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COMMUNITY NEWS NJ

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SILVER LIMING SPREADS KINDNESS TO GL GRADUATES

Submitted by Julie Lloyd

Silver Liming Foundation, a local non-profit with a mission to spread kindness, recently turned its attention to our Governor Livingston (GL) High School Seniors. They were having a tough time as COVID regulations limited sports, band, classes, and everything that makes for a “normal” year. With permission from the school district, Silver Liming Foundation members bestowed a unique gift upon each of these resilient seniors: Every graduate of the GL Class of 2021 received a custom-made, personalized t-shirt with their name on the back. The seniors were excited to wear their new shirts at Project Graduation.

In addition, Silver Liming again awarded its annual \$500 scholarship to a Governor Livingston High Senior who exudes kindness without seeking accolades. Athena Nguyen has received the 2021 Silver Liming Making a Difference Scholarship. She was nominated by six staff members at GL because she consistently helps others, is kind to everyone, and does it all with a smile.

When given the award, Athena said, “I promise I will keep being kind.” She inquired if she earned the award because she was deaf, and was pleased to learn that the award was solely based on her kindness.

Athena was president of two clubs, GL Deaf Highlander Club and the American Sign Language Club. Facing challenges in the classroom as a deaf student, Athena focused on her interpreters in mainstream classes. This was strenuous on her eyes, but instead of complaining, she encouraged her peers to endure the challenges of being deaf students. Athena was also involved in a concert band and played percussion for three years. She’ll attend Bergen Community College in the fall.

Silver Liming members are looking forward to awarding next year’s scholarship recipient as well as continuing to improve the lives of the people in our community through a year-round program of kind gestures. Kind gestures may be as simple as ordering coffee for a volunteer EMT, raking leaves for an elderly friend, or providing meals to a family while they are caring for a sick relative.

Learn more about Silver Liming on Facebook at Silver Liming, Instagram @thesilverliming, or silverliming.org. Make a donation through Venmo@Silver-Liming.

(right) Governor Livingston High School Seniors enjoyed t-shirts given to them by the Silver Liming Foundation at Project Graduation.

Photos by Berkeley Heights Public Schools



(above) Athena Nguyen was awarded the 2021 Silver Liming Making a Difference Scholarship.



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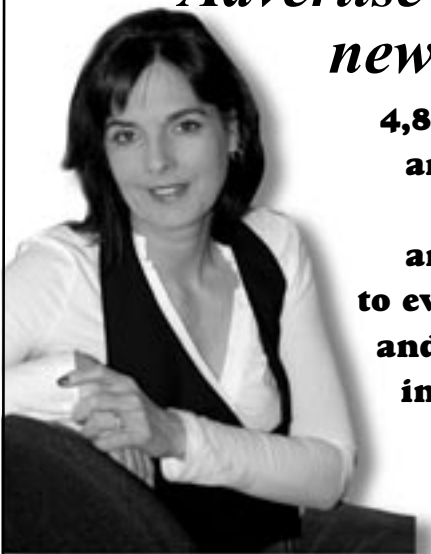
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OLIVIA BUCHHOLZ AWARDED WOMAN'S CLUB SCHOLARSHIP

Submitted by Chris Bjornstad

The Woman's Club of Berkeley Heights has given a \$1,000 scholarship to Olivia Buchholz, a graduating senior from Governor Livingston High School. Olivia is a nationally licensed EMT and member of the Berkeley Heights Rescue Squad, a varsity equestrian, and an accomplished pianist. Olivia will be attending Cornell University in the fall, majoring in biological sciences on the pre-med track.

We wish Olivia continued success in her future endeavors.

The Woman's Club of Berkeley Heights is a 501(3) organization, a member of The Greater Federation of Women's Clubs and the New Jersey State Federation of Women's Clubs. This past year we held three virtual fundraisers. With the monies raised we were able to give Olivia her

scholarship as well as donations to the following organizations: The Berkeley Heights Public Library, Rescue Squad, and Memorial Park Renewal Project; Our House; Cherished Creations; St. Joseph Social Services; Faith Lutheran Church; nourish.NJ; and the YWCA of Union County Domestic Violence "Project Protect" Program.

The Club members ended the year with a "Picnic in the Park" at the Columbia Park Pavilion.

Our next meeting will be on Tuesday, September 21 at noon for a "Meet and Greet Ice Cream Social". The meeting will be at Columbia Park Pavilion or Faith Lutheran Church.

For information about this meeting or the Club contact Phyllis McEnroe at 908-508-0440 or Chris Bjornstad at 908-771-5527.



(above, l-r) Chris Bjornstad, BHWC Education Chairman, Olivia Buchholz, and Phyllis McEnroe, BHWC President.

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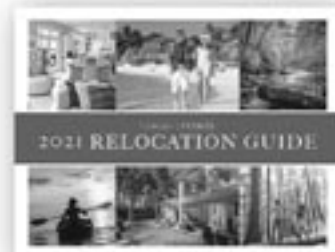
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INVITATION (2)

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KAITLYN SIKSNIUS WINS NATIONAL TUMBLING CHAMPIONSHIP

Congratulations to Kaitlyn Siksnius of Berkeley Heights for her recent win at the 2021 USAG National Championship. With this win Kaitlyn, a 14 year old freshman at Governor Livingston High School capped off an exceptional gymnastics season. In addition to the national title, she also won the State and Regional Championships for Tumbling.

Kaitlyn's career began when she was 6 years old, transitioning into Trampoline and Tumbling (T&T), currently competing in Double-Mini and Power Tumbling. She is coached by tumbling World Champion and Hall of Fame legend Roger Walker. This was Kaitlyn's first year competing at level 10, and her training for next season has already begun.



BERKELEY HEIGHTS PUBLIC LIBRARY AUGUST PROGRAMS

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CHILDREN'S STORY TIMES AND PROGRAMS:

Paper Plate Story Time

Tuesdays, 9:30 - 10:00 a.m.

Story and a craft for ages 3 - 5

Mother Goose Time

Thursdays, 9:30 - 10:00 a.m.

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Take and Make Craft

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Check the library's events calendar at bhplnj.org/events or the library's Children's program page at bhplnj.org/young-readers/story-times for program dates and times, changes and additions.

ADULT PROGRAMS:

Online Book Group

Friday, August 6, 2021 at 10:30 a.m.

Tuesday, August 10, 2021 at 7:15 p.m.

Currently, the library is offering an online Book

Group that meets via Zoom and discusses ebooks/e-audiobooks available from Hoopla.

The selection for August is Afterlife by Julia Alvarez.

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3 SKILL SETS STUDENTS NEED TO THRIVE THIS FALL

LearningRx (www.LearningRx.com), the largest one-on-one brain training company, is sharing tips to help students ease the transition from summer to school. The tips highlight three key skill sets that students need to thrive in any setting.

This fall will be a return to in-person learning for many students across the country in nearly 18 months. In addition to the standard learning loss that typically occurs when formal education stops during the summer, this past year and a half was compounded because of school closures, disruptions, and new challenges with online learning. These adjustments have left many students - and parents - concerned about a return to the classroom.

But there's good news: almost everyone is in the same boat.

Here are some tips to help your student develop three primary skill sets to help them thrive this academic year:

• SKILL SET #1: SOCIALIZATION

Understandably, students may feel nervous about returning to a social setting, especially after more than a year riddled with isolation, home-based learning, event cancellations, and limited sports and other extracurricular activities. Look for opportunities to tour the school, attend grade-specific orientations and other social engagements. Depending on your student's interests, needs, and age, you may want to enroll them in individual or group therapy, schedule "play dates," sign them up for a fun workshop (e.g., painting, star gazing, pottery), or take them to a free movie night at the park. If needed, encourage them to brainstorm conversation starters or extracurricular activities at the start of school (e.g., theater, student council, intramural volleyball) they can enroll in to make friends organically.

• SKILL SET #2: TIME MANAGEMENT AND ORGANIZATION

Summer often means late nights and sleeping in, making the transition to early morning starts particularly stressful. Start by gradually adopting a sleep schedule to best prepare your student for an earlier wake-up.

Like time management, organization often serves as a reflection of learning success. As one might imagine, a well-rested teen with strong note-taking skills, clearly labeled binders, and a detailed homework schedule will likely perform better than a sleep-deprived teen who struggles to stay on top of tasks. Invest in the tools your student needs to keep academics organized like colored markers, binders, notebooks, highlighter pens, a calendar, and a whiteboard. Designate a quiet space in your living quarters - whether it's a desk, fold-up, or dining room table - to establish a learning environment without distraction.

• SKILL SET #3: COGNITIVE SKILLS

Also known as "brain skills," cognitive skills are the underlying tools that enable kids to focus successfully, think, prioritize, plan, understand, visualize, remember, and solve problems. Those skills include auditory processing, visual processing, short and long-term memory, comprehension, logic, reasoning, and attention skills. If one of these skills isn't as strong as the others, it can affect the brain's ability to perform efficiently. Just imagine a bright student whose attention skills make it difficult to focus on the teacher's instruction. They might miss taking critical information while taking notes, a homework assignment, or project details. Imagine if every cognitive skill were strong, including their attention skill, they would thrive in school and perform at their highest potential.

By taking an initial Brain Skills Assessment through LearningRx, the student and parent would see a fuller picture of the student's cognitive skills. Then a tailored program would focus on targeting the skills needed to maximize the student's potential. After strengthening their skills, homework, test-taking, and learning, in general, are faster and easier.

Although a return to school can bring up feelings of inadequacy and anxiety, it's important to remember that almost every student is experiencing something similar. Addressing these three skill sets can help boost your students' confidence, and better prepare them for the return to school. Focus on support, independence, and the excitement of a fresh start—and understand that their apprehension is entirely normal.

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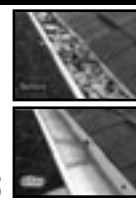
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BACKPACKS FOR LIFE FIFTH ANNUAL GOLF OUTING FUNDRAISER

On September 20, 2021, Backpacks For Life will be hosting their Fifth Annual Golf Outing in Wayne, NJ. The golf outing is one of Backpacks For Life's tentpole fundraiser events that occurs annually in an effort to spread awareness about veteran homelessness and their mission to serve the veteran community. Last year's event was cancelled after a handful of rescheduling attempts due to COVID-19. The outing is presented by the founding sponsors of the event, three local New Jersey businesses, Biltmore Tuxedos, Sal Laurretta for Men and DSM.

"While it was a disappointment to cancel the event last year, we knew it was the right call. This year, we're excited to get back out there, bring the community together and have a great day in support of the veterans we serve. Our event has a lot to offer so whether someone is a golfer or not, they can participate in some capacity," said Sgt. Brett D'Alessandro, President, Backpacks For Life.

The outing will be held at one of New Jersey's premiere golf courses, North Jersey Country Club located in Wayne, NJ. The event kicks off with the veteran owned business brunch featuring a variety of local veteran owned businesses including The Mobile Cigar Lounge, Backward Flag Brewing and Black 6 Coffee.

The event continues with a round of 18 holes as well as on course activities.

"Each year we try to bring something new and exciting from within our veteran community for others to experience. With the veteran owned business brunch and our cocktail reception, we're able to highlight incredible veteran owned small businesses and help them after what was a challenging year for all. It's an honor to share the stories of successful veteran entrepreneurs," said Alexa Modero, Executive Director, Backpacks For Life.

The evening concludes with a cocktail hour reception sponsored by Bond Street Mortgage. This portion of the event is open to the public, golfers and nongolfers alike. The reception features food and beverage, a silent auction and guest speaker, US Navy SEAL veteran, Anthony Page.

For all event details, tickets and registration, visit backpacksforlife.org/golf.

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.

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Nathan Weiser

★★★★★

Spring Grove is by far the best rehab center I have ever been to. The staff are kind and caring and have gone above and beyond my expectations. The building is kept extremely clean and the new renovations are very nice.

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.

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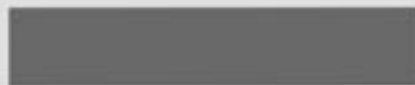
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THE WARREN LIONS CLUB EXPO IS BACK!

Scheduled for August 25-28, 2021. Spectacular Fireworks Show on Saturday, August 28.

After a year's hiatus due to COVID restrictions, the annual Lions EXPO will once again transform the Warren Township municipal field (46 Mountain Boulevard) into a classic carnival over four days, 6-10 p.m. from August 25 - 28, 2021, with amusement rides, games of chance, fireworks, food vendors and an exposition of local businesses. This will be the 53rd Annual EXPO, the flagship event of the Warren Lions Club.

The Lions EXPO attracts approximately 10,000 people over the four days and has become the premier family fun event in Warren Township and the surrounding communities.

The EXPO will have a pay-one-price wristband every night this year. We will be holding a Giant 50/50 cash raffle with the drawing on Saturday August 28th, resulting in a multi-thousand dollar payout to a single winner. The winner need not be present. Tickets will be available for purchase throughout the Expo dates for \$5 each.

BERKELEY HEIGHTS SENIORS DAY TRIP

The Berkeley Heights Seniors are sponsoring a trip to Resorts Casino on Monday, August 16. The bus leaves the parking lot at Mt. Carmel Guild Hall, 56 River Road, Berkeley Heights. We will leave at 8:30 a.m. and return at 7:15 p.m. The cost is \$35 which includes bus transportation and a \$20 voucher for slot play. For further information or reservations, call Ramona at 908-647-3295.

"Hosting the EXPO is more than a tradition, it's our resolve to spread the smiles on people's faces, especially after the difficult period we all have endured for more than a year" said Mark Ramos, the 2021 EXPO chairperson of the Warren Township Lions Club.

The Lions Club, as well as the games, rides and food vendors at the EXPO are committed to observing the state mandated COVID safety guidelines in force during the Expo dates. In addition to multiple washing stations adjacent to the restrooms, special hand sanitation stations will be available throughout the Expo. All patrons are kindly asked to cooperate with the state mandated guidelines.

ABOUT THE LIONS CLUB OF WARREN TOWNSHIP

When caring people join together, roll up their sleeves and take action to make their community better, it's a beautiful thing—and an incredible feeling for everyone involved. That's Lions. Being a Lion is about leading by example, building relationships and improving the world through kindness. The service of Lions reaches around the planet. Serving in over 200 countries and geographic areas, our 48,000 clubs and 1.4 million members are helping others and making communities better.

The Warren Lions Club currently has close to 90 active members from Warren Township and

surrounding communities. Members include business and professional leaders who provide humanitarian service, encourage high ethical standards in all vocations, and help build goodwill and bonding in the communities. All funds raised by the Lions Club of Warren Township are used to support a wide variety of community service organizations and projects. The Club holds dinner meetings every second and fourth Wednesday of the month from September through June and occasionally feature speakers, donation recipients and special guests that inform and entertain. The Club encourages all members to help set the direction of our Club, participate in leadership roles, and identify causes to support and the Club's priorities, while fostering camaraderie and advancing our mission. To learn more about us, please visit our Warren Lions Club website warrenlionsclub.org and on Facebook.

OUR MISSION AND MOTTO

To empower volunteers to serve their communities, meet humanitarian needs, encourage peace, and promote international understanding through Lions clubs. Our motto: "WE SERVE."

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Lions EXPO is the major fundraiser of the Warren Township Lions Club and enables the club to donate to local charities, organizations and events.

www.warrenlionsclub.org
 For more information & sponsor opportunities, contact The EXPO Chairperson Mark Ramos at 908-334-7795

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GREEN MACHINE CAPTURES 12U DISTRICT TITLE

Submitted by Andrew Adornato

The Mountainside Green Machine went a perfect 6-0 and captured the Cal Ripken District 12u title on Saturday, June 26.

The Green Machine, which consists of kids from both Mountainside and Berkeley Heights, dominated the competition as they scored 68 runs and gave up 11 in 6 games. Mountainside defeated Millburn, Westfield, Chatham and South Orange-Maplewood in pool play. They then went on to the semi-finals to defeat Summit by a score of 12 to 5. They took down the championship by beating Cranford 11 to 1 in the finals. The offense was propelled by Jackson "Drago" Crimaldi and Michael Basile as they each hit 3 home runs and drove in 25 RBI with Michael leading the team with 15 and Jackson with 9. Speedy Reid Bazydlo led the team with an impressive team high 17 stolen bases and hit .500 for the tourney. Owen Keough and Addison Adornato also stole

a combined 16 bases and hit .400 for the tournament, while also playing stellar defense. As a team, the Green Machine hit an amazing .427 for the tournament.

In the semi-final game against Summit, Mountainside got off to a slow start, making a few errors and found themselves in a hole, 4-0 after 3 innings. In the bottom of the 3rd innings, Owen Keough, Tyler Kanarek and Ryan Lamera took control of the offense with 3 doubles off the fence to get the offense going. Mateo Liloia and Reid Bazydlo pitched against Summit and gave up 0 earned runs as they each threw 3 innings each. Mountainside then poured on 10 runs in the inning and never looked back. Lamera and Kanarek hit .333 for the tourney and scored 10 runs and played solid defense in the outfield. Michael Donahue, Tyce Hanratty, and Jack Samuelson all had multiple hits and provided solid defense when called upon throughout the

tournament.

Along with averaging over 11 runs a game, pitching, catching, and defense were the keys to victory. Michael Basile was the anchor for this team behind the plate, framing strikes, blocking balls when needed, and threw out 6 base runners. The pitching was led by Matthew Filiaci, Reid Bazydlo and Mateo Liloia. They pitched a combined 25 innings without giving up a run. Filiaci pitched 11 innings, including 4 in the finals, striking out 18 and giving up 0 earned runs. Filiaci added 3 key rbi in the finals against Cranford to help his team to victory. CJ Cantagallo had a huge 2 rbi bunt for base hit in the finals to help lead the offense. Reid Bazydlo pitched 9 innings in the tournament, striking out 14 and did not give up an earned run. Reid also closed out both the semi-final and final game. Mateo Liloia pitched 5 innings, including 3 in the semis, 0 earned runs and striking out 5.



(above) The Mountainside Green Machine went a perfect 6-0 and captured the Cal Ripken District 12u title on Saturday, June 26.

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(above) Kelly Anne Donfield and Sarah Hagen, members of the Lantern Hill Dining Services Department, were awarded \$4,000 scholarships.

KELLY ANNE DONFIELD AND SARAH HAGEN RECEIVE SCHOLARSHIPS FROM LANTERN HILL

Lantern Hill, an Erickson Senior Living community in New Providence, New Jersey, honored its first class of Student Scholars at an Awards Ceremony on June 14. Kelly Anne Donfield and Sarah Hagen, members of the Dining Services Department, were awarded \$4,000 scholarships from the community to support their pursuit of higher education.

Donfield, a New Providence resident who graduated this spring, will be attending the University of Central Florida in the fall. Kelly has been a server at Lantern Hill since 2019. Kelly feels fortunate to have worked at Lantern Hill. In her essay, she stated, "luckily, I am not like most teenagers and have been blessed with an opportunity to work as a server at Lantern Hill. I say that with pride because Lantern Hill and the residents have provided me with an opportunity to immerse my life in different cultures, learn about important life experiences, and meet new people and friends."

Hagen, a Berkeley Heights resident, also graduated this spring, and will be attending Virginia Tech in the fall. Sarah is planning on becoming a teacher, majoring in history and special education. Sarah believes that working at Lantern Hill has taught her a wide variety of

skills that she will carry with her throughout her life. She is most grateful for the conversations she's had with the residents. They have shared their stories and knowledge and have shown her what it is truly like to enjoy life, have a positive attitude and an outgoing spirit.

The Scholar's Program is funded by the residents of Lantern Hill to support high school students employed on campus who have shown commitment to serving the Lantern Hill's community.

For more information about the scholarship program and employment benefits with Lantern Hill, visit ericksonseniorliving.com/careers.

ABOUT LANTERN HILL

Lantern Hill, one of 21 continuing care retirement communities managed by Erickson Senior Living, is situated on a scenic 26-acre campus in New Providence, New Jersey. The not-for-profit community of more than 500 residents and 300 employees is governed by its own board of directors, affiliated with National Senior Campuses, Inc., who provide independent financial and operational oversight of the community. Additional information about Lantern Hill can be found at LanternHillCommunity.com.



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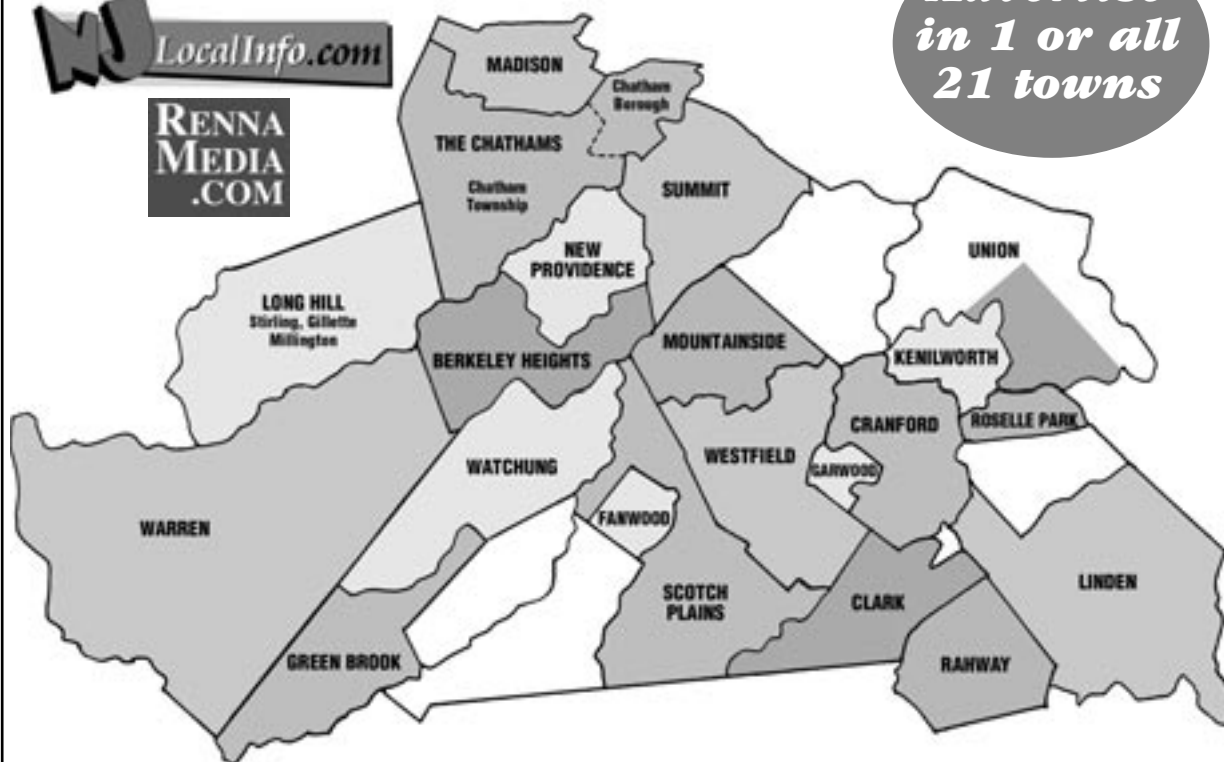
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CASA NAMES ANUJA BHAMARE ITS JULY SPOTLIGHT VOLUNTEER

Submitted by Fernando Porras

Berkeley Heights resident Anuja Bhamare's advocacy journey began just one day after her husband shared an article from a local newspaper. As the desire to do more meaningful volunteer work inhabited Anuja's selfless spirit, the piece about a local organization providing residents with the opportunity to advocate for abused, neglected and abandoned children hit the spot.

"I found the whole process very systematic and methodical," says Anuja. She completed her 30 hours of training and, two years ago next month, she was sworn in by a Union County judge. That August she was assigned to her first case, that of a nine-year-old girl. Today, Anuja continues to navigate the case and admits, "It has given me a new perspective on a lot of things." Among them? The now-deep understanding that being part of a stable household can so easily be taken for granted.

While in the advocacy trenches, volunteers often realize the rewards come both big and small, and an exchange or experience that may

last mere seconds can gratify one's heart for a lifetime. Anuja says she cherishes her time spent walking and playing at the park, as do her youth. If Mother Nature isn't on board with a park visit, they will read or draw. She says that among her most gratifying moments is being asked by her foster youth if they can stay longer at the park the next time around. "It feels good to have a connection with a child who has seen so much inconsistency, instability and change in their short life." It's especially during those times, she adds, "I do feel the necessity of such a role."

The information technology professional is a project/program management consultant at New York-based Marsh McLennan with a full professional plate, and with two young children – a two-year-old and seven-year-old – Anuja admits that adequately performing the advocate role takes planning, but she's committed. "It is difficult at times, but ... I prioritize my things to do every day and that helps me manage everything I want to do."

Originally from India, Anuja came to the

United States to complete her Master's Degree and she and her husband, children and the family cat all call Berkeley Heights home. In her downtime Anuja likes to garden, and the family reaps the rewards as fresh veggies abound in her backyard. She likes to keep active through a good walk or hike, and also practices meditative yoga. As for her hiking companion, Anuja is all ears ... to her audiobook, that is. When not inside chapters in the mystery genre, she also enjoys listening to Indian yogi and author Sadhguru, who started the Isha Foundation, a nonprofit spiritual organization at which Anuja also volunteers. She holds close one particular sentiment from Sadhguru: "If you choose, you can be joyful in this moment. You just have to make this choice."

Her weekend mornings are considerably nostalgic as Anuja tries to recreate her father's homemade omelets. Another childhood favorite that she shares with her family is khichadi, a classic Indian dinner dish with rice and lentils. Having grown up in a very family-oriented culture, she says it's difficult to choose just one person who has inspired her. In addition to her parents, notes Anuja, an elder cousin and uncle, both with a loving heart and a lending hand, each hold a special place in her heart.

"It's very satisfying to know I am doing whatever little I can to improve a child's life," says Anuja. "I think it's the responsibility of all of us to look beyond our own homes and families, and I ask everyone to give it a little thought, and then some time."

Surely the values she remembers her cousin and uncle for are embedded in perpetuity right within Anuja's own selfless spirit.

There are more youth like Anuja's awaiting their own CASA volunteer. The need is real, and so is the opportunity to change a life. Will you become a CASA volunteer for a Union County youth living in foster care through no fault of their own? Learn more by contacting info@casaoofunioncounty.org.

About the author: Fernando Porras is an active volunteer for a 4-year-old boy. In addition to serving as CASA's marketing intern, the recent graduate from Gettysburg College is also preparing for the law school admissions process.

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(above) CASA of Union County's July 2021 Spotlight Volunteer was Anuja Bhamare of Berkeley Heights.

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