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DOORS OF MOUNTAINSIDE POSTER TO BENEFIT RESCUE SQUAD

Coldwell Banker Realty Westfield West

When COVID-19 shutdowns began in Spring 2020, we all watched in earnest and with the utmost concern as first responders worked around the clock at great personal risk. Coldwell Banker Westfield West Agents began to brainstorm ideas to show their appreciation and provide meaningful support for our local first responders during the COVID-19 pandemic.

Branch Vice President George Kraus had the idea of producing a limited edition "Doors of Mountainside" poster that could be sold to the public with 100% of the net proceeds going to support the Mountainside Rescue Squad. A committee of sales agents who live in or are from Mountainside volunteered to identify a collection of residential doors that were representative of Mountainside's architecturally diverse neighborhoods, as well as those that had unique characteristics or historical significance. With the help of Diane Kontra, Beth Sullivan, and Nancy Jean Walker, dozens of doors were identified, and those homeowners were contacted to discuss the project. We are deeply grateful for the many homeowners who graciously agreed to be included.

For those who would like to make a financial contribution to the Mountainside Rescue Squad and receive a Mountainside keepsake in return, Coldwell Banker Westfield West now has beautiful 18" x 24"

color posters, suitable for framing, that are available for purchase at \$20.00. Other posters available are Cranford, Fanwood, Scotch Plains, and Westfield, with 100% of those net proceeds supporting their respective Rescue Squads. To order, either call (908) 233-0065, email George.kraus@cbmoves.com, or stop by the office located at 600 North Avenue West in Westfield, Monday through Friday between 8:30 a.m. and 5:00 a.m.. Acceptable forms of payment are cash, check, and Venmo.



(above, l-r) Members Reza and Chris of the Mountainside First Aid Squad with a framed poster of "Doors of Mountainside".

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Joe Renna at 908-447-1295 email: JoeRenna@RennaMedia.com

MOUNTAINSIDE

Mountainside View is published by Renna Media. 2,800 newspapers are printed monthly and mailed to every business and resident in Mountainside.

Although great care has been taken to ensure the information contained within is accurate, Renna Media assumes no liability for errors or omissions.

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PROMOTE YOUR COMMUNITY EVENT

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

Organizations who are interested in submitting content, please email: editor@rennamedia.com

Mountainside View
is online at
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Mountainside View

DONATE UNWANTED BICYCLES

On Saturday, May 8, from 9 a.m. to 12 noon, Faith Lutheran Church, 524 South Street in New Providence, will be collecting second-hand bikes for use by adults and children in third world countries.

The collection is being conducted on behalf of Pedals for Progress (P4P), an organization which annually recycles 6,000 bicycles for persons in developing countries.

Anyone with a bicycle in repairable condition is urged to donate to this worthy cause. Bikes may be dropped off at the parking lot next to the church. Members of Faith will repair and process the bikes for shipment.

Since 2002, Faith Lutheran has been collecting bikes. In 2020, 170 bikes were collected from

persons in New Providence, Berkeley Heights, Mountainside, Westfield, Warren, Scotch Plains and Fanwood. This range of towns was aided by articles published in Renna Media town newspapers.

Every year affluent Americans buy 22 million new bicycles and discard millions of old ones, abandoning many more in basements, sheds and garages. Most of these end up in our already overburdened landfills.

P4P ships its reconditioned bikes to persons in need of countries in Latin America, Africa and Asia. The bikes provide reliable transportation to commute to work, transport produce to market, access health care and other services. Steady employment for adults is vital to the development and success of these economies.

Persons who have bikes but are unable to deliver them to Faith on May 8 may call the church office on 908-464-5177 or email family.faith@verizon.net.



(above) Alana Lamberti of Faith repairs a bike for shipment.



(above) Bikes filled the P4P truck to capacity.



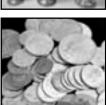
Reserve space in the next issue. Call Tina today at 908-418-5586 or email info@rennamedia.com

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action for lifesaving change!

The American Cancer Society (ACS) Relay For Life of Berkeley Heights invites the community to rally together as part of the Relay For Life of Berkeley Heights "Light The Fight" Event at The Grove at Connell Park on Tuesday, June 1, 5:30 - 10 p.m., to help save lives from cancer. Due to the pandemic, Relay For Life events have been adjusted and might look different, but the passion and commitment to fight cancer remains unchanged.

Founded by Dr. Gordy Klatt in Tacoma, Washington, in 1985, Relay For Life continues to be more than just an event - it's a movement, a community of like-minded survivors, caregivers, volunteers and participants who believe that the future can be free from cancer.

For more than 35 years, participants and volunteers across the world have come together to honor and remember loved ones and take action for lifesaving change. Funds raised help the American Cancer Society conduct

MOBILE MEALS

Mobile Meals is a non-profit organization which provides meals to people unable to provide meals for themselves since 1968. The organization serves the communities of Clark, Cranford, Fanwood, Garwood, Mountainside, Scotch Plains and Westfield. If you or anyone you know would like hot meals delivered to their door, or you wish to donate to a most worthy cause in serving those in need, visit the Mobile Meals website at mobilemealsofwestfield.org.





RELAY FOR LIFE - JUNE 1

Honor and remember loved ones and take breakthrough research, provide 24/7 support for cancer patients and access to lifesaving screenings.

There are many ways to get involved.

Register to be a part of the Relay For Life of Berkeley Heights. In the past the towns of Summit, New Providence, and Mountainside joined this relay. All communities are welcome to ioin and unite in the fight against cancer. Simply sign up by registering on the event page to join as a survivor, participant or to start your own team.

Donate - If you can't participate in this year's Relay event, you can still help save lives by making a donation. Every dollar raised fuels the American Cancer Society's fight against cancer.

Purchase Luminaria to be displayed at the event – Your Luminaria bag will be designed by volunteers and will be illuminating the pathways of The Grove, providing hope to all that have been impacted by cancer.

"Relay For Life is an event that really brings together all of our surrounding communities" said Brianna Cagan, Youth Committee Lead for the event. "We have participants from Berkeley New Providence, Heights, Summit, Mountainside, Springfield, Watchung Hills nearly everyone knows someone that has been affected by cancer in some way, so it's an event that everyone can relate to and feel good about supporting."

"Relay For Life events are now more important than ever and we can't allow progress to be put on hold because of the pandemic. Cancer won't stop, and neither can we," said Patti Broccoli. Event Lead.

To learn more about Relay For Life of Berkeley Heights, visit RelayForLife.org/BerkeleyHeightsNJ.

For more information on sponsorship opportunities contact Vicky Allen at vicky.allen@cancer.org.



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MOUNTAINSIDE POST OFFICE GETS SPRUCED UP

Beautiful Mountainside

On Saturday, April 10 Beautiful Mountainside third year in a row since they first began the project.

Some of the bushes had died and plantings needed to be weeded and tended to. They got some volunteer help from one of the workers

there who brought along her wife to help as well.

Beautiful Mountainside is a 501(c)3 nonspruced up the Mountainside Post Office for the profit community organization dedicated to making Mountainside Beautiful. Beautiful Mountainside is a 501(c)3 non-profit community organization dedicated to making Mountainside Beautiful. For more information visit us on Facebook.



(above, l-r) Pictured are volunteers Letitia Webb and Shukriyyah Smith, and Alice Cowell and Todd Evans of Beautiful Mountainside.

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Eat Better	Run Faster
☐ Drink AT LEAST 4 Water bottles	□ Do 10 hill sprints
\square Have a fruit or veggie with each meal	☐ Perform 15 Broad Jumps
\square Have nuts instead of chips as a snack	☐ Sprint for 50 yards
☐ Have a source of protein in each meal	☐ Perform single leg jumps
☐ Take a multivitamin	☐ Perform High Knee Marches
\square Limit sweets to only one serving	Build Confidence
Get stronger	☐ Do something outside of your comfort zone
☐ Perform 50 bodyweight squats	☐ Read a book
☐ Perform 50 pushups	☐ Practice or spend time on your hobbies
☐ Perform a plank for 60 seconds 3 times	☐ Learn a new skill
☐ Perform 25 vertical jumps	☐ Work towards a new Goal
☐ Get at least 8 hours of sleep a night	Be More Active
Be Happier	☐ Walk during TV show commercials
☐ Get at least 30 minutes of exercise	☐ Schedule exercise time
☐ Do a morning routine that you enjoy	☐ Whenever you see a commercial
☐ Write 5 things that you are grateful for	for a car company, perform 10 squats
☐ Adopt a Growth Mindset	\square Find a buddy, and exercise with them
☐ Listen to music whenever you can	☐ Try a new method of exercise every week
	(i.e. biking, running, lifting weights, etc.)

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Summer Athlete Performance Camp AGES 6-18 in Berkeley Heights

Discover how to get your children strong, fast, and confident this summer...so they can become the best athletes they can be.

- They want to get better at sports but struggle because of lack of speed, strength or stamina.
- They eat more junk food than healthy food and you need another voice to help them understand how important a healthy diet is during these developmental years.
- 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.

This program is for your child if: 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.























HOW TO REGISTER





STEP 3 **Leo Will Call You** To Set You Up

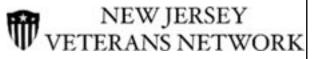


About Grit Athlete Performance (A Gabriele Fitness Company) GRIT helps kids ages 6-18 get strong, fast and confident so they can build a bigger and better future. They are located in Berkeley Heights inside Gabriele Fitness. All Grit coaches have been handpicked via a very lengthy interview process by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

MOUNTAINSIDE RESCUE SQUAD

Submitted by Eric D. Pastore, Chief/EMT

We here at the Mountainside Rescue Squad would like to thank everyone for their continued outpouring of support. As our EMTs continue to be on the front lines of the COVID pandemic, the Mountainside community has stepped up and provided us with food, supplies, and financial support. This allows our EMTs to respond to all calls with proper protective gear and the comfort of knowing that our town supports us. While we couldn't have a true EMS Week (May 16 through May 22, 2021) with our annual open house, we hope you take the time to visit our website, our Facebook page, and our Instagram page and learn a little about who we are and what we do. We wish everyone a healthy rest of 2021 and hope we can have an open house for EMS Week 2022.



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SAGE PLANS EVENT JUNIOR LEAGUE

The Junior League of Summit is helping to raise funds and awareness for SAGE Eldercare by joining with SAGE for a "Move in May" event, May 1 - 16. The goal is for participants to raise money, through donations, by moving their bodies. Movement can include: running, biking, skateboarding, walking the dog, strolling or any activity that gets people up and moving. The more someone moves the more they earn for SAGE.

The timing of the event is significant for SAGE as May is Older Americans Month (OAM). Each year OAM picks a theme. This year's theme is Communities of Strength. SAGE is hopeful that the Summit community will come together to support the nonprofit, which has been helping to improve the lives of older adults in

Summit and the surrounding area for 67 years. Along with Home Care services and a Spend-A-Day Adult Day Medical Program, SAGE offers free support groups for caregivers, Medicare counseling, the Your Decisions Matter program and Meals on Wheels, which delivered more than 50,000 meals throughout the area in 2020.

"The Junior League of Summit is thrilled to support SAGE with their Move in May event," said Tara Charvat, the Junior League's President. "We have partnered with SAGE for decades and see this as another way we can give back to SAGE and the community through the planning and execution of this safe and fun virtual event."

To register and for more information about Move in May for SAGE, visit sageeldercare.org.

WESTFIELD VVA #688 LOOKING FOR NEW MEMBERS

The Vietnam Veterans of America's Chapter and needy veterans and their families, sponsoring #688 of Westfield is fully immersed in the community, working to promote and support issues important to Vietnam-era veterans.

The service organization invites those who served in Vietnam between February 28, 1961, and May 7, 1975, or were in any duty location between August 5, 1964, and May 7, 1975, to join them in creating a new identity for this generation of veterans and to change the public perception of Vietnam Veterans.

Some of the activities the Westfield VVA chapter takes part in include making visits to veterans hospitals, supporting veterans memorials and observances, assisting disabled

programs for homeless veterans, and presenting patriotic and historical projects in schools.

The VVA also offers Veteran Services, including medical and benefit claims assistance and financial management. Joining VVA allows veterans to connect with other veterans and stay up with the latest news and special events. You will also receive a free subscription to the VVA Veteran newspaper.

Meetings are scheduled for the second Tuesday of every month at 7:00 p.m. in the VFW Post 2230, 33 S. 21st.St., Kenilworth, NJ. The Westfield chapter can be reached by calling 908-416-5930 or emailing rickvva688@aol.com.



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3 LOCAL CHORUSES PRESENT FREE ONLINE SHOW

Summer is coming! And what better way to celebrate than with a virtual concert full of songs about sunshine and summer and the hope they

Here Comes the Sun: Three Great Choruses, One Online Show will premiere Sunday, May 23, at 5:00 p.m. on YouTube. It's a first-of-a kind collaboration between three of the area's bestloved choruses. The Maplewood Glee Club is a community chorus that's been delighting local audiences with its harmonies and humor since 1946. The Morris Music Men is Morris County's premiere barbershop harmony chorus. The award-winning Hickory Tree Chorus shares the joy of barbershop through songs from the Beatles to Broadway.

This family-friendly show features a range of uplifting songs including Happy Together, Kokomo, Heat Wave, and Circle of Life, plus music by Beyoncé, Whitney Houston, Chance the Rapper, and more! The show will also feature guest appearances by two dynamic teen ensembles from West Morris Mendham High School.

Here's the best news about Here Comes the Sun: it's free! Just register ahead of time at threechoruses.com and you'll receive a free show link 24 hours before the premiere.

The choruses are also spreading sunshine by raising money for Newark Working Kitchens, a non-profit organization that enables many local Newark restaurants to keep their doors open, their stoves on, and their employees paid during the Covid-19 crisis by cooking and delivering hundreds of meals a day to low-income seniors and families and people without homes. Donations can be made during the show or through the show's website.

To learn more about Here Comes the Sun, visit threechoruses.com or contact Josh Adler at JJadler@ymail.com or 917 697-2893.

To learn more about the three great choruses, maplewoodgleeclub.com; check morrismusicmen.org; and hickorytreechorus.org.



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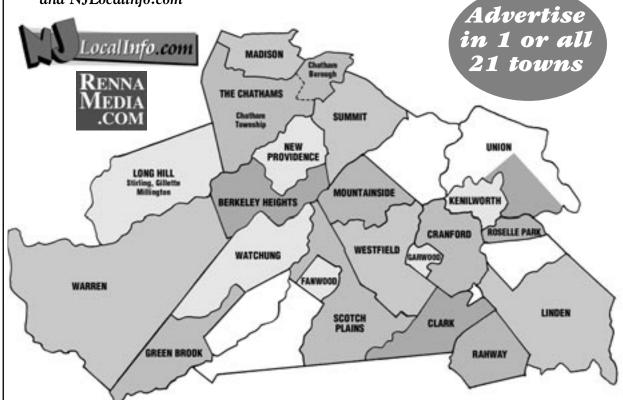
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Scotch Plains III Qty: 5,600

Qty: 9,600

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Summit 3 Times

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Qty: 5,500 Zip: 07083

ANY 3

\$150

8450

\$600

\$250

ANY 6

\$250

\$400

5700

\$900

\$1000



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Zip: 07092

Qty: 6,200

RATE FOR

ANY 9

\$350

\$900

\$1200

\$500



Qty: 2,800 Mailed to every

RATE FOR

8450

\$700

\$1300

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\$500

\$800

\$1500

\$1800



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MOUNTAINSIDE PUBLIC LIBRARY MAY PROGRAMS

Phone: 908-233-0115 • 1 Constitution Plaza, Mountainside, NJ • Email: info@mountainsidelibrary.org Monday, Wednesday, Friday; 10 AM - 5 PM, Tuesday, Thursday; 1 PM- 8 PM, Saturday; 10 AM - 1 PM, Sunday, Closed Closed on Saturday, May 29 and Monday, May 31

Weekly story times via Zoom For Children: **Cuddle Storytime**

Tuesdays, May 4, 11, 18 and 25 at 10 a.m. A storytime for young listeners.

Zoom Story Break

Wednesday May 5, 12, 19 and 26 at 2 p.m. Longer stories for good listeners.

Family Story Time

Thursdays, May 6, 13, 20 and 27 at 10 a.m. Stories for 3, 4 and 5-year-old children. Stories, rhymes and songs to enjoy together. Children are asked to please bring their favorite stuffed animal as a buddy. Siblings are welcome.

Virtual Lego Club

Tuesday. May 4 at 4 p.m.

Each month a new challenge is issued for children to solve and share at the next month's club meeting.

Virtual Squiggle Club

Tuesday, May 11 at 4 p.m.

Explores the art of the picture book. All ages are welcome, but the target group is grade school students. The simple supply list you will need will be sent to you.

Virtual Origami

Tuesday May 18 at 4pm.

This is limited to folders Grade 2 and above or younger children with their parent or caregiver who can fold with them.

Programming for adults is also via Zoom.

Trust and Estate Planning

Tuesday, May 4 at 7 p.m.

Presented by Attorney Barbara Doyle Frantz, Attorney Frantz is a partner with the firm Phelan, Frantz, Ohlig & Wegbreit. She will be discussing the importance of planning and outline the key components of an effective

estate plan. Also covered will be end of life planning and the various documents that should be considered such as Advance Directive, Health Care Proxy, POLST and Power of Attorney.

Benefits of Chinese Medicine for Stress Relief Monday, May 10 at 7 p.m

Presented by Kim Fong Maselli. This workshop will give participants an introduction and background of Chinese Medicine and Acupuncture. It includes "How does acupuncture work? What are the benefits of acupuncture and what conditions can acupuncture treat?" There will be a demonstration of the locations of acupuncture points and participation in acupressure for stress relief and promoting relaxation.

The Cultural Phenomenon

Wednesday, May 19 at 7 p.m

Presented by Entertainment historian John Kenrick. This is a multimedia experience with photos, performance videos and fascinating insight into the creation of "Hamilton", the ground-breaking musical. Mr. Kenrick combines a passion for the Broadway stage with in-depth knowledge of the subject, the writer and performers that create a total theater experience.

Gardens of Liberty Hall, Hannah Gaston,

Thursday, May 27 at 2 p.m.

Funding for programs is generously provided

Hamilton: The Man, The Musical,

Coordinator of School Programs at Liberty Hall Museum. This presentation shows Liberty Hall's 23 beautifully landscaped acres, which were designed so that plants are blooming from April to the first. This presentation interweaves the history of the gardens with the life and times of the remarkable people who lived at Liberty Hall.

by the Friends of the Mountainside Library.

FRIENDS PROGRAMS

be presenting the following Zoom programs.

"Trust and Estate Planning"

Tuesday, May 4 - 7 p.m.

by Barbara Doyle Frantz, a Westfield attorney.

This program will include Advance Directives

and more followed by time for questions and

answers.

"Benefits of Chinese Medicine for Stress Relief"

Monday, May 10 - 7 p.m.

The Friends of the Mountainside Library will

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presented by Kim Maselli **WEEKLY PROGRAMS FOR CHILDREN:**

Zoom Cuddles Storytime (up to age 2)

Tuesday - 10 a.m. **Zoom Story Break - Longer Stories for Good**

> Listeners Wednesday - 2 p.m.





Diane Kontra, ABR

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Marvelous Mountainside



Today there are 17 houses on the market with 3 of them in Attorney Review. 21 houses went under contract since March1st. 13 houses sold since March 1st. The market is very strong, and inventory is low. Call Diane! She can help to prepare your house for the market with her team of professionals.



19 Years primarily focused on selling Mountainside Properties





DIANE KONTRA

REAL ESTATE

Mountainside Snapshot of Sold Properties since March 1st according to the Garden State Multiple Listing Service.

according to the Garden State Multiple Listing Service.			
1263 Cedar Avenue	List Price 485,000	Sale Price 500,000	
259 Central Avenue	List Price 495,000	Sale Price 480,000	
1400 Orchard Road	List Price 534,000	Sale Price 566,000	
1322 Wood Valley Rd	List Price 535,000	Sale Price 546,000	
1229 Beech Avenue	List Price 628,900	Sale Price 600,000	
1459 Dunn Parkway	List Price 650,000	Sale Price 650,000	
324 Partridge Run	List Price 679,000	Sale Price 701,000	
225 Pembrook Rd	List Price 799,000	Sale Price 839,000	
320 Cherry Hill Rd	List Price 835,000	Sale Price 835,000	
1512 Fox Trail	List Price 879,000	Sale Price 876,470	
1427 Coles Avenue	List Price 899,000	Sale Price 850,000	
181 New Providence Road	List Price 939,000	Sale Price 900,000	
1246 Knollwood Rd	List Price 1,139,000	Sale Price 1,149,000	