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## ST. PATTY'S DAY DINNER BRINGS NEIGHBORS TOGETHER

The Madison-Florham American Legion Post #43 is located at 20 Ridgedale Ave. in Florham Park. It draws members from the Chathams as well.

The ladies of the Auxiliary have celebrated St. Patrick's Day by holding a corned beef and cabbage dinner annually for close to 60 years.

This year's event, held on Sunday, March 13, had head cook Mary Beth Valentino cooking up 215 lbs. of corned beef, 50 lbs. of cabbage, 30 lbs. of carrots, and 50 lbs. of

potatoes.

Usually, this event is limited to the Legion family, but this year all residents of the area were invited to show support for the volunteer and financial support the Auxiliary provides to area veterans in need. And it had a great turnout! The annual fundraiser has also made it possible over the years to sponsor the following: American Legion Auxiliary's Girls State, the Valerie Fund, Family Promise, the Special Olympics, and scholarships for children and grandchildren of veterans.



(above) Evelyn Noonan, of Florham Park, is the current Chaplin of the Auxiliary, and Joe Noonan is the Sergeant of Arms



(above) Fran Derin of Florham Park is the current Auxiliary President



(above) Bob Holtz, Post Adjunct & Joe Nester, of Florham Park is Post Commander

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(above) The Ramo family, Diana, Herbert & David, of Chatham Borough



(above) Mary Beth Valentino, of Chatham Township, was the head cook.



(above) Maryann Doherty, of Madison, is current Secretary & Public Relations chairperson for the Auxiliary, continues the tradition of hosting the St. Patrick's Day dinner that her mother, Ann Bond, started when she was Auxiliary president in the 1970's.

Photos from this and other events can be found online at [rennamedia.com](http://rennamedia.com) and on The Chathams page on [facebook.com](https://www.facebook.com). Feel free to "Like," "Tag," and "Share."

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The Chathams

## EMERGENCY SQUAD REPORTS HIGHEST CALL VOLUME IN 86-YEAR HISTORY

*Squad Seeks New Members to Join in the Success*

In 2021, the Chatham Emergency Squad (CES) answered the call a total of 1266 times - up by nearly 50 calls over 2020. CES responded to 911 calls in the Chathams as well as mutual aid to Madison, Florham Park and Summit. CES also provided coverage to many public events like Chatham High School varsity football games, Fishawack and both Chatham Thanksgiving trots. Of those 1266 calls, 130 came in when the duty crew was already out on a call, so a scramble crew of off-duty EMT members had to be mobilized. Even more impressively, 13 of those calls were second scramble calls, putting all three of CES's ambulances in service simultaneously.

CES is an all-volunteer squad funded almost entirely by donations from the community. In reviewing the 2021 call volume, Captain Mike Lemons said, "There was certainly a rebound from the early months of Covid as the sick and injured became less reluctant to go to the hospital. Just as our members were there during the height of COVID and the challenges of 2020, they were ready for the volume challenges of 2021."

Recruiting reliable volunteers is always a challenge and many emergency response

agencies are facing alarming declines. CES remains strong but the need for new members is always an urgent priority. Training a new EMT is a serious process and CES members are expected to achieve the highest level of professionalism. New volunteers are put to meaningful work from their first day and are well supported by their crew partners as they complete initial EMT training and progress toward full membership. All training, uniform and equipment expenses are paid by CES.

CES members come in all life stages from students to working professionals to retired community members and everyone in between! Previous medical training is not required to join CES, only the desire to serve the community in this special way.

If you'd like to talk about joining the Chatham Emergency Squad, contact Robin Hoppe, at [membership@chathamemergencysquad.org](mailto:membership@chathamemergencysquad.org) or visit [chathamemergencysquad.org](http://chathamemergencysquad.org) and click on the Volunteer link.

If you're interested in donating, click on the Donate link.

The Chatham Emergency Squad – Answering the Call.

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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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## FREE SENIORS EDUCATION PROGRAM

Municipal Alliance Committee  
of the Chathams

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 Thursday, April 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.

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).

The Elks is a longstanding charitable organization that lives by the values of fidelity, justice, brotherly love, and charity. Keeping with that spirit, the Summit Elks Lodge #1246 Trustees approved donations to local organizations in the month of January of over \$27,000 which brings our total cash donations for our fiscal year (April-March) to over \$130,000.

If you are interested in joining the Summit Elks Lodge to assist with our charitable work, please check us out on Instagram: @summitelks1246 or Facebook: Benevolent and Protective Order of Elks Summit Lodge #1246.

Visit us in person at 40 Maple Street, or email our Lodge Secretary at [secretary@summitelks1246.org](mailto:secretary@summitelks1246.org).



(above l-r) Officer Brian Colatrella, Community Service Officer, Carolyn Cherry and Officer Andrew Pereira, PBA President pose as Summit Elks Lodge Treasurer Carolyn Cherry presents a donation of \$1000 to the Chatham Borough PBA. Photo by Summit Elks Lodge #1246

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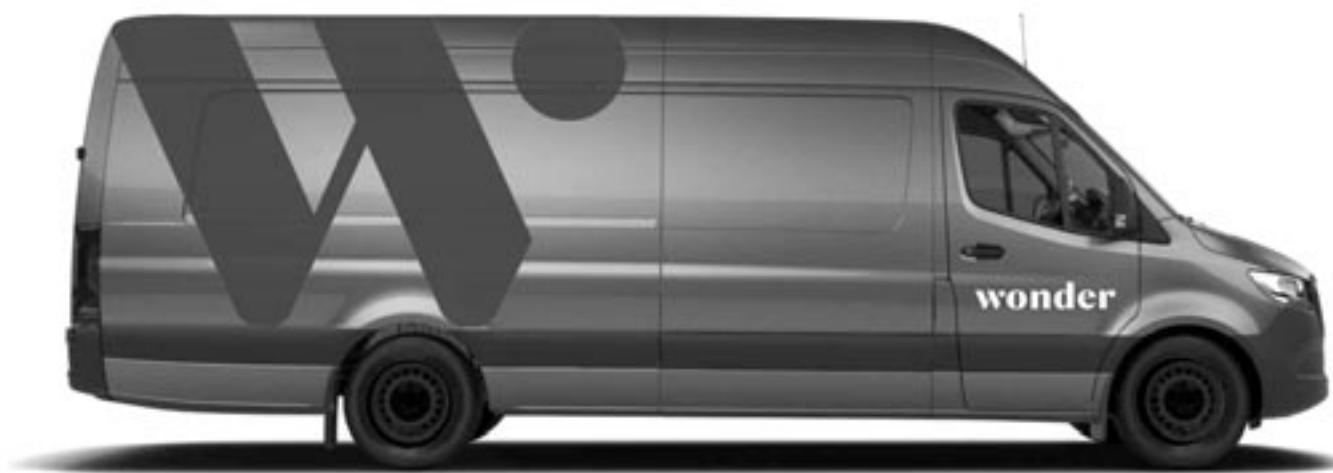
  
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## MEMORY OF COUNTY RESIDENT HONORED DURING CELEBRATION OF LIFE



(above) Linda J.S. Finnegan (Smith), was honored During NJ Sharing Network's 5K Celebration of Life.

Photos by NJ Sharing Network

### NJ Sharing Network

On September 12, thousands of walkers, runners and volunteers participated in NJ Sharing Network's 5K Celebration of Life Walk and USATF Certified Race at the organization's headquarters in New Providence, NJ. The event, which was presented by Hackensack Meridian Health and Pfizer and supported by dozens of other generous sponsors, honored those who gave the gift of organ and tissue, paid tribute to those who have received a transplant, offered hope to those currently waiting for a transplant and remembered the lives lost while waiting for the gift of life.

Family members and friends of the late Linda J.S. Finnegan (Smith), 54, of Stirling, NJ, gathered together to form the "Linda's Lovees" 5K team to honor her memory and show their support for NJ Sharing Network's life-saving mission. Linda, who passed away in 2016, was an organ and tissue donor who saved and enhanced the lives of many others. Linda taught Physical Education at St. Vincent de Paul School in Stirling and was proud to be ACE Gold Certified for Group Aerobic Instruction. She founded Linda's Just Stay Fit and developed the program "Girl Power" for the YMCA.

Members of "Linda's Lovees" offered the following message during the 5K Celebration of Life:

Linda, on her late mother's birthday, donated

both her lungs, both kidneys, her liver, and her other organs through NJ Sharing Network. She also donated her corneas through Eversight. Her gift of life changed the lives of at least 75 people.

During her life, Linda was full of passion, love, and joy. She lived her life for others while maintaining a love and respect for her body and soul. She dedicated her life to helping others recognize their unique potential.

It is an honor and joy to remember Linda's legacy and commemorate her gift by participating in the NJ Sharing Network 5K. Our success and impact is a true testament to Linda and her generosity in life and the impact that she has made on those who knew her.

### ABOUT NJ SHARING NETWORK

Dedicated to saving lives through organ and tissue donation, NJ Sharing Network is the non-profit organization responsible for the recovery and placement of donated organs and tissue for the nearly 4,000 New Jersey residents waiting for a life-saving transplant. With headquarters in New Providence, NJ, the organization, selected by NJBIZ as one of the state's "Best Places to Work" for the fourth consecutive year, is also part of the national recovery system, serving the 110,000 people on the national waiting list.

To learn more, get involved and register as an organ and tissue donor, visit [www.NJSharingNetwork.org](http://www.NJSharingNetwork.org).

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Dr. Erin Welfel is a cum laude graduate of the College of New Jersey and earned her Doctor of Dental Medicine from Temple University. Dr. Welfel believes excellence in patient care is through commitment to education and clinical excellence.

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(above) SSS Pre-School Program graduate Cooper Van Beveren, pictured at age 6, will be the Student Speaker at the 32nd Annual Spring Benefit at the Canoe Brook Country Club on April 26. For tickets, go to [summitspeech.givesmart.com](http://summitspeech.givesmart.com).

Courtesy photo

## SPRING BENEFIT FOR SUMMIT SPEECH SCHOOL

### Summit Speech School

Summit Speech School (SSS) is pleased to announce that its 32nd Annual Spring Benefit will be held in-person beginning at 10 a.m. on Tuesday, April 26 at Canoe Brook Country Club. The Spring Benefit Committee is delighted to, once again, provide guests with wonderful speakers, elegant silent and ticket auctions, a grand raffle, gourmet chocolates for purchase and much more at this, our largest annual fundraising event.

This year's keynote speaker is Ilyse Dobrow DiMarco, Ph.D. An expert in the field of reducing anxiety, Dr. DiMarco is the author of Mom Brain. She is a Chatham resident with clinical psychology practice in Summit.

Our Student Speaker this year will be Cooper Van Beveren, who graduated from the preschool program in 2021. The Van Beveren family will share how SSS has impacted their lives, especially in giving Cooper the gift of speech.

This year, the Benefit Committee will honor John Thoms, soon-to-be retiring Board Chair and dedicated Board member for over 12 years. During his time on the Board, SSS has seen a

greater than 50% increase in the children served, broadening our scope to reach over 70 school districts throughout New Jersey. John's efforts have helped to raise over \$10 million throughout the years by connecting the SSS with various corporate sponsors and private benefactors, as well as making many generous personal contributions. John's leadership has been instrumental in Summit Speech School's success.

For more information or to register for our 32nd Annual Spring Benefit visit [summitspeech.givesmart.com](http://summitspeech.givesmart.com).

Summit Speech School is a unique resource serving New Jersey's deaf and hard of hearing children from infancy through high school. Using the latest hearing technology coupled with intensive training in speech, language, and listening skills, we teach students to listen and talk without the use of sign language, so they can become full participants in the hearing and speaking world. Generous funding from sponsors enables us to create equity and inclusion so our students can attend mainstream schools and succeed in social relationships, college, and careers. Visit us at [summitspeech.org](http://summitspeech.org).

## CHATHAM-MADISON SPRING YARD SALE TO RAISE FUNDS FOR THE GREAT SWAMP

Save the date for the latest Chatham-Madison Town-Wide Yard Sale. It will be held rain or shine on Saturday, April 30 from 9:00 a.m. to 1:00 p.m. in Chatham Borough, Chatham Township and Madison. Once again, this popular community event features a fundraiser for the Great Swamp Watershed Association (GSWA). Residents may list their sales on a digital map with a \$10 tax-deductible donation to GSWA.

The GSWA and the three towns will publicize the map extensively through their media outlets. Previous yard sales have attracted hundreds of shoppers from PA, NY and all over NJ. The spring 2021 event featured 110 household sales with hundreds of items changing hands, raising \$1,100 for the GSWA.

This event is open and free for all residents of the three towns. You don't need a permit or other official registration. You don't need to join the digital map to take part (although it is a good way to attract buyers, particularly if you list the available items). You don't need to pay to advertise your sale anywhere else, the marketing is extensive, but can if you want to. Put signs in your neighborhood to help buyers find your event on the morning of the sale.

"We are excited to once again be hosting the town-wide yard sale," said Claire Whitcomb, chair of the Madison Environmental Commission. "It's so much easier to de-clutter when you know that your items are going to a good cause, or to a new home," continued

Whitcomb.

Once again, neighbors in the Highland Avenue area of Chatham Borough will combine to host a "FreeCycle" event with all items free to shoppers. Organizer Susie Robertson says, "The Yard Sale is a great way to get items out of the bulk-pickup and into the hands of someone else who could use them. I encourage everyone to discuss hosting a multi-family sale on your block and enjoy a fun and profitable morning with your neighbors," continued Robertson.

Homeowners can arrange pickups of sale leftovers by contacting the following nonprofits: the Vietnam Veterans of America ([vva.org](http://vva.org)), GreenDrop ([gogreendrop.com](http://gogreendrop.com)), the Market Street Mission ([marketstreet.org](http://marketstreet.org)) and Habitat for Humanity's ReStore ([morrisrestore.org/donate](http://morrisrestore.org/donate)).

"Anything with a plug" can be placed in the collection bin at 8 Emery Ave, Randolph (M-F 9:00 A.M.-3:00 P.M.) for "E-cycling" by GreenVision, Inc.

Madison residents may also post items on Madison Swap and Share NJ, a Facebook group of with 2100 sharers and borrowers. Chatham Borough and Chatham Township residents may post items to the Buy Nothing Chatham, NJ Facebook group with 650 FreeCyclers. At any time of the year, these are great ways to keep items out of the landfill and to repurpose items you may not need, but someone else is happy to use.

For questions regarding the yard sale, please contact [MEC@rosenet.org](mailto:MEC@rosenet.org).



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## PATHWAYS OF HISTORY TOUR

*Submitted by Martha Wells*

The Red Brick Schoolhouse Museum will once again be part of the annual Morris County Pathways of History. The weekend-long event features free open days for many of the smaller museums and historic sites throughout the county. Because Morris County is so large, the event is spread over two days and the county is split in half. On Saturday, April 30 the sites and museums in the western portion will be open and on Sunday, May 1 those in eastern half will be open. Hours are 10 a.m. – 4 p.m. both days and admission is free.

The Red Brick Schoolhouse Museum will be open on Sunday, May 1. It is located at the corner of Fairmount Avenue and Southern Blvd.

This year's special themes are Native Americans, Historic Preservation and Immigration. The Chatham Township Historical Society invites you to visit our museum and enjoy the special exhibits as well as the permanent collection.

For information about the other museums and sites that are included in the tour, visit [pathwaysofhistorynj.net](http://pathwaysofhistorynj.net). Morris County is full of history! Come and enjoy it.



*(above) Red Brick Schoolhouse Museum, located at the corner of Fairmount Avenue and Southern Blvd., Chatham Township, will be open on Sunday, May 1 from 10 a.m. – 4 p.m. Admission is free.*

Photo by Tom Salvat

## WALL OF SUNFLOWERS TO AID UKRAINE

*Art League of the Chathams*

At the Spring/Summer Art Show by the Art League of the Chathams (ALC), League members dedicated a wall of original artwork called The Sunflowers. In response to the siege on the people of Ukraine, ALC members have decided to donate a portion of the proceeds from the sale of items in The Sunflowers to the people of the Ukraine.

The Art League's Spring/Summer exhibit, located at 58 Meyersville Road in the Township of Chatham Municipal Building, is available for viewing Monday through Friday from 9 a.m. - 4 p.m. through summer. The show is free to the public and is handicapped accessible. Masks required; COVID restrictions apply. For questions, please call 973-635-0845.



*(above) Artist Sally Abbott poses with her work "California Ash in Atlantic Sunset." View this painting and more at ALC's Spring/Summer Exhibit. Also see the Wall of Sunflowers; a portion of the proceeds aides Ukraine.*

Courtesy photo

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**Serious Inquiries Please!**

**CALL 833-375-1472**  
 Ask for TV Project Department, for job evaluation and estimate of cost and compensations!

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**We do house-calls anywhere within the tri-state area.**

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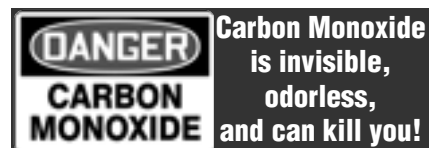
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- ROOF REPAIRS
- SHINGLES
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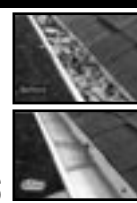
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- INSTALLATION
- SCREENING
- REPAIRS
- REPLACEMENTS



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of \$1,000 or more**

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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.)

**Do You Want  
GRIT ATHLETE PERFORMANCE  
to Help You with all of this?**

**Registration for Our 10 Week  
Summer Program Now Open**

**Early Bird Registration Expires June 20**

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





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

# Summer Athlete Performance Camp in Berkeley Heights

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

**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

**STEP 1  
Scan This  
QR Code**



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



**STEP 3  
We'll Notify You  
If You Win.**



**The Details**  
Dates:  
**JUNE 20-AUGUST 25**  
Please visit [www.gritathletes.com](http://www.gritathletes.com)  
for days/times at each age group  
and for pricing.

Location:  
**GRIT SPORTS PERFORMANCE COMPLEX**  
(Located inside Gabriele Fitness in Berkeley Heights)

**SIGN UP TODAY!**  
**Summer Program**  
**Early Bird Registration**  
**Expires June 20**

**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.

## FISH 'N' CHIPS FOOD TRUCK

**WEDNESDAY, APRIL 27TH 2022**

5:00 - 7:00PM

**CHATHAM HIGH SCHOOL**

255 Lafayette Ave.

**Catered by Thistle Catering of Randolph, NJ**

**Only FRESH Cod Fish is Used**

**Chicken 'N' Chips Also Available**

**TICKETS BY PRE-SALE ONLY!**

*For the benefit of community  
organizations and scholarships*

**Adults - \$18.00**

**Children age 11 and under - \$11.00**

**Take Out Only**

*Checks can be made out to  
Kiwanis Club of Chatham/Madison*

*P.O. Box 422, Chatham, NJ 07928*

**\*ALL CHECKS ARE DUE BY APRIL 20th\***

*\*Please include email address*

*for ticket confirmation\**

**Or call Justin Montanaro 914-564-3856**

## THIS EARTH DAY MAKE A COMMITMENT TO "HELP SAVE OUR LOCAL TREES"

*Advertisement by Gene Gregory from DefendOurTrees.com*

**IN 2020 HEADLINES READ:**

- 1. "HIGHEST CARBON DIOXIDE RATE EVER RECORDED IN HUMAN HISTORY"**
- 2. "2020 SETS ANOTHER GLOBAL TEMPERATURE RECORD."**

Did you know? Science says that **"the most important thing we can do GLOBALLY to curb this PHENOMENON is to Save our OLD Trees."**

You don't have to believe in Climate Change or Global Warming to know this is a bad thing. Increasing Carbon Dioxide levels decrease the amount of oxygen in the air. This along with other pollutants in the air, has not only been linked to climate change and Global Warming, but an array of diseases as well: Cancer, Diabetes, Premature births,... Autism, the list goes on and on.

These problems and the severity are dramatically worse in poorer areas with more industry, diesel fumes and NO TREES. (please see "Earth Day turns 50" in the Star Ledger, it touches on what are children and their children are facing. One of the things they speak of are the "Large bodies of polluted water" we are leaving behind.

Despite these facts and my efforts: dozens of these trees, our "Oldest Residents", are killed in our local neighborhoods each year. Among the many losses: Shade, Solace the Filtering of our Air and Water, the oxygen they provided, ...they also release the Carbon they have accumulated for hundreds of years.

On June 8th, 2021, I hired a tree expert to help

save some of the trees in our area. I showed him dozens of trees in Westfield, New Providence, Summit and Scotch Plains. He used the word "disgusting" to describe what he saw. In his report he writes "that many of these trees can be saved if prompt action is taken".

**HOW CAN YOU HELP SAVE THESE TREES?**

Please visit our site and read all the facts **defendourtrees.com** See the:

- 1) "Pictorial of trees that can be saved". These are just a few of the many OLD trees being destroyed and dying in our area. If you live in the area, please write a letter (to your local mayor and town council) demanding this needless destruction of our old trees, stop immediately. Please Email a copy to **defendourtrees.com**
- 2) Please also read "Rooting out Problems" at my site or google it yourself.

It explains: "simple measures for saving trees during construction",

which is the biggest cause of killing our trees. Most importantly, you will recognize what will harm a tree. Make a commitment to share this information with your children and friends.

**Instagram @DefendOurTreesNJ**

**to see other sites and locations.**

# SAM'S LANDSCAPING WEEKLY LAWN MAINTENANCE

**\*PAVERS & PATIOS\***

**\*TRIMMING  
\*TREE REMOVAL  
\*TOP SOIL  
\*PLANTING**

**\*DRAINAGE\*  
\*CLEANUPS\*  
\*MULCH\*  
\*SOD**

**RESPONSE TIMES CAN  
BE SLOWER IN PEAK  
SEASON, WE ANSWER  
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TIME!  
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AMAZING TRUST AND  
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**We accommodate the trade as well as the do-it-yourselfers! We are always ready to assist.**

**FREE**  
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**in Union County**  
**5-Yards or more**

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Grass – Seed  
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Peat Moss



Polymeric Sand  
Paver Sealer  
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- Diamond Blades

## TOOLS

- Mason Tools
- Shovels
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- Catch Basins
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Prices  
per yard

Black Topsoil .....\$38

## MULCH

Black Dyed .....\$32  
Brown Dyed .....\$32  
Red Dyed .....\$34  
Hardwood .....\$26

## QUARRY BASE MATERIALS

Concrete Sand .....\$60  
3/4 Clean Stone .....\$68  
Stone Dust .....\$36  
QP .....\$42

## DECORATIVE STONE

3/8 Red Stone .....\$80  
3/4 Red Stone .....\$80  
3/4 Goose Egg .....\$106  
1 1/2-3 Goose Egg .....\$110  
3/4 Arctic White .....\$110  
3/8 Riverbed / Pea Gravel .....\$70  
1 Riverbed .....\$80  
1 1/2-3 Riverbed .....\$80

Prices subject to change without notice.

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(above) Summit College Club will resume its annual Book Sale in mid-April, 2022.



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# ARM PAIN

## You Don't Have To Live With It!

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Arm pain, hand and arm numbness, and tingling down the arm may actually be caused by a pinched neck nerve even though you have NO neck pain - Or something as simple as tendinitis of your shoulder and forearm.

Dr. Murphy is an expert at finding the **CAUSE** of your arm pain and numbness and **CORRECTING IT... WITHOUT THE USE OF DRUGS OR SURGERY.**




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**Celebrating Our 37th Year!**

## SUMMIT COLLEGE CLUB'S BOOK SALE RETURNS

Summit College Club will resume its annual Book Sale in mid-April, 2022. "We have held the Book Sale for over fifty years," said Lynne Rogerson, president of Summit College Club. "It was our major fundraising event by far, and it required a lot of time to organize and prepare. So, for two years, during the pandemic, we've repeatedly prepared and then held our breath and hoped. This year, at last, the Book Sale is going to happen. We're really ready now!"

### DONATIONS

As in the past, the Summit College Club's Book Sale will fill the American Legion Post 433 next to the Library at 357 Elkwood Avenue in New Providence. Readers with books to donate should bring them to the American Legion Post, on three days only: April 18th from 1 to 7 p.m., and April 19th and 20th, from 9 a.m. to 7 p.m.

The sale accepts a variety of media in good condition: books, CDs, DVDs, etc. The only items not accepted are encyclopedias, magazines, manuals, and textbooks.

As in past years, for the customers' convenience, volunteers will sort the items for sale into about 50 different categories, ranging from astronomy to zoology. Traditionally the

largest sections are Children's Books, Fiction, History, and Biography.

### SALE

The Book Sale itself will occur from April 21 through 24. Nearly all the items will sell for either 50 cents, one or two dollars. The opening day, April 21 from 9 a.m. – 2 p.m., has a \$25 admission charge; although everyone is welcome, the customers on that day are typically book sellers from the tristate area.

The next three days, April 22 through 24, are free of charge. Hours are: Friday the 22nd, from 9 a.m. to 9 p.m.; Saturday the 23rd, from 9 a.m. to 7 p.m.; and Sunday, Bag Day, from 10 a.m. to 4 p.m. On Sunday, the final day, readers may fill a grocery bag with books of any type for \$5 or with electronic media for \$10.

Masks are required to enter the hall during donations and the sale.

Summit College Club, a branch of the American Association of University Women, is dedicated to advancing gender equity through research, education, and advocacy. The profits from the SCC Book Sale help fund annually awarded scholarships for local college-bound high school seniors. Last year alone, the club gave away \$24,000.

Volunteers are more than welcome! Men and women are needed to gather, categorize, and arrange the books before the sale, and to straighten the various book areas during the sale.

Anita Meritt, membership chair, notes that several current members were originally volunteers, who, seeing how the sale worked and enjoying the camaraderie of the members, joined Summit College Club.

Anyone interested in volunteering should go to the web site: [summitcollegeclub.org](http://summitcollegeclub.org), then Events/Book Sale and scroll down to the Volunteer With Us box; anyone interested in joining Summit College Club should go to the web site: [summitcollegeclub.org](http://summitcollegeclub.org), then Membership and scroll down to Join Today or send a line to Anita Meritt at [anita.meritt@gmail.com](mailto:anita.meritt@gmail.com). Anyone interested in reading should come to the sale! For questions email [summitcollegeclub@gmail.com](mailto:summitcollegeclub@gmail.com).

## The Summit College Club Annual Book Sale Returns!

at the American Legion Post 433  
 357 Elkwood Avenue, New Providence  
 (next to the New Providence Library)

### DONATIONS

April 18 • 1pm-7pm  
 April 19 & 20 • 9am-7pm

### BOOK SALE

**\$25 entry fee:**  
 April 21 • 9am-2pm

---

**Free Entry:**  
 April 22 • 9am-9pm  
 April 23 • 9am-7pm  
 April 24 • BAG DAY • 10am-4pm

Proceeds fund local scholarships  
[summitcollegeclub@gmail.com](mailto:summitcollegeclub@gmail.com)



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famfaith.org • 908-464-5177 • The Rev. Jane McCready, Pastor

**Sunday Mornings**  
Liturgies with Eucharist at 8:00 and 10:00 a.m.

**Passion/Palm Sunday - April 10**  
8:00 a.m. Spoken Liturgy with Eucharist  
10:00 a.m. Festival Liturgy with Eucharist

**Holy Thursday - April 14**  
12 noon Spoken Liturgy with Eucharist  
7:30 p.m. Liturgy with Rite of First Holy Communion

**Good Friday - April 15**  
12 noon Ecumenical Community Service  
7:30 p.m. Service of Tenebrae

**Holy Saturday - April 16**  
A Day of Silence, Prayer & Reflection

**Easter Celebration - April 17**  
7:00 a.m. Memorial Garden Liturgy  
8:00 a.m. Spoken Liturgy with Eucharist  
10:00 a.m. Festival Liturgy with Eucharist

Visit our website at famfaith.org or find us on Facebook at Faith Lutheran, New Providence  
We practice an open Communion table. All are welcome!

THRIFT SHOP READY FOR APRIL SHOPPERS

The Madison Independent Thrift Shop invites shoppers to stop in during the month of April for their special sales that will include 50% off sheets, pillows and men’s clothing.

The Thrift Shop, located at 39 Kings Road, is open Tuesday, Thursday and Friday from 10 a.m. – 5 p.m., and Saturday from 10 a.m. – 3 p.m. It is a non-profit operated by volunteers, with all proceeds received from sales distributed annually to charitable groups in Madison and surrounding communities. For further information, please call 973-377-2450 during business hours listed above.



*A special blog of inspiring real-life stories about divine love from animals*

**AnimalsAreSoul.blog** Friends of the heart

Presented by  **ECKANKAR** The Path to Spiritual Freedom

**ST. ANTHONY’S GRAMMAR SCHOOL OF ELIZABETH, NJ**  
**EVERY YEAR REUNION**  
*Celebrating the Salesian Sisters 150 year Anniversary*  
**SATURDAY, JUNE 4TH**  
*Starting with a Mass at 5:00pm in church, followed by festivities in the*  
**ST. ANTHONY’S SCHOOL CAFETERIA**  
*227 Centre St, Elizabeth, NJ*  
**ALL ALUMNI ARE INVITED.**  
*The Salesian Sisters served St. Anthony's from 1954 to 1992.*  
Please register for this free event at:  
eventbrite.com  
(search Salesian-Sisters-Celebrate-150)  
or link from our facebook group page:  
St. Anthony’s school reunion

*The County of Morris*

“Morris County’s Miners” is an archival digital collection that delves into Morris County’s mining history—and it is a work in progress. Although history has recorded the names of the mining barons, the names, faces, and stories of the miners have been largely forgotten. Therefore, historians under the auspices of Morris County’s Office of Planning & Preservation (MCOPP) are seeking to uncover vintage photos, facts, and stories to add to this collection.

“Our invitations to the public to assist us in compiling historical information for other projects has worked well, and we would love more information on the miners. The prize for us would be photographs,” said Jan Williams, a Cultural and Historic Resources Specialist for the MCOPP.

Morris County has a deep history of mining still visible today, from the names of locations such as Mine Hill Township and Richard Mine Road, to the pits and sinkholes marking the landscape to the remnants of historic mills that processed the bounty, including the Boonton Ironworks.

Morris County historians have gathered many names from census data in Morris County, and in some cases, for example, the 1880 Census for Teabo Mine in Rockaway Township even made a distinction between an individual who works in mine and a miner. Morris County has included them all in “Morris County’s Miners.”

“Also included are those who made their living in service to miners: shopkeepers, physicians and contractors,” Williams added.

To view “Morris County’s Miners” go to morriscountynj.gov and put Morris County’s Miners in the search box.

To contribute vintage photos or stories about miners from the 1700s or those who followed to work the mines, mills, and supportive industries into the 20th Century, contact Jan Williams at jwilliams@co.morris.nj.us.



(above) The Boonton Iron Works c. 1880. Historians invite the public to contribute historic photos to the online exhibit “Morris County’s Miners.”



(above) After her husband was killed in a mining accident, Mrs. Bridget Lockman Smith began renting out her double house in Mine Hill to boarders. Registered on both the NJ and National Registers of Historic Places, this house is the sole remaining Morris County example of an 1800s miner dwelling.



(above) Miners at the Teabo Mine in Rockaway Township, c. 1880. The public is invited to contribute vintage photos and other information to the “Morris County’s Miners” collection.

# FURNITURE WORKSHOP BENEFITS SAGE ELDERCARE PROGRAMMING

Since 1961, the SAGE Eldercare Workshop has offered the public fine-quality furniture repair. The volunteers will consider repairing any piece of furniture that can be carried into the workshop. The Workshop has a reputation throughout Union County and beyond for its fine reweaving of caned and rushed chairs. Our artisans are all highly trained volunteers. Proceeds from the Workshop benefit SAGE programming. Prices are reasonable and depend upon the condition of the chair or furniture item and the materials required in the restoration process.

The Workshop started out years ago as a place for older men who no longer had access to a home workbench. Since 2007, several women have joined the historically male enclave. Most of the volunteers are former professionals including investment bankers, college professors, physicians and scientists. Many have never worked with their hands and over the years, they've taught each other caning, rushing and a myriad of other techniques needed to fix the aging furniture brought to them for restoration.

Prim La Capra of Short Hills recently patronized the workshop. She had a table restored that had suffered from years of use and weathering. "I am so grateful to the volunteers who refinished my little table to its original beauty. My late husband bought this well-crafted table from Bloomingdales' NYC store decades ago and it became a special place to store important documents, memorabilia, pictures, and other things we wanted to keep in our library." Said Prim. "It got water damage on top and sun damage on the sides over the years. The volunteers at Sage Elder Care completely restored it at a reasonable cost. I love how the piece turned out and plan to keep it for many more years. Thank you to the volunteers who contributed their skills, time, and talent to this project. It was a pleasure to work with Bob, the shop manager and visit the workshop."

The Workshop is located in the basement of the SAGE building at 290 Broad Street, Summit and is easily assessable. Shop hours are Mondays

through Fridays, 8:30 a.m. – 11:30 a.m.

For more information about the service or to schedule an appointment to bring in furniture, call 908-598-5531.

SAGE Eldercare supports the independence, well being and quality of life of older adults, their families and caregivers, through the provision of client-centered health, social and support services. Founded in 1954, SAGE is both the oldest and one of the few nonprofit eldercare agencies in the United States that offers a broad and comprehensive array of services under one roof that assist elderly, often frail, adults to remain independent in their own homes. SAGE Eldercare programs include: HomeCare; Meals-on-Wheels; Spend-A-Day Adult Day Health Center; InfoCare free information and referral service; Fall Prevention Initiative; Chore Service; Shopping Service; Bill Paying Service; PREP caregiver support group; and SHIP (State Health Insurance Assistance Program). SAGE Eldercare serves over 5,000 older people and their families annually in Union, Essex Morris and Somerset counties. For more information, call 908.273.5550 or visit [www.sageeldercare.org](http://www.sageeldercare.org).



(above) Volunteer Mark Goldsmith of North Caldwell.

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# MORNING WITH THE MUSICIANS DRAWS CROWD

**Chatham Performing Arts Boosters**  
There was music and fun at Chatham's inaugural Morning with the Musicians, recently held at the newly-renovated Chatham Middle School auditorium.

Approximately 1,000 people attended this successful event, which showcased the musical talents of students in Chatham School District. It was sponsored by the Chatham Performing Arts Boosters and raised \$7,000 to support K-12 performing arts programs throughout the District.

Families and friends enjoyed performances by bands and orchestras from Lafayette School and Chatham Middle School as well as a string ensemble and a preview from the upcoming musical, Anastasia, by musicians from Chatham

High School.  
The fun extended well beyond the auditorium doors. In the lobby and halls, kids enjoyed a balloon artist, an instrument scavenger hunt, music-themed crafts, and an instrument petting zoo—hosted by Elefante Music and School for the Performing Arts—where everyone got an up-close look at some of the instruments being played inside.  
There was more action outside where food trucks served coffee and breakfast between performances.

There was also a free raffle for tickets to Chatham High School's spring musical, Anastasia, which will run from March 23 through 26 at the CHS Performing Arts Center. Tickets are on sale now at

chathamsd.booktix.com.  
Morning with the Musicians involved approximately 350 student performers led by teachers from Lafayette School, Chatham Middle School, and Chatham High School. The event was a true partnership among the Chatham Performing Arts Boosters led by President, Janine Vecciarelli, and Vice-President, Linda Mellina, the Performing Arts Department, the administration, and faculty.

Chatham High School's own Chris Tomaino served as master of ceremonies and CHS students from the Key Club and the National Art Honor Society helped make the day a success.  
To learn more about Chatham Performing Arts Boosters, an all-volunteer, non-profit organization, please visit chatham-pab.org.



(above) Key Club volunteers help make the Morning with the Musicians event a success.



(above) Food trucks offer breakfast options to the record-breaking crowd at the recent Morning with the Musicians fundraiser held at Chatham Middle School.



(above) The 4th Grade Band gets everyone's toes tapping at the recent Morning with the Musicians event that showcased young musicians at Chatham Public Schools.



(above) Elefante Music and School for the Performing Arts hosts an Instrument Petting Zoo, inspiring non-musicians to take up an instrument.



(above) The Chatham High School Strings Ensemble entertains guests in the lobby during the recent Morning with the Musicians event.



(above) A music-themed scavenger hunt includes tantalizing prizes and adds to the fun of the inaugural Morning with the Musicians fundraiser held at Chatham Middle School.

Courtesy photos



(above) Chatham Public School's 7th and 8th Grade Orchestra plays for the large turnout to the inaugural Morning with the Musicians at Chatham Middle School.



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