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KEN WIGG FINISHED 1ST AT KOMEN RACE FOR THE CURE

Two Union County residents took home 1st place medals at the Susan G. Komen North Jersey Race for the Cure on Sunday May 5, 2019, at Liberty State Park in Jersey City. Mountainside resident Ken Wigg, 50, crossed the finish line with the fastest time of 21 minutes and 39 seconds, taking 1st place overall, and winning the 1st place medal in the Men's Division for the USATF Certified Timed 5K Run.

Sherry Keyt, 53, of New Providence, a breast cancer survivor, took home the 1st place Gold Medal in the Survivor's Division after crossing the finish line in 24 minutes and 53 seconds. This was Keyt's 6th Komen North Jersey Race for the Cure medal; she took 1st place in the Survivor's Division in 2012, 2013, 2015, and 2018; and came in 2nd in 2014.

In spite of the heavy rain, an estimated 1,000 people braved the weather to come to Liberty State Park and participate in the annual event, which raises money for the fight against breast cancer.

ABOUT SUSAN G. KOMEN NORTH JERSEY

The mission of Susan G. Komen North Jersey is to save lives by meeting the most critical needs in our communities and investing in breakthrough research to prevent and cure breast cancer. Through the annual Race for the Cure®, Pink Tie Party and other events and activities, Komen North Jersey raises funds to provide screening and diagnostic services, breast health/breast cancer education, treatment support, and survivorship programs for underserved women and men in Bergen, Essex, Hudson, Morris, Passaic, Somerset, Sussex, Union and Warren counties. Since its founding in 1997, Komen North Jersey has awarded over \$19 million in local community grants, and has directed more than \$7 million to national research programs in pursuit of new breast cancer screening techniques, better and more effective treatment options, and ultimately, the causes and cures to eradicate breast cancer forever.

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and on Twitter at [#komennja](https://twitter.com/komennja).



Ken Wigg of Mountainside, 50, crossed the finish line at the May 5th Susan G. Komen North Jersey Race for the Cure with the fastest time of 21 minutes and 39 seconds, taking 1st place overall, and winning the 1st place medal in the Men's Division for the USATF Certified Timed 5K Run. Wigg took 3rd place at last year's Race.


Photo by Sarah Kravits

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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

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SAGE TO HOST MEDICARE 101 PROGRAM ON JULY 11 AND AUGUST 8

SHIP (State Health Insurance Assistance Program) at SAGE will host a free program to discuss Medicare plans and options, and answer questions. Held at SAGE Eldercare, 290 Broad Street, Summit, the Medicare 101 program will take place 1:00 – 2:00 p.m. on Thursdays: July 11 and August 8, 2019.

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

For more information or to register for Medicare 101, please call: 908-598-5548 or email: education@sageeldercare.org. To make an appointment with a SHIP counselor, please call: 908-273-6999 or email: ship@sageeldercare.org. If you live outside Union County, visit medicare.gov/contacts or call 1-800-MEDICARE to get the phone numbers of SHIP representatives in other NJ counties or in other U.S. states.

Since 1954, SAGE Eldercare has been helping make the communities it serves amazing places to age. The 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, to exercise classes, community programs, care planning, and home health care, 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 throughout Union, Essex, Morris, and Somerset Counties. For more information, please call 908-273-5550 or visit sageeldercare.org.



(above) Elyse Drucker, Union County SHIP Coordinator. SHIP (State Health Insurance Assistance Program) counselors at SAGE will host a free program to discuss Medicare plans and options, and answer questions.

Celebrate the Decades at The Chelsea at Warren

1940's

Theme Bingo
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10:00 AM
RSVP by July 15, 908-903-0911



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1950's

Sock Hop Party
Wed August 14th
2:15 PM
RSVP by Aug 12, 908-903-0911





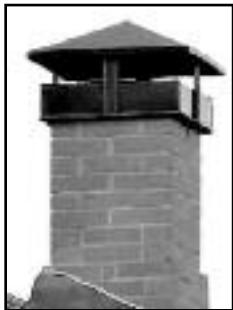
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KELLY HANRATTY NAMED WINNER OF ARBOR DAY POETRY CONTEST

Kelly Hanratty, a Deerfield School 8th grader, is the 1st place 8th grade winner in the county-wide 13th annual poetry contest in honor of Arbor Day. The contest is sponsored by the Union County Shade Tree Advisory Board.

Mountainside Schools wish to congratulate Miss Hanratty, and thank her teacher, Sarah Onore, for being the advisor on this project and for encouraging and inspiring our young writers.



THE LUCKY SPROUT

Written by: Kelly Hanratty Deerfield Middle School

There once was a park
with no trees.
Only a few pieces of metal and
some concrete.
The children had played and
had never really known
what it was like to frolic under a tree.
The people had planted several seeds
before the concrete,
but it always ended up in misery.
The children whined,
"Oh why won't it grow?"
The parents answered,
"Oh honey, I don't know."
Until one day,
the concrete began to crack, and
a little sprout came bursting from the ash.
It was something, but not nothing.
Boy, it was a tree.
This had become a miracle,
for the children to see.
Smiles had bloomed on their faces
and laughter had filled the air-
this tree was their hero
taking away their despair.
Soon enough the tree had become
as tall as a building, like the one where
the children's mothers had worked.
It swayed with elegance and stood
with pride.
This tree was definitely one of a kind.
From its powerful roots holding it straight,
all the way to its rich colored leaves
making it vibrant.
The children swung from its branches and
hugged its trunk with great desire;
this park was now admired.
But the children grew up

and were too old for the park.
The tree was aged
and was slumped over,
reaching away from the stars.
The town came together
and decided that it was time.
They knew it was going to happen,
that their old friend was going to die.
They had a ceremony
and said their goodbyes.
They cried for some time
and embraced one another.
They cut down the tree and as it fell,
its crash was not the only noise
in the park.
The sound of many sprouts shooting up
from beneath the concrete
overpowered the sound of the fallen tree.
The leaves that had covered the ground
which were once a part
of the fallen tree,
had contained seeds,
which must have snuck through
the concrete
causing some new trees to succeed.
The park had become a soon-to-be forest,
with a fallen tree right at the heart.
But years later,
Those children's children would play
with joy and laughter
in a park filled of trees.
With a wooden bench,
made from the remains
of the first sprouted tree.
Placed in the center
to remind them all,
that one little tree,
started it all.



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Library hours are Monday, 10:00 a.m. to 9:00 p.m., Tuesday & Thursday, 9:30 a.m. to 9:00 p.m., Wednesday, Friday & Saturday, 9:30 a.m. to 5:00 p.m., (Saturdays Closed July & August), Sunday, Closed

Summer Reading Programs at the Mountainside Public Library

This summer's theme is "A Universe of Stories". No longer just for children, adults can join the Adult Summer Reading Club. Go to the library's website (mountainsidelibrary.org) and register with Beanstack. As the summer progresses, continue logging in and track the books that have been read. There will be prizes for both kids and adults! Story times for July can be found on the library's website (mountainsidelibrary.org/children).

Summer Reading ends on August 28.

TUESDAY NIGHT MOVIES

Showtime for these movies is 6:30 p.m.

Stan & Ollie (2018) - July 2.

Laurel & Hardy set out on variety hall tour of Britain in 1953. The tour is a hit, but they can't quite shake their past including long-buried ghosts and Oliver's failing health (PG).

Tea with the Dames (2018). - July 9

This documentary features four legendary British actresses who are also friends, Dames Maggie Smith, Judi Dench, Eileen Atkins and Joan Plowright, as they spend a weekend together in the country. This is an opportunity to spend some time with these four all-time greats up close and unfiltered (NR).

If Beale Street Could Talk (2018) - July 16.

A young woman embraces her pregnancy while she and her family set out to prove her childhood friend and lover innocent of a crime he didn't commit (R).

A Private War (2018) - On July 23

One of the most celebrated war correspondents of our time, Marie Colvin, is an utterly fearless and rebellious spirit, driven to the frontline of conflicts across the globe to give a voice to the voiceless (R).

Music and Lyrics (2007) - July 30.

A washed up singer is given a couple of days to compose a chart-topping hit for an aspiring teen sensation. Though he's never written a decent lyric, he sparks with an offbeat younger woman with a flair for words. Stars Hugh Grant and Drew Barrymore. (PG-13).

Brown Bag Academy. Our popular Great Courses series, "The Great Tours: Greece and Turkey, From Athens to Istanbul"

will continue through July on Mondays at 1:15 p.m.

Professor John R. Hale of the University of Louisville will be your guide. On your tour you will discover ancient cities, classical ruins, temples, shrines, fortresses, stadiums, theaters, churches and palaces! The last lecture in this series will take place on August 5 at which time a new series will be selected. Bring your lunch! Coffee, tea and cookies will be served.

"Aging Services Kiosk"

Friday, July 19 from 10:00 a.m. to noon.

As a service provided by the county, Donna Farrell of The Union County Department of Human Services Division on Aging & Disability Resource Connection will be at the library again to provide information about home delivered meals, respite care, home care, adult day care, support services for caregivers and more.

"Indian Cooking"

Thursday, July 11 at 7:00 p.m.

Make fresh, authentic Indian parathas (pan-fried Indian flatbread)! They are easy to make, nutritious and can be eaten at any meal. You will learn about different flours, spices and tasty fillers when you make your own parathas. This workshop, by Enjoy Explore India, is for cooks from middle school to adults. Limited to 12-14 cooks, so call to reserve your spot.

"City Winds Trio"

Thursday, July 18 at 7:00 p.m.

In keeping with the Summer Reading theme "A Universe of Stories", the concert will focus on classical music about the moon and stars. The trio includes a flute, oboe and bassoon or cello. City Winds includes movement and special activities for the youngest in the audience.

All ages welcome!

"Mad Science Workshops"

Thursday, July 25 at 2:00 p.m. & 3:00 p.m.

"Space Frontiers" at 2:00 p.m. is for preschoolers and "Journey into Outer Space" at 3:00 p.m. is for elementary school students.

Each workshop is limited to 15 participants, so call the library to register!

"Elder Law and Estate Planning"

Thursday, July 25 at 7:00 p.m.

Benjamin Eckman, a member of the National Academy of Elder Law Attorneys, returns for a presentation with updated information. At this seminar, you will discover how to successfully safeguard your assets from taxes, probate and nursing home costs. People lose their assets to government and nursing homes all the time because these entities do not inform them of the laws. This seminar is your opportunity to learn for yourself.

"Monkey Monkey Music"

Wednesday, July 30 at 11:00 a.m.

Musician Meredith LeVande, the creator of PBS' "Monkey Monkey Music", will bring her high energy performing group to the Community Room at the library. Meredith's playful and heartfelt connection to children will encourage kids to dance, play air guitar or sing along to her joyful songs. Monkey Monkey Music can be seen daily on PBS Kids 13 and at monkeymonkeymusic.com.



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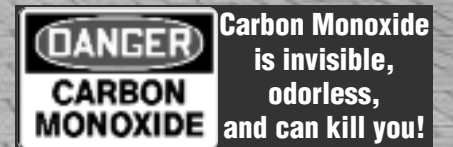
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Mountainside Education Foundation's Color Ride was held on June 7, 2019 in conjunction with the Municipal Alliance, Mountainside PBA, Fire Department, and Rescue Squad's "Give Back BBQ".

Families gathered at Deerfield School. Before the bike ride started participants were sprayed with different colors. At the start of the bike ride color cannons sprayed them once more. The bike route went around the school and ended in the front. At dusk everyone gathered around to watch Spiderman: Into the Spiderverse on a projector screen outside the school.



Photos from this and other events can be found online at rennamedia.com and on the Mountainside View page on facebook.com.
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THESE COMMUNITY LEADERS LEND THEIR EXPERTISE TO IMAGINE

Imagine Leadership Council Members assembled for their annual meeting on Friday, April 26th, 2019 at Imagine. These community leaders lend their expertise and support to Imagine's mission and play a key role in their success. Imagine provides free, year-round grief support for children, families, and communities. Imagine is a free year-round peer grief support

center located in Mountainside and Newark New Jersey, serving children age 3-18 who have had a parent or sibling die, with concurrent support groups for their parents or guardians. Support for children and teens living with a parent or sibling with a life-altering physical illness is also available. Free year-round support groups are also available for young adults who have had a

friend, sibling, parent or other important person in their life die, or who have a parent, sibling or friend living with an illness. If you are interested in learning more about the upcoming trainings scheduled for July 26-29th, 2019 9 a.m. - 5 p.m. daily, please contact Mandi at Mandi@imagine-nj.org or visit imagine-nj.org to schedule a tour.



(above, l-r) John Toriello, Imagine Board Chair, Westfield; Jordan Glatt, Summit; Keith S. Hertell, Westfield; Assemblyman Jon Bramnick; Senator Tom Kean; Barbara Neal, Imagine Board Member, Watchung; Mary Robinson, Imagine Executive Director; Diana Jurtofski-Miller, Imagine Board Member, New Providence; Mayor Shelley Brindle, Westfield; Pastor William M. Williams, III, First United Methodist Church, Westfield; Alan Lieber, President Overlook Medical Center; Mayor Paul Mirabelli, Mountainside; Jeff Peris, Imagine Board Member, Scotch Plains; Stu Arnold, Imagine Board Chair Emeritus, Westfield; Father Anthony Randazzo, Holy Trinity Church, Westfield. For more information on Imagine, visit www.imagine-nj.org.

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LOCAL PEOPLE WITH DISABILITIES ENJOY PROM NIGHT

Submitted by Christopher Reardon

In this season of high school proms, one stood out. The prom goers were dressed to the nines, the lights were low and the music loud and the dance floor beckoned. Yet these prom goers were not teenagers but rather adults with developmental disabilities.

Dozens of members of Community Access Unlimited attended this annual special prom held at the agency's headquarters. CAU is a Union County-based, statewide nonprofit that strives to integrate people with disabilities and at-risk youth into the general community through comprehensive supports.

"People with disabilities often do not have the opportunity to go to a prom when they are younger because they either attend an alternative school that does not hold the event or they are not invited to their traditional school prom," said Rolando Zorilla, CAU's managing assistant executive director. "So a number of years ago our member self-advocacy group decided to hold their own prom and have it each year to ensure that every member who missed prom when they were younger would have the chance to celebrate their own evening again and again."

This year's prom was CAU member Steven Agolia's fourth and he said he looks forward to the evening every year.

"I wanted to come tonight to mingle and see some old friends," he said. "Socialization is important, being with people who care about you and meeting new people."

Randy Mercado and Mary Jane French have been dating for years and were one of the many couples who took to the dance floor.

"We're a couple," Mercado said when asked why they came to the event. "I like the food and I like to dance."

French looked stunning in her lilac dress with sequins.

"I'm enjoying being dressed up and I'm looking forward to dancing," she said. "It's also a great opportunity to see old friends."

CAU's prom is hosted by its member self-advocacy program, Helping Hands.

"I think it's great we do this for the members," said Juana Quinn, an officer of Helping Hands who never had a prom when she was in high school. "That's the sad thing about being disabled. Most of the members never had a chance to go to prom because people think it's not important to us. But it is."

To learn more about CAU, visit caunj.org or follow CAU on Facebook, Twitter and Instagram.

About Community Access Unlimited
Community Access Unlimited (CAU),

celebrating its 40th year in 2019, supports people with special needs in achieving real lives in the community. CAU provides support and gives voice to adults and youth who traditionally have little power in society. CAU helps people 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. CAU currently serves more than 5,000 individuals and families, with the number served growing each year. For more information about CAU and its services, contact us by phone at 908-354-3040, online at caunj.org or by mail at 80 West Grand Street, Elizabeth, NJ 07202.



(above) Juana Quinn is an officer in Helping Hands, Community Access Unlimited's member self-advocacy program that sponsors the annual event.

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