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CHATHAM EMERGENCY SQUAD WELCOMES ITS NEWEST CADET CLASS - SIX CHATHAM JUNIORS JOIN THE SQUAD

Submitted by Craig Alperowitz

The Chatham Emergency Squad, an all-volunteer first aid emergency service providing pre-hospital care to residents and visitors of the Chathams, is delighted to announce it has accepted the applications of six highly motivated and impressive high school students to join its membership base as part of its Cadet Training Program.

Chosen from a field of highly qualified and passionate applicants, the cadets include: Kylie Finkelstein, Sophia Gagliardi, Mihir Rao, Risha Surana, Jack Tapper, and Roma Welsh.

All six cadets are rising juniors attending Chatham High School and have already begun their Emergency Medical Technician (EMT) training at Union County College.

The cadets will spend their Junior and Senior years of high school helping residents in need as part of an active weekly crew, either after school or during the early part of the evening shifts. They join six other returning cadets to make up the full Cadet Program. These members include Hailey Baumgardner, Sam Cooperman, Tanay Malla, Claire Silverstein and Amelie Srinivas, rising seniors at Chatham High School and Mary Kate Vowells, rising senior at Oak Knoll School of the Holy Child.

"We accepted these outstanding and qualified students before the pandemic, and there was great uncertainty about their enrollment in EMT school and their ability to participate in squad activities" said Nicole DiMaggio, Training Lieutenant and Cadet Manager of the Chatham Emergency Squad. "But these mature and motivated students reaffirmed their commitment to the community and have recently begun their training. With the life-saving skills and hands-on experience they will soon gain, these exceptionally bright students will all make a meaningful impact on the Chatham community. We're thrilled to have them on-board."

The Chatham Emergency Squad is an all-volunteer organization funded nearly exclusively by donations. In 2019 the Chatham Emergency



(above, front, l-r) Chatham Emergency Squad's newest cadet class, front row: Kylie Finkelstein, Sophia Gagliardi, Risha Surana; (back, l-r) Mihir Rao, Jack Tapper, Roma Welsh.

Squad responded to 1246 emergency calls in Chatham Township and Chatham Borough and provided mutual aid to neighboring communities of New Vernon, Madison and Summit on occasion. The Squad also provided free CPR training to more than 400 residents, teachers, coaches, school crossing guards and emergency personnel, including fire and police. The Chatham Emergency Squad never charges for its services. To learn more, to donate or to volunteer, please visit chathamemergencysquad.org.

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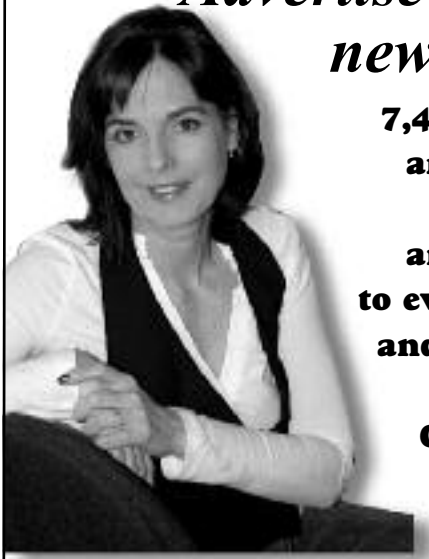
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COUNTY GRANT WILL HELP TO DOCUMENT CHATHAM ARTIFACTS

Submitted by Marianne Ivers

The Chatham Historical Society has received a grant administered by the Morris County Heritage Commission for the Morris County Board of Chosen Freeholders. The grant was funded by the New Jersey Historical Commission, a division of the Department of State.

The Chatham Historical Society's Mission Statement includes "sharing the rich history of Chatham Borough". To fulfill this promise, over the last 13 years Historian Melda Pike's and Curator Susan Allen's focus has been preservation, organization, shelving and storage of the society's collection. As use of the internet grows, the number of inquiries seeking information grows as well. The society's intent is to establish a database to document and track artifacts, paperwork and photos in order to facilitate availability and access for the community. Susan Allen prepared and submitted the grant application in December of 2019.

The Morris County Heritage Commission agreed and awarded a \$3,173 grant to assist the society in achieving this goal. Already, members of the society have offered to help. There is a lot of work ahead since as of 2009 over 600 artifacts have been donated to the society. These artifacts include a generous donation of 229 items from the family of Mrs. Marian Genung Lum Schroeder (1894-1984), past resident and descendant of founding families of Chatham. The majority of the gifts were photos that are

especially valuable as the individuals in the photos were identified. Since the society was established in 1924 over 1200 artifacts have been catalogued in the collection. However, many items have been misplaced, borrowed or destroyed. A large task lies ahead for the curator and her support team to log as much of the collection into the database as can be found. The grant is the first big step to achieving this goal.



(above) Chatham Historical Society has received a grant to help establish a database to document and track artifacts.

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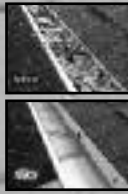
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RACHEL KOURY RECEIVES THE CHRISTINE K. GROBERT SCHOLARSHIP

The Chatham Emergency Squad is pleased to announce that it has selected recent Chatham High School graduate Rachel Koury as its 2020 recipient of the squad's annual scholarship award.

Established in 2014 by Christine Grobert, a teacher at the Lafayette School, while serving as President of the Chatham Emergency Squad (2014, 2015), this annual award is presented to a Chatham High School student who has been committed to volunteerism and/or has displayed an interest in the field of medicine or science. In 2020, the name for this scholarship was officially renamed in honor of Christine Grobert's 21 years of dedicated service to the Chatham Emergency Squad, where she held numerous positions.

Koury, who recently graduated from Chatham High School and will continue her education at Syracuse University where she hopes to become a speech-language pathologist, was selected from a pool of highly qualified applicants. In addition to her stellar grades and her active participation in various extra-curricular activities while attending Chatham High School, Koury's application stood out because of her commitment to the Adler Aphasia Center, where she helps adults with aphasia engage in conversation and activities.

Aphasia is the impairment of language, affecting the production or comprehension of speech and the ability to read or write. It is caused by brain damage, such as a stroke, head trauma, brain tumors or infections and affects nearly 2 million people according to the National Aphasia Association.

For Rachel, aphasia is highly personal. Ten years ago, the Chatham Emergency Squad came to her house to assist her mother who suffered a stroke. Sadly, her mother never fully recovered and continues to struggle to communicate to this day. Her mother receives the help of a speech pathologist and the constant love and support of

Rachel, her brother and her father, who is continually seeking new therapies to aid in her mother's recovery.

Her mother's debilitating stroke clearly defined Rachel's childhood, but it didn't stop her from succeeding in school and beyond. At the Adler Aphasia Center, Rachel channeled her energy by spearheading an online program "Teens Connecting with Teens," an online portal filled with content to help teenagers who have loved ones affected by aphasia. "Following my mother's stroke, I became her voice; often explaining to my peers, as well as adults, what happened when they see her in a wheelchair, unable to speak" said Koury. "With the online content, teens from all over the world can access the information they need in order to support

loved ones with aphasia. It also connects teenagers with others for ongoing support and answers to questions they may have," she added.

In 2019, Koury's initiative was recognized unanimously by the New Jersey State Legislature for its promotion of aphasia awareness.

"Rachel faced tremendous hardships growing up, and it defined her in the best possible way," said Evan Skinner, President of the Chatham Emergency Squad. "Her love for her mother didn't stop there - she found a way to help others who needed resources and a place to turn to when dealing with loved ones affected by this debilitating condition. For this reason and more, we are thrilled to name Rachel Koury the 2020 recipient of the Christine K. Grobert Chatham Emergency Squad Scholarship Award."



(above) Chatham High School Graduate Rachel Koury Receives the Christine K. Grobert Chatham Emergency Squad Scholarship Award.


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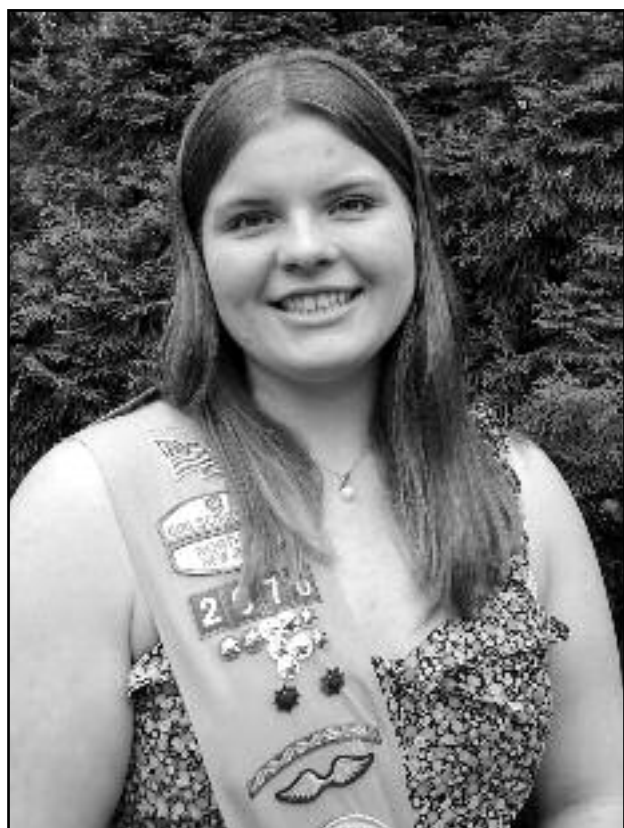
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(above) Kate Ziegler, certified life guard and rising CHS senior, earns prestigious Girl Scout Gold Award

WATER SAFETY FOR ALL: KATE ZIEGLER EARNS GIRL SCOUT GOLD AWARD

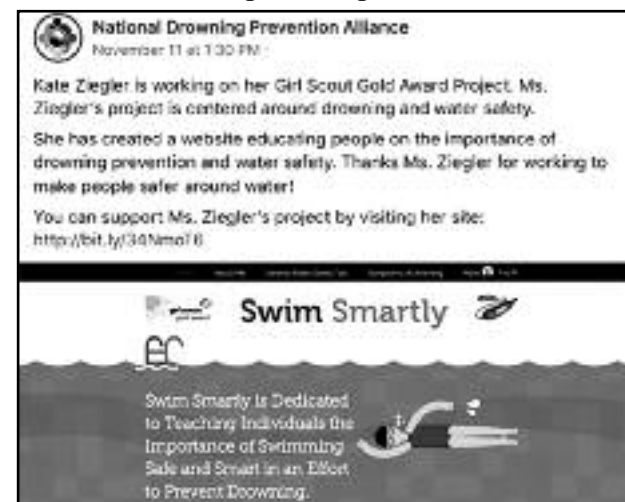
Pool re-openings after the COVID-19 closures have brought attention to the importance of drowning prevention and water safety.

Chatham High School rising senior and certified lifeguard Kate Ziegler took on the challenge of bringing awareness to communities at both local and national levels as part of her Girl Scout Gold Award project. Although she received the award in February of her junior year, she is continuing her project in hopes to further emphasize the importance of swimming smartly and safely in the water.

As a result, she has created a website (www.swimsmartly.com), brochures and business cards to be displayed at pools, as well as, pool stores. These instructional tools include both descriptions and visual representations of how drowning can happen, symptoms of swimmer distress, and drowning prevention. The second part of her project was to hold presentations at various pools to educate caregivers on the seriousness of the drowning epidemic.

In her experience working as a lifeguard, she

has been fortunate enough to save more than one toddler from drowning in the baby pool, while their caregivers were either on their phones, talking to their friends, or consuming alcohol poolside. These experiences inspired her to insure that water safety and attentive supervision in and around the pool are practiced.



(above) Kate Ziegler had her Girl Scout Gold Award project recognized by the National Drowning Prevention Alliance.

JUNIOR LEAGUE OF SUMMIT ANNOUNCES 2020 SCHOLARSHIP RECIPIENTS

Submitted by Dana Felmet

The Junior League of Summit (JLS) proudly names Chatham High School senior Mikayla Meyler, and Governor Livingston High School seniors Domenico Deluca, Jill Zimmerman, and Allie Zimmerman, as recipients of our annual Shirley Wight Keeney Voluntarism Scholarships. As in recent years, the JLS is also offering a Continuing Education Scholarship, which was awarded to Nikki Griffiths of Summit.

"We are continually impressed with the caliber of our scholarship applicants. Each year brings more and more remarkable accomplishments and academic success. The achievements and contributions of these individuals are an inspiration to us all, and we look forward to seeing what they accomplish as they continue their education," said Junior League President, Erika Melchiorre.

Mikayla Meyler of Chatham HS will be attending Georgetown University in the fall. Mikayla has been a longtime active resident of the Chatham community. One of her favorite activities is volunteering as a certified EMT with the volunteer Chatham Emergency Squad (CES). She rides as a cadet on Friday nights riding 4 hours at a time, and she is fully involved with the medical care of the patients. She has also been a Girl Scout since Kindergarten, and the

culmination of her time in this group came together with her Gold Award called Map to the Heart. She is working together with CES to create a virtual map of all of the locations of AEDs in Chatham Township and Borough for the emergency services and citizens to use. She hopes to further her love for the medical field by majoring in biology in college on a pre-med track at Georgetown University in the fall. She is also a peer mentor in her school's freshman ambassador club LINKS. She works to create a smooth transition for incoming freshmen and encourages them to make positive safe choices throughout high school. Apart from the sciences and mentoring, Mikayla has also been very involved in theater during her time in high school. She is a member of the International Thespians society, and she also hopes to continue her love for singing in college.

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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FOUR YOUNG CHATHAM MEN DONATE LANDSCAPING EARNINGS TO CES

Submitted by Craig Alperowitz

For four young men in Chatham, this was not the summer they had planned.

Returning home early from their colleges and universities due to COVID-19, and with summer internships and jobs on hold or uncertain, Owen Calvert, Justin Hayes, Gianmarco Mignogni and Brenden Steigerwald hatched a plan. Together, they decided to form a landscaping business with 10% of all proceeds benefitting the Chatham Emergency Squad.

By early May, the business was up and running - cutting grass, mulching yards, weeding, planting and other odds-and-ends chores needing completion. Thanks to an initial post by Janet Calvert (Owen's mother) on the Chatham Community Forum promoting their services, they were quickly in business. Hard work and positive word of mouth sustained them from May through the end of July, keeping them busy and motivated for the greater task at hand.

By the end of July, the four young men made enough money to donate \$1,500 - much more than they ever anticipated - which represents 10% of all profits. And they proudly presented a check to Evan Skinner, President of the Chatham Emergency Squad.

"We grew up in Chatham, have been friends since 8th grade, and knew we had to do something to help the members of the Emergency

Squad who were taking so much risk for themselves while helping others," said Owen Calvert, a senior at the College of Charleston. "So, we pooled together our equipment resources and got to work," he added.

"We had hoped to make a couple hundred dollars for the Squad, but the response was overwhelming right from the start, and that motivated us to do even more," said Justin Hayes, a recent graduate of the University of Richmond. Brenden Steigerwald, a senior at St. Joseph's University, and Gianmarco Mignogni, a senior at Miami of Ohio University agreed. "We're really proud of what we accomplished in a few short months and are so happy to present this money to the Squad, which takes such great care of this amazing community," they added.

"We felt it was a great initiative when we first learned about what these boys were doing back in May, but it fell off our radar screen with everything else happening," said Evan Skinner, President of the Chatham Emergency Squad. "So, we were pleasantly surprised at the determination and perseverance of these four young men and are truly grateful and impressed by how they followed through on their commitment. This money will go a long way in providing personal protective gear (PPE) for members of the squad as we continue to face the challenges of effective patient care in the midst of COVID-19."



(above, l-r) Gianmarco Mignogni, Owen Calvert, Justin Hayes and Brenden Steigerwald present a check in the amount of \$1,500 to Evan Skinner, President of the Chatham Emergency Squad.

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COVID-19: TIPS FOR MORRIS COUNTY'S OLDER RESIDENTS ON DEALING WITH PANDEMIC 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 partner of Morris County government 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.

COVID-19: FATAL DRUG OVERDOSES INCREASING — SHERIFF URGES REACHING OUT TO HOPE ONE FOR ASSISTANCE

PLEASE CALL FOR HELP IF YOU NEED IT

Fatal overdoses in Morris County are up by 38 percent this year over the same 14-week time frame in 2019, prompting the Morris County Sheriff's Office Hope One team to re-emphasize its network of support services during the COVID-19 healthcare crisis “It's possible that individuals struggling with addiction feel increased stress during this pandemic or, because of social distancing, lack direct contact with supportive friends and family who normally would check on their welfare,” said Morris County Sheriff James M. Gannon.

“Help from the Hope One team is here, just a phone call away. We don't accept that anyone agonizing over a heroin addiction or substance use disorder be alone without resources and support, especially at this very difficult time,”

Sheriff Gannon added.

So far in 2020, 26 individuals in Morris County have suffered suspected lethal overdoses. In the first 14 weeks of 2019, by comparison, there were 16 suspected fatal overdoses.

Statewide there have been 789 suspected fatal overdoses between Jan. 1 and March 31. In the same time frame last year, there were 657 suspected overdose deaths.

If you or someone you care about needs help, contact the following services:

CARES: Center For Addiction Recovery, Education & Success has a 24-hour support line at 973-625-1143. CARES also will deliver Narcan, upon request, in a safe, non-contact way.

HOPE ONE: 973-590-0300. For Narcan training via Zoom, please contact Morris County Sheriff's Office Corporal Erica Valvano at

erice@co.morris.nj.us or at 973-590-0300.

MENTAL HEALTH ASSOCIATION OF ESSEX AND MORRIS:

Peer support line from 5 p.m. to 10 p.m.: 877-760-4987; 866-445-3902; 800-381-2059. The Mental Health Association has added a daytime number for peer support, Monday through Friday, from 11 a.m. to 2 p.m. during the COVID-19 pandemic. Please call: 877-760-4987.

Hope One is Sheriff Gannon's mobile substance abuse and mental health outreach program launched to stem the crisis of opioid addiction and overdoses. It is a partnership with Prevention Is Key, CARES, Daytop-NJ, the Mental Health Association of Essex and Morris, and Morris County Department of Human Services.

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FRIENDS OF THE CHATHAM LIBRARY CONDUCT "1,000 MASKS CHALLENGE"

Submitted by Salli McMorow

In answer to the serious problems Chatham faced with the coming of the Coronavirus pandemic in March, The Friends of the Library of the Chathams launched its "1,000 Masks Challenge," an idea proposed by Library Director Karen Brodsky, which entailed building kits to make the masks, each kit containing a mask design and instruction, fabric, spools of thread and elastic. Each kit contained enough for 24 masks, which were then put into special reusable "Library of the Chathams" tote bags provided by ECLC Pride. Members of the Friends, including Maureen Kelly, Susan Tackaberry, Debbie Fabian, library employees Nellie Brogan, Sandra Echeverri and Cathy Prince, Chatham residents Marla Osinski and Alexandra and Fernando Falcone of Colony Cleaners cut the lengths of fabric needed.

Sue Hoag, president of the Friends, sent a notice out that volunteers were needed to help sew the masks. 115 people stepped forward and the "1,000 Masks Challenge" was launched. When the kits were finished more Friends, including Phyllis and Kent Stevens and Betsy Maltby, delivered them to the volunteer mask makers. Cynthia Merwin and Sue Hoag picked up the finished kits and took them to the Chatham Emergency Squad for distribution.

The number of kits made by Chatham Borough and Township people who volunteered for this worthwhile program was overwhelming. For example, Jun Quon (CB) made 500 kits, Peggy

Melvin (CT) made 500, Elizabeth Stewart made 226, Alexander Falcone made 208, Marla Osinski (CB) did 170, Maria Brunetta (CT) made 146, Sandra Highway (CT) did 144, Nancy Foxon (CT) made 144, Linda Harter (CT) made 120 and Virginie Aris (CT) made 120. Jun and Peggy made some kits in children's sizes at 40 a kit. Some of the people who volunteered came back for their fourth and fifth kits, each kit making 24 masks. The actual number of masks made between March 29 and August 7, has come to 5,900.

When the masks were completed they were given to the Chatham Emergency Squad to distribute to nurses at Morristown and Overlook Hospitals, the Chatham Borough Police Department, Chatham Borough Department of Public Works, Chatham Borough Municipal Offices, Chatham Twp. Department of Public Works, Chatham Twp. Municipal Offices, Chatham Twp. Fire Department, Green Village Fire Department, Bloomfield Department of Health (serving Chatham Township), Westfield Department of Health (serving Chatham Borough), the Garden Terrace Nursing Home, Chatham Hills Sub-Acute Care, Sunrise of Madison Senior Living Center, Sunrise of Florham Park Senior Living Center, Overlook Hospital, Morristown Hospital and the School District of the Chathams (maintenance staff).

The Friends of the Library of the Chathams extend warm and heartfelt thanks to all the wonderfully supportive people who volunteered

and helped with this important program. The "1,000 Masks Challenge" has been a complete success and we thank you all.



(above) Jun Quon, pictured with her family, made 500 kits for the "1,000 Masks Challenge".

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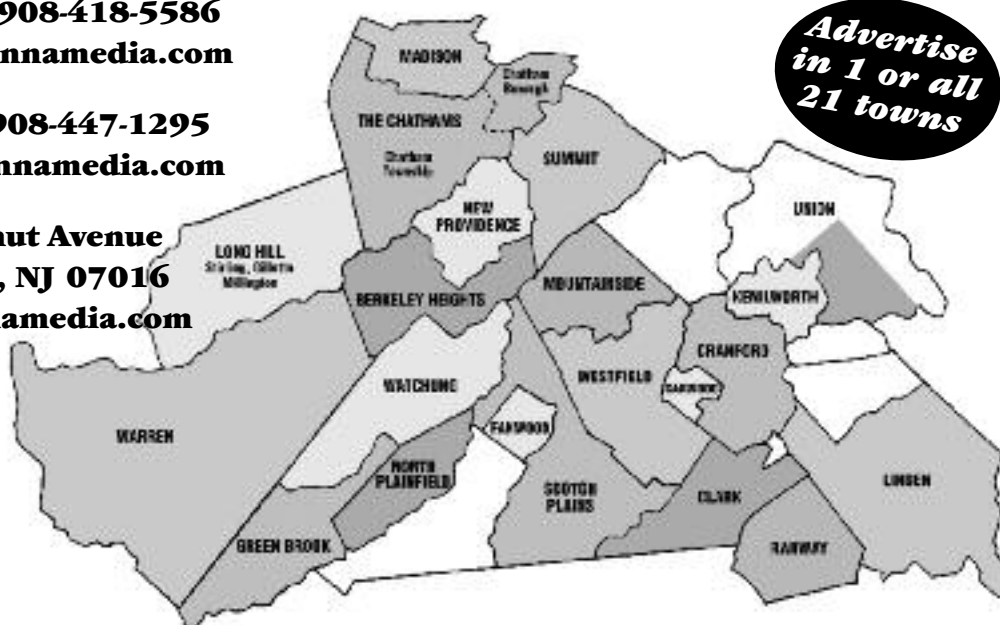
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4 Units	3.25" x 8" or 6.5" x 4"	\$180	\$450	\$700	\$900	\$1100	\$1300	\$1500	\$1700
6 Units	6.5" x 6.25" or 10" x 4"	\$240	\$600	\$900	\$1200	\$1400	\$1600	\$1800	\$2000
9 HALF PAGE	6.5" x 9" or 10" x 7"	\$320	\$800	\$1000	\$1300	\$1600	\$1900	\$2200	\$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
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Thank you. - Joe Renna

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

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