

Published by Renna Media, LLC. On-line at RennaMedia.com

Issue 93 • June 2023

GROW YOUR BUSINESS

Place your ad in this space and be in every mailbox in town! **CALL FOR DETAIL** 908-418-5586

U.S. POSTAGE PAID BRIDGEPORT CT 5 PERMIT NO. 390 **PRSRT STD** ECRWSS

NJ 07092

ECRWSSEDDM * * * *

A HELPING HAND IN THE NEIGHBORHOOD

Submitted by Taylor Mason

There is no lack of support when it comes to being neighborly in Mountainside but this team takes it to a new level. From cleaning out attics and moving furniture to participating in charity work, Mountainside youth can usually find different ways to help out. Anthony Zacieracha, a junior at Governor Livingston High School, took this concept one step further.

Anthony moved from Springfield, NJ to Mountainside at the age of three and attended Deerfield Elementary and Middle School before moving on to Governor Livingston. He noticed many people asking for help on the town's Facebook page, Mountainside Matters. Anthony believed it was a great opportunity for him to be an active member of the local community while simultaneously helping people in need. "I found a need to start this business after I saw many people in town asking for a teenager who can do tasks for them," he said. In doing a multitude of jobs including spring cleanups, furniture assistance, mulching, and more, Anthony created the business called Helping Hand Buddies.

With the business he created, he was able to organize his work and have residents of the town be able to reach out comfortably to a local teen and have confidence that their tasks would be completed in a precise and efficient manner. Creating this business was a huge step for him in his high school career, for his schedule got more crowded as the business grew. With so much interest and word-of- mouth around town, Anthony needed more help and thought it would be fun to include his friends in the jobs. He hired some students from Governor Livingston to assist him in the tasks he was hired to do and fill in when he was not able to work.

Anthony states, "I have engaged others to help out, as I bring many people to work with me, including local friends who attend volunteer events with me." Helping Hand Buddies has helped out in numerous charitable events such as Relay for Life, which was actually the very first time Anthony worked under the name of the business. With the assistance of several friends, Anthony set up the majority of the event in under four hours, which showed his extreme efficiency for an event of that level. Anthony and a few friends also helped set up for the play at their former middle school, Deerfield; a process that took multiple days and a good deal of effort from the boys.

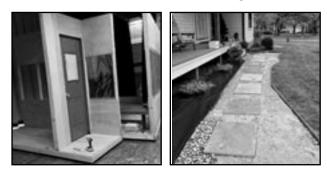
The business has grown into a fun hobby and interest that Anthony and his friends have grown very committed to. Andrew Gamboa, another junior at Governor Livingston High School and a primary helper for Helping Hand Buddies, said he enjoyed working for the business, and claimed "I am very grateful for all the people who have hired us in the past." The work this team does is undoubtedly efficient, reliable, and of very high quality, as the online reviews for the Helping Hands Buddies business have been nothing but four star praise. One review said "This morning we used Helping Hand Buddies to load up a truck and unload it at a local storage unit. Anthony Zacieracha and Andrew were amazing. On time, quick, and made a task we were dreading so much better. If you have any tasks that you need extra hands for, they were great!"



(above) Founder Anthony Zacieracha with friend and partner, Andrew Gamboa

As for the future of Helping Hand Buddies, Anthony claims "I'm hoping to take the business very far, including through my college career because I enjoy what I am doing for me and for my town. I expect it will slow down when I go off to college in another year or so, but I do not intend on stopping the business." Creating this business has changed Anthony's life, as well as provided relief to so many Mountainside residents. Now, people burdened with chores know they have a helpful ally in the Helping Hand Buddies organization whose range of services is broad and growing every day. Anthony's desire to help out the people of his community has only grown since he began this group. As he stated "I do not help people for the money, but for the enjoyment of helping others. I like to help people any chance I can."

To reach the Helping Hands Buddies for a service or event support, please contact Anthony Zacieracha at Helpinghandbuddies@gmail.com.



(above, l-r) Helping with Deerfield Play, Path Work



Draperies - Blinds - Motorized Shades - Reupholstery FREE Shop-at-Home Decorating 908-755-4700 windowfashions.com Family Owned Since 1934 - NJ Family Business of the Year Visit one of our six locations in NJ including: HunterDouglas 270 US Highway 22, Green Brook 1271 W. Mt. Pleasant Ave., Livingston

Save up to 30% Off



Renna Media LLC, Publishers 202 Walnut Ave., Cranford, NJ 07016

Mountainside View is published by Renna Media. 2,900 newspapers are printed monthly and mailed to every business and resident in Mountainside, NJ. Although great care has been taken to ensure the information contained within is accurate, Renna Media assumes no liability for errors or omissions. ©2023 Contents of this newspaper cannot be reproduced

without written consent from Renna Media LLC.

SEND US YOUR NEWS

Do you have a community service that you need help publicizing? Did you or someone you know accomplish something amazing? We are interested in hearing about your latest achievement (honor, award, etc.), send us your news! **Email: editor@rennamedia.com**

ADVERTISING Joe Renna: 908-447-1295 joerenna@rennamedia.com



Find us on online: rennamedia.com facebook.com/ Mountianside View

YOUR UNWANTED VEHICLES CAN HELP SAVE HISTORY

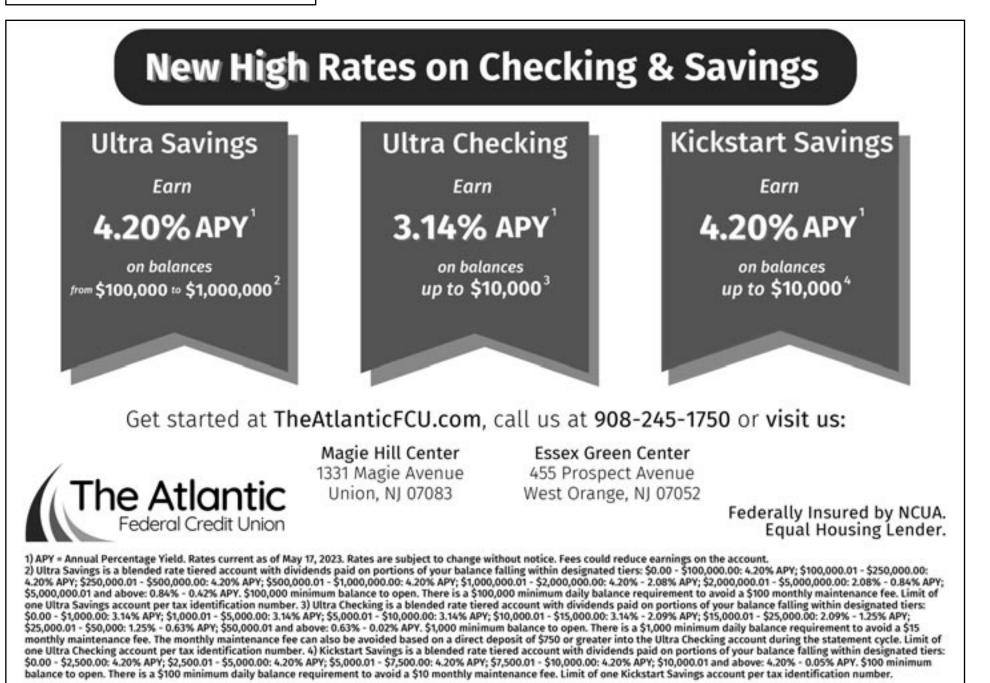
The Mountainside Restoration Committee, Inc. partners with CARS, Inc. to raise funds by collecting unwanted vehicles. Anyone with unwanted cars, trucks, RVs, motorbikes, trailers, heavy equipment, etc. should consider donating to help the Mountainside Restoration Committee. The vehicle doesn't have to be in working order and will be picked up from wherever it is.

Why donate a vehicle? Donating an unwanted vehicle frees up garage or driveway space, avoids hefty repair bills, eliminates the hassle of selling it, historic preservation benefits, and a tax receipt is given. Furthermore, it couldn't be easier - visit mountainsidehistory.org; or call (855)500-7433; schedule a free pick up; and when the vehicle is picked up; a donation receipt will be given.

The Mountainside Restoration Committee is a committee of volunteers whose purpose is to restore and maintain the Deacon Andrew Hetfield House and the Levi Cory House and collect and save historic information and items from destruction. For information on the Mountainside Historic Committee events or to donate funds, please call (908)789-9420; or, go to: mountainsidehistory.org.



(above, l-r) Scott Daniels, Chairman and Bob Gardella, CARS coordinator, place signs announcing the Mountainside Restoration Committee's Spring CARS vehicle donation drive.





137 Summit Ave., 1st Fl, Summit, NJ

Trusted, Comfortable & Caring Dentistry

Call Us Today to Request an Appointment! 908-273-3873

www.summitdentist.com



Dr. Mindy Ok earned her Doctor of Dental Medicine degree from the University of Pennsylvania School of Dental Medicine, one of the top dental schools in the country. Dr. Ok strives to provide every patient with a thorough and relaxing visit.

No Dental Insurance? We've Got an In-House Plan to Help!

OUR SERVICES

- PREVENTIVE CARE
- **RESTORATIVE CARE**
- EAT, CHEW & SMILE NATURALLY WITH DENTAL IMPLANTS
- COSMETIC DENTISTRY
- MERCURY-FREE DENTISTRY
- INVISALIGN® CLEAR ORTHODONTICS
- JUVEDERM®
- BOTOX®

NO DENTAL INSURANCE? NO PROBLEM.

Join our in-house dental plan for a reasonable yearly membership fee. No annual maximum! Call to find out the details. Call today and ask about our VIP Botox/Derma Filler Program.

\$0 Adult Brighter, Whiter Cleaning

- **\$0** Adult Exam
- **\$0** Child cleaning and Exam
- **\$0** Second Opinion Evaluation

HOURS:	Mon:	9 am - 6 pm
	Tue:	10 am - 7 pm
	Wed:	7 am - 6 pm
	Thu:	8 am - 7 pm
	Fri:	9 am - 3 pm
	Sat:	8 am - 1 pm

WE WILL MAXIMIZE YOUR INSURANCE!

If you have insurance where a co-pay is not required, your exam, x rays & cleaning will be at no cost to you. Cash, Check or Credit Cards only, or your insurance may cover. If your insurance requires a co-pay, you must pay a small out of pocket cost.



- ARTISTS CRAFTERS VENDORS
 - CIVIC ORGANIZATIONS
 - FOOD ENTERTAINMENT
 - CHILDREN'S ACTIVITIES
 - OUTDOOR PUB LIVE MUSIC

Downtown Chatham, including the follow locations: Fairmount Avenue, Reasoner Park, **Railroad Plaza South and Lum Field**

Providing a

INTELLECTUAL DISABILITIES DRIVE

Disabilities drive, which supports projects for Catholic Churches in Westfield.

The Knights of Columbus Msgr. Henry J. those with special needs. The Knights held drives Watterson Council #1711, Westfield, NJ, at Our Lady of Lourdes Catholic Church in collected funds for their annual Intellectual Mountainside, and St. Helen and Holy Trinity



(above) Knights, with Rev. Fr. Jevi Hercules, pastor of Our Lady of Lourdes Catholic Church in Mountainside.

Courtesy photo



www.sageeldercare.org · (908) 273-5550



Interior & Exterior Remodeling | Family Owned & Operated

100% FINANCING AVAILABLE | 30+ YEARS EXPERIENCE

NJDCA 13VH07755300

MagnoliaHomeRemodeling.com 🖾

MOUNTAINSIDE ACTIVE RETIREES HOST JOANNE RAJOPPI

Submitted by Kenny I.

The Mountainside Active Retirees hosted Joanne Rajoppi, Union County Clerk and author at their May 9th meeting. Ms. Rajoppi topic was about her most recently published book (her third) "Northern Women in the Aftermath of the Civil War, The Wives and Daughters of the Brunswick Boys".

Ms. Rajoppi held the group spellbound with excerpts from that book. She talked of the hard lives new widows tried coping with as best as possible after the loss of their husbands, and/or sons, and brothers in the American War. Most of those present at the meeting were aware of the horrors men and boys faced during that war but little or nothing of the depression, heartaches, and financial hardships the women carried, mostly alone. A Q. & A. period followed with Ms.



schedule until this coming September 11th. Meetings are held on the 2nd and 4th Tuesdays

Rojoppi answering every question in great detail. from September thru May in the Community This was the last meeting on the M.A.R. Room at Borough Hall, Mountainside, starting at 10am. All Mountainside residents, 55+, are welcome.



(above) Joanne Rajoppi, Union County Clerk and author was the guest speaker at the May 9th meeting of the Mountainside Active Retirees club.

Are you ready to go from Winter to Spring? CALL TODAY FOR ALL YOUR HEATING, AIR CONDITIONING, AND FUEL NEEDS 908-760-0583



Ir Soil, Our Oil

Now is the time to get your air conditioning ready for spring. If your air conditioning system is over 15 years old, you may want to consider a more efficient replacement. Avoid last minute emergencies during the hot uncomfortable weather. Let the experts at Woolley evaluate your cooling and heating needs and provide you with a FREE no obligation estimate. We are a full-service installation, maintenance, and repair company. In need of a tune-up? We provide that too, along with Woolley Extra Care Service Plans.







N. Woolley Master HVACR contractor Lic. # 1261

Woollev Home Solutions is a family-owned and operated company providing over 99 years of honest, high-quality service. Our mission is simple - to be your trusted. total home comfort solutions provider.

\$300 0|





We will continue to offer the same great service delivered to REEL-STRONG customers. The addition of REEL-STRONG represents an exciting opportunity for WOOLLEY to do more for our customers. You will still find the same reliable technicians and office staff from **REEL-STRONG now at WOOLLEY HOME.**

NEW RHEEM HEATING OR AIR CONDITIONING SYSTEM

Expires: 6/30/2023. May Not Be Combined With Other Offers.



ETHAN WONG, MAY STUDENT OF THE MONTH

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 May, Governor Livingston High



(above) Ethan with Superintendent of Schools Dr. Melissa Varley and GLHS Principal Rob Nixon. Photo by Berkeley Heights Public Schools

School honors senior Ethan Wong.

Ethan is an accomplished student-athlete who has achieved much in his time at Governor Livingston High School. A member of National Honor Society, where he is the Vice President of Tutoring, Ethan is additionally a member of the Athletic Honor Society, as well as Science and French National Honor Societies. He is also a member of Interact Club and the Technology Student Association at GLHS. This past year, following his experience successfully applying to the United States Naval Academy, Ethan began the Service Academy Interest Club at GLHS in hopes of sharing information related to the benefits of attending a service academy, to share information about application requirements, and to develop a support system for future students who are interested in attending a service academy.

Ethan is a 2022 recipient of the Johns Hopkins Book Award for intellectual and moral aspiration, scholarly promise, and strength of character. This past year Ethan was appointed as GLHS' sole representative to the Junior Board of the Overlook Foundation where he met monthly with the team during the school year and personally raised over \$1,000 for renovations to the Overlook Medical Center's maternity center. Ethan also attended the Mandarin Learning Center (Chinese Culture University) in July 2017, a 3-week Chinese study abroad program.

Ethan is a decorated swimmer and has been swimming competitively with the Summit YMCA Swim Team since 2013 and is currently their Senior Captain. At GLHS, Ethan is the Captain of the Varsity Swim Team and a 4-year Varsity Letter Winner. He is the 2023 Union Country Champion in the 100 Butterfly, and held the title of County Champion in the 100 Breaststroke in 2022. Ethan was a member of the Varsity Lacrosse Team for three seasons and is currently on the Varsity Track and Field Team. His passion for swimming has led him to offer countless hours as a Volunteer Coach for the 8 & under team at Summit YMCA Swim Team (Sept. 2021-Present). Ethan works in the summers as an Assistant Coach for the swim team at the Berkeley Heights Community Pool and as a lifeguard.

Ethan is proud of the hard work that led him to be a high achiever at GLHS, noting that it was not always easy and that he particularly found Calculus challenging at the beginning but that with hard work, extra help and diligence he succeeded.

Ethan looks forward to continuing his studies at the Naval Academy in Annapolis, Maryland where he will focus on quantitative economics.



KENZAROFING & CHIMNEY 908-627-9696



24/7

EMERGENCY

SERVICE

Google

Why chose us? Guaranteed there is no GIMMICKS or price changes from beginning to finish! At Kenza Roofing&Chimney; LLC. we make dreams come true.

With years of experience, in ROOFING, CHIMNEY & MASONRY, this phrase has become more than a catchy slogan. It's simply the way we do business. We offer quality, professionalism and competitive pricing for every job, regardless of project size. Customer satisfaction is our primary goal.

Kenza Roofing&Chimney LLC. looks forward to making your dream a reality. Call us Today For Your FREE Estimate! 908 627-9696







THE JUNE SPEAKERS PROGRAM

THE SUMMIT OLD GUARD

The Summit Old Guard was founded in Summit in 1930 and meets every Tuesday at the New Providence Presbyterian Church located at 1307 Springfield Ave. Our motto is "Come for the Programs. Stay for the Friends." and our June program theme is "Mostly from Brooklyn."

The leadoff speaker on June 6th is distinguished professor Arnold J. Levine who will speak on the Origins and Treatments of Cancer. Professor Levine is a professor emeritus at the Princeton Institute for Advanced Studies.

On June 13th, Judge David Hittner will review his life and experiences as a federal judge, including involvement with Enron litigation, and cases involving gerrymandering, redistricting, and financial fraud.

On June 20 we feature our own Old Guard member Merv Gersten who will talk about his career in traffic and transportation engineering and nearly lifelong hobby of model railroading.

The only June speaker not born in Brooklyn is Gordon Meth, who will review his career as a forensic engineer engaged around the nation as an expert in cases involving pedestrian and vehicle injuries and deaths. Mr. Meth will conclude the June series on Tuesday, June 27th.

Past speakers can be viewed on Facebook, but we encourage people to drop in on our meetings which take place at the church at 10:00 a.m. every Tuesday. "Come for the Speakers. Stay for the Friends." We look forward to meeting you.



(above, 1-r) Gordon Meth, Professor Arnold Levine, Judge David Hittner, Marv Gersten





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
- \Box Have nuts instead of chips as a snack
- □ Have a source of protein in each meal
- \Box Take a multivitamin
- \Box Limit sweets to only one serving

Get stronger

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

Be Happier

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

Run Faster

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

Build Confidence

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

Be More Active

- □ Walk during TV show commercials
- \Box Schedule exercise time
- \Box Whenever you see a commercial
 - for a car company, perform 10 squats
- $\hfill\square$ 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 9 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 9 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)



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.

FARMERS' MARKETS **OPENING IN JUNE**



The following Markets offer produce grown in New Jersey and sold by the farm that grows it and are designated Jersey Fresh.

Visit JerseyFarmersMarkets.com For more details.



BERNARDSVILLE Saturdays - 9 am to 1 pm CHATHAM Saturdays - 8 am to 1 pm EAST ORANGE Starting in 2023 **HIGHLAND PARK** Fridays - 11 am to 5:30 pm **KEARNY** Thursdays - Noon to 6 pm **KENILWORTH** Tuesdays - 10:30 amto 6:30 pm MADISON Thursdays - 1 pm to 6 pm **MAPLEWOOD** Mondays - 2 pm to 7 pm METUCHEN Saturdays - 9 am to 2 pm MONTGOMERY Saturdays - 9 am to 1 pm MORRISTOWN Sundays - 8:30 am to 2 pm RIVERDALE Tuesdays - 2:30 pm to 7 pm **ROSELLE PARK** Wednesdays - 1 pm to 6 pm SOUTH ORANGE Wednesdays - 2 pm to 7 pm SPRINGFIELD

Mondays - 11 am to 6 pm



The New Jersey Council of Farmers and Communities (NJCFC) is a non-profit organization dedicated to developing and growing the network of community farmers' markets and farmers throughout northern and central New Jersey.

IMAGINE WELCOMES NEW FACILITATORS

Imagine trained a wonderful new group of September 10th. volunteer facilitators recently. The group attended a training from April 1-3 from 9 .m.- 5 p.m. each day.

If you're a high school age youth interested in training to join our team of youth facilitators that co-facilitate Imagine's children's groups, please visit our website at imaginenj.org where you'll find a link to register for our training on

Imagine has a current team of 81 incredible volunteers facilitating 36 groups on 5 Nights of Support. We're so grateful for this wonderful team of facilitators who create safe spaces where Imagine's participants can share their stories and receive support following a loss. This amazing community of volunteers is helping Imagine ensure that no one grieves alone.



(above) Imagine's newest group of facilitators Mike D., Morganville; Reenie H., Westfield; Marissa C., Cranford; Nicole H., Maplewood, Maria S., Somerset; Ron F., Summit.





GUTTER CLEANING // WINDOW CLEANING // POWER WASHING // ROOF WASHING GUTTER INSTALLATIONS // GUTTER REPAIRS // MOQUITO CONTROL // TICK CONTROL



5K CELEBRATION OF LIFE - JUNE 11



NJ Sharing Network

NJ Sharing Network's 5K Celebration of Life Walk and USATF Certified Race will be held on Sunday, June 11, at NJ Sharing Network, 691 Central Avenue, New Providence, NJ. The event, which is presented by RWJBarnabas Health and Hackensack Meridian Health, is one of the Garden State's largest and most-recognized charitable events. It brings together thousands of transplant recipients, donor families, living donors and dedicated volunteers and advocates. Funds raised by event participants, teams, sponsors, and contributors will support the

Sharing Network Foundation.

To sign up to participate in the 5K Celebration of Life or make a contribution to a team, visit SharingNetworkFoundation.org/5K.

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. To learn more, get involved, and join the National Donate Life Registry as an organ and tissue donor, visit NJSharingNetwork.org.



(above) NJ Sharing Network's 5K Celebration of Life Will Unite Thousands of Organ and Tissue Donation Supporters in New Providence on June 11. To sign up to participate in the 5K Celebration of Life or make a contribution to a team, visit SharingNetworkFoundation.org/5K.





• Patios • Curbs



(above, l-r) Sister Jacinta Fernandes, Founder and former Executive Director of St. Joseph's for 32 years, places soil in a planter in which a tree will be grown along with Julissa Campos, Vice President of the Board of Trustees.



(above r-l) Debbie Durand and Teresa LaStella, organizers for the groundbreaking event, greet guests at the Welcome Table. Courtesy photos



ST. JOSEPH SOCIAL SERVICE CENTER BREAKS GROUND ON NEW FACILITIES

community leaders gathered at St. Joseph Social Service Center in Elizabeth on April 5 to celebrate the start of construction on the agency's new facilities, which will make it possible for the organization to expand and improve services to residents in need in Elizabeth and to achieve its vision of dignity for all. St. Joseph's is one of the largest social service agencies in Elizabeth and Union County, providing residents with food, household items, prescription clothing, assistance, health screenings, mental health counseling, job training and case management.

There are four components to the new facilities plan. The first is to build a food pantry. This new building will give St. Joseph's a dedicated space, a larger space, and a more functional space to operate its food pantry. Perhaps most importantly, the new building will allow the organization to offer a better food pantry model - an individual choice food pantry. With this model, clients will come at an appointed time and will be able to choose their food. The second project is to construct a clothing and household goods distribution center. Clothing and home goods will be displayed in different sections much like one would find in a retail store. The third project is to renovate the former parish hall and church building on campus to expand and enhance the many support services offered by the agency. The fourth project is to reconfigure and repave the parking lot.

Bernadette Murphy, Executive Director, remarked that the overarching goal of the plan is to "serve our sisters and brothers in need with dignity." At the Groundbreaking Event, she introduced the agency's new logo and tagline, "Connecting Communities - Nourishing Each Other." To fulfill its mission, the agency relies

More than 100 supporters, partners and on 6,000 volunteers who come from schools. community groups, businesses, churches and other houses of worship in five counties in New Jersey. "In addition to serving the hungry, St. Joseph's is also a place that feeds the hunger to serve," stated Murphy. The volunteer program welcomes people of all ages, faiths, abilities and economic circumstances to provide hope and hospitality to their neighbors.

Karen Maher, Board President, thanked the audience for their contributions to the \$1,400,000 capital campaign, which will fund the facilities plan. The agency received support from foundations, businesses, community groups and individuals in Union County and surrounding Lead donors included The communities. Westfield Foundation, The Harold B. and Dorothy A. Snyder Foundation, The Mushett Family Foundation, Horizon Blue Cross Blue Shield of New Jersey, Elizabethtown Healthcare Foundation, Robert and Marion Schamann Brozowski Foundation, Columbia Bank, The Hyde and Watson Foundation, E. J. Grassmann Trust, The Tepper Foundation, Phillips 66 Bayway Refinery and several individual donors.

Harold "Kess" Kessler, Past Board President and the leader of the capital improvement plan, noted that "construction work will be completed in four phases over the next two years. In the first phase, the new food pantry and clothing distribution center will be built and outfitted and the driveway will be reconfigured and repaved." Kessler stated that the construction work has been planned to ensure that services to the community will not be interrupted. "We are excited to begin a new chapter in St. Joseph's service to the community" noted Murphy.

To learn more about St. Joseph's please visit sjeliz.org.





Our floor-to-ceiling renovating team... is in the Neighborhood?



ROOFING

Roof Replacement Gutter Installation



CEMENT/STONE

Masonry Hardscaping



PAINTING Interior & Exterior **Deck Refinishing** Floor Refinishing



CARPENTRY Deck Building Millwork Floor Installation **Cabinet Installation**



RENOVATIONS

Additions Attic & Basement Remodel Kitchen & Bath Remodel

VISIT OUR WEBSITE & REQUEST A QUOTE





WilbersHomeImprovements.com

NEW JERSEY VETERANS NETWORK MEMORIAL DAY MESSAGE

Michael D. Boll, Director, NJVN

A few years ago, I was approached by a veteran who is a friend of mine who expressed how extremely depressed he was and that he wanted to take his own life. Initially, I was completely shocked because this guy seemed to be upbeat and happy all the time. Immediately, I asked him to come with me to a private office so we could talk about his awful situation. This was the first time in my life that I had a friend talk to me about suicide, and I knew I had to really do my best to help him get through this horrible ordeal. We spoke for a few hours and I listened closely to everything he said. I was able to convince him to immediately get some help and we went to the hospital. I stayed with him at the hospital and met with him when he was released. I did everything to show my friend that I had his back, and because of this he is alive today. This awful situation inspired me to do whatever I possibly can to help others in need, and shortly after the New Jersey Veteran's Network created our mobile outreach program.

In today's day and age, most of you have known a veteran or first responder who has taken their own life. We lose nearly 22 veterans and approximately 300 first responders every year to suicide. Even with all the awareness and new anti-suicide programs available, this number has not changed, and in some cases has increased.

The VA hospitals with PTSD and mental health programs are packed with patients and unfortunately, the numbers continue to increase. More of our first responders are also seeking help and are utilizing some of the state programs being offered. So many people want to help and put an end to this crisis, but sadly there isn't a foolproof program available that will stop this ever-growing crisis from destroying our uniformed heroes and their family's lives.

For the last two years, our team has been working tirelessly with other charities to come up with a better solution to help prevent this epidemic from continuing. Personally, we believe our Mobile Outreach Team is really making a difference and everyday it helps our uniformed heroes live a better way of life.

The first thing we learned as a team is that we must lose our ego and seek out other groups and organizations that are looking to save lives. Then we find the right volunteers who are committed and dedicated to being a men-tor to a person in crisis. Volunteers are ex- tremely valuable because they want to be there, and they usually care more than the people who get paid for their services.

To date, we have been able to change and save countless lives because of the in- credible commitment from the volunteers and other supporting groups. In the next few months we are excited to be launching the "Uniformed Heroes Project," which is a statewide peer support/mentorship program for veterans, first responders, and active duty military. This project is a collaboration between the NJ VFW, NJ American Legion, NJ FMBA, PFANJ, NJSPBA, NJ FOP, NJ MAVA, NJ legistrators, other military/first responder organizations. The Uniformed Heroes Project will provide peer support training throughout the state for volunteers and host numerous recreational therapy events for our heroes in need.

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 njvn1775@gmail.com To learn more about the team please check out our website njvn.org (accomplishments). Help us save Vets!



(above) New Jersey Veterans Network veterans and volunteers at a recent Memorial Day Parade.



Mountainside View • Page 21 • June 2023



DELUCA DISPOSAL SOLUTIONS 1-844-DELUCA-1 • 1-844-335-8221 www.delucadisposalsolutions.com delucadisposalsolutions@gmail.com Residential & Commercial FREE ESTIMATES • QUALITY SERVICE • FULLY LICENSED & INSURED

"The Classy Choice In A Trashy Business"



JUNK REMOVAL



Free Estimates 10% OFF JUNK REMOVAL DELUCA DISPOSAL SOLUTIONS 1-844-DELUCA-1 • 1-844-335-8221

With this coupon. Offer expires 6/30/23. Not valid with other offers or prior purchases.

DUMPSTER RENTAL

ADDITIONAL SERVICES: • DEMOLITION PROJECTS CLEAN OUTS • BULK PICKUPS





10 yd.

15 yd.



20 yd.

30 yd.



Marketing Toolbox

Renna Media offers a full range of marketing services, in print and online, hyperlocal to regional, for every budget and market size.

NEWSPAPER ADVERTS

We mail 160,000 newspapers to every home and business in 24 towns. You can advertise in any number of towns. Ads start at \$60.

FULL COLOR PRINTING

We print flyers and menus, full color, two sided, on coated stock for only \$45 per thousand.

DIRECT MAIL

Insert your flyer into the newspapers and get it mailed to every home and business for \$60 per thousand and as low as \$30 per thousand for higher quantities.

ONLINE MARKETING

Online ads and press releases designed and placed to drive traffic to your website and get your phone ringing.

SOCIAL MEDIA

We can design and/or manage your social media campaign from passive to aggressive plans customized to work within your budget.

WEBSITE AND SEO SERVICES

Start with an audit/analysis of your website giving you a report and recommendations for \$250.

It is highly recommended to have a marketing plan and budget before spending.

CALL JOE RENNA FOR A FREE CONSULTATION. 908-447-1295

RENNA MEDIA NEWSPAPER RATE SHEET WE MAIL 160,000 NEWSPAPERS MONTHLY! Tina Renna 908-418-5586 · tinarenna@rennamedia.com Joe Renna 908-447-1295 · joerenna@rennamedia.com 202 Walnut Avenue, Cranford, NJ 07016



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

SALEM ROADHOUSE CAFÉ JUNE SHOW

Stephen Fuller Quintet, Saturday, June 10, 2023. The doors open at 7:15 p.m., the 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.

Stephen Fuller's deep rich voice and soulful renditions have long made him a favorite with sophisticated audiences around the world, performing in Israel, Jamaica, Costa Rica and The US Virgin Islands. In addition to his overseas engagements, Fuller has also performed in renowned New York City and New Jersey venues and has opened for both Stevie Wonder and Bill Withers while attending Colgate University.

Stephen will perform at the Roadhouse with his quintet. Last year he did a total calypso show which got the audience totally involved and

The Salem Roadhouse Café presents the thrilled. Stephen has always been top notch Union, NJ. The Roadhouse operates as a nonentertainment. This show he's working on some special treats for us.

> 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,

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. Many thousands of dollars have been raised for these deserving charities.



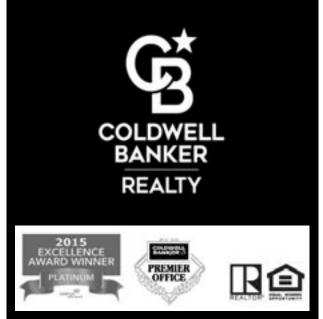


Diane Kontra, ABR Sales Associate Cell: 908-397-2472 Office: 908-233-0065 Direct: 908-233-3846 Diane.Kontra@cbmoves.com

www.dianekontra.com

Westfield West Office 600 North Avenue West Westfield, NJ 07090

Stay updated on the Mountainside market by following me on Facebook: @mountainsidenewjersey



Marvelous Mountainside

New Listing 345 Creekbed Road



This home is set on a beautiful street with 4 bedrooms and 4 full bathrooms. Colonial Split Style Home. Large entrance foyer, hardwood floors, 2 fireplaces. The 1st Floor Master Suite has a large walk in closet, full bathroom, corner gas fireplace! This is a wonderful address to call home!

"Selling Mountainside One Yard at a Time!"





DIANE KONTRA

REAL ESTATE