The Morris Plains Rotary Club provides their support to two special programs that help protect the children of our community.

**Child ID Program (Pictured Above)**

The Rotary Club provides volunteer assistance each year as the Morris Plains Police Dept conducts its Child ID Fingerprinting Program at Mountain Way School.

**Bike Safety (Pictured Right)**

Let’s face it - learning to ride a two-wheeler can be a difficult time - for kids and for parents!

In conjunction with TransOptions of Cedar Knolls, the Club has been involved with a very successful program which teaches children how to safely ride two-wheel bicycles in just one fun two-hour class.

TransOptions is a transportation-oriented non-profit that delivers programs and services designed to improve mobility, the environment, and overall quality of life in northwestern NJ. TransOptions provides commuter options such as carpooling, vanpooling, mass transit, biking and walking. For more info about the “BikeRight” program, visit www.morrisplainsrotary.org.

**LAW ENFORCEMENT OFFICER OF THE YEAR: PATROLMAN CHRIS CORNINE**

Morris Plains Police Patrolman Christopher Cornine receives recognition as Law Enforcement Officer of the Year from the VFW Watnong Post 3401.
before she moved on to ‘sizing’. “My job was to make the holes in the rings that held the oil. I used a drill press. The press was set up to make approximately 15 holes, one at a time. Each hole had to be the same size so it took a while to get just the right touch.” There was one oil ring per piston per cylinder. Each plane had either 6 or 8 cylinders. “I used a ‘feeler’ and tested the crack in the ring where the oil went through. The crack needed to be the same size as the feeler; too small went in a pile for filing, too big went in a pile for recycle.”

Ironically, Evelyn was manufacturing the piston rings that were needed for planes flown by the man she would eventually marry, Jack Carroll, whom Evelyn met in 1942 at a dance at the Meyersville Grange. They married on June 6th, 1948. Jack was a test pilot during WWII, flying B-17’s for Curtis Prop Airplane Company, to see at what altitude the plane’s propeller would freeze. He was also a crew chief when the US began building TBM Avenger Medium Torpedo Bombers.

Evelyn worked at the factory for 7 years; she took off only 1 week to have her tonsils taken out. “My salary was $12 per 40 hour week.” A day shift was 8am to 5pm, and a night shift was from 4pm to 11pm. “I took the train to and from work. I walked one mile to the Mine Brook station. I got the 7:03 am train and the 5:18 home at night, occasionally working a night shift. Evelyn’s train fare was $1.95 per month, and she paid her mother $5 each week to help support her family. “The best thing was that you got to meet a lot of people. When you live on a farm, you don’t get to meet too many people so working at the piston ring was a great place to meet people. Evelyn worked right next to the time clock, which was the ideal place to make friends. “You put your card in a machine to stamp the time you came in and the time you left.” Evelyn’s time card number was 265.

Evelyn and her younger sister, Millie, who also worked at the factory, would take the train to a fabric shop in Bernardsville to buy patterns and fabric to make matching dresses, frequently staying up all night to sew the dresses in order to wear them to work the following day. Their mother, when not working on the farm, sewed clothing for Sears & Roebuck.

EVELYN ‘ROSIE THE RIVETER’ CARROLL

Born March 12, 1920 to George and Alice Kutcher, Far Hills, NJ, Evelyn was one of six children who grew up on a farm knowing the value of hard work and manual labor. At that time, the first commercial planes were beginning to take flight, Babe Ruth was signed to the New York Yankees, the NFL was formed, Jazz was making its debut, and the flapper lifestyle was flourishing. While America was busy keeping up with post war politics, transportation booms, Evelyn Kutcher was growing up in one of those small farm towns.

At the start of WWII, when most American men were fighting the war on foreign shores, the US government began recruiting young women to support the war effort, Evelyn stepped up. At 21, Evelyn became a real life “Rosie the Riveter” Working at US Hammered Piston Ring Factory in Sterling, NJ as a member of the “Civil Defense,” making parts and assembling war machines used by American and allied soldiers in WWII. The first job was to wipe oil off of each ring. It was not long
‘ROSIE’ CONT’D

When the war was over, everyone in the factory was laid off. “After the war, I got a job in Sterling making beach balls. I used a heated press to melt the colors together on the seam.”

Evelyn & Jack built a house in Morris Plains on property Jack purchased on Old Wood Road, where her son now lives. Evelyn lives just down the street, in a house she and Jack built. After the war, Jack had an engine repair shop where the Plaza Restaurant is now located. He later became a building contractor. Jack passed away in 2011. Jack Carroll was a member of the Morris Plains Fire Department and Evelyn still belongs to the Fire Association Ladies Auxiliary.

Evelyn recently celebrated her 95th birthday at a party given by her family, Terry & Deanne Carroll and their children, Grady and Casey, and Holly and Bucky Parrillo, and their children, Jason and wife Jenn, and Mandy and Brian Markt, and her four great-grandsons.

JCP&L TREE TRIMMING TO BEGIN SOON

As a proactive step to minimize power outages during storms, JCP&L will be trimming trees along 3300 miles of power lines in the state this spring. Morris Plains is one of the towns that will have trimming occur this year. Trimming of tree limbs will begin in early June. In extreme cases, a tree may be removed. Residents of affected areas will be notified closer to the time that the work is to be done. JCP&L asks residents’ cooperation and patience as this work takes place along the roads in our area. Trimming makes a difference!

HONEYWELL: COMING SOON!

The Mayor and Council were welcomed recently for a walk-through tour of the Honeywell facility on Route 53. Residents can expect to see lots of activity at the site over the next few months as interior and exterior renovations are done to prepare the location to become Honeywell’s global headquarters.

Honeywell officials anticipate “move-in” to begin in mid-September with grand opening by the end of October 2015.
GIVE YOUR ‘BEYOND-THE-PALE’ 
RIGID PLASTIC ITEMS SECOND LIFE!

Please, please do not put broken, cracked, sun-bleached, or dirty rigid plastic items at curbside trash collection.

THEY ARE RECYCLABLE!

Instead, take them to Reimer Recycling Center and put them into the container labeled for rigid plastic. Here are a few examples:

• Trash cans
• Milk & soda crates
• Buckets (remove metal handles if possible and put them into the scrap metal container)
• Laundry baskets
• Deck & lawn furniture
• Children’s toys, i.e. playhouses, sand boxes, slides, cars

For more examples of rigid plastics, visit the Morris Plains website or look at the sign posted next to the rigid plastics container at Reimer Recycling Center.

Thank you for being a caring resident of ‘The Community of Caring” (planet Earth thanks you too!).

BLOOD DRIVE SCHEDULE

UPCOMING SATURDAY DATES FOR THE COMMUNITY BLOOD DRIVE:

June 13
July 25
August 8
September 5
October 31
November 28
December 26

Held at Presbyterian Church of Morris Plains
400 Speedwell Avenue, Morris Plains
8:00am to 2:00pm
Sponsored by Morris Plains Rotary

THURSDAY MAY 21ST, 7PM

Somerset Patriots vs. Bridgeport Bluefish, gates open at 6pm

Cheer on Our Morris Plains Performers!
8th Grader, Grace Flanagan singing God Bless America
2nd Grade Boys leading the stadium in the 7th Inning Stretch
Ending the Night with a Spectacular Fireworks Display!

$10 per Ticket • 50/50 Raffle the Night of the Game!

For Tickets or Info, Contact Ann Gallagher at 973-885-0902 or avamaxras@gmail.com
In 1973, President Gerald Ford authorized EMS Week to celebrate EMS, its practitioners and the important work they do in responding to medical emergencies. Back then, EMS was a fledgling profession and EMS practitioners were only beginning to be recognized as a critical component of emergency medicine and the public health safety net.

A lot has changed over the last four decades. EMS is now firmly established as a key component of the medical care continuum, and the important role of EMS practitioners in saving lives from sudden cardiac arrest and trauma; in getting people to the hospitals best equipped to treat heart attacks and strokes; and in showing caring and compassion to their patients in their most difficult moments.

Members of Morris Minute Men Emergency Medical Services invite you to join them in kicking off National EMS Week! Join us Saturday May 16, 2015 from Noon to 3 PM at Community Park on Jim Fear Drive in Morris Plains and celebrate with us as we dedicate two new ambulances. There will be music, food, beverages, and MMM EMS supporter T-shirts available for purchase. For those interested in joining, we will have membership information available.

All the MMM EMS ambulances will be there, including our two new ones; one of these was donated last year by a most generous family. Bring the kids and take a tour of our trucks.

At 1 PM we will have a dedication ceremony, and you are invited. Our new Ambulance 67 will be named in memory of Murray Marks, a long-time member whose dedication to the Minute Men is unmatched. Our new Ambulance 69, the twin of 67, will be named in honor of Dick & Jackie Deskovick, as it was their most generous donation that made purchase of this ambulance possible.

The Minute Men are dedicated volunteers who are…….well, just like you! We are residents of Morris Plains and Morris Township, women, men, family folks, retired, working, in college, in high school. We are volunteers who value our community enough to pledge time to support others within the community. We all started as untrained laypersons; we all end up being EMTs. This extraordinary collection of people provides free EMS coverage to YOU around the clock, all year long. Please come out and support us.

Look for pictures from this event in the next issue of Plains Talk! WE HOPE TO SEE YOU THERE!

HYDRANT MARKERS

The Morris Plains Fire Association THANKS the following groups:

- MP Rotary
- Mike Bergelt Opticians
- Morris Plains Fire Department Ladies Auxiliary

for donations which allowed us to purchase the first 70 of 270 fire hydrant markers. Hydrant markers assist fire-fighters with locating hydrants in heavy snow and poor visibility conditions. The cost of these markers is $15 each. Anyone who would be interested in making a donation towards the purchase of additional hydrant markers is asked to email Art Bruhn at artbruhn@yahoo.com

The markers will be installed by members of the Morris Plains Volunteer Fire Department.

Memory Café

An opportunity for those with mild to moderate cognitive memory impairment to gather with their care partner. We provide a safe, calm environment to socialize, have a light refreshment and enjoy two hours visiting with others who are living with the same condition.

Presbyterian Church of Morris Plains
400 Speedwell Ave.
Morris Plains, NJ

Once a month in the afternoon

For more information please call:
Ginny - 973-229-4145 after 1PM
OR Caroline- 973-993-9134

A cup of coffee shared with a friend is happiness tasted and time well spent.
MERCHANT BUILDING A FAMILIAR SITE – BUT WHAT A HISTORY!

For more years than can be remembered the name of Daniel Manning Merchant was synonymous with Morris Plains. As a young man in April of 1887 he purchased a coal yard and grain and general merchandise store from Isaac Clark, after working there for several years. It wasn’t long before this energetic man with his flair for “knowing what the customers wanted” had expanded his business to serve the whole area. At the turn of the century, the Merchant Building that we know was built as a department store selling groceries, hardware, and clothing, as well as feed grains and coal. He advertised continuously to keep his name in the public’s mind with print ads, signboards and other media. His slogan was “The World Contributes – Merchant’s Distributes.”

Merchant was always looking to the future, installing the first telephone in the community right in his store, providing an important service in a medical or other emergency. Additionally, his home on Jaqui Avenue was the first to install electric lighting. Merchant also found time to organize the local fire department and to serve as postmaster for 23 years. As a young man and for many years, as a hobby of sorts, he purchased the rights to publish a Yearly Almanac. When Morris Plains separated from Hanover Township in 1926, Merchant was the only nominee for Mayor. Daniel Merchant was proud of his achievements and of the town he served so well.

The Morris Plains Museum Association members enjoy our work preserving our town’s past with its rich history and we hope you will visit and consider joining our association. The museum is open Saturday’s from 10 am to 2 pm.
**Morris Plains Recreation**

**Summer Camp**

“Super Kids Camp”

June 29 to July 31 9AM-Noon
Morris Plains Community Center
Grades K-5; Fall, 2015

“Teen Camp”

June 29 to July 31 9AM-Noon
Teen Center House, Route 53
Grades 6-9; Fall, 2015

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**Summer Fitness Programs**

Cross Training/Walking with Stacey Williamson 6/30-7/28 9:15-10:15AM
Yoga with Peg Clark 7/7-7/28 7:30-8:30PM

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**Summer Recreation!**

Come Swim with us this Summer
at the
Morris Plains Community Park Pool!

The Pool will be open for the Season June 20th at Noon
***Bonus Weekend***
If conditions permit: June 13 & 14

Membership Application available at
www.morrisplainsboro.org & MP Community Center

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**Senior Aquasize**

At the Morris Plains Community Park Pool
Every Wednesday
Beginning July 8th
12:00 PM to 1:00 PM
Join in the Fun!

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**Senior Picnic**

Morris Plains Community Center
Thursday, July 16th
Please Note: NEW TIME:
1:00 PM
Please join us!
Summer Concert Series at Roberts Garden

Plains Blues Band            July 5            rain date July 6
Skip Yingling & Friends    July 12          rain date July 13
Frisky Business                July 19          rain date July 20
Retro Kings                     July 26          rain date July 27

Bring your lawn chairs!
Concerts are from 6PM-8PM

For additional information and registration forms, contact the Morris Plains Community Center at 973-538-3455 Monday - Thursdays between 9AM - 4PM or visit us @ www.morrisplainsboro.org
EASTER BUNNY BREAKFAST!

LITTLE LEAGUE OPENING DAY
**HAPPY 100TH BIRTHDAY LOIS!**

Lois Suydam LaVanture had her 100th birthday on March 28th, 2015. Lois lived in Morris Plains for 50 years before moving to Fellowship Village in Basking Ridge 20 years ago. She was a teacher at Morristown High School where she met her husband, Robert LaVanture, also a teacher (and coach) who went on to become principal at Morristown High School. She also taught at Madison High School for many years. She and Bob had two daughters - Suzanne Moulton, Bluffton, SC, and Cheri Doyle, Morris Plains. She has three grandsons and six great grandchildren.

**FREE SUMMER CONCERT:**

**63RD ARMY BAND OF THE ARMY NATIONAL GUARD**

- Friday, June 26th at 7:00pm -
  Roberts Garden

The Borough of Morris Plains, along with the Watnong VFW Post 3401, is honored to host a special performance by the 63rd Army Band of the Army National Guard, Sea Girt, NJ.

Bring your lawn chairs, some friends, and enjoy this wonderful performance of various musical styles!

**COURT IS IN SESSION!**

Judge Michael Carlucci helps Borough School Gifted & Talented students to learn about the court system through a Mock Trial exercise held at Borough Hall.

**KARA O’BRIEN SELECTED TO PLAY IN 2015 BRINE NATIONAL LACROSSE CLASSIC**

Kara O’Brien, a current 9th grader at Morristown High School, has been named as a 2015 Brine National High School All-American Goalie and has been selected to represent the 2018 New Jersey team at the 2015 Brine National Lacrosse Classic to be held at the River City Sportsplex in Virginia, June 29-July 2, 2015. Kara is currently on the Morristown High School varsity lacrosse squad.

The Brine National Lacrosse Classic brings the top high school lacrosse players in the nation to one venue, where regional teams will compete for a national recognition in front of NCAA lacrosse coaches. Congratulations, Kara!
A Message from Superintendent of Schools, Mr. Mark R. Maire

This year has moved at a very rapid pace! We are approaching the finish line as we enter into the final quarter of the school year.

The winter months have been a time of budget preparation for the 2015-2016 school year. Much care and consideration were utilized while planning a fiscally responsible budget. The budget reflects an ongoing commitment to increase technology integration in the classroom. Specifically, we plan to equip every student in grades 3-8 with a Chromebook and make iPads available to each classroom at Mountain Way. A digital presentation of the budget is available on the main page of our district website at www.mpsdk8.org.

The past few months in the Morris Plains School District have been very busy and eventful. Both schools celebrated “Read Across America.” Borough School hosted a Senior Citizen Luncheon, which was extremely well attended. The Home School Association (HSA) sponsored Science and Art Family Nights. At the present moment, students and staff are excitingly preparing for upcoming concerts and the Borough School Play, “Thoroughly Modern Millie.”

At the end of March, Borough School students in grades 3 through 8 successfully completed the first part of the PARCC assessments. Our participation rate was very high, and students appeared well prepared to take the assessments. Students will take the second round of PARCC tests in early May.

The District welcomes Ms. Amy Barkman as the new Business Administrator. Ms. Barkman comes to us with over 10 years of experience as a Business Administrator.

I would like to take this opportunity to thank the entire Morris Plains school community for their continued support of our vision and programs throughout this past school year. The success of our educational programs is directly related to the ongoing support and commitment of our staff, students, parents, and Board of Education. In addition, the Home and School Association, Education Foundation, and Municipal Alliance work hard to provide optimal, educational experiences and resources for our staff and students.

On behalf of the Morris Plains School District, I extend best wishes for a safe, healthy and relaxing close to the school year and upcoming summer. I look forward to working closely with all members of the school community as we continue our steady course towards excellence. Great things are happening at the Morris Plains School District!

Best,

Mark Maire

Congratulations to the Morris Plains Board of Education for receiving the Friend of Education Award from the Morris County Council of Education Associations. This is the first time a full board was recognized for this award.

Congratulations to 3rd grade teacher Mrs. Ginny Hussey for receiving the 2014-2015 VFW Post 3401, Citizenship Education Teacher Award.

Borough School students hosted a 50’s themed Senior Citizens Luncheon in March. Good times were had by all!

Second grade students worked together to connect a 50 states puzzle as part of their United States study.

Borough School students showcased their Science projects at Science Night.
The Shade Tree Commission is about to begin Phase 4 of the No-Net-Loss Reforestation Project which began in the Fall of 2013. This spring, over 140 trees will be planted throughout the Borough. Some will be placed at residential locations, and others will be placed at various parks as well as along Rte 53 in front of the Honeywell buildings. The tree planting is made possible through a grant from the State of NJ Forestry Department to compensate for trees lost due to the reconstruction of the Rte 53/Rte 10 interchange. In all, 408 trees will be planted. The final planting is planned for this Fall.

Homeowners of properties which have been selected as planting locations will receive information about the trees as well as simple care instructions. The Commission requests residents’ assistance in watering the trees when they are first planted in order to provide the best chance for the trees to thrive.

If you would like more information about the work of the Shade Tree Commission, please contact chairman Lloyd Williams at 973-538-0325.

One Day One School

On Saturday, October 10th, 2015, a nationally recognized program known as “One Day One School” will come to Morris Plains. The award-winning program brings together tree experts, school officials, town representatives, local companies and students all volunteering their time and effort to beautify our school grounds and make them cleaner and safer.

Thomas “Ace” Gallagher has coordinated similar efforts at schools in neighboring towns of Florham Park, Hanover Twp, and East Hanover. Ace is the owner of Ace Gallagher Stump Grinding, LLC, and is also a Hanover Twp Committeeman and former Board of Education member, so he knows how scarce the resources are for school districts to budget for grounds maintenance, landscaping, and tree care. That’s why this program is so important to him. The program helps beautify our schools and also addresses safety by removing or pruning hazardous trees or limbs on and around the school grounds, all at no cost to the taxpayers!

Gallagher says, “We are inviting everyone to become part of this network of volunteers that are giving back to the community to provide our students and our community a school that is safe, beautiful, and a place we can be proud of. Any support you can give would be greatly appreciated.”

Some preliminary planning has already taken place with the Borough as well as school administration. Community members who wish to contribute to the success of this program are asked to “MARK THE DATE” and watch for more details on the Borough website and in the August issue of Plains Talk. If you or your business would like to learn more about the project, please contact Councilwoman Laurie Fu at 973-605-8602.

To learn more about the program, you can also visit “One Day One School” on Facebook.

5K Run or Walk to Support Morris Plains Schools

Tuesday, May 26th - 6:00 pm
Central Park of Morris County

www.educationfoundationmp.com

It’s Not Too Late to Register...Walk-In’s Welcome!
With winter finally behind us let’s hang up our coats, put away our mittens, and see what’s happening at our library!

Many thanks to all who participated in our Paper Shredding Event. It was a huge success!! If you missed it, no worries – our next one is scheduled for 12 September 2015. Same time, same place. Hope to see you then! All proceeds help our library to grow. Thank-you for helping this to happen.

April has been a busy month. In addition to our Shredding Event, we had a local author (Katherine Newcomer) visit for a book signing. Katherine has written a fast paced Historical Romance Novel. A real page turner. If you were unable to attend, her book is available at our library. Further contact info is also available. Just give us a call.

We’re getting ready for our Spring Book Sale. Visit us Friday and Saturday May 1st and 2nd to select a paperback or hard cover of your choice. Mother’s Day is coming – every Mama needs a book! Prices will be .25 - $1.00 per book. Thanks in advance for helping us out.

Our MPL staff has been actively reading and here are a few selections for you!

1- Donna Leon – for all you Donna Leon fans – “Falling in Love” – a reappearance of prima soprano Flavia Petrelli in the newest Commissario Guido Brunetti mystery set in romantic Venice.
2- Michael Connelly- “The Burning Room”. Detective Harry Bosch and his new partner Detective Lucia Soto solve an open case that is 10 years old. Michael Connelly is a writer’s writer.
3- “The Mystery Writers of America Cookbook” – Do you like to read books that have recipes in them? Well, this book should be of interest for you. Many mystery writers recipes are included in this cookbook.
4- Emma Jenner –“Keep Calm and Parent On” a guilt free approach to raising children.
5- Jennifer Chiaverini- “Mrs. Grant and Madame Julie” – a book about the First Lady and her maid. An interesting read!
6- Alexander McCall Smith –“The Handsome Man's De Luxe Café- the newest No. 1 Ladies Detective Agency Novel set in Botswana. Precious Ramotswe has a new co-director, Grace Makutsi. Very interesting story!
7- Sean Ferrell —“I Don’t Like Koala” an engaging children’s book. Your little one will enjoy the story. Come in to get our copy!
9- Victoria Kann – ‘Aqualicious’! A splashy addition to the bestselling Pinkalicious books’. A sweet selection for our little ladies!

Stay well, enjoy the Spring that has finally sprung, and please contact us if you have any reading issues.
Returning for its 13th season, the Morris Plains Farmers Market will open on Saturday, June 13th at 9:00 a.m. to 2:00 p.m. and continue every Saturday through October 10th.

It's been another long, cold winter and we're ready for local fresh fruits and vegetables. Opening day will coincide with NJ strawberry season and fresh peas. Get them while they are available. Try Ort Farms local honey as the cure for your allergies. Ort Farms will again bring their fresh, hormone and antibiotic-free milk, whole, 2% and 1%. They also have fresh eggs and local cheese.

We have all our favorite vendors returning - Brook Hollow Winery, from Columbia, New Jersey, featuring red wines, white wines and non-grape fruit wines, like their most popular non-grape wine, Cranberry wine.

Hoboken Farms is back with artisan breads, croissants, olive pockets, fresh mozzarella, frozen fish, steaks & burgers, Griggstown Chicken Pot Pie. They offer their own tomato sauce, and some gluten free products.

Mara’s will have a plentiful supply of their mouth-watering fruit pies, key lime pie, cheesecakes, quiches and cookies.

Our favorite pickle vendor offers olive oil, stuffed grapes leaves, dried fruits & nuts. No more waiting! Krakus Deli is back with fresh pierogi and stuffed cabbage, cabbage stew and kielbasa. We hope they will bring the grill for that grilled kielbasa on a roll!

Flying Alpaca Farm returns with their luxury alpaca wool (non-allergenic) and alpaca wool products.

Opening Day will also feature our Morris Plains Brownies & Girl Scouts selling their famous Girl Scout Cookies, the Moms Club will be signing up new members, and Elements Massage will offer chair massages.

Thanks again to our sponsor, Provident Bank!
ACADIA
ARCHES
BADLANDS
BIG BEND
BISCAYNE
BRYCE CANYON
CANYONLANDS
CARLSBAD CAVERNS
CHANNEL ISLANDS
CRATER LAKE
DEATH VALLEY
EVERGLADES
GLACIER BAY
GRAND CANARY
GREAT SAND DUNES
HAWAII VOLCANOES
MESA VERDE
MOUNT RAINIER
NORTH CASCADES
OLYMPIC
PETRIFIED
REDWOOD
ROCKY MOUNTAIN
SEQUOIA
THEODORE ROOSEVELT
YELLOWSTONE
Yosemite
ZION

*2-Word names are in puzzle as single words (i.e. search Big Bend as BIGBEND)
K2K is a group of young adults and high school students who have been inspired to “Give Back” to their community through their work to provide mentoring for children with special needs in all facets of their lives.

Many Morris Plains youth of all ages are currently involved in K2K programs as mentors and as participants. Current programs are offered in:

- SWIMMING
- TAE-KWON-DO
- ART
- GOLF

To learn more about participating in a K2K program OR in becoming a volunteer mentor, please visit: www.kidstokids.us

Healthy Bones
DO YOU WANT STRONGER BONES?
Join us at PROJECT HEALTHY BONES
Morris Plains Community Center – Jim Fear Drive

Project Healthy Bones is an osteoporosis exercise and education program for senior women and men at risk for, or have osteoporosis. The program consists of posture, balance, strength (weights), and stretching exercises and an educational component geared toward maintaining bone density.

This program is sponsored by the Morris Plains Health Departments and RSVP (Retired & Senior Volunteer Program) / NORWESCAP. Our Peer Leaders are Beverly Diering, Gerri Farro, Theresa Garnier, Bev McGregor, Roberta Novak, Karen Gulbicki and Janet Griffin.

Participants commit to sessions meeting once a week starting Sept 8, 2015 to June 9, 2016. There are 20 participants in each class who are assigned to a specific day - Tuesday or Thursday. Class times are 10am to 11:15.

New participants will be accepted through Sept 2015. If you are interested in participating or observing a session please contact Janet Griffin 973-267-3955 or Karen Gulbicki 973-538-6458.
Adults Need Immunizations Too!

Some adults incorrectly assume that the vaccines they received as children will protect them for the rest of their lives. Generally this is true, except that:

- Some adults were never vaccinated as children
- Newer vaccines were not available when some adults were children
- Immunity can begin to fade over time

As we age, we become more susceptible to serious disease caused by common infections (such as flu and pneumococcus).

Vaccines are an important step in protecting adults against serious, sometimes deadly, diseases. They are especially important for those with chronic conditions, who are more likely to develop complications from certain vaccine-preventable diseases.

CDC recommends that all adults get the following vaccines:

- Influenza vaccine every year to protect against seasonal flu
- Td vaccine every 10 years to protect against tetanus
- Tdap vaccine once to protect against tetanus, diphtheria plus pertussis (whooping cough)

This is especially important for adults who will be around infants, as children are not vaccinated before 6 months of age. Pertussis outbreaks have been identified in some states recently.

- Other vaccines you need as an adult are determined by factors such as age, lifestyle, job, health condition and vaccines you have had in the past. Vaccines may include those that protect against shingles, pneumococcal disease, meningococcal disease, Hepatitis A and B, chickenpox (varicella), measles, mumps and rubella.

For more information or if you have questions, contact Cindie Bella, Public Health Nurse, at 973-631-5492.

Source: Centers for Disease Control and Prevention, Adult Immunization Schedules, United States 2015

### 2015 Recommended Immunizations for Adults: By Age

<table>
<thead>
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<th>If you are this age,</th>
<th>Flu vaccine every year</th>
<th>Td/Tdap vaccine</th>
<th>Shingles</th>
<th>Pneumococcal</th>
<th>Meningococcal</th>
<th>MMR vaccine</th>
<th>HPV vaccine</th>
<th>Chickenpox Vaccine</th>
<th>Hepatitis A</th>
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<th>Hib vaccine</th>
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<td>19 - 21 years</td>
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More Information:

- If you are pregnant, you should get a Tdap vaccine during the 2nd trimester of every pregnancy to help protect your baby from pertussis (whooping cough).
- If you were born in 1957 or after, and don't have a record of being vaccinated or having had measles, mumps and rubella, talk to your healthcare professional about how many doses you may need.
- There are two HPV vaccines but only one HPV vaccine (Gardasil®) should be given to men.
- If you are a male 22 through 26 years old and have sex with men you should complete the HPV vaccine series if you have not already done so.
The deadline for the next issue of Plains Talk will be July 17th, 2015. Please submit articles and photos to plainstalknews@gmail.com.

The All Seasons Garden Club is looking for some local volunteers to help with keeping the flower tubs along Speedwell Avenue looking beautiful. This would involve regular watering, weeding, and removing of dead flowers from a planter throughout the months of May to October, and could be done by an individual, a couple, a group or business -- a great opportunity for students to earn “community service” hours! (We’ll help to work around vacation schedules!) If interested, or if you would like further information, please call Pearl Law at 973-538-8189.

**FEBRUARY 2015 TRIVIA ANSWER**

From left to right:
Mayor Alan R. Florin served 1983-1986
Mayor Frank J. Druetzler served 1987-Present
Mayor David A. Bryce served 1977-1982

**MAY 2015 TRIVIA QUESTION**

Who was Ron Brown?

The deadline for the next issue of Plains Talk will be July 17th, 2015. Please submit articles and photos to plainstalknews@gmail.com.
FARMER'S MARKET

Every Saturday - June 13 thru October 10 - 9AM to 2PM
Merchant's Block (next to Model Railroad Club Building)

featuring...

ORT FARMS
Sweet Corn!
Fresh Fruits & Veggies!
Milk, Cheese & Eggs!

MARA'S COUNTRY DESSERTS
Cheesecakes, Fruit Pies,
Cakes, Cookies & Quiches!

Flying Alpaca Farm ~ Alpaca Originals! Fine Fibers & Yarn!

HOBOKEN FARMS
Breads, Rolls
Fresh Mozzarella,
Ravioli-Meat-Fish

KRAKUS DELI, LLC
Fresh Polish Sausages,
Pierogi, Stuffed
Cabbage & Bean Soups

PICKLES & OLIVES, etc.

and...Brook Hollow Winery!

Sue McCluskey, Market Manager

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