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FIRE DEPARTMENT TO HOLD ANNUAL OPEN HOUSE - OCT 10

The Mountainside Fire Department will welcome the public on Friday, October 10th, 2025, to visit their Fire Headquarters at 210 New Providence Rd in Mountainside from 7-9 p.m.

The Mountainside Fire Department open their doors each October as part of their Fire Prevention Week activities, which also includes visits to each school in Mountainside during the week-long Fire Prevention initiative.

This year's FPW campaign, "Charge into Fire Safety: Lithium-Ion Batteries in Your Home" strives to educate everyone about lithium-ion batteries, specifically about how to buy, charge, and dispose of them safely. Most of the electronics in our homes — smartphones, tablets, power and lawn tools, laptops, e-cigarettes, headphones, and toys, to name just a few — are powered by lithium-ion batteries. If not used correctly or damaged, they can overheat and start a fire or explode.

As part of their Open House, the Mountainside Fire

Department will offer the opportunity for the public to see their apparatus and equipment up close and talk to local firefighters about how they work to keep the community safe. Additionally, the fire department will feature an actual demonstration of how they respond to motor vehicle accidents.

In 1925, President Calvin Coolidge proclaimed Fire Prevention Week a national observance, making it the longest-running public health observance in our country. During Fire Prevention Week, children, adults, and teachers learn how to stay safe in case of a fire. Firefighters provide lifesaving public education in an effort to drastically decrease casualties caused by fires.

Fire Prevention Week is observed each year during the week of October 9th in commemoration of the Great Chicago Fire, which began on October 8, 1871, and caused devastating damage. This horrific conflagration killed more than 250 people, left 100,000 homeless, destroyed more than 17,400 structures, and burned more than 2,000 acres of land.

Mountainside Fire Department



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SINGING AT THE THRESHOLD

Garden State Threshold Choir

A choir that rehearses but does not perform. A choir that goes in a very small group to sing to one person at a time. A choir whose mission is to provide, not entertainment, but kindness and comfort, to someone who is dying. That is a Threshold Choir.

Threshold Choir is a nonprofit network of about 200 chapters across the country and abroad. And there is one right here in Whippany, NJ, called the Garden State Threshold Choir.

Founded 25 years ago, Threshold Choir singers go, by invitation, to sing at the bedside of those crossing life’s challenging thresholds, especially the final threshold between living and dying.

The Garden State Threshold Choir began in 2017 when Whippany resident Judy Hahn retired, looked for a chapter to join, and, finding none nearby, started recruiting to form a new chapter. “It takes time and patience to establish a new chapter,” says Hahn. “And it takes time and patience for each singer to be ready to do this work. What we have is an incredibly dedicated and compassionate group of women.”

Arriving in a group of two to four singers at a hospital, nursing facility or home, they carry folding stools and sit by the bed. “Even if the hospice patient is nonresponsive, we believe they can hear us and feel the vibrations of our harmonies,” says Hahn. “For those close to the

end, it is said that we are ‘singing them home.’”

Threshold Choir has its own unique repertoire of songs, written mostly by members. The songs are simple and short, sung softly a capella, first in unison, then repeated and layered with harmonies. The lyrics speak of rest, comfort, letting go, or about peacefulness and love.

“People wonder how we can sing to a dying person,” noted Cedar Knolls resident Bonnie Adams. “But to us it’s an honor to be present in that sacred, intimate space. We see the breathing relax; and when the patient is surrounded by family, the songs give voice to their feelings and help them grieve.”

The Garden State chapter is accepting inquiries for membership. A singer has to be able to carry a tune, hold her own part in harmony, blend with other voices, be willing to self-monitor and accept gentle feedback, and, above all, communicate kindness with their voice. Rehearsals are held on Tuesday evenings, alternating between Zoom sessions and in-person at the First Presbyterian Church of Whippany.

Threshold Choir is a 501(c)3 nonprofit organization that honors all spiritual paths and has no religious affiliation. All of the chapter’s services are free of charge.

Much more information about Threshold Choir is available on thresholdchoir.org, and about the Garden State Threshold Choir at thresholdchoir.org/Garden_State

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FOUR CENTURIES IN A WEEKEND: OPEN HOUSE AT HETFIELD HOUSE SATURDAY, OCT. 18 AND SUNDAY, OCT. 19

The weekend of October 18-19 marks Union County’s Four Centuries in a Weekend event. Each year, Union County celebrates its important place in history by featuring many historic sites throughout the County. Mountainside’s historic Deacon Andrew Hetfield House will be open for visitors on Saturday, Oct. 18 and Sunday, Oct. 19 from 12-5 p.m.

In acknowledgement of the approach of America’s 250th Anniversary in 2026, the Hetfield House will feature a miniature diorama of a Revolutionary War battle. During Saturday and Sunday, back by popular demand, there will be a miniature diorama simulation of the Battle of The Short Hills. The Battle of The Short Hills was fought in 1777 in nearby Scotch Plains and Edison. Mountainside’s own John Sileo, a member of the Tri-State Historical Education Simulations, Inc., will be present to engage in a lively discussion on regiments who fought in the Battle of The Short Hills. The discussions will be augmented by a diorama of the military actions with hundreds of hand-painted soldiers.

Tours of the Hetfield House will be available throughout the weekend. The open house and activities are free to visitors and fans of Union County history. The adjacent circa 1812 Levi Cory House and Village Shop will also be open during the Four Centuries hours.

The Deacon Andrew Hetfield House is located at Constitution Plaza (Watchung Ave., off Birch Hill Rd.) adjacent to the Mountainside Library. The Mountainside Restoration Committee is a committee of volunteers whose purpose is to

restore and maintain the Deacon Andrew Hetfield House and Levi Cory House and collect and save historic information and items from destruction. For further details, please call (908)233-3135; or, go to: mountainsidehistory.org



(above) John Sileo will present a miniature diorama of the Revolutionary War Battle of The Short Hills to be on display at Mountainside’s Deacon Andrew Hetfield House during the Four Centuries in a Weekend Open House event on Sat., Oct. 18 and Sun., Oct. 19 (12-5 p.m.).

Courtesy Photo

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INTERGENERATIONAL ORCHESTRA BUILDS CONNECTION THROUGH MUSIC

At a time when many people are searching for meaningful, screen-free ways to connect, the New Jersey Intergenerational Orchestra (NJIO) offers something special: a space where musicians of all ages and levels come together to create music, and where audiences are invited into that same spirit of community.

Founded on the belief that orchestra is for everyone, NJIO welcomes people of all ages and

musical levels into its four non-audition orchestras. By blending generations and skill levels, NJIO creates more than music; it creates moments of human connection, belonging, and joy.

All NJIO concerts are free, open to all ages, and require no tickets or RSVPs. Each performance is also livestreamed and recorded for later viewing on NJIO’s YouTube channel, ensuring accessibility. Concert lobbies feature NJIO’s Concert Comfort Station, offering sensory and comfort items such as cushions so everyone can enjoy the music.

A SEASON OF “SPIRIT”

This year, NJIO’s 32nd concert season carries the theme “Get Into the Spirit!”, highlighting the natural spirit, the holiday spirit, the human spirit, and the national spirit. Each program is designed to draw people together around a shared experience of beauty and hope.

• FALL CONCERT:

**The Natural Spirit November 2, 2025 at 3pm
Crescent Ave Presbyterian Church, Plainfield**

Beethoven’s “Pastoral” Symphony paints a picture of meadows, flowing streams, and a sudden storm. The concert also features the NJIO 2025 Young Artist Concerto Competition winner (sponsored by NJIO’s community partner, Elefante Music), Marcus Chong-Wah Wong, a 9th grade violinist from Edgewater, NJ.



• FAMILY HOLIDAY CONCERT:

**The Holiday Spirit December 13, 2025 at 2pm
Summit Middle School**

A joyful celebration of holiday and winter favorites, including interactive moments for kids and an Instrument Petting Zoo sponsored by Elefante Music.

ABOUT NJIO

The New Jersey Intergenerational Orchestra (NJIO) brings together musicians of all ages and skill levels through four non-audition orchestras and educational programs. Its mission is to open the world of orchestral music to diverse audiences and to foster human connection through education and performance.

For more information, visit www.njio.org or email info@njio.org.

THE NJ INTERGENERATIONAL ORCHESTRA PRESENTS



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Sunday, November 2 • 3:00 PM

Crescent Avenue Presbyterian Church, Plainfield

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MORE INFORMATION AT WWW.NJIO.ORG

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A BELOVED ART EVENT MAKES A REMARKABLE RETURN TO THE ARMORY

Westfield will once again will play host to a remarkable art event - one unlike any other in the greater New York metro area.

First launched in 1982 as the Westfield Craft Market, this event enjoyed a 20-year run, earning a reputation for quality and community spirit. Now, producers Richard & Joanna Rothbard - owners of An American Craftsman Galleries in NYC and Great Barrington, MA - return with fresh energy to reintroduce Westfield to a cultural tradition it once embraced.

Sharing the spotlight will be 80 gifted artists and designers including several nationally recognized for their award winning accomplishments; many traveling from across the U.S., from as far as California and Florida. Guests will enjoy work never before seen on the East Coast. The fair could be called a weekend "Off-Broadway production" - with a great cast, many stars, with several booths designed like stage sets.

HALLOWEEN EVE KICKOFF: ALL WEEKEND PASS FOR PARENTS AND KIDS FOR FREE.

The show opens Friday, October 31, with a family-friendly Trick-or-Treat Party. Kids can:

- Collect their treats while meeting the artists
- Create their own art on the famous Art Wall

Join a weekend-long Treasure Hunt. Great prizes made by the artists. And throughout the weekend, visitors can win original art prizes donated by An American Craftsman Gallery.

THINGS YOU SHOULD KNOW

- Westfield Armory is Just 5 minutes from Exit 135 on the Garden State Parkway
- Free parking at the Armory or across the street at the High School.
- \$12 weekend pass covers all three days. SENIORS \$10. Under 10 Free

Show Hours

Trick or Treat party

Friday Oct. 31 - 3 pm-7 pm

Saturday Nov. 1. - 10 am-6 pm

Sunday Nov. 2 - 10 am-5 pm

An incredible selection of ceramics, independent fashion artists, fine woodworking, jewelry, paintings, mixed media, Illustration, photography, and art glass - from \$25 keepsakes to Michael Alexander's \$10,000 masterpieces.

Overall, this will be the art weekend that Westfield and its surrounding communities will celebrate this first year - and for years to come. And please . . . don't forget your credit card.

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Meet The Artists
OPENING

SCHEDULE

Friday, Oct 31: 3PM-7PM
Saturday, Nov 1: 10AM-6PM
Sunday, Nov 2: 10AM-5PM

ADMISSION

Adult Weekend Pass: \$12
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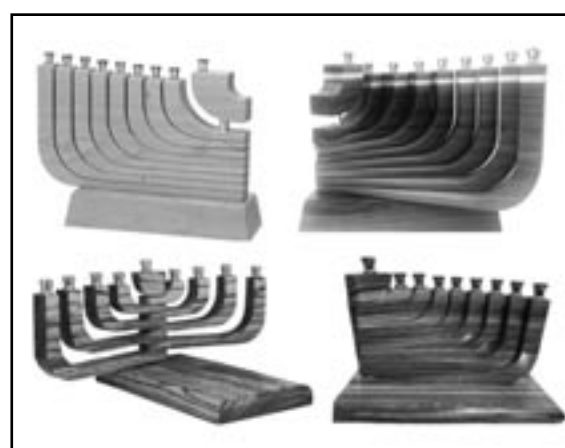
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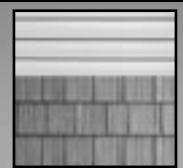
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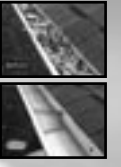
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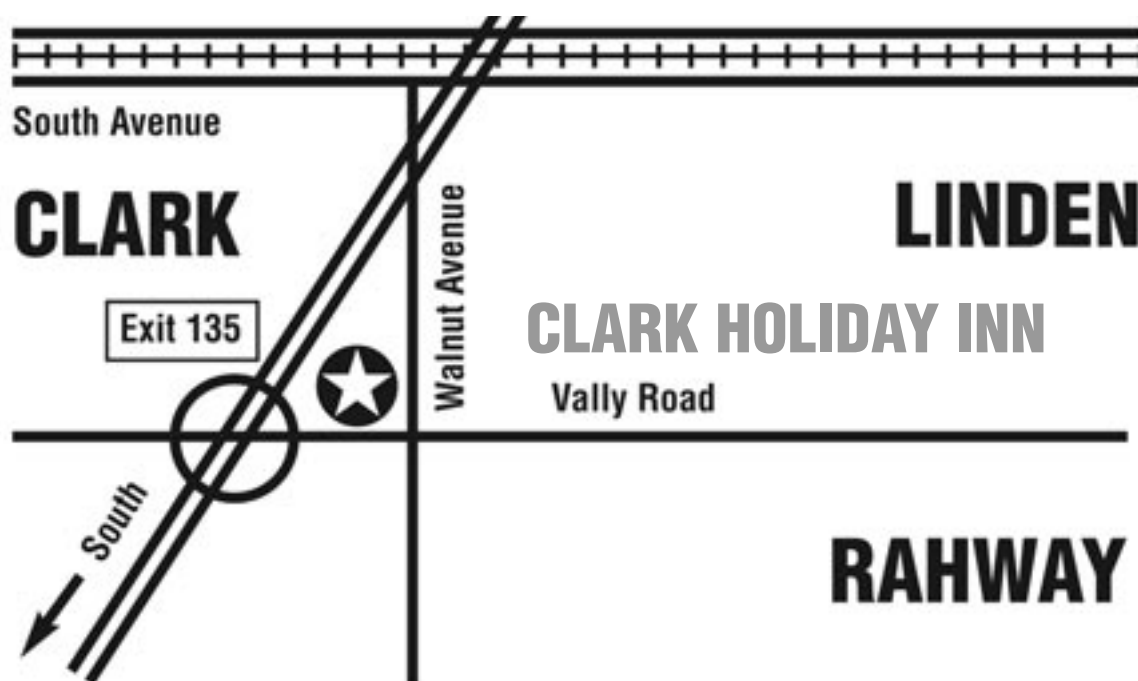
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MORRISTOWN PUP NABS SPOT IN 2025 BARK FOR LIFE CALENDAR

She's got the ears of a supermodel, the zoomies of a champion sprinter, and a bark that says "treat, please." Meet Josie, Morristown's unofficial mayor of South Street — and now, one of the proud winners of the 2025 Bark for Life Calendar Contest!

After a week-long voting frenzy, Josie galloped ahead of the competition to earn a coveted feature in this year's 2025 Bark for Life calendar. And not just a cameo — a full-page glam spread, complete with her story, her signature side-eye, and plenty of reasons why she's the queen of local hearts.

But Josie's calendar win is more than just a photo op. It means she'll be a VIP (Very Important Pup) at the Bark for Life of Central NJ celebration on October 12, 2025 at Bell Works in Holmdel, where she'll be officially honored for her victory — likely with applause, belly rubs, and maybe a few snacks.

WHO IS JOSIE?

Josie is a 4-year-old Australian Cattle Dog (allegedly)— though some suspect she may also be part professional napper and part mayhem enthusiast, depending on the hour. She was rescued as a puppy and now lives her best life ruling the sidewalks and hearts of Morristown.

Known for her expressive ears, her suspiciously dramatic sighs, and a highly curated side-eye, Josie has become a local celebrity — both on leash and online.

Her favorite things include: Car rides (windows down, please), Sidewalk café people-watching (her favorite being the Lokl!), Chasing squirrels she has no intention of catching, Ignoring her toys to chew sticks instead, and Judging humans from the couch like it's her full-time job.

In short: she's a rescue with attitude, heart, and a whole lot of fans.

WHAT IS BARK FOR LIFE?

The Bark for Life event is part of the American Cancer Society's Relay for Life movement. It

honors the caregiving qualities of canine companions while raising critical funds for cancer research and support services — especially here in New Jersey.

Proceeds from calendar sales and fundraising events all go toward supporting programs like free rides to treatment, overnight stays near major cancer centers, and 24/7 access to cancer information and support for patients and families.

GET INVOLVED!

Missed your chance to vote for Josie? You can still be part of the tail-wagging fun. Donations are open at the Bark for Life of Central NJ

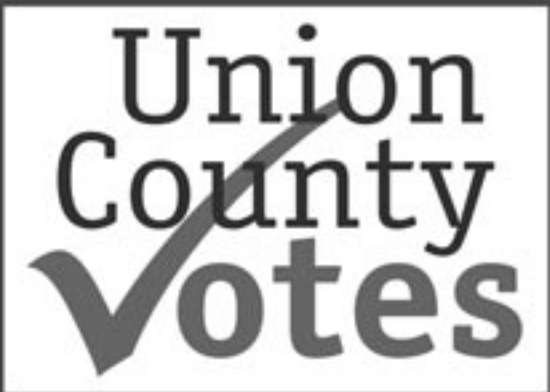
website, and registration is now live for the October 12 celebration at Bell Works.

Whether you're walking in honor of a loved one, supporting a survivor, or just want to hang out with some adorable dogs (like Josie), this is your chance to do some good — and pet some pups.


Big paws up to Josie and all the calendar winners! Be sure to snag your copy of the 2025 Bark for Life Calendar, come say hi to Morristown's finest furry ambassador this fall, and follow @ispyjosie and @barkcentralnj to come along for this year's adventure!



(above) Paws Up for Josie!




Joanne Rajoppi
Union County Clerk




can be used to:

- Learn how to vote by mail;
- Request a voter registration form;
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NUTRITION 101: UNLOCK YOUR HEALTH POTENTIAL

Westfield Regional Health Department

This is the perfect time to refresh your eating habits and make informed choices for lifelong wellness. With so much conflicting nutrition advice, it’s easy to feel overwhelmed. The good news? Eating healthy doesn’t have to be complicated or costly! This article offers simple, practical tips to help prevent chronic diseases, support healthy weight management, and navigate body composition changes effectively through every phase of life.

WHY NUTRITION MATTERS

Good nutrition fuels your body, boosts energy, and lowers the risk of heart disease, diabetes, and obesity. Up to 80% of chronic illnesses can be prevented with smart food choices.

MACRONUTRIENT MASTERY

- Carbohydrates (whole grains, fruits, legumes) provide energy.
- Proteins (lean meats, fish, beans, tofu) support muscle repair.
- Healthy fats (avocados, olive oil, nuts, seeds) benefit brain and heart health.

Tip: Choose whole, unprocessed foods for steady energy.

MICRONUTRIENT POWER

- Vitamin D & Calcium strengthen bones.
- Iron & B Vitamins boost energy and brain function.
- Antioxidants (Vitamins C, E, Zinc) enhance immunity.

Tip: Eat the “rainbow” to ensure a variety of nutrients.

FOOD AS MEDICINE

- Heart Health: Choose healthy fats, limit sodium.
- Diabetes: Cut added sugars, eat fiber-rich meals.
- Inflammation: Focus on plant-based foods.

BENEFITS OF EATING HEALTHY MEALS DAILY

- Nutritious meals boost energy, strengthen immunity, and lower the risk of chronic diseases.

BUILD A BALANCED PLATE

- Half your plate: Vegetables and fruits
- One-quarter: Lean animal/plant protein
- One-quarter: Whole grains
- Include healthy fats like avocados, nuts, seeds, or olive oil
- Stay hydrated: 64 ounces of water

THE BOTTOM LINE

Healthy eating doesn’t have to be restrictive. Nourish, balance, and thrive by embracing whole foods. Small, sustainable changes make a big difference—because food is your best medicine at every stage of life.

*Written by Raksha Shah, MA, RDN
(www.wisebittenutrition.com) on behalf of
the Mayors Wellness Campaign Advisory
Committee of the Chathams
Providing Public Health Services to:
Chatham Borough, Fanwood, Garwood,
Madison, Mountainside, New Providence,
Roselle Park, Summit and Westfield*

FRIENDS OF THE LIBRARY

Fall Book Sale will be as follows:

Wednesday, October 8th...12 noon-5:30 pm
Thursday, October 9th...12 noon-7:30pm
Friday, October 10th and Saturday,
October 11th...10 am-4:30 pm

A large selection of books, games, jigsaw puzzles and music will be for sale.
Donations will be accepted during library hours only on October 4th, 6 th and 7th.
Please no reference books, dictionaries,

business, religious or self-help books, text books or outdated travel guides.

Holiday Boutique will be as follows:

Wednesday, November 12th...12 noon-5:30 pm
Thursday, November 13th...12 noon-7:30 pm
Friday, November 14th

Saturday, November 15th...10 am-4:30 pm
Holidays Gifts and decorations for sale.
Donations can be placed in the bin inside the library front door beginning October 15th.

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CARING CONTACT CELEBRATING 50 YEARS OF LIFESAVING SUPPORT

Caring Contact

On October 11, 2025, Caring Contact proudly celebrated 50 years of unwavering service to individuals in crisis. Since 1975, its mission has remained clear and steadfast: to provide immediate, compassionate, and confidential support to those experiencing emotional distress, mental health challenges, or personal crises.

What began as a small group of volunteers answering calls from the basement of Willow Grove Presbyterian Church in Scotch Plains has grown into a vital community resource. Today, more than 100 trained Listeners - both volunteer and paid - offer support and understanding to

thousands of callers every year.

In 2005, Caring Contact became one of the first agencies to respond to the National Suicide Prevention Lifeline while continuing to serve its original warmline. When the Lifeline transitioned into the nationwide 988 Suicide & Crisis Lifeline in 2022, the volume of calls surged dramatically. In 2024 alone, Caring Contact Listeners answered over 21,000 calls, serving as a lifeline for anyone in need - no matter the reason for their call.

Caring Contact extends heartfelt gratitude to the supporters, volunteers, donors, and staff - past and present—whose dedication has made

this work possible. Their compassion has touched countless lives and built a legacy of hope that will carry forward into the next 50 years. With this milestone, Caring Contact reaffirms its commitment to continue evolving, listening, and responding - because everyone deserves to be heard, especially in their darkest moments.

Become a volunteer. Caring Contact Listener training applications can be found at caringcontact.org.

If you or someone you know is struggling or having thoughts of suicide, please call 988.

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OPERAS ON FILM ANNOUNCES SEASON LINEUP

Mountainside Rescue Squad
Operas on Film, now in its 12th season is held at the Mountainside Rescue Squad.
The selected films from famous opera houses throughout the world, will be played with subtitles on the second Friday of the month at 1 p.m. hosted by Mena Clemson and Norma Huber, Jr. It is free to attend.
Whether you are an opera buff or an opera neophyte, you are invited to join us for the following films:

October 10th, THE MERRY WIDOW
Seefestspiele Morbisch, 2005,
comedy, 150 mins
November 14th, THAIS
starring Renee Fleming,
Metropolitan Opera 2008, 138 mins
December 12th, I LOMBARDI
starring Jose Carreras LaScala,
1984, 127 mins

A THRILLING AFTERNOON OF OPERA FIREWORKS

SUNDAY, NOVEMBER 9, 2025 AT 2:00 PM
Get ready for sparks to fly when two sopranos meet one tenor! Opera at Florham invites you to Due Soprani e Un Tenore, an exhilarating afternoon of soaring arias, dramatic duets, and fiery trios, staged with wit, rivalry, and romance.
Taking place in the elegant Mansion at Fairleigh Dickinson University, this one-of-a-kind concert transforms the timeless magic of opera into an intimate and unforgettable event. Audiences will be swept away by the dazzling interplay of voices as passion, humor, and heartbreak unfold through some of opera’s most beloved music.
WHY YOU CAN’T MISS IT
• Hear world-class voices collide in moments of rivalry, romance, and drama.
• Experience the thrill of live opera in a beautiful, historic setting.
• Perfect for both seasoned opera lovers and first-time attendees!
Reserve your seat now and be part of an afternoon that promises vocal fireworks, theatrical flair, and the kind of energy only live opera can deliver.
TICKETS AVAILABLE ONLINE AT OPERAATFLORHAM.ORG OR AT THE DOOR:
General Admission: \$30
Students (22 & under): \$10
FDU Students (22 & under): FREE
Follow it up with our next Opera Talk with

Opera Educator Lou Barrella on Sunday, November 16, 2025 at 2:00 pm entitled “The ‘Love Triangle’ Trios of Giuseppe Verdi. George Bernard Shaw said that “Opera is when a Tenor and a Soprano want to make love and are prevented from doing so by a Baritone!” \$10 registration fee for Opera Talks!



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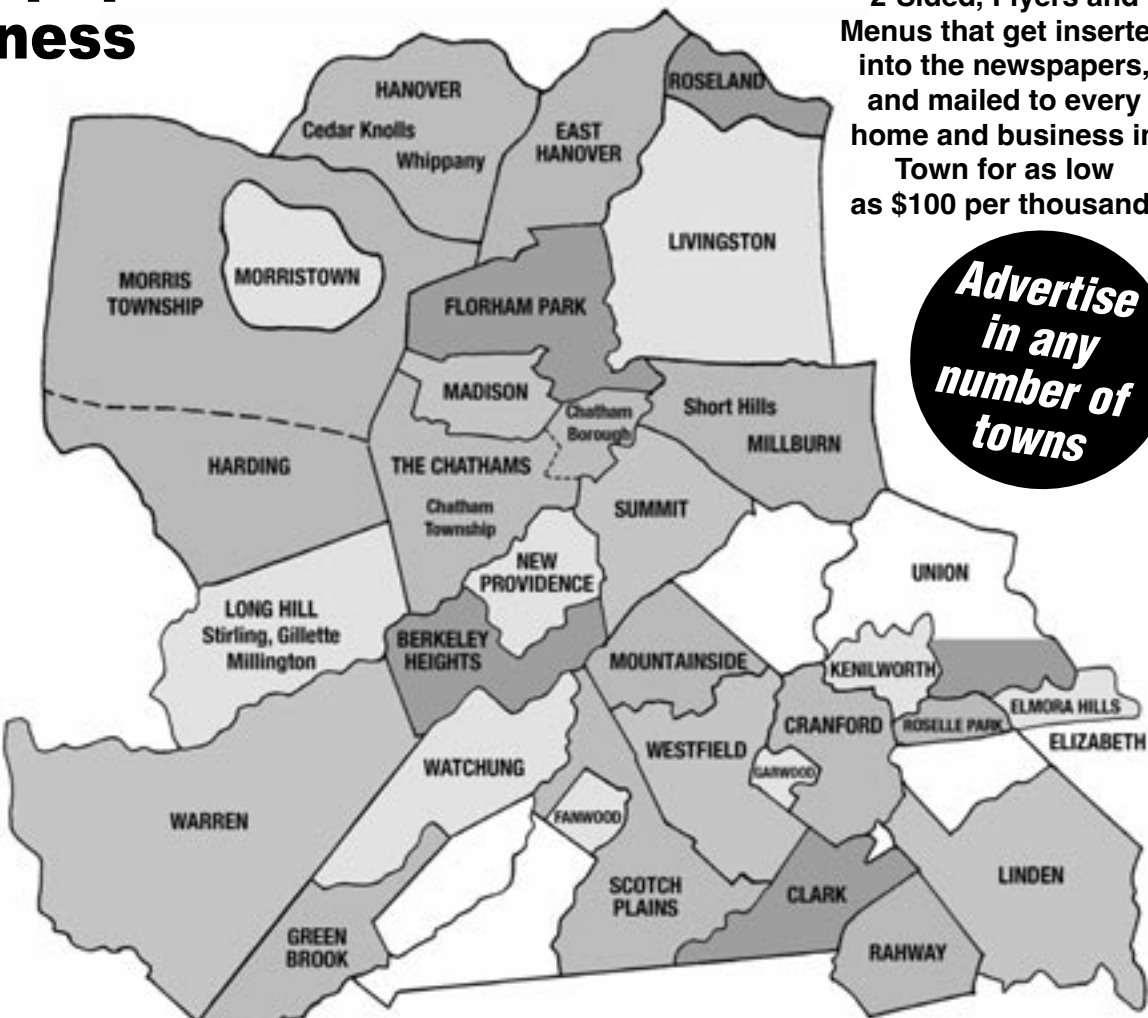
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LT. REYNOLDS DEFENDING AMERICA UNDER SEA

Submitted by Megan Lemly, Navy Office of Community Outreach

Lt. James Reynolds, a native of Westfield, New Jersey, serves the U.S. Navy assigned to USS Scranton, homeported at Naval Base Point Loma. As a submariner, Reynolds is part of a small percentage of Navy personnel continuing a 125-year tradition of service under the sea to help ensure Americans' safety.

Reynolds graduated from Saint Peter's Prep in Jersey City in 2013. Additionally, Reynolds earned a bachelor's degree in mechanical engineering from the United States Naval Academy and a master's degree in cyber security, operations and leadership from the University of San Diego.

Reynolds joined the Navy eight years ago. Today, Reynolds serves as a weapons officer.

"I have two older siblings who served," Reynolds said. "I joined to follow the example they set of serving the country."

Known as America's "Apex Predators!," the Navy's submarine force operates a large fleet of

technologically advanced vessels. These submarines are capable of conducting rapid defensive and offensive operations around the world, in furtherance of U.S. national security.

USS Scranton (SSN 756) is the second U.S. Navy ship to be named for Scranton, Pennsylvania. Scranton is a Los Angeles-class fast-attack submarine. Los Angeles-class submarines have been the backbone of the submarine force for the last 40 years, with approximately 23 now in commission. They are equipped with 12 Vertical Launch System tubes for firing Tomahawk cruise missiles.

Strategic deterrence is the nation's ultimate insurance program, according to Navy officials. As a member of the submarine force, Reynolds serves aboard a platform capable of bringing the fight to enemies in defense of America and its allies.

The U.S. Navy is celebrating its 250th birthday this year.



(above) Lt. James Reynolds, from Westfield to defending America under the sea, one sailor's journey to USS Scranton

Courtesy Photo

According to Navy officials, "America is a maritime nation and for 250 years, America's Warfighting Navy has sailed the globe in defense of freedom."

With 90% of global commerce traveling by sea and access to the internet relying on the security of undersea fiber optic cables, Navy officials continue to emphasize that the prosperity of the United States is directly linked to recruiting and retaining talented people from across the rich fabric of America.

Reynolds has many opportunities to achieve accomplishments during military service.

"My proudest accomplishment is serving as a weapons officer aboard USS Scranton," Reynolds said.

Reynolds serves a Navy that operates far forward, around the world and around the clock, promoting the nation's prosperity and security.

"Serving in the Navy means honoring this country and its Constitution to promote freedom and democracy around the world," Reynolds added.

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Marvelous Mountainside

***Fall is here and the market
is as strong as ever.***

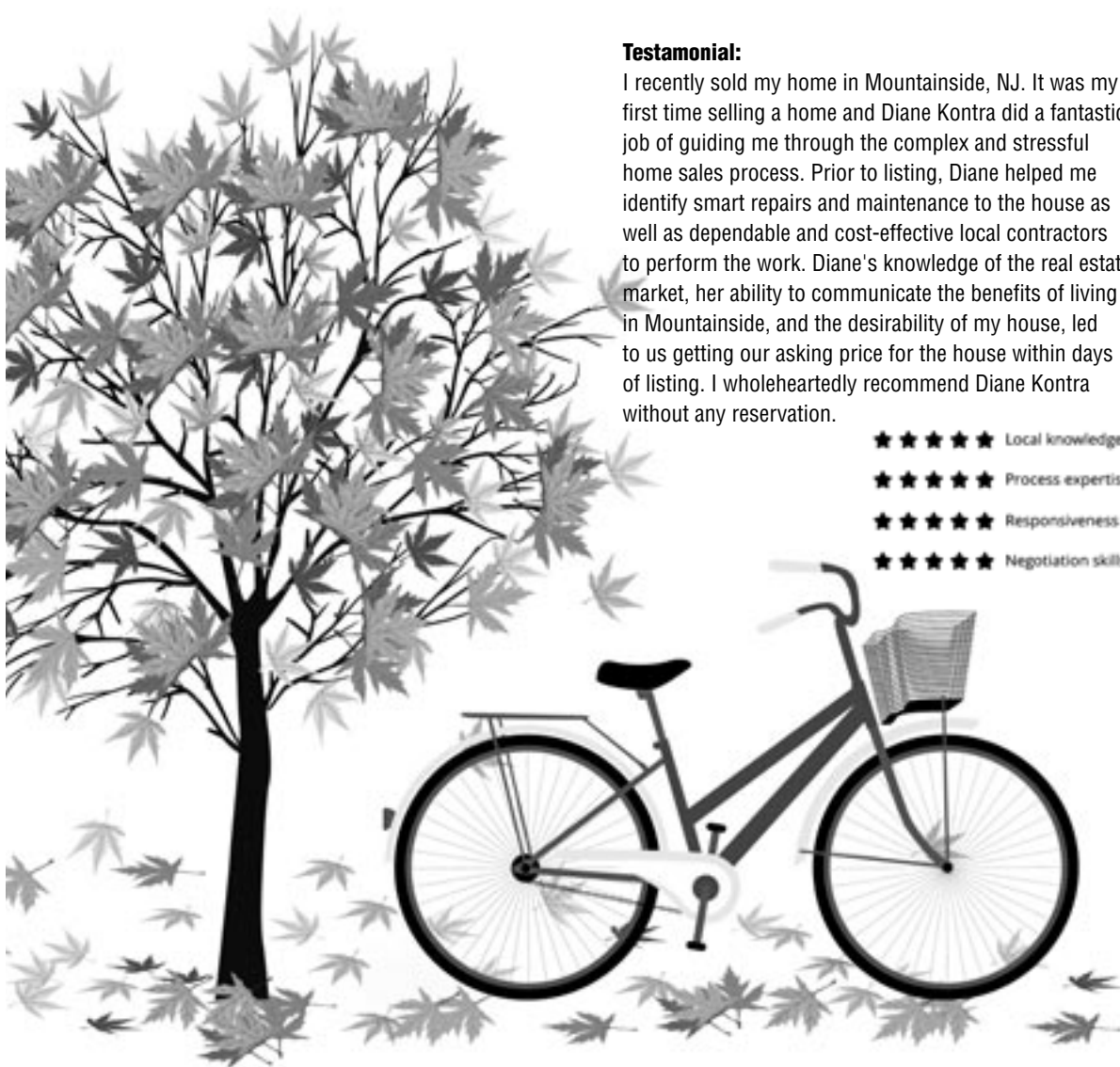
Fall is the perfect time to get your home ready to list.
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I recently sold my home in Mountainside, NJ. It was my first time selling a home and Diane Kontra did a fantastic job of guiding me through the complex and stressful home sales process. Prior to listing, Diane helped me identify smart repairs and maintenance to the house as well as dependable and cost-effective local contractors to perform the work. Diane's knowledge of the real estate market, her ability to communicate the benefits of living in Mountainside, and the desirability of my house, led to us getting our asking price for the house within days of listing. I wholeheartedly recommend Diane Kontra without any reservation.

★★★★★ Local knowledge
★★★★★ Process expertise
★★★★★ Responsiveness
★★★★★ Negotiation skills



Please call me to discuss your unique market strategy.

"Selling Mountainside One Yard at a Time!"



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