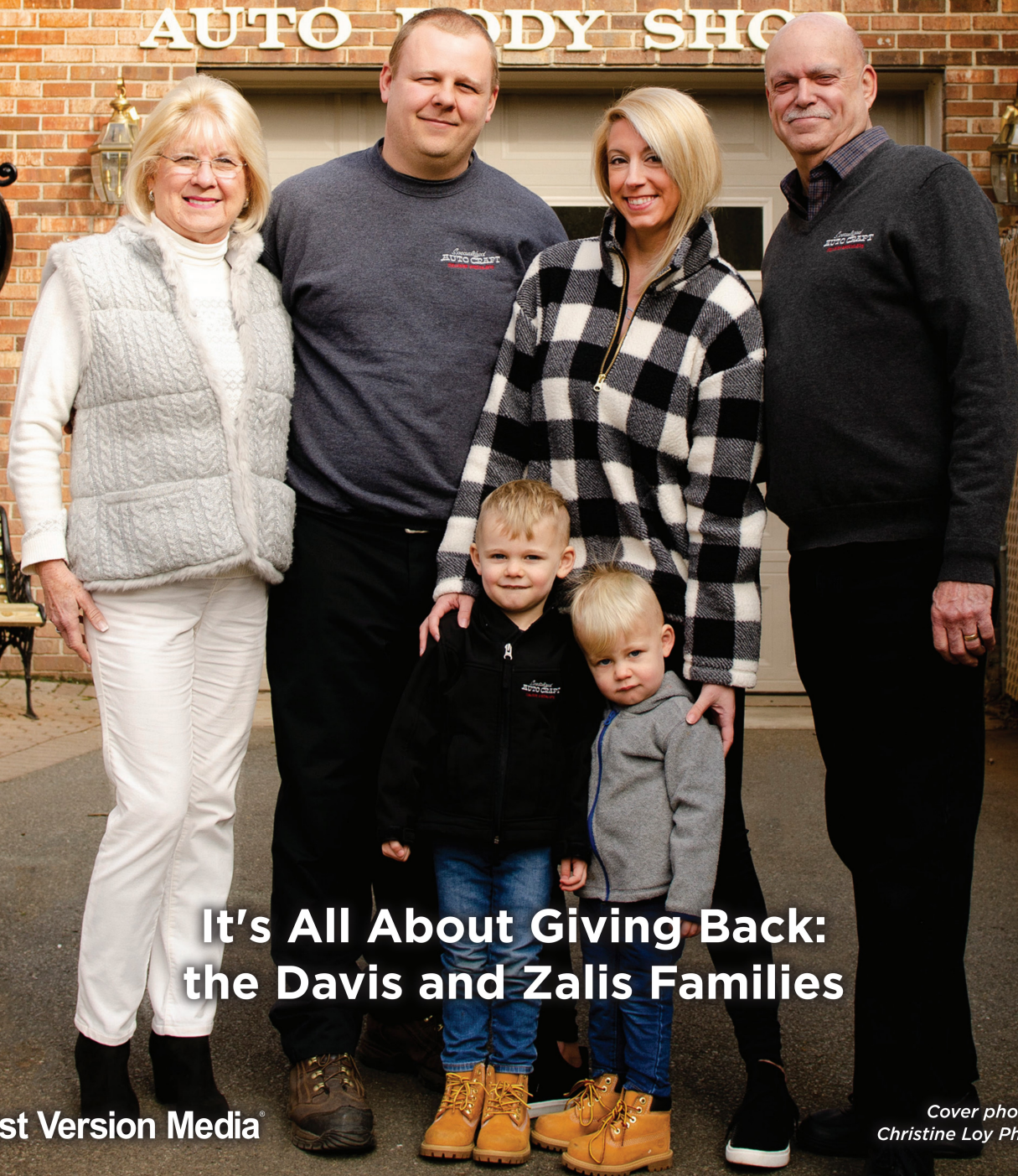


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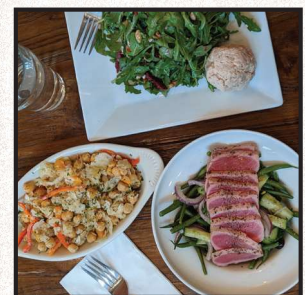
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November 25	January
December 25	February
January 25	March
February 25	April
March 25	May
April 25	June
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June 25	August
July 25	September
August 25	October
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Dear Residents,

It's all about giving back to the community for the Davis and Zalis families--and give back they do! Our cover story on page 6 shares how Jeff and Deborah Davis, owners of Specialized Auto Craft in Chatham Borough, and their daughter Amanda and son-in-law Jeff Zalis, volunteer their time and services in the community.

We're excited to welcome the School District of the Chathams in this issue. The District will highlight different program areas throughout the district each month. This month's spotlight is on the Performing Arts. Turn to page 14.

Our education expert contributor Rick Michalak of Breakaway Prep writes "Learning to write well promotes high school success and college readiness."

On page 10, our physical therapy expert contributor Matthew Riordan of Professional Physical Therapy discusses back pain in "It's Not Really Back Pain, Is It?"

Readers will get an education about Frozen Shoulder by Morgan Reade of New Jersey Advanced Acupuncture, our acupuncture expert contributor, on page 21.

Dr. Oleh Slupchynskyy, our cosmetic non-invasive and invasive skin procedures expert contributor, pens an interesting article: "The Golden Ratio in Facial Beauty" on page 15.

Lastly, our carpet and flooring expert contributor The Carpet Girl answers all your questions about carpet runners on page 9.

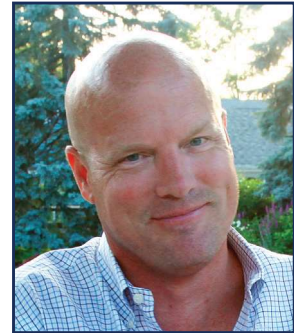
And, spring is in the air! The Art League of the Chathams will kick off its Spring-Summer Exhibit March 27. Meet the featured artists on page 13.

Happy St. Patrick's Day!

Stacey and John



Stacey McEvoy,
Content Coordinator



John White,
Publisher



EXPERT CONTRIBUTORS

To learn more about becoming an expert contributor, contact John White at jwhite@bestversionmedia.com or 973-964-6446.



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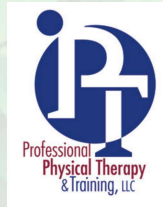
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Matthew Riordan
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matthew@professionalptandtraining.com

Matthew Riordan holds a Doctorate in Physical Therapy from Rutgers University. He is the founder of Professional Physical Therapy & Training and has been conveniently located within the Madison and Summit Area YMCAs for more than 14 years. Matthew and his staff of Board Certified Specialist in Orthopedic Physical Therapy provide One-on-One specialized treatments to help people prevent as well as recover from musculoskeletal injuries and surgeries. He and his staff are also active members in the community.

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IT'S ALL ABOUT GIVING BACK: THE DAVIS AND ZALIS FAMILIES

By Stacey McEvoy

Photos by Christine Loy Photography
and courtesy of the
Davis and Zalis Families



Jeff and Amanda Zalis with sons Jeffrey and Donovan.

Volunteering and giving back to the community are in Jeff and Deborah Davis's DNA. Jeff, who grew up in Chatham, and Deborah, who grew up in Denville, have always given back to the communities that they have lived in. It was simply what their parents instilled in them, and in turn, they've instilled in their daughter Amanda who, with her husband Jeff Zalis, are instilling in their sons 3 1/2-year-old Jeffrey and 2-year-old Donovan.

After graduating with a Bachelor of Arts degree from Moravian College in 1973, a job as an art teacher, his original plan, was not easy to come by, so the industrious and creative Jeff opened Specialized Auto Craft in Chatham Borough. Tucked away across from the railroad tracks on Ogden Street, the two-bay shop grew to nine bays. He started out doing custom body/paint work and eventually the business evolved into a NJ state-licensed autobody shop specializing in collision



Deborah and Jeff Davis

repair. "One of the best parts of the job is taking a mangled car body and restoring it to pre-accident condition and seeing the elation of the owner," Jeff says.

While growing the business with Deborah, who worked with him for 43 of their 46-year marriage, ("Who's the saint here?" Jeff jokes. Well, we all know the answer to that.) the couple never lost sight of giving back to the community. As business owners, Jeff and Deborah feel a true sense of responsibility and obligation to Chatham in contributing to its vitality. And, their son-in-law Jeff, who has been working with them for the last 10 years and has taken over the day-to-day operations, feels the same. The couple says the business will always be family-run and dedicated to the community. "Our son-in-law has pledged to continue our philosophy of "giving back" to the community," says Deborah. Jeff adds, "Specialized Auto Craft will always have Chatham's back for many years to come."

The projects in Chatham that the Davis family volunteers their time and contributes services to are staggering. Did you see the restored wooden train that was donated to the town by Stanley



Jeff Davis with his grandsons Jeffrey and Donovan.

Congregational Church on display at Reasoner Park near the gazebo during the holidays? Or the magnificently restored Borough clock not far from it? Both restorations were courtesy of Jeff who is also a woodworker—a talent that he inherited from his father. He also constructed Cougar Field's three wooden signs and does the fall landscape plantings, another hobby. And, he maintains the watering schedule!

"Chatham is truly 'Small Town America,'" says Jeff, who attended Chatham Borough schools (back when the Chathams had separate school systems) from kindergarten through high school and grew up on University and Washington avenues. "I always say, if you're not interested in knowing everyone around you here, Chatham is not for you. It's what makes Chatham what it is—a great community where neighbors care for one another and merchants know your name."



Jeff Davis working on the chevron striping of a Chatham Borough firetruck.

Another passion: Jeff builds custom cars and, of course, anything that his grandsons want—which includes expertly restored hotrod pedal cars converted into strollers that the boys were pushed around in. A collector of 1950s pedal cars, he has at least 35.

Jeff and Deborah are active at Chatham Methodist Church where Jeff was granted permission to maintain a memorial garden in his parents' names after they passed away two years ago in the span of four months after 73 years of marriage. "My mother died of a broken heart," says Jeff.

If you ask Jeff what his hobbies are, it includes "volunteering for anything that Chatham wants or needs." He has a particular allegiance to the Chatham Borough Fire and Police Departments and Emergency Squad. Jeff and Specialized Auto Craft staff detail, free of charge, all the police cars, fire trucks and emergency rigs for the Borough's Annual 4th of July parade. And, they do the clean up after the parade.

Jeff sits on the My Chatham NJ advisory board, is part of the Fishawack Festival's Annual Car Show and contributes to the holiday decorating of the gazebo. Several years ago, he created a special projects division that is devoted to helping Chatham, especially the Chatham Borough Fire Department. He believes that the safety divisions of the Borough should have the ability to designate their spending on life-saving equipment as much as possible. Donations that Jeff and Deborah have made to



The refurbished clock and train downtown at Reasoner Park.

We would like to thank Salerno Duane Inc. in Summit for bringing you this month's cover story.



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RESIDENT FEATURE

these departments include a mechanical extrication tool and a resuscitation bag for pets. They also donated the labor to outfit the fire trucks with reflective chevron striped tailgate panels which had been mandated by the state.

In a paying-it-forward fashion, Jeff shares: "We had a devastating fire at the shop in 1991. The firemen did everything they could—we can't ever thank them enough," he says, adding that Specialized Auto Craft has been and always will be available to the Chatham Borough Police and Fire Departments and Emergency Squad. If a child is locked in a car, Specialized Auto Craft provides the service of opening the car, free of charge. Jeff and Deborah donated the wrecked car that D.A.R.E. sits on Chatham High School's front lawn each prom season, and in the winter, Jeff can be seen driving around removing snow for people scattered throughout town that he knows are unable to do it.

"Everyone should be aware that the town always needs volunteers. It's what I call 'giving back,'" says Jeff. "This is 'small town'—this is what you do." ♦



Chatham Cougar sign made by Jeff Davis.

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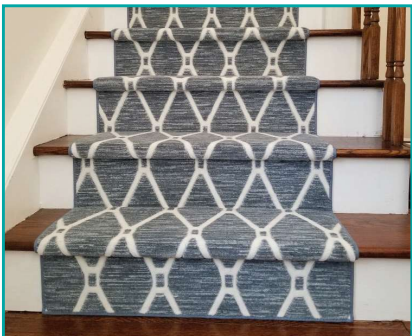
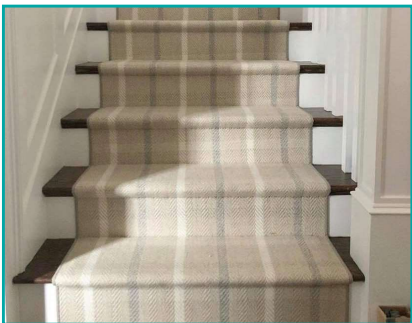
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Contributed by Dianne Grossman, owner of The Carpet Girl

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Is sisal a good product for my home?

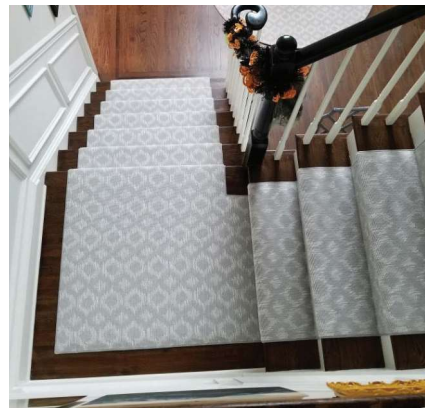
Yes. There are so many sisal style products to choose from. We have more than 4 displays showcasing products, whether its an all natural jute or a synthetic sisal we believe it's a beautiful way to bring a natural look to your home. If farmhouse design is what you crave this is a great product! Don't forget the area rug to match!

My child is allergic to dust mites in carpet, what kind of runner should I purchase?

Low profile. Consider an all natural product like a wool. If you want to avoid wool, we suggest a carpet with a commercial warranty, these products are often very tight and easier to vacuum. The key is to avoid heavy plush style carpets, if allergies are a concern. Today's carpets are more organic from the backing to the actual fibers we have the right products for your family.

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IT'S NOT REALLY "BACK PAIN" IS IT?



Contributed by Matthew Riordan,
Professional Physical Therapy
& Training



Do you experience a twinge or nagging ache in your back that reminds you it's there at least once a week? You're not alone. Eight out of ten people have back pain. You may not even consider what you have to be "back pain", but just something that you've lived with as you've gotten a little older. It's common to hope it will just get better on its own, but really when did anything actually get better on its own? Then one day you get up and you've got intense shooting pain in your back and down your leg with even the slightest movement. This is an all too common story that I hear from our patients. Here's some information so you can possibly avoid years of dealing with this annoyance and potentially limiting injury.

Back pain is generally mechanical in nature, meaning there is a disruption in the way the components of the back (vertebrae, muscles, ligaments, intervertebral disks, and nerves) fit together and move. Common causes include:

Strength/Flexibility imbalances. There's a delicate balance between strength and flexibility. Imbalances in your core, hamstrings, hip flexor and glute muscles are often the original driver of back pain. Since imbalances may be different, having an assessment to identify specific imbalances would be more helpful and safer than offering general advice. **Get a complimentary assessment at www.NoBackPain2020.com.**

Poor posture. Sitting or standing for long periods can put stress on the structures of the back and increase risk for injury. Lifting even light objects with poor posture can cause acute and limiting pain. Change positions every 30 minutes. Move

about to get blood flow to your back. When lifting keep your hips and shoulders aligned and squat so your legs do the work.

Joint degeneration. As we age, the mechanical components of our back and spine undergo degenerative changes. Doctors diagnose this as Degenerative Disc Disease (DDD) and often state "well you're just getting older." Although degeneration may be present, strategic exercise can maximize the healthy parts of your spine to feel better. To help manage back pain, remember the analogy MEAT.

M: Movement. After an acute back injury, it's important to maintain movement without exacerbating symptoms. This prevents muscles and joints from stiffening up, promotes blood flow to the injured area and improves the recovery process as well as improves mindset.

E: Exercise. Gentle spinal motion exercises can help activate the right muscles, loosen up tight and irritated areas and preserve range of motion.

A: Analgesics. Relieving pain to allow for improved sleep and increased movement is helpful in the very early stages of back pain. However, anti-inflammatory medications such as Advil or Aleve can slow down the healing process and are not advised for more than two weeks.

T: Treatment. Working with a physical therapist can identify the cause of your symptoms and develop a specific plan to help you feel better and live the life you want.

Get more helpful information and find out what your options are; visit www.NoBackPain2020.com.

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CHATHAM TOWNSHIP'S NOBEL PRIZE WINNER: WALTER BRATTAIN

Contributed by Jessie Cochran, Chatham Township Historical Society

Walter Houser Brattain (1902-1987) was an American physicist at Bell Labs who with John Bardeen and William Shockley, invented the transistor. They shared the 1956 Nobel Prize in Physics for their invention.

Walter Brattain was born to American parents in Amoy, China where his father was a teacher in a private boys school and his mother was a mathematician. Walter returned to the United States as an infant and lived in Spokane, Washington with his parents. Subsequently the family bought a ranch and Walter attended Whitman College which his parents had also attended. He received his MA from University of Oregon and PhD from University of Minnesota in 1929.

In 1945, Bell Labs managers asked one of their scientists, William Shockley, to head up a group to find a better amplifier for semiconductors. Phone communication at this time could only go as far as Denver in one relay. Shockley chose John Bardeen and Walter Brattain to join him in the research. Shockley produced a small device that didn't work, so he asked Bardeen and Brattain to figure out why. Bardeen and Brattain worked with small discussion groups at Bell Labs and secretly together, in their own workshops at home. Brattain lived in Chatham Township and Bardeen in Madison.

Walter Brattain later said John Bardeen

suggested the geometry of the transistor on the evening of the first day. Brattain told his carpooling group that on that day he felt he had taken part in the most important experiment in his life. He swore the group to secrecy. Slowly the problems were overcome with the amplifier and word spread at Bell Labs. Brattain and Bardeen had to tell Shockley, who had not worked with them, that a 'transistor' had been invented. Shockley was pleased that they had solved the problems connected with it but was furious that he had not been included while they worked on it. He attempted to work on one alone and have a patent in his name only, but he was not successful.

When the Nobel Prize was awarded for the transistor, Bell Labs insisted it be shared by the three men even though the patents leading up to the transistor's development did not include Shockley's name. Shockley believed he alone should have been awarded the prize and soon left Bell Labs to establish his own company in California. Bardeen also left the labs to take a post at the University of Illinois and later won another Nobel. Brattain remained at Bell until he retired in 1967.

In 1989 the New York Times noted the "invention of the transistor became the basis for the electronic age. From it flowed virtually every one of today's devices installed in airliners and cars, calculators and computers, wristwatches and washing machines."



Walter Brattain (Courtesy of Chatham Township Historical Society)



(L-R) John Bardeen, William Shockley and Walter Brattain won the Nobel Prize for development of the transistor. c. 1948 (Courtesy of Chatham Township Historical Society)



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CALENDAR OF EVENTS

MARCH

Sun., March 1 & Sun, March 2

CHATHAM EMERGENCY SQUAD BLOOD DRIVE

@Chatham Emergency Squad,
N. Passaic Ave.

Time: 8:30am - 2:30pm

31 North Passaic Avenue

Appointments are available @ tinyurl.com/GiveBloodNJBS - Sponsor Code 61961

Walk-ins are welcome.

Tues., March 3 and Fri., March 2

ITALIAN CONVERSATION GROUP

@Library of the Chathams

Italian conversation Group – brush up on your Italian language skills.

Time: 7:15 p.m.

www.chathamlibrary.org

Wed. March 4 – April 15

INCOME TAX ASSISTANCE

@Library of the Chathams

Time: 10 a.m. – 2 p.m.

Volunteer Income Tax Assistance (VITA), appointments for this free service may be made in person or by calling the library at (973) 635-0603. Please bring all your financial records from 2019, copies of your 2018 federal and state tax returns, all printed and blank forms from internal revenue service, picture identification and proof of Social Security for all dependents filing.

www.chathamlibrary.org

Wed. March 4 – 25

GOLF INSTRUCTION

@Senior Center of the Chathams

Series of four 90-minute sessions with pro instructor Lou Ruina. Includes basic, improving swing, short game and hitting off the tee. Classes held in Chatham Municipal gym using plastic balls and your own clubs. \$75/series or \$25 per class. Call Center to sign up.

Time 12:30 - 2 p.m.

www.chathamseiorcenter.org

Wed. March 4 & 18

GEN Y AND OTHER JOB SEEKERS NETWORKING GROUP

@Library of the Chathams

Gen Y Networking group is a forum dedicated to Generation Y young adults

interested in job search, networking and career development.

Time: 7 p.m.

www.chathamlibrary.org

Thurs., March 5

TRUST YOUR GUT

@Madison Area YMCA

Professional Physical Therapy & Training LLC presents a seminar on gut health and strengthening exercises for core musculature

Time: 7 p.m.

Cost: Free; Registration required; First seven registrants will receive a \$50 voucher toward a treatment plan of care.

Call (973) 270-7417 or visit:

www.professionalpptandtraining.com/seminars

Fri., March 6

TEEN SCENE

@Madison Area YMCA

Teen Scene is the Madison Area YMCA's Friday night program for grades 6-9. Teens and parents must fill out a one-time waiver and information form to participate. Limited to 60 participants. Register online to secure your spot. Cost: Members: \$5 per night; non-members \$7 per night. Activities supervised by Teen Staff include organized games, full use of the Teen Center and open swim.

Time: 7 – 10 p.m.

www.madisonareaymca.org

Monday, March 9 & 23

CHATHAM BOROUGH COUNCIL MEETING

@Chatham Borough Hall

Time: 7:30 p.m.

www.chathamborough.org

Wed. March 11 and 25

CHINESE CONVERSATION GROUP

@Library of the Chathams

This group will help teens and young adults practice in daily conversation, learn new words and be introduced to Chinese culture, crafts and games.

Time: 7:15 p.m.

www.chathamlibrary.org

Sat., March 14

THE FRIENDS OF THE LIBRARY ANNUAL BOOK SALE

@Library of the Chathams

Early bird entrance: 7:30-9:30 a.m. with \$25 fee. Regular hours: 9:30 a.m.- 4 p.m.

A bag sale for \$8 per bag begins Sun., March 15, 10 a.m.- 4 p.m.

www.chathamlibrary.org

Sun., March 15

DROP AND SHOP

@Madison Area YMCA

Drop and Shop is now open to Y members and non-members. Under the supervision of trusted and qualified Kids Central instructors, children will burn some energy with active play and get creative with a craft. The evening concludes with dinner and a movie. Ages 3 months – 11 years.

Time: 2 – 6 p.m.

Cost: \$25 per child for members; \$35 per child for non-members. Register online or at the Y's Welcome Center.

www.madisonareaymca.org

Mon., March 16

REMEMBER THE LADIES: WOMEN DURING AMERICAN REVOLUTION

@Senior Center of the Chathams

In honor of Women's History Month, Joel Farkas of the Florham Institute for Lifelong Learning at FDU will talk about attitudes towards women during the revolution; health and medicine in colonial times; our country's first ladies; the "real" Molly Pitcher and the women who "saved" George Washington. Please call the center to sign up.

Time: 12:30 p.m.

www.chathamseiorcenter.org

Wed., March 25

NOTABLE WOMEN OF NEW JERSEY

@Library of the Chathams

Guest panelists will include JoAnne Babbitt, VP of the John Taylor Babbitt Foundation, Bonnie Monte, artistic director of the Shakespeare Festival and Maria Sheridan, manager of the Teterboro Airport in Bergen County. Students and adults are welcome. Registration is requested and you may sign up online or call the library at (973) 635-0603.

Time: 7 p.m.

www.chathamlibrary.org

THE ART LEAGUE OF THE CHATHAMS SPRING-SUMMER EXHIBIT

Contributed by Ann Frommer,
Art League of the Chathams

The Art League of the Chathams Spring-Summer Exhibit kicks off March 27. Lisa DeSimone Cohn, Chatham Twp. resident and multi talented artist, became interested in photography as a college student. Her photography background includes: a combination of trial and error, private lessons, and classes at the New School in New York City. I take photos of just about anything that catches my eye. Nature, travel, action, street art, people and animals are all good subjects for me. States Lisa.

She started out as a math major, studying at USNA and Franklin and Marshall. After working as a retail analyst for a while she made a career change after attending Touro College in NYC. Lisa became a physical therapist and continues to work locally as well as NYC.

Joanne Petuchovas of New Providence studied Fine Arts Education at Kean College. Her career path started in commercial art when everything was still done by hand (pre-computers). She eventually switched careers to Special Education. In all aspects of her personal and working life, she utilized her creativity and artistic skills to enhance her lessons and student experiences.



Joanne Petuchovas

Joanne's retirement allows her to concentrate on photography and paper art. Her photography began with a focus on flowers, but has grown to include a



Lisa DeSimone Cohn

"Four Seasons, Two Cameras, One World." A joint show of photography by the duo of Lisa DeSimone Cohn and Joanne Petuchovas, opens with a reception Fri., March 27, from 6:30-8:30 p.m. at the Lundt-Glover Gallery, Township of Chatham Municipal Building, 58 Meyersville Road.

variety of subjects. Paper art includes Iris paper and tea bag folding that she uses for unique note cards. Creative use of color, pattern, texture, embellishments, vintage ephemera and other "found" materials enhance her unique designs.

The Art League of the Chathams also features its strolling gallery, displaying art of its member artists. The Spring/Summer Show runs from March 27 thru September 18, during normal business hours. Art is available for sale. For more information, call 973-635-0845. The building is handicapped accessible and exhibition is free and open to the public.

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CALLING ALL BOOK LOVERS: FRIENDS OF THE LIBRARY BOOK SALE GOING ON NOW

Contributed by Salli McMorrow, Friends of the Library

The Library of the Chathams is in the midst of preparation for its annual book sale, which takes place on Saturday, March 14. Dozens of Friends of the Library volunteers have been working sorting the hundreds of books, CDs and DVDs that have been donated by the people of Chatham. It is remarkable to see what a wonderful assortment of great books and music has come in since the beginning of January. Something for everyone's interests and taste.

A library is one of a town's most important assets and our library is no exception. The importance of what it offers to the town is invaluable from books to classes and special programs for children and teenagers. It offers something for everyone.

The Friends of the Library book sale is

a major fundraiser with all proceeds going directly to the library. Chatham's community of book and music lovers donates over 40,000 items each year. The selection offered is amazing in all categories. The children's section is an especially favorite one with brand new and hardly-used classics and modern children's specialties. Giving the gift of the love for reading is one of the most wonderful things a parent can do for a child, something the child will have for the rest of his or her life.

The sale offers a variety of fiction and non-fiction, history, biographies, art, classical, cookbooks and music. The collector's corner showcases rare and collectible books – a must for book lovers.

The hours for the sale are Saturday, March 14, starting with a \$25 fee for early entrance from 7:30 to 9:30 a.m.



Art Biber, Friends of the Library Book Sale volunteer

The regular sale itself starts at 9:30 a.m. with no entrance fee. On March 15 from 10 a.m. to 4 p.m. there will be a bag sale – all you can carry in a bag for \$8. The bag sale will continue through March 19.

Come be a part of our annual book sale. Take home something wonderful to read or listen to and help support one of Chatham's very special places.



Chatham has been my home for 25+ years. As your local agent, I'd welcome the opportunity to help you, your family and friends fulfill their dreams of buying, selling or investing in real estate in Chatham and the nearby towns.

I invite you to contact me for a free, no-obligation consultation about your home's value, the current market or investing in real estate.

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THE GOLDEN RATIO IN FACIAL BEAUTY

EXPERT CONTRIBUTOR

Contributed by Oleh Slupchynskyj, Chatham MediSpa

Photographers and filmmakers have captured images of such icons as Marilyn Monroe and Angelina Jolie presenting them as portrayals of breathtaking wonder, without ever really understanding what makes them “beautiful.”

But what if beauty could be quantified and captured in a number? Would that diminish the awe we feel when seeing a beautiful face? Or would it establish a new form of wonder at the creation of such beauty?

The “Golden Ratio” (1.618) represents mathematical proportions that are considered most pleasing to the human eye. These proportions are visible in almost every arena, both natural and artificial, as a means of expressing perfect shapes. From architecture and art to facial and body contours, the Golden Ratio is visible almost everywhere, if you know where to look.

In mathematics, the Golden Ratio is represented by the Greek letter phi (ϕ) representing the relationship between two sides of a rectangle (1.61803) where the ratio of the larger side to the smaller side is equal to the ratio of both sides to the larger side. One of the major occurrences of the Golden Ratio in mathematics occurs in what is called the Fibonacci Sequence, made famous in the novel and movie The DaVinci Code. In the sequence, each subsequent term is the sum of the two previous terms: 1, 1, 2, 3, 5, 8, 13, 21, 34, 55, 89, and so on...

If you divide each term by the previous term in the sequence, you get closer to the Golden Ratio of 1.618.

The Golden Ratio is not an arbitrary number that humans have developed to determine beauty; it is found everywhere in nature. The number of petals on a flower, or even branches on

a tree are the same numbers found in the Fibonacci Sequence. The nautilus seashell is the most obvious example, as each concentric ring of the spiraling expands in direct proportion to the Golden Ratio.

Applications of Golden Ratio in Art and Nature

Mathematicians, engineers, artists and designers have examined and used the Golden Ratio in their works. Architects have employed the ratio to build some of the world’s greatest monuments. Modern physicists have used it in studies of crystal structures. Leonardo da Vinci used the Golden Ratio (then known as the “Divine Proportion”) extensively in his famous painting, “The Last Supper.” Plastic surgeons address and bring facial proportion in line with the Golden Ratio through non-invasive injectable fillers and through various surgical techniques, specifically Rhinoplasty, otherwise known as Nose Surgery.

While the Golden Ratio is apparent in everything from art to nature, can a simple ratio be the key factor in determining what makes a beautiful face? The ratio does appear to relate strongly to aesthetic appreciation of faces, according to a UK study. The research showed that the ratio of the length of a

person’s face to its width is 1.618, a close approximation of the Golden Ratio.

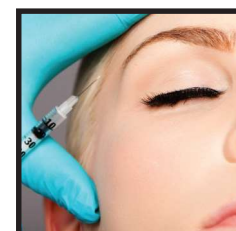
We know beauty in art and nature is based on the Golden Ratio, (i.e. mathematical proportions). A doctor’s ability to operate successfully is based on his/her knowledge and understanding of scientifically proven facial proportions and surgical skill. While being an artist does not determine a doctor’s ability as a surgeon, it does have applications with a surgeon’s aesthetic sensibility. A surgeon should seek to customize every facial cosmetic procedure to enhance that patient’s facial proportions and bring them into alignment with the Golden Ratio.



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LEARNING TO WRITE WELL PROMOTES HIGH SCHOOL SUCCESS AND COLLEGE READINESS

Contributed by Rick Michalak, Breakaway Prep, LLC

Fourteen years ago, I started Breakaway Prep. I have been working with Chatham students all these years to help them prepare for the SAT and ACT. During that time, I've spoken with thousands of parents in town and in neighboring towns. Some of the parents had kids in our public schools and some had their kids in private schools.

But regardless of where the kids went to school, there was one common concern: no one has taught our kids HOW to write. Yes, the English teachers in our middle schools and high schools have our kids reading books and writing essays about those books...but no one is teaching our kids (and I've had three go through the Chatham schools) how to write well. This gap can hamper success in high school and impede college readiness.

You may have noticed a dramatic reduction in formal writing instruction after students leave the fifth grade. The lack of writing instruction is a nationwide problem. In her 6 Aug. 2017 article in The New York Times, Dana Goldstein presents some staggering statistics:

"Three-quarters of both 12th and 8th graders lack proficiency in writing, according to the most recent National Assessment of Educational Progress. And 40 percent of those who took the ACT writing exam in the high school class of 2016 lacked the reading and writing skills necessary to complete successfully a college-level English composition class, according to the company's data."

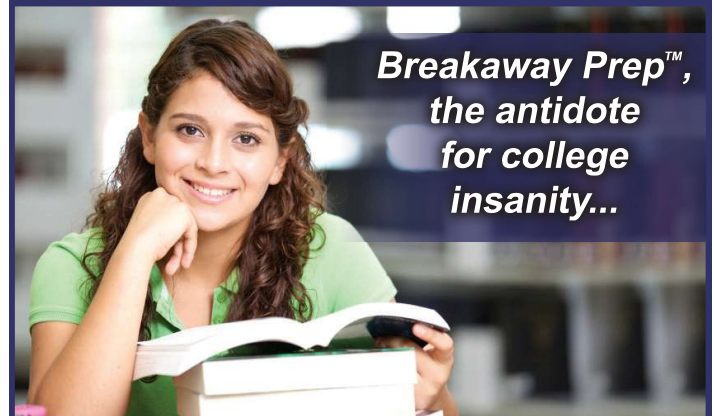
The absence of writing instruction is in part due to shifts in the language arts curriculum towards literature and literary analysis in upper grades. In addition, as Goldstein points out in her article, many teachers are not trained in how to teach writing.

So what exactly is writing proficiency? By high school, students should be able to write three types of essays: informative,

argumentative and narrative. Many of our kids have been asked to complete these types of essays and struggle. Frequently, the only instruction they get is feedback on a final draft about errors; many have no idea how to fix those errors. As parents, the first time we realize our kids are not fully proficient in writing may be when they bomb their first high school writing assignment.

The next time your child is working on an essay, take a look. Is the essay well organized, i.e., does it support a clear main idea? Are the paragraphs arranged in logical order? Do the paragraphs contain sentence fragments or grammatical errors? One-on-one coaching and help with revision can do wonders to improve their writing.

Because of our concern about writing instruction, we launched a new academic program in January 2020 - Breakaway Writing. Breakaway Writing offers an innovative 10 week program for middle school students (a great time to develop effective writing skills), as well as one-on-one tutoring sessions for high school students. If you'd like to learn more about the program, please contact Jayne Kasarda at 973-479-2553.



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SCHOOL DISTRICT OF THE CHATHAMS SPOTLIGHT: PERFORMING ARTS

Contributed by the School District of the Chathams

The stage is never dark in the School District of the Chathams.

The Theatre Arts Program in the School District of the Chathams kicked off 2020 with Chatham High School students taking top honors at the 2020 Governor's Awards Competition at Montclair State University in the categories of Musical Ensemble, Contrasting Monologues, and Communications/Media Arts and winning awards for Dramatic and Comedic Pairs. CHS theatre teacher Laura Russo said, "This year's winners and finalists worked arduously in preparation for competition day. They tackled challenging material with ease, and their performances were top-notch. I am beyond proud of their talent and dedication to theatre."

As they say in theatre, the show must go on and that is certainly the case at Chatham Middle School. The Chatham Middle School production team did not let the building's auditorium construction stand in their way. Instead, they commandeered the stage at Chatham High School and seized this as a creative



Cat in the Hat: Maddie Kaplan; JoJo: Jonas Wilcox; Mayzie La Bird: Evie Dittmann; Horton: Charley Baird Hassell; Gertrude McFuzz: Gabby Neuner



CHS Theatre Arts Students took top honors at the Governor's Awards Competition held at Montclair State University.



Chatham High School's spring musical is Godspell.

opportunity, selecting Seussical Jr. for the colorful characters, role diversity and production agility. Under the direction of Jason Stiles, an 8th grade English teacher, CMS students unlocked the imaginations of audience members in January with three packed performances. Jonas Wilcox, who played Jojo, highlighted why this production is such a great fit for middle schoolers. "He [Jojo] is someone with a big imagination, and a little wild, which is really fun to play," said Wilcox.

As soon as the curtain closed on Seussical Jr., it opened again for Chatham High School students to start preparing for the spring production, Godspell. CHS Performing Arts Supervisor James Lawrence highlighted why Godspell was selected as this year's musical. "We are very excited about our choice of Godspell for our spring musical, particularly with the setting we chose. Artistically and musically, this production will go beyond your wildest expectations. I continue to be in awe of not just our students' talent, but the drive and dedication of our theatre department in preparing this production," he said. Continuing a Chatham tradition, senior citizens are invited to the dress rehearsal at 3:30 p.m. on Wed., March 25. Performances for the public will run Thurs., March 26 through Sat., March 28. For additional information and to purchase tickets, visit www.chatham-nj.org.

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SEARS KIT HOUSES IN CHATHAM

Contributed by Helen Ann Rosenfeld,
Chatham Historical Society

Sears Kit Houses were sold from 1908 until 1940. During those years, it is estimated about 75,000 homes were sold to American families. While the kits were sold across the country, the largest concentration of homes is found on the East Coast and in the Mid-West. The homes were carried by railroad boxcar, then transported to the site. The average house had about 30,000 parts that could weigh as much as 25 tons. The costs of the kits varied over the years, but buying a Sears Kit House was always an economical choice.

So, all you had to do was order your home, wait for it to be delivered, then put it together. Innovations in home construction at the time, however, simplified the building process so much, in many cases a homeowner or one carpenter could easily erect the home. Chatham is fortunate to have many fine examples of Sears Kit Houses.

In the 1920s, bungalow homes were all the rage. The style offered many in the working-class a first chance at homeownership. Bungalow kits dominated Sears catalogs at this time, they were the most popular models and kits were offered in many sizes and styles.

The Crescent model bungalow appealed to many. An example of this model can be found nestled on Fuller Avenue. Built about 1925, this charming home features a wonderfully preserved exterior. Sears advertised this model for “the folks who like a touch of individuality with good taste, the Crescent bungalow makes a special appeal.”

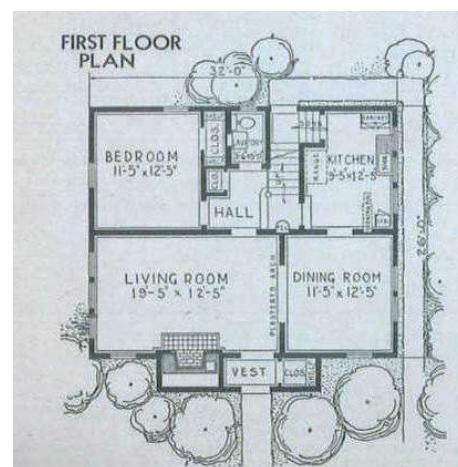
Another bungalow style was the Dover. There is one tucked away on Center Street built in 1928. This is the same year Sears began to offer a “special brick-veneer” option. The floor plan is simple and practical, as was the case of most kit houses.

Sears also offered well-appointed kit houses. About 1930, Dr. Frederick H. Lum III, grandson of the first mayor of Chatham, ordered and built a modified Lexington model on Washington Avenue. He was so pleased with the results he wrote a testimonial letter to Sears and enclosed a photo. Sears in-turn showcased his home in a 1932 advertising brochure.

To discover more about Sears Kit Houses and other histories, follow us on Instagram @chathamhistory and visit chathamjhistoricalsociety.org



Crescent model on Fuller Avenue (Courtesy of Emma Davies)



Dover model floor plan (Courtesy of Chatham Historical Society)



Modified Lexington model on Washington Avenue
(Courtesy of Chatham Historical Society)



Dover model on Center Avenue (Courtesy of Mary T. Weichert)



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Phyllis S. Klein, Esq. and Stephanie Frangos Hagan, Esq.



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RECHARGE IN MARCH WITH CHATHAM NEWCOMERS AND SOCIAL CLUB

Contributed by Chatham Newcomers and Social Club

Kick the winter blues in March! Join us for lite bites and drinks. Our monthly board meeting will be on Tuesday, March 3 where we'll discuss upcoming spring events and planning. Look out for a ladies' night out to follow. March 13, the men will gather for a night of paddleball and fun at Noe Pond Club in Chatham.

Our book club on the March 18 will be a special event! Local author Lisa Tognola will join us to discuss her novel *As Long As It's Perfect*. Have your book copy signed.

Joining and registering for events like these is easy and can be done online: <https://www.meetup.com/Chatham-Newcomers-and-Social-Club/events>. Even if you've been in town for only a few days or for many years, we have many new as well as seasoned Chatham residents in our membership. Annual fees are only \$45/FAMILY.

Also check our website at <https://www.chathamnewcomers.com>, follow us on Instagram (search: *chathamnewcomerssocial*) and like our Facebook page (search: *Chatham Newcomers and Social Club*) to see our upcoming events and photos.



A cooking and nutrition class was the January CNSC Ladies Night Out.



CNSC January Kickboxing Class at The Chatham Club.

CHATHAM GIRL SCOUT CALLS ON COMMUNITY'S HELP TO MAP LOCATIONS OF AEDS THROUGHOUT CHATHAM

Contributed by Craig Alperowitz,
Chatham Emergency Squad

Mikayla Meyler, a senior at Chatham High School and member of the Chatham Emergency Squad, is currently working on her Girl Scout Gold Award Project to create a map promoting the locations of automatic external defibrillators (AEDs) throughout the Chathams.

The project, called "A Map to the Heart," is created in cooperation with the Chatham Emergency Squad and the John Taylor Babbitt Foundation, seeking to raise awareness of the exact locations of the many AEDs in our community. But she needs your help - and is calling on the public's knowledge to assist her in populating the database, which will be made public on the Chatham Emergency Squad's website and will inform visitors of where AEDs can be found throughout Chatham Township and Chatham Borough.

"AEDs are a crucial life-saving tool in the event of a cardiac arrest," said Mikayla Meyler. "According to the National Safety Council, early access to defibrillation can increase chances of survival by 40% or more and knowing where they are located is step one in the process," she added.

The database will consist of all AEDs located in Chatham Borough and Chatham Township – the coverage area of the Chatham Emergency Squad and it will be managed and maintained by the Squad. Anyone with responsibility for an AED is asked share to share its location and some basic information by following the link: www.chathamemergencysquad.org/aed.

"You have already made a crucial contribution to community safety by installing the device," said Steve Davenport, Captain of the Chatham Emergency Squad. "Taking a moment to update the database will increase the likelihood that it is found and used in a time of emergency."

It is recommended that everyone gets trained in cardiopulmonary resuscitation (CPR) and the use of an automatic external defibrillator. The Chatham Emergency Squad offers free classes to the public. This training might save a stranger, a friend, or even a family member. As great as the training is, AEDs can be used without any training. Call 911 and turn the green power button on. AEDs have voice prompts that guide the user through their simple operation. The 911 dispatcher will provide further instructions until emergency responders arrive.

"No matter if you are trained or untrained in CPR or even if you're a professional responder, please have a look at the map. Find the places you work, shop, study, worship or play and be aware where the AEDs are in your life. Fast access could make all the difference," said Meyler.



Mikayla Meyler

About the John Taylor Babbitt Foundation

The John Taylor Babbitt Foundation works to prevent death by increasing awareness about the severity and prevalence of sudden cardiac arrest and educating the public to be able to recognize and respond to these life-threatening events. The JTB Foundation advises business and private organizations on the acquisition and installation of AEDs. The JTB Foundation also makes monetary grants to not-for-profits to assist in the acquisition of AEDS. If your business, club, medical practice, apartment building or any other establishment would like help in considering the purchase of an AED, learn more about the JTB Foundation at <https://jtbfoundation.org/>.

About the Chatham Emergency Squad

The Chatham Emergency Squad is an all-volunteer organization funded nearly exclusively by donations. In 2019 the Chatham Emergency Squad responded to 1246 emergency calls in Chatham Township and Chatham Borough and provided mutual aid to neighboring communities of New Vernon, Madison and Summit on occasion. Chatham Emergency Squad never charges for its services. The Squad provides stand-by support for community events, such as the Chatham Turkey Trot, Fishawack, and school athletic events. The Squad also provided free CPR training to more than 400 residents, teachers, coaches, school crossing guards and emergency personnel, including fire and police. To learn more, to donate or to volunteer, please visit www.chathamemergencysquad.org.

Contributed by Morgan Reade, New Jersey Advanced Acupuncture

Have you ever rolled out of bed in the morning only to realize that your shoulder muscles are not working properly? Has this been going on for months or years? Have you been having an aching pain that keeps you awake at night and prevents you from being active? If so, these symptoms can mean you have frozen shoulder also called adhesive capsulitis. New Jersey Advanced Acupuncture can help.

What is Frozen Shoulder?

Many cases of frozen shoulder begin with an injury to the shoulder or tendon. It tends to mostly occur in middle-aged people that have had a history of trauma to the area. The problem is when a person stops using their shoulder because of pain, it begins to stiffen. If you don't use it you lose it! The shoulder needs movement in order for blood to flow freely. Lack of blood flow weakens and dries the joint and tendons. Scar tissue and adhesions can develop.

Can Acupuncture help?

Acupuncture is an effective treatment modality for the alleviation of frozen shoulder. Thin needles are placed around the shoulder increasing blood flow and decreasing inflammation to the surrounding area. Acupuncture causes muscles and tendons to relax.

Here at NJ Advanced Acupuncture we have combined acupuncture and shock wave therapy (ESWT) to achieve a significant positive outcome for our patients.

The combination of shock wave therapy (ESWT) and acupuncture reduces pain and improves shoulder joint range of motion (ROM) for patients with frozen shoulder (adhesive capsulitis).

What is shock wave therapy?

Extracorporeal shock wave therapy (ESWT) is the use of pressure waves for the treatment of tendinopathies. The shock waves are created by electrohydraulics, piezoelectrics, or electromagnetics. A similar high intensity technology is used in lithotripsy to break up kidney stones and gallstones. ESWT relaxes local muscles, resolves spasticity, removes soft tissue adhesions, enhances red blood cell ability to absorb oxygen, and promotes microcirculation for the purposes of relieving pain and improving joint mobility.

How long will treatments last?

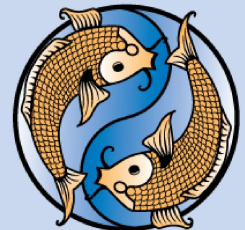
Acupuncture treatments last for 30 minutes with electro-stim and are followed by shockwave therapy for 5 minutes. Acupuncture treatments are most effective once per day at a rate of 2 times per week, for a total of 6-12 treatments depending on the severity. Acupuncture has the great ability of providing anti-inflammatory, analgesic, and recuperative effective actions. Our therapists may also apply shoulder manipulation and/or massage to the patient after the treatment to increase healing times. The therapist moves the joint in varying directions to release adhesions for the purposes of resolving frozen shoulder.

If you are experiencing any of the symptoms of frozen shoulder, please contact us at NJ Advanced Acupuncture 201-400-2261 for a consultation.



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ADOPT-A-PET



St. Hubert's Animal Welfare Center provides services that support the human-animal bond and seeks to foster an environment in which people respect all living creatures. Learn how you can volunteer, foster, and adopt at sthuberts.org. You can meet and adopt any of the following animals at our Madison Campus, 575 Woodland Avenue.

Contributed by St. Hubert's Animal Welfare Center
Photos by St. Hubert's



This is **Rosie**. She's a happy-go-lucky girl! She loves two things: kids and cheese. (She's really easy to train if you have some cheese to offer in return). This 2-year-old Beagle/Catahoula mix is a great walk buddy too. If you think Rosie is your perfect match, come meet her at St. Hubert's Animal Welfare Center in Madison.



Popcorn is a very playful 7-month-old kitten who likes wand toys and sunbathing. She's a curious kitty who enjoys watching the action outside her window (especially the birds). Sometimes she likes to greet visitors at the door... just to say hi. Want to watch a movie with Popcorn at your house? You can adopt her at St. Hubert's Animal Welfare Center in Madison.



Goldie and **Ziva** came from different places, but fell head over heels when they met at St. Hubert's.

He's 3. She's 8. So it's kind of a May-December romance. Both are FIV positive, which doesn't affect length or quality of life. They just need a little extra preventative care with your vet. Their ideal home would be a quiet one, with no small children. Is your house the perfect love nest for this pair? If so, come visit Goldie and Ziva at our Madison location.



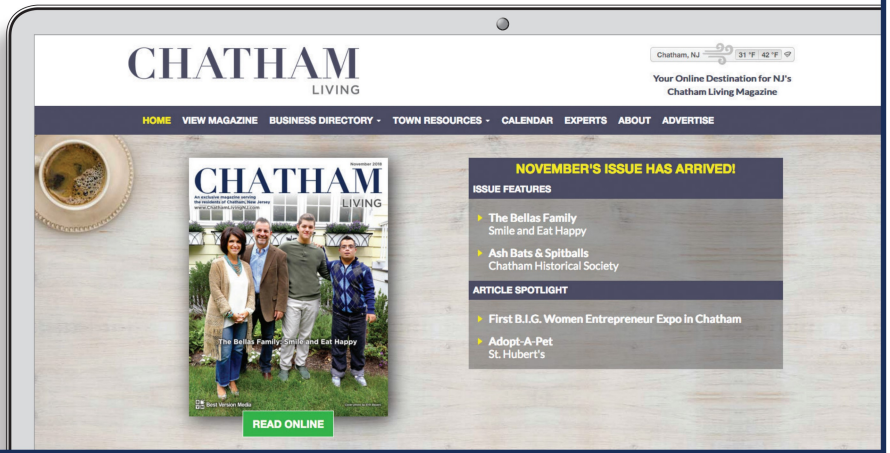
Remy is a one year-old Lab/Rottweiler mix with lots of energy! He's a little shy at first, but once he gets comfortable, he can't wait to run and play with you. He loves other dogs -- and would love even more to go to his new home with one. With a little patience and guidance, he'd make a great new addition to your family! Visit him at St. Hubert's Animal Welfare Center in Madison.

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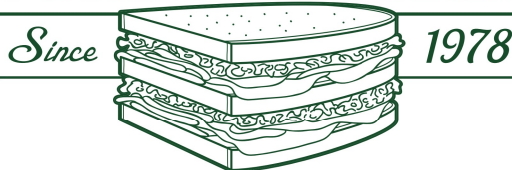
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An advertisement for Madison Area YMCA Summer Day Camps. The top half features a photo of children in orange shirts walking on a path, with a speech bubble saying "Registration is OPEN! Space is limited, register today." The YMCA logo and tagline "FOR YOUTH DEVELOPMENT FOR HEALTHY LIVING FOR SOCIAL RESPONSIBILITY" are in the top right. The text "QUEST CAMPS" is prominently displayed, followed by "Create. Grow. Explore." Below this is a collage of photos showing children and staff at various camp activities. The bottom section contains the text "MADISON AREA YMCA SUMMER DAY CAMPS" and "Entering Preschool - Grade 11". At the very bottom, it says "ALL CAMPS START JUNE 22" and provides the website "MADISONAREAYMCA.ORG/CAMP" along with social media icons for Facebook, Twitter, Instagram, and YouTube.



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