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HAPPY 107TH BIRTHDAY EDWARD!

Submitted by Councilwoman Rachel Pater
On Sunday January 31st, Edward Verlangieri's family and the Mountainside community celebrated his 107th birthday outside with a drive by from the Mountainside Fire Department, Police Department, Rescue Squad, and some very special guest singers.
The Boy Scouts and Girl Scouts dropped off birthday treats in a special box outside of Edward's home.
Edward Verlangieri was born January 31, 1914 in Orange, New Jersey. He moved to Mountainside in 1952 with his wife Mariann, who he was married to for 69 years.



(above) Edward Verlangieri with his family



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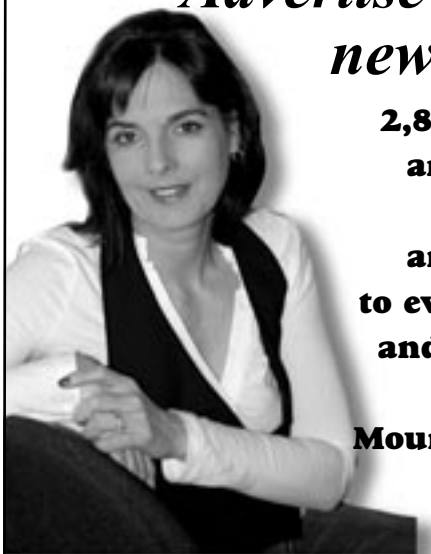
Community service organizations, schools and sports teams are encouraged to submit news of upcoming events or highlights and photos from recent events.

Organizations who are interested in submitting content, please email:
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Reserve space in the next issue. Call Tina today at 908-418-5586 or email info@rennamedia.com

CLOTHING DRIVE A HUGE SUCCESS

Submitted by Carlos Martinez

Mountainside Boy Scout Troop 177 would like to thank all of the residents that participated in the clothing drive that took place on January 16th. Scouts spent the Saturday collecting dozens

of bags of donated clothing, household items, car seats, bikes, and other items to be shipped to people in need throughout the world. The collection company had to send for a second truck.



Photos by Mountainside Boy Scout Troop 177

LEAGUE OF WOMEN VOTERS MARCH MEETING

March is Women's History Month. The League of Women Voters of Berkeley Heights, New Providence and Summit will be hosting Patricia Teffenhart, Executive Director of the New Jersey Coalition Against Sexual Assault at its March meeting.

On March 16, Ms. Teffenhart will speak about the "State of Sexual Violence in New Jersey: where we are and where we need to be." This will be a virtual meeting. To receive the link, please email LWVBHNPS@yahoo.com.

(right) Patricia Teffenhart, Executive Director of the New Jersey Coalition Against Sexual Assault, will speak at the League of Women Voters of Berkeley Heights, New Providence and Summit's March meeting.





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GL STUDENTS PERFORM 'TOGETHER, BUT APART'

Music is what brings us together and our Governor Livingston musicians continue to shine (and perform) in spite of any obstacles thrown at them by the pandemic. Since GL was unable to have a winter concert due to the COVID-19 pandemic, the first semester Jazz Improvisation class, under the direction of music teacher Josef Ellis, put together a virtual recording to culminate the semester and to share with the community. Throughout the course, students not only learn how to perform, they also learn how to speak the language of Jazz. For the recording, the students followed a 'click track' since they were unable to record it together as an ensemble.

The first semester of Jazz Improvisation, an elective course offered at GL, consisted of 14 students from across all the grade levels and all at different points in their musical journeys. Throughout the course students work on many different jazz standards and the theory/history

behind each tune. According to Mr. Ellis, "We chose "Blue Bossa" for our final performance since it seemed to be a class favorite. I sent the students a 'play-along track' that outlined the layout of the tune. The students then had a few days to make a solid recording for the project. Once they were satisfied with their recording, they sent it over to me. I then compiled the individual videos to make it into a virtual ensemble recording. The whole process from beginning to end took a few days to complete and resulted in the video that we have shared."

Mr. Ellis added, "Working with students during the ever changing pandemic can be difficult at times, but this group of kids was always up for a challenge. Whether we were in person or with each other via zoom, the students always put their best foot forward to create music together. Music is a universal language that binds us all together."

Thank you Mr. Ellis and all of your students for this wonderful and creative performance and for sharing it with all of us.

You can view the performance on the YouTube channel Governor Livingston High School.



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Edward Anthony Somma, MD
Internal Medicine

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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SAGE'S MEALS ON WHEELS PROGRAM DELIVERS RECORD NUMBER OF MEALS DURING COVID-19

Submitted by Cindy Potters

As the pandemic forced businesses and services to close in 2020, the demand for SAGE's Meals on Wheels kept increasing. By the end of the year, the nonprofit delivered a record breaking 50,000 meals, an increase of 7,000 over the previous year. Family members who were unable to visit and offer support to their older adult relatives called on Meals on Wheels for help. The meal service became an increasingly important resource for food and a means for having someone check in on loved ones.

According to Marianne Kranz, Director of Meals on Wheels, she, her staff and many volunteers continued to go to the SAGE building at 290 Broad Street in Summit every day during the pandemic to pack and deliver meals. Community organizations and area residents pitched in by donating what was needed. Along with frozen meals and nonperishable food items, people dropped off toilet paper and paper towels,

masks, baked goods and made monetary donations. "Our goal was to provide our clients with extra food so they wouldn't have to worry about leaving the house to get to a grocery store," said Kranz. "There were also people coming home from the hospital alone, scared and food insecure."

Meals on Wheels was there to help and continues to be a vital support to those in the community who need it. The average age of someone receiving meals is 83. Half of these clients live alone and 65% rarely see anyone other than the volunteer who brings them their meal.

If you or a family member is in need of meal assistance, call 908-273-5554. Meals on Wheels delivers to: Berkeley Heights, Chatham, New Providence, Millburn/ Short Hills, Mountainside, Summit and Springfield.

Since 1954, SAGE Eldercare has been helping make the communities it serves amazing places to age. The non-profit organization provides a wide array of information, support, and services designed to help individuals lead the most independent and active lives possible. If you are in need of Meals on Wheels or would like to make a donation, please call 908-273-5550 or visit sageeldercare.org.



(left) Meals on Wheels Coordinator, Robin Handwerger sorts through donations from community organizations and area residents made during COVID-19. If you are in need of Meals on Wheels or would like to make a donation, please call 908-273-5554.



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LOCAL GYM GETS CRUSHED BY PANDEMIC

In 2007, Gabriele Fitness founder, Vince Gabriele, started a Sports Performance training business out of the back of his pick-up truck. Over the past 13 years, the Berkeley Heights based gym has worked with thousands of youth athletes between the ages of 6-18.

When the pandemic struck in March of 2020, the Sports Performance program at Gabriele Fitness was hit hard. They tried to move it on-line but had little success.

Since Covid-19 was too much they decided to put the program on the back burner. They focused on their adult personal training program which held strong due to a very loyal core membership.

It's been close to a year since they shut the Sports Performance program down, but a huge announcement was recently made.

THE HUGE ANNOUNCEMENT

Founder, Vince Gabriele, announced they are bringing the Sports Performance program back and have been behind the scenes working on a full-fledged re-brand.

The new program will be called Grit Athlete Performance. It will serve local youth athletes ages 6-18 who want to perform better at their respective sports.

Founder, Vince Gabriele, was asked why he decided to bring the program back and his answer was very inspiring.

THE STORY THAT IGNITED THE FIRE

Gabriele was sitting at his normal table at the Prestige Diner when a young man in his 20's came up to him, looked him in the eye and shook his hand.

The young man was a student in their Sports Performance program close to a decade ago. He went on to tell Gabriele how much he had learned and still uses the nutrition, fitness and life lessons today.

He entered the program as a slow, shy and awkward kid but transformed himself into a strong, confident healthy adult.

"This was the moment", Gabriele said.

"The moment I knew we needed to bring the Sports Performance program back so we could continue to help create stories like this."

A HAND-SELECTED TEAM OF TRAINERS

Gabriele went out and hand-picked a brand-new team to transform this into the premier Sports Performance training program in the area.

The full-time job of this new team will be to help athletes ages 6-18 get strong, fast and confident so they can build a bigger and better future.

Grit Athlete Performance will help kids get stronger and faster so they can perform better at their sports. The true goal is bigger than that and goes beyond their athletic career.

Grit is not something you need just in sports. Grit is a character quality that every successful human being has had in their life. When you have grit you continue to have the power. When you have grit, anything is possible.

That'll be the take home message when they launch this new program on March 15th. Grit will have 3 programs that serve the following age groups:

- 6-8 years old
- 9-13 years old
- 14+

A VIRAL RESPONSE FROM LOCAL PARENTS

Gabriele recently put a message out to his local list and on the community forum sites with the announcement. The response was overwhelming.

Well over 100 people responded with strong interest to reserve spots in the new program. The first block of training will go from March 15-June 15th. They have stated they will only be taking 50 athletes for the first run. They expect to be fully sold out by March 1st.

HOW TO REGISTER YOUR CHILD

If you have a child that is in these age groups and have interest in signing your child up for their March 15th-June 15th program, please visit:

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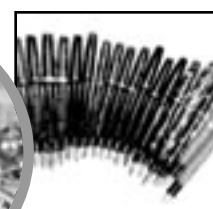
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- They need to improve their confidence and you want them to start to get better at recovering from their mistakes.
- They're doing pretty good right now but want to take their performance in their sport to a higher level.



Here's what parents can expect to happen:



- They will get stronger which means when they show up to their sport they'll be able to perform better than ever.
- They will run faster and jump higher so they can show up to their next season and people will start asking what the heck have they been doing.
- They'll become more coordinated and improve agility which means they'll pick up new skills their coaches teach them faster.
- Your children will start to eat better because we'll be educating them daily on what's good and what they should avoid...don't be surprised if they start asking you to buy more vegetables.
- Confidence will skyrocket. When kids get stronger, faster and more fit ...their confidence will rise...so will their self-esteem which means their performance in every aspect of life will get better.
- Their mindset will improve. We're going equip your child with very specific mindset skills that'll help them learn how to transform how they think about mistakes and failures.

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About Grit Athlete Performance (A Gabriele Fitness Company)

GRIT helps kids ages 6-18 get strong, fast and confident so they can build a bigger and better future. They are located in Berkeley Heights inside Gabriele Fitness. All Grit coaches have been handpicked via a very lengthy interview process by Gabriele Fitness founder, Vince Gabriele.

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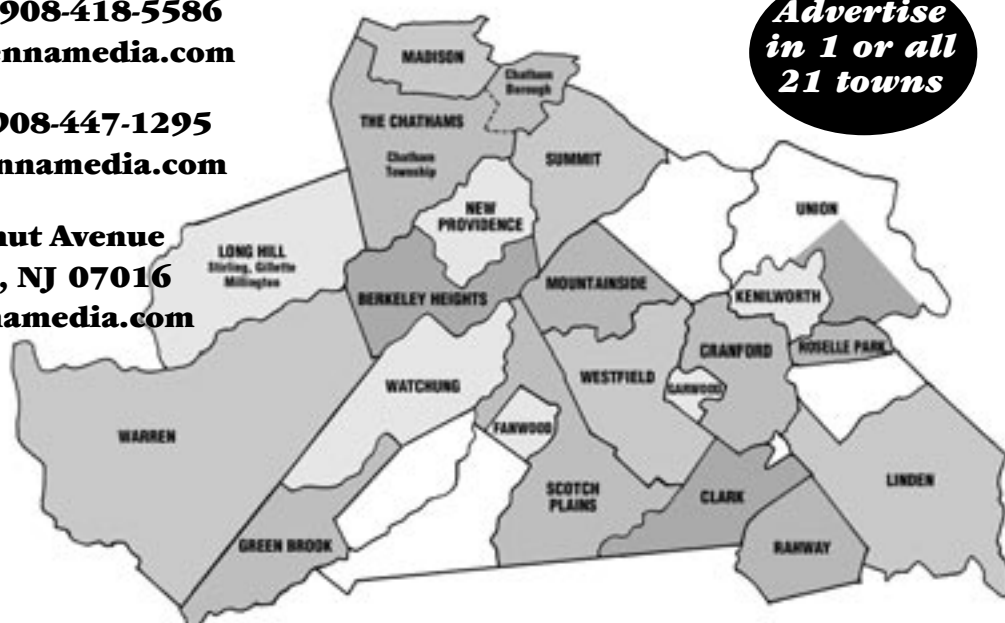
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WHEN SHOVELING REMEMBER THE MAILBOX

It takes more than a few flakes to deter letter carriers from making their appointed rounds. But, if they cannot reach your mailbox, they cannot deliver your mail.

The Postal Service treats safety and service with equal priority. That's why we remind you to include that mailbox in your snow removal routine.

Letter carriers are on the front line of severe weather conditions. Doorstep deliveries, painted porches and steps quickly grow hazardous. While

salting and rubber-backed mats help, we rely on you to clear the snow. If there's a warm spell, and the melting snow puddles, a quick freeze can make a sidewalk slick again.

Residents who receive delivery to roadside mailboxes also must keep the approach to, and exit from, the mailbox clear of snow or any other obstacles, like trash cans and other vehicles. The carrier needs to get in, and then out, without leaving the vehicle or backing up. The area near the mailbox should be cleared in a half-moon shape to give the carrier full visibility.

Please watch for slow-moving postal vehicles, carriers on foot, and children that play near mailboxes or snow banks. And don't zip by neighbors who are clearing mailboxes or collecting their mail. Let's all stay safe.

The Postal Service receives no tax dollars for operating expenses and relies on the sale of postage, products and services to fund its operations.



(above) We Need Clear Access to Deliver, Postal Service Says

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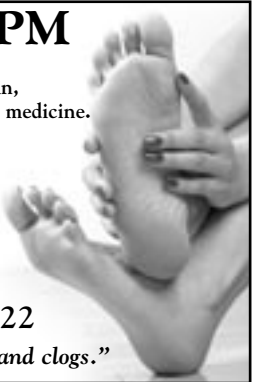
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