

Mountainside Library Plans Activities For November

MOUNTAINSIDE — The Mountainside Public Library has revealed its calendar of programs for November and has announced that it will be closed on Friday and Saturday, November 10 and 11, for Veterans Day and on Thursday and Friday, November 23 and 24, in observance of Thanksgiving.

Tuesday Night Movie offerings this month include *Everything is Copy* (2016, not rated) on November 7; *Their Finest* (2017, R) on November 14; *A Street Cat Named Bob* (2016, not rated) on November 21 and *Gifted* (2017, PG-13) on November 28. Each movie starts at 6:30 p.m.

Brown Bag Academy will continue on Mondays in November at 1:15 p.m. The Great Courses Fall Semester is already underway. A new lecture series will start on November 6.

"Genealogy Series: Celebrate Your Family" will take place tonight, Thursday, November 2, from 5:30 to 7 p.m. Sandy VanderMeer of the Mountainside Restoration Committee will be at the library for the second of a three-part series entitled "Connect to Your History." This program will be about accessing online resources. Free and open to the public, it is sponsored by Arbor Terrace Mountainside. To register, call (908) 760-0599 or the library at (908) 233-0115.

"Trading Places," an interactive program for senior couples in which partners agree to trade traditional roles

and responsibilities, will be held today and on Thursday, November 16, from 1:30 to 2:30 p.m. each day. It is conducted with humor and an appreciation for the knowledge each person brings to long-standing relationships.

"Saturday Musical Getaways: Dean Martin Retrospective" will be featured on November 4 from 2 to 3 p.m. Popular crooner Dave DeLuca will return to the library's Community Room for his one-man show "That's Amore: A Century of Dean Martin." Mr. DeLuca will imitate Martin's relaxed, warbling crooning voice as he performs signature songs in a program marking the 100th anniversary of Martin's birth this year.

"Medicare Workshop: Basics for Boomers" will be held on Monday, November 6, from 7 to 8:45 p.m. Neil Berger will answer questions about Medicare, in an entertaining way, during this workshop. This seminar is geared toward those who are approaching Medicare eligibility within the next few years or who are a caregiver for, or the adult child of, someone approaching Medicare eligibility. Mr. Berger is not affiliated with a financial organization, nor is he selling a service or product.

Additional events for later in the month will be announced. To register for library programs, visit the library or call (908) 233-0115. The Mountainside Public Library is located at 1 Constitution Plaza, Mountainside.

Library Events to Include Résumés, Grammy Tribute

WESTFIELD — The Westfield Memorial Library will present a résumé-writing workshop on consecutive Wednesdays, November 8 and 15, from 2 to 4 p.m. A Tribute to the Grammys also will be presented on November 8 at 7 p.m. The library is located at 550 East Broad Street.



Karen Camden

Instructor Karen Camden will present the two-part "Create a Résumé in Word" workshop. Keyboarding skills and a minimum level of Basic Word are required. Each student who completes both parts of the class will receive "Top Ten Tips for a Successful Job Search."

Students should bring a thumb drive to save their work and for "homework" assignments. The number of library laptops is limited, so students are encouraged to bring their own if possible.

Ms. Camden is the president of Camden Associates, a consulting firm that provides services in communications and people skills, organizational assessments and clutter control.

Professional vocalist Stan Edwards will present the Grammy Award tribute. This event is a musical toast to the first decade of the Grammy Awards, from 1958 to 1967.

Mr. Edwards will perform songs sung by the great artists of that period, from Doris Day and Tony Bennett, to Louie Armstrong and Ella Fitzgerald, to Louie Prima and Keely Smith. Some of Mr. Edwards' selections include award-winning songs such as "Volare," "Mack the Knife," "I Left My Heart in San Francisco" and "People."

Mr. Edwards has sung at the Village Gate with Dorothy Fields, and Cy Coleman, and has performed in multiple venues ranging from the Fontainebleau to the Gas Light Club

and Tavern on the Green, as well as in television musical shows and a tour with the Tommy Dorsey Band. He and his wife, Linda Ipanema, have given several performances at the library and continue to perform together.

These programs are open to Westfield Memorial Library and MURAL cardholders. MURAL cardholders belong to the 43 libraries that are part of the Middlesex Union Reciprocal Agreement Libraries. Interested persons are encouraged to visit the Westfield Memorial Library website, wmlnj.org, and click on the "About Us" tab to see if their library is a MURAL participant.

To register for either or both programs, visit wmlnj.org and click on the Online Calendar or call (908) 789-4090, option 0.

Hist. Society to Take Part In Charity Day

WESTFIELD — Once again, the Westfield Historical Society will participate in the Westfield Lord & Taylor's Fall Charity Day on Saturday, November 18, at the North Avenue store. All proceeds from the Historical Society's ticket sales benefit the organization.

A \$5 shopping pass ticket will enable individuals to receive 25 percent off storewide with limited exclusions and 15 percent off on almost all beauty when shopping on November 18.

To purchase a \$5 Savings Pass ticket, call Carol Goggi at (908) 654-1794. Additionally, Historical Society volunteers will be at the Westfield Lord & Taylor tomorrow, Friday, November 3, from 2 to 6 p.m., selling tickets at the Shoe Department entrance. Those interested in volunteering to sell tickets during this time also may contact Ms. Goggi.

Obituaries

Herbert H. Goss, Family Man, 88, Known For Kindness, Generosity

Herbert H. Goss, 88, passed away on Wednesday, October 18, at Center for Hope Hospice in Scotch Plains.

Born February 28, 1929, in Detroit, Mich., Herb moved to Sheffield, Ala., the same year. He attended Sheffield High School in Alabama and the University of Northern Alabama. Between 1948 and 1952, Herb served in the U.S. Air Force. He was stationed in Okinawa, Japan, and in Korea.



Herbert H. Goss

Herb was the owner, president and chairman of the board of New Jersey Window Sales, Inc., headquartered in Bloomfield, N.J. The company installed metal window frames in commercial buildings throughout the New York metropolitan area. He won contracts for 52 major buildings in New York City, including the prestigious AT&T headquarters. Herb retired in 1990.

Herb lived in Scotch Plains, N.J., for the past 44 years. He also owned a home for the past 25 years in Naples, Fla. Herb loved to ski, play golf, travel and watch his beloved New York Giants and Alabama Crimson Tide.

Herb was a devoted member of the Unitarian Church of Plainfield for

over 50 years, and more recently the Naples Unitarian Church.

Herb was a gentle, good man who took care of his family. Herb greatly valued education. He ensured that all five grandchildren graduated from college. He also began a college scholarship fund for needy students at Sheffield High School.

Herb is survived by his wife of 40 years, Lilian; son John of Naples; son Vic and his wife, Kathy, of Pittsburgh; five grandchildren, Sean, Michael, Caitlin, Kristen and Emily, and countless friends.

Herb's favorite charities, among many, were the Southern Poverty Law Center, Habitat for Humanity, and Doctors Without Borders. In lieu of flowers, the family asks for donations to one of these charities.

Herb will always be remembered for his zest for life, love of travel, and, above all, his generosity and kindness.

A memorial service will be held at 2 p.m. on Saturday, December 2, at the First Unitarian Society of Plainfield, located at 724 Park Avenue, Plainfield, N.J., 07060.

November 2, 2017

Genealogical Soc. to Hear Story of Joseph Curran

WESTFIELD — The Genealogical Society of the West Fields will present "The Lost Tapes of Joe Curran, President and Founder of the National Maritime Union" by Mark Kurusz at its meeting on Thursday, November 9, at 1 p.m. It will take place at the Westfield Memorial Library, located at 550 East Broad Street. Light refreshments will be served after the program.

Joseph Curran was a "rough and tough character" who, despite being expelled from school in the sixth grade, went on to found the National Maritime Union and serve as its president for 36 years. His oral history tapes at Texas A&M University, recorded in the 1960s, inspired Mr. Kurusz's research.

Mr. Kurusz will discuss his research documenting Joseph Curran's early years and troubles in Westfield, and his journey to union president. He will share stories he has discovered in

his research for Curran's biography. Mr. Kurusz is looking for information and photos from two families: Christopher Tobin's family from about 1914 to 1920 and Gus Schmall's family in Garwood from about 1905 to 1915.

Anyone with any information or photos is asked to contact Mr. Kurusz through the Genealogical Society of the West Fields at tregswf@gmail.com.

Mr. Kurusz is a New Jersey native and graduate of Westfield High School, Class of 1964, who now calls Austin, Tex., his home. He was a merchant seaman and an NMU member as a young man, but spent his career in the medical field as a perfusionist. He is the author of more than 100 articles, 28 book chapters and four books in the medical field. Now retired, he is working on Joe Curran's biography and enjoys sharing his story.

Sunday Event to Spotlight Fanwood of Years Ago

FANWOOD — The Historic Preservation Commission of Fanwood will present a program of reminiscences about life in Fanwood dating back to a period 60 to 80 years ago.

Entitled "The Way It Was — The Way We Were," the program will take place this Sunday, November 5, at 2 p.m. It will be held in the Fanwood Museum that is located in the historic railroad station at the corner of Martine and North Avenues.

Three Fanwood residents, June McCarthy, Earl Phillips and Joe Schott, whose combined ages total more than 275 years, will give accounts of what everyday living was like during their growing-up years in Fanwood.

While the program is intended for residents who have acquired residence in Fanwood in the last few years, everyone is welcome to attend.

Audience members will get an account of how mail was processed

when there were no house numbers on homes in Fanwood; an explanation of how food was preserved in the household without an electric refrigerator, and how laundered clothes were dried without an electric dryer.

There also will be a detailed explanation of how a telephone call was initiated and completed, and a description of a visit for shopping or a movie to Plainfield, which was then the commercial and cultural center for the small surrounding towns of this area.

Additionally, one of the trio of speakers will give a detailed account of what it was like to drive a car before the advent of the automatic transmission, and one of the seniors also will explain how apple cider was produced in a small Fanwood factory and distributed to surrounding towns.

Attendees are encouraged to ask questions. Joe Nagy, Fanwood's historian, will act as the moderator.

Library Friends to Host 'Hollywood Romance'

CRANFORD — The Friends of the Cranford Public Library invite the community to join professional photographer and publisher Walter Choroszewski for his presentation of "Classic Hollywood Romance: On Screen and Off."

The lecture/PowerPoint presentation will take place on Wednesday, November 8, at 7:30 p.m., at the Cranford Community Center. The center is located at 220 Walnut Avenue, Cranford.

Mr. Choroszewski will explore the roots of American cinema, from the silent screen era through the Golden Age, and will review some of the best romantic movies ever made. The program will include stories of on-screen celebrity couples and their off-screen love lives, as well as accounts of Hollywood's longest and shortest marriages and most unusual romances.

Mr. Choroszewski has published 19 books of photography. He was the primary photographer of the "New Jersey & You: Perfect Together" campaign in the 1980s and '90s and was the recipient of the first New Jersey

Photo Journalism Award in 1989. In addition to state tourism materials, his photographs of New Jersey have been widely published in calendars, magazines and textbooks. The program is free and all are welcome.

Library Reveals Dates For Book Clubs

SCOTCH PLAINS — The Scotch Plains Public Library has announced its book club schedule. These book clubs are free and open to the public. The library is located at 1927 Barkle Avenue, one block from Park Avenue, in the center of the township.

The Evening Book Club will meet on Monday, November 6, at 7 p.m., to discuss "Battle Hymn of the Tiger Mother" by Amy Chua.

The Afternoon Book Club will meet on Tuesday, November 21, at 1 p.m., to discuss "The Little Red Chairs" by Edna O'Brien.

For more information, visit scotlib.org, e-mail library@scotlib.org, call (908) 322-5007, extension no. 204, or stop by the library Reference Desk.



AUTHOR VISIT... Westfield author Eva Lesko Natiello, pictured far left, recently spoke with the Holy Trinity Roman Catholic Church book club about her novel, "The Memory Box," a thriller based in a town similar to Westfield. Ms. Natiello gave a presentation about the novel's conception, the writing of it and publication.

Sports Trivia to Be Topic For Old Guard on Nov. 6

SUMMIT AREA — Joseph S. Gyenes, a 43-year member of the International Association of Approved Basketball Officials, will speak to the Summit Area Old Guard at its next meeting, which will be held this time on a Monday, November 6. Mr. Gyenes will present "Sports Trivia with a Personal Touch."



Joseph Gyenes

A sample of trivia questions to throw at Mr. Gyenes are: "Who's the only man to play a Major League Baseball game and an NFL game in the same day?" "Who's the only man to play in both a Super Bowl and a World Series?" "Who holds the record for most career points in the NBA with 38,387?" "Who was named *Sports Illustrated's* Sportsman of the Year (in 2000) for the second time?" "Who was the first President to throw out a ceremonial first pitch?" In 1920, the University of Texas football players had their mascot, Bevo, a Texas longhorn cow, as the guest of honor at

the annual sports banquet. What happened to Bevo? President Bill Clinton called NBA star Grant Hill on the night Hill was drafted. Why? Chances are that Mr. Gyenes will know most of the answers to these questions, and that he will provide more "sports trivia" based on his long tenure as an approved Basketball Official.

All active men age 50-plus are invited to attend the Tuesday morning meetings of the Summit Area Old Guard. Meetings are held at the New Providence Municipal Center, located at 360 Elkwood Avenue, New Providence. A coffee hour starts at 9:15 a.m., followed by a 10 a.m. business meeting brightened by singing and humor. Guest speakers begin their talk at 10:30 a.m.

Old Guard members participate in sports, bridge, hikes, trips, plays, concerts and other cultural events. For more information, call Jim Hewitt at (908) 233-5507 or log onto the website summitoldguard.org.



SCOUTS MAKE CAMP... Boy Scout Troop 73, sponsored by the Holy Trinity Roman Catholic Church in Westfield, recently traveled to Hudson Valley, N.Y., to camp at the Wethersfield Garden. At this campsite, located near Long Pond, the Scouts conducted their annual "Camping 101" program. They also toured the Historic Garden, the Main House, Carriage House Museum and hiked through the Wilderness Garden. The Scouts tested their orienteering skills with a two-hour geocaching competition over the site's hills and fields. Pictured, members of Troop 73 conduct a "Camping 101" training course. For information about joining Troop 73, contact Scoutmaster Seamus Cunningham at seamusandmichele@gmail.com.



Pharmacy News

by Mitul P. Patel, PharmD., RPh.
Pharmacy Manager

ANOTHER REASON TO LIMIT ANTIBIOTIC USE

The World Health Organization (WHO) warns that the misuse of antibiotics accelerates the process of antibiotic resistance, which leads to longer hospital stays, higher medical costs, and increased mortality. Aside from making infections more difficult to treat, overuse of antibiotics may have another adverse effect. According to recent evidence, antibiotic use might be associated with an increased risk of colorectal cancer. According to data from 16,642 women aged 60 years and older, those who used antibiotics for two months or longer any time during their 20s and 30s had a 36% greater chance of developing polyps on the inner linings of their colons. Using antibiotics for two months

or more during their 40s and 50s increased polyp risk by 69%.

Other risk factors for bowel cancer include a lack of physical activity, a low intake of fruits and vegetables, being overweight, and alcohol use. Links between antibiotics and a range of conditions have come to light over recent years, including irritable bowel disease, celiac disease, and even obesity. For more information, please call our pharmacy. We provide complete information about your prescriptions, insurance coverage, storage instructions, and expiration dates. *HINT: Antibiotics affect the composition of intestinal bacteria, which can promote the development of "adenomatous polyps," some of which may be malignant.*

Fanwood Pharmacy

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