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## EAGLE SCOUT KATELYN CANNON WINS STATE-WIDE CONTEST



(above) Eagle Scout Katelyn Cannon with West Fields SAR Chapter President Julian Hershey, National SAR President General C. Bruce Pickett, and National SAR Vice-President General Robert Meyer.

Courtesy photo

Eagle Scout Katelyn Cannon of Scouts BSA Troop 19 from St. Rose of Lima Church, Short Hills, was unanimously selected as New Jersey's 2022 Sons of the American Revolution (SAR) winner of the Arthur M. & Berdena King Eagle Scout Award for authoring a patriotic themed essay titled "The Legacy of the Revolutionary Frontiersmen".

Katelyn's essay focused on racial tensions of the "Bloody Year" of 1782, where she highlighted the spike in racially motivated slaughters and vengeful attacks of both Native Americans and western Pennsylvania frontiersmen. Katelyn research discovered that she was a revolutionary descendant of Captain John "Miller" Hardin, who served under Colonel William Crawford in the Sandusky Plains as a member of the Westmoreland County Pennsylvania Militia. Colonel Crawford led his unit of approximately 500 men deep into Indian territory; however, he and dozens of his men were ultimately captured. Colonel Crawford was tortured and

burned at the stake by American Indians. Fortunately, Captain Hardin was able to return home to his family shortly thereafter.

Katelyn's essay presented a brave argument that "the revolution of frontiersmen, including her ancestor John Hardin, left an important, if not always positive, legacy".

Katelyn, who is also a senior at Millburn High School, was presented an Eagle Scout trophy and scholarship check by the national SAR President General C. Bruce Pickett. "Katelyn's essay has now been submitted to the national competition where the top Eagle Scout award recipient will receive a ten-thousand-dollar scholarship to be awarded at the national headquarters in Louisville, Kentucky this summer.", said SAR West Fields Chapter President Julien Hershey.

The Sons of the American Revolution is a genealogical society for males who can prove descent from a patriot of the American Revolution. For more information contact Chris Sands at [Chrissands44@aol.com](mailto:Chrissands44@aol.com).

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SENSORY KITS ADDED TO POLICE VEHICLES

Mountainside Police Chief Joseph Giannuzzi

The Mountainside Police Department has begun to carry sensory kits in their police vehicles. The kits are designed to more effectively help calm citizens with sensory processing disorders or Autism in time of crisis. The bags will include whiteboards and markers, sunglasses, noise-canceling headphones, stress balls, “fidgets” such as small toys including coloring books and soft stuffed animals.

New Jersey has the second highest rate of Autism in the United States with 1 in 35 children being diagnosed with the condition and with boys far outnumbering girls. These kits go hand in hand with the crisis intervention

training Mountainside Police Officers are receiving and will give officers another tool to help de-escalate situations when encountering a citizen with a sensory processing disorder.

Having these kits and an increased awareness of sensory disorders will only help us to support those affected and bring these situations to a favorable conclusion more effectively. Most importantly without causing additional trauma for the individual.

I would like to acknowledge Police Officer Ryan Carr for starting this initiative, the generosity of the Watts Foundation, and the efforts of Senior Citizens Coordinator Kim Moriak who brought it all together.



(above) Beginning on March 1, 2023 the Mountainside Police Department has begun to carry sensory kits in their police vehicles.

Courtesy photo



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<b>TUESDAYS 11AM - Tai Chi</b>	<b>THURSDAYS 11AM CHAIR YOGA</b>
<b>WED, APRIL 5</b> 1:00pm - 2:30pm <b>IMPORTANCE OF RESEARCH IN ALZHEIMER’S DISEASE</b>	<b>WED, APRIL 12</b> 10:30am - 11:30am <b>THE SIX PILLARS OF BRAIN HEALTH</b>
	<b>THUR, APRIL 27</b> 10:30am - 11:30am <b>WHAT BABY BOOMERS NEED TO KNOW ABOUT THEIR RETIREMENT INCOME</b>

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- Fully structured activities calendar with cognitive and physical activities
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# SUPPORTING FOOD SECURITY IN UNION COUNTY

The SHARE Alliance (the “Alliance”), a newly formed 501(c)(3) organization dedicated to addressing food security concerns in the County of Union, NJ, recently received a \$3,000 donation from the Springfield-based Atlantic Federal Credit Union to support the Alliance’s mission to help community members in need.

“As a community-chartered Credit Union, we succeed when our Members, neighbors and the greater community succeed,” stated Atlantic Federal Credit Union Chief Executive Officer Anthony A. Mero. “We are honored to be able to support the SHARE Alliance as the team offers critical resources to put local families on the path to success through food security and education.”

The Atlantic Federal Credit Union is a not-for-profit financial cooperative providing banking services to residents and businesses in Union and Essex counties. For more than 85 years, the Atlantic Federal Credit Union has focused on delivering competitive rates on deposit accounts, low fees, and attractive rates on loans. In addition, the Credit Union regularly contributes to the social and economic wellbeing of the communities it serves by volunteering and donating to local charitable organizations.

More information about the Atlantic Federal Credit Union, including membership available to those who live, work, worship, attend school or conduct business in Union or Essex counties, is available at [web.atlfedcu.com](http://web.atlfedcu.com).

The S.H.A.R.E. (Sowing Hope and Reaping Equity) Alliance is a consortium of several congregations and other interested parties, is dedicated to the proposition that no one should go to bed hungry, or wonder where their next meal will come from. Under the sponsorship of the First Presbyterian Church of Springfield, the Alliance seeks to approach the issue of food security in Union County with a three-prong tactic of increasing availability of healthier food, coordinating their distribution, and promoting their right use in the kitchen. These objectives are achieved through the establishment of a Community Pantry and Community Kitchen that will operate from the Parish House, located at 37 Church Mall, Springfield.

“Recognizing that economic insecurity is a primary driver of nutrition related health issues, and that community members in food insecure settings are forced to make difficult decisions around food on a daily basis, the Alliance has come together to leverage the work of existing organizations and identify innovative solutions to help more people – including children and seniors – with food security and avoiding difficult tradeoffs between necessities like food and medicine,” stated Acting Executive Director of the SHARE Alliance Rev. Dr. Roberto Fois. “The generous donation from our neighbors at the Atlantic Federal Credit Union reflects the community spirit that will help us to promote better health and strengthen family cohesion in communities throughout Union County.”

Information about the availability of services from the SHARE Alliance Community Kitchen and Pantry can be found on-line through the First Presbyterian Church of Springfield at [springfieldpresbyterian.org](http://springfieldpresbyterian.org). The SHARE Alliance can also be reached at [info@SHARE-Alliance.net](mailto:info@SHARE-Alliance.net).



(above, l-r) S.H.A.R.E. Alliance: Rev. Dr. Roberto Fois, Andrea Holley-Blair, Russell Hovland, Rev. Reginald Harris, Jim Bover, Carol Kaiser; Atlantic Federal Credit Union: Anthony A. Mero, CEO; and Carla White-Garrett, Community Engagement Representative.

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# IMAGINE SEEKS LOVING LISTENERS FOR JUNE TRAINING

You may be familiar with Imagine and know that the non-profit provides free peer support groups for children, youth, young adults and parents/guardians who are grieving. Did you know that the groups are facilitated by an amazing team of volunteer facilitators? Imagine's volunteer facilitators come from all walks of life and no special background is required other than

a willingness to listen, a heart inclined to serve, and the ability to be with children and adults in grief without trying to fix, solve or give advice. No prior experience is necessary.

Volunteers must be 18 years or older. Spanish-speaking volunteers are needed as well. Volunteers serve as companions and loving listeners for those who are grieving and help create a safe space where participants can share tears and embrace the joys of life.

Here's how some of our current volunteer facilitators have described their experience:

"Being an Imagine volunteer has been the most fulfilling and worthwhile volunteer experience I've ever had. I feel that the model is just what it should be, and I love being a part of it. I think being an imagine volunteer helps me fulfill my desire to be a good person." Aimee-6+ years as Imagine Facilitator

"People outside of Imagine are always supportive when they hear that I volunteer at a grief support center. But I know it can be a little confusing to hear that volunteering at a grief support center is the best night of my week. And that's the magic. That as a volunteer, the joy is not in what we bring, but what we take home from our participants." Rob-4+ years as Imagine Facilitator

"I have found the people at Imagine to be among the best that I have ever met." Diane-6 months as Imagine Facilitator

If you'd like to join Imagine's amazing team of volunteer facilitators, there is a training planned for June 2 - 4. Each training is held from 9 a.m. - 5a.m. each day over 3 days at Imagine's Mountainside center. Imagine asks that you plan to attend the entire training. Participants in the training will have an opportunity to learn companioning and facilitation skills while sharing stories with one another and providing each other with support. Many of Imagine's facilitators come away from the training feeling truly connected to one another and describe the experience as "life changing" Participants also come away better prepared to support those at Imagine, and those in their lives who have experienced a loss.

If you'd like to join one of the upcoming trainings, please visit Imagine's website at [imagineenj.org](http://imagineenj.org) or call the center at 908-264-3100. Imagine's staff and volunteers hope to welcome you to the team!

Imagine is a 501c3 nonprofit that offers free year-round grief support groups for children ages 3-18 and young adults 19-30 who are coping with a loss due to death. Concurrently, support groups are available for the parents and guardians of the children in the groups and offered in English and Spanish. Imagine also offers grief and loss education and training to the community. For more information please contact Imagine at 908-264-3100 or [info@imagineenj.org](mailto:info@imagineenj.org).



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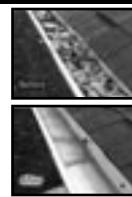
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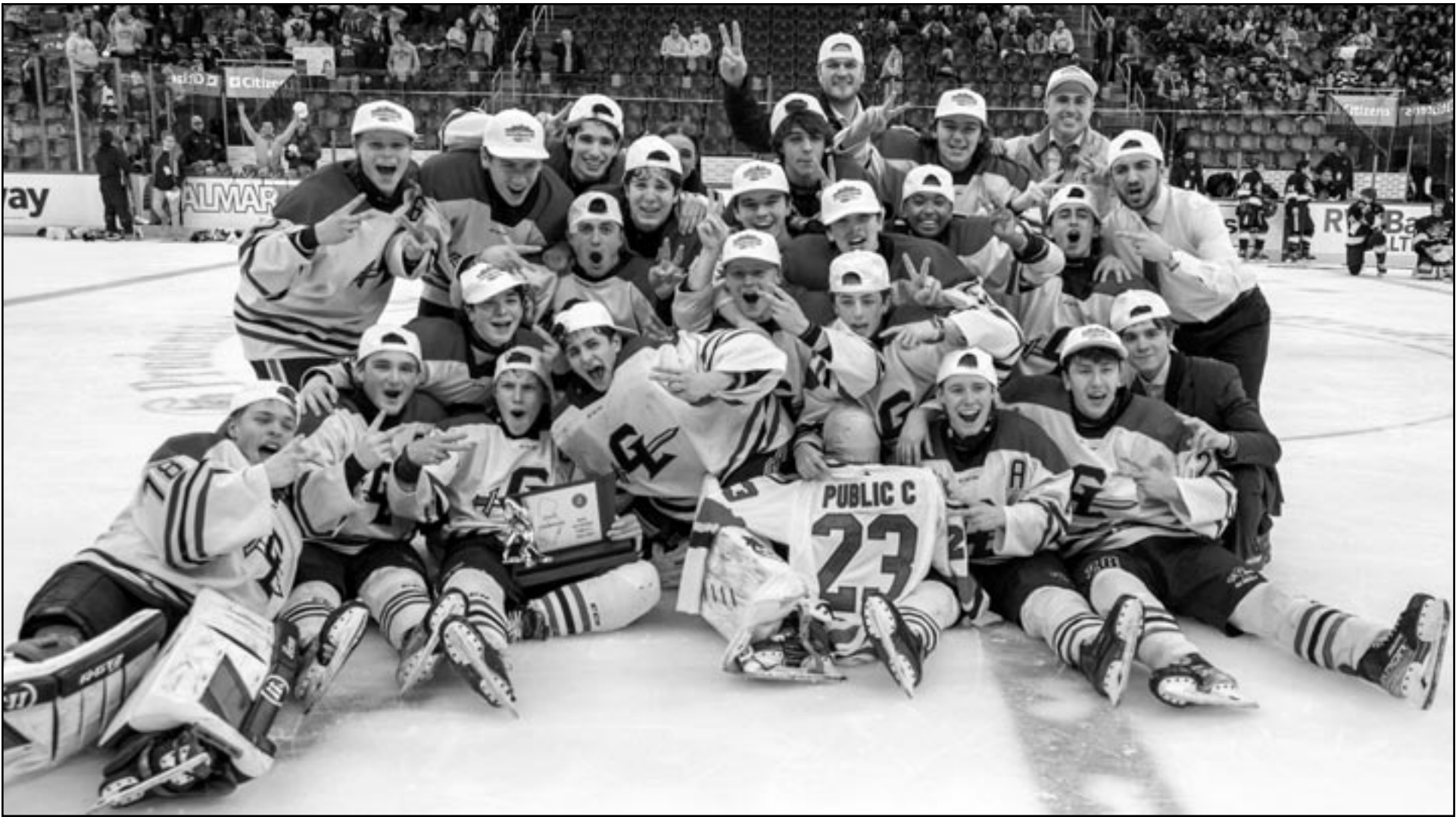


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**ATTENTION  
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# Summer Athlete Performance Camp in Berkeley Heights

**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

### The Details

Dates:

**JUNE 19-AUGUST 24**

### Age Groups

6-10 (Spaces Remaining: 11)

11-13 (Spaces Remaining: 7)

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Location: Sessions are held at the

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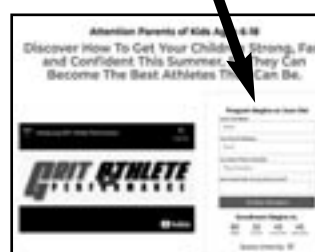
(Located inside Gabriele Fitness in Berkeley Heights)

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### 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.



## ONLINE AUCTION TO BENEFIT MAPLEWOOD'S "HOUSE ON THE HILL"

Link to [AirAuctioneer.com/Art4Ethical](https://airauctioneer.com/Art4Ethical) to join the "Celebrate Art" Online Art Auction. Bidding runs from April 22 to 29, Preview runs from April 15 to 21. Proceeds from "Celebrate Art" will go to The Ethical Culture Society's Capital Campaign to repair the historic Ethical Culture Society building, the "House on the Hill" at Prospect and Parker in Maplewood, NJ. Ethical Culture Society Members and Friends and the wider community are coming together in this effort.

### INVITE TO ARTISTS

Area artists are welcome to donate work to this online art auction. Deadline for receiving work is Wednesday, April 12, 2023. (sooner, if possible!) Artist will gain name familiarity among buyers, and they will receive a letter for tax purposes documenting their donation. Unsold works will be returned to the artists. Contact us/send a photo of the piece or pieces your wish to donate to [Art4Ethical@gmail.com](mailto:Art4Ethical@gmail.com).

### FOR MORE INFORMATION ABOUT ETHICAL CULTURE SOCIETY

Contact us by email [essexethical@gmail.com](mailto:essexethical@gmail.com)  
Visit website: [essexethical.org](https://essexethical.org)  
and [essexethical.org/whoweare.html](https://essexethical.org/whoweare.html)  
Find us on Facebook:  
The-Ethical-Culture-Society-of-Essex-County

## SLOW DOWN, MOVE OVER CAMPAIGN

The Retired Policemen and Firemen's Association, Local 3 of Union/Somerset Counties (NJRPF), is helping NJSP and the NJ Department of Transportation (NJDOT) to promote this important Safety Issue to help protect our First Responders. 41 Emergency First responders were struck and killed by motor vehicles in 2022. When you see flashing lights ahead, please, "Slow Down and Move Over", stated Local 3 President, retired Police Chief Kenneth Grady.

NJ State Trooper Marc Castellano who was killed by a speeding vehicle on June 6, 2010, while assisting during a roadside investigation. His mother, Donna Setaro has made it her life's mission to share the Slow Down, Move Over message with the public. Local 3 will assist in this program in memory of her son and many other NJSP Troopers and local Police Officers who were struck and killed by speeding vehicles while working our busy roads and Highways in the State of New Jersey.

New Jersey is a leading State in Traffic Incident Management (TIM) responder training

provided by NJDOT. It brings Police, Firefighters, medical personnel, transportation, towing, and other incident responders together to engage in interactive, hands-on incident resolution exercises. In New Jersey, more than 20,000 first responders have completed NJDOT's TIM training.

The NJRPF was established in 1987 to promote and develop a friendly spirit among its members, both retired and associate members. There are over 3,000 members of the association in various county Locals in NJ, as well as Local 22 in the State of Florida. These members are retirees from State, County and Local Firefighters, Police, Sheriff, Prosecutors, and Attorney General's Office to name a few. These members reside in NJ, NY, PA, FL, VA, SC and many other states.

If you live in Union County or Somerset County, please consider joining our Local 3 to keep abreast of major issues which may impact on your retirement benefits and issues that may be of value to you. Our yearly dues are \$10. For more information visit: [njrpfa.org/local3/](https://njrpfa.org/local3/)



### Celebrate Art!

Welcome Spring with New Art

Ethical Culture Society of  
Essex County Presents

## An Online Art Auction

- at -  
[AirAuctioneer.com/Art4Ethical](https://AirAuctioneer.com/Art4Ethical)

Bidding from April 22 April 29  
Previews from April 15 to 21

Find contemporary and innovative pieces by local  
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Phone 973-763-1905

Presented by the GL Band Parent Organization

## 2023 Highlander Band Basket Raffle


# Save the Date

**Friday, April 14th**


Doors open 6:30pm  
Drawing at 8:30pm

Over  
150  
baskets

Email [glmarchingband@gmail.com](mailto:glmarchingband@gmail.com) for more info  
Please visit us at [www.highlanderband.org](https://www.highlanderband.org)




# KEAN



## Sayaka Ganz

# Reclaimed Creations

Produced by David J. Wagner, L.L.C., David J. Wagner, Ph.D., Curator/Tour Director



The Galleries at Kean University present Sayaka Ganz RECLAIMED CREATIONS, an amazing art exhibition featuring sculptures of animals in motion, utilizing reclaimed plastic objects, rich in color and energy.

On view January 18 - May 6, 2023  
Open to the public  
Exhibition Hours: Tuesday-Saturday | 10 AM-4 PM

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[galleries.kean.edu](https://galleries.kean.edu)

## GIVING THANKS FOR A LIFE WELL LIVED

### *Elizabeth Coalition to House the Homeless*

Mikaela Santos came into our lives in the summer of 2022. In July, we received an email from Karen Gilmour, a yoga instructor with Alluam Yoga in Cranford, telling us about a young student with a desire to give back to the community, especially homeless children. She wanted to collect backpacks full of all the necessary school supplies to start the year off right. Mikaela, together with her instructor Karen, her sister Vivienne, her mother Yesica, her Aunt Natalie, and her good friend, Marielle, started a giving tree with the backpack needs of nearly 50 children in our housing programs.

A few weeks later at the beginning of the 2022 school year Mikaela passed away. Mikaela was just 11 years old. She lived most of her life in and out of hospitals because she had childhood cancer. So briefly did we know her yet how profoundly she affected us all. She left everyone she met with a sense of love and light. And it is

her story we want to share with you today.

Just days after her death, her mother, sister, aunt, and friend delivered her backpack project to the Elizabeth Coalition. We were amazed at the love and care that went into creating each individual backpack. Mikaela willed her idea into being...she really made it happen!

What made Mikaela so special was her ability to transform her experiences of pain and illness into a project for others. Mikaela was asked what inclined her to helping others when she herself was going through so much. Mikaela answered, matter of fact-ly, "I might have cancer but I also have love, a home, and my family to support me. One thing does not have to do with the other."

Karen remembers Mikaela as someone who always showed up with love...to the studio...to her practice of yoga...to her friendships. "Every moment with Mikaela was a favorite one. I loved her little laugh and her sweet smile. Mikaela was a light in this world...and in my life."



(above) Mikaela Santos

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Dedicated to saving our "OLDEST RESIDENTS" our OLD trees.

Please Google: Trees Save Lives (New York times) and Better with age.

Both describe the **importance of Preserving our Old Trees.**



### Did you know?

- 1) In 2020 we recorded the "Highest Carbon Rate And Global Temperatures in human history".
- 2) That science said: "The only way to curb this phenomena GLOBALLY is to save our OLD trees."
- 3) Each full grown tree releases 15 to 20 liters of oxygen each day, while absorbing Carbon Monoxide.
- 4) **All the Carbon these OLD trees have consumed is released back into our atmosphere when they die.**
- 5) Three trees properly placed can save 35% in cooling costs.  
Should this not be a requirement for new construction?

Despite these Facts: DOZENS of these OLD trees are needlessly damaged and destroyed in our local neighborhoods, during construction each year.

Many more trees are put into Decline through IMPROPER PRUNING.

These stressed trees are the first to die in drought situations as we saw this past year.

PLEASE also (google) read **Rooting out Problems.** It explains "Simple Procedures" for saving trees during construction. Have your whole family read this article which will help them recognize when a tree is being harmed.

**Help save our local trees at defendourtrees.com**

Mikaela's mom, Yesica, recalls how knowing Mikaela made her a different person, "Mikaela was my first-born, she's the reason I became a mother and then when her sister, Vivienne, was born we were complete. Knowing Mikaela makes me feel honored and proud to be her mother." Mikaela's precious spirit burns brightly in memory for those who loved her most but also for those lives she touched so briefly with her creativity, her giving, and her compassion.

The children who received a backpack wrote notes and drew pictures to thank Mikaela. Some notes make mention of an angel, which is how they choose to remember her and her supreme act of bravery in being a force for good in the world. To be so young and yet full of such a wise mind and kind heart, sharing her blessings with others, is a page from her remarkable story that we can all learn and grow from.

Thank you, Mikaela.

It is supporters like Mikaela that are so vital to our work. Donations and volunteers free us to offer premium case management to those who need it, allowing us to offer the care and focus on each client who comes through our door. Consistent, dedicated partnerships push our vision that one day, we will eliminate homelessness and equip each person with the support they need.

For volunteer opportunities to help our homeless brothers and sisters, and donate, visit theelizabethcoalition.org.

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## EASTER EGG HUNT - APRIL 1

Come on down to the Mountainside Rescue Squad's Annual Easter Egg Hunt. Kids of all ages are welcome and can even get their picture taken with the Easter Bunny! Feel free to call the Squad at (908) 233-6338 for more information, this is a free event and no tickets are needed. Please note the time changes from previous years. This year our Easter Egg Hunt will begin promptly at 2 p.m. Don't forget your Easter Baskets!

Follow Mountainside Rescue Squad on Facebook

## MOUNTAINSIDE ACTIVE RETIREES

*Submitted by Kenny i*

At the March 14th Mountainside Active Retiree meeting members were entertained by three members of Governor Livingston High School music department. Teachers Nick O'Sullivan on piano, Joseph Ellis on drums, and senior student Danny Whelan on trombone. As a special pre-St. Patrick's Day treat, Danny Whelan also played several beautiful numbers on bagpipes. Every selection played was enthusiastically received by the members and guests.

The Mountainside Active Retirees meet on the 2nd and 4th Tuesdays from September thru May in the community room at Mountainside's Borough Hall at 10 a.m.

## WORLD AUTISM MONTH

### *Autism Speaks*

Every April Autism Speaks celebrates World Autism Month, beginning with the United Nations-sanctioned World Autism Awareness Day on April 2. This year marks the 15th annual World Autism Awareness Day.

Throughout the month, we focus on sharing stories and providing opportunities to increase understanding and acceptance of people with autism, fostering worldwide support. This year, we are committed to creating a world where all people with autism can reach their full potential.

Supporters can participate in World Autism Month by:

Join our 2.8 million social followers and help foster understanding and acceptance by sharing the diverse stories of people on the spectrum or telling your own. Submit your story by visiting: [surveymonkey.com/r/AutismSpeaksShareYourStory](https://surveymonkey.com/r/AutismSpeaksShareYourStory)

Invite your colleagues, classroom and friends to join our Kindness Campaign and encourage acceptance, understanding and inclusion with daily acts of kindness at school, work or in your community. Together, we can create a world where all people with autism can reach their full potential.

Make a meaningful, lasting impact for people with autism with your gift. It's one of the easiest and best ways to show your support.

Learn about all the ways you can fundraise on social media.



Joined by the international community, hundreds of thousands of landmarks, buildings, homes and communities around the world come together on April 2, World Autism Awareness Day, to Light It Up Blue in recognition of people with autism and those who love and support them.

Everyone is encouraged to participate. Whether you have autism, love someone who does, or are looking to support a diverse, accepting and kind community – you're invited to take the pledge to help create a world where all people with autism can reach their full potential. For more information visit: [autismspeaks.org/world-autism-awareness-day](https://autismspeaks.org/world-autism-awareness-day)



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8:45 a.m. Education Hour

### **Passion/Palm Sunday - April 2**

8:00 a.m. Spoken Liturgy with Eucharist  
10:00 a.m. Festival Liturgy with Eucharist

### **Holy Thursday - April 6**

12 noon Spoken Liturgy with Eucharist  
7:30 p.m. Liturgy with Rite of First Holy Communion

### **Good Friday - April 7**

12 noon Ecumenical Community Service  
7:30 p.m. Service of Tenebrae

### **Holy Saturday - April 8**

A Day of Silence, Prayer & Reflection

### **Easter Celebration - April 9**

7:00 a.m. Memorial Garden Liturgy  
8:00 and 10:00 a.m. Liturgies with Eucharist

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Visit our website!

[www.nbfcc.org](http://www.nbfcc.org)

## 42<sup>nd</sup> Annual Kids Fishing Derby

All contestants must register by 2 pm April 15, 2023

Free for all kids 16 years old and under

Adults may enter for a \$10.00 entry fee

The contest runs from

8am Sat April 15, 2023 through Midnight May 5, 2023

Echo Lake Park – Mountainside, NJ 07092



*Prizes will be awarded!*

Call Bob Jones at 908 325-6657 if you have any questions



## GLHS STUDENTS WIN UNION COUNTY CONSUMER BOWL

### *Berkeley Heights Public Schools*

A team of Governor Livingston High School's finest students, guided by GLHS business teacher Thomas Kendall, recently competed in the NJ Division of Consumer Affairs Consumer Bowl where they walked away as the winners for Union County. The New Jersey High School Consumer Bowl is an educational competition for high school students organized by the NJ Division of Consumer Affairs that, "...provides students with useful information on relevant consumer issues such as ID Theft, Credit Card Scams, and Internet Fraud."

Students learn about Consumer Protection laws in the State of NJ in preparation for the competition and then progress through three rounds of questioning. In the first round each

student gets an individual question. For the second round each school gets 3 direct team questions, plus three additional Bonus Questions (which all teams can buzz in and answer). The third and final round is called the Lightning Round, where there are 20 questions that are up for grabs for anyone to buzz in and answer.

The next stop for this talented team is the NJ Central Regional Competition (April 20, 2023).

According to Advisor Thomas Kendall, "Participating in the Consumer Bowl is a terrific learning experience for members of the team. They prepare by studying various consumer protection laws and issues and come ready to answer important questions about these important concerns. I am very proud of this year's team."

*Photo by Berkeley Heights Public Schools*



*(above) This year's Governor Livingston High School Team included Gia Ghosh, Olga Brazhnikova, Kavya Casula, Michael Healy, and Patricia Umali.*

## SHREYAS AGNIHOTRI PERFORMS WITH ALL STATE BAND

### *Berkeley Heights Public Schools*

Governor Livingston High School Senior Shreyas Agnihotri was recently accepted into, and performed with, the New Jersey All-State Wind Ensemble and Symphonic Band. After a week of intensive rehearsals with the group, the experience culminated in performances in Atlantic City, and Newark, NJ. Shreyas is in the Concert and Marching Bands at GLHS. For All-State, he played piano/keyboard.



*(above) Shreyas Agnihotri with Nicholas O'Sullivan, Band Director and Music Teacher at GLHS. Shreyas performed at the NJPAC in Newark, NJ on Sunday, February 26, 2023.*

*Photo by Berkeley Heights Public Schools*

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VANDALS CAUGHT IN THE ACT.

Submitted by Dr. D. Michael Hart



(above) The Pool House under construction; George, Tom and Barry making knee walls for the building.



The “Pool House Gang” were caught red handed vandalizing a building at Boy Scout Camp Wheeler, in Byram Township, NJ. They are seen here in a “line up” against the wall.

They claim that they were doing repairs and renovations to an old decrepit building at the Boy Scout Camp. But they were seen removing valuable lumber, sinks, toilets, shower heads, and construction materials from the building.

Just kidding. This is a group of dedicated volunteers, including many retired professionals, who volunteer every week all year round at the Boy Scout camps for Patriot’s Path Council in northern New Jersey. These guys pictured have come up every Wednesday and Thursday for several months to renovate the Pool House and other buildings. This group includes retired engineers, an electrician, computer experts, small business owners, and corporate executives.

The Pool House building was built in 1971. The roof was still good, but the wooden walls were completely rotted, and the roof was sagging perilously. They needed to prop up the roof and replace the boards one by one. Eventually the building will have two

bathrooms, two common showers and 8 individual changing rooms on each of two sides. There is a full sized swimming pool behind the building, so all of the chlorination, pumping mechanisms and electrical service are also located inside the building.

The “Flintlocks BSA, Inc.” a 501c3 corporation, is a group of retired scouters who volunteer at the camps every week, all year round, to help the council. They do most of the repairs and maintenance for the three Council camps, but also build new structures, such as cabins, waterfront structures, picnic tables and tent platforms. In 2018 they secured funding and built the STEM Lab at Allamuchy. Second, they make the craft kits for birdhouses, bird feeders, stools, handy boxes, racing sailboats, etc., which are sold through the Scout Shops. Third, Flintlocks volunteer to help run the many Council programs. Three quarters of the Flintlocks have received the Silver Beaver Award, the highest National award a volunteer may receive. The Facebook Page is “Flintlocks” For more information please contact Secretary Dr. Michael Hart [drmhart@yahoo.com](mailto:drmhart@yahoo.com).

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(above, l-r) "Line Up": Al Thomas, Randy Johnson, Frank Wallace, Dave Greene, George Van Dyke, Barry Bird, and Tom Mollitor.

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## SALEM ROADHOUSE CAFÉ ANNOUNCES MARK ADAMY BAND

The Salem Roadhouse Café presents the Mark Adamy Band, Saturday, April 15, 2023. The doors open at 7:15 p.m., show starts at 8 p.m. Admission is \$20 and includes show, snacks, non-alcoholic beverages, and dessert. The venue is located in the basement of Townley Presbyterian Church, 829 Salem Rd, Union, NJ. The Roadhouse operates as a non-profit that raises funds for several carefully chosen local charities.

Mark Adamy is a multitalented keyboardist and vocalist who works with artists around the globe as a live performer and recording artist. This includes his own band: The Mark Adamy Band, which is a group of accomplished musicians that has thrilled listeners with its original stylings fusing pop, rock, jazz, R&B, world, and spiritual music.

Mark has enjoyed popularity as a sought-after talent for special events, productions, and performances. Mark has won honors including Entertainer of the Year and Boston Music award nominations. He has shared the stage with greats like Chaka Khan, James Brown, The Four Tops, John-Lee Hooker, Pieces of a Dream, Howard Hewitt, Phil Driscoll, Phil Keaggy, Roger Humphries, and many others. Mark has played in many Broadway productions as well as music directing off-Broadway productions in NYC.

Mark's concert credentials are extensive with acts such as the Coasters, the Cadillacs, Ink Spots, Jive Five, Silhouettes, Marvellettes, the Charelles, and guitarist Billy Davis. He has jammed with jazz artists such as Warren Hill,

Makoto Ozone, Darren Lyons Group, and Lee Robinson at venues ranging from New York's Russian Tea Room and Knitting Factory to Boston's Symphony Hall

As always, the Salem Roadhouse Café is live, intimate, up front, and personal. All ages are welcome.

### ABOUT SALEM ROADHOUSE CAFÉ

It's not "church music." It's music music. Folks who've come to the Salem Roadhouse Café know that it's a clean, safe place for people who enjoy listening to live music — in a world otherwise filled with clubs and bars. The Roadhouse has always offered its stage to local and independent mainstream musicians. Jazz, rock, folk, and other groups have performed. What's the common thread? They're all great musicians playing the kind of music people like to hear. There's no message, just music.

The Roadhouse started in 2008 by members of Townley Presbyterian Church with a grant from the Presbytery of Elizabeth. Hey — that's why we're located where we are, 829 Salem Rd, Union, NJ. The Roadhouse operates as a non-profit that raises funds for several carefully chosen local charities. That's its social mission.

But the many musicians who've played the Salem Roadhouse Café see it as a solid performance venue. They love it because of its special intimacy and great audiences. They say people here "really listen." Ask any of the musicians you meet here — they love to play the Roadhouse, and they want to come back often.

The Salem Roadhouse Café has raised funds

for many carefully chosen charities. They include: The Presbytery of Elizabeth E-port Center, Center For Hope Hospice, Community Food Bank, Monarch Housing, Angel Paws Animal Rescue, National MS Society, Haiti Disaster Relief, Hurricane Sandy Disaster Relief, The Union County YWCA Domestic Violence Program, Making It Possible To End Homelessness, Camp Johnsonburg, The Music Institute, and others. Thousands of dollars have been raised for these deserving charities.

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in 1 or all  
24 towns



<b>Berkeley Heights</b> COMMUNITY NEWS Qty: 4,700 Zip: 07922	<b>THE CHATHAMS</b> NJ Qty: 7,500 Zip: 07928	<b>Clark</b> Monthly Qty: 6,700 Zip: 07066	<b>CRANFORD</b> MONTHLY NJ Qty: 9,900 Zip: 07016	<b>Elmora Hills</b> ELIZABETH, NJ Qty: 5,400 Zip: 07208 Section of Elizabeth, NJ	<b>Fanwood</b> Post NJ Qty: 3,000 Zip: 07023
<b>Florham Park</b> Press NJ Qty: 5,500 Zip: 07932	<b>Garwood</b> NJ Times Qty: 2,500 Zip: 07027	<b>Green Brook</b> NJ Gazette Qty: 3,000 Zip: 08812	<b>BUSINESS • LIFE</b> <b>KENILWORTH</b> NJ Qty: 3,500 Zip: 07033	<b>NJ LIFE in</b> <b>LINDEN</b> Qty: 17,900 Zip: 07036	<b>Long Hill</b> <b>LEADER</b> NJ Qty: 3,500 Zips: 07933, 07946, 07980
<b>MADISON</b> MONTHLY NJ Qty: 6,300 Zip: 07940	<b>MOUNTAIN</b> <b>VIEW</b> NJ Qty: 2,900 Zip: 07092	<b>New Providence</b> NEWS NJ Qty: 5,100 Zip: 07974	<b>OUR TOWN</b> <b>Rahway, NJ</b> Qty: 13,000 Zip: 07065	<b>ROSELLE PARK</b> MONTHLY Qty: 5,600 Zip: 07204	<b>Scotch Plains</b> NJ WHAT'S HAPPENING MONTHLY Qty: 9,400 Zip: 07076
<b>Short Hills</b> <b>MILLBURN</b> MONTHLY NJ Qty: 8,200 Zips: 07041, 07078	<b>Summit</b> NJ & Times Qty: 9,600 Zip: 07901	<b>Spirit of</b> <b>UNION</b> NJ Qty: 6,800 Zip: 07083 (partial)	<b>WARREN</b> MONTHLY NJ Qty: 6,200 Zip: 07059	<b>Watchung</b> Post NJ Qty: 2,700 Zip: 07069	<b>Westfield</b> NJ MONTHLY Qty: 11,800 Zip: 07090

### NEWSPAPER AD RATES

Units	Size	1 TOWN	3 TOWNS	6 TOWNS	9 TOWNS	12 TOWNS	15 TOWNS	18 TOWNS	21 TOWNS	24 TOWNS
1 Unit (Business card)	3.25" x 2"	\$60	\$150	\$250	\$350	\$400	\$450	\$500	\$550	\$600
2 Units	6.5" x 2" or 3.25" x 4"	\$100	\$250	\$400	\$500	\$600	\$700	\$800	\$900	\$1000
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
2-PAGE SPREAD	21" x 14"	\$700								
BACK PAGE	10" x 14"	\$500								
FRONT PAGE BANNER	8.25" x 2"	\$320								
FRONT PAGE BOX	1.5" x 4.5"	\$240								

Back cover, front page banner and front box reserved on first-come, first-served basis. Current advertiser has right of first refusal.

Rates are per month. Artwork included in price. Newspapers are black on white.

**PREPAY 6 MONTHS AND GET 1 MORE FREE**  
**PREPAY 12 MONTHS AND GET 3 MORE FREE**

Make Checks payable to Renna Media, 202 Walnut Avenue, Cranford, NJ 07016

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

- **GET UNLIMITED CLICKS**

An alternative to expensive pay-per-click programs

- **FREE AD DESIGN AND COPYWRITING**

Advertising webpage includes many features including write-up, images, video, Google map, etc.

- **POSTS ARE SHARED THROUGH SOCIAL MEDIA**

Posts shared on multiple Facebook pages and twitter.

- **PAID SEARCH ENGINE PROMOTIONS**

Posts are promoted by industry, key words and location.

- **TRACKABLE RESULTS**

All ads include a live view counter.

Joe Renna at 908-447-1295

email: JoeRenna@RennaMedia.com

**\$10  
PER POST**

Block of 20 for \$200

Single post is \$20

**RENNA  
MEDIA  
.COM**

**LocalInfo.com**

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

**FLYERS - \$45 PER THOUSAND**

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

Tri-fold add \$10 per thousand. Minimum order \$450

**LARGE MENUS - PRINTING - \$85 PER THOUSAND**

For quantities more than 50,000 cost is \$55 per thousand.

11"x17" / Full color / 2 sided / 60lb gloss coated stock. Min. order \$850

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

**INSERTED AND MAILED TO EVERY HOME AND BUSINESS**

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

Minimum order \$400

Joe Renna at 908-447-1295

email: JoeRenna@RennaMedia.com

**FLYERS**

**\$45**

PER 1,000

**MENUS**

**\$85**

PER 1,000



## WEBSITE / SEO SERVICES

- **STARTER WEBSITE: \$500**

Basic static site that can be developed further

- **WEBSITE CREATION/UPDATE: \$2,400**

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

- **WEBSITE HOSTING: \$300 PER YEAR**

Includes website hosting, software updates, monthly website content updates

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

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

Call for free a consultation if you need

help developing an online marketing plan.

**STARTER  
WEBSITE  
\$500**

Call Walter at 201-478-7408

email: wwwinnj@gmail.com

## WEBSITE AUDIT/ANALYSIS AND RECOMMENDATION PLAN

- **SEE WHAT IS WORKING AND NOT WORKING**

Know where your web traffic is coming from and why.

- **ELIMINATE / AVOID COSTLY SCHEMES**

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

- **INCREASE ONLINE MARKETING RESULTS**

Recommendations include ways to increase traffic to your website

- **NO OBLIGATION**

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

**ONE TIME  
FLAT FEE  
\$250**

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

Call Walter at 201-478-7408

email: wwwinnj@gmail.com



## Diane Kontra, ABR

Sales Associate

Cell: 908-397-2472

Office: 908-233-0065

Direct: 908-233-3846

Diane.Kontra@cbmoves.com

[www.dianekontra.com](http://www.dianekontra.com)

Westfield West Office  
600 North Avenue West  
Westfield, NJ 07090

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Mountainside market

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on Facebook:

@mountainsidenewjersey



# Marvelous Mountainside

## New Listing 1358 Wood Valley Road



\$659,000.00

3 bedroom 2 bath, ranch

## New Listing 1127 Puddingstone Road



\$839,000.00

3 bedroom 3 bath, ranch with walk out basement  
and inground pool.

*"Selling Mountainside One Yard at a Time!"*



DIANE KONTRA  
REAL ESTATE