

WESTFIELD CHAMBER NETWORKING BREAKFAST

WEDNESDAY JAN 13TH
7:30am – 9:00 am

TEPP ACCOUNTING SERVICES
111 Quimby St., Ste #1
Westfield, NJ

Coffee and breakfast treats will be provided.

908-233-3021
info@westfieldareachamb

WHAT'S ANOTHER WORD FOR GIVING?

The Mountainside Rotary visited Deerfield Elementary School in mid November to distribute dictionaries to the 3rd graders and Thesauri to the 4th graders. Including all of the donations from the year 2015, the Rotary has given a total of 2,000 books to date. The Rotary has been distributing these for 10 years.



(above l-r), 4th grade Deerfield Elementary Teacher, Mrs. Shannon Keegan, and Rotary Officials John Schnakenberg, Rose Marie Sinisi, Glenn Mortimer, Bart Barre, and Dan Falcone.



(above l-r), Rotary Officials Rose Marie Sinisi, Glenn Mortimer, John Schnakenberg, Bart Barre, and Deerfield Elementary Teacher, Mrs. Kathleen Goldbeck and the 3rd grade class.

BUSY WINTER FOR PAL

In regard to basketball, there are currently 2 girls and 3 boys teams playing in the jersey basketball association (JBA). Five of 14 games have played thus far and they are played on Sundays at home 10:15, 11:30, 12:45, 2:00 and 3:15.

PAL Cheerleaders have started practicing and will attend some of the basketball games to support the teams. Grades 2-5 and (2) 8th grade girls are volunteering to help out PAL adult volunteers. They practice Tuesday nights in the cafeteria, and they will start performing at games in January and February.

In January, High School Open Gym also begins - it's an opportunity for high school boys to come back to play basketball with their middle school friends. PAL volunteers run it on Sunday nights in January - February. Registration is now, but it's a favorite, so there are no worries about it filling up to the maximum.

Watch out for Annual Roller Skate Night in February. Admission and skate rental is FREE to the community (Mountainside and Berkeley Heights). PAL also provides a giveaway... in past years giveaways have been light up yoyo's and play dough. It is held at the Florham Park Roller Rink.

Mountainside will also combine with Berkeley Heights PAL for winter track. Watch for more information on that as well.

Mountainside PAL Annual Skate Night

Come join the Mountainside PAL for a FREE* night of roller skating and good times

Open to all Mountainside and Berkeley Heights Residents

15th Annual PAL Roller Skate Night

When: Saturday, February 20th, 2016
Time: 6:00 pm – 7:30 pm
Place: Florham Park Roller Rink
Cost: FREE (free entrance fee and free skate rental)*
Address: 192 Ridgedale Avenue
Florham Park, NJ
Phone: (973) 377-0465
Directions: www.myrink.com

Children must be accompanied by an adult!
Helmets are suggested

Mountainside PAL always welcomes new volunteers who can contribute fresh ideas and have a dedication to our youth. Volunteers are needed to keep our programs moving forward.

Follow us on Facebook, "LIKE" the Mountainside PAL page
www.mountainsidepal.com
mountainsidepal@verizon.net

(*Free Entrance and Free Skate Rental Courtesy of Mountainside PAL)

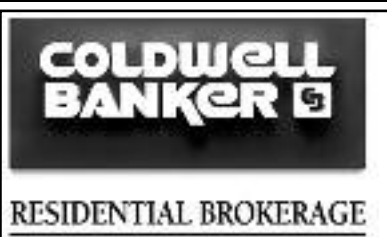
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Nancy Jean Walker, Broker/Sales Associate
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We are Mountainside residents too.

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PROMOTE YOUR COMMUNITY EVENT

Community service organizations, schools and sports teams are encouraged to submit news of upcoming events or highlights and photos from recent events.

Organizations who are interested in submitting content, please email Lori Theiss at lori@rennamedia.com

TRYCAN : A COLLABORATION OF COMMUNITIES

Programs for Youth with Special Needs Now Registering in Summit

- Kids for Kids Fine Arts Scholarship 2015
- Dance and Movement Group (Classes begin April 19)
- Theatre for Everyone - Papermill Playhouse
- Shining Stars on Broadway

Youth with special needs and those who could use just a little help and encouragement are welcome to now register for several programs being offered again this spring by Mountainside and several neighboring towns and coordinated by TryCAN.

Our experienced coaches and instructors and excited to return to help our youth develop skills that may allow them to pursue a sport or activity further or simply provide them with a meaningful recreation experience. These popular and affordable classes, open to both residents and nonresidents, also use the assistance of trained teen Peer Mentors from local middle and high schools to help participants fully participate in the classes, learn and have fun.

The classes are held at the Summit Community Center, 100 Morris Avenue. For a copy of the fall flyer with program description complete class dates and times, instructor information, pricing and registration information, contact summitcan@gmail.com or call Summit Department of Community Programs at 908-277-2932. You can also stop by the Summit Community Center to pick up a copy of the flyer, register or answer any questions.

TryCAN is a collaboration of several neighboring communities offering an array of recreation programs for children with special



TryCAN's mission is to help provide recreation programs and other services to youth with special needs and their families.

needs or those who need special accommodation. There are no non-resident fees involved and all welcome!

RECREATION CONTACTS

Frank Masella , Director
Michael Butrico , Assistant Director
Karen Bandics , Secretary/Pool Bookkeeper
908-232-0015

The office is closed between noon and 1 p.m.

Mountainside View is online at www.rennamedia.com like us on [facebook.com/Mountainside View](https://www.facebook.com/MountainsideView)

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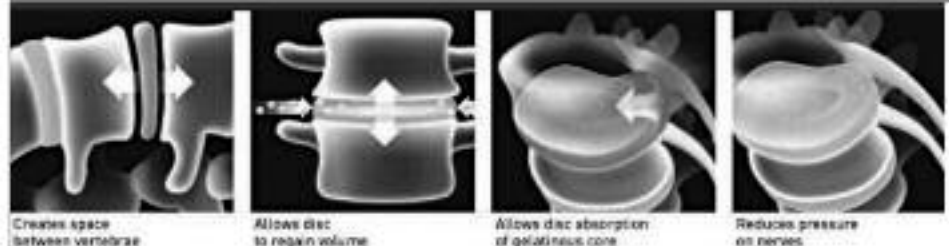
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If you, like millions of other Americans, suffer from debilitating neck or low-back pain, Spinal Decompression with IDD Therapy® might be something to look into. IDD stands for Intervertebral Differential Dynamics® and the therapy is a highly precise computer-applied regimen which utilizes treatment forces to manipulate and mobilize specific spinal segments.



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IDD Therapy® offers a greater than 85% success rate in treating and effectively eliminating severe back pain conditions. Unlike surgery which can be risky and includes significant downtime, this new non-invasive therapy is gentle and painless as it works to restore normal spinal function. In addition, the cost is minimal when compared to surgery or other invasive therapies.

IDD Therapy® is available at both our Summit and Newark offices. Other services include traditional physical therapy, acupuncture, and chiropractic care.

"I suffered through severe sciatic pain for 3 years. I tried everything and even considered Spinal Surgery. I was skeptical when I first heard of Spinal Decompression but after a couple weeks of this type of therapy, my leg pain disappeared completely and my back pain improved 80%. I no longer have to do surgery and I can do the things in life that I like to do."
-M.B.

"I had been suffering with a herniated disc for 5 years. I really didn't want to try this therapy but after I came in and got the treatments, I am no longer in pain. I feel the best I have in 4 years and I absolutely give full credit to spinal decompression therapy." - B.G.

"After my back injury, I went to see almost every type of back specialist. I had medication, spinal injections, back surgery and I scheduled for another back surgery. I started this therapy and I was able to go back to work in construction in 6 weeks. Not only am I pain free but I am active again." -F.S.

"Spinal Decompression Therapy was a very effective treatment for my neck pain. I endured neck pain for months. The pain was bad enough that I never got more than 1 to 2 hours of sleep per night during this time. One or two weeks after starting treatment I began to see improvement. I had almost no neck pain and got back to my regular 6-8 hours sleep per night." -J.D.

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PAL YOUTH RUNNING DEVELOPMENT PROGRAM

The Berkeley Heights Police Athletic League is excited to announce the 2016 Youth Spring Track Program is OPEN and will CLOSE January 31st. Registration Fees: \$165 RESIDENTS (Berkeley Heights/Mountainside) / \$195 Non-Residents / Late Registration Fee \$40.

The "Berkeley Heights PAL Youth Running Development Program" (including Mountainside) establishes a supportive environment for everyone to explore their potential. We invite you to experience fun, fitness and competition today. Training emphasis will include – Speed, Strength, Endurance, Running Mechanics, Flexibility, Agility & Drills. This program is also a great cross conditioner for other sports, the discovery of a new sport or just a fun way to be healthy.

First practice begins Monday February 29th, 2016 at Governor Livingston High School. The TRAINING SCHEDULE is 5:45pm - 7:30pm, Monday - Tuesday – Thursday. The majority of the Track Meets are on Sundays (very few on Saturday) starting late April. The three and a half month program is designed for boys and girls who are interested in improving their fitness or laying a solid training foundation for SPRING Track Competitive events. The track program will offer sprints to distance running as well as relays for children grades 2nd thru 8th, from developmental to competitive.




FOR REGISTRATION, please go to the Berkeley Heights PAL website <http://www.bhpal.org/>.

For more information about the youth running program, please visit the WolfPack Track Club at <http://www.wolfpacktc.org/>.

For questions regarding the youth running program, please contact Coach Steve SanAntonio at wolfpacktrackclub@gmail.com

3rd Annual

2016 White Castle

Munsee District Boy Scout Chess Tournament

Saturday, February 27, 2016
 10:00 am to 2:00 pm
 Sign-in/setup starts at 9:00 am


Cranford Community Center

220 Walnut Avenue, Cranford, NJ • 908.709.7283


Open to all registered Boy Scouts/Venturers/Explorers.
 Limited to 40 players who must know how to play chess. Registration is \$6
 Use Patriots' Path Council Munsee District Double Knot link to register on-line
 at ppbsa.doubleknot.com
 Email Jim Parlapiano jim.parlapiano@hotmail.com for more info.

Trophies awarded to 1st, 2nd and 3rd place finishers.
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Mountainside (Next to L'Affaire):
 1111 US-22, Mountainside, NJ 07092

MAXIMIZE YOUR BODY'S POTENTIAL



**Mountainside PAL High School Basketball League
Recreational League for High School Boys**
Have fun with friends and play games in a league format

Information:

When: Sundays from January 10th to February 28th, 2016
Time: 5:00pm - (time subject to change due to prior PAL basketball games)
Where: Deerfield Gym
Fee: \$75.00 per child
What to wear: Gym Shorts/Sweat Pants, Sneakers/Basketball Shoes
 A PAL reversible jersey will be provided

Registration is on a first-come, first served basis
Limited space

Please complete the form below and return along with payment to:

**Mountainside PAL
c/o Paul Mirabelli
291 Bridle Path
Mountainside, NJ 07092**

Any questions, call Paul Mirabelli (908) 461-9070



Please make checks payable to: **Mountainside PAL**

First Name: _____ Last Name: _____

Street Address: _____ Shirt Size: S M L XL 2XL
Circle one

Day Phone: _____ Evening Phone: _____

E-mail: _____

Medical Limitations/Allergies: _____ School: _____ Grade: _____

My child has been examined by a physician, and to the best of my knowledge is physically fit to participate in a basketball league. Permission is hereby granted to engage in this activity. The Borough of Mountainside and/or its employees, Mountainside P.A.L. and/or its Members, Directors and Officers and P.A.L. volunteers / coaches will not be liable for any injury incurred from practices or games. Participants are responsible for their own transportation to and from practices and games. I understand that state law requires my child to wear protective eyewear that meets national standards during this activity if he normally wears corrective eyeglasses. I give permission for my child to be photographed, and for photographs to appear in Mountainside P.A.L. materials.

Parent's Authorization: _____

HUMAN TRAFFICKING

During the month of January, the League of Women Voters of Berkeley Heights, New Providence and Summit will present a program on Human Trafficking of Underage Teens. FBI Special Agent Brian Salamone is the presenter. Former teenage survivors of Human Trafficking will also be part of the presentation. This event is co-sponsored by the Coalition Against Human Trafficking. Plan to attend this presentation January 19, 2016 at the DeCorso Community Center, 7:30pm, in New Providence. Human trafficking can and does exist and we need to recognize the signs.

FBI assistance to victims
and action against

HUMAN TRAFFICKING

A PRESENTATION BY

FBI Special Agent
Brian Salamone and
Victim Specialist
Keyla Munoz
Q/A to follow

January 19th
7:30 PM
DeCorso Community Center
15 E. 4th St., New Providence

LWV

www.lwv-bhnp.org www.njhumantrafficking.org

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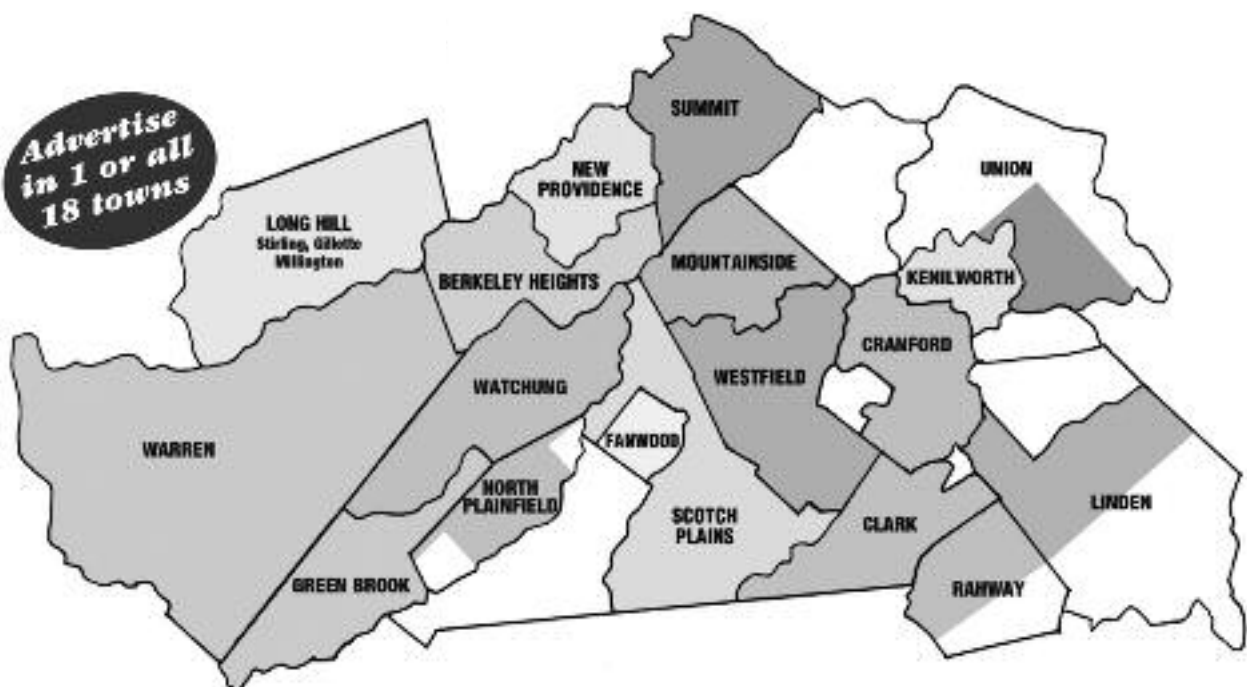
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MOUNTAINSIDE PUBLIC LIBRARY

One Constitution Plaza, Mountainside, NJ.

To register for these programs, stop into the library or call 908-233-0115.

Note: Library will be closed on Monday, January 18 in observance of Martin Luther King Day.

JANUARY AND EARLY FEBRUARY EVENTS

Tuesday Night Movies

Showtime is 6:30pm for each movie.

Our first offering is *Me and Earl and the Dying Girl* on January 5. The mother of an awkward high school senior forces him to spend time with a girl whom he hasn't spoken to since kindergarten. He then learns that she is dying of cancer (PG-13). On January 12, we will screen *The Age of Adeline*. Adeline Bowman has a secret: she has remained 29 years old for almost 80 years! When a chance encounter with a charismatic philanthropist reignites her passion for romance, her secret becomes in jeopardy. She is forced to make a decision that will change her life (PG-13). *Life's a Breeze* is our feature film January 19. A struggling family in Ireland must overcome their many differences and unite to lead their family in a race against time to find a lost fortune (R). On January 26, our final movie of the month will be the 2001 comedy *Tortilla Soup*. A retired Mexican-American chef, who has lost his sense of taste, lives to cook for his 3 single daughters. While the daughters humor their father's old-fashioned ways, each is searching for fulfillment outside the family circle (PG-13).

Story Times at the Library

Stay warm and cuddle up with our popular children's story times during January. Daytime programs are for "crawlers" through preschoolers. Pick up a flyer in the library for times or consult the website calendar at www.mountainsidelibrary.org/children.

Brown Bag Academy

Mondays at 1:15pm

Our popular Great Courses series continues with "A History of European Art". Midterms are coming up! Bring your lunch! Coffee, tea and cookies will be served.

"Opera on Film Series"

Friday, January 8 at 1:00pm. Friday

Operas on Film series, sponsored by the T. Robel Hill Foundation and presented by Mena Clemson. Recorded in 1991, Gaetano Donizetti's opera *L'Elisir D'Amore* starring Placido Domingo and Kathleen Battle will be presented.

"Saturday Musical Getaways"

Saturday, January 9 at 2:00pm.

Andean Culture and Music. Pepe Santana is an Ecuadorian-born musician based in New York City. He

has lived in the United States for 38 years spreading the musical traditions of the Andes Mountains, which is his lifelong passion. He will present a short slide presentation to introduce the history, geography, musical traditions and activities of the South American Andean people. There will be demonstrations of more than a dozen native musical instruments from various areas of the Andes Mountains and he will produce ancient Andean sounds and rhythms on these instruments. Participants will be encouraged to play and produce musical notes with these instruments themselves!

This program is for children and adults!

"Medicare Workshop"

Thursday, January 14 at 3:30pm and gain at 7:00pm.

Justin Lubenow of Senior Advisors in Cranford returns for additional workshops. You will learn: what has changed in 2016, 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 what Medicare does and doesn't cover.

"Guided Meditation for Inner Peace"

Thursday, January 21 at 7:30pm.

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 Younghans will be teaching Nada Yoga (Sound healing). Experience the healing effects of sounds and learn how they relate to your energetic body.

"Journey to the Ancient Middle Kingdom"

Thursday, February 4 at 7:00pm.

Every legend has its history; every story has its truths. And, the best are rarely forgotten. For the past 5,000 years, China has amassed a diverse legacy of heroes, myths and values that still resonate in the present. An audio-visual presentation will take you on an inspiring journey of thousands of years of traditional culture, classical dance and the sounds of ancient musical instruments. Discover the true China you've never known! Sponsored by Shen Yun Promotions International, a non-profit organization with a mission to revive the authentic Chinese culture.

To register for these programs, stop into the library or call 908-233-0115.

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BLUE STAR SHOPPING CENTER



Large Parking Lot to Accommodate our Customers

10% DISCOUNT
Seniors 60+, Military,
Police, College Students
Hibachi Grill Supreme Buffet (Show ID)

1701 U.S. Highway 22 West • Watchung



MONDAY - THURSDAY

Lunch 11am - 3:30pm	Dinner 3:30pm - 10:00pm
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
2 & Under.....FREE!	2 & Under.....FREE!

FRIDAY - SATURDAY

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
2 & Under.....FREE!	2 & Under.....FREE!

SUNDAY ALL DAY DINNER

11am - 10pm

Adult.....\$11.59
Kids 7-10\$6.99
Kids 3-6\$5.99
2 & UnderFREE!

GIFT CERTIFICATES AVAILABLE

SUSHI

**Fantastic range of freshly prepared sushi.
Most selection and top quality among all competitors.
It is far from the typical "buffet quality" sushi.
At HIBACHI, you don't sacrifice taste for price.**

BUFFET

Elegant, modern, fresh, executed with care and confidence. HIBACHI Grill Supreme Buffet brings together 250+ of fresh-made Asian dishes in eleven buffet bars.

HIBACHI

Choose your favorite ingredients from dozens of seafood, meats and vegetables. Watch our chef preparing them in our special hibachi sauce to create a full-flavored dish.

ASK US ABOUT CATERING YOUR NEXT EVENT!

We have a large party room available for birthday parties, office meetings & weddings.

\$125 OFF
ADULT BUFFET

With purchase of a beverage per person
Watchung • 908-490-1600
Cash Only. Limit 4. Not valid with any other offers or discounts. Expires 2/10/16.

\$250 OFF
2 ADULT BUFFETS

With purchase of a beverage per person
Watchung • 908-490-1600
Cash Only. Limit 4. Not valid with any other offers or discounts. Expires 2/10/16.

\$10 OFF
ANY ONE PARTY

Of \$100 or more. Monday - Thursday Only.
Watchung • 908-490-1600
Cash Only. Limit 4. Not valid with any other offers or discounts. Expires 2/10/16.

\$500 OFF
4 ADULT BUFFETS

With purchase of a beverage per person
Watchung • 908-490-1600
Cash Only. Limit 4. Not valid with any other offers or discounts. Expires 2/10/16.