

Yard/Garage Sale to Benefit Historic Borough Homes

MOUNTAINSIDE — The Mountainside Restoration Committee, Inc., also known as the Mountainside Historic Committee, will sponsor a yard/garage sale as a fundraiser event on Friday and Saturday, September 20 and 21, from 9 a.m. to 4 p.m. each day.

The Saturday sale will be in conjunction with the Mountainside Newcomers Town-Wide Garage Sale. This is a huge sale for the committee, which raises funds for the restoration and maintenance of the historic Deacon Andrew Hetfield House and Levi Cory House.

The committee is asking the community to donate saleable items for this event. Donated items can be brought to the Hetfield House on either Sunday, September 15, from 1 to 3 p.m., or Thursday, September 19, between 9 a.m. and 4 p.m. Receipts are available for donations.

The committee is limiting items it can accept. Only desirable and sale-

able items are being accepted. Nothing worn, broken, personal, shabby, obsolete or otherwise unsaleable will be accepted. No large furniture, books or clothing can be accepted either.

The Deacon Andrew Hetfield House and Levi Cory House are located at Constitution Plaza adjacent to the Mountainside Public Library. Constitution Plaza is the first right off Birch Hill Road, which is off New Providence Road near the Mountainside Volunteer Firehouse. The Mountainside Restoration Committee is a committee of volunteers governed by the Borough of Mountainside. Its purpose is to restore and maintain the Deacon Andrew Hetfield House and the Levi Cory House and to collect and save historic information and items from destruction.

For further information or to donate funds, call (908) 789-9420 or go to mountainsidehistory.org.



REMEMBRANCE AND REFLECTION...The public is invited to visit the Union County September 11th Memorial in Echo Lake Park throughout the day next Wednesday, the 18th anniversary of the tragedy. The memorial is located on a hill at the border of Mountainside and Springfield, near the Springfield Avenue entrance at the eastern end of Echo Lake Park.

County Invites Residents To Visit Memorial on Sept. 11

MOUNTAINSIDE — The Union County Board of Chosen Freeholders invites members of the community to honor the memory of the 60 Union County residents who perished in the terrorist attacks of September 11, 2001, by visiting the Union County September 11th Memorial on Wednesday, September 11, at Echo Lake Park in Mountainside.

The memorial will be open from the morning hours until 9 p.m. on September 11. Members of the Union County Sheriff's Office will provide a uniformed Honor Guard standing watch at the memorial from 6 to 9 p.m. The public is invited to bring and light candles in memory of those lost in the attacks.

"On this date, we honor those who perished, we remember the many acts of bravery that occurred that day, and we reaffirm the Union County community as one that pulls together, through times of peace and crisis alike," said Freeholder Chair Bette Jane Kowalski.

The Union County September 11th Memorial incorporates elements of

design that include all three sites where lives were lost. Two girders recovered from the ruins of the World Trade Center are arranged within a five-sided area representing the Pentagon, and an Eternal Flame represents those who died in Pennsylvania, along with members of the armed services and emergency responders.

In addition to these elements, the names of the 60 deceased Union County residents are etched into the memorial.

Union County worked with residents of Cranford, Elizabeth, Kenilworth, Linden, Mountainside, Rahway, Scotch Plains, Summit, Union and Westfield to plan and build the memorial.

Dedicated on September 13, 2003, the memorial was constructed through private donations including in-kind work by labor unions and materials at cost.

The memorial is located on a hill at the border of Mountainside and Springfield in Echo Lake Park, near the Springfield Avenue entrance at the eastern end of the park.



GOODBUYS...Area residents are invited to donate their unwanted saleable items for the Annual Yard/Garage Sale fundraiser at the Deacon Andrew Hetfield House. This year, donated items are being accepted at the Hetfield House on two days: Sunday, September 15, from 1 to 3 p.m., and Thursday, September 19, from 9 a.m. to 4 p.m. The sale will take place Friday and Saturday, September 20 and 21, from 9 a.m. to 4 p.m. each day.

'Eating Clean' to Be Focus Of Program For Seniors

WESTFIELD — "Eating Clean for Better Health" will be the featured informational program for senior citizens on Tuesday, September 10, from 11:30 a.m. to 12:30 p.m., at The Senior Resource Center at The Lavy House, located at 748 East Broad Street, Westfield.

Karen M. Ennsle, Ed.D., a Rutgers Cooperative Extension professor, will present the program. Jewish Family Service of Central New Jersey and Temple Emanu-El of Westfield will sponsor this event, which is offered free of charge.

"Eating clean encourages a lifestyle of exercise and a diet plan of unprocessed, whole foods like fruits, vegetables, whole grains, lean meats, low-fat dairy and no artificial ingredients, preservatives, sugars, saturated fat and trans fat," according to Professor Ennsle. "Learn to improve your food choices, portion sizes and food-prep methods," she said of the upcoming program.

A light lunch will be served with kosher dietary laws observed.

The Senior Resource Center at The Lavy House is a joint venture between Jewish Family Service of Central New Jersey and Temple

Emanu-El Jewish Family Service of Central New Jersey provides programming and the services of Licensed Clinical Social Worker Naomi Kreutzer each Tuesday.

Programs are free of charge and open to the entire community. Registration is recommended if planning to attend. To register, contact info@jfscentralnj.org.

Christine Clarke To Address Sierra Club

AREA — The New Jersey Sierra Club Loantaka Group will hold a Meet and Greet for Christine Clarke, District 26 Democratic Assembly candidate, at its meeting on Wednesday, September 11.

Ms. Clarke has been endorsed by the Sierra Club and is a strong environmental advocate. She will discuss how she plans to address climate change and other important issues. A question-and-answer session will follow.

The meeting will be held from 8 to 9 p.m. at the Library of The Chatham, located at 214 Main Street, Chatham. It is free and open to the public. For more information, call (908) 233-2414.



JERSEY BOYS STATE 2019...Martin Wallberg American Legion Post No. 3 sent a record 15 participants to the American Legion Jersey Boys State conference in June, where they learned about "Americanism" and the workings of government. Pictured with the young men are Rob Whitehead, co-chairman, far left, and Jack Ford, co-chairman, far right.

Post Sends Record 15 To Jersey Boys State

WESTFIELD — The Martin Wallberg American Legion Post No. 3 in Westfield recently sent a record number of 15 boys to American Legion Jersey Boys State.

Boys State is a civics conference teaching "Americanism" and exists in 49 states. Participants set up mock local cities, counties, and a state government and are assigned to a political party. This year's Boys State Conference was held at Rider University in Lawrenceville from June 16 through June 21.

The event concludes with the election of a Boys State Governor and two Senators who go on to American Legion Boys Nation in Washington, D.C.

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Annual Day of Prayer to Be Held September 24 at PCW

WESTFIELD — As the nation continues to be gripped by acts of racism and xenophobia along with mass shootings, the sixth annual Union County Day of Prayer will bring a message of inclusion with its theme of "Striving to Make a Beloved Community." It is scheduled for 7 p.m. on Tuesday, September 24, at The Presbyterian Church in Westfield, located at 140 Mountain Avenue, Westfield.

This year, the event will feature Rabbi Avi Friedman of the Congregation Ohr Shalom — The Summit Jewish Community Center, who previously served as rabbi at the Tree of Life Congregation in Pittsburgh, Pa., where an armed individual voicing anti-Semitic sentiments killed 11 worshippers during Shabbat morning services in 2018. Rabbi Friedman plans to speak about immigration and how people treat strangers.

Also speaking will be Pandit Ramdular Singh, representing the Hindu faith; Ali Bhatti of the Islamic faith; Dr. Norman Miles of the Seventh-Day Adventist Church, and event host the Reverend Jeremy Jinkins, pastor of The Presbyterian Church in Westfield.

They will join representatives from Roman Catholic, Baptist and other community houses of worship from throughout Union County for an evening of prayer, readings, meditations and music.

The annual public event, which

drawn hundreds of attendees in 2018, is a gathering of interfaith communities, nonprofits and government bodies from across Union County, according to Deacon Tim Williams of the First Baptist Church in Kenilworth. Mr. Williams is chairman of the steering committee for the Union County Interfaith Coordinating Council (UCICC), which sponsors the event each year.

UCICC promotes inclusion of all people within the community and creates a clearinghouse of faith-based, nonprofit and government community services available to the public, promoting greater awareness of these services, according to Sid Blanchard, associate executive director of community relations at the nonprofit Community Access Unlimited (CAU) and founder of the council.

CAU is a Union County-based, statewide nonprofit that strives to integrate people with disabilities and at-risk youth into the general community through comprehensive supports.

Registration for the sixth annual Union County Day of Prayer is not required but is requested. To register, visit eventbrite.com/e/6th-annual-union-county-day-of-prayer-reflection-tickets-63107522298.

For more information about CAU and its services, contact the organization at (908) 354-3040, info@caunj.org or by mail at 80 West Grand Street, Elizabeth, N.J. 07202.

Parkinson Support Group Slates Meeting, Cruise

WESTFIELD — The Westfield Parkinson Support Group will resume its monthly meetings after the summer break on Monday, September 9, at 1:30 p.m.

Jacqueline Cristini, a physician assistant with the Neuroscience Institute DBS Center at JFK Medical Center in Edison, will be the guest speaker. The subject of her presentation will be treatment options for off periods in Parkinson's disease. Light refreshments will be served. People with Parkinson's and/or their caregivers are welcome to attend.

Additionally, an Alaska Parkinson's Cruise has been organized for 2020. Participants will sail on the Celebrity Solstice, leaving and returning to Seattle, Wash., August 14 to 21, 2020. Daniel Schneider, MD, a movement disorder

neurologist with RWJ Medical School in New Brunswick, and Dayel Giammarino, a Rock Steady Boxing coach in Garwood, will conduct classes on the days at sea. Alaska ports of call include Ketchikan, Endicott Arm and Dawes Glacier, Juneau and Skagway, as well as Victoria, British Columbia.

The Westfield Parkinson Support Group meets on the second Monday of each month, except July and August, in the Parish House Lounge at The Presbyterian Church in Westfield, located at 140 Mountain Avenue, Westfield. For more information about the support group and/or the cruise, contact Barbara Ringk, group facilitator, at barbringk@gmail.com or call (908) 403-3129.

THE 12TH ANNUAL HALE SPEAKER SERIES

Made possible by grants from The Anne and Lee Hale Fund and The Thomas Glasser Foundation

Hosted by the Friends of the Westfield Memorial Library

"The Art of Ceramic Tile"

Stacey Farley

former Westfield resident and notable public artist

Wednesday, October 16 7:00 pm

Westfield Memorial Library

Learn about public art from the creator of the ceramic tiles at the Westfield train station and the Reeve House

Open to the public. Pre-registration required.

Register online at www.wmlnj.org or call 908.789.4090 ext. 0.

The Westfield Memorial Library
550 East Broad Street

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