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MOUNTAINSIDE ACTIVE RETIREES KICK OFF 36TH YEAR



(above, l-r) Carmen Santiago, Esther Rinaldo, Mary Shumbris, Marie Smith, Ed Smith, Bill Blackmon, Pat Blackmon, Consuelo Fabian, Martha Pares.

Submitted by Kenny Ilgavizis

The Mountainside Active Retirees are proud to announce the start of their 36th year of providing informative speakers, musicians, day trips and luncheons for those 55+, including those actually retired or only wishfully retired. Meetings are held on the 2nd and 4th Tuesdays of most months in the 2nd floor Community Room at Mountainside Borough Hall at 10 a.m. until around noon.

September 10 is our kick off meeting with Mountainside Mayor Paul Marabelli as our speaker. The mayor will fill us in on what's happening in Mountainside and invite questions from those attending.

September 24 we will host JoAnn Gemenden from Union County Department of Engineering, Bureau of Recycling & Planning. What happens to your bottles, cans and papers; where does it all go?

October 8 will feature the Union County Sheriff's Department Canine Unit. Specialized, highly trained dogs

for special jobs.

October 22, bus trip to Tomasello Winery in Hammonton N.J. Wine tasting and lunch at the winery and a shopping stop at Historic Smithville.

November 12, Professor James Kane speaking about a country that's in the news almost every day - Mysterious China.

November 26, ShopRite Dietitian and Nutritionist Victoria Coglianese. Smart, healthy eating. You are what you eat.

December 10, our pre-holiday meeting. Live entertainment by Pamm & Steve – a musical duo. We will also have our 3rd annual 3-B: bake it or buy it, and bring it, cookie 'swap'. Enjoy the music and the cookies. Happy holidays.

Mark your calendar and join us for a couple hours. We would love to have you as a member. Stop by at any or all of the above meetings and try us out.

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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

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

MOUNTAINSIDE ACTIVE RETIREE FALL EVENTS

Take the AARP Smart Driver classroom course and you could save money on your car insurance. The course will be held at Borough Hall Rescue Squad Conf. Room 9:30 a.m. – 3:30 p.m. Thursday, Sept 12th. Refresh your driving skills and knowledge of the rules of the road and learn techniques for handling left turns, right-of-way and roundabouts. Discover proven driving methods to help keep you and your loved ones safe on the road.

FLORAL ARRANGING CLASS:

Learn to balance color while creating a beautiful centerpiece on Wednesday, Sept. 25th at 1 p.m. in the Community Room \$12/person. All seniors will be provided a vase and fresh flowers. Florist Julie DeMarco owner of Millburn Florist and Mountainside resident will be the instructor. Come to make your own floral arrangement.

ORIGAMI CLASS:

Wednesday, Oct 2nd at 11:15 a.m. Community Room. Learn to make decorations folding paper. \$5 residents & \$10 non-residents.

SENIOR EXERCISE CLASSES:

BARRE LIGHT CLASS 55+

Mondays, Sept 9 – Oct 7 at 10:45 am Community Room \$10 Mountainside Residents, \$50 Non-Residents

SENIOR CHAIR YOGA TUESDAYS,

Sept 10 – Oct 29 at 2 pm Community Room \$5 Mountainside Residents, \$20 Non-Residents

HEALTHY BONES WEDNESDAYS,

Sept 11 – Dec at 10 am Community Room \$15 Mountainside Residents, \$76 Non-Residents

FIT & HEALTHY FRIDAYS,

Sept 13 – Dec at 10 am Community Room free Registration will be taken at the Recreation Department or online under Community Pass. Please call Kim Moriak at 908-232-4406 for more information.

IS IT DEMENTIA, OR NORMAL AGING?

Join us for this timely, free event to explore the differences



We'll answer these important questions:

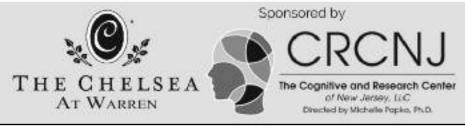
- · Why is early detection important?
- What happens after diagnosis?
- What resources are available to help the family?
- What's the latest research?

Tuesday, Sept. 10th 6-7:30 PM RSVP by Sept. 9th 908-903-0911 Presented by Michelle Papka, PhD The Cognitive Research Center of New Jersey

Event takes place at

The Chelsea at Warren Independent Living Building 274 King George Road | Warren, NJ 07059

chelseaseniorliving.com



HOME CARE ASSISTANCE

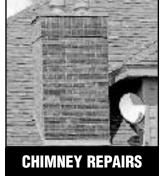


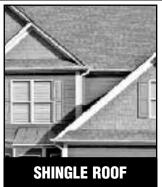


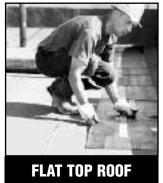


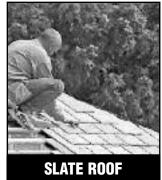
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(above) Girl Scout Isabelle Lin is offering free classes to the community on first aid and CPR for her Gold Award.





Submitted by Isabelle Lin

Hi everyone, my name is Isabelle Lin, and I am a Girl Scout from Troop 40488. When I was developing my Gold Award project, I knew I wanted to include my passion for first aid and healthcare. At my high school, I am lucky enough to take classes in first aid skills and become certified in CPR and basic life support. However, I recognized that not everyone knows what to do in an emergency situation. Therefore, my Gold award project is a series of educational first aid sessions where participants will learn about common first aid injuries, their symptoms, and treatments. Participants will also have the opportunity to learn basic bystander techniques in CPR and Stop the Bleed (bleeding injuries). Everyone will leave with a detailed booklet

covering a larger scope of first aid injuries and a personalized first aid kit!

These sessions will take place at the Berkeley Heights Volunteer Rescue Squad on:

September 10, 2019: Session 1, 7:00-8:00 p.m.; Session 2, 8:00-9:00 p.m.

September 17, 2019 Session 1, 7:00-8:00 p.m.; Session 2, 8:00-9:00 p.m.

September 24, 2019 Session 1, 7:00-8:00 p.m.; Session 2, 8:00-9:00 p.m.

Please use this google form (https://forms.gle/YVT1bXN7CmWuezYu9) to sign up for the free session. If you are able to provide donations for the cost of first aid supplies or have any questions, please contact me at isabelle33147@gmail.com. Thank you all so much!

TOWN WIDE GARAGE SALE SET FOR SEPT. 21



Looking to make a few dollars while clearing out your attic or garage? Or are you hoping to find some "new" treasures for a low price? Start sorting out your items to join in the Mountainside Town-Wide Garage Sale, organized by the Mountainside Newcomers Club. We provide lawn signs, a participant map, and many sources of advertising to help make this event so popular. The sale will be held on Saturday, September 21, 9am-2pm, rain date September 22, 2019.

Please email mtsdnewcomers@gmail.com with any questions, and visit this link to register: https://forms.gle/UDPQsPHAv6ugu24Y8







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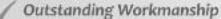




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TUESDAY NIGHT MOVIES. Start 6:30 P.M. **Vice (2018, R)** - Sept. 3

Vice explores the epic story about how a bureaucratic Washington insider quietly became the most powerful man in the world as Vice-President to George W. Bush.

Ben is Back (2018, R) - Sept. 10.

19 year-old Ben Burns unexpectedly returns home to his family's suburban home on Christmas Eve morning. Ben's mother is relieved and welcoming but wary of her son staying clean...

ROCK OPERA CHESS AT CDC THEATRE

The 2020-2021 season at CDC Theatre in Cranford will open with the complex rock opera Chess, with lyrics by Tim Rice and music by Benny Andersson and Björn Ulvaeus of ABBA fame. In the musical the ancient game becomes a metaphor for romantic rivalries, competitive gamesmanship, super-power politics and international intrigues.

The pawns in the drama form a love triangle: the loutish American chess star, the earnest Russian champion and the Hungarian American female assistant who arrives at the match with the American but falls for the Russian. From Bangkok to Budapest, the players, lovers, politicians and spies manipulate and are manipulated to the pulse of a monumental rock score that includes the international pop hits "One Night in Bangkok" and "I Know Him So Well".

"In addition to Chess being one of the most beautiful musical scores ever written, what excites me about the show is that it is at once a historical representation of the Cold War and a very timely exploration of US/Russia political relations given present day tensions.", said director Edgar Hidalgo. "CDC Theatre is producing the original London stage version of Chess, with the addition of "Someone Else's Story" from the Broadway production. We are excited to be presenting Chess in association with the New Jersey City University (NJCU). Students and alumni of NJCU are represented on-stage and in the orchestra, and the university's musical theatre and music departments are providing support in other areas of the production."

Information on how to get tickets can be found by visiting cdctheatre.org, with the best selections and prices available on-line.

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Hearts Beat Loud (2018, PG-13) - Sept. 17

Widower and aging Brooklyn hipster Frank starts a band with his teenage daughter Sam just before she leaves home to attend college in California. When a song of theirs finds success online, it complicates Frank's attempts to let go of his dreams of stardom and allow his daughter to find her own path in life.

What They Had (2018, R) - Sept. 24

Centers on a family in crisis. Bridget returns home to Chicago at her brother's urging to deal with her ailing mother and her father's reluctance to let go of their life together.

Brown Bag Academy, Our new Great Courses series, "The American West: History, Myth, and Legacy"

presented by Patrick N. Allitt, Ph. D. of Emory University, started on August 12.

The brutal conflict of cowboys and Indians, dusty, dangerous outposts policed by vigilante justice, the six-shooter showdown at high noon, daring railroad heists and arduous cattle drives. These and other scenes from countless Western

films have so shaped our conception of the American West that it's impossible to separate myth from reality. But how wild was the West? Was it really ever "won"? Come and find out!

Opera on Film Series. The popular Friday Opera on Film series

Friday, September 13 at 12:00 p.m. hosted by Mena Clemson, returns for its eighth season with Der Vogelhändler (The Bird Seller) by Carl Zeller. Filmed in 2003 at twilight at an open-air theatre on the banks of a sea with a full moon, it shows off splendid performances not only from the cast but the set design, orchestra, and camera crew. Martina Serafin (Marie), Marika Lichter (Adelaide) and Sebastian Reinthaller (Adam) star in this performance and the Symphonie-Orchester Burgenland is conducted by Harold Serafin.

Scott Joplin - the "King of Ragtime"

based on memorable ragtime tunes such as the Maple Leaf Rag and The Entertainer. Music educator and musician Dan Lupo will present a 1 hour music education program chronicling the life and achievements of composer Scott Joplin in the Library's Community Room. The program will consist of a spoken lecture as well as live piano excerpts of Joplin's compositions. Bring your family for a special conservation presentation! They will present a slide show and talk about wolf conservation and their natural history. Call soon to reserve your families spot since space is limited. More info can be found at https://howlingwoods.org/.

"Space Race: 1957-1975", with Kevin Royce

Thursday, September 19, at 7:00 p.m. The Soviet Union stunned the world in 1957, by putting the first artificial satellite into Earth orbit. We all know what happened next: In May, 1961, President Kennedy announced a daring plan for the American space program: landing a man on the Moon before the end of the decade. Kevin Royce's program will relive

the dramatic "Space Race," from the pioneering Mercury and Gemini flights to the first Apollo Moon landings and the lesserknown scientific missions that followed. He will introduce the visionaries and scientists who made space travel possible, and the American astronauts who boldly traveled "Where no one has gone before."

"Aging Services Kiosk"

Friday, September 20 from 10:00 a.m. to 12:00 noon.

The Union County Department of Human Services Division on Aging & Disability Resource Connection will have a staff member at the library again to answer questions about Pharmaceutical Assistance, Home Energy Assistance/USF Cooling Assistance, Home

Care, Home Delivered or Congregate Meals, and Medicaid Caregiver Relief Transportation.

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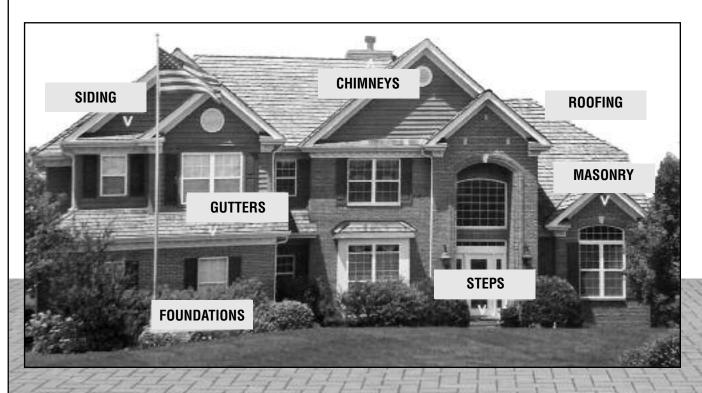
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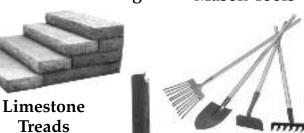
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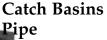
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DONATIONS SOUGHT FOR HETFIELD HOUSE GARAGE SALE

sponsor a yard/garage sale as a fund raiser sale on Friday and Saturday, Sept. 20 and 21 (9 a.m. - 4 p.m.). The Saturday sale will be in conjunction with the Mountainside Newcomers Town-Wide Garage Sale. This is a huge sale for the Historic Committee which raises funds for the restoration and maintenance of the historic Hetfield House and Levi Cory House. The Committee is asking the community to donate saleable items for this sale. So, if you need to clean out your belongings and don't want to hold a garage sale of your own, bring items down to

The Mountainside Historic Committee will the Hetfield House and the Mountainside Historic Cory House are located at Constitution Plaza Committee will sell it for a good cause. Donated saleable items can be brought to the Hetfield House on either Sunday, 9/15, from 1-3 o.m.; or, Thursday, 9/19 between 9 a.m. -4 p.m. - no junk, please! Receipts are available for donations.

> The Committee is limiting items it can accept. Only desirable and saleable items are being accepted. Nothing worn, broken, personal, shabby, obsolete, or otherwise unsaleable will be accepted. No large furniture, books or clothing. If it's an item you would purchase in a garage sale, then, please consider it for donating.

The Deacon Andrew Hetfield House and Levi

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.

HETFIELD HOUSE FALL MUM & PLANT SALE

The Fall season is right around the corner when Mountainside's Historic Restoration Committee holds its Annual Fall Mum & Plant sale at the Historic Deacon Andrew Hetfield House. This year's sale takes place from Thursday, Sept. 19th through Sunday, Sept. 22nd from 9 a.m. -4 p.m. (while supplies last). The Committee's plant experts travel to the grower and hand-select each and every plant for sale. The mums are the best you can get and, because they eliminate the middle man, the prices are very competitive. What's more, the mums are covered with buds for long-lasting bloom. Stop by the Hetfield House from Thursday through Sunday to get a long-lasting punch of fall color for your home and landscape. Come early for the best selection.



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MOUNTAINSIDE'S DIANE MCCURDY BECOMES ADVOCATE FOR FOSTER YOUTH

Submitted by Gretchen Boger-O'Bryan

Diane McCurdy of Mountainside is among the latest community volunteers to successfully train as advocates for Union County youth removed from home due to abuse or neglect, and now living in foster care. Court Appointed Special Advocates (CASA) of Union County is the only organization serving as extra eyes and ears for family law judges in an effort to protect best interests and ensure needs are met.

McCurdy said, "I am so excited to become a CASA volunteer, and have the opportunity to work with the many dedicated professionals who help children in distress. Every child deserves a safe and secure place to call home."

As McCurdy and her classmates arrived at the courthouse, Judge Richard Wischusen continued his practice of exiting his courtroom to greet and speak with the waiting volunteers. Later, while on the bench during the ceremony, he commended each for their commitment to the community's fragile child victims, and discussed the value of the CASA program to those children and case stakeholders, noting he always reads the CASA report and seeks their input during

Volunteers with varied backgrounds make successful advocates and this class, ages 24 to 71, is no exception. Each brings diverse experiences, including an adoptee, an adoptive parent, former military, immigrants, nonparents and parents, retirees, full- and part-time employees, and undergraduate and graduate students.

Professional backgrounds include education, retail, nonprofit, information technology and academia. Most had no prior knowledge of the

The final step before meeting their assigned foster youth is observation of seasoned CASA volunteers in court. Once assigned to the case, a court order grants access to the child, foster parents, doctors, caseworkers, therapists and teachers, enabling advocates to make informed recommendations in the child's best interests.

There are approximately 500 Union County youth from birth to age 21 in foster care, and more than 200 are waiting for a CASA volunteer. Contact you? Courtney cgreen@casaofunioncounty.org or 908-293-8136 to learn more.

(right) Diane McCurdy of Mountainside joined Court Appointed Special Advocates (CASA) of *Union County as an advocate for foster youth.*





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