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## JOIN CUB SCOUTS, SCOUTS BSA AND VENTURING

Outdoor fun and adventures await Chatham boys and girls in Cub Scouts, Scouts BSA and Venturing.

With the start of the school year, our programs kick into high gear once again.

Chatham has three Cub Scout packs for boys and girls in grades K-5, three Scouts BSA troops for boys in grades 6-12, one Scouts BSA troop that is for girls only, and one Venture crew for girls who are ages 14-20.

Each Cub Scout pack is organized by dens of children who are in the same grade. Dens are boy-only or girl-only but they all have the same Cub Scout program. Dens meet weekly or bi-weekly. Pack meetings, where all the dens come together, are usually once a month gatherings. Packs also have special events like camping, hikes, picnics and community service.

In a Scouts BSA troop, the older youth are the leaders. Adult leaders are always present to mentor the youth leaders and make sure all safety rules are followed. Troops meet weekly to develop new skills. Troops usually camp, or have another outdoor experience like climbing or rafting, once a month. Scouts BSA troops are boy-only or girl-only.

In a Venturing crew, youth ages 14-20 join together for outdoor adventures, leadership, personal growth and service projects.



*(above) Chatham Boys & Girls Having Fun in Cub Scouts, Scouts BSA and Venturing. To connect with a pack, troop or crew, contact District Executive Al Thomas, email: [al.thomas@scouting.org](mailto:al.thomas@scouting.org); call: 973-765-9322 x229.*



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## \$100K BEQUEST - SETS CHALLENGE MATCH

### Bridges Outreach

Bridges is honored to announce a \$100,000 bequest from the estate of John J. Hurley of Chatham, NJ. Mr. Hurley found his way to Bridges through former Board Treasurer, Bob Rowan, and founders, Geoff and Ginger Worden, formerly of Summit, NJ. Bob and John's friendship during retirement was partially founded on a mutual connection to Bridges Outreach. Together they made numerous "Bridges Runs" to Newark. As John experienced the full impact of the Bridges Organization in action, he became a strong proponent of its work, ultimately working with Rowan and the former Executive Director, Lois Bhatt, to commit to this major gift.

Mr. Hurley was born in Glen Gardner before moving to Roselle Park, New Jersey. Having lost his parents early in life, he was raised by his godmother and her family as one of their own. After graduating from Roselle Park High School, he attended Rider University. He was also a US Army veteran. Professionally, Mr. Hurley worked for Wilkinson Sword, Inc. before it was associated with Gillette. While there, he was known for his attention to detail and respect of the family atmosphere. He ended his professional career as the Business Manager for Kent Place School. He managed the school's finances with respect for the program and the wisdom of careful spending. It is there that he connected with the Worden's, with whom he stayed in contact well after his retirement in 1997. Arlene Gibson, former Head of School at Kent Place, worked with John for nine years. She remembers him fondly as a man with a wry sense of humor who supported the school with care. "It is not surprising that John became involved with Bridges, a program in which the school's faculty, staff and students worked both to aid the homeless and to learn from them. I am touched by his gift and applaud Bridges in the effort to match his generosity."

Bridges is grateful for his commitment to our work, and we have begun the John J. Hurley Housing Success Fund with his bequest. This fund will help cover the cost of the voucher process, provide a basic care package, and extended transition support for those newly housed. Rich Uniacke, Executive Director, recognizes the long-term impact of this bequest. "Getting people out of homelessness and into housing, rather than shelter, is our highest aim. Keeping them successfully housed can itself be a challenging process which can last indefinitely. The establishment of this fund is meant to be a lasting tribute to the man who made this kind of impact possible."

Bridges' aim is to raise another \$200,000 dollars to match this gift by September 30, 2021 and transform the lives of those we serve-covering the costs of the housing voucher process and providing some basic items to start a new home. Bridges has raised \$96,000 of our \$200,000 goal, and we are asking for your help.

To support the John J. Hurley Housing Assistance Fund and help meet our \$200,000 match, donate at



(above) John J. Hurley of Chatham, NJ

give.bridgesoutreach.org/HurleyMemorial; send donations to Bridges Outreach, Inc., P.O. Box 1444, Summit, New Jersey 07901 in honor of John J. Hurley. For stock transfers and/or planned giving, please contact Liz Christou-Woodall at 908-273-0176 or [ewoodall@bridgesoutreach.org](mailto:ewoodall@bridgesoutreach.org)

Founded in 1988, Bridges Outreach has actively supported people experiencing homelessness in New York City, Newark, Irvington, and Summit. Bridges works to end homelessness through volunteer driven outreach and case management focusing on health, housing, and independence. We form relationships with those experiencing homelessness while meeting their most urgent needs. With case managers at our drop-in center, Project Connect, in Newark, we have been the primary organization providing identity documents, access to health and social services, shelter, daily food, and connections to employment.

During the Covid-19 pandemic, Bridges has sustained Runs in New York City, Newark, and Irvington and self-care access in Summit. Bridges has also committed to Street Outreach in Newark seven nights a week to provide food, clothing, PPE, and access to Covid-safe shelter. We have worked tirelessly to permanently house 30 clients with HUD mainstream housing vouchers and are working to prevent imminent homelessness with rental arrears support. Since April 2020 with our volunteers and case managers hard at work, Bridges has had more than 1,100 shelter placements, distributed over 35,000 lunches, and served over 8,000 people.

Bridges Outreach, Inc. is a NJ 501(c)(3) organization. For more information, please visit Bridges' website at [bridgesoutreach.org](http://bridgesoutreach.org). Follow us on Facebook and Instagram.



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## JBWS HONORED ON 45TH ANNIVERSARY

Morris County recently honored JBWS for 45 years of service in combating domestic violence and aiding survivors of abuse during an anniversary dinner hosted by the organization in Florham Park.

JBWS, founded in 1976 as a hotline by a small group of domestic violence survivors, has since expanded its services to shelter and assist all people dealing with domestic violence. The organization works to protect and empower its clients as well as to rehabilitate family members, advocate for social change to prevent partner violence and educate the public about domestic violence and its consequences.

Morris County Commissioners presented a resolution. It declared that "JBWS be recognized and commended for its 45 years of outstanding service to the community and that all residents support those working diligently to end violence in our lives."

The Morris County resolution noted that, after the hotline calls increased in 1976, the need to help people find safety became more urgent following the tragic murders of two people who had reached out to the organization for help. The Morris County community responded by raising funds to open the Jersey Battered Women's Shelter in 1978. The organization later became known simply as the JBWS as its mission expanded beyond a hotline, safe house and counseling services.

Today, JBWS has more than 200 volunteers and provides transitional living arrangements, support for children and adolescents and provides batterers' intervention services. It also provides housing assistance, school-based teen dating abuse prevention programs, professional training and a multi-discipline family justice center.

More than 113,000 families have been sheltered or counseled by JBWS and 487,000 teens and adults have been educated about domestic violence.

For more information visit [jbws.org](http://jbws.org).

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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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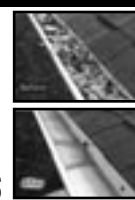
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## ART LEAGUE OF THE CHATHAMS FALL SHOW

*Submitted by Ann Frommer*

The Art League of the Chathams will host their fall show of artwork by the Art League artists and showcase a husband and wife team. A opening reception will take place on September 26 from 2 - 4 p.m. in the Lundt-Glover Gallery, located in the Chatham Twp. Municipal Building, 58 Meyersville Road, Chatham Twp, NJ. Refreshments are served. People who are



*(above) Susan Scarince Jones and Alan Jones*

unvaccinated are requested to please wear a mask.

The Fall Exhibit will run from September 26 through December 6, 2021 and is free and open to the public.

Susan Scarince Jones and Alan Jones, mixed media artists, are the combined solo exhibitors. The title for their show is "Nature's Impressions".

Susan, whose artwork is inspired by nature, especially landscapes of the southwest, enjoys creating impressionist paintings and collages using metal, copper and tin. Her colors range from warm earth and rust tones of the west to the cool blues, greens and pastel colors depicting spring gardens and trees of the eastern woodlands.

"I rarely use a plan other than the size of the canvas and the colors or textures I would like to use. Trusting my intuition, I let my art 'happen'. My main goal is to express myself and draw the viewer into my paintings," states Susan.

Susan was born and raised in Madison, NJ. A shy, quiet kid, she used art as a way of expressing herself. Majoring in fine arts in Boston, she worked in NYC in the advertising field concentrating on illustration, giftware and package design. "My biggest thrill as an

apprentice artist was seeing my art illustration appear in the New York Times and other large newspapers." Her designs also appeared on a variety of items such as dessert dishes to a line of juice drink packages.

As a member of the Art League of the Chathams and Drew Art Association, she has exhibited and sold her work in numerous solo and juried shows. Susan has given art instruction to both children and adults throughout the Tri-County Area.

Susan has created and published a series of three photo books for young children called Skippy Chipmunk. The books contain her photographs and stories about a real live chipmunk living in her garden. As an author, she visits local nursery schools and enjoys seeing the children's reaction to her stories. Her Skippy books and photos will be on display at the exhibit.

Alan Jones is new to the art community, but not new to the artist world. He diligently worked behind the scenes assisting Susan with many of the technical art issues.

Born in Newport, Wales, he moved to the US as a teenager. After finishing school and serving in the US military, he met Susan on a blind date. By coincidence, they had both been reading Thoreau's Walden. At that point, there was an instant connection with their love of nature and interest in art (and each other). They married, moved to Long Valley and raised two children.

Alan has always been interested in art, but it was after he retired from a career as a machine designer for various engineering firms that he then began to paint, design and construct clocks using tile, copper and wood.

Noting the colors selected for his projects looked perfect next to her artwork, Susan urged him to try his hand at painting. "I have been encouraging everyone around me to get into art and then realized Alan had potential with just a bit of encouragement!"

For more info about the Art League of the Chathams visit [artleagueofthechathams.org](http://artleagueofthechathams.org).



*(above) Clock, by Alan Jones Mixed Media*



*(above) "Memories", painting by Susan Scarince Jones*

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## FRESH PRODUCE DELIVERED TO SENIORS

### Morris County

Fresh produce picked at Ort Farms in Long Valley was packed in bags in August and distributed to senior citizens through a farm-to-table, pilot program operating this summer under a partnership between the long-time family farm and the Morris County Nutrition Program.

The cooperative arrangement allows senior citizens to order produce that will be bagged at the farm and delivered to their housing complex within 24 hours.

Morris County anticipates that nearly 200 bags of produce will be delivered this summer to seniors living in six Morris County senior housing units, said Christine Hellyer, director of the Morris County Division on Aging, Disabilities and Community Programming.

The Senior Farmers' Market Nutrition Program is a federally-funded program that provides low-income seniors with coupons that can be exchanged for eligible foods such as fruits, vegetables, honey, and fresh-cut herbs at farmers' markets, roadside stands, and community supported agriculture programs. In Morris County, the program is being administered through the Morris County Division on Aging, Disabilities and Community Programming's nutrition program.

The Morris County Nutrition Program provides seniors who meet certain income qualifications with hot nutritious meals,

education, and even opportunities for personal interaction through three program components: Congregate Meals, Home Delivered Meals and Weekend Meals. The program served 388,358 meals in 2020.

For more information and income guidelines to qualify, visit the county's nutrition program website at [morriscountynj.gov](http://morriscountynj.gov).

Now in its sixth generation, Ort Farms is a 400-acre farm currently run by three generations of the Ort family. The farm operates through all four seasons, offering home-grown produce and other goods at their market stand, as well as recreational activities for visitors.



*(above) Ort Farms employee Leah Hoskins selects produce for individual orders placed by Morris County senior citizens.*

Photo by Karen Mancinelli

## EDUCATING SENIORS

The Wellness Initiative for Senior Education (WISE) Program celebrates healthy aging and educates older adults on a variety of topics. Sponsored by Municipal Alliance Committee of the Chathams (MACC) and Madison Alliance Addressing Substance Abuse (MAASA), this free program will take place at Library of the Chathams beginning on Tuesday, September 21 and is open to anyone 60 or older.

The educational program offers six lessons that cover a wide range of topics. Participants will have an opportunity to meet new people and:

Learn about the aging process and how to make healthy lifestyle choices.

Celebrate this exciting stage of life and all the benefits that come with it.

Discuss risk factors and behaviors older adults should avoid to stay healthy.

Examine how alcohol, prescription medications and over-the-counter medications affect seniors differently and how they can avoid problems.

Learn how to use simple tools to help you feel more empowered about your health and the healthcare you receive.

Free refreshments will be served at each lesson, and all program participants will be eligible to receive free giveaways.

For more information or to register, please contact Amy Lewis at 908-789-4070 ext. 4080 or [alewis@westfieldnj.gov](mailto:alewis@westfieldnj.gov).

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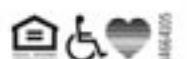
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ChathamSeniorCenter.org. Non-Chatham residents also welcome.

### Intermediate Exercise Classes

Tuesdays, Wednesdays, Fridays, 9:00 a.m.  
starting Tuesday, September 7.

Intermediate class sequence is Balance & Flex on Tuesday, Chair Yoga on Wednesday, and Low Impact Cardio on Friday. Instructor: Donna Sue Downton. Fees: 12-class session: \$72; 8-class session: \$56; individual class: \$8.

Contact Center to sign up.

### Gentle Exercise Classes

Mondays, Tuesdays, Thursdays, 12:20 p.m.  
Gentle exercise classes begin Tuesday,

September 7. Class sequence is Balance & Flex on Mondays and Thursdays, Chair Yoga on Tuesdays. Instructor: Donna Sue Downton. Fees: 12-class session: \$72; 8-class session: \$56; individual class: \$8. Contact Center to sign up.

### Caregiver Support Group

Wednesday, September 8, 10:30 a.m.

Moderated on Zoom by Phyllis Flemming, former Executive Director of Victorian Garden Adult Day Center, and experienced dementia support group leader. New participants always welcome. Contact Center for Zoom link.

### Connections Silver Linings Support Group

Mondays, 10:00-11:30 a.m.

starting September 13

This confidential support group's purpose is to provide support to its members as they share their thoughts and feelings about life's ongoing

challenges. If you are looking to share in a safe and supportive environment, consider joining this group facilitated on Zoom by Claire Solu-Burd, LCSW, a local social worker. Sessions will include a group activity and time for discussion. The program runs through October 25. Pre-registration is required and attendance at the first meeting is mandatory. Contact the Center to get the Zoom link.

### Connections Self-Discovery Group

Fridays, 10:30-11:45 a.m.

beginning September 17

Join us for this in-person group experience as we endeavor 6 weeks of learning, fun, self-discovery, and mutual support. This group will be facilitated by Claire Solu-Burd, LCSW, a local social worker. Sessions will include a group activity and time for discussion. Program runs through October 22. Pre-registration is encouraged. Four members are necessary for this session to take place.

### Writing Workshop

Tuesdays, 9:45 a.m.

starting September 14

Grab a pen and paper and join us as we explore the beauty of writing. This class is for new and returning students and will focus on all genres of writing, including personal memoirs, creative fiction, and poetry. Topics to be covered include character and narrative development, dialogue, plot, and much more. Each week, we will read a short story or short memoir piece, share written homework assignments, have a lesson about writing techniques, and tackle a brief in-class prompt. No experience needed; just a willingness to learn, laugh, and write! Six-class session meets on Zoom and ends Oct. 19. Instructor: Jenny Tannenbaum. Fee is \$30 for entire session. Must register in advance. Call Center for Zoom link.

### Fiction Book Group

Tuesday September 21, 12:45 p.m.

The group will discuss "Last Garden in England" by Julia Kelly.

### Non-Fiction Book Group

Monday, September 27, 11:00 a.m.

The group will discuss "The Day the World Came to Town: 9/11 in Gander" by Jim DeFede.

### Short Story Discussion

Thursday, September 23, 1:00 p.m.

The group will be discussing "The Lottery" by Shirley Jackson on Zoom. No need to purchase the story; it will be emailed to you after registering. Call Center for Zoom link.

### Fall Prevention Presentation

Wednesday, September 22, 9:30-11:30 a.m.

A fall can impact the rest of your life. Learn how to modify your lifestyle and home environment to reduce your risk of falling. Panel discussion preceded by a light breakfast. Must register by Friday, September 17.

### Welcome Back Jazz Concert

Thursday, September 30, 12:30 p.m.

Bring a lawn chair and listen to live music while enjoying a boxed lunch. Duo Vinne Cutro and Mitch Schecter will entertain with a musical tribute to jazz great, Duke Ellington. Must sign up no later than Friday, September 24. This program will move indoors in the event of inclement weather. Free event courtesy of TD Bank, Chatham.

### Men's Basketball

Mondays & Fridays, 10:00 a.m.-Noon.

Call Center to sign up. Fee for September-December is \$20.

### Pickleball

Tuesdays & Thursdays, 10:00 a.m.-Noon.

Call Center to sign up. Fee for September through December is \$20.

### Table Tennis

Mondays, Tuesdays, Wednesdays, Thursdays & Fridays, 12:30 p.m.

Mondays, Wednesdays and Fridays are for experienced players; Tuesdays & Thursdays are for those new to the game or want a lesson. If interested in instruction, please call the Center a few days ahead.

### Bridge Instruction

Thursdays, 10:00 a.m. - 12:30 p.m.

Classes are for experienced players and will alternate between lessons and duplicate lite.

Cost is \$7 per class plus purchase of recommended book at \$15. Instructor: Rick Hartley. Call Center to sign up.

### Mah Jongg

Wednesdays, 10:00 a.m.-Noon

All game materials provided.

### The Women's Circle

Tuesdays, 1:30 p.m.

A social discussion group where women get to know one another by talking about issues of the day and topics that interest them.

### Men's Discussion Group

Fridays, 10:30 a.m.

A friendly and relaxed gathering of men who engage in lively discussion about current events, some laughs, and exchange useful information.

### Nifty Knitters

Wednesdays, 1:00 p.m.

This active and social group gets together to create caps, blankets, and more for donation to local hospitals and veterans' organizations.

They welcome all knitters interested in contributing to their cause.

### Free Paint

Thursdays, 10:00 a.m.-Noon.

The art room is open for participants to work on their own creations using their own supplies.

### Movies

Thursdays, 12:30 p.m.

Movies are shown each Thursday. Call the Center for titles.

### Foreign Film

Friday, September 24, 12:30 p.m.

A foreign film is shown once a month. Call Center for title.

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**ATTENTION  
PARENTS  
OF KIDS  
AGES 6-18**

# Fall Athlete Performance Training in Berkeley Heights

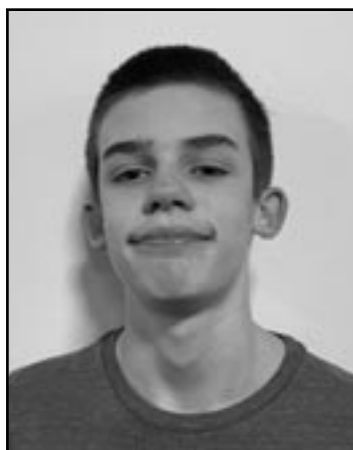
**Discover how to get your children strong, fast, and confident  
this fall . . . so they can become the best athletes they can be.**

## This program is for your child if:

- They want to get better at sports but struggle because of **lack of speed, strength or stamina.**
- They **eat more junk food than healthy food** and you need another voice to help them understand how important a healthy diet is during these developmental years.
- They **need to improve their confidence** and you want them to start to get better at recovering from their mistakes.
- They're doing pretty good right now but want to take their performance in their sport to a **higher level.**

## 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:

**SEPT 7TH - DEC 4TH**

Age Groups

6-10 (Spaces Remaining: 9)

9-13 (Spaces Remaining: 7)

14+ (Spaces Remaining 11)

Please visit

[www.gritathletes.com/Fall](http://www.gritathletes.com/Fall)

for days/times at each age group

Location: Sessions are held at the

**GRIT SPORTS PERFORMANCE COMPLEX**

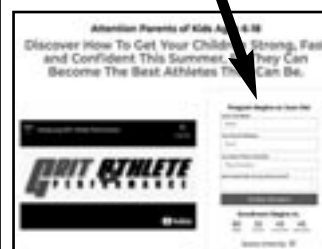
(Located inside Gabriele Fitness in Berkeley Heights)

**Early Bird Registration  
Expires Sept. 7th**

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**STEP 2  
Enter Your Info  
When You Get  
To This Page**



**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.

## 20TH ANNIVERSARY 9/11 REMEMBRANCE CEREMONY

### Morris County

Morris County will host a 9/11 remembrance ceremony on Sunday, Sept. 12, 2021, at 6 p.m. to observe the 20th Anniversary of the September 11, 2001 terrorist attacks with a special remembrance ceremony at the Morris County 9/11 Memorial on West Hanover Avenue in Parsippany-Troy Hills.

Keynote remarks will be provided by Firefighter Rebecca Asaro, who joined the Fire Department of New York (FDNY) along with three of her brothers in honor of their father, Carl Francis Asaro, one of 343 FDNY members killed on Sept. 11, 2001. He died just a month shy of his 38th birthday.

Asaro's firehouse in Midtown Manhattan was the hardest hit that day. Fifteen firefighters on Engine 54, Ladder 4, Battalion 9 - an entire shift - died as they responded to the devastation as it was unfolding at the Twin Towers.

Rebecca was only 9 years old when she, four siblings and her mother, Heloiza, lost their father and husband.

"I joined because my father was a firefighter who died in 9/11. Four of us followed in his footsteps, with my younger brother and me graduating the academy in 2019," Rebecca explained, noting she has uncles and close family friends who also are firefighters.

Carl, Jr., now 33 years old, was the first to join, followed by brother Matthew, age 32. Rebecca, 29, and younger brother Marc, 27, were featured in several news features when they graduated the academy two years ago.

Rebecca is now a member of Engine 54 - her father's unit.

FDNY veteran John Fila, a Boonton native and member of the Midtown firehouse, will join Rebecca in the Morris County ceremony. Fila had switched shifts that fateful day, or he too would have been among those killed. He has joined the

Morris County ceremony in the past, sharing his experience and losses, including his food friend, Carl F. Asaro.

Fila will introduce Rebecca, who he has known since she was a child.

"John knew my family, my dad. He is a longtime family friend. It's an honor working with him," said Rebecca.

Morris County lost 64 residents in the terrorist attacks in New York, Pennsylvania and Washington D.C., on Sept. 11, 2001, and annually conducts a remembrance ceremony.

The Morris County 9/11 Memorial on West Hanover Avenue in Parsippany-Troy Hills was constructed to pay tribute to the nearly 3,000 people killed in the attacks, with an emphasis on the 64 Morris County residents lost that day. The names of all who died are engraved in ruby-colored paving stones set in the walkway surrounding the memorial, and the names of each of the 64 Morris County residents killed are additionally listed on individual, brass plates affixed atop of the memorial's inner wall.

The county's 9/11 event will include musical interludes, a chorus, and the march of a color guard up West Hanover Avenue to the Memorial that will include police, fire, rescue and emergency personnel from across Morris County. A special invocation will accompany a lighting of candles and the traditional reading of the names of each person from Morris County who died.

Seating at the Memorial is limited, so the public is encouraged to bring lawn chairs to the outdoor observance. Parking will be available at the Morris County Department of Human Services building at 340 West Hanover Ave., on the Morris Township side of the street. Shuttle buses will be available to transport those in need the short distance to the Memorial.



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(above) Rebecca Asaro and younger brother, Marc, upon graduation from the firefighter academy in 2019. Keynote Speaker Rebecca Asaro lost her father on 9/11. She and three brothers joined FDNY in his honor.



(above) FDNY Firefighter Carl F. Asaro, killed with 14 colleagues as they responded to the Twin Towers collapse on Sept. 11, 2001.

# BERKELEY HEIGHTS RESTAURANT WEEK RETURNS AS RESTAURANT MONTH!

Submitted by Berkeley Heights Downtown Beautification Committee

Come visit - or order from - beloved favorites along with exciting new restaurants during the entire month of September, and you'll enjoy great food and be eligible to win gift cards.

This year, residents of Berkeley Heights and the surrounding area will enjoy an expanded version of Berkeley Heights' annual event: Restaurant Week is now Restaurant Month. As of this writing, 21 establishments have signed up to take part. They range from fine dining to sandwich shops and represent cuisines from around the world. Berkeley Heights liquor and wine stores will also offer specials and help diner pair wine and beer with their meals.

Beside the opportunity to dine in, take out or order delivery from top-rated restaurants across categories, you can dine to win. Back this year is the popular Passport contest, which encourages a bit of competition among your friends and neighbors. Each time you make a purchase, the participating establishment will stamp your Passport. Return your Passport with at least two stamps, and you're entered to win one of four \$50 gift cards. The patron who collects the most stamps wins the grand prize, a \$100 gift card.

Customers can pick up their Passport at any participating establishment or download one from the event website, [experiencebh.com/restaurant-week/](http://experiencebh.com/restaurant-week/). Through Berkeley Heights Business and Civic (BHBC), local businesses are sponsoring the costs of restaurant gift cards for Passport winners. So far, these include:

Virginia Belson, Realtor,  
Berkshire Hathaway Home Services  
James Mulcahy, Owner/Sales Associate,  
RE/MAX Integrity Advantage  
Elisa Probst, Owner,  
Fit Forever Personal Training Studio  
Nish Verma, Travel Agent,  
Cruise Planners

Jeanne Kingsley, President of Berkeley Heights Town Council said, "This is a labor of love for our Downtown Beautification Committee, which started this event five years ago. We're excited because not only does it bring Berkeley Heights people downtown, but also attracts residents from New Providence, Long Hill, Chatham, Mountainside and other communities to discover new options for breakfast, lunch and dinner."

The timing of the event for September is designed to make the return to school and office routines easier—and more delicious.

For the most up-to-date list of restaurants and special offers, visit [experiencebh.com/restaurant-week/](http://experiencebh.com/restaurant-week/). Mark your calendar and make a plan - including reservations - now!

The Berkeley Heights Beautification Committee started Restaurant Week in 2017 in cooperation with area businesses and continues to manage this annual event.

Follow what's happening on Instagram  
@experience\_berkeley\_heights and Facebook  
@ExperienceBerkeleyHeights  
#experienceberkeleyheights.

At deadline, the list of participants included these 21 establishments, five of which have opened since the last Restaurant Week in 2019.

Charkoal BBQ and Café  
Cousins Deli  
Craft Bagels  
Delicious Heights  
Grain and Cane  
La Rosa Chicken & Grill  
Lupa Ristorante  
Marcello's Italian

Restaurant & Brick Oven Pizza  
Neelam Fine Indian Cuisine  
Nagoya Sushi Restaurant  
and TIKI Bar  
Neelam Fine Indian Cuisine  
Pak American Halal Grill  
Pastrami House  
Patria Station Café

Proud Thai Cookery  
Rita's Ice of Berkeley Heights  
Sadat Wines  
Strega Bistro  
Subzoner  
Trap Rock Restaurant  
& Brewery  
Vine Republic

**SEPTEMBER 1ST-30TH**

**RESTAURANT month**  
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SATURDAY SEPTEMBER 11 12 PM - 12 AM	SUNDAY SEPTEMBER 12 12 PM - 8 PM

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(above) Singer Jackie Jones. Jones has performed throughout the US as well as Russia, Germany, Portugal and Switzerland. She currently teaches jazz voice at NJPAC.

## SAGE LAUNCHES “THE GROTTA FUND LIBRARY” TO EASE OLDER ADULT LONELINESS

SAGE Eldercare recently launched a new virtual library on its website, [sageeldercare.org](http://sageeldercare.org). The library includes exclusive SAGE exercise, entertainment and educational videos. Funded by a \$10,000 grant from the Grotta Fund, the goal of the library is to ease the loneliness and isolation many older adults and caregivers are continuing to experience due to the pandemic. The new library is available to SAGE clients as well as the public; anyone who can benefit from it.

Advocating on behalf of the elderly for 100 years, The Grotta Fund for Senior Care is an advisory council fund at the Jewish Community Foundation of Greater MetroWest. The Foundation has a long history of supporting organizations that help improve the lives of older adults and their caregivers. SAGE also received a \$10,000 grant from the Fund last summer to assist the nonprofit during the pandemic.

“The loneliness that many older adults and caregivers are still experiencing due to COVID-19 is heartbreaking,” said SAGE grant writer, Ellen Tepper. “We are deeply appreciative of the Grotta Fund for allowing us to create this engaging selection of content to help provide something fun and entertaining for those who

need it.”

Within the library, exercise videos include: chair exercises, gentle yoga, meditation and more. The entertainment section has everything from show tunes and to Motown hits, while education includes webinars from SAGE’s Your Decisions Matter program as well as other helpful and interesting content.

Visit SAGE’s new library at [sageeldercare.org](http://sageeldercare.org). For more information, please email [swirth@sageeldercare.org](mailto:swirth@sageeldercare.org).

Since 1954, SAGE Eldercare has been helping make the communities it serves amazing places to age. The organization provides a wide array of information, support, and services designed to help individuals lead the most independent and active lives possible. From helping with errands, to exercise classes, community programs, care planning, and home health care, SAGE’s expertise helps older adults remain independent in their own homes. SAGE is committed to being the leading provider of programs and services to meet the changing needs of older adults, their families, and caregivers throughout Union, Essex, Morris, and Somerset Counties. For more information, please call 908-273-5550 or visit [sageeldercare.org](http://sageeldercare.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.

### 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

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](mailto: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](mailto:dlos@co.morris.nj.us). For more information logon to [morris.njaes.rutgers.edu](http://morris.njaes.rutgers.edu).

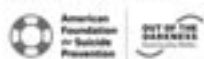
## Walk to Fight Suicide



Morris County  
Out of the Darkness Community Walk  
Saturday, September 18, 2021

Cougar Field - Chatham Township  
Day-of Registration begins at 4:00PM | Walk Ceremony begins at 5:00PM

Register at  
[afsp.org/morriscounty](http://afsp.org/morriscounty)



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(No Early Birds – Cash Only)

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## FREE MOBILE PHONE PLATFORM LAUNCHED TO HELP JOBSEEKERS

The Morris/Sussex/Warren Employment & Training Services (ETS) has launched their FREE mobile platform, which expands career resource accessibility for customers who live and work in the tri-county area.

It is not an app, but rather a text service sending messages to jobseekers that direct them to a webpage designed for mobile phone access to offer a wide array of employment services. Created in collaboration with the Morris/Sussex/Warren Workforce Development Board and local One-Stop Career Centers, the mobile platforms aims to assist customers with their job search needs by providing on-the-go access to resources such as job readiness services, training program information, current job leads and more.

Additionally, weekly text updates will alert subscribers to job leads and upcoming hiring events in their local areas. The Employment Resource platform provides a user-friendly mobile experience at no cost to users. To sign up and subscribe to this free service, please text "MSW" to 56512.

The service will update job leads and hiring events weekly, and highlight local employment opportunities as well as high-volume job requests.

The ETS promotes job seeker services in Morris, Sussex and Warren Counties for both adults and youth (ages 16 – 24) by providing unemployed and underemployed workers with information, advice, job search assistance, supportive services and training within in-demand industries needed to find and retain

employment.

ETS is a Division within the Morris County Department of Human Services and authorized by the Morris/Sussex/Warren Workforce Development Board to provide grant funding pursuant to the Workforce Innovation and Opportunity Act. ETS works collaboratively with other state, and local agencies, as well as the education and business communities to promote and build a strong and competitive workforce.

ETS is also a partner within the New Jersey Department of Labor & Workforce Development One-Stop delivery system and assists job seekers (e.g., adults, dislocated and transitioning workers, youth, veterans, older workers, individuals with disabilities, migrant and seasonal farmworkers, and others) compete in the labor market through career services offerings.

The Morris-Sussex-Warren Workforce Development Board's main purpose is to fund, plan and oversee services provided by the One-Stop Career Center system in Morris, Sussex and Warren Counties in New Jersey. The One-Stop system is a collaboration of partners whose goal is to provide workforce development, education and social services in a unified, seamless manner to residents and businesses of Morris, Sussex and Warren Counties.

The board consists of approximately 21 members. The majority of members are from the private sector; other members are from social services, labor, community-based organizations, and education. The six committees of the board make policy recommendations to the entire board.

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## K OF C GOLF OUTING TO BENEFIT NEW JERSEY VETERAN'S NETWORK



**Cranford Knights of Columbus Council 6226  
ANNUAL GOLF OUTING  
Friday, September 17, 2021  
Gallop Hill Golf Course Kenilworth, NJ**

The cost is \$150.00 per Golfer

**Includes Golf, Golf Cart, Lunch, Refreshments, Prizes and Dinner with Lunch  
Starting at 11:30 AM and a Shotgun Start at 1:00 PM.**

The Golf Outing proceeds will benefit our Council supported Charities and Programs. We will also be making special donations to the New Jersey Veteran's Network and Cranford Front Line Appreciation Group (FLAG for Cranford) in recognition of all of the great work both organizations have done and are doing in support of our Veterans and First Responders during these trying times.

For More Information about Sponsorships, Playing or to get involved, please contact:

Jerry Conheeney – Grand Knight .....908-416-3464 .....[jerryconheeney@gmail.com](mailto:jerryconheeney@gmail.com)  
Kevin Cumiskey – Deputy Grand Knight .....973-390-9327 .....[kevin.cumiskey@gmail.com](mailto:kevin.cumiskey@gmail.com)  
John Doolan – PGK, Lecturer & Golf Outing Chair .....908-451-8947 .....[jdoolan@verizon.net](mailto:jdoolan@verizon.net)  
Ed Bagniewski – Golf Outing Committee .....973-445-1075 .....[hfpbaggy@verizon.net](mailto:hfpbaggy@verizon.net)  
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### Golf & Sponsorship Registration

Registration & Payment is due no later than September 10, 2021  
Registration / Sponsorship Levels

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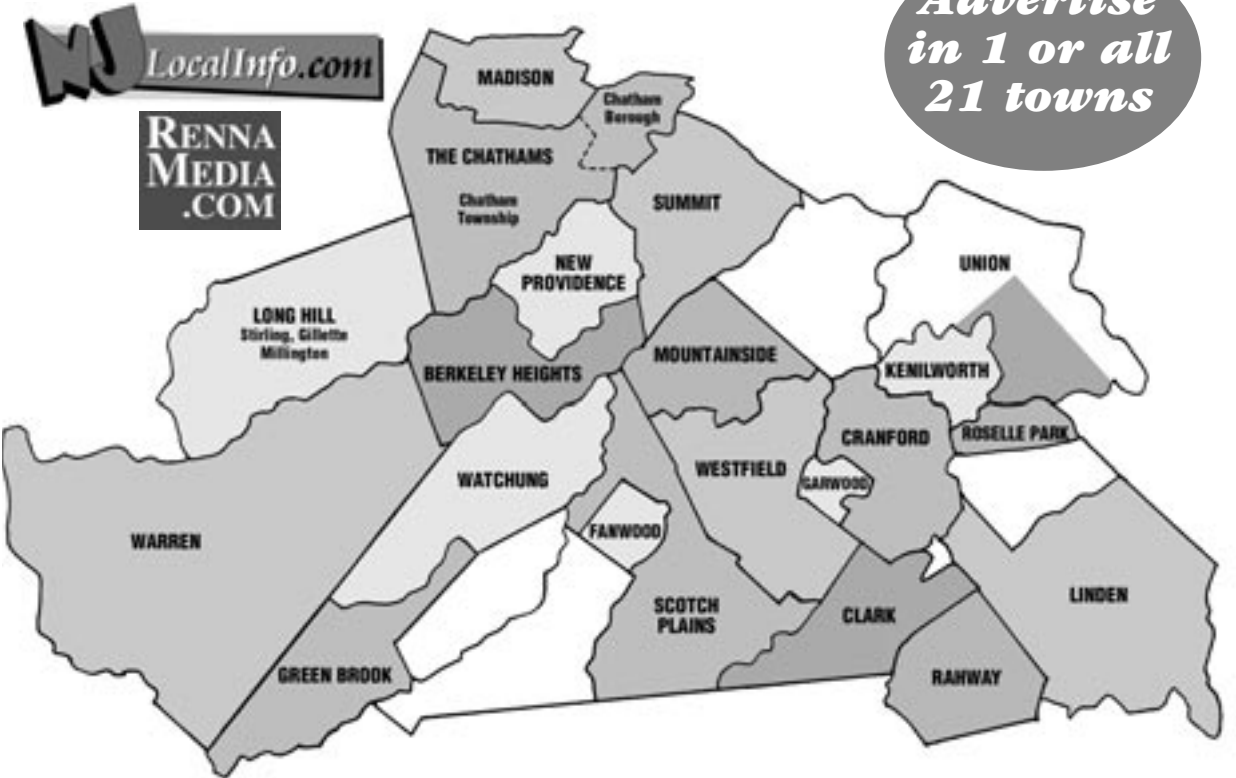
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18 FULL PAGE	10" x 14"	\$400	\$1000	\$1400	\$1800	\$2200	\$2500	\$2800	\$3000
2 PAGE SPREAD	21" x 14"	\$700							
BACK PAGE	10" x 14"	\$500							
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FRONT PAGE BOX	1.5" x 4.5"	\$240							

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## Full Color Flyers and Menus Printed and Mailed to Every Home and Business in Town!

### MENUS - PRINTING - \$50 PER THOUSAND

Rate is for quantities of 25,000 or more.

For quantities less than 25,000 cost is \$68 per thousand.

11"x17" / Full color / 2 sided / 60lb gloss coated stock /

Includes folding (quarter fold or tri-fold, with or without coupons tab)

### FLYERS - \$35 PER THOUSAND

8.5" x 11" / Full color / 2 sided / 60lb gloss coated stock /

Tri-fold add \$10 per thousand

### INSERTED AND MAILED TO EVERY HOME AND BUSINESS

\$60 per thousand. (as low as \$30 per thousand depending on quantity.)

Joe Renna at 908-447-1295

email: JoeRenna@RennaMedia.com



FLYERS

**\$35**

PER 1,000

MENUS

**\$50**

PER 1,000

## ONLINE ADS & PRESS RELEASES DRIVE LOCAL TRAFFIC TO YOUR WEBSITE

### • GET UNLIMITED CLICKS

An alternative to expensive pay-per-click programs

### • FREE AD DESIGN AND COPYWRITING

Advertising webpage includes many features

including write-up, images, video, Google map, etc.

### • POSTS ARE SHARED THROUGH SOCIAL MEDIA

Posts shared on multiple Facebook pages and twitter.

### • PAID SEARCH ENGINE PROMOTIONS

Posts are promoted by industry, key words and location.

### • TRACKABLE RESULTS

All ads include a live view counter.

Joe Renna at 908-447-1295

email: JoeRenna@RennaMedia.com

**\$20**  
**PER POST**  
**Block of 20**  
**for \$200**

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## WEBSITE AUDIT/ANALYSIS AND RECOMMENDATION PLAN

### • SEE WHAT IS WORKING AND NOT WORKING

Know where your web traffic is coming from and why.

### • ELIMINATE / AVOID COSTLY SCHEMES

Evaluate the return you are getting from your online marketing costs.

### • INCREASE ONLINE MARKETING RESULTS

Recommendations include ways to increase traffic to your website

### • NO OBLIGATION

This service is recommended even if you have an existing web management contract. Use it to tune up your marketing plan.

**ONE TIME  
FLAT FEE  
\$250**

**Call for a consultation  
if you do not have a website  
or if need a new one.**

Joe Renna at 908-447-1295

email: JoeRenna@RennaMedia.com

## WEBSITE / SEO SERVICES

### • STARTER WEBSITE: \$500

Basic static site that can be developed further

### • WEBSITE CREATION/UPDATE: \$2,400

Cost for average website: 12 pages, contact form, SEO friendly, responsive design

### • WEBSITE HOSTING: \$300 PER YEAR

Includes website hosting, software updates, monthly website content updates

### • SEO SERVICES: AVERAGE COST \$1,000 - \$2,000 PER MONTH

Custom tailored solutions: Google Ranking, Local SEO, Social Marketing

**Call for free a consultation if you need  
help developing an online marketing plan.**

**STARTER  
WEBSITE  
\$500**

Joe Renna at 908-447-1295

email: JoeRenna@RennaMedia.com



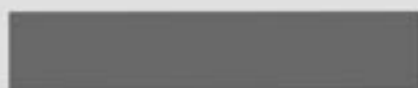
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