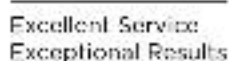


COMMUNITY NEWS NJ

Issue 60 • September 2020

908.230.5449

1. Kulick, D. dkulick@msb.net



Lisa Kulback, Sales Associate
401 Springhale Ave. Summit, NJ
Office: 908.522.1800

officers and enlisted men in the 101st Airborne Division, who were the first to land on D-Day. The 101st Airborne Division was the first to land on D-Day, and the 101st Airborne Division was the first to land on D-Day.

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(continued on page 2)



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JUNIOR LEAGUE SCHOLARSHIPS (continued from page 1)

parents. She created a reward system which was reinforced by the police to encourage residents to wear helmets and had signs posted to remind residents. In addition, she partnered with Overlook Hospital and to provide residents with free baseline concussion testing. Jill also enjoys volunteering with the Mountainside Local Youth Group where she is co-president and helps provide for the needs of the homeless. In addition, Jill is a flutist and a member of the Governor Livingston High School Highlander Band, the concert band, wind ensemble, and jazz band. She served three years as the manager for the Governor Livingston High School Varsity Fencing team.

Allie Zimmerman of Governor Livingston High School will be attending Belmont University. Allie is an active volunteer in her community. As co-President of the Our Lady of Lourdes' Mountainside Local Youth Group she participates in various fundraisers benefiting the homeless. Allie earned her Girl Scout Gold Award by creating a summer music program to help combat summer learning loss. She paired high school musicians with middle school musicians and provided an environment where they could play together. She also invited middle schoolers to attend a day of high school marching band camp to introduce them the program. Both the middle school and high school program participants volunteered to perform for the residents of a local senior living facility and discuss music with residents afterward. Allie is also a member of the St. Columille United Gaelic Pipe Band and the Governor Livingston Highlander Pipe Band where she plays the bagpipes. She also plays the tenor saxophone in the Governor Livingston High School Highlander Marching Band, wind ensemble, concert band, and jazz band. Jill (above) and Allie's sister, Katie, was a 2018 JLS scholarship recipient.

Nikki Griffiths will be attending Oregon State University (E-Campus), pursuing a degree in Fisheries & Wildlife Science to follow her passion for animals, conservation, and our

ecosystems. Nikki has been a member of several non-profit organizations in the Summit area, including the Summit Volunteer First Aid Squad, the Summit Police Department, Family Promise, Mylestone Equine Rescue and most recently S.H.I.E.L.D. with the new precautions set in place in an effort to keep our seniors and homebound residents safe.

Nikki volunteered with Family Promise-Union County to address food insecurity issues among their guest families and their graduate families. With their National Headquarters based in Summit, Nikki was able to orchestrate an annual food drive. In the second year of the event, Family Promise teamed up with the Junior League of Summit to contribute food donations initially to "No Kid Goes Hungry," and most recently "Loaves and Fishes." Over the last five years, this initiative has donated over 5,000 pounds of non-perishable food items.

The Shirley Wight Keeney Voluntarism Scholarships are awarded annually by the Junior League of Summit to local, graduating seniors. The Continuing Education Scholarship award is given to an adult woman who has demonstrated a commitment to voluntarism in her community and is pursuing additional education or certification. The scholarships' namesake, Shirley Wight Keeney, was a beloved member of the Junior League of Summit and the Summit community. As an active volunteer, Ms. Keeney truly demonstrated the League's Mission of promoting voluntarism, developing the potential of women and improving communities through effective action and leadership.

The Junior League of Summit is a nonprofit, charitable, and educational organization of women who are committed to promoting voluntarism, developing the potential of women, and improving the community through the effective action and leadership of trained volunteers.

For more information about the Junior League of Summit or to inquire about becoming a member, please visit the website at jlsummit.org or contact the office at 908-273-7349.

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VIRTUAL WEBINAR PRESENTED BY THE LEAGUE OF WOMEN VOTERS

On Thursday, September 17, The League of Women Voters of Berkeley Heights, New Providence & Summit in partnership with the Center for Information Technology Policy at Princeton, will host a virtual webinar featuring Dr. Andrew Appel of Princeton University. Dr. Appel's topic is "What can we as voters do to protect our elections and our representative government?"

Dr. Andrew Appel is Eugene Higgins Professor of Computer Science at Princeton University, and served from 2009-2015 as Chair of Princeton's Computer Science department. His research is in software verification, computer security, programming languages and compilers, and technology policy. He received his A.B. summa cum laude in physics from Princeton in 1981, and his Ph.D. in computer science from Carnegie Mellon University in 1985. He is one of the authors of *Securing the Vote: Protecting American Democracy*, published by The National Academies Press.

The League of Women Voters is a non-partisan organization whose mission is to Empower Voters and Defend Democracy.

The public is welcome. If you wish to join our 7:00 p.m. Zoom meeting, please contact us at: lwvbhnp@gmail.com.



(above) Princeton Professor Appel will speak at League of Women Voters meeting on the September 17th

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Thank you Spring Grove.

Chrissy Sloan
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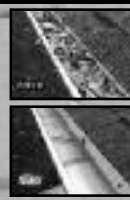
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BERKELEY HEIGHTS PUBLIC LIBRARY'S SEPTEMBER PROGRAMS

The Berkeley Heights Public Library is offering the following programs in September:

CHILDREN'S STORY TIMES AND PROGRAMS:

Little O'Froggy Goes to School Story & Song

Tuesday, September 1 at 10:30 a.m.

Ray Dreitlein from the Good Tyme String Band reads his book and sings a song

Video will be posted on the library's Facebook page: facebook.com/BerkeleyHeightsLibrary

Paper Bag Stories & Crafts

*Tuesdays, September 8, 22, 29 at 10:30 a.m.
for ages 3-5*

Craft kits available at the Library for a week before each program

Videos will be posted on the library's Facebook page: facebook.com/BerkeleyHeightsLibrary

Good Tyme String Band presents "Banjos under the Tree"

Tuesday, September 15 at 10:30 a.m.

(rain date September 22 at 10:30 a.m.)

An outdoor, socially distanced sing-along for ages 0-5; bring your own folding chair

Sidewalk Art

Thursday, September 24 at 3:30 p.m.

Join our teen volunteers outside the library for fun with chalk for children of all ages

Questions about children's programs?

Email childrens@bhplnj.org

ADULT PROGRAMS:

Currently, the library is offering an online Book Group that meets via Zoom and discusses ebooks/e-audiobooks available from Hoopla.

The selection for September (meeting date TBA)

is *The Mountains Sing*

by Nguyen Phan Que Mai.

Please email reference@bhplnj.org for more information.

Check the library's calendar at bhplnj.org/event-calendar/ for program changes and additions.

Please check our website, bhplnj.org, for the latest information on curbside pickup hours and our planned reopening. Of course, continue to use our online resources; e.g. did you know that you can access Ancestry Library Edition from home through September 30? Email reference@bhplnj.org for more information!

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United Way of Northern New Jersey is seeking help from volunteers and donations of new school supplies for its annual United Way Tools for School drive, which provides students with the basic tools needed for learning in any classroom — either in school or virtually from home.

Children still will need basic school supplies, no matter how instruction will be delivered due to the pandemic. The drive seeks to benefit more

than 10,000 elementary and middle school children of ALICE (Asset Limited, Income Constrained, Employed) workers and those in poverty throughout the northern New Jersey region.

Through a partnership between United Way and YouGiveGoods.com, donors can make an online purchase of supplies that will be delivered automatically to United Way or a partner school. Donations can be made by visiting www.UnitedWayNNJ.org/ToolsforSchool.

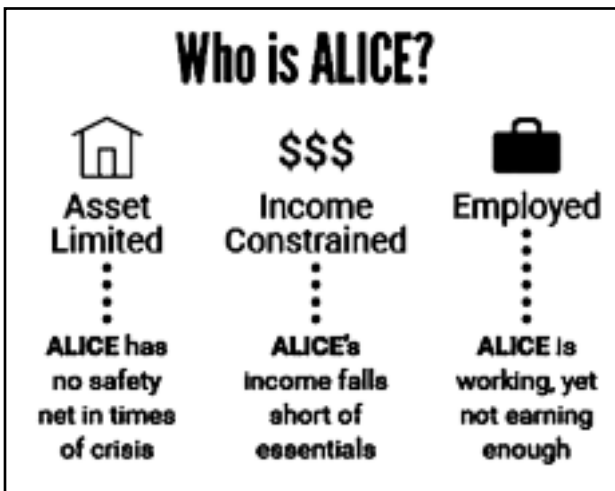
Based on needs expressed by local educators, United Way is collecting the following school supplies: hand sanitizer, masks, backpacks, lunch boxes, binders, three-ring notebooks, book covers, filler paper, pocket folders, composition and spiral notebooks, index cards, calculators, pencils, pencil cases, pencil sharpeners, erasers, pens, highlighters, crayons, markers, colored pencils, construction paper, glue, rulers, and scissors.

In addition, school nurses have asked for personal care items such as toothbrushes, deodorant, and kindergarten and first grade-aged children's underwear and socks. Gift cards that can be used to purchase items such as shoes and clothing are also appreciated.

United Way Tools for School seeks to alleviate the budget strains on families who already were struggling to afford basics such as housing and food even before the COVID-19 pandemic hit.

"ALICE essential workers need our help now more than ever," said Kiran Handa Gaudioso, CEO of United Way of Northern New Jersey. "United Way Tools for School offers companies, groups, clubs, places of worship, families and individuals a safe way to help neighbors facing unprecedented levels of need."

For more information about making donations, holding a United Way Tools for School drive, visit www.UnitedWayNNJ.org/ToolsforSchool, email Lisa.Galonardo@UnitedWayNNJ.org or call 973.993.1160, x503.



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COVID-19: TIPS FOR OLDER RESIDENTS ON DEALING WITH ISOLATION

Submitted by NewBridge Services

While the COVID-19 pandemic continues to impact our communities, physical distancing remains the order of the day — especially for older adults.

But socializing is a basic human need, and studies show it contributes to better physical and emotional health. Isolation, on the other hand, is linked to depression, anxiety, cognitive decline, a weakened immune system, and high blood pressure, among other maladies.

Seniors must seek out ways to connect with others while minimizing their exposure to the coronavirus.

Michelle Borden, CEO of Parsippany based NewBridge Services, a nonprofit that offers counseling services, housing and educational programs in North Jersey, offers the following advice:

USE TECHNOLOGY

Video conferencing, using FaceTime, Zoom and other programs on smartphones, tablets or computers, has become a popular way to “gather” with family and friends. Getting started on the programs may be challenging for seniors new to technology; call a tech-savvy neighbor, friend or family member to coach you through the process.

Phones, whether ‘smart’ or landline, are also excellent for staying in touch; some people feel more comfortable conversing without being on camera. People can call in to join a Zoom conversation.

Movie buffs with Netflix accounts can set up ‘watch parties’ using a free Google Chrome extension, which can be downloaded at netflixparty.com.

THE ART OF THE LETTER

If tech is not your thing, consider making connections the way people have for centuries: through letter-writing. Handwriting (or typing) letters allows you to process thoughts and feelings and create a bond with the recipient. Mailing or delivering ‘thinking of you’ cards is a thoughtful way to remind recipients they are not forgotten.

JOIN AN ONLINE CLASS OR GROUP

Many social groups, including religious communities, are hosting online gatherings. An organization called Senior Planet offers free access to virtual exercise classes. Online learning opportunities also abound. Platforms such as coursera.org and edX.org offer both free and fee options. Courses, which may be live-streamed, self-paced, or some combination, are taught by university professors.

The Osher Lifelong Learning Center at Rutgers University is running more than 30 online courses during its summer session, and registration will begin soon for the fall. Anyone age 50 and over can study areas of interest with no assignments or grades.

The Virtual Senior Center run by the nonprofit Selfhelp Community Services is an online community of seniors who take courses, enjoy

cultural experiences and discuss topics of interest in real time over their home computers and tablets. While volunteer opportunities are harder to come by during the pandemic, some organizations are seeking virtual helpers. The nonprofit Points of Light maintains a list of virtual volunteer opportunities.

GET TOGETHER IN PERSON

Seniors can socialize in person, as long as you take precautions. Walking, running or biking with a friend is a great way to stay both fit and connected. Keep at least a six-foot distance, and wear a mask if you’re unable to maintain that distance. Some senior citizen groups offer fitness classes either outdoors or indoors, with participants well spaced and other safety measures in place.

Picnicking with a couple of friends or family members is a fun way to spend the day, but be sure to wear masks when not eating. Use hand sanitizer, especially if you’re sharing any utensils.

STRUGGLING?

The pandemic is taking a toll on us all. To get through it, we have to make self-care part of our daily routine, and that includes staying connected with others. If you are struggling, contact NewBridge Services at 973-316-9333 to schedule a telehealth counseling session.

The Institute on Aging has a Friendship Line at 1-800-971-0016 that is both a crisis intervention hotline and a nonemergency warmline for emotional support.

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NEW JERSEY MAN RUNS 900 MILES TO RAISE FUNDS FOR CLEAN WATER

Submitted by Annie Albrecht

July 15 marked the halfway point in James Leitner's 900 mile ultra-endurance run to raise funds for his nonprofit, MissionCleanWater.

James, the 27-year-old founder of community-based clean water organization MissionCleanWater, ran 30 miles per day for 30 days during the month of July. His goal: to raise \$30,000 for a clean water system for the St. Elizabeth's All-Girls School in Uganda.

James kicked off his current fundraiser on July 1 at the crack of dawn. For the past month, he's

been running 37.5 laps on a .8 mile loop at Tamaques Park in Westfield, NJ. At his half way point, with 450 miles completed and 450 miles to go, James has had some physical challenges to overcome.

"For the past 13 days, I have been pushing it to beat the heat. With high temperatures and high humidity, each day reaches the triple-digits. I have had good success with running the distance, dealing with the heat, and managing my pain," James said.

"To calm down and relax, I am going to change my game plan for the next few days. I am going to try and start my day close to 5 a.m. and walk more. Slowing down and enjoying the day is only going to bring better success considering we are almost halfway!"

Despite the challenges, James isn't giving up.

"With all of the ups and downs, emotional highs and lows, sleepless nights, and mental exhaustion, once you see your work benefiting someone or a community, it's all worth it. It was

not until I saw clean water flow from the taps, and not until I saw the community managing the system on their own, that I felt overwhelmed with emotion and teary eyed with happiness."

James' 900 mile run is the most recent in a series of ultra-endurance fundraising events.

In 2017, James walked 3,250 miles from New Jersey to California while pulling 10 gallons of water to raise money for a clean water system in Tanzania. The walk, which took him 143 days, symbolized the distance that women and girls in Africa walk every year fetching water for their families. In fall 2019, James ran 100 miles in 24 hours, all on a .8 mile loop (that's over 130 laps!). For another ultra-endurance fundraiser, James ran a marathon a month for 12 straight months, all while carrying 45 lbs of water over his head.

James' endurance fundraisers have funded water systems that have helped 4,500 people and 1,500 students gain access to clean drinking water. Learn more and follow James in his journey at missioncleanwater.org/30miles.



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(above) James Leitner ran 30 miles a day in July to raise money for a clean water system for the St. Elizabeth's All-Girls School in Uganda.

SEPTEMBER IS SUICIDE PREVENTION MONTH

During September mental health advocates, prevention organizations, survivors, allies, and community members unite to promote suicide prevention awareness.

Caring Contact is working locally to change the conversation from suicide to suicide prevention, to actions that can promote healing, help and give hope.

"National Suicide Prevention Month is an important time each year to refocus on supporting our loved ones, friends and colleagues who may be struggling emotionally," said Janet Sarkos, Caring Contact's Executive Director. "Awareness events, fundraising initiatives and community conversations are all excellent ways to get involved and are key components to ensuring resources are available and accessible for all. Awareness is especially important now as we have seen an increase in calls since the Covid-19 pandemic began in mid-March."

Caring Contact encourages individuals to embrace the campaign of #BeThe1To. #BeThe1To is the National Suicide Prevention Lifeline's message for National Suicide Prevention Month and beyond which helps spread the word about actions we can all take to prevent suicide.

Caring Contact is a local, award-winning, volunteer-staffed crisis hotline and listening community serving central and northern New Jersey. As a member agency of the National Suicide Prevention Lifeline and the International Council for Helplines, Caring Contact compassionately serves those in emotional distress and educates local communities about the power of personal connection. In 2019, hotline volunteers responded to nearly 13,000 calls through the caring and crisis line. For more information please visit caringcontact.org. If you, or someone you know, is in crisis, please call 800-273-8255.

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NJ SHARING NETWORK LAUNCHES #DONATIONNEEDSDIVERSITY CAMPAIGN

NJ Sharing Network, the non-profit, federally designated organ procurement organization responsible for the recovery of organs and tissue in the state, has kicked off 2020 #DonationNeedsDiversity, an initiative to empower multicultural communities to become more involved in saving and healing lives through organ and tissue donation.

Celebrated in August, National Minority Donor Awareness Month honors the generosity of multicultural donors and their families, while also underscoring the critical need for people from diverse communities to register as organ and tissue donors. The national initiative usually features an entire month of local, regional and national in-person events and activities. This year's #DonationNeedsDiversity efforts were powered by virtual events and activities through robust social media, website and targeted e-mails. NJ Sharing Network provides tools that supporters can use, such as Facebook photo frames, and encourages community interaction by sharing stories of how organ and tissue donation has improved lives. Additional online posts will encourage supporters to share recipes, favorite songs and photo memories that help celebrate life. To see the daily calendar of activities, please visit the online calendar at njsharingnetwork.org/donation-needs-diversity.

Joe Roth, president and CEO of NJ Sharing Network, stresses the importance of National Minority Donor Awareness Month and the #DonationNeedsDiversity campaign. Some staggering statistics include:

66% of those currently waiting for a life-saving transplant in New Jersey are people of color.

Almost 35% of the nearly 115,000 people on the national waiting list for a kidney transplant are African-American.

African-Americans, Asians and Pacific Islanders, and Hispanics/Latinos are three times more likely than Caucasians to suffer from end-stage renal (kidney) disease.

"Each year in New Jersey, thousands of lives are saved and enhanced through organ and tissue donation and transplantation. Clearly, this is something to celebrate. However, there is an urgent need to raise awareness of organ and tissue donation to help save more lives in our diverse communities of New Jersey," said Roth. "Although organs are not matched according to race and ethnicity, and people of different races frequently match one another, all individuals waiting for an organ transplant will have a better chance of receiving one if there are large numbers of donors from multicultural communities."

E. Denise Peoples, hospital and community services coordinator, NJ Sharing Network, is a double-lung transplant recipient and a Newark resident who works throughout the year to promote NJ Sharing Network's life-saving mission in local schools, faith-based organizations and community associations. "We have all experienced how health issues such as hypertension, diabetes and kidney failure have impacted those around us – our mothers, fathers, aunts, uncles, friends and neighbors. That's why

there is a greater need than ever for transplants among our racial and ethnic minorities. We need the active support of our community members to help educate others and dispel any myths and misinformation about organ and tissue donation," said Peoples.

#DonationNeedsDiversity and other year-round outreach initiatives play an essential role in providing hope for the nearly 4,000 New Jersey residents on a waiting list for a life-saving organ transplant. Jayla Sorenson, a vivacious 8-year-old from Toms River, is one of the many young children on the waiting list. Jayla loves to dance, play outside, and hug and kiss her family members. However, Jayla has a kidney disease that limits their ability to filter and clean her blood, and the clock is ticking towards a more critical stage in Jayla's condition that will eventually involve a pediatric kidney transplant. Jayla and her family actively participate in events and programs to promote organ and tissue donation throughout the year.

For more information about ways to support the #DonationNeedsDiversity campaign, please visit NJSharingNetwork.org/donation-needs-diversity or contact E. Denise Peoples at 973-655-4687 or email dpeoples@njsharingnetwork.org.

ABOUT NJ SHARING NETWORK

Dedicated to saving lives through organ and tissue donation, NJ Sharing Network is the non-profit organization responsible for the recovery and placement of donated organs and tissue for the nearly 4,000 New Jersey residents waiting for a life-saving transplant. With headquarters in New Providence, NJ, the organization, selected by NJBiz as one of the state's "Best Places to Work" for the third consecutive year, is also part of the national recovery system, serving the nearly 115,000 people on the national waiting list. To learn more, get involved and register as an organ and tissue donor, visit NJSharingNetwork.org.

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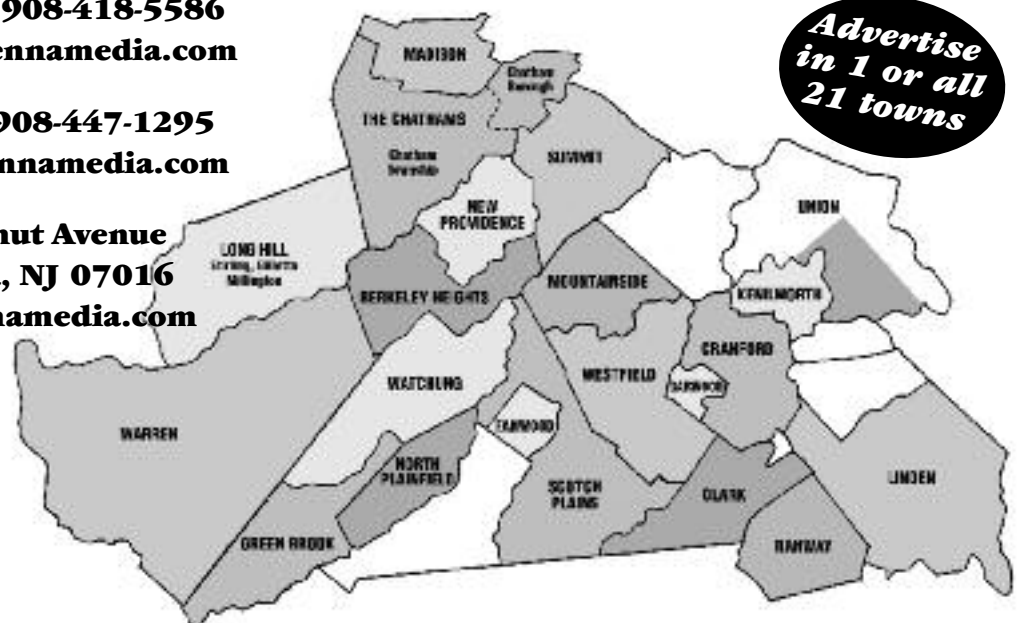
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1 Unit (Business card)	3.25" x 2"	\$60	\$150	\$250	\$350	\$400	\$450	\$500	\$550
2 Units	6.5" x 2" or 3.25" x 4"	\$100	\$250	\$400	\$500	\$600	\$700	\$800	\$900
4 Units	3.25" x 8" or 6.5" x 4"	\$180	\$450	\$700	\$900	\$1100	\$1300	\$1500	\$1700
6 Units	6.5" x 6.25" or 10" x 4"	\$240	\$600	\$900	\$1200	\$1400	\$1600	\$1800	\$2000
9 HALF PAGE	6.5" x 9" or 10" x 7"	\$320	\$800	\$1000	\$1300	\$1600	\$1900	\$2200	\$2400
12 Units	10" x 8"	\$360	\$900	\$1200	\$1500	\$1800	\$2100	\$2400	\$2700
18 FULL PAGE	10" x 14"	\$400	\$1000	\$1400	\$1800	\$2200	\$2500	\$2800	\$3000
2 PAGE SPREAD	21" x 14"	\$700							
BACK PAGE	10" x 14"	\$500							
FRONT PAGE BANNER	8.25" x 2"	\$320							
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I highly recommend doing an independent audit of your website!
Contact Walter Watson at walter@www-online-enterprises.com
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Website / SEO services

- Website Audit/Analysis and recommendation plan:\$250
- Website creation/update:.....\$2,400
(Cost for average website: 12 pages,
contact form, SEO friendly, responsive design)
- Website Hosting:\$300 per year
Includes website hosting, software updates,
monthly website content updates
- SEO Services:average cost \$1,000 - \$2,000 per month
Custom tailored solutions:
Google Ranking, Local SEO, Social Marketing

Video advertising

Production:

- Product placement \$250
- 30-second commercial \$500
- 3-minute spot \$1,000
- 30-minute show \$1,500
- 3-hour shoot - \$2,000

Do not commit to a service unless you have a solid marketing plan and budget.

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Check out Joe Renna's Hyper Local Network on YouTube. Call 908-447-1295 if you want your business featured online and in print. See sample show below.



NICK RENNA'S BIBLE REVIVAL

By Joe Renna

My brother Nick is known as 'The Voice of Union County', best known for announcing high school sports. When I created the Hyper-Local Network YouTube channel, we planned on producing a local sports show. The idea was lingering but went completely dormant when the coronavirus put a halt to school altogether.

Nick is not a technical person so any attempt to broadcast would have to be facilitated by someone. That person came in the form of his pastor, Jerry Rittenhouse, who was impressed by Nick's participation in Bible study sessions and thought Nick should be sharing his knowledge of the Bible, his devotion to Jesus, and his gift of gab.

Nick was not plugged into social media. But his fear of big brother was over taken by his love of God. Pastor Jerry created a Facebook page under Nick's name and has been recording him in an impromptu manner. Pastor Jerry has been uploading a video each day since Nick's birthday on August 4th. His videos have been getting a few thousand views each, and he has maxed out his friends list at 5,000.

I'm encouraging Nick to continue his mission, and am loading his videos onto his 'Renna's Arena' playlist.

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