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NETWORK HELPS VETS AND FAMILIES LIVE BETTER LIVES

Submitted by Michael D. Boll

Memorial Day weekend is one of the most challenging for the New Jersey Veterans Network and its team of volunteers and mentors. This is a difficult time for many veterans because they reflect on their brothers and sisters that didn't make it home. Every day our nation loses 22 veterans to suicide, and it seems that number isn't coming down. If you are a veteran, or a family member, who is feeling alone, or are in need of assistance, we are here for you. Please reach out to us.

Our team focuses on helping our veterans and first responders have a better way of life through our volunteer mobile outreach mentoring program. We believe by aggressively seeking out veterans in need and contacting them before they are in crisis, we can really have some positive results. Contacting a person in need first is a great way to build trust and make it easier to begin a friendship. People will do better when they have human contact in their lives, too many programs are automated and lack the empathy and compassion needed to help someone in crisis.

We are not afraid to tell our veterans and first responders that they are loved and we strive to give them purpose. The team immediately empowers and gives its members a new family unit to be part of again. Nearly everyone that joins the team wants to help others and make a difference in someone else's life. Helping others definitely is a medicine that will make you become a better person, and you'll feel really good about it.

New Jersey Veterans Network is constantly keeping active thru our Operation Rebound Racing Team which hosts numerous hikes, runs, bike rides and all other types of physically challenging events. However, we also focus on non athletic events like hosting a BBQ, comedy show, tailgate, camping trip, and several other fun outings throughout the year. But it doesn't stop there, the team works well with other charities and hosts numerous food drives and clothing events which normally take place at our veteran hospitals and shelters. If you would like to help, there is something for you to contribute.

Most recently, in April, our outreach director Frank "Doc" Schupp spearheaded our "Helping Heroes" program, and "Hero Day". These two programs were responsible for providing over 3,000 veterans and National Guardsmen throughout the state with food, PPE, and personal items.

In the last few years New Jersey Veterans Network has grown and has been able to save lives, provide cars, employment, housing, clothing, food, toiletries, and so much



(above) Operation Rebound Racing Team family hiking and camping trip at Watchung Reservation.

more to heroes.

In the next few weeks, we will be launching a statewide anti-suicide and PTSD awareness campaign. We have joined forces with the NJ VFW, NJ American Legion, NJSPBA, NJ FMBA, NJ FOP, NJ Veterans Affairs, State Legislators, and numerous other groups and organizations.

HOW YOU CAN HELP

Financial donations are great but we mostly rely on volunteers and donated resources. Our charity allows donors the opportunity to choose where their funds go and the volunteers get to play an active role in changing someone's life.

If you are interested in joining the team as a volunteer, or are a veteran in need of assistance or comradeship, please contact us at NJVN1775@gmail.com or call 973-332-1556. Visit online at NJVN.org.

ABOUT NEW JERSEY VETERANS NETWORK

We are a group of veterans and volunteers dedicated to helping our veterans and their families live better lives. Our team is raising awareness of our veterans needs by organizing public speaking engagements, meeting with business and political leaders across the state and sponsoring fundraising events. Our mission is to identify veterans and connect them with resources and programs designed to meet their unique set of needs. To ensure that EVERY single one of our veterans, who have sacrificed so much for this great country, receives the resources that they require and deserve. If you are interested in joining our team, would like us to speak at your event, or contribute to our mission, call 973-332-1556 or email mdbollio@optonline.net. To learn more visit njvn.org.



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To learn more about Hope One and view a schedule visit: [Hope-One page link on morriscountynj.gov](#)

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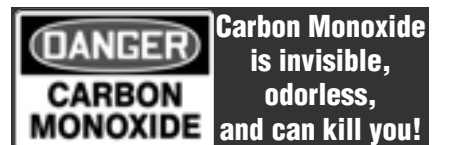
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KNOW THE BEAR FACTS: BLACK BEARS IN NEW JERSEY BEAR SAFETY TIPS

NJ Division of Fish and Wildlife

Black bears are the largest land mammal in New Jersey. Since the 1980s the Garden State's black bear population has been increasing and expanding its range both southward and eastward from the forested areas of northwestern New Jersey. Within the most densely populated state in the nation, black bears are thriving and there are now confirmed bear sightings in all 21 of New Jersey's counties.

Division of Fish and Wildlife personnel use an integrated approach to managing New Jersey's black bear population, fostering coexistence between people and bears.

The most common bear problem New Jersey's residents experience is black bears getting into their garbage. Bears are attracted to neighborhoods by garbage odors, so properly securing your garbage is one of the best ways to prevent bears from becoming a nuisance in your community.

Black bears by nature tend to be wary of people. However, if you encounter a black bear in your neighborhood or outdoors, follow these common-sense safety tips.

- Never feed or approach a bear!
- Remain calm if you encounter a bear. Do not run from it. Make the bear aware of your presence by speaking in an assertive voice, singing, clapping your hands, or making other noises.



- Make sure the bear has an escape route.
- If a bear enters your home, provide it with an escape route by propping all doors open.
- Avoid direct eye contact, which may be perceived by a bear as a challenge. Never run from a bear. Instead, slowly back away.
- To scare the bear away, make loud noises by yelling, banging pots and pans or using an airhorn. Make yourself look as big as possible by waving your arms. If you are with someone else, stand close together with your arms raised above your head.
- The bear may utter a series of huffs, make popping jaw sounds by snapping its jaws and swat the ground. These are warning signs that you are too close. Slowly back away, avoid direct eye contact and do not run.
- If a bear stands on its hind legs or moves closer, it may be trying to get a better view or detect scents in the air. It is usually not a threatening behavior.
- Black bears will sometimes "bluff charge" when cornered, threatened or attempting to steal food. Stand your ground, avoid direct eye contact, then slowly back away and do not run.
- If the bear does not leave, move to a secure area.
- Report black bear damage or nuisance behavior to the DEP's 24-hour, toll-free hotline at 1-877-WARN DEP (1-877-927-6337).
- Families who live in areas frequented by black bears should have a "Bear Plan" in place for children, with an escape route and planned use of whistles and air horns.
- Black bear attacks are extremely rare. If a black bear does attack, fight back! A Department of Environmental Protection podcast, which focuses on bear safety in New Jersey, can be found at www.nj.gov/dep/podcast



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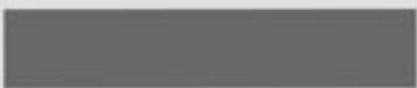
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MOMS HELPING MOMS FOUNDATION AWARDED NATIONAL GRANT

Submitted by Meredith Carpenter

Moms Helping Moms Foundation (MHM), a New Jersey Baby Supply and Diaper Bank based in Warren, NJ was recently awarded a national Funds for Change grant via a competitive application process organized by The National Diaper Bank Network (NDBN) and the Alliance for Period Supplies.

The local nonprofit organization will use the \$2,500 grant to build community support including re-opening for volunteer sessions, a vital part of the operations that have been restricted since the COVID crisis began, and plan for new events to raise awareness about diaper need in NJ.

“NDBN is comprised of hundreds of diaper banks and period supply programs, all providing invaluable service to their communities,” said Joanne Samuel Goldblum, CEO of NDBN and the Alliance for Period Supplies. “Our Funds for Change program grows more competitive every year. MHM stands out as a well-run organization committed to helping individuals, children and families get the basic necessities they require to reach their full potential.”

To earn a Funds for Change grant, a basic needs bank must match the award amount with contributions raised in its own community. “We are so grateful to NDBN/Alliance for Period Supplies and to our donors whose amazing support allowed us to qualify for this grant,” said Co-Founder Megan Deaton. “In the past year, MHM staff and volunteers went above and beyond to meet our community’s need in these extraordinary times. Because of the help we received nationally and here at home, we were able to provide 633,915 diapers serving 101,000 individuals across the state of New Jersey. We increased our diaper distributions by 134% compared to 2019 and increased our partner network by 30 organizations to reach counties not previously served.”

Founded in 2011, Moms Helping Moms provides low-income children with essentials like diapers, wipes, clothes, shoes, strollers and

more. Since its founding MHM has distributed over millions of these essential items to families throughout New Jersey. To learn more, or to donate, please visit momshelpingmomsfoundation.org.

ABOUT THE NATIONAL DIAPER BANK NETWORK:

The National Diaper Bank Network (NDBN) leads a nationwide movement dedicated to helping individuals, children and families access the basic necessities they require to thrive and reach their full potential...including clean, dry diapers, period supplies and other basic needs. Launched in 2011 with the support of founding sponsor Huggies®, NDBN is dedicated to creating awareness, providing assistance and building community to #EndDiaperNeed in the US. Its active membership includes more than 225 diaper banks, diaper pantries, and food banks serving local communities in all 50 US states, the District of Columbia and Puerto Rico. More information on NDBN and diaper need is

available at nationaldiaperbanknetwork.org, and on Twitter (@DiaperNetwork), Instagram (@DiaperNetwork) and Facebook (facebook.com/NationalDiaperBankNetwork).

About the Alliance for Period Supplies: The Alliance for Period Supplies is an initiative of the National Diaper Bank Network (NDBN). Launched in May 2018, with the support of founding sponsor U by Kotex, the Alliance for Period Supplies raises national awareness of period poverty (#periodpoverty) and supports the development and expansion of period supply programs in communities throughout the country. The organization is comprised of more than 115 Allied Programs that collect, warehouse and distribute period supplies in local communities. More information on Alliance for Period Supplies is available at allianceforperiodsupplies.org, and on Twitter (@PeriodSupplies), Instagram (@PeriodSupplies) and Facebook (facebook.com/AllianceForPeriodSupplies).



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Questions? Please send to warren.nj@learningrx.net.

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VACCINATION PROGRAM IS REACHING THE HOMEBOUND

County of Morris

The Morris County Homebound COVID-19 Vaccination Program has reached more than half of the 800 residents targeted in a special outreach effort since April to find, contact and inoculate people who may not be able to leave their homes.

"These are people whose names came to us either through nutritional programs, or local public health officials and senior groups as people who we need to reach. We find that some on the list already had the vaccination, don't want it or moved as we try to contact everyone," explained Program Coordinator Karl Klingener.

He and two nurses with Atlantic Health System knocked off ten more names from their list on May 6 as they provided inoculations to ten residents of Denville, including seven at Cook's Pond Senior Housing.

"Thank you for doing this," said 84-year-old Trudy Welch, a Cook's Pond resident, as she waited for her vaccine in the lobby of Cook's Pond.

Klingener said that as the program works through its target list, which includes the names of people identified through public assistance organizations, they want the public to help identify anyone else who is homebound who may need a vaccination.

CONTACT INFORMATION IS BELOW:

The Morris County Aging & Disability Resource Connection: 973 285 6848

The Morris County Homebound COVID-19 Vaccination Program: 973 326 7828



(above) Trudy Welch at Cook's Pond receives her one-shot vaccination, provided by Sharon McSorley from Atlantic Health Service.

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Nathan Weiser
★★★★★

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Thank you Spring Grove for a wonderful and pleasant stay.

Charles Sherrick
★★★★★

I have been at Spring Grove for a few weeks now, they have exceptional service and excellent staff. All the nurses have been professional and attentive to all my needs. I never thought a rehab center can have such a beautiful layout and well put together. The newly renovated room I have stayed in, is up to date and extremely clean. The therapy staff have gone above my expectations with their expertise and getting me to where I am today. Alyssa the social worker has gone above and beyond with all her assignments.

Thank you Spring Grove.

Chrissy Sloan
★★★★★

The nursing staff and administration is professional, patient, attentive and understanding. The facilities are very clean and well maintained. My parents room is always clean and tidy. Although it was a difficult decision to make relocating my folks from a home environment to a senior living facility, Spring Grove made my decision easy.

Thank God for them!

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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 **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**.

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

The Details

Dates:

JUNE 21-AUGUST 27

Age Groups

6-8 (Spaces Remaining: 11)

9-13 (Spaces Remaining: 8)

14+ (Spaces Remaining: 13)

Please visit www.gritathletes.com for days/times at each age group

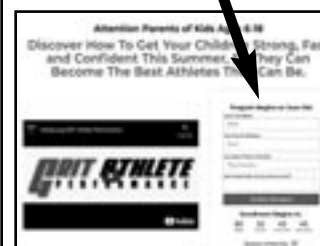
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STEP 3 Leo Will Call You To Set You Up



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.

VINTAGE & ANTIQUES CRAFTS FAIR - 6/13

Hosted by the Borough of Fanwood, two Vintage & Antiques Crafts Fairs will be held on Sundays June 13 and October 24, 2021 in the Fanwood Train Station (south side). Featuring 50+ exhibitors selling vintage items from days gone by along with hand made items from artisans and craftspeople. This free event is open to the public from 10 a.m. -5 p.m. There will be a selection of food so come hungry and enjoy.

PARKING

The event is held on the south side of the station. There is parking for visitors on the north side of the train station. You can walk over to the south side with the adjoining walking bridge. The GPS address for parking is 238 North Avenue, Fanwood, NJ.

For more general information, or on becoming an exhibitor please, contact JC Promotions at 201.998.6311, events@jcpromotions.info.

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CAMP PATRIOT RUN, RUCK, RIDE CHALLENGE TO SUPPORT DISABLED VETS

Backpacks For Life and New Jersey Veterans Network are teaming up to host the 1st Annual Camp Patriot Run, Ruck, Ride Challenge from June 17 to 20, 2021.

Camp Patriot's mission is to empower American Disabled Veterans by providing them the right relationships and assistance so that they can once again enjoy the great outdoors. The proceeds raised from this event will help send disabled New Jersey Veterans to attend Camp Patriot. The event will take place both virtually and in-person over the span of five days. This allows individuals to participate from the comfort of their own homes, neighborhoods, local parks or join us in person at our event location which will be announced at a later date on our registration page.

"We're excited to get back out there, bring together the community and help raise money to send deserving Veterans to Camp Patriot." - Brett D'Alessandro, President of Backpacks For Life "The New Jersey Veterans Network is excited to be teaming up with Backpacks For Life and doing an event to shed a light on our

Anti-Suicide and PTSD Awareness campaign. All funds raised will go towards sending disabled New Jersey Veterans to Camp Patriot in Montana." - Michael Boll, President of New Jersey Veterans Network

To learn more about the event and register to participate, visit <https://tinyurl.com/runruckride>. With your registration, you receive an event bib, t-shirt and challenge coin.

Backpacks For Life is a 501(C)3 nonprofit organization that serves the homeless and at-risk veteran community. By regularly distributing backpacks filled with essentials to Veterans on the streets and providing mentorship to at-risk Veterans and their families, Backpacks For Life aims to bridge the gap between Veterans and the resources available to them.

New Jersey Veterans Network's mission is to help New Jersey Veterans and their families enjoy a sustainable quality of life by creating a network of Community Veteran Liaisons ("CVL") whose role is to identify veterans, and connect them with resources & solutions designed to meet the unique set of veteran needs.

GREEKFEST "TO GO" – JUNE 4 – 5

If you're looking for some good homemade Greek food, Holy Trinity Greek Orthodox Church in Westfield is hosting their Annual GreekFest but it's "TO GO". Get some delicious take-out on Friday, June 4th from 4 – 9 p.m., and Saturday June 5th from 11 a.m. – 9 p.m.

Some of their specialties like Pasticcio, Souvlaki, Gyros, and desserts like Baklava and

Galatopuriko will be available to order on-line at NJGREEKFEST.COM.

So, order online at NJGREEKFEST.COM, and pick up your food in the parking lot of the church located at 250 Gallows Hill Road, Westfield, NJ. Who knows? There may be dancing in the isles!!

And remember, everyone can be Greek for a day at NJGreekFest!

FRI - SAT, JUNE 4-5 ± 2021
FRIDAY 4:00-9:00 PM | SATURDAY 11:00 AM-9:00 PM

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FLINTLOCKS - EX BOY SCOUTS READY FOR ACTION

Submitted by Dr. Michael Hart

The Flintlocks, BSA, Inc. met for their Annual Meeting on Thursday, April 15, 2021. They elected the new slate of officers for the coming year; updated their Bylaws and Mission Statement; reviewed the accomplishments of the previous year; and discussed projects the Council needs to have done to prepare for summer camp and the upcoming year.

The Flintlocks are a group of retired scouts who devote themselves to helping the Patriot's Path Council of the Boy Scouts of America (BSA). They meet every Thursday at Camp Winnebago, all year round. They are organized as a 501c3 non profit corporation. All of the members are registered with the BSA. They provide a variety of skilled services to the

Council. They have built cabins, picnic tables, painted the dining hall, built the archery range, built all the structures at the waterfront, financed, built and equipped the STEM Lab at Allamuchy Scout Reservation, repaired damage to camp structures, etc. In addition to building structures and doing repairs and maintenance, they also volunteer at many Council activities throughout the year. More than half of the Flintlocks have been awarded the Silver Beaver or have received other Council and National Awards. They typically provide approximately 5,000 hours of volunteer skilled labor every year. Last year was interrupted by COVID shutdowns, and the camps were not operational last summer, but now the Flintlocks are all vaccinated and ready to get back to work. The Council plans to open the summer

Scout camps again, but there has been a lot of storm damage over the winter which needs to be repaired. The Flintlocks are ready to pitch in.

The Officers and Trustees elected for the coming year are as follows: John Koneski, President; George Van Dyke, Vice President; Michael Hart, Secretary; Russ Jenkins, Treasurer; Ted Marquardt, Chair of the Trustees; Bob Pysher, Trustee; Bob Germinder, Trustee; and Frank Wallace, Trustee.

The Flintlocks suggest getting vaccinations, hand washing, face masks, social distancing, and temperature checks. They can be found online at their Facebook page, "Flintlocks". Guests are always welcome. For more information contact Secretary Dr. Michael Hart at drmhart@yahoo.com.



(above) The Flintlocks, a group of retired scouts who devote themselves to helping the Patriot's Path Council of the Boy Scouts of America, pose for a picture during their meeting.



(above, Back, l-r) Newly elected officers: President John Koneski; Secretary Dr. Michael Hart; Treasurer Russ Jenkins; Vice President George Van Dyke; (front) Trustees Bob Germinder; Bob Pysher; Chair of Trustees Ted Marquardt; missing Trustee Frank Wallace.

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Blood products also typically have a short shelf life – ranging from five to 42 days, so constant replenishment is needed.

There remains an emergency blood shortage due to the coronavirus pandemic, which has limited the amount of walk-in community blood drives at such convenient locations as schools, libraries and houses of worship.

New Jersey Blood Services (2279 South Ave., Scotch Plains), a division of New York Blood Center, is part of one of the largest independent, community-based, non-profit blood centers in the United States that provides lifesaving blood products and services to nearly 200 hospitals in the tri-state area.

In order to be an eligible donor, you must be at least 16 years old (with parental permission or consent for those under 18 years of age), who weigh a minimum of 110 pounds, are in good health and meet all FDA and state Department of Health donor criteria. People over 75 years old may donate with a doctor's note.

To donate call (908) 232-9234, or schedule online: donate.nybc.org/donor/schedules/zip



(above) To learn more about New Jersey Blood Services visit the Scotch Plains Township channel on Youtube to view "Business of the Week: New Jersey Blood Services".

IT'S MOSQUITO SEASON: REDUCE BUGS BY REMOVING STANDING WATER

County of Morris

Morris County's mosquito control teams are on the job inspecting and treating 10,000 wet areas around the county to eliminate breeding grounds for mosquitos and keep tabs on mosquito numbers and disease

While those efforts can pay major dividends in minimizing infestation, individual property owners have the ability to make a major difference, too, particularly after recent wet weather.

"If everyone would take steps around their own homes to eliminate standing water, it could reduce the number of mosquitoes by many hundreds of thousands, if not millions, where you live," said Morris County Mosquito Division Superintendent Kristian McMorland.

STEPS YOU CAN TAKE TO REDUCE MOSQUITO POPULATIONS INCLUDE:

- At least once a week, empty water from flowerpots, pet food and water dishes, birdbaths, swimming pool covers, buckets, barrels, and cans
- Check for clogged rain gutters and clean them out
- Poke holes in trash cans and recycling containers
- Recycle discarded tires, and remove other items that could collect water
- Check for containers in places that may be hard to see, such as under bushes or under your home;
- Aerate ornamental pools or stock them with fish like fathead minnows
- Do not allow water gardens to stagnate
- Clean and chlorinate swimming pools, including those not in use (mosquitoes may even breed in water that collects on pool covers);

- Dispose of cans, plastic containers, ceramic pots or similar water-holding containers that have accumulated on your property

In addition to the nuisance, mosquitoes also bring the possibility of diseases such as West Nile Virus, Eastern equine and St. Louis encephalitis, which are transmitted through mosquito bites.

For more details on mosquitoes, visit: morriscountynj.gov/Departments/Mosquito-Control/About-Mosquitoes



(above) Ashley Kerekgyarto from Mosquito Control sets a mosquito trap that uses dry ice.

Photo by County of Morris

MORRIS COUNTY POSTMASTERS SHARE TIPS FOR RESPONSIBLE PET OWNERSHIP

Last year, a total of 5,803 USPS employees were attacked by dogs in the United States. New Jersey ranked ninth among the 50 states with 169 dog attacks in 2019. The 31 postmasters serving the 39 municipalities in Morris County are joining their colleagues throughout the Garden State and across the nation to raise public awareness of the importance of responsible pet ownership in helping prevent dog bites.

To prevent dog bites, Morris County

Postmasters recommend the following tips for responsible pet ownership:

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.

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THE INVASIVE SPOTTED LANTERNFLY

Shade Tree Commission, Township of Long Hill

EXCERPT FROM ARTICLE BY SURENDRA DARS:

The Spotted Lanternfly is an invasive planthopper that is native to China, India and Vietnam and has spread to New Jersey, Delaware, Maryland, Virginia and West Virginia. The Spotted Lanternfly's preferred host is the Tree of Heaven (Allanthus) that borders vast sections of Rt. 78.

In local backyards, Red and Silver Maples, River Birch, Black Walnut and Butternut are all impacted. Also, roses, grapes, and sumac can be attacked. In addition to this damage, the Spotted Lanternfly excretes a sugary substance that encourages the growth of black sooty mold, which is not harmful to people but can damage plants further.

The Spotted Lanternfly has one cycle per year, consisting of four nymphal stages (May – September), an adult stage (July – December), egg laying (September to December) and the egg masses overwintering (October to June). They are true bugs and molt to progress between stages.

Citizens are advised to destroy the Spotted

Lanternfly in all its forms. The Pennsylvania and New Jersey Departments of Agriculture have detailed information on the different Spotted Lanternfly forms and the most effective ways to destroy them. If you are considering glue traps, please read information on how to make the traps safe for birds.

Some strategies for getting rid of the Spotted Lanternfly include: squash adults, use sticky tape to interfere with the movement of the bugs up the tree, and remove egg masses where sighted.

For further information, visit the following sources:

AUTHOR: SURENDRA DARS

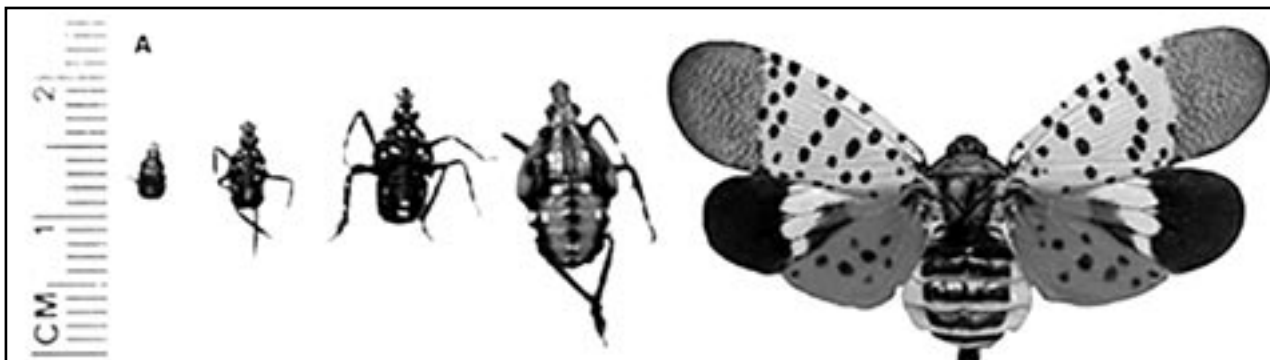
<https://ucanr.edu/blogs/blogcore/postdetail.cfm?postnum=26349>

NJ AGRICULTURE DEPARTMENT

<https://www.nj.gov/agriculture/divisions/pi/prog/SpottedLanternfly.html>

PA AGRICULTURE DEPARTMENT

https://www.agriculture.pa.gov/Plants_Land_Water/PlantIndustry/Entomology/Spotted_Lanternfly/SpottedLanternflyAlert/Pages/default.aspx



(above) The Spotted Lanternfly is an invasive species. Citizens are advised to destroy the Spotted Lanternfly in all its forms when possible.

THE SEASON FOR DEADLY HEARTWORM DISEASE IN DOGS IS UPON US

Home for Good Dog Rescue

We, at Home for Good Dog Rescue, save more than 50 Heartworm-positive dogs from the brink of death each year. You may be familiar with the monthly preventative treatment for your family pup. While this disease may be one of the easiest to prevent, it is also one of the most expensive to treat. The cost of treatment can be in the thousands for some dogs depending on size and severity of the infestation. Most shelters do not have the financial resources to treat this disease or the capacity to house dogs being treated. Therefore, as soon as a dog tests positive for heartworms, they are most often euthanized. The good news is you can join us in our fight against Heartworm disease and save the lives of these deserving dogs!

WHAT SHOULD YOU KNOW?

Heartworm disease is a serious and, if left untreated, fatal disease. It is caused by foot-long worms (heartworms) that live in the heart, lungs, and associated blood vessels of affected animals, causing severe lung disease, heart

failure, and damage to other organs in the body. Mosquitoes are carriers of heartworms and have the ability to infect dogs all-year-round, especially in the Southern portion of the United States and during the summer months.

WHAT CAN YOU DO TO HELP?

Home for Good Dog Rescue (HFG) is on the forefront of educating and equipping the communities in which we serve to promote awareness, prevention, and treatment of this deadly disease. With your support of Lexi's Beating Heart Fund, established in memory of a beloved HFG rescue, Heartworm-positive dogs will be saved from certain death and provided with the life-saving treatment they deserve. Your donation can help us rescue and treat more Heartworm-positive dogs than ever before. Please join us and make your donation today.

Visit our Facebook Heartworm Treatment Fundraiser at [facebook.com/HomeForGoodDogRescue](https://www.facebook.com/HomeForGoodDogRescue) or donate online at homeforgooddogs.org

RUTGERS MASTER GARDENER PROGRAM

Rutgers Master Gardeners are trained volunteers who assist Rutgers New Jersey Agricultural Experiment Station (NJAES) Cooperative Extension in its mission to deliver horticulture programs and information to the general public. Anyone with an interest in gardening and a commitment to volunteer service can become a Rutgers Master Gardener. No previous education or training in horticulture is required.

RUTGERS MASTER GARDENERS USE THEIR SKILLS IN A VARIETY OF AREAS, INCLUDING:

- Gardening demonstrations
- Telephone Helpline and Plant Clinics
- Community and youth gardening
- Horticultural therapy
- Information booths at county fairs and other public events
- Research assistance at Rutgers, The State University of New Jersey
- Harvesting and packing food for the hungry

MORRIS COUNTY

The Rutgers Master Gardener Morris County Helpline is staffed from

April through October, Monday

– Friday 9:30 a.m. to 1 p.m.

and Tuesdays and Thursdays

from 1 p.m. to 4 p.m.

and can be reached at

rcehelpline@co.morris.nj.us

or 973-285-8305.

To learn more about the program, contact Dave Los at 973.285.8307 or email at dlos@co.morris.nj.us.

Rutgers Cooperative Extension of Morris County is located at County Building

550 West Hanover Avenue, Morristown, NJ 07963.

For more information logon to morris.njaes.rutgers.edu.



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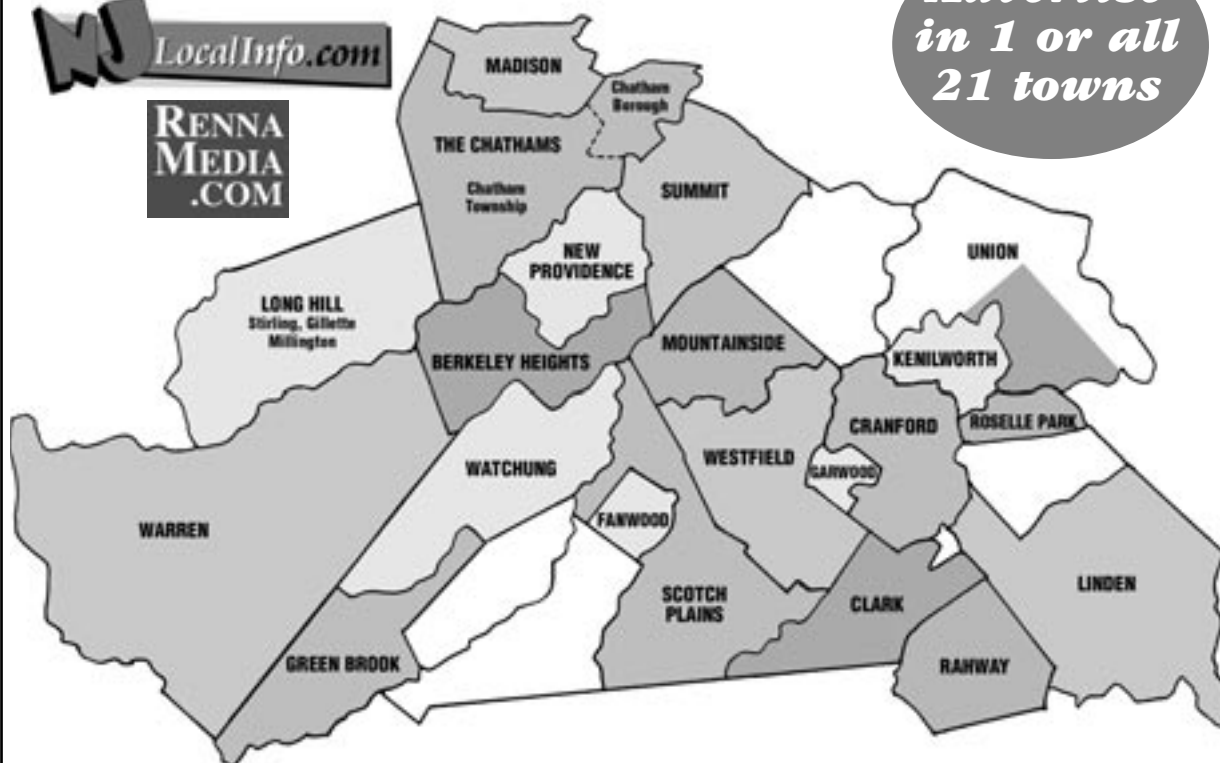
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