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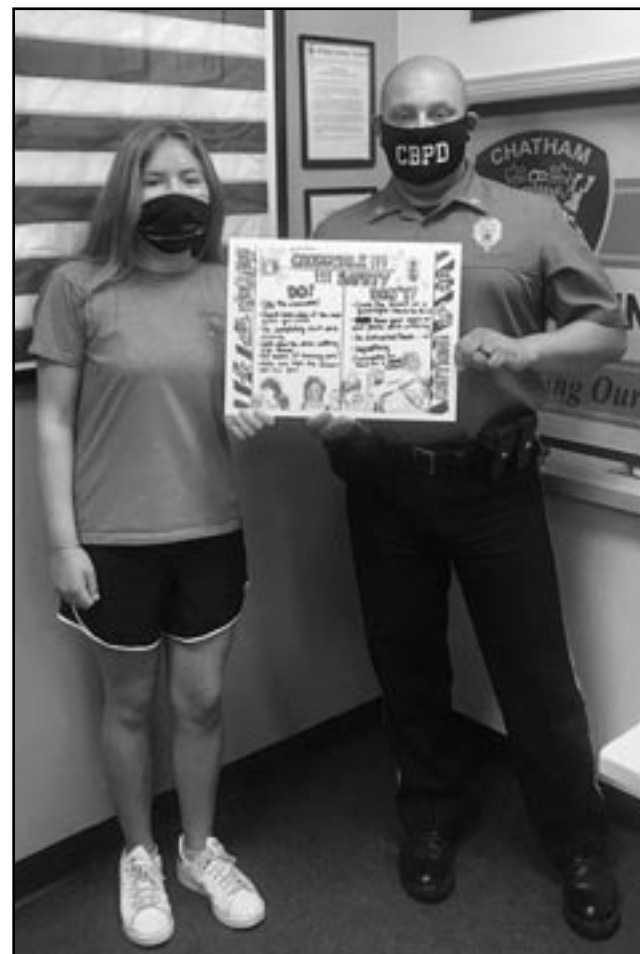
## DIANA CARBONE COMPLETES SILVER AWARD PROJECT

Chatham Girl Scout Diana Carbone of Troop 95732 completed her Silver Award project this fall by placing crosswalk safety signs near schools throughout Chatham Borough. With the help of Chatham Middle School art teachers Ms. Kovacsofsky and Ms. Keeshen, Diana ran a poster contest at the Middle School last winter. The winner, Selina Huang, designed the poster and Diana copied them and posted them. It was Chatham Borough Traffic Safety Roy George and Officer Brian Maher who suggested the poster project, when Diana came to the police to ask what she could do about crosswalk safety near the middle school and other schools and even downtown.

Diana first noticed the need for safer cross walks at the Main Street crosswalk near Chatham Middle School. The 6th-8th graders often walk across outside the crosswalk lines or look down at their cell phones instead of watching oncoming cars on busy Main Street. She also saw some adults crossing in dangerous ways on Main Street and thought she'd like to increase safety for everyone.

Diana said, "I hope my posters really do spread awareness of how to stay safe. They may even prevent a child or adult from being hit by a car."

Diana also said that the project "made me realize that even a small project can make a difference in public safety for a small community such as Chatham."



(above) Diana presenting pedestrian safety sign to Officer Brian Maher.

### CHATHAM SAFE ROUTES TO SCHOOL

We are a community volunteer effort with representatives from schools and local government. Chatham Safe Routes to School is part of a national effort supported by the New Jersey Department of Transportation. The program is designed to 1) Enable and encourage children to walk and bike to school; 2) Make biking and walking to school a safer and more appealing transportation alternative, thereby encouraging a healthy active lifestyle from an early age; and 3) Facilitate the planning, development, and implementation of projects and activities that will improve safety and reduce traffic, fuel consumption, and air pollution in the vicinity of schools.

Follow Chatham Safe Routes to School on Facebook.



(above) Diana with one of the lawn sign safety posters at Milton Avenue School.

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## FREE FLU SHOTS FOR HOMEBOUND SENIORS & ADULTS WITH DISABILITIES

Morris County's Office on Aging, Disabilities, and Community Programming has partnered with Atlantic Health System to provide and administer flu shots to homebound seniors and adults with disabilities at no cost to the recipients.

Supplies are limited, and to qualify for a shot recipients must be Morris County residents, homebound, 60 years of age or older, or a homebound individual with a disability who is between the ages of 18 and 59. Flu shots are important to populations such as seniors and people with disabilities, who are more vulnerable to the flu, particularly during the COVID-19 pandemic.

"Providing at home services, such as this, is especially important for our seniors during these times, as it minimizes potential exposures for the most vulnerable population. The CDC recommends a yearly flu shot, and it is even more important this year as it may decrease the risk of co-infection to this high risk population," said Christine Hellyer, Director of the Morris County Office on Aging, Disabilities, and Community Programming.

The flu shots are part of an ongoing effort in Morris County to connect seniors and adults with disabilities to community resources during the pandemic.

"We began to receive calls from seniors requesting options for flu shots administered in the home. When we reached out to public health nurses and community providers, we found few resources for this requested service. The Office on Aging then sought out to partner with an organization to provide this service to seniors who are homebound or were concerned with going to a clinic or their doctor's office during the pandemic," Hellyer explained.

Providing at home services is especially important for seniors during the pandemic because it minimizes the potential of their exposure to the virus. Offering the option to have the flu shot administered by a trusted partner such as Atlantic Health also allows for a sense of relief for those who are unable to get to a provider.

To request an appointment for a flu shot, call Solangel Patarroyo at 973-971-7259 or reach out through email at: Solangel.Patarroyo@atlanticehealth.org.

## NEW FUNDING AVAILABLE TO BUSINESS OWNERS

The Morris-Sussex-Warren Workforce Development Board (WDB) announced that funding is available to New Jersey businesses to train their existing employees with new skills and to recruit new workers through on-the-job training programs.

Employers are eligible to receive up to \$5,000 per employee, according to the WDB, which also announced that the participating businesses are able to decide who receives the training and select the in-demand occupation, industry-recognized credentials and skills involved.

Funding also is available to help cover the costs of training full-time new hires. The WDB will reimburse up to 75 percent of each employee's salary for up to six months while individuals are being trained in their new positions. There are no penalties should an employee not meet a business's requirements.

For more information contact Beth Rodgers, Associate Director of Business Services, 973-631-5145 or send an email to brodgers@co.morris.nj.us.

Other support services available to New Jersey businesses include:

New Jersey Career Connections: [careerconnections.nj.gov/careerconnections/for\\_businesses.shtml](http://careerconnections.nj.gov/careerconnections/for_businesses.shtml)

Employers in critical industries should submit information about openings with urgent hiring needs related to COVID19 at: [jobs.covid19.nj.gov/intake](http://jobs.covid19.nj.gov/intake)

The Morris -Sussex-Warren Workforce Development Board is committed to providing needed funding, services and resources to support businesses and to assist employers as they adapt operations and readjust their workplaces as a result of the COVID-19 pandemic.

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## CHATHAM DEDICATES TREE TO FALLEN SOLDIERS

Five Chatham soldiers were lost in WWI and following the war, in their honor 5 red oak trees were planted. Because these trees were lost over the years, on the 100th Anniversary of the start of WWI, The Chatham Historical Society, rededicated a new red oak tree in memory of these men and their service.

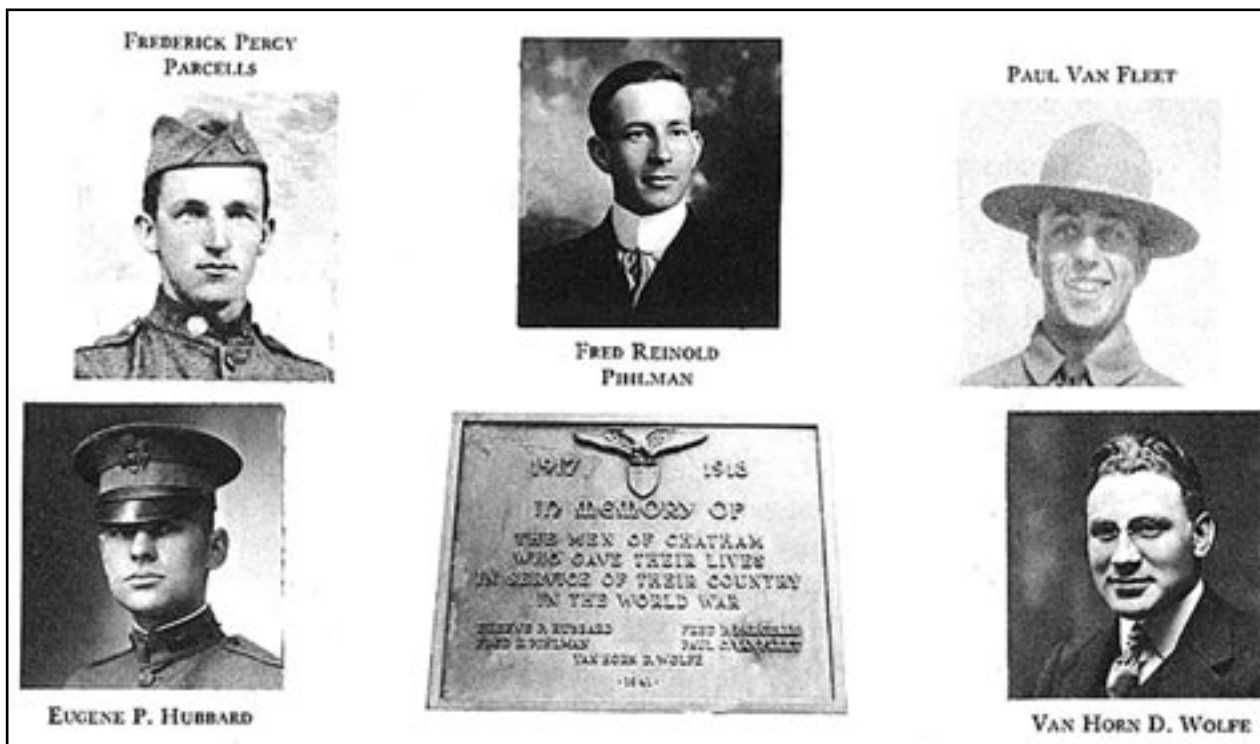
**Fred R. Philman** was a graduate of the first class of Chatham High School in 1911.

**Frederick P. Parcells** was a volunteer fireman. **Van Horn D. Wolfe** was a talented artist and architect working in NYC.

**Eugene P. Hubbard** was a graduate of Middlebury College.

**Paul C. Van Fleet** was engaged to be married when he enlisted.

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After graduating from medical school, Dr Somma served his internship in Internal Medicine at Trinitas Regional Medical Center. He then completed his residency in Internal Medicine at Seton Hall Post Graduate School of Medicine, where he was elected Chief Resident of Internal Medicine in his final year.

Dr. Somma has been in practice in Union and Middlesex counties for over 20 years, with an emphasis on excellence and compassion for his patients. He has served as the physician for the Elizabeth Fire Department, the Board of Health of Hillside and has served the Board of Education for Woodbridge NJ. He was granted the Humanitarian of the Year Award by Trinitas Health Foundation in May 2014, for his dedication to the community and his outstanding service to the goals of the Foundation.

Dr. Somma has special interests in various fields of Internal Medicine, including diabetes, obesity, cardiovascular diseases and arthritis/rheumatology. He has represented to major pharmaceutical companies, such as Schering-Plough and Pfizer, in a consulting and educational role for his peers. Dr. Somma has been a clinical educator for Seton Hall's Physician Assistant Program as an Associate Professor of Medicine for their Internal Medicine program.

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# CHATHAM BOROUGH POLICE DEPARTMENT SMART911 PROGRAM

## BEREAVEMENT SEMINAR ON ZOOM

Submitted by Virginia Waters, PhD  
and Patti Williams, RN

We are all navigating through especially challenging times due to the ravages of the pandemic, exhaustion from political conflict, depletion of our resources, the loneliness of increased isolation, and the unprecedented chaotic environment in which we currently exist. When you are also grieving a loss in the midst of all these stressors, life can become very dark and everyday may seem overwhelming.

As we enter the darkest time of the year, we offer a ray of light and welcome you to join the Journey Toward Wholeness bereavement seminar. The seminar, sponsored by the First Presbyterian Church of Cranford, grew out of a spark from Dr. Bruce Williams who co-created this program 20 years ago. Due to our respect for keeping our participants safe, the program has transitioned from in person to a ZOOM platform which allows us to include participants from a wider distance.

The co-leaders of the program Patti Williams, RN, Certified Bereavement Counselor, and Virginia Waters, PhD have both personal and professional training and experience in the field of grief and loss and are joined by a team of trained facilitators who provide support and lead breakout groups for individuals with like losses.

Follow the light to find comfort, support, tools, and connection at our next seminar.

The seminar begins Sunday, January 10, 2021 for 6 consecutive weeks, from 6:30 p.m. to 8:30 p.m. Meet us on ZOOM, a meeting link will be provided upon registration. Register by calling Patti Williams at 908-709-1341.

We Welcome all who have experienced loss of any kind, in the past or present. All faiths are welcome. We also welcome all who have previously attended this Seminar to return for a refresher.

There is no cost for this seminar. We have had over 3,500 participants over 20 years. Come join us as we light up the darkness together.

With Smart911, you can provide 9-1-1 call takers and first responders critical information you want them to know in any kind of emergency.

When you call 9-1-1, your Smart911 Safety Profile displays on the 9-1-1 screen and the 9-1-1 call takers can view your addresses, medical information, home information, description of pets and vehicles, and emergency contacts. You can provide as much or as little information as you like.

Smart911 is a FREE national service meaning your Smart911 Safety Profile travels with you and is visible to any participating 9-1-1 center nationwide.

### ALWAYS BE NOTIFIED

With Alerts powered by Smart911, you can sign up for notifications from your community to keep you informed of weather, traffic, and other emergencies. Hear immediately about life-saving actions you must take to keep yourself and your family safe.

- Receive information about severe weather and how your community plans to prepare and act.
- Avoid being late for that meeting again! Stay on top of traffic incidents and road closures.
- Find out about emergencies in your area, such as gas leaks, missing persons, ongoing police pursuits, or other incidents that impact safety.
- You can select the types of notifications you want and how you want to be notified.

### DON'T GET LEFT BEHIND

During a disaster, at-risk individuals with access and functional needs require additional help before, during, and after an incident. With Smart911, at-risk individuals can sign up and share their medical and access and functional needs requirements with their community's emergency managers. This online portal of at-risk residents helps emergency managers better plan and identify residents in need of assistance during a disaster.

Residents provide any information they wish to share during emergency planning, response, and recovery efforts. Participation in the access and functional needs registry is strictly voluntary and participants are encouraged to provide the following:

- Full name, address, and contact information
- Caregiver contact information
- Medical conditions and medications
- Nature of disability
- Pets, service animals, livestock
- Home power and utility information
- Access to vehicle and ability (or inability) to evacuate

Sign up for Alerts powered by Smart911 at [chathamborough.org/chatham/](http://chathamborough.org/chatham/) to take a large step toward improving your personal safety. Click on the Alert Chatham Borough icon on the top of the Chatham Borough webpage to sign up for Smart911!

## ACT NOW CHATHAM TOWNSHIP

Signing up for ACT NOW Chatham Township enables you to receive emergency notifications by phone, email, text, or social media, to help ensure you stay informed during major storms or other emergencies taking place in Chatham Township or Morris County. Registrants have the ability to enter multiple addresses located in multiple jurisdictions within a single profile. If you care for a someone who lives in another Morris County municipality and want to be notified of issues affecting that person's municipality, your one registration process will satisfy that need.

ACT NOW Chatham Township also offers a free Smart911 signup option for county residents, providing a greatly enhanced and potentially lifesaving 9-1-1 emergency call service for anyone who registers for it.

Smart911 is FREE, and your information is secure, accessible only to a 9-1-1 call taker. This service can provide key information to responders that can make your family and friends safer.

### FOR EXAMPLE:

Address Details: How to access your home, number of bedrooms, location of utility shut-offs, and if you live in a multi-family building;

Family Details: Number of residents, ages, photos of children, and your landline and mobile phone numbers;

Medical Information: Medical conditions of certain residents, medications taken/required, allergies, mobility of residents, and if special equipment is needed in an emergency;

Animals: A list of your pets, service animals and livestock, and their names so responders are aware of them as they enter your home. Also, include the name of your veterinarian;

Emergency Contacts: Family members, friends or neighbors to be contacted in case of an emergency;

Vehicles: Make, model and license plate number in case of a motor vehicle accident.

Residents can choose to provide what information they want to give first responders through Smart911.

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# FREE A CAPPELLA SINGING WORKSHOPS ON ZOOM

Looking for joy in the new year? Love to sing? Making the most of the Zoom world, The Hickory Tree Chorus chapter of Sweet Adelines International offers a free Winter Sing series. Join the chorus via Zoom on Wednesdays in January, 7:15 to 9 p.m.

The chorus sings a variety of music, including old-fashioned love songs, Broadway, Disney, Beatles, and more. Using learning tracks and breakout rooms, singers continue to pursue their passion for singing via Zoom.

Hickory Tree is an award-winning women's

chorus singing four-part a cappella harmony in the barbershop style. We are passionate about music, performance, fun and friendship. We believe every voice counts and encourage women singers of all ages, colors, ethnicities, and orientations to visit us and share our joy of music.

Please contact the Chorus for the Zoom link for the free Winter Sing 2020 Workshops by email, [info@hickorytreechorus.org](mailto:info@hickorytreechorus.org) or call 908-377-1399. For more information visit [hickorytreechorus.org](http://hickorytreechorus.org).



(above) The Hickory Tree Chorus chapter of Sweet Adelines International is offering a free Winter Sing series. Join the chorus via Zoom on Wednesdays in January, 7:15 to 9 p.m.



## AMERICAN LEGION HOLIDAY DONATIONS

*Submitted by Maryann Doherty*

At a November meeting of the American Legion Auxiliary Unit #43, Family Promise in Morristown was selected by the Community Service Committee to receive a donation to be used for its work with a homeless family during the holidays. At the same time it was decided to send Toys for Tots a donation from the Children and Youth Fund to bring joy to a needy child.

Because the Veterans Administration Hospital at Lyons is in lockdown and outsiders are not allowed to visit, the Unit approved sending donations on a regular basis to the recreation department at the hospital to provide for pizza or ice cream parties on the various wards during the pandemic.

The Unit wishes to thank everyone for their support and generosity during the very difficult year we have been going through and look forward to a bright and happy 2021.

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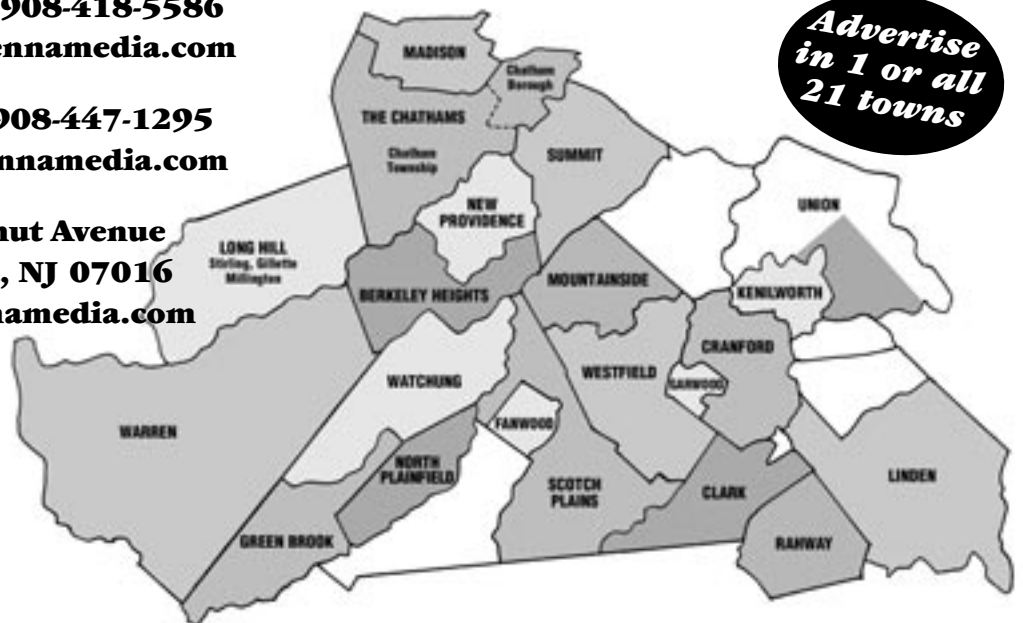
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6 Units	6.5" x 6.25" or 10" x 4"	\$240	\$600	\$900	\$1200	\$1400	\$1600	\$1800	\$2000
9 HALF PAGE	6.5" x 9" or 10" x 7"	\$320	\$800	\$1000	\$1300	\$1600	\$1900	\$2200	\$2400
12 Units	10" x 8"	\$360	\$900	\$1200	\$1500	\$1800	\$2100	\$2400	\$2700
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## SUBURBAN CHIROPRACTOR CELEBRATES 36 YEARS OF SERVICE

The Suburban Chiropractic Center, located at 301 Main Street in Chatham, New Jersey will celebrate their 36th anniversary on January 7, 2021. Dr. Joseph J. Murphy began the center in 1985 to offer the community a natural alternative to the traditional allopathic medical facilities in the Chatham area. They owe their success to the loyal patients who have continued with them, referred their friends and family, and to their efforts to provide the highest level of service possible.

Dr. Joseph J. Murphy, Director of the Center explains, "We are elated to be celebrating 36 years. We are blessed to be entering our 37th year of service to this fine community." He continues, "We have tried to give back to the community in every way and it shows through the happiness and health of our patients and their continued support." His office manager, who is celebrating her 26th year in the practice, Mrs. Lynn Egan adds, "It gives me a great sense of satisfaction that the community has rewarded us for our dedication by their continued praise and support." Massage Therapist and CA, Janis Piccirillo, CMT has also been a longtime member of the team with 22-years of service; and Trevor DeFrank, CA is the newest member joining in 2019.

The Suburban Chiropractic Center has been the recipient of numerous awards over their 36-year history including Business of the Year and letters of praise from previous Mayors of Chatham, former State Senator Leanna Brown, Senator Walter Cavanaugh, Congressman Rodney Frelinghuysen, Assemblyman Walter D. Gaetano, and Governors Christie, Corzine, Whitman, and Florio.

Dr. Joseph J. Murphy, Director of the Center, is past president of the NJ Board of Chiropractic Examiners where he was appointed by Governor

Christie Whitman in the year 2000. He's a former president of the New Jersey Chiropractic Society, the Morris County Chiropractic Society, and the Chatham Chamber of Commerce. He was recently re-appointed to the Chatham Mayor's Wellness Committee where he has served since 2011, and has previously served on the Chatham Borough Historical Commission.

Dr. Murphy, Office Manager Lynn, Massage Therapist/Chiropractic Assistant Janis and Chiropractic Assistant Trevor will be holding an open house to celebrate their anniversary in the upcoming months. You can find out much more about the Suburban Chiropractic Center by visiting their website at [drmurphy.com](http://drmurphy.com).



(above) Dr. Joseph J. Murphy

## THE LIBRARY OF THE CHATHAMS

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Mon-Thurs 10 am – 8:30 pm,  
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### Ten Bags to Toss: How and What to Declutter this Year with Jamie Novak

Thursday, January 14 at 7 pm

Are you ready to start the New Year off on a clutter-free note? Join best-selling author, organizer and humorist, Jamie Novak for a virtual presentation about how to apply her signature 10 bag toss method. Jamie will guide you through a live decluttering session and offer new strategies to keep your home clutter-free. You won't want to miss this workshop. You may join the presentation by clicking on the Zoom link or dialing the phone number on the library's website under the adult events category found at [www.chathamlibrary.org](http://www.chathamlibrary.org)

### Well Born Science: Assessing the Legacy of Eugenics in America

Tuesday, January 19 at 7 p.m

Paul A. Lombardo, Ph.D., JD, Regents' Professor & Bobby Lee Cook Professor of Law at Georgia State University College of Law, will present a virtual lecture on the legacy of Eugenics in America. More than 100 laws were passed in the US during the 20th Century, both federal and state, that reflected ideas associated with the eugenics movement. This presentation will survey them with an analysis of the popular beliefs people associated with "eugenics" in the first two decades of the 20th Century including references to "Better Baby" and "Fitter Family" contests to the proliferation of commercial advertising that highlighted eugenic ideas. Many of these were absorbed into the country's political and legal culture, including sterilization laws for people deemed "socially inadequate." You may join the presentation by clicking on the Zoom link or dialing the phone number on the library's website [www.chathamlibrary.org](http://www.chathamlibrary.org)

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**Suburban  
Chiropractic  
Center**



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Chiropractic Physician  
PAST PRESIDENT  
The NJ Board of  
Chiropractic Examiners  
The NJ and Morris  
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