

# MOUNTAINSIDE VIEW NJ

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IN MOUNTAINSIDE

Published by Renna Media

Issue 1 • October 2015

Westfield Chamber  
of Commerce

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## RENNA MEDIA LAUNCHES MOUNTAINSIDE VIEW

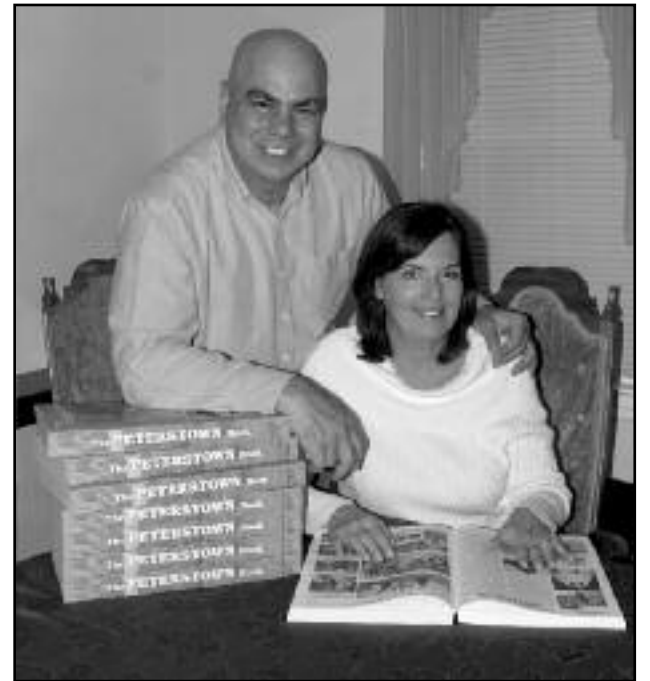
Beginning in October 2015 Mountainside View will join Renna Media's family of newspapers, bringing the number of publications to eighteen. Mountainside View will be direct mailed to every postal patron in Mountainside with a total circulation of 2,800, and will deliver important information from the departments in town hall, along with news from the schools and library. Community service organizations are encouraged to promote their events and businesses and residents can celebrate their accomplishments free of charge. The newspaper's goal is to be a positive influence on the economic development and overall well-being of Mountainside.

Renna Media is a Cranford based business owned and operated by husband and wife team Joe and Tina Renna. Renna Media's family of 18 community newspapers are published in and around Union and Somerset counties with a total circulation of 100,000 newspapers mailed monthly. The publications are "hyper-local" in nature in that they contain information focused on each individual town and are direct mailed within those towns.

The hyper-local design gives businesses the highest value for their advertising dollars. The newspapers are designed (black ink on newsprint) to keep the cost of an advertisement to as low as \$60 for a business card size ad. Regional businesses can take advantage of one low rate for being in multiple publications. Inserts are also available.

Joe and Tina Renna, owners of Renna Media, LLC, have been publishing community newspapers since 1998 with the launch of Around About Peterstown, a regional newspaper about the Italian-American neighborhood in Elizabeth, NJ.

For info about Renna Media publications, please contact [info@rennamedia.com](mailto:info@rennamedia.com); or call 908-418-5586.



(above, l-r) Joe and Tina Renna, owners of Renna Media, LLC, have been publishing community newspapers since 1998.

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ECRWSS



### THREE EVENTS IN ONE DAY THE MOUNTAINSIDE WAY

**Saturday, October 17, 2015**

- 15th Annual Cop Trot & Tot Trot •
- PTA Fall Festival at Deerfield School •
- 2nd Ever Softball Smackdown •

**Register for Cop Trot 5K Run or Run/Walk. There's still time!**

*See page 2 for full event details of the day.*

## ANNUAL CLEAN COMMUNITIES DAY SATURDAY, OCTOBER 24, 2015

New Jersey Clean Communities is a statewide litter-abatement program created by the passage of the Clean Communities Act.

The Borough of Mountainside's Annual Clean Communities Day will be held on Saturday, October 24, 2015 from 9:00 a.m. to 1:00 p.m. If you wish to volunteer, please call Pat Gilstrap at 908-232-2409 or email her at [pgilstrap@mountainside-nj.com](mailto:pgilstrap@mountainside-nj.com). Supplies will be provided and can be picked up at 9:00 a.m. at the DPW garage on Sat. 10/24/15. Lunch will be provided immediately after the event. Our Clean Communities Day is for litter pick-up only.

## CALL TODAY TO ADVERTISE IN THE NEXT ISSUE

Call Tina today to reserve the space in this or other Renna Media publications.

**Each month 2,800 newspapers are printed  
mailed free to every home and business in Mountainside.**

*Reserve space in the next issue. Call Tina today  
at 908-418-5586 or email [info@rennamedia.com](mailto:info@rennamedia.com)*



\*\*\*\*\*ECRWSSDDM\*\*\*\*\*  
**POSTAL PATRON**  
**MOUNTAINSIDE, NJ 07092**

*Mountainside View* is published by Renna Media. 2,800 newspapers are printed monthly and mailed to every business and resident in Mountainside.

Although great care has been taken to ensure the information contained within is accurate, Renna Media assumes no liability for errors or omissions.

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## RENNA MEDIA IS PLEASED TO ANNOUNCE THAT LORI THEISS HAS JOINED ITS STAFF

Lori Theiss is the liaison to the Mountainside community and will be responsible for collecting news of community service events. Community service organizations are encouraged to contact Lori to promote upcoming events and report on past happenings.

**CALL LORI  
AT 908-858-4012  
EMAIL:  
LORI@RENNAMEDIA.COM  
WEBSITE:  
RENNAMEDIA.COM**

*Mountainside View  
is online at  
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## THREE EVENTS IN ONE DAY

**Saturday, October 17, 2015**

**Deerfield School**

302 Central Avenue, Mountainside

### 1st Event

### 15th Annual Cop Trot & Tot Trot

(5K Run or Run/Walk)

8:30am (tots, 6 yrs and under)

9:00am Adult Race

RAIN OR SHINE

Cash prize award to the Top Male & Top Female Finisher

Other bib prizes - awarded at the end of the race (must be present)

The Cop Trot supports the PAL program in Mountainside, NJ.

### 2nd Event

### PTA Fall Festival at Deerfield School

12 Noon - 4pm

Arts, crafts, food, and games for all!

### 3rd Event

### 2nd Ever Softball Smackdown

6pm - Mountainside Youth Baseball vs Mountainside Softball Association

8pm - Mountainside Police Dept vs Mountainside Fire Dept

For Sale: hamburgers, hot dogs, pizza, drinks,  
bake sale, 50/50 raffle & more!

*All proceeds will benefit Mountainside Youth Sports  
as well as Our Lady of Lourdes Church for the use of their fields.*



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## MOUNTAINSIDE PUBLIC LIBRARY

1 Constitution Plaza, Mountainside, NJ. • To register for these programs, stop into the library or call 908-233-0115.

### Tuesday Night Movies.

October 6, 6:30 PM

we will show *WOMAN IN GOLD* based on the true story of Maria Altmann's journey to reclaim a family painting seized by the Nazis in World War II. Starring Helen Mirren and written by Alexi Campbell and E. Randol Schoenberg who was the real life lawyer who petitioned the Austrian government. (PG-13). On October 13, 6:30 PM

5 FLIGHTS UP will be presented starring Diane Keaton and Morgan Freeman, An old married couple Ruth (Diane Keaton) and Alex (Morgan Freeman) make plans to sell their Brooklyn property and move to Manhattan, only to discover that relocating is never simple.

### Brown Bag Academy. Opera on Film Series, Friday, October 9 at 1:00 PM.

Friday Operas on Film series, sponsored by the T. Robel Hill Foundation and presented by Mena Clemson, will be showing *LA FANCIULLA DEL WEST* by Giacomo Puccini. Recorded in 1983, this film stars Placido Domingo and Carol Neblett and the Royal Opera Covent Garden conducted by Nello Santi.

### "Masters of the Louvre"

Saturday, October 3 at 2:00 PM.

Artist and photographer Walter Choroszewski returns to the Library to share his passion for the arts and history with a tour of the Louvre Museum in Paris. Walter showcases 25 artists with interesting biographical backstories and interpretations of the iconic artworks spanning 500 years of European history,

### "Keep This, Toss That",

Thursday, October 8 at 7:30 PM.

Join best-selling author Jamie Novak for a humorous look at the common challenges to getting organized. Be prepared to smile as one or more of these excuses hit home. Aside from a laugh or two, you will walk away with tips on how to clean your closets and make piles of paperwork disappear!

## OCTOBER EVENTS

### "Guided Meditation for Inner Peace"

Thursday, October 15 at 7:30 PM.

Join us every month as we explore and experience the most talked about evidence based meditation techniques for inner peace, overall well-being and stress reduction. This month Sally Youngmans will explore the Counting Breath Technique—a simple technique that you can access anytime, anywhere you need it. Immediately tap into your parasympathetic nervous system to reduce anxiety and stress.

### "Book Sale",

The Friends of the Library will be conducting their annual Fall Book Sale in the Library's Community Room this month.

Drop off begins on Saturday, October 17 and continues until Wednesday, October 21 during the Library's open hours. Preview for Mountainside residents is at 7:00 PM

Thursday, October 22 and the Book Sale runs on

Friday, October 23 and

Saturday October 24, 10:00 AM to 5:00 PM

with a "Bag Day" sale on Monday, October 26.

Donations of new and gently used books, CDs, DVDs, audiobooks, puzzles and games are requested.

### "Historic Haunts of Central New Jersey"

Thursday, October 29 at 7:30 PM.

What ghosts roam within the historic sites and buildings of central New Jersey? Nationally recognized author Gordon Thomas Ward's presentation of Historic Haunts delivers a rich mix of factual history and the sound investigation of ghostly phenomena. The combination of an open-minded enthusiasm and a level-headed approach underscores this collection of reports that will inform, entertain, and lead audience members to places where the past is considered to be very much alive and entwined with the present.

### "Murder, Mystery and Magic"

Monday, November 2 at 7:00 PM.

Mark Zacharia returns with a whodunit with a magical twist that will kill you with laughter! Mark takes the concept of the Murder Mystery one step further by using magic to unravel the clues that help him, in the role of inspector, discover whodunit.

### "Enjoy Explore India-Interactive Diwali Workshop"

Tuesday, November 3 at 2:30 PM

with Seema Mundra. Celebrate Diwali this season with dances from the state of Gujarat. Enjoy wearing Indian costumes, jewelry, bangles and bindis. Learn to perform the "Raas Garba" in which dancers clap their hands or play with beautifully decorated dandiyas (sticks) to create musical sounds to dance on folk music marked by lively dholak beats. See a beautiful display of how families decorate their homes and find out how your friends celebrate this popular festival!

### "Medicare Workshop"

Thursday, November 6 at 3:30 – 5:00 PM  
or at 7:00 – 8:30 PM.

What Baby Boomers need to know about Medicare! Join Justin Lubenow of Senior Advisors in Cranford to get the answer. At this workshop you will learn: the 5 biggest mistakes made by most Medicare beneficiaries, the original Medicare versus Medicare Advantage Plans, how Medicare Supplement policies work, how Medicare Prescription Drug programs work, and when you must sign-up for Medicare to avoid late enrollment penalties and coverage gaps.

### "Presidential Scandals of the 20th Century"

Monday November 9 at 7:00 PM.

Walter Choroszewski is back and will be presenting an overview of the most interesting scandals linked to the American Presidents of the 20th Century - some involving corruption, lies, abuse of power and titillating tales of infidelities. Walter shares eight stories of Presidents who made history for their scandalous behavior. Recommended for adults only!

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Kids 3-6.....\$3.99	Kids 3-6.....\$5.99
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Lunch 11am - 3:30pm	Dinner 3:30pm - 10:30pm
Adult .....\$7.99	Adult .....\$11.59
Kids 7-10.....\$5.99	Kids 7-10.....\$6.99
Kids 3-6.....\$3.99	Kids 3-6.....\$5.99
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## SECOND UNION COUNTY DAY OF PRAYER SLATED FOR OCT. 7 AT FIRST UNITED METHODIST CHURCH IN WESTFIELD

War and tensions across the globe. Calls for mass deportations and public shootings at home. A wave of violent crime locally. Amid all this turmoil and discord comes the second annual Union County Day of Prayer.

"Praying for peace in the midst of violence" will be held Wednesday, Oct. 7, 6:30 p.m. to 8:00 p.m. at the First Methodist Church in Westfield, at 117 Ferris Place. The event will feature readings and comments from religious leaders of all faiths from throughout Union County, as well as music. The Union County Day of Prayer is open to the public and members of all faiths.

The annual Day of Prayer is an interfaith gathering of the faith-based, nonprofit and government communities to unite people from throughout the county regardless of race, religion or disability and to bring greater awareness of the support services available to them, according to Sid Blanchard, executive director of Community Access Unlimited (CAU).

CAU is a statewide Elizabeth-based nonprofit providing support programs and services to adults with disabilities as well as youth served under the Department of Children and Families (DCF) to enable them to live independently in the community, in areas including housing, vocational and life-skills training, education,

advocacy and recreation.

The event is sponsored by the Union County Interfaith Coordinating Council, an organization comprising 40 interfaith congregations and community-based nonprofits, including CAU. The council promotes inclusion of all people within the community, without regard to race, religion or disability, and creates a clearing house of faith-based, nonprofit and government community services available to the public, according to Blanchard.

"There is no community unless everyone is included and embraced," Blanchard said. "The council's mission is to better position everyone in the community to reap all that the community has to offer, including support for seniors, families and children, people with disabilities and those less fortunate economically. Collectively we offer or know how to access a variety of services, including housing, employment and financial help.

"Our theme this year is a reflection of the turmoil ripping apart communities worldwide. It seems the world, our nation and our neighborhoods have become more violent and angry and it is our goal through our annual Day of Prayer to unite the community against this discord."

Speakers will include: Blanchard; Pastor David Mertz of the First United Methodist

Church in Westfield; Rev. Dr. Erika Crawford of the Ebenezer African Methodist Episcopal Church in Rahway; Rev. LL DuBreuil of the Faith United Church of Christ in Union; and Pastor Nathan Bullock of the First Baptist Church in Kenilworth.

Readings and prayers will be provided by Cantor Matthew Axelrod of the Congregational Beth Israel in Scotch Plains; Father Anthony Randazzo, Holy Trinity Roman Catholic Church in Westfield; Rev. Dr. Kirk Morton of the Community Church of God in Plainfield; Imam Ali Jaaber of the Masjid Darul Islam Mosque in Elizabeth; Ven. Duhk-Song Sunim of the So Shim Sa Zen Center in Plainfield; Rev. Bobbie Arrowsmith of the Connecticut Farms Presbyterian Church in Union; Rev. Ron Thomas of the Imani Temple Baptist Church in Union; Pastor Carmine Pernini of the Zion Evangelical Lutheran Church in Rahway; Pastor David Ford of St. Matthew Baptist Church in Roselle; Rev. Manny Cruz of the Common United Methodist Church in Roselle Park; and Rev. Dr. Mark Boyei of the First Congregational Church in Westfield.

Music selections will be provided by Denise Lowe, chair director of the Greater St. John MER Church in Elizabeth and Kevin Caldwell, chair director of the Community Church of God in Plainfield.



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## HEALTHY LIFESTYLE TIPS FOR FAMILIES FROM THE WESTFIELD AREA Y

Summer has come to an end, children are back to school and the feeling of fall is in the air. The Westfield Area Y understands how important developing and maintaining healthy habits is throughout the seasons and offers healthy tips for the entire family.

A great way to start building a healthy lifestyle is to incorporate more activity and healthier eating habits into your daily family routine:

- **Eat Healthy:** Make water the drink of choice (supplemented by age-appropriate portions of 100 percent fruit juices and low-fat milk) and make it easy for everyone to fill half their plate with fruits and vegetables by offering two or three colorful options. Feel free to mix and match fresh and frozen fruits and vegetables to provide a variety.

- **Play Every Day/Go Outside:** Kids should have at least an hour a day of uninstructed play outside (when possible) and break a sweat at least three times a week by getting 20 minutes or more of vigorous physical activity.

- **Get Together:** Eat as a family as frequently as possible with kids involved in meal preparation and clean up. In addition, adults should take a break from electronics and spend one-on-one time each day with their kids, enjoying one another's company.

- **Reduce Screen Time:** Time spent in front of a television, computer, tablet, cell phone or video games should be limited to two hours per day.

- **Sleep Well:** Kids and adults need to keep a regular sleep schedule of 10-12 hours per night for kids and seven to eight hours for adults.

- There is also a need to maintain healthy

habits while outside the home. The Westfield Area Y offers classes, programs and activities for adults, children, teens and families to help stay active and engaged throughout the year. Y certified staff are also available to assist in developing exercise programs that are right for your family's needs.

Registration is going on now for the Fall 1 session. Visit [www.westfieldynj.org](http://www.westfieldynj.org) to learn more

about the Westfield Area Y programs. Members can register online and non-members can visit the Welcome Center at the Main Y facility, 220 Clark Street in Westfield.

The Y is the nation's leading nonprofit committed to strengthening communities through youth development, healthy living and social responsibility. Financial assistance is available for those who qualify.



(above) Westfield Area Y Parent/Child swim classes provide a great opportunity to bond.

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# WESTFIELD AREA Y EARLY LEARNING PROGRAMS CELEBRATE INTERNATIONAL DOT DAY

The Westfield Area Y Early Learning Programs recently celebrated International Dot Day on Sept. 16, 2015. During this day of creativity, courage and collaboration, children from the Westfield Area Y's full day and half day preschool and Kindergarten were encouraged to celebrate in their own unique ways. It started off with reading and discussing the book "The Dot."

The children used a hole puncher, painted with dot paints and glued circles. They then played Twister in the gym. It was a fun-filled learning day for all the children who participated.

To learn more about Westfield Area Y Early Learning programs, please visit [www.westfieldynj.org](http://www.westfieldynj.org). Financial assistance is available for those who qualify.



(above) The children of Mrs. Brief's Grasshoppers class at the Westfield Area Y's Early Learning Center at Elm Street, proudly display their "dot" artwork.

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## WHITE CASTLE TO HOST SCOUT CHESS EVENT

The Watchung Mountain District of the Boy Scouts of America is hosting their Second Annual Chess Tournament open to all registered Boy Scouts, Venturers and Explorers, who know how to play chess. Non-scouts who are interested in scouting are also invited.

The tournament will be held on Saturday November 7, 2015 at the Scotch Plains Baptist Church, 333 Park Avenue, Scotch Plains, NJ. The event will run from 9am to 1pm. The tournament is being generously sponsored by White Castle.

Scouts interested in playing can use Patriots' Path Council Watchung Mountain District Double Knot link to register on-line at [ppbsa.doubleknot.com/event/white-castle-watchung-mountain-chess-tournament/1792566](http://ppbsa.doubleknot.com/event/white-castle-watchung-mountain-chess-tournament/1792566) or Email Charlean Mahon at [Charlean.Mahon@scouting.org](mailto:Charlean.Mahon@scouting.org).

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## Watchung Mountain District Boy Scout Chess Tournament

**Saturday, November 7, 2015**

**9:00 am to 1:00 pm**

**Sign-in/setup starts at 8:00 am**

**Scotch Plains Baptist Church**

**333 Park Avenue, Scotch Plains, NJ 07076 • 908-322-5487**

(off Rt. 22, across from Snuffy's)

Open to all registered Boy Scouts/Venturers/Explorers.

*Non-scouts welcomed!*

Limited to 40 players who must know how to play chess. Registration is \$6

Use Watchung Mountain District Double Knot link to register on-line at

[ppbsa.doubleknot.com/](http://ppbsa.doubleknot.com/)

[event/white-castle-watchung-mountain-chess-tournament/1792566](http://event/white-castle-watchung-mountain-chess-tournament/1792566)

Email Charlean Mahon at [Charlean.Mahon@scouting.org](mailto:Charlean.Mahon@scouting.org) for more info.

Trophies awarded to 1st, 2nd and 3rd place finishers.

Commemorative ribbons and gift bags for all participants.

Lunch will be provided by White Castle for all players and guests.

This tournament meets the 6a requirement for earning a Chess merit badge.

Event Sponsored by



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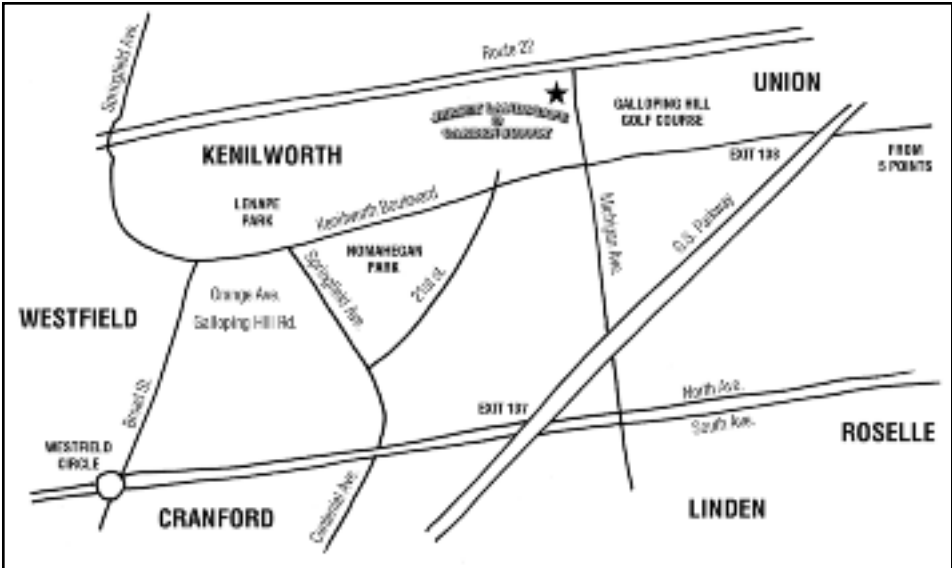
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