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LONG HILL GIRL SCOUTS SUPPORT HOMELESS KIDS

Submitted by Allison Kempe

The Long Hill girl scout service unit has kicked off a partnership with Homeless Solutions in Morristown, which has been offering shelter, services and supportive housing to the homeless and low-income families for 35 years. Families can stay rent-free for up to 6 months while they rebuild their lives and return to independent living.

Spearheaded by Cadette Troop 5050, the girls have visited the shelter to play games, do arts and crafts projects and socialize with the children while their parents work or attend employment seminars and counseling sessions.

Participating cadette Emma Goodbody said, "This was a fun way for us to serve our community. It also made me appreciate how much I have when I toured the center where each family lives in just one room."

Service Unit Leader Whitney Gaydos added, "As Girl Scouts we are committed to community service. This year we are looking to strengthen our efforts while also helping our girls understand the challenges that people face right here in Morris County." The evenings have been popular with Troop 5050 as seven girls have already participated. The service unit aims to support Homeless Solutions one evening every other month, so several troops will be able to participate in the coming months.

Homeless Solutions in Morristown offers shelter, services, and supportive housing to homeless and low-income people.



(above) Emma Goodbody, Sophia Ehlert, Amaya Campos, Emily McCormick. Other scouts who have also participated - Sofia Squizziato, Kyra Langell, Jillian Gaydos.

CIRCLE OF FRIENDS – JOIN THE CONVERSATION ABOUT MENTAL ILLNESS

On Tuesday, Feb. 26, 2019, NAMI is hosting a unique program offering discussion/sharing/learning groups for both those who care for someone with a mental illness and a separate group for anyone who lives with a mental health diagnosis. Each group is led by an experienced facilitator and offers a comfortable environment to share concerns, ask questions, and get support from others. Meetings begin at

7:30 p.m. at RWJ Rahway Fitness & Wellness Center, 2120 Lamberts Mill Rd., Scotch Plains.

NAMI, the National Alliance on Mental Illness, is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. For more information, please visit the NAMI website at nami.org.

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PROMOTE YOUR COMMUNITY EVENT

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

*Organizations
who are interested
in submitting
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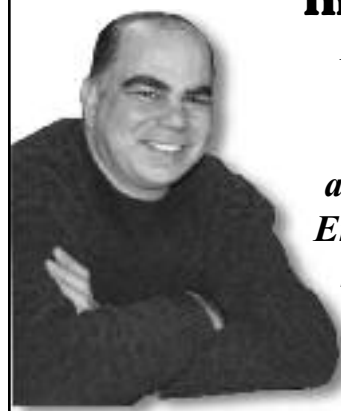
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OWLS IN THE HOUSE

Join the Raptor Trust for "Owls in the House," a family program and workshop, on Saturday, February 16, 2019, at 1:00 p.m.

Learn about New Jersey's owls, meet a live owl and build an owl house for your own backyard! A great gift for family, friends and for the owls!

The program is for ages 7 and up. The cost is \$10 per person, \$40 for optional owl box kit. Please call 908-647-1091 to register or for more information.

Please park in the Visitor's Lot and join us at our education center. The Raptor Trust is located at 1452 White Bridge Road, Millington, NJ.

Owls in the House

Saturday, February 16, 2019 1pm



Family Program and Workshop

Learn about New Jersey's owls, meet a live owl and build an owl house for your own backyard!

A great gift for family, friends and for the owls!



Ages 7 and up

\$10 per person (\$40 optional owl box kit)

Please call 908-647-1091 to register.

Please park in the Visitor's Lot and join us at our education center.

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MILLINGTON VOL. FIRE COMPANY FOURTH ANNUAL COMEDY NIGHT - APRIL 13

The Millington Volunteer Fire Company will presents the fourth annual Comedy Night on Saturday, April 13, 2019. Doors open at 6:30 p.m. There will be live music from 7:00 - 7:30 and 9:30 - 10:00 p.m. Three comics will perform from 7:30 - 9:30 p.m. These three comics have been featured on television and have many years of comic experience. You are guaranteed to laugh until you cry.

The night will feature Molly Sperduto as MC, Sharon Simon as Feature Comic, and David Rosenblatt as the headliner.

50/50 tickets will be sold along with beer, wine, and liquor. Snacks will be provided. Feel free to bring your own food to enjoy.

Tickets are \$35 in advance and \$40 at the door. Drop a check in the fire house door slot or call 908-656-0082 for reservations.

WINTERIZE FOR WALKING, TOO WINTER WEATHER INCREASES YOUR RISK FOR FALLS. BE PREPARED, STAY ALERT, SLOW DOWN!

We all know that winter is the time of year to equip our vehicles with appropriate resources - a snow shovel, salt, windshield wiper blades in good condition and at least half a tank of gas.

It's important to "winterize for walking" as well. Before you get into your car and when you arrive at your destination, you're a pedestrian.

Winter weather tests our balance and mobility, challenging even the most agile pedestrian. We need to get to appointments, do errands and function despite icy patches turning sidewalks into a sheet of ice or snowy areas that narrow paths and conceal uneven pavement.

During winter we're challenged to be alert and stay focused wherever we are walking, especially in parking lots and on stairs. Sliding on "black ice" or losing your balance could happen at any time. Falling is more likely if you're multitasking by carrying something that throws off your balance such as a bag of

groceries.

Knowing how to navigate winter walking conditions confidently can help you be mobile and stay safe. Take a moment to prepare yourself for safe winter walking with these suggestions:

- Wear reflective or bright clothing to help you be visible to motorists.
- Footgear that grips gives you better traction.
- Walk on the sidewalk and cross in the crosswalks.
- If you must walk in the street, be certain to walk facing traffic.
- Be extra vigilant while walking in parking lots.
- Walk like a penguin to keep your balance.
- Walk slowly to avert slipping on icy spots.

Winter walking safety tips are provided by TransOptions. Learn more about walking and driving safety at TransOptions.org or call (973) 267-7600.



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Please include your name, address and age(s) of creator(s).

Program end March 15, 2019.

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OPERATION REBOUND INVITES VETERANS AND FIRST RESPONDERS TO ATTEND FEB. MEETING



The New Jersey Veterans Network along with the Operation Rebound Racing Team host free monthly PTSD and benefits meetings which will aim to be fun, while being informative.

The next meeting, featuring a comic performance, will be held on February 25, 2019 at the Scotch Plains American Legion, located at 237 Park Ave, Scotch Plains, NJ at 6:30 p.m.

If you are interested in attending please contact Michael D. Boll via email mdbollio@Optonline.net, or call/text (973) 332-1556.

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GIRL SCOUT COOKIE SEASON KICKS OFF FOR 2019

Submitted by Lynn Apolinaro

Girl Scouts of Northern New Jersey launched the 2019 Girl Scout Cookie season, celebrating the largest financial investment in girls annually in the United States and a powerful entrepreneurship incubator for the next generation of female leaders.

Girl Scouts of Northern New Jersey are taking initial orders for eight varieties of Girl Scout Cookies. Six varieties of cookies will be sold at \$5 a box, including Thin Mints, Do-Si-Dos, Tagalongs, Trefoils, Samoas and Savannah Smiles. Gluten-free "Toffee-tastic" cookies and the S'mores Cookies will sell for \$6 per box.

All proceeds stay local, meaning that when consumers purchase the delicious cookies that come from a registered Girl Scout only, they're giving back to their wider community.

Through the Girl Scout Cookie Program®, girls not only discover their inner leadership potential but also use their earnings to power

amazing experiences for themselves and their troop, including travel, outdoor adventure, and science, technology, engineering, and math (STEM) programming. Many girls put the money toward impactful community projects right in their own backyards, from supporting animal shelters and food banks to working with local and state legislators to change laws.

The cookie program's benefits are many; a recent Girl Scout Research Institute study found that two out of three girls who participate in the program learn five crucial skills — goal setting, decision making, money management, people skills, and business ethics — while doing incredible things for themselves and their communities.

"The Girl Scout Cookie Program gives girls the opportunity to develop leadership skills at a young age and learn how to run their very own business," said Betty Garger, Chief Executive Officer of Girl Scouts of Northern New Jersey.

"The Girl Scout Cookie Program helps girls earn the proceeds they need to fund their activities, trips, and service projects, all while having fun."

Additionally, Girl Scouts who participate in the cookie program this season will have the opportunity to win the Cookie Entrepreneur Experience of a lifetime featuring the DC Super Hero Girls™ by entering the Cookie Pro™ contest. GSUSA has teamed up with DC Super Hero Girls to inspire Girl Scouts to be smart and courageous as everyday superheroes. The contest will highlight and reward exceptional cookie bosses who take the lead, set high goals for themselves, bring positive change to their communities, and learn valuable entrepreneurial skills. To learn more about the contest, visit girlscouts.org/cookiepro.

To find Girl Scouts selling cookies near you, visit girlscoutcookies.org or use the official Girl Scout Cookie Finder app, free on iOS and Android devices.

For more information about Girl Scouts of Northern New Jersey, call 973-248-8200 or visit gsnnj.org.

Girl Scouts is the premier leadership development program for girls. In Girl Scouts, girls discover themselves, connect with others, and take action to create positive change in their own communities.

Girl Scouts of Northern New Jersey serves girls ages 5-18 in 160 municipalities in Bergen, Morris, Passaic, Sussex and Northern Warren counties. Girl Scouts of Northern New Jersey serves over 26,000 girls and almost 14,000 adults for a total membership of over 40,000.

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Even if your family is not eligible for need-based aid, we will cover the best strategies on how to pay for college in the most cost efficient basis - without it putting a strain on the rest of your finances.

In this workshop, you will learn:

- How to increase your college-related tax deductions and tax credits
- How to pick colleges that will give you the best financial aid packages
- How to send your child to an expensive private university for less than a state school
- Which assets are taken into consideration when the U.S. Department of Education calculates your Expected Family Contribution (EFC)
- How to pay for college in a failing economy without relying on 529 plans, expensive private student loans or raiding your retirement accounts
- How to get ahead by developing a customized plan to meet all the college costs you will incur as a family
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*Lynn McKenna,
Parent of High School Senior*

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

*Barbara Eames, Parent
of High School Sophomore*

"Covered a lot of ground - easy
to follow and moved quickly."

*Sara Pogue,
Parent of High School Junior*

"Demystified the college
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*Joseph Mozzella,
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TRANSPORTATION IS KEY TO CANCER CARE

Would you drive a mile to save a life? An estimated 53,260 New Jerseyans will learn they have cancer this year and getting to their scheduled treatment will be their greatest concern. Every day thousands of cancer patients need a ride to treatment here in the Garden State, but some may not have a way to get there.

For the last six years Meg Wilkens has been helping so many of her neighbors during the toughest times of their lives. She has been driving New Jersey residents to their cancer treatments through the American Cancer Society's volunteer Road To Recovery program, which provides free transportation to and from treatment for people with cancer who do not have a ride or are unable to drive themselves.

"Transportation shouldn't be a roadblock to cancer treatment," said Wilkens. "Even with help from family and friends, sometimes patients have trouble getting every ride they need. I am a second-generation Road To Recovery driver, my father did it when I was

growing up. I knew when I retired I wanted to give back and help people."

For those who cannot drive themselves or have no other means of getting to their treatment, Road To Recovery volunteers donate their spare time and the use of their cars to give cancer patients a much-needed lift. Patients can then receive the life-saving treatments they need.

"When you drive, you learn about people's hopes and fears," she said. "None of them are quitters; they all want to beat cancer. I have made some lifelong friends and have enjoyed every ride."

The American Cancer Society is always looking for volunteers, if you have a current, valid driver's license, own or have regular access to a safe, reliable vehicle, then you're already on the road to volunteering.

For more information call the American Cancer Society at 800.227.2345 or visit cancer.org.



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10:30 am to 3:00 pm

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Registration is \$15 • Note: this is a non-rated tournament.

Limited to 40 players who must know how to play chess, age 11 and older.

For More Information: Email Jim Parlapiano at jim.parlapiano@hotmail.com

Or Will Adams at will.adams@scouting.org or 973-765-9322 x234

Scouts can use Patriots' Path Council Munsee District Double Knot link to register on-line at ppbsa.doubleknot.com/event/2459042

Scouts can email Will Adams at Will.adams@scouting.org for more info.

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

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

Scammers and cyberthieves continue to use the IRS as bait. The most common tax scams are phone calls and emails from thieves who pretend to be from the IRS. Scammers use the IRS name, logo, fake employee names and badge numbers to try to steal money and identities from taxpayers.

Taxpayers need to be wary of phone calls or automated messages from someone who claims to be from the IRS. Often, these criminals will say taxpayers owe money and demand payment right away. Other times, scammers will lie to taxpayers and say they're due a refund. The thieves ask for bank account information over the phone. The IRS warns taxpayers not to fall for these scams.

Below are several tips that will help filers avoid becoming a scam victim.

IRS employees will not:

- Call demanding an immediate payment. The IRS won't call taxpayers if they owe taxes without first sending a bill in the mail.
- Demand payment without allowing taxpayers to question or appeal the amount owed.
- Demand that taxpayers pay their taxes in a specific way, such as with a prepaid debit card.
- Ask for credit or debit card numbers over the phone.
- Threaten to contact local police or similar agencies to arrest taxpayers for non-payment of taxes.
- Threaten legal action, such as a lawsuit.

If taxpayers don't owe or don't think they owe any tax, and they receive an inquiry like this, they should:

- Contact the Treasury Inspector General for Tax Administration. Use TIGTA's "IRS Impersonation Scam Reporting" web page to report the incident.
- Report the incident to the Federal Trade Commission. Use the "FTC Complaint Assistant" on FTC.gov. Add "IRS Telephone Scam" to the comments of your report.

In most cases, an IRS phishing scam is an unsolicited, fake email that claims to come from the IRS. Some emails link to sham websites that look real. The scammers' goal is to lure victims

to give up their personal and financial information. If the thieves get what they're after, they use it to steal a victim's money and identity.

For those taxpayers who get a phishing email, the IRS offers this advice:

- Don't reply to the message.
- Don't give out your personal or financial information.

• Forward the email to phishing@irs.gov. Then delete it.

• Don't open any attachments or click on any links. They may have malicious code that will infect your computer.

For more information visit www.irs.gov or call your local police department non-emergency number.

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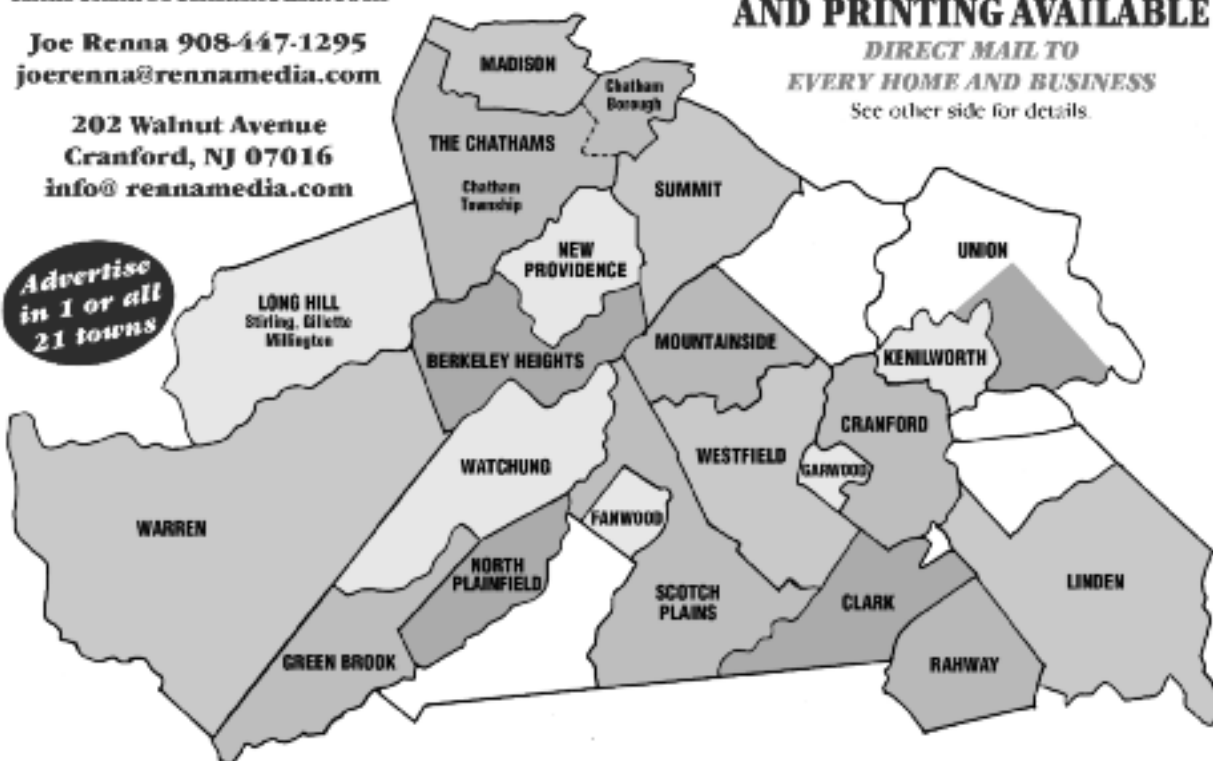
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COMMUNITY HELPERS: FIREFIGHTERS

First Exhibition of Its Kind in Morris County Involving the Participation of Eleven Local Fire Departments and Companies

The new exhibition Community Helpers: Firefighters will be at the Morris Museum through Thursday, February 28, 2019. This family-friendly exhibition celebrates the central role that professional and volunteer firefighters play in safeguarding the people, property, and well-being of our community. It provides a look into the lives of these emergency rescuers, illustrated through historic and present-day safety equipment, apparel, and vehicles. Over 125 objects are on exhibit, drawn from the collections of eleven fire stations including the Madison Fire Department and Green Village fire Department of Chatham, and several firefighters across Morris County. In addition, interpretive displays explain the physics of combustion and how firefighters structure their teamwork.

Community Helpers: Firefighters is organized under two general narratives. "A Day in the Life" documents the sequence of actions that occur to put out a fire, from the moment an emergency call comes in until the fire is completely extinguished. A hands-on display details the highly coordinated teamwork among Command, the Search Team, the Hose Team, the Vent Team, and the Firefighter Assist and Search Team in combating a blaze. Documenting these actions are the tools of their vocation: helmets and turnout gear (personal protective equipment and apparel), breathing apparatus, radios and call boxes, hydrants and valves, hoses and nozzles, and other special case items.

The "History of Firefighting" provides a context across time for the fire service we know today. A short timeline outlines important events and technological advancements from its inception in the late 1600s to the present. This section of the exhibition features non-emergency

apparel, such as daily wear, parade wear, dress uniforms, ceremonial bugles, and badges. Throughout the galleries text panels chronicle the histories of the eleven Morris County fire stations and companies that have loaned work to this exhibition.

"There is a deep sense of pride among all fire departments in their individual histories. Their personal stories and collections reveal deep bonds to the fire service and the local community," states Anne Motto, Assistant Curator of the Morris Museum. "For many firefighters it is a life-long calling. For others it is a family tradition, passed down from generation to generation. The Morris Museum recognizes and celebrates these committed rescuers for their valiant efforts, their passion for their work, and their vital role in serving the community."

The very first firefighters were volunteers — those civic-minded citizens who dropped everything to run and help when the alarm sounded. Today, dedicated volunteers comprise 70-80% of firefighters in the United States. In recent years, however, these numbers have been in decline, so those in the fire service are actively seeking ways to engage the next generation. "I feel this exhibit is a good way for the community to understand that most of the departments in Morris County are volunteer, not paid," states exhibition advisor Captain Corey Martin of the Rainbow Lakes Volunteer Fire Company. "People can learn about what's going on in the fire service. And maybe it helps a department get someone to join, perhaps someone who is thinking about it. That's what it's really about, getting the community involved. That helps everyone."

EXHIBITION HIGHLIGHTS:

- Three historic fire carts, including the 1836 apparatus Lady Washington from the Independent Hose Company No. 1 of the Morristown Fire Department.
- Uniforms and helmets that span the 20th century. The earliest is an 1897 parade uniform provided by the Madison Fire Department.
- A 1992 Junior Firefighter Helmet from the National Junior Firefighter Program that was initiated to increase awareness about the fire service among today's youth, courtesy of the Rainbow Lakes Volunteer Fire Company of Parsippany.



Photo Courtesy of Fire District # 2,
Township of Parsippany-Troy Hills, NJa



(above) Washington Engine Co. 1918 Ahrens
Fox Model N-2 Reg. #909.

(above) Independent Hose Co. 1923 Ahrens
Fox Model KS-4 Reg. #1138

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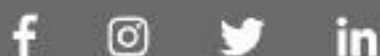


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