

Berkeley Heights

COMMUNITY NEWS NJ

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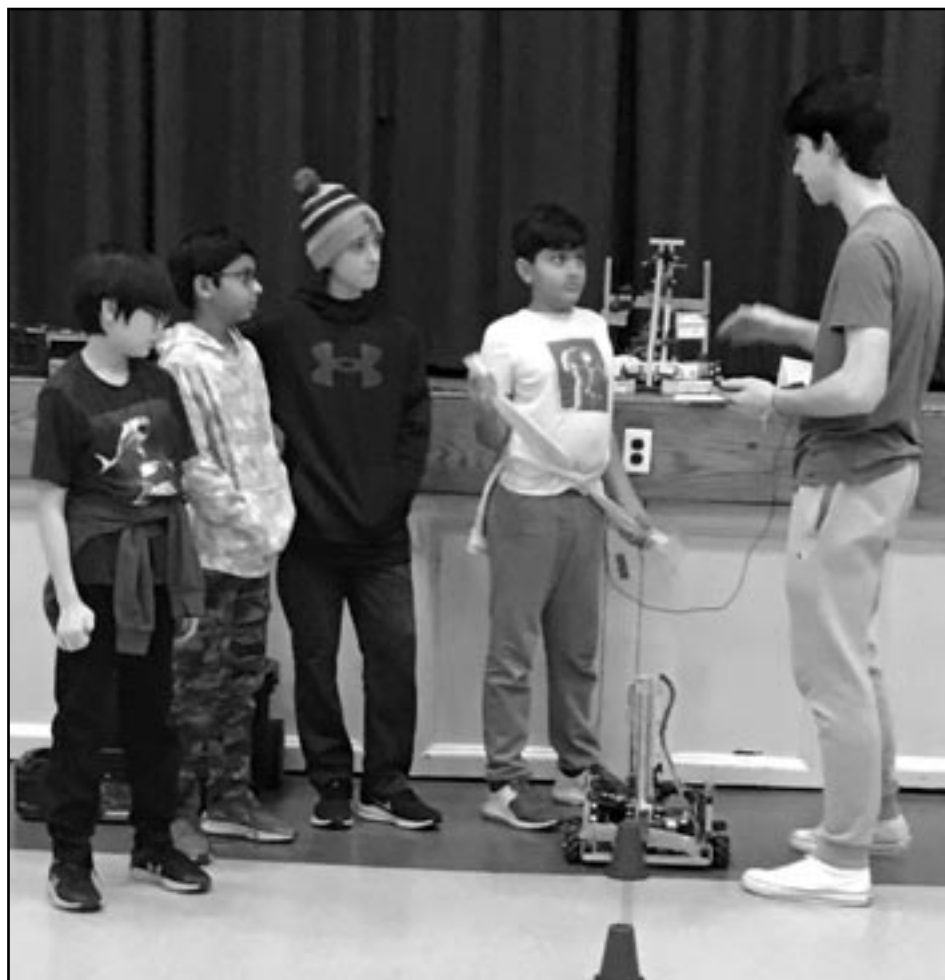
Issue 92 • May 2023

GL ROBOTICS TEAM VISITS ELEMENTARY SCHOOLS

Berkeley Heights Public Schools

Fifth grade students at Mountain Park and Thomas P. Hughes Schools were recently invited to enjoy a demonstration hosted by the Governor Livingston Highlander Robotics Team. The robotics team recently placed as the 1st place Alliance Team at their First Tech Challenge regional qualifying tournament. For the demo, students from the robotics team brought their award winning robot to show the younger students.

At these events, the fifth graders rotated around three stations, all of which taught them the basics to building and coding a robot. For example, students learned the nuances to coding by teaming up and helping one another navigate a "maze" while blindfolded. To introduce the hardware components of robotics, the fifth graders named the different robotic parts and learned how components like the CPU, motors, and sensors interact. Above all, they were



(above) The Governor Livingston Highlander Robotics Team taught youngsters students the basics of building and coding a robot.

Photo by Berkeley Heights Public Schools

captivated by the "robot driving competition," where each student drove the robot around a specific course set up by the high schoolers.

This visit was facilitated by HEIGHTS Teacher Lisa Genua who shared, "It was fantastic to see the enthusiasm of the robotics team and how naturally they inspired the fifth graders. The students were so excited to learn more about the STEM opportunities available to them at Columbia Middle School and Governor Livingston High School!" This year, the Highlander Robotics team consists of over 15 members, spanning across all four grade levels. The team is led by code leader Ayush Kayal, build leader Joe Laposky, game strategist Vibhav Chaturvedi, outreach coordinator Justin Liu, and captain Katherine Zhou. Michael Maresca, GLHS Technology Education Teacher, is the coach and advisor for the team. The team recently placed in at least the top 24 out of the 48 teams at the competition, placing them in the top 24 teams out of 180+ total teams in New Jersey. This is the first time that the team has qualified and participated in the state competition in several years.



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Berkeley Heights
COMMUNITY NEWS NJ

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SHINING STARS TO PERFORM ON MAY 13TH

The Shining Stars, now in their 11th year, will take the main stage at the Union County Performing Arts Center for their “World Tour” on Saturday May 13th for a 7 p.m. show.

The talented cast of special needs performers will highlight the hits from groups and artists from all around the globe, including The Beatles and One Direction (England), Bruce Springsteen (USA), Abba (Sweden), Irish dancing, and so much more. The show will feature 30 special needs individuals and their “buddies” from local high schools, who serve as mentors during rehearsals.

“Our cast has been working hard for their 2023 debut,” noted Shining Stars Network Cofounder and Show Director Sally Curci. “The acts are going to be amazing and we invite everyone to join us for another exciting and fun night.”

Tickets are now on sale at UCPAC.org.

Also, on Saturday, August 5th, history will be made when the Shining Stars make their Paper Mill Playhouse main stage debut. Tickets for “The Greatest Show” — which will feature songs from Broadway and movies — are on sale now at PaperMill.org.

The Camp Shine Summer Workshop will take place from August 14th-25th (go to ShiningStarsNetwork.org to register) and they will cap off the year with their annual “Christmas



Spectacular” in December.

“Shining Stars is all about being inclusive and giving our performers a chance to shine on stage while creating lasting memories,” said Sally Curci. “These opportunities build all-important selfesteem and self-confidence. Along the way our cast members and their high school buddies create bonds and friendships that they’ll always remember.”

For more information on the organization or upcoming events, please visit ShiningStarsNetwork.org.

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The Journey

A celebration of 30 years of the **New Jersey Youth Chorus**,
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Sunday, May 21, 2023, 4 PM

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For tickets, a full listing of alumni events and performance
opportunities, and for more ways to connect with and support NJYC,

please visit **NJYC30.org**.

WOMAN'S CLUB HOLDS CREATIVE WRITING CONTEST

Submitted by Chris Bjornstad

The Woman's Club of Berkeley Heights held its third Creative Writing Contest for all the fourth and fifth graders in Berkeley Heights. The theme for the contest was "A Day in the Life of a Remote". We were delighted to receive a total of 47 entries representing the students from Thomas

P. Hughes and Mountain Park Schools. Five members of the Club read all the entries to choose a first and a second-place winner. This proved to be an enjoyable but difficult task since the entries were so good.

At our March 21st general meeting, held at Faith Lutheran Church in New Providence, WCBH President Phyllis McEnroe presented the first place winner, Camryn Albuquerque, a certificate and a \$50 gift card. She presented the second-place winner, Reese Greben, a certificate and a \$35 gift card. Each student who submitted an entry received a certificate of participation.

The winners, their parents, the elementary school principals, and teachers attended the meeting. To the delight of those in attendance Camryn, and Reese read their winning essays.

The members of the Woman's Club wish to thank the elementary school principals, Ms.

Nardi and Mr. Morisseau, for helping us coordinate this contest.

The Woman's Club of Berkeley Heights continues to support our community. In January the Club members donated \$551 to the Lord-Littell Farmstead Preservation Committee of Berkeley Heights. In February we listened to a wonderful presentation on the "History of the Hemline" by Hannah Gaston from the Liberty Hall Museum. In March members of the Arts Performing Group performed skits and the presentation of awards for the Creative Writing Contest was held.

If you would like to find out more about the Woman's Club of Berkeley Heights contact President Phyllis McEnroe at 908-508-0440.

We will be at the Senior Information Fair being held at the Berkeley Heights Town Hall from 11 a.m. – 1 p.m. on Saturday, May 6th.



(above, l-r) Reese Greben a 5th grader at Hughes, Camryn Albuquerque a 5th grader at Mountain Park, and Phyllis McEnroe, WCBH President.

Courtesy photo

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(above) Galina Muller

SENIOR DAY TRIP

The Berkeley Heights Seniors are sponsoring a trip to Resorts Casino in Atlantic City on Monday, May 15. The bus leaves the parking lot at Town Hall, 29 Park Avenue at 8:30 a.m. and returns at approximately 7:15 p.m. The cost is \$35, which includes bus transportation and a \$20 Voucher for slot play. For further information or reservations, call Ramona at 908-647-3295.

GALINA MULLER APPOINTED
EXECUTIVE DIRECTOR OF SAGE ELDERCARE

The Board of Trustees at SAGE Eldercare, Summit-based nonprofit provider of programs and services to the elderly, their families, and caregivers, has appointed Galina Muller, most recently Director of Finance & Administration, as Executive Director, effective February 9, 2023.

Since 1954, SAGE Eldercare has provided a wide array of information, support, and services designed to help individuals lead the most independent and active lives possible. From helping with errands, to exercise classes, community programs, care planning, meals delivery, adult medical daycare and home health care, SAGE's mission is to help older adults remain independent in their own homes.

Muller joined SAGE in 2007 as Finance Director, to supervise all accounting activities and maintain financial records. During the pandemic, Muller was promoted to Director of Finance and Administration, interim for the vacant Executive Director position, and took on addressing organizational effectiveness. She restructured SAGE's business model by identifying best practices, consolidating its two clinical care programs, HomeCare and Spend-A-Day, to improve quality of care, and reducing costs to allow the organization to deliver on its mission for many years to come. As Executive

Director, Muller will oversee the overall operations and the fundraising component of SAGE Eldercare.

Muller earned a master's degree in accounting from Fairleigh Dickinson University and a bachelor in economics, accounting, and finance from New Bulgarian University. Prior to joining SAGE, she held various positions of increasing responsibility at Robert Saunders CPA in Westfield, Island Auto Rental Group, and Glory School of Foreign Languages.

"I am pleased to announce Galina Muller has accepted the responsibilities of Executive Director for SAGE. Her knowledge of SAGE and tenure with the organization contributes to keeping it constant and thriving for our community. Galina is committed to the mission of SAGE and the clients we serve," said Leslie Hardin, President of SAGE Eldercare's Board of Trustees.

"In my role as Executive Director of SAGE, I look forward to helping the organization grow and evolve to meet the increasing needs of older adults in our area and continuing on our mission to help seniors age at home where they want to," said Muller.

For more information regarding SAGE Eldercare, call 908.273.5550 or visit www.sageeldercare.org.

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UPCOMING EVENTS: Registration required. Visit our website for a complete list of events.

TUESDAYS 11 am - TAI CHI	THURSDAYS 11:30 am - CHAIR YOGA
WED, MAY 10 10:30 am RETIREMENT PLANNING	WED, MAY 24 11:00 am GRIEF AND END-OF-LIFE JOURNEY: a discussion for caregivers
	WED, MAY 24 2:00 pm UNDERSTANDING EVERYDAY FINANCIAL RISKS

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- Socialization
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Adult Medical Day Program

- Light breakfast, complete lunch and snacks provided daily
- Assistance with toileting and ambulation
- Nursing support for medical conditions, including medication administration
- Medically supervised with on-site physical, occupational, and speech therapy.
- Fully structured activities calendar with cognitive and physical activities
- Support groups and educational seminars for caregivers

Meals on Wheels

- Planned by registered dietitians, SAGE volunteers deliver healthy meals midday Monday - Friday.
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VIBHAV CHATURVEDI - STUDENT OF THE MONTH



(above) GLHS Principal Robert Nixon, Junior Vibhav Chaturvedi, and Superintendent Dr. Melissa Varley

Photo by BHPS

EVENTS FOR SENIORS AND THEIR CAREGIVERS

The Senior Affairs Committee of Berkeley Heights is sponsoring its second Senior Information Fair to be held on Saturday May 6 from 11 a.m. – 1 p.m. at Town Hall, located at 29 Park Avenue.

All Seniors and their families are invited to join us at this event. We have invited many organizations from the healthcare industry, fitness, and social organizations which will provide information on their agency and the services they provide for the benefit of our Seniors and their families. We hope to see you there!

The Senior Affairs Committee has already held two free events at Town Hall.

“Building Better Balance” by Dr. DeFabio, and “Fraud and Scams, How to Recognize Them and How to Safeguard Yourself” by the Berkeley Heights Police Department.

On May 17 at 11:30 a.m., Marian Teehan from Atlantic Health System will present “The Need to grieve: Helping Yourself, Your Family and Your Friends.”

For any additional information please contact Chris Bjornstad, chairwoman, at 908-771-5527 or chrisbjorn46@gmail.com.

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Berkeley Heights Public Schools

In an effort to showcase our students in BHPS who have excelled either in academics, leadership, community, or have shown excellent growth in any of those areas, the district is hosting a “Superintendent’s Student of the Month”. For March, we honored Governor Livingston High School junior Vibhav Chaturvedi.

Vibhav recently won first place in the International Mission to Mars Society International Competition, a highly competitive and prestigious Design Challenge and Competition held by the Mars Society. As part of the winning team, Vibhav and the team presented the proposal for a manned mission to Mars at the 25th annual Mars Society convention at Arizona State University (ASU) in October 2022.

He is also the founder of the LEAPS Club

(Leadership Experience And Public Speaking) at GL which was started in collaboration with Toastmasters International, and the founder and captain of TARC team (The American Rocketry Challenge).

Vibhav is active in Boy Scout Troop 368 where he holds the roles of both Senior Patrol Leader (SPL) and Junior Assistant. He recently completed his Eagle Scout Project - the building of a 130 foot long, by 4.5 feet wide, American Disability Act compliant pathway for the local community garden.

Vibhav is a member of the Math Honor Society, Science Honor Society, and National Honor Society. He is also a New Jersey Governor’s STEM Scholar.

Congratulations Vibhav on being named Student of the Month on your many accomplishments.



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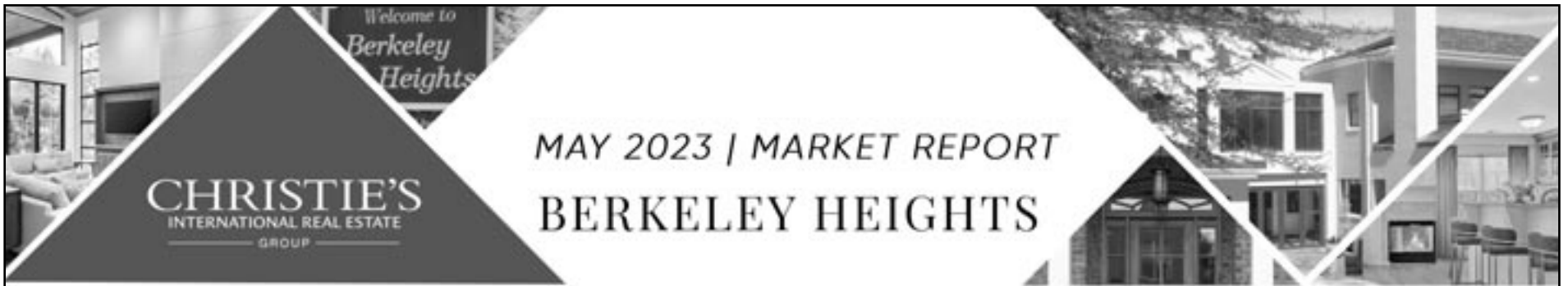
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Under Contract	152 Murray Hill Blvd	5	5.1	3	\$1,249,900	
Under Contract	170 Overhill Way	4	2.1	2	\$880,000	
Sold	71 Ferndale Ave	4	2.1	2	\$699,000	\$775,000
Sold	36 Putnam Ave	3	2.0	2	\$689,000	\$675,000



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Sources: GSIMLS, selected properties sold 4/1/2023-4/20/2023. If your property is currently listed with another Realtor, this is not intended as a solicitation of that listing. Information deemed reliable, but not guaranteed. Each office independently owned and operated. Equal housing opportunity. Some homes may be sold and listed by other brokers.



NICHOLAS PAPA SWORN IN AS A CAREER FIREFIGHTER

City of Summit

On Wednesday, March 22, at a ceremony at fire headquarters, Nicholas Papa was sworn in as a Career Firefighter with the Summit Fire Department. He is also an active volunteer member of the Berkley Heights Fire Department.

Firefighter Papa began as a volunteer firefighter with the department in September 2021 and served in the Hook & Ladder Co. #1. Firefighter Papa has completed Firefighter I and II and holds several safety certifications including NJ State Hazardous Material Awareness, Operations & Technician; NJ State Swift Water Rescue Awareness, Operations & Technician; and Incident Management Level I. He is also trained in CBRNE "See-Burn" and Pump Operations.

Firefighter Papa was joined by his family and friends at the ceremony.

For more information on the Summit Fire Department, visit cityofsummit.org/fire.




(above, l-r) On Wednesday, March 22, at a ceremony at fire headquarters, Nicholas Papa was sworn in as a Career Firefighter with the Summit Fire Department. Pictured at the swearing-in are Deputy Chief Paul Imbimbo, Mayor Nora Radest, Firefighter Nicholas Papa, and Chief Eric Evers.

Photo by City of Summit

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ATTENTION PARENTS OF KIDS AGES 6-18

31 IDEAS TO HELP KIDS
EAT BETTER, RUN FASTER, GET STRONGER AND
BECOME THE BEST VERSION OF THEMSELVES

Cut This Page Out and Put on Your Refrigerator



Eat Better

- ☐ Drink AT LEAST 4 Water bottles
- ☐ Have a fruit or veggie with each meal
- ☐ Have nuts instead of chips as a snack
- ☐ Have a source of protein in each meal
- ☐ Take a multivitamin
- ☐ Limit sweets to only one serving

Get stronger

- ☐ Perform 50 bodyweight squats
- ☐ Perform 50 pushups
- ☐ Perform a plank for 60 seconds 3 times
- ☐ Perform 25 vertical jumps
- ☐ Get at least 8 hours of sleep a night

Be Happier

- ☐ Get at least 30 minutes of exercise
- ☐ Do a morning routine that you enjoy
- ☐ Write 5 things that you are grateful for
- ☐ Adopt a Growth Mindset
- ☐ Listen to music whenever you can

Run Faster

- ☐ Do 10 hill sprints
- ☐ Perform 15 Broad Jumps
- ☐ Sprint for 50 yards
- ☐ Perform single leg jumps
- ☐ Perform High Knee Marches

Build Confidence

- ☐ Do something outside of your comfort zone
- ☐ Read a book
- ☐ Practice or spend time on your hobbies
- ☐ Learn a new skill
- ☐ Work towards a new Goal

Be More Active

- ☐ Walk during TV show commercials
- ☐ Schedule exercise time
- ☐ Whenever you see a commercial for a car company, perform 10 squats
- ☐ Find a buddy, and exercise with them
- ☐ Try a new method of exercise every week (i.e. biking, running, lifting weights, etc.)

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

Registration for
Our Summer Program Is Now Open
But Only 17 Spaces Remain

Early Bird Registration
Expires June 19



Scan QR Code for cost,
timeslots, and dates.

Attention Parents of Kids Ages 6-18 **UPDATE: THE GRIT ATHLETE SUMMER PROGRAM HAS ONLY 17 SPACES REMAINING**

**We'll have your kids stronger, faster,
and more confident...guaranteed.**

Here's what parents can expect to happen:

- **They will get stronger** which means when they show up to their sport they'll be able to perform better than ever.
- **They will run faster and jump higher** so they can show up to their next season and people will start asking what the heck have they been doing.
- They'll become **more coordinated and improve agility** which means they'll pick up new skills their coaches teach them faster.
- **Your children will start to eat better** because we'll be educating them daily on what's good and what they should avoid ...don't be surprised if they start asking you to buy more vegetables.
- **Confidence will skyrocket.** When kids get stronger, faster and more fit...their confidence will rise...so will their self-esteem which means their performance in every aspect of life will get better.
- **Their mindset will improve.** We're going equip your child with very specific mindset skills that'll help them learn how to transform how they think about mistakes and failures.

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

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

- Jen O'Brien, Grit Athlete Parent

- "My son is more disciplined and confident in himself"

- Steve Hughes, Grit Athlete Parent

- "I have watched my children become more confident and vocal."

- Christine Stramandinoli, Grit Athlete Parent

- "His confidence has shot up in the last few months...and has carried forward to the way he approaches other activities like sports and schoolwork. My son is now making his bed daily and exercising every day."

- Catherine Solfaro, Grit Athlete Parent

GET MORE INFORMATION (STARTS JUNE 19TH)

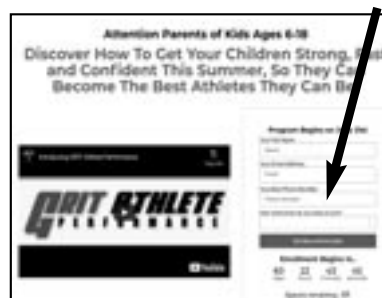
STEP 1

Scan This QR Code



STEP 2

Enter Your Info When You Get To This Page



STEP 3

Coach Mike will call you and set you up



Warning: The summer session is the most popular session of the year and always sells out before it starts. We strongly encourage you to scan the QR code today and enter your information to make sure your child doesn't get locked out of the summer session.

A RAPTOR FESTIVAL - COMMUNITY DAY AT TRT – MAY 21

The Raptor Trust’s 9th annual Community Day will take place on Sunday, May 21, 2023 from 11 a.m. – 3 p.m. We invite you and your family for a day of all things bird!

Spring and summer are our busiest time of year, and we’re preparing for the adorable invasion of tiny Robins, Great Horned Owl fluffballs, and baby Blue Jays with an attitude, among hundreds of other youngsters.

The average cost of one bird’s total rehabilitation is currently \$237, and, because we admit an average of 5,000-6,000 birds per year, those costs quickly add up. All proceeds from the event provide resources for these busy months—from purchasing food and medicine for injured birds of all ages and species, to maintaining the caging and grounds that visitors can enjoy.

All proceeds from the event benefit our wild bird hospital, which offers free veterinary services to wild birds, empowering our community to help. On May 21, we celebrate that community. For more information visit: theraptortrust.org/trt-community-day

TRT is committed making a long-term impact. With your help, we will continue to play a major role in conserving local wild bird populations and reducing the suffering of wildlife in the tri-state area.

The Raptor Trust is located at 1390 White Bridge Road, Millington, NJ. Approximately 50 resident birds are on exhibit in large outdoor aviaries viewed by walking along the trails. Living on the campus of the Trust throughout the year is variety of raptors and birds of prey. Currently, the Trust is home to two Bald Eagles, Turkey Vultures, Barred Owls, Great Horned Owls, Ravens, Screech Owls, Red-Tailed Hawks, a Snowy Owl and many more!

The aviaries are open to the public seven days of week. Our visiting hours during the fall, winter and spring are 9 a.m. to 4 p.m. During the summer we are open to visitors from 9 a.m. to 7 p.m. There is no cost to come by for a self-guided tour, however, we ask you to consider a small donation of \$2 per person.

The Raptor Trust is a 501(c)(3) not for profit organization which provides free medical care to thousands of orphaned or injured birds each year. Our infirmary staff is available seven days a week during daylight hours to admit injured birds, but we must rely on the people who find them to bring them to us for care. If you find a bird that needs help, please visit our website theraptortrust.org for instructions. We cannot do what we do without the kindness of many – including our visitors.



8TH ANNUAL

THE RAPTOR TRUST

Community Day

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Fri, Sat: 9 am - 5 pm; Sun: 2 - 5 pm

CHILDREN'S STORY TIMES AND PROGRAMS:

Yoga Story Time with Pam Nixon

Tuesday, May 2 at 10:30 am for ages 3 - 5

Shake, Rattle & Read for ages 3 - 5

Wednesdays, May 3 - 31 at 9:30 am

**Fun with Friends Story Time
for ages 0- 24 months**

Thursdays, May 4 - 25 at 9:30 am

Good Tyme String Band

Tuesday, May 9 at 10:30 am

Fun banjo sing-along for all ages

**"Meet the Instruments" presented by
the Wharton Performing Arts School**

Wednesday, May 17 at 3:30 pm for ages 4-7

**Telescope Night: New Moon
with Justin Liu for all ages**

Thursday, May 18 at 8 pm

Sing & Sign Story Time with Danielle Neri

Sunday, May 21 from 3 - 3:30 pm

Join us for a book read aloud and signed in
ASL for ages 2 - 5

LEGO Play

Tuesday, May 30 from 2 - 4 pm

Teen Book Club:

Tuesday, June 6 at 6:30 pm.

The discussion meeting for *She Drives Me
Crazy* by Kelly Quindlen. See the library's
website at [https://bhplnj.org/teens/bhpl-teen-](https://bhplnj.org/teens/bhpl-teen-book-club/)
book-club/ for more information.

ADULT PROGRAMS:

**May's book group selection
is *Circe* by Madeline Miller**

Friday, 5/5 at 10:30 am

Tuesday, May 9 at 7:15 pm.

Please stop by in person, call the library or
email reference@bhplnj.org if you would like
to join the book club.

An Evening with Author Lucy Burdette

Thursday, May 18 at 7 pm

Lucy, a former resident of Berkeley Heights
and author of the Key West mystery series, will
join us via Zoom. Watch in the library or in
your home. Register by emailing
rsvp@bhplnj.org.

**BHPL Jazz Music Series: The James Austin
Trio**

Sunday, May 21 at 2 pm

In the Council Chambers on the 1st floor
Please check the library's website at bhplnj.org
for any program changes or additions.

THE SPOTTED LANTERNFLY IS HATCHING

Invasive Insect Is a Danger to Trees, Decorative Plantings, and Agriculture

Residents are reminded to keep an eye out for the invasive spotted lanternfly that has caused damage to residential and agricultural plants and trees throughout the area. Residents are asked to check trees, fences, and other flat surfaces around their homes and neighborhoods for egg masses, as well as grown lanternflies and Stomp Them Out!

The spotted lanternfly is native to China, India, and Vietnam. It was first sighted in the United States in Pennsylvania, and has since spread to surrounding states, including New Jersey. The spotted lanternfly was first discovered in Somerset County in 2019. While not harmful to humans or animals, this invasive insect feeds on the sap of many different hardwood trees, scrubs, ornamental plants, and has the potential to impact agricultural crops of economic importance such as grape vines, hops, and apple orchards. Feeding damage caused by the spotted lanternfly significantly stresses the affected plants which can lead to decreased health and potential crop loss.

Residents and visitors are advised to keep an eye out for spotted lanternflies and their egg masses and kill them on sight. Destroying spotted lanternfly egg masses before they hatch is the best way to limit their spread. Eggs can be laid on any flat hard surface including metal, wood, and plastic. Egg masses are commonly found on fence posts, telephone poles, lawn furniture, and the underside of tree branches. Egg laying begins

in September and continues through November or until the first freeze.

While adult spotted lanternflies do not survive the cold winters, their egg masses do. Beginning in May through June, the eggs will start to hatch and mature through their life stages into adulthood. Join the battle to beat the bug and help us Stomp Them Out!

IF YOU FIND SPOTTED LANTERNFLY EGG MASSES:

- Scrape egg masses using scraper cards, or anything else that is hard, tapered and/or flat
- Kill eggs by putting them into doubled bags, using alcohol/hand sanitizer, or by smashing



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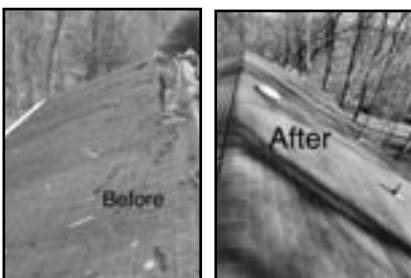


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DAUGHTER'S KIDNEY DONATION SAVED HER MOM'S LIFE

NJ Sharing Network

Twenty years ago, Rosemarie Hampp, 58, made the loving decision to donate one of her kidneys to save her mother's life. Today, Rosemarie is forever thankful for that decision, and she is now on a personal mission to support NJ Sharing Network, the nonprofit organization responsible for the recovery and placement of donated organs and tissue in the Garden State.

"My goal is to save and enhance more lives because there are nearly 4,000 people in New Jersey waiting for a life-saving transplant," said Rosemarie. "I believe that everyone should consider being a living organ donor or simply register as an organ and tissue donor to make a positive difference in the lives of others after your time on Earth is done."

Rosemarie's fundraising efforts to support the Sharing Network Foundation have been powered by many of her family members and friends who are participating in the 5K Celebration of Life on May 20 in Ocean Grove. "Team Rosie," named in honor of Rosemarie's mother (Rose Marie Hampp), was established earlier this year to

celebrate the 20th anniversary of Rosemarie's life-saving gift.

"My mom lived a healthy and happy life until she was diagnosed with primary amyloidosis," said Rosemarie. "Her health issues grew progressively worse and dialysis treatments were never easy."

Once Rosemarie learned about the possibility of being a living kidney donor for her mother, she was eager to move forward with hopes of giving her mother the gift of life. However, her parents did not want her to donate her kidney.

"Even though I knew they were against it, I secretly got tested for transplant compatibility," said Rosemarie. "When the results showed that I was a great match, I was a nervous wreck because I was not sure how I was going to tell them about it."

Although Rosemarie's mother was hesitant at first, she finally agreed. The successful kidney transplant was completed by the medical team at Cooperman Barnabas Medical Center on December 17, 2003. Rosemarie's gift gave her mother several additional years to enjoy life's precious moments.

"We named my donated kidney 'Fred,' and we called my remaining kidney 'Ginger' because they worked well together and individually," said Rosemarie. "My mom ultimately passed away in 2006 due to pancreatitis. It was unrelated to her transplant, and her kidney always worked perfectly."

Rosemarie has also used her professional art skills to create colorful Donate Life stickers to raise additional funds and awareness. To support Rosemarie's efforts, visit events.njsharingnetwork.org/go/TeamRosie23.

According to United Network for Organ Sharing (UNOS), over 100,000 people in the U.S. are waiting for a life-saving organ transplant, and 17 people in the U.S. die each day waiting for an organ transplant. To learn more, get involved and register as an organ and tissue donor, visit NJSharingNetwork.org.



(above) Rosemarie Hampp recently celebrated the 20 Year Anniversary of her kidney donation to save her mother's life. Rosemarie creates colorful Donate Life stickers to raise awareness. To support Rosemarie's efforts, visit events.njsharingnetwork.org/go/TeamRosie23.

Courtesy photo



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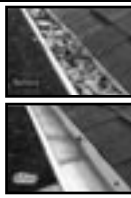
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GUIDANCE FOR PARENTS OF STUDENT ATHLETES

Do you want to be a supportive parent to your aspiring athlete? Are you eager to help your child achieve their potential in sports, but are wary of the psychic costs? Caring Contact, the Westfield based crisis line, will host a free presentation on May 4th entitled "How to Reap the Benefits of Youth Sports Without Losing It All". The program will be held at 7 - 8:30 p.m. at the Westfield Memorial Library.

Linda Flanagan, author of Take Back the Game, will moderate a discussion with collegiate athletes Katie McCafferty Rathbun and Andrew Garstka, along with New Providence High School Student Assistance Counselor David Chango, on how families can best navigate competitive youth sports.

The event is free but space is limited. To register, visit events.wmlnj.org/event/10508930. Attendees will have an opportunity to ask questions of the panel at the end of the presentation.

Caring Contact is an award-winning, volunteer-staffed crisis hotline and listening community. More than 90 trained volunteers answered over 17,000 calls in 2022 from people in crisis, having suicidal thoughts or simply needing someone to talk to.

If you, or someone you know, are in crisis call 988, the new access code to the National Suicide Prevention Lifeline.

To learn more, visit caringcontact.org.

You are Not Alone.

CAR DONATIONS HELP VETERANS

Submitted by Michael Boll, Director New Jersey Veterans Network

The New Jersey Veterans Network (NJVN) has received countless donations and other awesome support from Renna Media News



(above) Diane R. recently donated a car to the NJVN. She handed the keys over to "Sarge".

readers. We are extremely fortunate to have so many readers that love helping our veterans live a better way of life. To date articles in Renna Media publications have resulted in 4 car donations. Veteran "Sarge" is the most recent recipient of a car donation after the donor read an article in a March publication. We are blessed to have such a generous following, donations like this will help our veterans get to work, and their medical appointments.

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. Help us save Vets! We are always looking for volunteers, with various skills, to join the team. If you are a veteran or family member that's in need of assistance; or are interested in volunteering, would like us to speak at your event, or contribute to our mission, call 973-332-1556 or email mdbollio@optonline.net. To learn more visit njvn.org.



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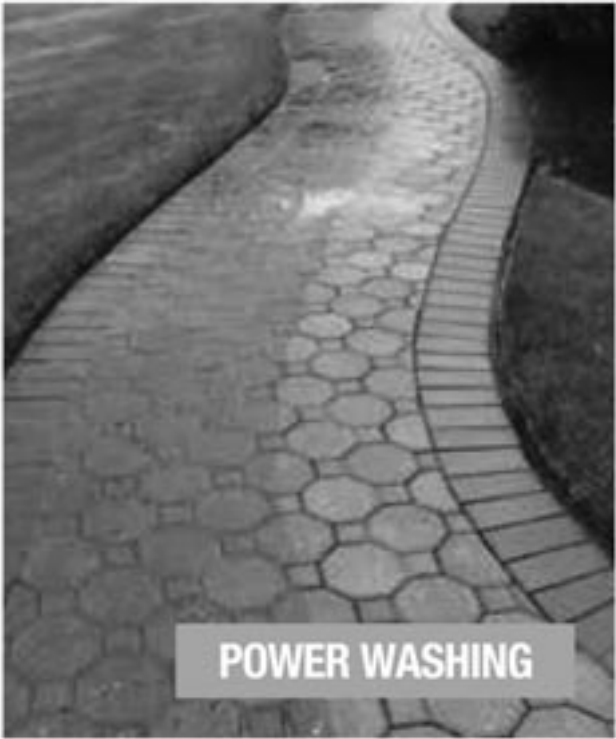


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HOLOCAUST SURVIVOR TO SPEAK - MAY 9TH

The Summit Old Guard

Of the 1.6 million Jewish children who lived in Europe before World War II, only 100,00 survived the Holocaust. Most were hidden children. Separated from her parents in July 1942, 6-year old Maud Dahme and her 4-year old sister, Rita, were hidden from the Nazis by Christian families in the Netherlands. Dahme will share with the Summit Old Guard her wartime experiences, as well as her reunion with her parents, immigration to the United States at age 14, and serving as a Holocaust education advocate.

"I think the greatest gift that was given me was to be alive," said Dahme in an interview with the Huffington Post. Dahme went on to explain the significance of genocide education and the importance of emphasizing the efforts of people who hid, protected, and rescued Jewish people with no concern for their own safety. "I think it's very important to remember that it was a time in history when millions of people died and only because of their religion. But there's also the other side of the story, which is how many people cared and were willing to risk their lives to save Jews and anyone else."

Dahme was inducted in the New Jersey Hall of Fame as one of the state's Unsung Heroes in 2014. She served as president of the New Jersey State Board of Education and has spent much of

her time speaking to students and adults about her experiences during World War II. Dahme's story was published in a 2015 memoir entitled "Chocolate, The Taste of Freedom." The memoir was co-written and edited by Maryann McLoughlin of Stockton University's Sara & Sam Schoffer Holocaust Resource center.

Dahme will speak at the Summit Old Guard's weekly meeting on Tuesday, May 9th at 10 a.m. in the Parish Hall of the New Providence Presbyterian Church, 1307 Springfield Ave., New Providence, NJ. This presentation is open to guests and prospective new members, who are also invited to enjoy coffee and conversation at a social reception starting at 9:15 a.m.

About the Summit Old Guard: The Old Guard of the Summit NJ area was founded in 1930 with the purpose of providing retired business and professional men with good fellowship and activities. Men from throughout the broader Summit area gather on Tuesday mornings to hear from interesting speakers on a broad range of topics. The 270+ members may also choose to participate in various activities/interest groups, including bocce, golf, fishing, books, chess, financial & investment, sports forum, timely topics, and weekday lunches. Prospective new members are always welcome to attend a Tuesday morning meeting to learn more about the organization. See also summitoldguard.org.

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Steve: Typical gym culture isn't a good fit for me, and at-home workouts haven't worked for me either. After considering lots of different options, I finally signed up for a challenge with GFP and I'm so glad that I did. The trainers and the other members have been so welcoming, encouraging, and supportive. I've never felt rushed even if my pace was slower than those around me, and the small groups allow everyone to benefit from individual attention from the trainer. There is also so much variety in the training, which I really love. I'm so glad to be part of this community.

**"I NEVER EXPECTED TO ACHIEVE SUCH GREAT RESULTS
IN LESS THAN A YEAR."**



Trish: I never liked going to the gym...until I joined Gabriele Fitness! The very knowledgeable and professional trainers make sure that every person receives personalized attention and feedback in class, challenges and encourages all to make progress, and creates an atmosphere that is friendly, relaxed and social. In a word, they are kind and caring, and make it fun! I never expected to achieve such great results in less than a year,*** and it's all due to Gabriele Fitness. I'm hooked; they are the best!

**"I STARTED TO FEEL IMPROVEMENT
AS QUICKLY AS 1-2 WEEKS INTO JOINING"**



Tom: Before joining GFP I never really maintained consistent strength training. At GFP it's easy to build momentum, and I started to feel improvement as quickly as 1-2 weeks into joining. The challenge showed me how rapidly progress can occur if you pair nutrition guidance with regular workouts. More importantly it helped me build lasting habits that have made me consistently healthier.

"I AM STRONGER THAN I HAVE BEEN IN PROBABLY 30 YEARS."



Debbie: Been working out at Gabriele for a few years and absolutely LOVE the training. Coaches are extremely knowledgeable and correct any form issues and continuously challenge us. If I experience any pain, they will alter exercise to keep me safe. I am stronger than I have been in probably 30 years. They are fun, motivating and have built a great community at GFP.

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