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**Issue 4 • June 2022** 



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## **FOUNDING DAY CELEBRATION HOPES FOR ANNUAL EVENT**

Explore Millburn-Short Hills hosted a day of community service, historical education, and family activities during the Millburn Township Founding Day Celebration held on Saturday, April 20. This was the first of which is hoped to be an annual event.

The event celebrated the founding of the town in 1857. Most activities centered around the Bauer Center in historic Taylor Park.

Volunteers helped with the town-wide litter cleanup and brought donations for the local food pantry. There were activities for all ages, including native garden planting, distribution of seeds to plant at home to attract Monarch butterflies, learning how to write letters in the 19th century style, historical interpreters, guided historic tours and historic selfie backdrops.

Victorian Era live music was performed by the Florian Shantz Jazz Combo. Refreshments were provided in 21st century style with the sweet addition of historic candy.

"Explore" is an independent 501c3 non-profit organization that serves as the Special Improvement District (SID) for the town. Established by the Township Committee in August 2020, the SID encompasses five distinct commercial areas (Downtown, Wyoming Business Center, Short Hills Station, Upper Millburn Avenue and Morris Turnpike at Short Hills) and serves nearly 500 businesses. Explore's portfolio of services includes districtwide marketing, branding, placemaking, beautification, events including live music, direct business advocacy and overall economic development efforts.



(above) Boy Scout Troop 17, chartered at St. Rose of Lima Church in Short Hills, volunteered by manning information tables, and conducting walking tours of nearby historical buildings.

Photos from this and other events can be found online at rennamedia.com and on Millburn Short Hills Monthly page on facebook.com Feel free to "Like," "Tag," and "Share."



(above) The Maung family with Deena Shoshkes & Jon Fried, helped plant seeds at the community pollinator garden with the Millburn Green Team. The garden is located at Mountainview Rd. & Whittingham Terr.



(above) Ann Shoshkes, a Millburn calligraphy and watercolor artist, gave handwriting lessons.



More Founding Day photos on page 20.



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Short Hills Millburn Monthly

### **51ST ANNUAL FISHAWACK FESTIVAL - JUNE 11**

The Chatham Borough Community Services Department along with the MyChathamNJ Advisory Committee are proud to announce that the 2022 Fishawack Festival will be held on Saturday, June 11th, 2022, from 10 a.m. to 4 p.m. There will be festivities for all ages, including footraces, live entertainment, an outdoor pub, a kids' fun zone, food and dining pavilion, and artisan craft vendors.

Fishawack was started by Chatham's Chamber of Commerce in 1971 as an event to celebrate the heritage of Chatham Borough, in addition to support local shops. According to John T. Cunningham's 1967 book, Fishawack was the Lenni Lenape word for the Passaic River, and because Chatham's section is the narrowest part, the natives would cross the river at Chatham on their seasonal migration along the Minisink Trail.

This year's festival will feature a pub sponsored by Turpin Realtors at Reasoner Park until 6 p.m. At the Gazebo, live music will be performed, generously sponsored by Atlantic Health System – Overlook Medical Center. Other sponsors of this year's festival include Novalis Roofing, in addition to Chatham Print & Design, and the Senior Center of the Chathams.

The Chatham Jaycees will also be holding their annual Fishawack Run. At 9 a.m., there will be the one mile fun run, followed by the four mile race at 9:30 a.m. Entrants are encouraged to

preregister, and can do so at

runsignup.com/Race/NJ/Chatham/ JayceesFishawackRun.

The Fishawack Festival is rain or shine! Vendors can sign up at

chathamcommunityservices.regfox.com/fishawack-festival.

Any questions about the festival can be directed to Janice Piccolo, Community Services Department Director, at

jpiccolo@chathamborough.org, or (973) 635-0674 x200.





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# TEACHER PENS FIRST CHILDREN'S BOOK

Millburn Township Public Schools

Fifth grade teacher, Theresa Del Vecchio has published an illustrated story book, Cotton Candy Skies and French Fries, a first person homage to her early childhood summers spent at the Jersey Shore. Del Vecchio, who holds a master's degree in curriculum and instruction, has been teaching in Millburn for fifteen years, and decided to put pen to paper during the pandemic: "I have loved writing since I was in elementary school," Del Vecchio said. She has three other books in the works, one for each season. "My hope is to bring joy to kids when they read my books, but I also hope my books can be incorporated into classroom lessons," she said. The book is available on amazon.com.



(above) Theresa Del Vecchio's book, Cotton Candy Skies and French Fries, is available on amazon.com. Courtesy photo

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### THE PRESIDENT'S CUP 5K NIGHT RACE

The Millburn-Short Hills Chamber of Commerce and CompuScore are thrilled that the President's Cup 5k Race will return to downtown Millburn on June 27th at 8:00 p.m. The race course will return to its previous format and run along Essex Street and Millburn Avenue. Advance Registration is now open at compuscore.com with day-of registration taking place at the Sneaker Factory's Millburn location only.

The Kids Fun Run will kick off at 7:30 p.m. for participants 10 and under sponsored by Priddy Learning Academy. All participants will receive medals and top finishers in each age group will receive additional prizes. Registration for the kids fun run is required.

After the race, participants will enjoy a postrace party with a beer garden, pizza, and live music and are encouraged to support the local business community. The Chamber is honored to recognize this year's major sponsors including Millburn Standard, Cooperman Barnabas, Peerless Beverage Company, The Mall at Short Hills, Paul Miller Porsche, The Sneaker Factory, Culligan Water and Explore Millburn-Short Hills.

Additional sponsors include Trinity Rehab, Katz Novoa Architects & Planners, Casey & Keller, La Strada, Monarch Communications, Stone Mountain Properties, Gian Marco Trattoria, Clemenza's Gourmet Brick Oven Pizza and Evolve Fitness.

There are still opportunities to sponsor and showcase your business at the President's Cup. If interested, please reach out to the Chamber at info@millburnshorthillschamber.org or (973) 3798-1198.

Volunteers are also needed on the day of the race. If you are interested in volunteering, please call or email the Chamber.

# ANSEL ADAMS



## **EARLY WORKS**

Denali and Wonder Lake, Denali National Park, Alaska, 1947.

Photograph by Ansel Adams. © The Ansel Adams Publishing Rights Trust.

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# JOIN THE MILLBURN-SHORT HILLS VOLUNTEER FIRST AID SQUAD: FREE TRAINING PROVIDED

Did you know the Millburn-Short Hills Volunteer First Aid Squad (MSHVFAS) has been a community tradition for 64 years? Since the squad answered its first call in 1958, it has been staffed 100% by dedicated volunteers, funded solely by private donations, and has never charged for any services rendered. The squad serves the community 24 hours a day, 7 days a week, 365 days a year.

None of this would be possible without the generosity of our community and the commitment from our incredible volunteers. Our volunteers are all trained and certified Emergency Medical Technicians (EMTs) who are always eager to assist, whether it be a 9-1-1 emergency call, a stand-by at a race intown, keeping people safe at strawberry festivals and high school

Did you know the Millburn-Short Hills football games, or representing the squad in plunteer First Aid Squad (MSHVFAS) has been town-wide events and parades.

We make a difference in the lives, health and safety of town residents and those who work and visit our town. And you can too! Help us continue this tradition and make an impact in your community.

The next EMT training course starts on August 15, 2022. The class is offered at the squad building (188 Glen Avenue) right near the Millburn Train Station. No previous experience is required and the class is free of charge for MSHVFAS volunteers who are at least 21 years old. Apply by June 15 to secure your spot!

For more information on upcoming EMT classes and joining MSHVFAS, visit our website mshvfas.org or give us a call 973.379.7969.



(above) The next EMT training course starts on August 15, 2022. Apply by June 15 to secure your spot! For more information on upcoming EMT classes and joining MSHVFAS, visit our website mshvfas.org or give us a call 973.379.7969.

Courtesy photo



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### **WASHINGTON SCHOOL TREP\$ MARKETPLACE**

Millburn Township Public Schools

Budding entrepreneurs at Washington School sold their wares at their TREP\$ MarketPlace event held on April 21st. TREP\$, short for enTREPreneur\$, is a project-based learning program (an afterschool activity) that teaches children in grades 4-8 how to start their own businesses and then sell the product to their



Photos by Millburn Township Public Schools

community.

It was a huge success! Thank you to the TREP\$ teachers: Cara Policarpio, William Bodmer, Hope Platt, and Emni Mar, and event organizer, Amruta Supenakar-Khalap.

It is always fun to see the innovative products the students create in each of our TREP\$ schools.





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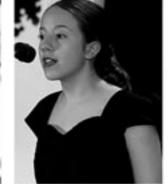
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#### MIDDLE SCHOOL TAKES CHILDREN AND DOGS TO WORK



#### Millburn Township Public Schools

Millburn Middle School Principal, John Connolly said of the parent/child turnout for Take Your Child to Work Day held in April, "It was great to see so many 'future educators' in the building today... our future is very bright!"

Therapy Dogs also came to visit and were successful in achieving greater feelings of wellness from the students who attended. On a scale of 1 to 5, with 1- feeling bad to 5 - feeling amazing, students on average rated themselves at a 3.6 at the beginning of the therapy dog event and at a 4.5 at the end!



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# LOCAL COACH COMES OUT AND TELLS THE TRUTH ABOUT WHETHER A KID CAN ACTUALLY LEARN TO RUN FASTER

Retired San Francisco 49ers QB Joe Montana, is arguably one of the greatest NFL players that has ever played football...when his son started playing football it would have made sense for him to help his son learn how to play Quarterback.

But that's not how it went. Joe Montana had to hire a quarterback coach to help his son be a better football player. Here's possibly the greatest NFL QB of all time, needing to hire someone else to help his son. It was not that Joe Montana was not equipped for the job...it was that his son needed a second voice to help him get to the next level.

Many parents who have much less knowledge, experience, and skills than Joe Montana are in the same boat in regards to helping their kids get stronger, faster, and more confident.

Most parents we've come across want their kids to eat healthier, be more active, and have a stronger mindset. But many have told us they need help.

Even with the constant reminders of telling their kids to eat more vegetables, get outside instead of watching TV, practice their sport more, get to bed earlier...they find that sometimes the message falls on deaf ears...and some backup would be helpful toward their vision of helping their kid be the best they can be.

Parents have told us that having us(the Grit Athlete Performance Coaches) as a second voice to help reinforce the habits they want for their kids...is changing the game.

Further...Our Grit Athlete Founder has over 20 years experience with training athletes himself...and certainly knows a LOT more about getting stronger and faster than the average parent...But has all 3 of his children(9,8 and 6) enrolled in Grit year round....because he knows the power of that second voice.

And after they come through our program, parents tell how it's turbocharging their parenting. Here are some real-life examples that have been reported...

Before, parents struggled with getting kids to eat vegetables...now their kids are asking for more.

Before, parents struggled with getting their kids to get enough sleep....now their kids are getting to bed earlier on their own.

Before, parents struggled with getting their kids to watch less TV or play video games...now they are limiting these activities because they've learned they don't really help them become better athletes.

Before, parents struggled with helping their kids have more confidence...now their kids are doing things out of their comfort zone more often which is helping them believe in themselves which further improves self-esteem.

Before, parents had no clue how to help their kid get faster...now they are faster because they've learned that speed is a skill, and a few simple tweaks can make a kid faster immediately.

Before, parents could not get their kids to make their beds...now their kid makes their bed each morning on their own because they learned that making their bed in the morning helps them have a better day.

Before, parents struggled with getting their kids to do even one good push-up...now they catch them in their room practicing on their own.

Before, parents wanted their kids to have more determination and grit when training new things...now they are staying calm under pressure and seeking out challenges instead of avoiding them.

Many times it's not about telling your kid to eat more vegetables or stop watching TV...but rather finding the right environment for them to be more successful.

Right in your backyard, there's a team of great coaches waiting to be second voices for your kids...so that all the things you're teaching as parents will be reinforced. But most importantly, the results you're after for your kids will actually become a reality. The Grit Athlete Summer Sports Performance session starts on June 20th in Berkeley Heights NJ, visit www.gritathletes.com to fill out an application for your child.

Grit Athlete Performance is a Sports Performance Training Company located in Berkeley Heights that helps kids ages 6-18 get strong, fast, and confident so they can have a bigger and better future. They have just released the dates for their summer program that starts on June 20th. Visit www.gritathletes.com to apply for their summer session or call (908) 747-1600 for more details.

# **SPORTS PERFORMANCE TRAINING FOR KIDS AGES 6-18**

**STARTS JUNE 20 (19 SPACES REMAINING)** 

PPLY NOW







Warning: If you are reading this article after June 5th, please call (908) 747-1600 to see if there are still spots remaining.

## **Attention Parents of Kids Ages 6-18**

# THE GRIT ATHLETE PERFORMANCE SUMMER PROGRAM HAS ONLY 19 SPACES REMAINING

GRIT helps kids ages 6-18 get strong, fast and confident so they can build a bigger and better future.

#### 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.

# HAPPY PARENTS TALKING ABOUT THE PHYSICAL AND MENTAL TRANSFORMATION OF THEIR KIDS...

• "When my son started Grit he was quiet, shy, and had some difficulty with movements...Now he is confident in himself, has become more vocal, and is mastering the exercise he struggled with in the past."

- Jen O'Brien, Grit Athlete Parent

- "My son is more disciplined and confident in himself"
  - Steve Hughes, Grit Athlete Parent
- "I have watched my children become more confident and vocal."
  - Christine Stramandinoli, Grit Athlete Parent
- "His confidence has shot up in the last few months...and has carried forward to the way he approaches other activities like sports and schoolwork. My son is now making his bed daily and exercising every day."

- Catherine Solfaro, Grit Athlete Parent

### **STARTS JUNE 20TH (Only 19 Spaces Remaining)**







Warning: If you are reading this article after June 5th, please call (908) 747-1600 to see if there are still spots remaining.

# CONGRESSIONAL ARTS COMPETITION

#### Millburn Public Schools

Millburn High School student, Mahima Kaur Kapur, has won Honorable Mention in the 2022 Congressional Arts Competition coordinated by Representative Tom Malinowski, for high school students in New Jersey's 7th Congressional District. There were 74 art pieces in the competition with 1 top winner and 3 Honorable mention recipients. Mahima's artwork will now hang in Representative Malinowski's office in Washington for a year.

In addition to the impressive nature of the piece itself, a representation of Supreme Court Justice Ruth Bader Ginsburg, Mahima is to be commended for her initiative in participating in the competition, as each student artist must apply and submit their artwork independently.



(above) Mahima Kaur Kapur and Representative Tom Malinowski

Courtesy photo

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#### A NEW KIND OF VETERANS' EVENT

Submitted by Jesus Alejandro MiroQuesada

The New Jersey Veterans Network (NJVN) has a different way of reaching out to veterans and they proved this during their recent NJVN Veterans Salute event, a joint venture between the NJVN and the State VFW. NJVN Director Frank "Doc" Schupp and President Michael Boll treated NJ veterans to an event filled with enjoyable times, hot meals, free business attire, and resources for our state's heroes.

As you walked into the large room at VFW 2433 in Union Township, NJ, there were dozens of veterans smiling and mingling while DJ Doc Bear (an army veteran) played some tunes. The usual serious tone of similar events was replaced with a feeling of fun, comradery and comfort.

Air Force Veteran Cristina Lozada said "This event provided an outlet for these veterans to be themselves and have fun in an environment with like-minded individuals. I saw firsthand how taking the time to give back really impacted these veterans lives by feeling cared for and acknowledged."

While waiting their turn to choose their clothing from an attic full of free apparel, veterans partook in video games, card games, and Army vs Navy, and Air Force vs Marines chess games. Delicious pizza was available from nearby Reggio's Pizza which was sponsored by NJVNs partner JM Rodgers. With impressive skill, local barber Emilio of Signature Barbers of Elizabeth, NJ cut veteran's hair free of charge. Volunteers, vets, and family members all enjoyed themselves side by side while honoring our brave men and women.

When asked about the event, organizer Doc Schupp explained, "We wanted to make it a point to create an atmosphere where vets can have fun while receiving resources; this way instead of feeling anxious and uncomfortable, they are relaxed while speaking to service providers."

The Veteran Salute program had plenty of community support as representatives from the

MOVES program, Vet Center, VFW, American Legion and New Bridge Medical Center were on hand to talk to veterans. The atmosphere was a very relaxed as vets interacted with service providers over games and refreshments.

Camillo Vanegas of the MOVES program was on hand to discuss their veteran job placement program. American Legion Commander Dennis Duddie listened respectfully to veterans' stories and advised them of various local programs. The Vet Center was on hand to answer questions about counseling and case management. Bergen New Bridge Medical Center set up a table explaining their many veteran assistance programs. FDU's internship program.

Volunteers included the Union High School ROTC, 5-year-old Vickie Almanazar volunteered alongside her father Daniel, Army veteran Uncle Homer, and many more served food, helped with clothing distribution, entertained, or just visited with the veterans while listening to their stories.

Army recruit Miss Matias, who was shipping out to basic training shortly, was on hand to volunteer and shared her thoughts, "The Veterans Salute event was so successful. We helped a lot of people and touched so many lives. Sometimes all a person needs are a warm smile and friendly conversation to take their mind of their troubles, even if only for a moment."

#### **ABOUT NEW JERSEY VETERANS NETWORK**

We are a group of veterans and volunteers dedicated to helping our veterans and their families live better lives. Our mission is to identify veterans and connect them with resources and programs designed to meet their unique set of needs. If you are interested in joining our team, would like us to speak at your event, or contribute to our mission, call 973-332-1556 or email mdbollio@optonline.net. To learn more visit njvn.org







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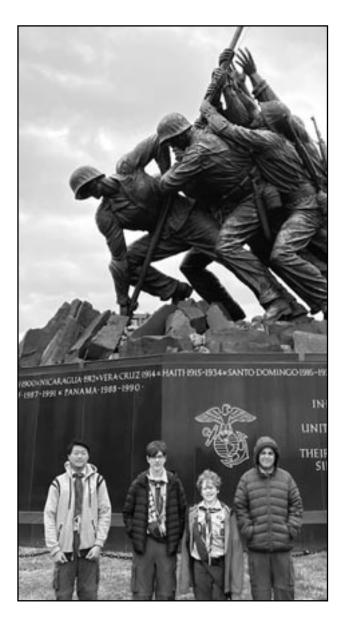
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### TROOP 17 BOY SCOUTS VISIT WASHINGTON

Submitted by Joseph R., ASPL Communications

Troop 17's Patrol Leaders Council and their families had a special trip to Washington, DC over Mother's Day Weekend.

The first morning, we took the DC Metro to L'Enfant Plaza and began a rainy 6+ mile hike called the James West Trail. Along the way, we answered clues and riddles to find specific locations. We saw amazing sites like the Capitol, Supreme Court building, US Botanic Gardens, National Archives, Library of Congress, the White House, the Washington Monument, the World War II Memorial and the Eisenhower Memorial. This hike earned us a special medal we can wear on our uniforms.

After lunch, we visited the National Museum of African American History & Culture. The museum's exhibits cover history from the slave trade through modern day and show the impact, hardships, and achievements of African Americans in the United States.

Around 7:30 p.m., we boarded a trolley for a nighttime tour of DC monuments. During the guided tour by "Mr. History" we got to explore some more famous sites in the dark, including the Lincoln Memorial, Vietnam Veterans Memorial, Korean War Veterans Memorial, the Martin Luther King, Jr. Memorial, and the Franklin Delano Roosevelt Memorial. The mall was

quieter and solemn, and cool to see at night.

The next morning, we visited the US Marine Corp War Memorial, the huge monument depicting Marines raising the flag at Iwo Jima. We then headed to Arlington National Cemetery and saw Marine One flying over DC.

At the cemetery, we visited the graves of John F. Kennedy and Robert F. Kennedy, and Arlington House, which we learned the night before was owned by Robert E. Lee before the Civil War.

Finally, Troop 17 was truly honored to take part in a wreath-laying ceremony at the Tomb of the Unknown Soldier. The Tomb Sentinels who guard the tomb explained what to do, and we carefully followed their instructions to honor those who lost their lives in war.

This trip was very memorable. We were lucky to have seen so much and privileged to represent Troop 17 as we paid our respects.

Troop 17 meets Thursdays from 7:30 p.m. to 9 p.m., September through June. Meetings take place in St. Rose of Lima, the basement of St. Rose of Lima Church in Short Hills. The Troop welcomes male youth (and their families) of all denominations and is open to those of the greater community. For more information visit: troop17shorthills.membershiptoolkit.com











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### **HONORING THE MEMORY OF A FATHER**

Rajesh Karnani of Paramus, NJ. It is a time when he joins his family members to remember his father, Sham C. Karnani, who unexpectedly passed due to heart complications on March 17, 2010. Rajesh recalls how his father always spoke to family members and friends about his support for organ and tissue donation. His father's selfless decision to be an organ and tissue donor ultimately restored sight for two other people with his donated corneas.

More than a decade later, Rajesh has made it his personal mission to inspire others to register as organ and tissue donors. He actively supports NJ Sharing Network's community events, activities and fundraisers to help raise awareness for NJ Sharing Network's life-saving mission.

According to NJ Sharing Network, there are nearly 4,000 New Jersey residents currently waiting for a life-saving transplant, and one

Father's Day is a special time of year for person in New Jersey dies every three days of his corneas to two recipients in need. waiting for a transplant. Just one organ and tissue donor can save eight lives and enhance the lives of over 75 people. To learn more, get involved and register as an organ and tissue donor, visit www.NJSharingNetwork.org.

> The following was written by Rajesh to pay tribute to his father and help raise awareness about organ and tissue donation transplantation in our local communities:

> My father, Sham C. Karnani, was born in India and migrated to New York in the 1970s. He came to America to help ensure that his family has a better life, and he worked as an importer of garments shipped from India and sold to prospective buyers in the U.S.

> I can talk about my father for hours - about the great businessman he was, how he supported and loved his family so much, or how he would put other people's happiness over his own. His passion in life was service to his fellow man/woman. What motivated him in life was to make sure that those around him were happy. He was always determined to pay it forward in some way.

> He was (and still is) not only my role model, but an inspiration, to me and to everyone who had the pleasure of knowing him. He taught me so much - how we are fortunate enough to live a good life, and so it is our responsibility to do our best to help others less fortunate do so too.

> My father's major passion for the last two decades of his life was to spread the awareness of organ and tissue donation. His message to others was simple: Organ and tissue donation saves and enhances lives.

> My father would often say, "When it comes down to it, we can't take our organs on our journey to heaven. We don't need them, so why not give others the opportunity to complete the rest of their journey in the present."

> On March 17th, 2010, my father unexpectedly passed away while in a temple on a holy day (our Indian new year). He was dancing with the love of his life, my mother. I am proud to say that, upon his death, my father was able to donate both

My father kept a journal of his thoughts that we found after he passed away. His writings confirmed how much faith he had and how passionate he was about donation and transplantation. In the journal, he called it "recycling of organs for the benefit of mankind."

He noted that he believed that most people would want to make the selfless decision to donate their organs and tissue upon death. However, he believed that the biggest barrier is that most people do not let their family members know about their choice to donate. He noted that if only person just lets their family knows, about their wishes, countless number of lives can be saved.

My father was also a very spiritual person. He once was able to ask one a spiritual leader his thoughts on the subject of organ and tissue donation. We all remember the spark and happiness in my Dad's eyes, when this spiritual leader, declared that organ and tissue donation is "the best gift anyone can give to their fellow man or woman."

It has been difficult for us to move on without my father here. Each day, I still expect him to walk through the door. However, I feel comfort in knowing that the gift of sight my father gave helps justify the passion he had all those years on how organ and tissue donation really is the best service we can provide to others. That passion has now been passed down to me.

#### **ABOUT NJ SHARING NETWORK**

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



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(above) Ian Konops, left, a Boy Scout in Troop 17, is working towards his Eagle Project which will focus on informing the community about the historical values of Millburn.



(above) Historical interpreters, Israel and Caroline Condit, portrayed Millburn's Founding Family.





(above) The Historical Society of Millburn Short Hills























(above) Historic selfie backdrops.

Photos from this and other events can be found online at rennamedia.com and on Millburn Short Hills Monthly page on facebook.com Feel free to "Like," "Tag," and "Share."

(above) The Florian Schantz Jazz Combo performed Victorian Era Songs (1837-1901) including waltzes, ragtime, marches, and more.

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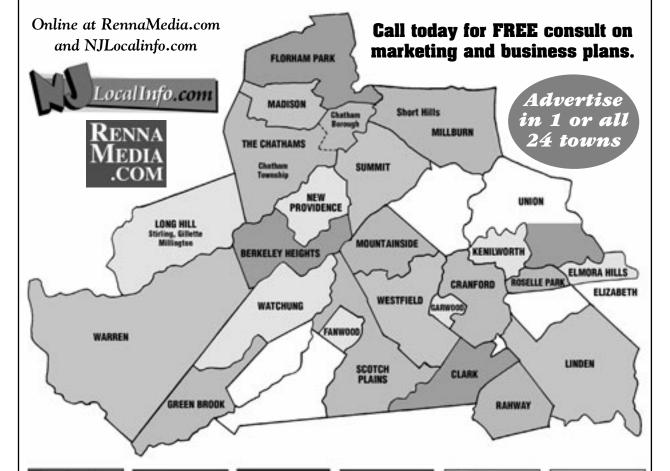
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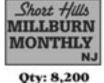
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