

Scotch Plains NJ

WHAT'S HAPPENING MONTHLY

Published by Renna Media

Issue 68 • May 2021



**APRIL SHOWERS
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TO MAKE THE
SPRING MARKET**



Mary DePaola
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**Personal,
Professional, Proven**
Coldwell Banker Realty
Westfield West
Office: 908-233-0065
Cell: 908-963-8673
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DOORS OF SCOTCH PLAINS POSTER TO BENEFIT RESCUE SQUAD

Coldwell Banker 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 Scotch Plains” poster that could be sold to the public with 100% of the net proceeds going to support the Scotch Plains Rescue Squad. A committee of sales agents who live in Scotch Plains volunteered to identify a collection of residential doors that were representative of the architecturally diverse neighborhoods of Scotch Plains, as well as those doors with unique characteristics or historical significance. With the help of Colleen Berg, Mary DePaola, Janice Good-Piga, and Anne Weber, 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.

Dan Sullivan, President of the Scotch Plains Rescue Squad said, “As a self-sustaining volunteer emergency medical services organization, your donation goes to purchasing ambulances, uniforms, training and other emergency equipment so we may be prepared to serve you. Thank you for helping us to help you. We are very thankful that the Coldwell Banker Westfield West office is supporting us in our mission to serve the community.”

For those who would like to make a financial contribution to the Scotch Plains Rescue Squad and receive a Scotch Plains 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, Mountainside, Fanwood, and Westfield, with 100% of those net proceeds supporting their respective rescue squads. To order, please call (908) 233-0065 or stop by the office located at 600 North Avenue West in Westfield, Monday through Friday between 8:30 a.m. and 5:00 p.m. Acceptable forms of payment are cash, check, and Venmo.



(above) Members of the Scotch Plains Rescue Squad with a framed poster of “Doors of Scotch Plains”.



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Scotch Plains NJ
WHAT'S HAPPENING MONTHLY

Scotch Plains Monthly is published by Renna Media. 9,500 newspapers are printed monthly and mailed to every business and resident in Scotch Plains.

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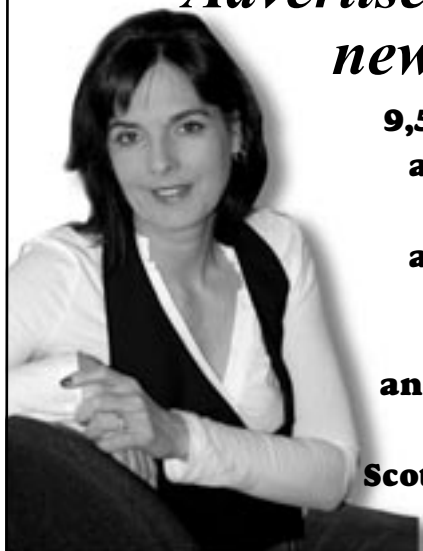
PROMOTE YOUR COMMUNITY EVENT

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 or call 908-858-4012

Scotch Plains Monthly is online at www.rennamedia.com like us on [facebook.com/Scotch Plains Monthly](https://www.facebook.com/ScotchPlainsMonthly)

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9,500 papers are printed monthly and mailed to every household and business in Scotch Plains.

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

RESCUE SQUAD TIP OF THE MONTH: For optimal health, schedule routine exams

Submitted by Susan Baldani

We all know it's important to keep up with annual physicals and medical screenings to catch any health issues early on. Often, early detection saves lives. Due to COVID-19, many of us have postponed getting these crucial checkups. Don't delay any longer - schedule those appointments!

During an annual physical exam, your doctor will most likely order blood work to check for, among other things, glucose, cholesterol, iron, and vitamin D levels. Blood pressure, pulse rate, weight and other vital statistics will also be assessed.

During these visits, your doctor may also refer you for medical screenings that are age, sex, and risk appropriate. Here is a list of the more common ones:

Colonoscopy - If you're 50 or older and at an average risk of colon cancer, your doctor may recommend a colonoscopy every 10 years (or sometimes more often) to screen for colon cancer.

Mammogram - At age 40, many women begin having mammograms to check for breast cancer, and then have them every one to two

years. Professional groups differ on their age and frequency recommendations, so speak with your doctor to see what he or she recommends for you.

Prostate cancer screening - Men in their 50s should discuss the pros and cons of prostate cancer screening with their doctors. This discussion should include a review of your risk factors and any preferences about screening.

Total body skin exams - Yearly or more often depending on risk factors for skin cancer. Can begin as early as the teenage years.

Osteoporosis screening - Women are usually at higher risk for osteoporosis and will be screened more regularly. A baseline is usually taken at 65 years old.

Don't let COVID-19 put you at risk for other health issues. Speak with your doctor and find out what screenings you may need right now, and then go ahead and get them. Just because you're not experiencing any signs or symptoms of an illness or disease, doesn't mean you're in the clear. Stay on top of your health, stay safe, and do whatever's necessary to live a long and healthy life.

MOBILE MEALS OF WESTFIELD

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.

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THREE 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 bring.

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 best-loved 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, check out: maplewoodgleeclub.com; morrismusicmen.org; and hickorytreechorus.org.



RELIEF FROM CHRONIC KNEE PAIN FDA Approved Treatment to Avoid Surgery

DON'T BLAME THE ARROW FOR MISSING THE TARGET

Just like tens of millions of other Americans, you were looking for relief from your chronic knee pain. You thought Viscosupplementation injections might be the answer, but the results were disappointing and painful. Don't assume the treatment wasn't right. That could very well be like blaming the arrow for its path to the target when the problem might be the archer. If you didn't get the pain relief you were hoping for, chances are your injection treatment was off target. Unlike blind injections or even ultrasound targeted treatments found elsewhere, **Northeast Spine & Wellness Center** uses diagnostic fluoroscopy to make sure the area that needs treated is the exact area where the injection goes. This is the most advanced method of delivering this pain relieving treatment with 95% accuracy to give you the results you're looking for. The use of Fluoroscopy guided injections sets **Northeast Spine & Wellness Center** apart. The end result is you living pain free from your chronic knee pain. You can avoid the lengthy and painful road of knee replacement surgery. You can avoid the endless trial and error assortment of potentially addictive prescription medications. This treatment, using fluoroscopy guided injections has seen a success rate of above 85% in those suffering from knee pain related to osteoarthritis, and that includes people with bone on bone involvement. You've suffered from chronic knee pain long enough. Call **Northeast Spine & Wellness Center** now for a RISK FREE consultation.



If Knee Surgery Sounds Scary, It Should

Have you have been told you are facing knee replacement surgery? Have you been told about all the downsides you could be facing? First and foremost, there are NO guarantees that knee replacement surgery will be the answer to your pain, but let's look further:

- Surgery is costly, regardless of the percentage of services covered by insurance.
- Surgery requires lost time from work and typically requires a regimen of rehabilitation and medications.
- With surgery, there is always a risk for unwelcomed complications. And you could be back to where you started, or worse.
- Medications will be required for relief from surgery and you have been down that road before. Additions to these pain medications can cause potential side effects, something you do not want to experience.
- Rehabilitation can take years.

Consider This Alternative To Surgery

Northeast Spine & Wellness Center offers you a real opportunity and a painless way to say goodbye to your knee pain without any surgery. Here are just a few of the important benefits you should consider?

- Diagnostic fluoroscopy accurately targets the pain, unlike blind injections.
- Guided fluoroscopic injections are virtually pain free, unlike blind injections.
- No lost time from work or family.
- No expensive or time consuming rehabilitation.
- No potentially addictive prescription medications.
- Recovery time is almost instant, not months or years.

How Does This New Treatment Work?

Relief begins almost as fast as it takes to pronounce the treatment. It's called Viscosupplementation Therapy. To begin with, it starts with **Northeast Spine & Wellness Center** investing in the use of diagnostic fluoroscopy. This enables them to target the exact location of your knee pain with pinpoint accuracy. What follows is a simple injection that causes little to no pain, especially when compared to what you may be living with daily. That explains what you will see on the surface of this revolutionary treatment. What's taking place below the surface is how and where the natural healing process takes place. The injection of a Hyaluronic acid called Hyalgan. This gel-like substance was approved by the FDA in 1996. Hyalgan is a natural substance that mimics the synovial fluid that is already produced by your body in your joints. Osteoarthritis sufferers in particular see a reduction in this much needed synovial fluid in their knee joints. Without that cushioning layer of protection, the cartilage in your knee can begin to wear away leading to the rubbing of bone on bone. Through Viscosupplementation Therapy, this natural substance immediately goes to work reducing the swelling and inflammation in the joint and adding a coating layer of protection. Think about Dorothy taking the oil can to The Tin Man. You'll begin to feel that same kind of relief and quite possibly feel like you're ready for a dance down the yellow brick road to recovery yourself. And with a success rate of over 85% in alleviating pain associated with osteoarthritis, it's easy to see why this treatment is so readily covered by Medicare and by most major insurance providers. Diagnostic fluoroscopy to target the pain, Viscosupplementation Therapy to relieve the pain. Simple, fast and no surgery!

Do you Suffer from any of these Symptoms?

There are a number of reasons why you developed Osteoarthritis pain. It can develop with age or because of heredity. It could be from repetitive stress from a job or some glory days in athletics. Of course your concern is with the symptoms you face daily and how to make them end, hopefully without surgery or the use of potentially addictive medications. **Northeast Spine & Wellness Center** understands the symptoms you have been living with and can help. If you have any of the symptoms below, please call us today. Relief is a phone call away.

- **Pain** - Whether it's a sharp aching or maybe a burning sensation, the pain can range from irritating to debilitating.
- **Swelling** - This can cause tenderness and soreness to the entire knee area, making walking or going up and down stairs painful, getting in and out of bed or bathtubs difficult and dangerous just name a few activities affected by swelling.
- **Stiffness** - Getting up out of bed or after sitting for a period of time gets more and more difficult. This loss of mobility can be more than a hindrance. It can be dangerous if you need to move quickly.
- **Loss of muscle strength** - This can lead to balance issues and the strong possibility of falling.
- **Joint deformity** - Not just unsightly, but painful as well.
- **Creaking Joints** - Can be painful and a sign of more discomfort to come.
- **Sleepless nights** - Losing sleep over your suffering is not just irritating, but potentially dangerous because of so many other health concerns that can be affected by loss of sound sleep.

Let Me Show You Targeted Relief From Your Knee Pain

Every day, I see patients suffering from knee pain due to arthritis, osteoarthritis, sports injuries or other conditions. Many have been told that they are in need of knee replacement surgery. Other patients say they have been prescribed various prescription medications to deal with the pain.

Something else I see almost every day, are patients that have tried viscosupplementation knee injections elsewhere and found it to be a painful and ineffective experience because the injections were not administered using fluoroscopic guidance. Instead of using the incredibly accurate diagnostic fluoroscopy we use at **Northeast Spine & Wellness Center** these patients experienced a blind injection technique, which can be as inaccurate as playing pin the tail on the donkey.

Once I am able to explain to my patients about the pin point accuracy of using diagnostic fluoroscopy and the amazing results viscosupplementation can provide, they are thrilled to get started. They are even more thrilled when they feel the relief. Please contact **Northeast Spine & Wellness Center** today to schedule your RISK FREE consultation.

Call 732-827-0800

Scot Paris MD, FACS



Here's what our patients have to say

"I'm dancing without pain. I can move with no problem whatsoever. I can go up and down steps with no pain." - Patricia G.

"Over 85% relief for the first time in 15 years, suffering with knee pain. My life is getting back to normal." - Perry O.

"After only four visits, I have absolutely no pain! The staff is "top-notch." - Quenton L.

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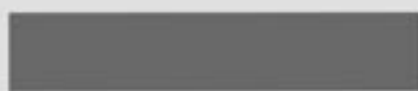
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DONATE UNWANTED BICYCLES



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

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) Bikes filled a P4P truck to capacity.



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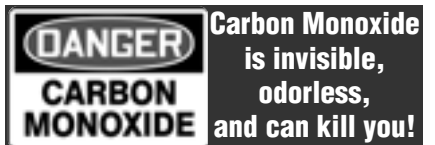
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St. Vincent de Paul Parish Rosary Altar Society will be holding a clothing drive on Friday, May 21, 2021.

Your donations can be dropped off at the church meeting room, 250 Bebout Ave., Stirling from 10:00 a.m. until 6:00 p.m. on May 21. The needed items are men's, women's and children's clothing, shoes, belts, ties, handbags, backpacks and hats. We are also accepting linens (bedding, curtains, towels, pillows, small rugs and quilts) and bikes, strollers and stuffed animals. Please put all items in kitchen plastic bags weighing less than 20 lbs. (except the bikes and strollers) and tie the bag closed. Bag

shoes separately. Please do not bring your items to the church meeting room before the collection date as we do not have any space to store them.

A & E Clothing Corp, Carteret, NJ, helps facilitate collection of clothing, linens and shoes for distribution throughout the US and developing countries. They will sort and ship the items and compensate the Rosary Society per pound collected. These funds will go toward the needs of the Parish community.

Please contact the parish office at 908-647-0118 or parish@stvincentschurch.org with questions.



(above) St. Vincent de Paul will hold their Spring clothing drive on Friday, May 21, 2021. Pictured is the collection from their Fall drive.

A MESSAGE FOR FAMILIES OF ADULTS WITH DEVELOPMENTAL DISABILITIES

LearningRx brain training is a great option for New Jersey Division of Developmental Disabilities service recipients. LearningRx Warren provides cognitive training to improve the underlying skills we all use to think, learn, and work. For over 30 years our programs have been used to improve cognitive skills like auditory processing, attention, memory, and more to help make school, work, and life easier. Because we are a qualified New Jersey DDD goods and services provider the full breadth of our programs is available to DDD recipients.

Weak cognitive skills are at the root of learning struggles. Our method is to train and strengthen those cognitive skills. This approach makes our programs an excellent fit for many NJDDD

services recipients. We work one-on-one with our students to overcome obstacles, build confidence, and strengthen skills we all utilize to think and learn. This training approach supports goals related to self-direction, educational opportunities, independence, and economic opportunities. We do this while providing a fun and social alternative to traditional learning experiences.

The process begins with a cognitive skills assessment to customize the right solution for the student's needs. We then track progress through the duration of the program, and conclude programs with a second assessment. We will work closely with support coordinators and caregivers, providing periodic updates and, if directed, coordinate with other service providers for a more integrative approach.

We encourage DDD families to learn more about us. Our website is a good initial source of information www.learningrx.com. For detailed analysis of our programs, the LearningRx affiliated Gibson Institute of Cognitive Research www.gibsonresearchinstitute.org links many peer reviewed studies. If you'd like to see if training is right for your family member, book a free one-hour, no obligation trial. Call us at **866-272-4601** to learn more.



(above) A LearningRx trainer implementing a customized program with a student.

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306 Massachusetts Street, Westfield
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225 Eton Place, Westfield
4 Bedrooms | 2.1 Baths | \$899,900



37 Barchester Way, Westfield
5 Bedrooms | 3.1 Baths | \$1,150,000



553 First Street, Westfield
4 Bedrooms | 3 Baths | \$649,000



1370 Johnston Drive, Watchung
8 Bedrooms | 5.1 Baths | \$999,000



941 Fox Hill Lane, Scotch Plains
5 Bedrooms | 4.3 Baths | \$1,399,900



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SISTERS RELEASE SINGLE DONATING PROFITS TO COVID-19 CHARITIES

The Grober sisters Winnie, 14, and Katie, 8, of Berkeley Heights, also known as the band “Sisters G”, officially dropped a single titled “Heal The Earth” in December of 2020. Seeing so many people in need the sisters decided to donate the proceeds of their music towards two charities close to their hearts, getboxesofhope.com and Actors Equity Curtains Up.

Boxes Of Hope is a charity started out of Evangel Church in Scotch Plains but has now gone nationwide. The charity consists of filling boxes with food and supplies for people who can't get out of their home due to Covid or any other reason and bringing it right to their doorstep.

Both girls had a chance to pack boxes and personally deliver some to homes, getting to see first hand and meet the people whose lives their song helped impact.

“This was an amazing journey in so many ways,” said Winnie, a freshman at Governor Livingston High School. “We wanted to give back to the world and bring hope.”

“Curtains Up is my charity,” said Katie, a 3rd grader who attends William Woodruff Elementary School. “It goes to support all of my Broadway family who have been out of work this last year due to Covid.”

The sisters’ friends and former colleagues in the arts, including Broadway talent that Katie

worked with while performing on the show *Waitress*, and other Broadway hits like *Chicago*, *King Kong*, and *Tina Turner*, also helped by contributing instrumental and vocals to the song, all of which was done in quarantine with artists connecting with Winnie and Katie virtually to help create the song.

“Heal The Earth” can be found streaming on all platforms or you can purchase a physical CD with all proceeds going to the two charities at sistersg.bandcamp.com. Or, if you’re old school, you can buy a personalized one of a kind record Vinyl from Leesta Vall Records at leestavall.com/products/sistersg.



(above) The Sisters G, a band of Grober sisters Winnie, 14, and Katie, 8, of Berkeley Heights, released a single titled “Heal The Earth”. All proceeds from sales are being donated to two organizations to help with COVID relief efforts.



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ATTENTION PARENTS OF KIDS AGES 6-18

31 IDEAS TO HELP KIDS EAT BETTER, RUN FASTER, GET STRONGER AND BECOME THE BEST VERSION OF THEMSELVES

Cut This Page Out and Put on Your Refrigerator



Eat Better

- Drink AT LEAST 4 Water bottles
- Have a fruit or veggie with each meal
- Have nuts instead of chips as a snack
- Have a source of protein in each meal
- Take a multivitamin
- Limit sweets to only one serving

Get stronger

- Perform 50 bodyweight squats
- Perform 50 pushups
- Perform a plank for 60 seconds 3 times
- Perform 25 vertical jumps
- Get at least 8 hours of sleep a night

Be Happier

- Get at least 30 minutes of exercise
- Do a morning routine that you enjoy
- Write 5 things that you are grateful for
- Adopt a Growth Mindset
- Listen to music whenever you can

Run Faster

- Do 10 hill sprints
- Perform 15 Broad Jumps
- Sprint for 50 yards
- Perform single leg jumps
- Perform High Knee Marches

Build Confidence

- Do something outside of your comfort zone
- Read a book
- Practice or spend time on your hobbies
- Learn a new skill
- Work towards a new Goal

Be More Active

- Walk during TV show commercials
- Schedule exercise time
- Whenever you see a commercial for a car company, perform 10 squats
- Find a buddy, and exercise with them
- Try a new method of exercise every week (i.e. biking, running, lifting weights, etc.)

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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.

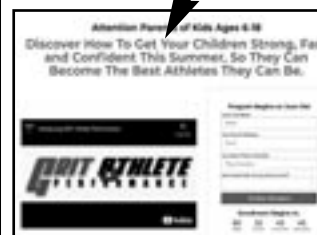


HOW TO REGISTER

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About Grit Athlete Performance (A Gabriele Fitness Company)

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NEW JERSEY OUTDOORS: ARCHIVE NOW AVAILABLE ONLINE

New Jersey is far more than just a “garden” state. While well known for its vast network of fields and farms, fresh produce and fruit orchards, New Jersey boasts incredible ecological diversity. Even those who only know New Jersey from the Sopranos have heard of the Pine Barrens. The 1.1 million acre swath of forest and wetland that confounded Chris and Paulie in the episode “Pine Barrens,” was actually the country’s first National Reserve and designated by UNESCO as a single-site biosphere reserve. It is the largest body of open space on the Mid-Atlantic seaboard

and home to dozens of rare and endangered species.

Yet even though the Pine Barrens claim some 22% of the state’s land, it is not the only highlight when it comes to New Jersey’s environmental diversity. Our state hosts portions of the Appalachian Trail and the black bears who live along it, streams full of native brook trout, fields where wild turkey roam and song birds compete for blueberries, and homes for marine wildlife all along the Jersey Shore.

New Jersey Outdoors was created with the idea of highlighting and celebrating New Jersey’s rich environmental heritage. First published in 1950 by the Department of Conservation and Economic Development – the precursor to the modern Department of Environmental Protection – New Jersey Outdoors featured articles on hunting, fishing, and conservation related topics. The combination of photography and illustration by local artists gave each issue a unique personality.

The New Jersey State Library is pleased to provide free online access to its entire collection of New Jersey Outdoors. Issues from 1961-2002 have been digitized in color and are available through the Library’s Digital Collections.

Browsing the table of contents reveals the breadth of topics in each issue – from in-depth commentary on particular species, to fishing tips, and profiled conservation projects. The issues also provide a glimpse at how environmental

concerns changed over time.

For example, the January 1963 issue features commentary on what could happen to New Jersey’s wildlife and food supply in the event of nuclear disaster. Tensions between sportsman and environmentalists were highlighted in the August 1971 issue – just a year after the first Earth Day and the rise of the new environmental movements. In July/August 1983, an article on urban waterfront restoration projects showed the culmination of years’ worth of work. Peppered throughout the issues are articles on historical and archaeological topics, as researchers explored human interaction with their environment.

New Jersey Outdoors was published monthly from 1961-1973, bimonthly 1973-1991, and then seasonally from 1991-2003. Publication ended in 2003 after the publication of the Department of Environmental Protection’s new magazine, Fish and Wildlife Digest. Fish and Wildlife Digest eventually split into three separate, annual magazines: Hunting and Trapping Digest, Freshwater Fishing Digest, and Marine Digest. These magazines are also available through the Library’s Digital Collections.

Unfortunately, we are missing the earliest published issues (1950-1960) of New Jersey Outdoors from our collection. Anyone who would like to donate copies of these issues to the New Jersey State Library can contact Deborah Mercer or Caitlyn Cook in Reference Services at refdesk@njstatelib.org.



(above) Red squirrel illustration by Reece, from the October 1965 issue, Forrest fire prevention poster from the May 1964 issue



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You may have heard about the increase in domestic violence since the start of the pandemic as families are forced to shelter in place. Since then, Safe+Sound Somerset has seen a 40% increase in calls and texts to our 24/7 domestic violence hotline – even as it has become harder for those experiencing domestic abuse to reach out for help. Domestic abuse is a pattern of

controlling, threatening, degrading and violent behaviors by a partner. Abuse takes many forms, including emotional, psychological, physical, sexual and financial.

If someone you know is experiencing domestic abuse or dating violence, we can help.

24/7 Confidential Hotline - Call or text 866-685-1122. For more information visit www.safe-sound.org.

UNION COUNTY POSTMASTERS SHARE TIPS FOR RESPONSIBLE PET OWNERSHIP

Last year 169 letter carriers were victimized by dogs in New Jersey, including 16 in Union County. The 15 postmasters serving the 21 municipalities in Union County are therefore raising public awareness of the importance of responsible pet ownership in helping prevent dog bites.

To prevent dog bites, Union County Postmasters recommend the following responsible pet ownership tips:

- Obedience training can teach dogs proper behavior and help owners control their dog in any situation.
- When the letter carrier comes to your home, keep your dog inside, away from the door, in another room, or on a leash.
- Dogs can be protective of their territory and may interpret the actions of letter carriers as a

threat. Please take precautions when accepting mail in the presence of your pet.

- Dogs that haven't been properly socialized, receive little attention or handling, or are left tied-up for long periods of time frequently turn into biters.

By following these few simple tips, pet owners can significantly improve neighborhood safety for everyone.

The Postal Service has a short animated dog bite video available on its YouTube site, USPS TV

at: <https://www.youtube.com/watch?v=GpqmrNBJAos&feature=youtu.be>.

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SENIORS 75 AND OLDER URGED TO SCHEDULE COVID-19 VACCINATION

There is now a senior-specific call center at 856-249-7007 that can assist those 75 and older with registering for, scheduling and rescheduling appointments from 8 a.m. to 8 p.m. daily.

Seniors who are 75 and older on the New Jersey Vaccine Scheduling System wait list may receive calls or messages from the NJ COVID Vaccine Call Center to schedule dedicated appointments. They may also be able to access dedicated appointments at certain hospitals as well as the following retail pharmacies across the state:

CVS: (800)-746-7287

Rite Aid: (800)-748-3243

Walgreens: 1-800-9254-73367

(1-800-WALGREENS)

*For Walgreens account holders only.

SENIORS' DAY TRIP TO ATLANTIC CITY

The Berkeley Heights Seniors plan to resume their monthly trip to Resorts Casino in Atlantic City on Monday, May 17. The bus leaves Berkeley Heights at 8:30 a.m. and returns at 7:15 p.m. The cost is \$35 which includes bus transportation and a \$20 voucher for slot play. For further information and reservations, call Ramona at 908-647-3295.

IZZIE THE CAT RESCUED BY FANWOOD FD AND PD

Izzie the cat is doing just fine after his adventure up a very high tree outside 225 North Avenue on Thursday, April 22nd. Owners Barbara and Jim Vierschilling got worried when Izzy climbed more than 50 feet up the tree and stayed there. They called 911 and the cavalry responded. Two firefighters climbed a ladder to retrieve Izzie, who was none too pleased. They

were able to gently remove him from his perch, then drop him down for a soft landing into a blanket held by more firefighters and police officers.

"We are so grateful for your amazing rescue of Izzie," wrote the Vierschillings to the rescuers in a thank you note.

Photos from Jim and Barbara Vierschilling



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COMMUNITY HOPE CONNECTS VETERANS AND THEIR FAMILIES WITH HOUSING, SERVICES

CALL THE REFERRAL HOTLINE FOR ELIGIBILITY

Veterans and their families who are experiencing a housing crisis may be eligible for emergency assistance such as motel/hotel stays, security deposits, rent, rental arrears, groceries and utilities through Community Hope.

Community Hope's Supportive Services for Veteran Families (SSVF) program is currently providing assistance remotely. Urgent community-based services such as critical supplies and veteran wellness-checks are provided in person.

The increase in support services to veterans and their families during the COVID-19 pandemic is possible thanks to funding from the U.S. Department of Veterans Affairs.

To make a referral, please call the referral hotline at 1-855-483-8466 or email SSVF@communityhope-nj.org, or email Gema Diaz at gdiaz@communityhope-nj.org.

Community Hope is a nonprofit that helps individuals, including veterans, and their families, overcome mental illness, addiction, homelessness and poverty. Learn more at communityhope-nj.org.

SUMMER PROGRAMS FOR KIDS

Registration is now open for these Fanwood Recreation Summer programs: Summer Park Program (day camp), Skateboarding Camp, Babysitting Certification, Junior First Responders Camp, TGA Premier Junior Golf Camp, Soccer Squirts Camp, Multi-Sports

Camp, T-Ball Camp, Golf Camp, Basketball Camp, Girls Xtra Edge Lacrosse Camp and Fashion Sewing Camps.

For more information about all these programs and to register, please go to fanwoodrecreation.org.

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TEACHERS AND STUDENTS STRIVE FOR AUTISM ACCEPTANCE

Community Access Unlimited

Michael Adamowsky says he didn't plan it, but he has found his purpose in life through teaching.

After completing his master's degree in accounting and starting a career at Community Access Unlimited (CAU), Adamowsky found that the accounting position didn't suit him, and he didn't like sitting at a computer all day. He decided to become more directly involved in the mission of CAU, to integrate people with disabilities and youth at risk into the community through comprehensive supports.

Now, Adamowsky is an educational specialist at the CAU Day Program, where he leads groups in a variety of subjects and gets members involved in different activities. He also assists at the Academy of Continuing Education, CAU's answer to post-graduation learning for adults with developmental disabilities.

As a person on the autism spectrum, Adamowsky said he is able to relate to his students with disabilities in a unique way.

"I want to be a role model for them," Adamowsky said. "I want to be someone they can look up to."

This April, The Autism Society of America made a shift to celebrating Autism Acceptance Month, previously known as Autism Awareness Month. The campaign is designed to celebrate differences and increase awareness of the signs, symptoms, and realities of autism.

Adamowsky said he wants to give members all the support they could need or want to succeed in their Day Program groups. He also wants people to know that having a diagnosis does not mean a person can't excel in their studies and be successful.

"I received 'normal' schooling through life; because of my autism I just had a little help along the way," Adamowsky said. He was named hardest working student in his class, was inducted into multiple honor societies, and went on to achieve his master's degree.

Adamowsky brings the same passionate



(above) Michael Adamowsky is an educational specialist at CAU and Kyzier Davis is a student and new member at CAU.

energy to his online learning groups as he did in person at Day Program.

"That's basically the cornerstone of this whole thing," he said. "I feel like the teacher has to be just as involved and enthusiastic as the members are, because if the teacher isn't able to teach, how will the students be able to learn?"

"He's a great example to our members and members who are striving to work," said Onekia Grier, managing assistant executive director of Day Habilitation and Educational Services. "He does such a great job with teaching, there is a waiting list for members to get in his groups."

Adamowsky said he is carefully planning syllabi for groups like math and science, poetry writing, and financial literacy for the return of in-person Day Program services when the program reopens under state COVID-19 guidelines.

"I see what's on the inside and what they're capable of doing," Adamowsky continued. "A lot of the members have told me that's why they love me, because I'm able to see past their disability and they haven't had interactions with other people that are the same."

CAU members with autism can benefit from a variety of supports, from Day Program to behavioral support to employment training,

depending on their needs and goals.

Kyzier Davis is a new CAU member who is excited to graduate from high school in June. "I have support from my staff, social workers and teachers," Davis said.

Davis said he is not sure what he wants to do after he graduates, but he is focused on coping and life skills with the help of CAU behaviorists and his residential program staff. Exercise has been one of the most beneficial ways to help regulate his emotions.

"Even if I have good days and bad days, I do pushups every day," Davis said. "I feel relief and calm from exercise."

Davis, 21, said he is concentrating on managing his behavior in public by expressing himself at home. That includes drawing and writing down his feelings in a journal. One goal he has is to one day see himself on TV.

"I've had a lot of good days so far...I had a great March," Davis said of his time with CAU. Adamowsky said he hopes that people with autism never limit themselves in life.

"I really hope that autistic people are not afraid to be themselves," he said. "There is a purpose in life for everyone; no matter what kind of person you are there's a pot of gold waiting for you at the end of the rainbow if you're just willing to find it."

ABOUT COMMUNITY ACCESS UNLIMITED

Community Access Unlimited (CAU), celebrating more than 40 years in 2021, supports people with special needs in achieving real lives in the community. CAU provides support and gives voice to adults and youth who traditionally have little support and no voice in society. CAU helps people with housing, life skills, employment, money management, socialization and civic activities.

For more information about CAU and its services, contact us by phone at 908-354-3040, online at caunj.org or by mail at 80 West Grand Street, Elizabeth, NJ 07202.

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POSTAL INSPECTION SERVICE LISTS SCAMS TARGETING VETERANS; OFFERS VALUABLE INFORMATION TO PROTECT AGAINST THEM

Operation Protect Veterans, a joint crime prevention program created by the U.S. Postal Inspection Service and AARP, is alerting the more than 17 million U.S. veterans to scams specifically targeting them.

THESE INCLUDE:

Secret Veterans Benefits Scam: Veterans are told they qualify for "secret" government programs or benefits that offer thousands of dollars. But first, they attempt to collect personal information or a fee.

Pension Poaching Scam: Scammers often offer veterans lump sum payments up front, in exchange for signing over all their future monthly benefit checks.

Bogus Employment Scam: Scammers post fake job descriptions to collect personal information from a veteran's job application, or they charge an employment fee.

VA Loan Scams: Offers to refinance VA loans at extremely low rates.

Update Your File Scam: An imposter, claiming to be from a government agency, attempts to get a veteran's personal information to "update their file," so they can maintain their benefits.

Aid and Attendance Scam: Veterans (or their family members) receive an offer to move their assets into a living trust so that they can qualify for financial assisted living benefits.

According to research conducted by AARP, veterans are twice as likely as the general public

to be victims of scams. What can veterans – and those who care about them – do to prevent being taken advantage of by scammers?

The Postal Inspection Service advises every veteran do the following:

Visit the Postal Inspection Service's website (uspis.gov) to learn about scams targeting veterans and what they can do to prevent becoming a victim.

Check out any offer with a trusted family member, friend or your local veteran's affairs office before acting.

Don't be pressured into acting immediately. If you are dealing with a legitimate outfit, they won't try to pressure you to act before having a chance to check it out and think about it. If they do, just say "no" and hang up.

Get an answering machine and caller ID display. Then, let the machine answer the phone for you. If you don't recognize the person leaving a message, don't pick up the phone!

Contact your telephone service provider, and ask them what kind of services they offer to help you block unwanted calls.

Report if you believe you have been the victim of a scam. Contact your local police or AARP (protectveterans@aarp.org or 877-908-3360).

Get credible information on how to qualify for veterans' benefits by contacting your state veterans' affairs agency. Visit nasdva.us, and click on "Links."

"Veterans have access to special benefits and share a special bond that scammers know and use to take advantage of them," said Chief Postal Inspector Gary Barksdale. "The Postal Inspection Service works hard every day to stop scams targeting veterans, but we need everyone to become better informed, so they can help spread the knowledge to the veterans they know and love. I encourage all Americans to make this Veteran's Day not only a day of remembrance and thanks for our veterans, but also to make it the start of learning about, and helping to spread information on scams targeting veterans."

For more information on scams targeting veterans and other scams, visit uspis.gov.

ABOUT THE U.S. POSTAL INSPECTION SERVICE

The U.S. Postal Inspection Service is the nation's oldest federal law enforcement agency. It supports and protects the U.S. Postal Service and its employees, infrastructure and customers; it enforces the laws that defend the nation's mail system from illegal or dangerous use; and it ensures public trust in the mail. Over 2,400 postal inspectors, postal police, technical and administrative people are spread out over 17 divisions and the national headquarters in Washington.

For more information, visit uspis.gov, and follow us on Twitter (@USPISpressroom), Facebook (@Postalinspectors), and Instagram (@postalinspectors).

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CELEBRATING 10 YEARS WITH HEART TRANSPLANT

NJ Sharing Network

Emma Rothman of Cranford, NJ will be graduating this spring from Syracuse University with a degree in Food Studies. Like most college graduates, she has mixed emotions about taking the next step in her life's journey.

"I am definitely a bit terrified, but I am excited about the variety of opportunities that lie ahead," said Emma.

This is a remarkable time for Emma as she celebrated the 10th anniversary of her life-saving heart transplant (April 1). She is humble and always thankful for her donor who gave her the gift of life and made her achievements possible.

"Everything after my heart transplant was working towards moments like this," said Emma. "It motivates me to appreciate the day to day – being able to travel, go away to school, and have life experiences without my health dictating what I can and cannot do is a blessing. I owe all of this to my organ donor's act of extraordinary humanity."

In March 2011, Emma was 12-years-old when she suddenly began to feel extremely fatigued and could not make it through an entire day at



school. Her parents brought her to Newark Beth Israel Medical Center (NBIMC) for what was supposed to be a quick, routine blood test. However, Emma went into cardiac arrest, was put on life-support under an induced coma and was rushed to the pediatric cardiac intensive care unit at New York-Presbyterian/Morgan Stanley Children's Hospital.

Emma, who showed no prior symptoms, was somehow battling end-stage heart failure brought on by hypertrophic cardiomyopathy. On April 1, 2011, Emma, underwent a successful emergency heart transplant, which saved her life. Just 15 days later, Emma was discharged, taking with her new knowledge about what a heart transplant is and how she could best care for her new heart at home.

"The last thing I remember was feeling uncomfortable while the nurses were attempting to draw blood at the hospital thinking I might have had mono or a virus," said Emma. "I woke up six days later and learned that I had a heart transplant. Prior to that, I had never heard of organ and tissue donation or transplantation."

In 2013, Emma and her family, guided by their firsthand experience, established Hearts for Emma, a 501 (c)3 organization that provides assistance to families of children with heart disease, and supports educational initiatives related to heart transplantation and promotes awareness of organ and tissue donation. As part of a joint outreach effort, Hearts for Emma established a Partner Fund within the NJ Sharing Network Foundation that has raised more than \$50,000 since its inception. The Hearts for Emma Partner Fund has helped educate more than 100,000 students in New Jersey about organ and tissue donation and transplantation through the production and distribution of education materials and related programs, and provides scholarships to high school seniors who are advocates of or personally impacted by the mission.

To learn more, get involved and register as an organ and tissue donor, visit NJSharingNetwork.org.

In New Jersey, there are nearly 4,000 residents currently waiting for a life-saving transplant, and one person in New Jersey dies every three days waiting for a transplant. Just one organ and tissue donor can save 8 lives and enhance the lives of over 75 people. Transplantable organs include heart, kidneys, liver, lungs, pancreas and intestine. Transplantable tissue includes corneas, heart valves, skin grafts, and bone grafts, ligament and tendons.

ABOUT NJ SHARING NETWORK

NJ Sharing Network is the federally designated non-profit organization responsible for recovering organs and tissue for the nearly 4,000 New Jersey residents currently waiting for a life-saving transplant. With headquarters in New Providence, NJ, the organization is part of the national recovery system, serving the 110,000 people on the national waiting list. NJ Sharing Network was selected by NJBiz as one of the state's "Best Places to Work" for the third consecutive year. To learn more, get involved and register as an organ and tissue donor, visit www.NJSharingNetwork.org.

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FIREFIGHTER MATHEW PRIBISH HELPS NJ SHARING NETWORK

NJ Sharing Network

Celebrated in April each year, National Donate Life Month features local, regional and national activities that encourage Americans to register as organ and tissue donors and to celebrate those who have saved lives through the gift of donation.

Linden, NJ firefighter Mathew Pribish helped NJ Sharing Network kick off National Donate Life Month by sharing his personal heart transplant story to help raise awareness about the importance of organ and tissue donation. Inspired by Mathew's story, Linden Mayor Derek Armstead and the Linden Police and Fire Departments teamed up to educate the community through speaking engagements and a public service announcement on LindenTV, which can be viewed on youtube.com. Mathew's personal story is detailed below.

A PERSONAL STORY FROM MATHEW PRIBISH

My gift of life story started more than a decade ago when I went to the doctor for a regular cardiology checkup because heart disease runs in my family and I wanted to make sure that, as a firefighter, my heart was healthy. I was told during one of these regular checkups that I have Marfan Syndrome, a connective tissue disorder that affects the heart, joints and other parts of the body.

In 2013, after being monitored for a few years, my aortic root was enlarged to the point that I needed replacement surgery. Although my surgery went well, I had an adverse reaction and went into advanced heart failure. The doctors made the decision to implant a Centrimag BiVad, an external device to pump both sides of my heart. After a couple of weeks, my heart healed enough to remove the device and implant an LVAD-Left Ventricular Assist Device. That was my lifeline for four years and I was placed on the New York heart transplant list.

Life with an LVAD isn't easy and it was hard to adjust to at first - no swimming, limited showers, limited activities and lots of medication. Thankfully, with my family, my fire department family and my doctors, I was able to forge



(above) Mathew Pribish, a Linden Firefighter, shared his heart transplant story to help raise awareness about the importance of organ and tissue donation.

through into this new normal. I was able to return to work for the fire department as an Administrator and Fire Inspector. I started to walk/jog in local 5K events in a healthy condition so that I would be a perfect candidate for transplant.

In 2017, my cardiologist recommended that I also be put onto the New Jersey transplant list. In the time leading up to my approval on the New Jersey transplant list, the alarm of my LVAD device started to sound, on and off. The team of doctors decided that it was a mechanical issue and that they would either need to either replace the LVAD or hold me in the hospital for transplant.

On June 22, 2017, I was informed by Newark Beth Israel Medical Center that I was officially listed on the New Jersey list. It was just four days later that my wife got the phone call early in the morning. They said, "Mrs. Pribish, we found a heart for your husband."

There were so many emotions that day. I felt

happy and thankful that I now had hope that my health could be restored. I also felt a great deal of sadness for the family that lost their loved one. On June 27, 2017, I had a successful LVAD removal/Heart Transplant.

Since my transplant, I have been blessed to return to the life I had known before. In my donor's memory, I decided to become a transplant advocate through NJ Sharing Network.

In Fall 2018, I was released by the doctors to return to full firefighting duties. On January 3, 2019, I officially returned to the fire department for my first day back at the position I left almost six years before.

I never thought that the day would come where I could return back to active duty. But thanks to my donor, my doctors, and NJ Sharing Network, this dream became a reality. I hope that my story can give hope to others that may need a transplant to inspire them to keep the faith.

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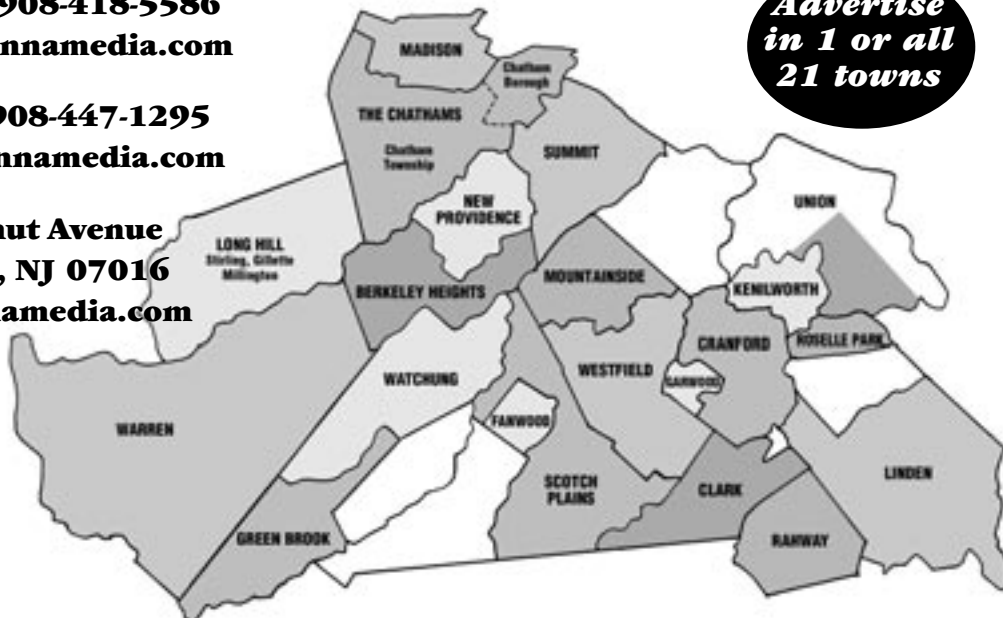
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