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IMAGINE WELCOMES NEW VOLUNTEERS

The staff at Imagine, A Center for Coping with Loss was so pleased to be able to offer our first in-person volunteer training since 2020 at our Mountainside Center this summer! Pictured are the participants in our 2022 Imagine Summer Training Class, who have joined our wonderful community of volunteers - facilitating grief support groups for children, teens, young adults and their parents/guardians. Our new volunteers participated in a three-day training program that prepared them to be present for the children and families that participate at Imagine, gave them tools to help support those in their family and community who are grieving, and provided an opportunity for them to receive support for losses they've experienced themselves.

Another big milestone is coming up for Imagine! Our

grief support groups will be returning to the city of Newark through a partnership with the Boys and Girls Club of Newark (BCGN).

This is an experience like none other; the experiential nature of the training will prepare you to facilitate support groups in a way that a lecture-style training could never do. Previously trained volunteers have said this training is "life-changing" and "inspiring," and we hope you can be a part of it!

If you're interested in making a difference in the lives of grieving families and would like to participate in Imagine's volunteer facilitator training, please visit our website at imaginenj.org/become-grief-support-facilitator.

If you have questions, please contact Imagine at 908-264-3100.



(above, top row, l-r) Debbie Berez, Mountainside; Stacey Glickstein, Scotch Plains; Vernita Bostick, Belleville, Carrie Greenberg, Springfield; Sonia Nunez, Imagine's Newark Program Manager; Joan Castellano, West Orange; Abigail Priece, Imagine's Interim Program Manager and John Hutchinson, Glen Ridge; (middle row, l-r) Deborah Ojeda, Imagine's Graduate Intern, Dan Vorhaus, Summit; (bottom row, l-r) Diane H. Tracey, Jersey City; Gen Belfiglio, Union; Anna Fishman, Short Hills; Gregory D. Edgell, Nutley; and Zakeyah Harris, Newark.

Courtesy photo

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Mountainside View

Summer get togethers at the Mountainside Pool are just memories until next year, but meetings of the Mountainside Active Retirees have started their 39th year.

Meetings are held on the 2nd and 4th Tuesdays, September through May, at 10 a.m. in the 2nd floor Community Room.

Speaker Kevin Woycep

October 11

Invited speaker Kevin Woycep brings another of his wonderful presentations - Haunted Halloween.

The first trip of the new season

October 25

Camden Historic Society Museum and lunch at Sabastian's Schnitzelhaus.

100th anniversary of the discovery of King Tut's tomb

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OPERA ON FILM SERIES ANNOUNCES FALL LINE-UP

Operas on Film is now in its 9th year. The 90th film will be shown this fall season. All are invited to these free events, held in the Mountainside Rescue Squad Community Room on Friday's starting at 1 p.m.

Mena Clemson is the host. She will provide a synopsis of the film, from famous opera houses throughout the world, and discuss the plot. Whether you are an opera buff or an opera neophyte, you are invited to join in. Films are shown on a wide-screen projector, with subtitles.



(above, clockwise) Mena Clemson, Connie Allan, and Norma Huber senior at the September 9th showing of the opera *Samson & Dalila*.

Chairs and refreshments are provided (coffee & tea along with cookies and cakes).

Mena has lived in Mountainside for 30 years. She was introduced to opera when she was very young child. Her mom and aunt used to listen to opera and she remembers liking the music.

When she retired, she started buying opera films. When her friend retired, she'd stop by and watch with her.

Mena then began sharing her films and love of opera with the community at the Mountainside Library, and it was a huge success. Sunrise Assistant Living would also send a bus with residents and there could be anywhere from 30-40 attendees at any given showing.

When the Library was no longer able to provide the room, Norma Huber, president of the Mountainside Rescue Squad, offered Mena the squad's community room. Her mother, also named Norma, is a big fan of the opera.

Mena invites anyone that would like more information about the opera showings to call her at 908-377-8319.

FALL LINE-UP

LA BOHEME by Puccini

October 14th - 1 p.m.

120 mins long, with Jose Carreras & Renata Scotto, 1981.

MANON LESCAUT by Puccini

November 18th - 1 p.m.

142 mins long, with Placido Domingo & Renata Scotto, 1980.

FEDORA by Giordano

December 9th - 1 p.m.

108 mins long, with Placido Domingo & Mirella Freno, 1997.

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SPOTLIGHT ON VETERANS DOING YOGA PROJECT

Submitted by Laura Meola and Alyssa Duclos

The Veterans Yoga Project Video filming was a free event sponsored by the New Jersey Veterans Network for their web series, Local Legends. This web series is a talk show that showcases real stories from extraordinary people including gold medalists, army veterans, athletes and many more. With its strong veteran influence, Local Legends is produced, directed, hosted and filmed by veterans and their supporters. They provide a great deal of informational resources to help the community.

The Veterans Yoga Project event featured Maggie Stoddard, a yoga instructor trained to work specifically with veterans. Her work with these heroes has greatly benefited their everyday lives. During filming, Maggie showed the participants three sets of poses. This included the warrior 2, peaceful warrior, and seated cat/cow. Aside from this filming, Maggie runs yoga events weekly for all veterans and their families who wish to participate. She had this to say about the program, "We lead a class with some breath work, stretching and mindfulness. Veterans Yoga Project promotes resilience and recovery."

America's Hot Dog pup, Shadow, also made an appearance to provide support for all who participated in the filming process. He also did some yoga of his own which included the side crow pose. He is often a part of these veteran events and brings joy and love to all.

This production was directed and produced by Doc Schupp with Michael Boll as co-producer. Credit also goes to Shaun Crafton, director of cinematography, and camera-man Diddy.

If you know of an inspiring or helpful resource for veterans that would make a great Local Legends Video please call Doc Schupp at 551-293-3049. The Local Legends Videos can be viewed on the NJVN website at njvn.org/local-legends.

Thank you to all volunteers who helped put this event together: Doc Shupp and Michael Boll who run the NJVN; Rochelle Park American Legion Post; all the cast and crew who participated in the Local Legends production; Alyssa Duclos, owner of Alyssa's

Critter Sitters LLC, and official dog handler of Shadow, America's pup; and assistant dog handler Joe Astarita.

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 a veteran or family member that is in need of assistance, or 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.



(above) The Veterans Yoga Project Video was filmed at a free event by the New Jersey Veterans Network for their web series, Local Legends.

Photos by Shaun Crafton and Diego Diazand



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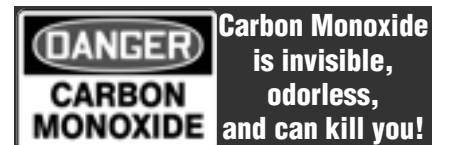
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MOM AND DAUGHTER RAISE AWARENESS OF ORGAN AND TISSUE DONATION

New Jersey Sharing Network

Jane Fischer and her daughter, Suzy, understand what it takes to overcome some of life's greatest challenges. As they celebrated Suzy's 48th birthday on July 18, they both took time to reflect on the gift of life and the miracle



(above, l-r) Jane and Suzy Fischer.

of organ and tissue donation.

On the day Suzy was born, doctors told Jane and her husband, Al, that their daughter would never be able to talk or walk or play like other children. While Suzy's special needs were great, Jane and Al kept hope alive that they would be able to persevere on the difficult journey ahead.

"Suzy proved them all wrong," said Jane. "Over the years, she has kept defying all the odds through her tenacity, courage, and strength. She surprised some of the best pediatricians and neurologists in our area by constantly working hard to develop and learn to do all the things they said she could never do."

While Suzy's life seemed to be filled with endless obstacles, she began to develop critical health issues shortly after turning 24 years old. Her kidneys began to fail, and she was soon placed on dialysis.

"It seemed like there were complications in nearly every one of her dialysis sessions," said Jane. "It took its emotional toll on Suzy and all of us, but she always did her best to keep her smile and the staff at the dialysis center loved her."

In December 2000, the Fischer family was in an airport in Jacksonville, Florida, when Jane's pager kept beeping and buzzing. "At the time, I mistakenly thought it was due to air traffic signals creating interference," said Jane. "But when we arrived home in New Jersey after our flight, we received an urgent phone call from our transplant coordinator at Saint Barnabas (Cooperman Barnabas Medical Center). They had a donated kidney for Suzy!"

Suzy received a successful kidney transplant, and the family is forever grateful to the 64-year-old woman who gave the gift of life. For 13 years, Suzy's transplanted kidney restored her health and she continued to fight through other serious health issues, including thyroid cancer that forced her to undergo a thyroidectomy.

In 2013, Suzy's transplanted kidney began to fail, and she faced another uphill struggle as dialysis loomed as the only treatment option. However, Suzy received encouraging news when

another donated kidney became available for transplant. This time, her donor hero was a 24-year-old man who passed away in a tragic motorcycle accident.

"Suzy definitely had a lot of survivor's guilt," said Jane. "It helped ease her pain when I explained to her that the young man would have wanted his kidney to go to her to keep his memory alive."

Today, Suzy continues to thrive and enjoy life's most precious moments thanks to her organ donor heroes. Suzy and Jane have made it a priority to support NJ Sharing Network, the nonprofit organization responsible for the recovery and placement of donated organs and tissue in the Garden State. By sharing their story with others, Suzy and Jane hope to encourage more people to register as organ and tissue donors.

"The most important thing is to get others to understand the need for organ and tissue donation and how it saves and enhances the lives of others," said Jane. "We also want to keep hope alive for those waiting for a life-saving transplant. We want to encourage them to never give up. I do not know why Suzy's life has been so hard, but I have always believed it has been to help others and make a difference in someone else's life."

According to United Network for Organ Sharing (UNOS), there are over 100,000 Americans – nearly 4,000 of whom live in New Jersey – waiting for a life-saving transplant. One organ and tissue donor can save eight lives and enhance the lives of over 75 others.

"We forever honor our donor heroes, as well as their supportive families, for their selfless decision to save and enhance the lives of others. Because of them, Suzy and all transplant recipients now have more birthdays, holidays, and special moments to share with their loved ones," said Joseph S. Roth, President and CEO of NJ Sharing Network.

To learn more, get involved and register as an organ and tissue donor, visit NJSharingNetwork.org.

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family/kid friendly activities (face painting, magicians, balloon artists, etc.) along with a full concert by New Jersey's own "The Nerds" – a widely acclaimed rock and roll band. Food trucks will be available but folks are encouraged to tailgate as well.

Registered participants get a parking space with an adjoining space to set-up chairs, etc. Each car can carry up to 6 occupants and parking

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For event details, please visit ccanconcert22.GiveSmart.com or call Peter Ruccione, Catholic Charities Director of Development, at 973-818-4060.

Last year Catholic Charities provided over 71,000 nights of Shelter, food, and clothing for over 1,171 people, individuals and families.

For more information on Catholic Charities of the Archdiocese of Newark, visit ccannj.org.

ABOUT CATHOLIC CHARITIES

Catholic Charities of the Archdiocese of Newark has been in operation since 1903 serving adults, children, families, seniors, veterans, and those suffering from HIV with compassionate care and services that provide help and hope. Our 84 programs serve close to 50,000 individuals in Bergen, Essex, Hudson and Union Counties annually. Our programs include counseling and support services for at-risk youth and their families; psychological and psychiatric help for those with mental illness; job training for those who are cognitively disabled; childhood education for preschoolers in Newark, Bloomfield and Elizabeth; emergency shelter for the homeless and for those who are HIV-positive; affordable housing for low-income families; immigration legal services; refugee resettlement; and adoption services.



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CLOTHING DRIVE OCTOBER 19

Westfield Area YMCA

Maybe you just finished cleaning out some closets, or maybe it's a good excuse to start! Either way, on Wednesday, October 19 from 7:30 a.m. - 2:30 p.m., we invite you to drop off clothes, shoes, belts, handbags, comforters, sheets, curtains, towels, bedding, stuffed animals, small plastic toys, bikes, scooters and strollers on the tarp in the parking lot of the Bauer Branch, 422 East Broad Street in Westfield. (Note: shoes must be bagged separately).

Please note: we cannot accept pots and pans, books, board games, sports equipment, electronics, glass, furniture, VCR tapes, outdoor play sets or appliances.

The A & E Clothing Corp collects American second hand clothing and other items and resells them in the US and to other developing countries.

Proceeds benefit the Y's financial assistance program which ensures that no one who is experiencing a bona fide financial hardship and lives or works in Westfield, Cranford, Garwood or Mountainside is turned away for inability to pay for Y programs or memberships. The majority of awards enable participation in the Y's early learning and school age child care programs.

Questions? Please email Bonnie Cohen, bcohen@westfieldnj.org or call 908-301-9622.



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PROGRAM FOR SENIORS WITH ONGOING HEALTH CONDITION OR THEIR CAREGIVERS

Are you an adult age 55 or older with an ongoing or long-term health condition or their caregivers? Put life back in your life and Take Control of Your Health. Sponsored by the Westfield Regional Health Department and SAGE Eldercare, you'll get the support you need, find practical ways to deal with pain and fatigue, discover better nutrition and exercise choices, understand new treatment choices, and learn better ways to talk with your doctor and family about your health.

If you have conditions such as diabetes, arthritis, high blood pressure, heart disease, chronic pain, or anxiety, join us for this free program at SAGE Eldercare, 290 Broad Street in Summit beginning on Tuesday, October 18 at 10

a.m. Free refreshments will be served at each lesson.

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

- How to manage your symptoms.
- How to get started with healthy eating and exercise.
- How to communicate effectively with your doctor.
- How to manage fear, anger, and frustration.
- How to make daily tasks easier.

For more information, please contact Amy Lewis at 908-789-4070 ext. 4080 or alewis@westfieldnj.gov.

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DOGS OF MOUNTAINSIDE CELEBRATE!



(above) The 8th-grade class is selling dog collars and leashes designed with the 07092 zip code. Proceeds support Project Graduation and St. Hubert's Welfare Center.

The 8th-grade class is proud to host a fundraiser for "Project Graduation" that will also benefit St. Hubert's Welfare Center.

Please support the class of 2023 graduates with the purchase of a custom designed 07092 dog collar for your perfect pup in traditional Mountainside green and white. Collars are available in 3 sizes and are guaranteed to dress up your furry companion! They make a perfect gift for the holidays, birthdays, and adoption events for all families.

For every dog collar purchase, a part of the proceeds will be donated to St. Hubert's to assist in their efforts to rescue and rehabilitate animals.

Dog collars cost \$25, dog leashes cost \$15.

Dog collars come in three sizes:

small (neck 9"-14", collar 14" L x 1" W), medium (neck 12"-20", collar 20" L x 1" W), large (neck 18"-32", collar 32" L x 1" W).

Any questions?

Please contact Genevieve Cooper at 973-856-1323.

RESCUE SQUAD IS IN NEED OF VOLUNTEERS

The Mountainside Rescue Squad is in need of volunteers! No experience is needed, we pay for all training, and college scholarships are available. If you are 18 or older and are a Mountainside resident interested in joining or have questions please contact us at membership@ems22.com or call our building at 908-233-6338.



TEEN DRIVER SAFETY

Street Smart NJ

National Teen Driver Safety Week is October 16-22, 2022 — is the perfect opportunity to talk with teens about safe driving habits. This year, the U.S. Department of Transportation's National Highway Traffic Safety Administration (NHTSA) is teaming up with Street Smart NJ to empower parents to discuss safe driving habits with their young drivers. Assure your teen driver knows the Rules for the Road before you hand over the keys. Ultimately, parents are in control.

FACTS ABOUT TEEN DRIVER FATALITIES

Motor vehicle crashes are the leading cause of death for teens (15-18 years old) in the United States.

In 2019, there were 2,042 people killed in crashes involving a teen driver, of which 628 deaths were the teen driver.

Parents can be the biggest influencers on teens' choices behind the wheel if they take the time to talk with their teens about some of the biggest driving risks.



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THE MOUNTAINSIDE PTO 2022 FALL FESTIVAL DEERFIELD SCHOOL



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15TH
12PM - 4PM**

The PTO Fall Festival is a fun-filled day for the entire family. There are rides, games, food and so much more!

Please sign up to **volunteer** and help make this day a success. 8th grade students are welcome to help with games and activities set up & clean up. **Link will follow!**

Vendors are needed! Please contact us:

Fall Festival Co-Chairs:

Kara Shanahan & Roxy Varady-Becker

mountainsidepto.fallfestival@gmail.com

Thank you and we cannot wait to see you there!



HALLOWEEN "SPOOK" TACULAR HOUSE DECORATING CONTEST!



"Boo-tiful Mountainside"
will once again kick off our Annual fun-filled contest!

We will be selecting according to the following categories:

- Most Kid/Family Friendly • Best Blow-up Display • Best Graveyard Scene
- Most Over the Top (Best Effects Lights/Animation, etc.)
- All Around Halloween Classic Favorite

"NOTE: If you have won First Place in the past, we cannot award you again this year. However, if the judges agree your home is worthy of First Place, we will add your house to the "Drive By" list which will have all of the winners, plus a "Shout Out!"

Challenge your friends and neighbors to lift their "spirits" with some ghostly competition and get a "SHOUT OUT" for the BEST BLOCK!

Last year, we had enormous participation and we can't wait to see how spooky and creative our Mountainside homes will look this year!

For details please visit Beautiful Mountainside's Facebook Page and click "Like."

Submit your home with your name, address & phone in the comments section or email info to: kulldonn@mac.com

Entry Deadline: October 23rd

Entrants must be willing to have their home photographed & shared on social media. Winners will be announced via Facebook. For questions, please email: kulldonn@mac.com

Prize: \$100 Gift Card per winner!

Judges will notify entrants as to the nights they will be out judging!
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FLINTLOCKS READY FOR ACTION

Submitted by Dr. Michael Hart

The Flintlocks, BSA, Inc. are a group of retired scouters who dedicate their time and talents to helping the Boy Scout Camps in northern New Jersey. They annually donate approximately 5,000 hours of skilled labor to the scouts. The group includes many tradesmen, but also volunteers of every background. Most are retired, but some still work full time, and occasionally

people volunteer to help for a day here and there. It is a very friendly group with a good sense of humor. When one member reached age 100, they designated a parking spot reserved for all Flintlocks over 100 years old.

The Flintlocks meet every Thursday at Camp Winnebago, Rockaway, NJ, all year round. They are organized as a 501c3 non profit corporation. All of the members are registered with the BSA.

They provide a variety of skilled services to the Council. They have built cabins, picnic tables, painted the dining hall, built the archery range, built all the structures at the waterfront, financed, built and equipped the STEM Lab at Allamuchy Scout Reservation, repaired damage to camp structures, etc. In addition to building structures and doing repairs and maintenance, they also volunteer at many Council activities throughout the year. More than half of the Flintlocks have been awarded the Silver Beaver or have received other Council and National Awards. They typically provide approximately 5,000 hours of volunteer skilled labor every year. Previous years were interrupted by COVID shutdowns, and the camps were not operational some summers, but now the Flintlocks are all vaccinated and have been back to work. The Council most recently opened the summer Scout camps again, and the Flintlocks have brought them up to code to receive campers.

The Officers and Trustees elected for the coming year are as follows: John Koneski, President; George Van Dyke, Vice President; Michael Hart, Secretary; Russ Jenkins, Treasurer; Bob Pysher, Chair of the Trustees; Ted Marquardt, Trustee; Bob Germinder, Trustee; and Frank Wallace, Trustee.

Visit the Facebook Page "Flintlocks". Guests are always welcome. For more information contact Secretary Dr. Michael Hart at drmhart@yahoo.com.



(above) Flintlocks pictured during their Annual meeting.

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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
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LIVING DONOR KIDNEY TRANSPLANT NEEDED FOR SUMMIT POLICE OFFICER

The Summit Police Department, Summit Fire Department, Summit PBA Local #55, Summit FMBA #54, Summit Volunteer First Aid Squad and city officials are joining together to raise awareness about the immediate need for a living donor kidney transplant for Summit Police Officer Karen Stenstrom Sauers.

Karen was diagnosed at age 24 with polycystic kidney disease, an inherited disorder in which clusters of cysts develop primarily within the kidneys, causing them to enlarge and lose function over time. At the time of diagnosis, she was told that one day she would need a kidney transplant to prolong her life. Now is that time.

Raised in Summit from the age of eight, Karen Stenstrom was a scholar and an athlete. She was co-captain of the women's lacrosse team, graduated from Summit High School as part of the Class of 1989 and pursued a degree in education at Boston College. After graduation, Karen returned to Summit, began teaching in Newark public schools and volunteering on the Summit Volunteer First Aid Squad.

As she watched the twin towers fall on September 11, Karen realized that she was meant to serve the community in a different way and enrolled in the John H. Stamler Police Academy. She is now a valued and decorated police officer in Summit and has served the community faithfully for more than 20 years.

Karen met and married Jon Sauers, also a Summit Police Department officer, and is a co-parent to Andy, age 20, and the devoted mother

of 13-year-old twins Tommy and Maggie. None of her immediate family or relatives are a match for a kidney transplant so her life depends on receiving a donor kidney. Karen is a patient with the Living Donor Institute at Cooperman Barnabas Medical Center. The program allows patients with chronic kidney disease to receive kidney transplants from living donors and deceased donors as soon as possible.

While receiving a kidney from a deceased donor would prolong Karen's life for a handful of years, a living donor kidney would extend Karen's life expectancy for 10 to 15 more years.

"Officer Karen Sauers is one of the kindest and most positive individuals I know," explains Summit Police Chief Steven Zagorski. "Throughout her distinguished career with the agency and now on this difficult journey, she has shown great strength and commitment. As colleagues and friends, we want to do everything possible to help find a potential donor. Please consider learning more about it."

For more information on the process of kidney donation, visit <https://www.CBMCLivingDonor.org>. Please include the code KARENSAUERS if completing the health history questionnaire so all potential matches are connected to Officer Sauers.

For more information on Officer Karen Stenstrom Sauers and the Summit Police Department go to

www.cityofsummit.org/police

or contact Nikki Griffiths at 908-277-9472.



(above) Summit Police Officer
Karen Stenstrom Sauers

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Diane Kontra, ABR

Sales Associate

Cell: 908-397-2472

Office: 908-233-0065

Direct: 908-233-3846

Diane.Kontra@cbmoves.com

www.dianekontra.com

Westfield West Office
600 North Avenue West
Westfield, NJ 07090

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Marvelous Mountainside

FALL IS HERE!



Diane's most recent Mountainside Listings Sold

- 205 Robin Hood Road
- 1028 SunnySlope Drive
- 1147 Corrine Terrace
(\$33,000 over asking price!)
- 315 Rolling Rock Road
(\$96,000 over asking price!)
- 278 Ravenswood Street

Diane has her finger on the pulse of the Market!

Do you need help with preparing
and staging your home for sale?

Diane can help with staging and suggesting
small improvements to get you top notch
and shining like a brand new penny!

With over 20 years of sales experience,
Diane can help you get the best price
during this fabulous time of year.

Mountainside looks gorgeous in the Fall!
Call today for your free market evaluation!



**Celebrating 20 years of service to
Mountainside selling and helping
purchasers find their forever homes!**



DIANE KONTRA
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