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SILVER LIMING'S KINDNESS TEAM SPREADING KINDNESS

Silver Liming's Kindness Team has been busy. June and July were filled with many kind gestures, big and small. As the school year was winding down, the kindness team was busy preparing their gift for each Governor Livingston (GL) graduating senior. This year the graduates received a t-shirt with #DONE across the front, and the name of each student listed on the back. The shirts were rolled to resemble diplomas, and worn the night of project graduation. Earlier that week, board members of Silver Liming attended the award ceremony at GL to present Abigail Biegel with the third annual Making a Difference Kindness Scholarship. Abigail was nominated by her teachers for exuding kindness in her daily life. She served as vice president of her class, and was a member of the Athletic Academic Honor Society. She was grateful for the scholarship and will happily use it during her freshman year of college.

The Silver Teens hosted bingo for Senior Citizens at the Berkeley Heights Municipal Complex. Sweets and treats were baked by the teens as well as Nanci Gamba and Lisa Kerrigan. The cherry cheesecake cupcakes were a crown favorite!

Ambassador Cole Williams was a pro at calling the numbers, assisted by Daniel and Vincent Capone. Seniors enjoyed the company of our volunteers who played bingo alongside, including Quinn Williams and Dylan Cisco. The prizes were a big hit, especially to Lucy who exclaimed, "I never win anything!" as she was handed her gift bag filled with her winnings.

The following day the kindness team was at the first summer concert, listening to The Nerds and handing out treats. Community members were grateful for the Silver Liming tote bags, frisbees, water, adn snacks. Bubbles the Mascot was a huge hit with the children. It was so wonderful to have the community together, celebrating summer and enjoying the company of each other. Silver Teens worked the table and the crowd, tossing frisbees with locals while spreading smiles. Hunter Lloyd was a natural with the frisbee, and followed Bubbles around engaging with the young ones.

Silver Liming's plot at the community garden continues to thrive. Kale, tomatoes, peppers and zucchini have been harvested and donated to Church



(above) Sophie Chhowalla and Laurie shared a smile and a frisbee.

of the Little Flower's food pantry. The teens continue to nurture the plants, and Ambassador Cadence Christel visits the garden weekly to manage the plot.

While all of that was going on, Silver Liming members were made aware of a desperate need in our community; feminine hygiene products for Little Flower's food pantry as well as Bridges Outreach. An Amazon feminine hygiene drive was organized, and the community responded. The kindness team was able to donate over thirty boxes of needed products.

For more information on the foundation, visit silverliming.org or email silverliming@gmail.com.



(above) GL Seniors Ella Wolf, Aidan Dike, Brandon Lim and Matt Lee were all smiles wearing their graduation shirts.



(above) Silver Liming teens volunteer around town, including Sophie's End of Treatment Celebration.

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Mountainside View

JACK AND PATRICK HUSS EARN EAGLE SCOUT RANK

Troop 177 of Mountainside is proud to announce the addition of its 20th and 21st Eagle Scouts, Jack and Patrick Huss.

Jack has earned 37 merit badges with Bronze, Gold and Silver Palm ranks, as well as the World Conservation award and the National Outdoor Award Camping Gold award. Jack has served in leadership positions as Scribe, Patrol Leader, Assistant Senior Patrol Leader, Senior Patrol Leader, Junior Assistant Scoutmaster and Philmont Crew Chief. His Eagle Project was the restoration of a cabin at Camp Munsee in Sussex County, which is used to serve underprivileged children. Jack is a rising Senior at Governor Livingston, where he is a member of the wrestling and lacrosse teams. He also serves as a head lifeguard at the Berkeley Heights YMCA pool.

Patrick becomes the youngest Scout in Troop 177 history to earn the Eagle rank, and has already earned 26 merit badges, the Bronze Palm rank and the National Outdoor Camping award. His leadership positions include Den Chief, Patrol Leader, Assistant Senior Patrol Leader and Canoe Trek Leader. Patrick's Eagle Project was the renovation of the playground at Our Lady of Lourdes Church, including the fencing, landscape edging and wood chips. Patrick will be entering his sophomore year at Governor Livingston,

where he has been a member of the soccer, wrestling and lacrosse teams. He is an altar server at Our Lady of Lourdes Church and works as a lifeguard at the Berkeley Swim Club.



(above) Jack and Patrick Huss both earned Eagle Scout rank, making them Troop 177 of Mountainside's 20th and 21st Eagle Scouts.

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DONATION TO UKRAINE RELIEF FUND

Submitted by J. M. Jones

Officers of the Knights of Columbus Msgr. Henry J. Watterson Council #1711 of Westfield recently presented James Vari, District Deputy of the New Jersey Knights of Columbus, with a donation check of \$2,000 to the Knights of Columbus Ukraine Solidarity Relief Fund. Also present was Rev. Fr. William Benedetto, of Our Lady of Lourdes Catholic Church in Mountainside, who serves as the Council's Chaplain.

This fund supports the Knights' Mercy Centers

constructed throughout Ukraine, providing food and shelter to those ravaged by war. The Westfield Council wishes to thank all those who participated in their recent Lenten Drive-Thru Fish Fry, which supported this donation.

The Knights of Columbus is a fraternal organization of Catholic men who wish to join together to serve the Church and our community. To learn more, contact J.M. Jones, Grand Knight, at grayfdir@gmail.com.

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(above) The Knight of Columbus Westfield Council presented a \$2,000 donation to the Knights of Columbus Ukrainian Solidarity Fund, which supports the Knights' Mercy Centers that provide relief, food, and shelter to those affected by the War in Ukraine.

Courtesy photo



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MOUNTAINSIDE AREA RETIREES TO BEGIN THEIR 39TH YEAR

Submitted by Keni I, president-M.A.R.

Tuesday, September 13, marks the start of the 39th year of the Mountainside Active Retirees. The kick-off speaker for that day's meeting is Mountainside's Mayor, Paul N. Mirabelli. His topic will be "What's Happening in Mountainside".

Come out and meet the Mayor, bring your neighbor and any questions about the town you might have. The mayor is always willing to answer questions or concerns or provide the name of the appropriate department that could be of help.

The Mountainside Active Retirees meet regularly in the Borough Community Room on the 2nd and 4th Tuesdays of the month from September through May. Meetings start at 10 a.m. Memberships are open to Mountainside residents 55+, retired or just wishfully retired.

One does not have to be a member to attend the kick-off meeting with Mayor Paul Mirabelli.

The Mountainside Active Retirees continues its fall schedule with other interesting speakers, plus bus trips and luncheons.

On Tuesday, September 27, The Mountainside Active Retirees will be hosting Samantha Leinberger and some of her animal friends from the Turtle Back Zoo.

Come visit a meeting to find out more.

VILLAGE SHOP ANNOUNCES FALL OPENING DATES

Mountainside Restoration Committee

The Village Shop located in the Mountainside Restoration Committee's Levi Cory House will open again after a summer break. Volunteers are looking forward to welcoming shoppers back. The Shop will be open on Fridays and Saturdays from 10 a.m. - 3 p.m. on the following dates: September 2, 3, 16, 17; October 7, 8, 21, 22; November 4, 5, 18, 19; and December 2, 3, 16, 17.

The circa 1818 Levi Cory House, which was moved to Constitution Plaza eight years ago, was originally located at the corner of New

Providence Road and Mountain Avenue. The house was the location of the first Children's Country Home during the 1890s before expanding to its current location as the Children's Specialized Hospital. After years of repair, renovation and restoration, the Levi Cory House now opens as a Museum for Children's Interests and the Village Shop. Recently, a second porch was added as there was one on the original house, and plumbing and a restroom have been added thanks, in part, to funds from the Watts Mountainside Community Foundation.

The Village Shop serves as a fundraiser for the continued restoration and maintenance of the Levi Cory House and maintenance of the Deacon Andrew Hetfield House. The Shop has been restocked with many new items for the home and for gift-giving - home décor, jewelry, antique and vintage items, furniture pieces and many interesting items and curiosities. Stop by to browse and you may find something for yourself or for gift-giving. Purchases benefit the Mountainside Restoration Committee.

The Levi Cory House and Deacon Andrew Hetfield House are located at Constitution Plaza (Watchung Ave., off Birch Hill Rd.) adjacent to the Mountainside Library. The Mountainside Restoration Committee is a 501(c)(3) charity and a committee of volunteers whose purpose is to maintain the Deacon Andrew Hetfield House, restore and maintain the Levi Cory House and collect and save historical Mountainside information and items from destruction. For further information, please call 908-789-9420 or go to mountainsidehistory.org.



(above) Mountainside's Levi Cory House Village Shop will open on Fridays and Saturdays from 10 a.m. - 3 p.m. on the following dates. Stop by to shop for unique gifts and household items displayed beautifully in this historic setting. Photo by Mountainside Restoration Committee

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ROTARY LEARNS ABOUT HYDROPONIC FARMING

Submitted by Dr. D. Michael Hart
Mr. Martin Silverman from Redi-farms recently spoke to the Rotary Club of Westfield about hydroponic farming. The goal is to provide “a farm on every corner”, and to grow food “hyper-locally” to serve the Westfield area.

Hydroponic farming is the system of growing plants indoors with special lighting, in a container of water and a substrate and liquid nutrients. They do not need soil, and the use of water is greatly reduced because there is no runoff and wasted water. Currently, they are using coconut shells as the substrate. They do not need to use pesticides or weed killers because the enclosed space does not allow for pests.

Redi-farms is currently using the Bank of America building in Mountainside Center on Mountain Ave. in Mountainside as their research and development facility while they renovate the

Handler building on North Avenue in Westfield. The building will become an indoor multi-level hydroponic farm. The new facility will house the farm, a retail store, a restaurant, a teaching facility, and an event space. Plans include the installation of solar panels on the roof since

electricity will be their biggest expense. They currently have 15 employees.

Redi-farms is selling their produce at the Westfield Farmers Market every other week and is donating extra food to St Joseph’s Soup Kitchen in Elizabeth.



(above, l-r) Pictured are Westfield Rotary Club President-elect Barbara Frantz, Speaker Martin Silverman, and Rotarian Lauren Barr.

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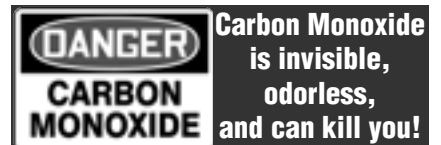
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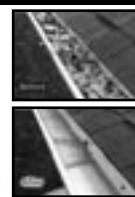
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SENIOR SERVICES OF MOUNTAINSIDE OFFERINGS

Senior Health and Fitness

Chair Yoga Classes held on Tuesdays, starting September 6 through October 25 at 1:30 p.m. Cost of the session is \$12/residents, \$27/non-residents. Join us and learn how people are lowering their blood pressure, increasing their flexibility, reducing their feelings of anxiety, and improving their health and mental wellness in so many ways—all while sitting in a chair! Registration will be taken at the Recreation Department or online on the website under Community Pass. Please call Kim Moriak at 908-232-4406 for more information. Come and try a free class.

Fit & Healthy held on Wednesdays starting September 14 through October 26 from 10 a.m. to 11 a.m. Classes will continue to be offered free of charge for Mountainside Residents. Registration will be taken at the Recreation Department or online on the website under Community Pass. Come and try a free class.

Silver Sneakers will be held on Thursdays through June at 9:15 a.m. Cost of the session is \$12/residents, \$27/non-residents. Please call Kim Moriak at 908-232-4406 for more information. Registration will be taken at the Recreation Department or online on the website under Community Pass. Come and try a free class.

Barre Light 55+ classes will be held on Fridays, September 16 through October 28 at 11 a.m. The cost for the session is \$12/residents and \$27/non-residents. Bring sticky socks or bare feet and water. This 45-minute class builds strength and tones the muscles while improving posture and flexibility all while standing or sitting in a chair. Registration will be taken at the Recreation Department or online on the website under Community Pass. Please call Kim Moriak at 908-232-4406 for more information. Come and try a free class.

EVENTS

SMOKE DETECTOR INSTALLATIONS

The Fire Department and the Senior Citizen Coordinator are working together to install smoke detectors in seniors' homes. If you need new smoke detectors please contact Kim Moriak to be added to the list to have them installed in your home.

AARP Safe Driving Class will be held on Wednesday, September 14, 10 a.m. – 1 p.m. and Wednesday, September 21, 10 a.m. – 1 p.m. at the Rescue Squad conference room at Borough Hall. Both classes must be attended. \$20 for

AARP members and \$25 for non-AARP members. Bring a check or cash the day of the event. RSVP in Community Pass or call the Rec Department at 908-232-0015.

SUPPORT

SAGE ELDERCARE

Sage Eldercare provides free planning and programs to help assist in providing for our frail, or at-risk seniors who reside in Mountainside. This is possible due to a grant through the Watts Foundation. If you know of or are an elderly person or their caregiver, please call Sage at 908-598-5552 or Kim Moriak at 908-232-4406 to see if you may benefit from this service.

SENIOR TRANSPORTATION PROGRAM

This program is for Mountainside seniors 62 or over. The van is running on Mondays, Tuesdays, and Thursdays from 9:30 a.m. - 2:30 p.m. To make a reservation or for further information please call Kim Moriak at 908-232-4406.

SENIOR CITIZEN HANDYMAN PROGRAM

We are offering this program again for Mountainside senior citizens 62 or over who own their home and need minor repairs such as replacement of fuses, batteries and light bulbs, removal or placement of A/C units in windows, moving patio furniture, light carpentry, repairs to railings, stairs, locks, and door handles. It also includes minor plumbing, such as replacement of washers, opening slow drains, leaking faucets, and more. To participate, a short application must be completed and your income level must be \$52,850/1 family size or \$60,400/2 family size. The application can be found on the website under Departments, Senior Services, or at Borough Hall. All information is confidential. For further information or to apply please call Kim Moriak at 908-232-4406.

OPERATION BLUE ANGEL

Operation Blue Angel is a program offered by the Mountainside Borough Police Department to assist residents, who due to advanced age, mobility, or medical concerns may be unable to answer their door during an emergency. Should you need assistance with filling out the application, please contact Kim Moriak at 908-232-4406.

Get the latest information and events on our webpage which can be found on Mountainside-nj.com under Departments, Senior Services.

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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.

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

NJVN's 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.

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 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 who 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, "We helped a lot of people. Sometimes all a person needs are a warm smile and friendly conversation to take their mind off their troubles."

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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Town Wide Garage Sale

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Rain or Shine!
9am - 2pm

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Search Mountainside Newcomers Events
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FLYERS ANNOUNCE CROSS-COUNTRY SEASON

Westfield Area YMCA

The Westfield Area YMCA Flyers Track Club is a year-round track & field and cross-country team offering USATF-certified coaching and technique instruction for athletes ages 7-15. Registration is now open for the cross-country season which runs from September 9 to October 28. Athletes learn the fundamentals of distance running and techniques unique to off-track running, with more experienced runners building on the fundamental skills through conditioning and in-depth training. Practices are held at Oak Ridge Park in Clark on Mondays and Fridays with additional Wednesday practices for more seasoned runners. Practices are 60 minutes and begin at 4:45 p.m. for 7-10 year-olds and 6:00 p.m. for 9-12 year-olds and 11-15 year-olds.

Meets are offered and optional.

More than 250 Flyers participated last fall with qualifiers for the USATF state, regional, and national championship meets. The goal is to provide a safe and fun environment for every team member to improve skills and achieve success, from novice to international competitors.

For schedule details, fees, and registration information visit yflyerstrackclub.com or contact Michelle Almeida at malmeida@westfieldynj.org or 908-301-9622 ext. 279.

The Y is the nation's leading nonprofit committed to strengthening communities through youth development, healthy living, and social responsibility. Financial assistance is available for YMCA programs and memberships for those who qualify.



(above) Westfield Area YMCA Flyers athletes from the 2021 season participating at a NJ meet.

BOOK SALE

The Friends of the Mountainside Library is sponsoring a book sale on September 15 - 4-8 pm; September 16 & 17 - 10 am - 5 pm; and September 19 - 10 am - 4 pm.

Donations of gently used hard cover and paperback books (no text books, dictionaries, reference books) would be accepted on September 10, 12, 13 & 14 during library hours.

All monies raised will be used to enhance library programs and collections.



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4 Units	3.25" x 8" or 6.5" x 4"	\$180	\$450	\$700	\$900	\$1100	\$1300	\$1500	\$1700	\$1900
6 Units	6.5" x 6.25" or 10" x 4"	\$240	\$600	\$900	\$1200	\$1400	\$1600	\$1800	\$2000	\$2200
9 HALF PAGE	6.5" x 9" or 10" x 7"	\$320	\$800	\$1000	\$1300	\$1600	\$1900	\$2200	\$2400	\$2700
12 Units	10" x 8"	\$360	\$900	\$1200	\$1500	\$1800	\$2100	\$2400	\$2700	\$3000
18 FULL PAGE	10" x 14"	\$400	\$1000	\$1400	\$1800	\$2200	\$2500	\$2800	\$3000	\$3400
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