said. "I'm looking forward to it. I like to help people."

Cervone previously worked in a senior living center helping to prepare and serve meals and looks forward to working again in a similar environment.

"You have to know what people want," he said. "So I want to get a job cooking."

Barnes also worked in the past, including at a café, but said he thinks retail is a better fit for him.

"I want a job that will help me stay focused, maybe at Marshall's," he said. "I'd like to learn how to display the clothes."

CAU is well-positioned to implement the goals

Despite possessing work habits that make of the Kessler Foundation grant. The agency has youth into the general community, supports its a robust employment services department, including job skills training, adaptive equipment/assistive technology and a broad array of partnerships with businesses. More than 50 CAU members are employed at more than 30 local businesses through CAU, according to Fredia McKinnie, assistant executive director of employment and day habilitation services.

> "People with disabilities are excellent employees," she said. "Research shows employees with disabilities have a retention rate more than twice as high as employees without disabilities and have a greater attention to safety. In addition, businesses employing people with disabilities also benefit from an increase in diversity appreciated by consumers and tax incentives."

> Community Access Unlimited, a Union County-based statewide nonprofit that strives to integrate people with disabilities and at-risk

members with housing, vocational skills and lifeskills training, education, advocacy and recreation.

**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.



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The New York Time's Business Entrepreneurship section has featured an article about how "stretching is the new big thing in fitness" featuring an interview with our very own Hakika V. DuBose, the founder of Kika Stretch Studios, formally Power Stretch Studios.

The New York Times

"That's the thing that makes me different. It's all about creating space within the body. It's even worse for people who do work out because when they stretch all that effort simply creates more contracting and more tension. People who are in pain have tried everything and they're still in pain. Then they come to us and we're like 'That isn't pain; that's tension'."

Hakika V. Dubose Power Stretch Studios Owner New York Times "A DRUG FREE OPTION TO CURE BACK PAIN."
-The New York Post

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#### **HOLIDAY FESTIVITIES SET FOR DECEMBER 1ST**

MOUNTAINSIDE CHRISTMAS TREE LIGHTING: The Mountainside Christmas Tree Lighting festivities will be held on Saturday, December 1, 2018 at Borough Hall beginning at 4:30 p.m. There will be caroling, hot chocolate and cookies (for sale) and Santa will be available for photos.

FAMILY SKATE NIGHT: Mountainside Recreation Department Family Skate Night will be held after the Tree Lighting ceremony. Free to all Mountainside residents from 6:30 - 8 p.m. at the Union Sports Arena, located at 2441 US-22 in Union. No reservations needed.

## VIETNAM VETERANS OF AMERICA, CHAPTER 688, UNION COUNTY

Union County will be held at the VFW Post veterans. 2230 Hall, located at 33 S. 21st Street in Kenilworth, NJ.

Meetings will be held on the 2nd Tuesday of 908-283-3293.

Effective October, 2018 the meetings of each month at 7:00 p.m. All veterans are Vietnam Veterans of America, Chapter 688, welcome to attend, especially Vietnam era

> For further information please call Rick Harrison 908-416-5930, or Ted Meadowcroft

#### AN UPDATE ON CURRENT TRENDS IN **BEHAVIORAL HEALTH**

9 p.m., Dr. James McCreath, Vice President of Behavioral Health and Psychiatry at Trinitas Regional Medical Center will speak at the NAMI Union County, an affiliate of the National Alliance on Mental Illness, November Public Meeting. Some of the subjects that Dr.McCreath will report on will focus on new behavioral health

On Tuesday, November 27, 2018 from 7:30 – initiatives both locally and statewide as well as new trends in medication. Bring your questions and concerns and join the discussion. Learn about the support and education that NAMI can offer. RWJ Rahway Fitness and Wellness Center, 2120 Lamberts Mill Rd., Scotch Plains. For more info call 908-233-1628 or email namiunioncounty@yahoo.com

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Thursday, November 15, 2018 / 7:00PM - 8:00PM Pre-registration -6:45 PM VFW Post 6259 / 15 Locust Ave., Berkeley Heights, NJ 07922

Tuesday, November 20, 2018 / 7:00PM - 8:00PM Pre-registration -6:45 PM Community Center / 1289 South Maple Ave., Basking Ridge, NJ 07920

Due to the popularity of our free workshops, seats fill up quickly. RESERVATIONS ARE REQUIRED.



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#### TICKETS NOW ON SALE FOR 20TH ANNUAL PIPES OF CHRISTMAS - DEC 15

The Pipes of Christmas will celebrate its twentieth anniversary season with performances in New York and New Jersey this December. The holiday favorite opens on Saturday, December 15 at Madison Avenue Presbyterian Church, located at 921 Madison Avenue (at 73rd Street) for a 2PM performance. The concert moves across the Hudson River on Sunday, December 16 to Central Presbyterian Church located at 70 Maple Street in Summit, NJ with performances at 2 and 7PM.

For those weary of the ceaseless stream of secular seasonal music from department stores to TV, the Pipes of Christmas offers a spiritual and traditional take on the season that connects concertgoers to the holiday in a fresh, meaningful way. The show features tunes such as O Come, O Come Emmanuel, Joy to the World, and Amazing Grace, all performed live on pipes and drums, harp and fiddle, and organ and brass. Not only does the performance define Christmas cheer, but also it inspires those of Celtic descent to retrace and reconnect to their ancestry.

The concert presents the music of Christmas accompanied by readings taken from the Celtic literature of Scotland, Ireland, and Wales. Featured performers include James Robinson and Andrew Weir from the film "Braveheart," Gaelic Mod champion harpist Jennifer Port of Golspie, Scotland, guitarist Steve Gibb from Inverness, Scotland, Glenfiddich Scottish Fiddle Champion, Calum Pasqua, piper Ben Power from Broadway's "Come From Away," and the Pipe Major Kevin Ray Blandford Memorial Pipe Band from Redlands, CA.

#### PROCEEDS SUPPORT SCHOLARSHIPS AND MORE

Proceeds from the concert support an extensive music scholarship program, which includes annual gifts to the National Piping Centre and the Royal Conservatoire of Scotland (both located in Glasgow, Scotland) the Gaelic College of Nova Scotia and Summit High

School in New Jersey.

Proceeds also support the Society's sponsorship of the US National Scottish Harp Championship, the Gaelic Literature Competition at the Royal National Mod and an annual academic research prize at Sabhal Mòr Ostaig, Scotland's Gaelic college on the Isle of Skye.

Named one of New York City's "Top Ten" holiday events, the concert is made possible by a generous gift from the Grand Summit Hotel in Summit, NJ.

#### **TICKETS AVAILABLE NOW**

Tickets may be purchased online exclusively through SmartTix at www.smarttix.com or by phone at (212) 868-4444. Reserved patron seats are available at both venues.

The concert is also producing a special commemorative program book capturing this special anniversary. Information on salute ads can be found on the concert website.

For additional information, visit www.pipesofchristmas.com. Regular updates will also be posted on Facebook at www.facebook.com/ThePipesofChristmas and Twitter at @PipesofXmas.

#### **ABOUT "THE PIPES OF CHRISTMAS"**

Since making its debut in 1999, The Pipes of Christmas has played to standing room only audiences. Now a cherished holiday event, the concert provides audiences with a stirring and reverent celebration of the Christmas season and the Celtic spirit. Audience-goers return year after year to experience the program, many reporting that the Pipes of Christmas has become part of their family's annual Christmas tradition.

The concert has been lavished with critical acclaim. In his review for Classical New Jersey Magazine, Paul Somers wrote, "The whole evening was constructed to introduce gem after gem and still have a finale which raised the roof.

In short, it was like a well constructed fireworks show on the Glorious Fourth. The Westfield Leader described the concert as "a unique sound of power and glory nowhere else to be found."





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#### **NOVEMBER PROGRAMS AT THE MOUNTAINSIDE PUBLIC LIBRARY**

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

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

The Library will be closed on Monday, November 12, 2018 in observance of Veterans Day and on Thursday and Friday, November 22-23 in observance of Thanksgiving.

#### TUESDAY NIGHT MOVIES Won't You Be My Neighbor (2018)

On November 6

This film takes an intimate look at Mr. Fred Rogers and takes us beyond the zip-up cardigans and the land of make believe and into the heart of a creative genius who inspired generations of children with compassion and limitless imagination (PG-13).

#### Chappaquiddick (2017)

will be our feature film on November 13.

Chappaquiddick recounts Ted Kennedy's involvement in the fatal 1969 car accident that claimed the life of a young campaign strategist, Mary Jo Kopechne (PG-13). From BBC Earth Films, the studio that brought you Earth, comes the long-awaited sequel - Earth: One Amazing Day (2017), an astonishing journey revealing the awesome power of the natural world, to be shown on November 20. This family friendly adventure spectacularly highlights how every day is filled with more unseen dramas han you can possibly imagine- until now (G)!

### our final movie of the month will be Book Club (2018).

On November 27

Four lifelong friends have their lives forever changed after reading 50 Shades of Grey in their monthly book club (PG-13). Stars Diane Keaton, Jane Fonda and Candice Bergen.

#### Brown Bag Academy, "Little Pathfinders Yoga Story Time"

Friday mornings at 10:00 a.m. on November 2, 9 and 16.

Join Miss Jennifer for a creative story time with music and yoga for little yogis ages 2-5 with their caregivers. Yoga Story time introduces a healthy and lifelong activity that is noncompetitive, nonjudgmental and a ton of fun! Wear comfortable clothing and be prepared to take off your shoes.

#### "Pipsqueak Players- Reading Reimagined" Tuesdays, November 6, 13, 20 and 28 at 3:45 p.m.

Mountainside-based Pipsqueak Players is a reading enrichment program that nurtures enjoyment and comprehension in a workshop style setting. 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.

## "Learn Listen Play Company Presents a Parent and Child Workshop"

Wednesday, November 7 at 3:00 p.m.
Celebrate the fall by singing seasonal music and movement songs and learning how to make instruments from pine cones and gourds. Learn Listen Play works with early education programs, schools and libraries to provide onsite music education services.

For ages 3 and above; call the library to register since space is limited.

#### "Guided Meditation for Inner Peace"

Thursday, November 8 at 7:00 p.m.
Sally Younghans will be at the library for her monthly yoga series. Join us each month as we explore and experience evidence based meditation techniques for inner peace, overall well-being and stress reduction.

#### Opera on Film Series, Friday November 9 at 1:00 p.m.

Friday Operas on Film series, presented by Mena Clemson, will be showing La Traviata by Giuseppe Verdi. Recorded in Rome in 1968, Anna Moffo stars as Violetta and Franco Bonisolli plays Alfredo. The Orchestra and Chorus of the Rome Opera House is conducted by Giuseppe Patane.

#### "Come Read to Kalee (Therapy Dog)"

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

Stop in and read to Kalee 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 welcomed. Please call to reserve a spot for this program.

#### "Author Visit: Karen Rostoker-Gruber"

Thursday, November 15, 3:45 p.m. Join New Jersey author Karen Rostoker-Gruber and her puppet pal Maria at the library! Karen is the author of acclaimed children's books such as "Rooster Can't Cock-a-Doodle-Doo", "Ferret Fun" and "Farmer Kobi's Hanukkah Match". Find out how Karen writes books from start to finish. Pick rejection letters out of Karen's mailbox, become a printing press and more. But watch out, Maria may choose you to do something more! Girl Scouts can earn a special patch by attending this workshop. Books will be available for purchase courtesy of The Town Book Store of Westfield. This program is made possible by the Union County Freeholders Children's Grant to public libraries.

#### "How to Get Traditionally Published"

Thursday, November 15 from 6:00 - 8:30 p.m.

So you want to be an author? You wrote a manuscript and now you have no idea how to get it published. Not to worry! Let author, Karen Rostoker-Gruber, guide you through the submission process. Karen will explain what manuscript guidelines are, how to write a captivating query letter, how to select the right publisher for your manuscript and more. This is not a seminar on how to write a book, but rather what to do once you have completed it.

#### "Saturday Musical Getaways: Odessa Klezmer Band"

Saturday, November 17, 2:00 p.m.

The Odessa Klezmer Band, under the direction of Ed Goldberg, brings the joyous dance music of the Klezmorim (Jewish folk musicians) to mainstream America. The band has been in existence playing Klezmer (Hebrew for "instrumental music") music since 1984 celebrating the great variety and wealth of music heritage of Eastern Europe, Ladino, and Middle Eastern music, including polka and czardas! Their music will get you dancing in the aisles! Sample their music at www.odessaklezmer.com.

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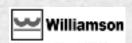
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#### THE HEARING SOCIETY

The Hearing Society, a local not-for-profit organization serving people with impaired hearing, offers weekly sessions in speech (lip) reading. The class meets at the First Baptist Church of Westfield, 170 Elm Street, Westfield, NJ, each Thursday, September through May, from 10:30 - 11:45 a.m., unless otherwise announced. Light refreshments are served before each session.

These informal classes are under the direction of Morgan Orlowski, speech pathologist, and provide strategies for coping with hearing loss as well as techniques for improving communication abilities.

The sessions also serve as a support group for Hearing Society members experiencing the problems associated with hearing loss, and include discussions concerning new developments in the ever expanding technology of hearing enhancements now available.

Anyone in the greater Union County area who is interested in membership in the society and participation in its classes may contact Alice Knecht at 908 688 8241 or alirobkn@aol.com for more information.



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#### **AUDITIONS FOR MAMMA MIA COMING UP AT CDC THEATRE IN CRANFORD**

Don't miss the chance to be part of history! Audition to be part of the 100th Season at CDC Theatre, 78 Winans Ave. in Cranford. Auditions for Mamma Mia are set for Wed., Nov. 14, 2018 at 7 p.m. and Sat., Nov. 12 at Noon.

ABBA's hits tell the hilarious story of a young woman's search for her birth father. This sunny and funny tale unfolds on a Greek island paradise. On the eve of her wedding, a daughter's quest to discover the identity of her father brings three men from her mother's past back to the island they last visited 20 years ago.

The story-telling magic of ABBA's timeless songs propels this enchanting tale of love,

creating laughter and friendship, unforgettable show. A large cast, non-stop laughs and explosive dance numbers combine to make Mamma Mia! a guaranteed smash hit for any theatre. A mother. A daughter. Three possible dads. And a trip down the aisle you'll never forget!

Please prepare 16-32-bars in the style of the show or any 70s disco era song and bring sheet music in the appropriate key. An accompanist will be provided. Rehearsals will start Dec. 10 with performances running from Feb. 15 to March 2, 2019. Additional details can be found by visiting cdctheatre.org.

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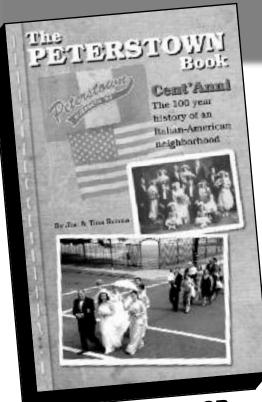
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#### FREE FILM SCREENING NOV 6 FOR MARK WAHLBERG'S **'INSTANT FAMILY'**

Complimentary tickets are available for a private screening Tuesday, Nov. 6, 2018 of Mark Wahlberg's upcoming movie Instant Family. Set for official nationwide release Nov. 16, the film shares the story of Pete and Ellie who, in the hopes of starting a family, turn to the foster system. When they decide to adopt three siblings, including a rebellious 15-year-old girl, the couple soon learns the ins, outs, joys and frustrations of parenthood.

Presented by the Social Status Co., the screening begins at 7 p.m. at Westfield's New Vision Rialto Theatre. To secure up to four complimentary tickets, log eventbrite.com/e/instant-family-westfield-njpreview-screening-tickets-51088082831. Tickets are first-come, first-served and attendees must arrive 30-45 minutes prior to the screening to claim their seats.

Court Appointed Special Advocates (CASA) of Union County is among several area organizations partnering with the Social Status Co. to be on hand to provide information on their work for local children and teens in the foster system, and how the community can get involved. The event is in association with Paramount Pictures and WIT PR, and also includes A Birthday Wish and Special Angels

CASA of Union County recruits, trains, supervises and supports community volunteers to advocate for abused, neglected and abandoned children placed in foster homes or residential facilities. There are approximately 500 Union County children, from birth to age 21, in foster care, and the nonprofit advocates for just over half these youth. Volunteers are sworn in by a judge and given court-ordered access to a child and report findings to the judge, working to ensure the youth's best interests remain a priority while working toward establishing a safe, stable and permanent home for each child.

For details on training to become a CASA volunteer or getting involved in other ways, contact Courtney at cgreen@casaofunioncounty.org or (908) 293-8136

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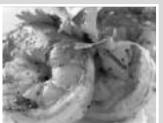
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