



Tinc Teachers Spruce Up Autism Awareness With Blue Shirts

By Cheryl Conway

April is Autism Awareness Month and with that Tinc Rd. School lit it up by wearing t-shirts and raising dollars and attention to the cause.

Just before spring break, on Friday April 12, teachers and staff dressed down in their jeans and wore these blue specialty t-shirts to celebrate autism awareness.

“We all bought shirts from one of the teachers who has an Etsy business called Creative 2 the Core, and in addition raised over \$220 for an Autism charity called Light it up Blue for Autism Speaks,” explains Maria Donovan, K-2nd interventionist teacher at Tinc. “It was a nice way to come together and support a worthy cause.”

Most of the teachers gave \$12, which included an \$8 shirt from teacher/t-shirt designer Courtney Baker and \$4 donation to Light It Up Blue for Autism Speaks, an accredited non-profit organization dedicated to promoting solutions for the needs of individuals with autism and their families through advocacy and support; increasing understanding and acceptance of people with autism spectrum disorder; and advancing research into causes and better interventions for autism spectrum disorder and related conditions.

“Courtney is extremely crafty; she opened up a shop on Etsy,” explains Donovan. “She got this new machine to do stencils.” In February, Baker had made shirts for the teachers for the annual Rock-n-Roll-A-Thon, but only a handful bought them in time.

Explains Donovan, “When she made shirts for the Rock-n-Roll-A-Thon, people said ‘how nice.’ It was something cute. She said next time she was making shirts, she’s putting it out there.”

And that she did with most of the staff buying one and boosting awareness regarding autism.

“Kids wore blue; a blue day for the kids” on Tuesday, April 9, says Donovan. “Teachers wore blue that day too,” but since the t-shirts were not ready until Friday, they re-wore blue on April 12 for dress down Friday.

“I think as a community people come together in time of need,” says Donovan, who also teaches fourth and fifth graders through the Mt. Olive Success Academy at Tinc. “They celebrate all children. It was nice for all people to be recognized. It’s diversity. It’s being aware. It’s showing that people care. It was really a sweet thing to do.

“It is nice to come together as a community and show love for everybody,” concludes Donovan.

Welcome readers to the 16th issue of Mt. Olive Online. Get MO news online

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Lunch Maker Shares Kind Act, MO Online Seeks More Stories

By Cheryl Conway

More than a decade has passed since Chester M. Stephen's Elementary School in Budd Lake has been sending out its second graders to venture in around the community and bring kindness with its annual Kindness Tour.

Now it is Mt. Olive's turn to share its stories of kindness. *Mt. Olive Online* will be featuring these heart-warming stories with its readers on an ongoing basis. Please email editor@mtoliveonline.today with any acts of kindness that are witnessed or achieved.

Kindness is "The quality or state of being kind- treating people with kindness and respect," as defined in Merriam-Webster dictionary. Many people do partake in kind acts and good deeds that stem from their heart without any personal gain, merit, recognition or award. They act just because they care.

Extra Lunch For A Hungry Friend

A reader, who wishes to remain anonymous, recently shared his act of kindness. To help out in the morning, he has been making his kids' lunches for years packing them up with everything nutritious and delicious. He tends to give extra snacks just to make sure his kids do not come home with hungry bellies.

It was back in January that he asked his youngest son if he was eating all of his snacks. His middle schooler, as honest as can be, replied, saying "no, I don't eat them all... I give some to my friend." This father's first response was "...well if you do not eat all of the snacks, then just bring them home."

The mother then interjected saying that maybe this friend does not have enough to eat during the day. A discussion then followed, and the father learned that the son's friend was coming to school without any snacks nor lunch, and that his friends, if lucky enough, were providing him with their leftover food if they had any to spare.

The story was a sad one but it put it all in perspective to this father. Every day since, this father and mother have been making an extra lunch for their son's friend....a sandwich with a snack...so at least one more person in this community can get some nourishment during their school day.

New Yoga Class Takes Shape In MO



Like the buds blooming on the trees, the Mt. Olive Exercise program is shaping up with a new yoga class being introduced next week.

Join certified Yoga Instructor Sandy Kranti on Tuesday, April 30, from 6 p.m. to 7 p.m. for Hatha Yoga. This special class is being introduced with plans to add it as a new class through the Mt. Olive Exercise program.

Hatha is a gentle, basic yoga class that emphasizes static postures in a slower-paced stretching format focusing on breathing exercises and some meditation. Concentrate on working on alignment, learning relaxation techniques and building strength and flexibility.

This ancient style of yoga uses the breath to create a link between the body and the mind.

Like other forms of yoga, hatha yoga can help reduce stress, lower blood pressure, provide more energy and improve sleep and digestion.

For this special one hour yoga class being held at the Mt. Olive Municipal Complex, Senior Center, bring a yoga mat and bodies ready to unwind, breathe and stretch. Cost is \$10; free to current members.

For more information, email Laura Hars, program director, at lmhars@gmail.com or call 973-903-0453 to secure a spot. Walk-ins are always welcome.

Local Library News

Book Lovers Read Here

Stock up on books for summer at the upcoming Bag o' Books Sale at the Mt. Olive Public Library. On Saturday, May 4, from 10 a.m. to 3 p.m., stop by the MOPL in Flanders and fill up a whole bag of books for \$10. Buy a reusable bag for an extra \$2 to fill, or pay very low prices for just a few books. This spring fundraiser is being sponsored by The Friends of the Mt. Olive Public Library and proceeds support the library. Enter through the rear of the library. For more information, call 973-691-8686; visit www.mopl.org.

Make A Gift For Mother's Day At Library

The Mt. Olive Public Library plans to host an essential oils Mother's Day DIY workshop on Saturday, May 4, from 10 a.m. to noon, in the Gathering Room.

Come join Perri O'Flynn and make a special essential oil infused gift for that special woman! Also, learn what essential oils are and why to use them to enhance health and wellness. Light oil-infused snacks will be served.

Space is limited to 15 adults; registration required. Go to www.mopl.org to register.

Story-time With Dogs, Coding, Painting & Nature Walk

On Saturday, April 27, at 11 a.m. kids ages 4 to 9 are invited to **Therapy Dog Story time** with Olaf and Duffy. Join in to honor National Library Month, to enjoy this special story time with some furry friends.

Middle school and high school students, ages 13 to 18, can visit the library on Sundays, May 5-June 2, at 1 p.m. for **Coding With Chris!** A four-week course, learn how to take coding to the next level by creating programmatic images and animations, practicing design, testing and iteration.

All ages and families can go on a **Nature Walk** on Tuesday, May 7, from 10 a.m. to 4 p.m. Join the director of the library and other bird enthusiasts in a nature walk around the library and learn about some of the local birds. Wear comfortable shoes and do not forget that bug spray.

Painting with Mom is set for Thursday, May 9, at 7 p.m., for those aged 8 and up. Join Dorothy for a special Mother's Day paint night, learning how to paint a beautiful floral piece while having lots of fun!

A Fairy and Pirate Festival is set for Saturday, May 18, from 10 a.m.-2 p.m. at Turkey Brook Park for activities along with the Recreation Department.

Interested in volunteering at the library this summer? Attend a mandatory informational meeting Monday, May 20 at 7 p.m.

Spring Into Action And Give Blood

The Knights of Columbus Council 6100 plans to host its next blood drive on Saturday, April 27, from 7:45 a.m. to 1:45 p.m. at St. Jude's Church in Budd Lake. Pancake breakfast along with an Enzo's \$5 gift card or t-shirt is included.

Participants must be in generally good health and weigh at least 110 pounds to give blood. Young children are invited to accompany parents to enjoy arts and crafts and refreshments.

To schedule an appointment, visit https://donate.nybc.org/donor/schedules/drive_schedule/129712.

Call 973-691-1330 for more information. Walk-ins are welcome.

Mark calendars for additional blood drives set for Saturdays

June 22, August 24 and December 14. Supported by New Jersey Blood Services; call 1-800-933-2566; visit nybloodcenter.org.

Earth Day Celebration Planned At South Branch Preserve

In celebration of Earth Day 2019, The Land Conservancy of New Jersey plans to host its annual event at South Branch Preserve on Saturday, April 27.

Officially recognized on April 22, Earth Day was established in 1970 to highlight the importance of environmental issues and educate the public about the need for environmental reforms. Since then, the concept has spread around the world to some 193 countries.

The Land Conservancy has hosted Earth Day events since 2014, and is proud to join other organizations and individuals around the world in bringing attention to the important work of preserving natural open spaces, animal habitats and clean water sources. Through this youth-focused event, it hopes to educate and inspire the next generation of conservationists.

“Earth Day provides a perfect opportunity to get young people excited about protecting New Jersey’s natural beauty in a fun, interactive way,” said Danielle Wolfrum, director of Development and Communications.

The festivities on April 27 at South Branch Preserve will include a guided hike, scavenger hunt, seed planting, arts and crafts, and educational demonstrations about composting and gardening. In addition, the Chew Crew will make an appearance, thanks to its partner Antler Ridge Animal Sanctuary. The Chew Crew is working to clear invasive species from South Branch, and kids will have a chance to meet the crew. Refreshments will be provided on-site.

For information about volunteering at the event, contact Barbara McCloskey at bmccloskey@tlc-nj.org.

Community Invited To Make Poppies

Flowers are sprouting everywhere this time of year and so too are poppy's with many more to bloom at the Interfaith Poppy Project next month.

The Church of Jesus Christ of Latter Day Saints is hosting the event at 154 Mountain Rd., Flanders, on Saturday, May 18, from 11 a.m. to 1 p.m., along with support by the All Veterans Alliance. Lunch will be provided.

"We will be making poppies for the NJ Gold Star Mothers," explains Charlie Uhrmann, founder of the All Veterans Memorial (AVM) at Turkey Brook Park, 30 Flanders Rd., Budd Lake.

"Come join the fellow women of your community as we put our hands to work sculpting clay poppies for mothers of war hero's this Memorial Day," as stated on the event flyer.

Also coming up next month are the following events sponsored by the AVM in preparation for Memorial Day.

AVM Spring Clean Up is set for Saturday, May 4, 9 a.m. to 3 p.m. at the AVM.

Memorial Remembrance Day Ceremony is set for Monday, May 27, 10:30 a.m., at the AVM Ceremonial Grounds.

"The Memorial Remembrance Day Ceremony has become one of New Jersey's most memorable and cherished places to be, and this year will be no different," says Uhrmann.

"This will be an especially emotional observance as two families will be setting their fallen warrior's service pavers in remembrance of their honorable service."

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Community Awareness Night Set For MOHS

A Community Awareness Night is set to be presented by the Mt. Olive High School Class of 2019 on Tuesday, May 21, from 6:30 p.m. to 8:30 p.m. at MOHS. The goal of the evening is to bring the community together by having students connect with local resource providers to spread awareness regarding health and wellness topics.

Admission is free and the event is open to all students, parents and community members.

Local Police Seek Support For Unity Tour

The Mt. Olive Police Department is looking for donations to support its upcoming Police Unity Tour. As participants since 2002, several members of the MOPD plan to take part on May 9 through May 12 and are seeking community support.

The Police Unity Tour, established in 1997, is a 300-mile bicycle ride from New Jersey to Washington D.C., which raises awareness and honors those law enforcement officers who have been killed in the line of duty.

Since its establishment, the Police Unity Tour has donated nearly 16 million dollars to the National Law Enforcement Officers Memorial Fund (nleomf.com) based in Washington D.C., according to a support letter from the MOPD. Those donations have come directly from the fund raising efforts of local, state and federal law enforcement officers who are required to individually raise a minimum of \$1,950 to take part in the ride.

As with previous years, officers from the MOPD have primarily relied on the generous donations made by Mt. Olive businesses and community members to participate.

This year, four Mt. Olive officers- Chad Rossy, George Jadue, Christopher Saunders and Tyler Mullooly- will look to take part in the Police Unity Tour, which will be starting in East Hanover on May 9, and arrive in Washington D.C. on May 12.

"In order our reach our financial requirements for the ride, we are seeking donations from our local community members and businesses," the MOPD letter states. "Your donation to the Police Unity Tour is fully tax deductible (Tax ID #22-3530541) and most importantly greatly appreciated."

Additional information about the Police Unity Tour, and other fundraising efforts, can be found at www.facebook.com/teammountolive; or www.mopd.org.

Donation Checks should be made payable to: Police Unity Tour – Mount Olive, P.O. Box 134, Budd Lake, NJ 07828.

NEWS at local college and University

Assemblyman Anthony Bucco Exhibits CCM Students' Artwork

Assemblyman Anthony Bucco is hosting an exhibition in his Randolph office of artwork created by County College of Morris (CCM) visual arts students.

The exhibition, at 1040 Route 10 West, Suite 104 in Randolph, runs through August. The office is open Monday through Friday from 9 a.m. to 5 p.m.

Nine students from Professor Todd Doney's Drawing II course were selected to have their pastel paintings of Morris County displayed in the reception area of the office. Doney says that the exhibition represents the ongoing partnership between Bucco and the Visual Arts department to continue to showcase the outstanding work of CCM's visual arts students.

The students who created the pieces on exhibition are Veronica Gancher, of Riverdale; Lily Naylor, of Sparta; Anna Rodrigues, of Randolph; Lia Scherr, of Rockaway; Jorge Jarmilla, of Dover; Phebe Kressler, of Livingston; Aileen Beehler, of Long Valley; Quincy Penn, of Morris Plains; and Alex von Aulock, of Lake Hopatcong.

Also on display in the assemblyman's office is a pastel painting by Doney and still life paintings by Professor Marco Cutrone.

Bucco over the years has hosted numerous exhibitions of CCM students' artwork.

To learn more about the Visual Arts Program at CCM, visit <http://tinyurl.com/y345p99q>

Centenary University Honors Students At Leadership Awards Ceremony

Centenary University recognized more than 100 students at the annual Student Leadership Awards Ceremony recently. Held in the David and Carol Lackland Center, the event celebrates outstanding contributions to the university and surrounding community by students and campus organizations including First Year Leaders, Resident Assistants, the Student Government Association, the Educational Opportunity Program, Chi Sigma Alpha, and Changebuilders.

In addition to presenting the student awards, Centenary honored Dr. Lauren Bergey, as this year's Faculty Advisor of the Year. Bergey is an associate professor of biology and serves as director of the University's Honors Program.

"These honorees embody Centenary's goal to educate student leaders who strive to make a positive impact, on campus and in the local community," said Kerry Mullins, vice president for student life and dean of students. "We are extremely proud to celebrate their accomplishments at this annual event." Twenty-five students received top awards at the event.

CCM Offers Best Garden Ever

The Landscape and Horticultural Technology (LHT) Program at County College of Morris (CCM) in Randolph plans to hold its annual spring plant sale – Your Best Garden Ever! – for three days starting in early May.

The sale, which is open to the public, starts on Saturday, May 4, and runs from 11 a.m. to 2 p.m. as part of the college's Titan Weekend celebrations marking CCM's 50th Anniversary. The sale continues on Monday, May 6, and Tuesday, May 7, from 11 a.m. to 5 p.m. The sale takes place in the LHT greenhouses, located near Parking Lot 1 on CCM's Randolph campus, 214 Center Grove Road.

This year's offerings include annuals, perennials, herbs, hanging baskets and vegetables. Proceeds benefit LHT student activities. For more information, contact the LHT Program at 973-328-5363. To learn more about the LHT degree and certificate programs, visit <http://tinyurl.com/y82afr4y/>.

CCM To Hold Free Festival To Celebrate 50th Anniversary

Come join County College of Morris (CCM) in Randolph for a free fun-filled festival as the college marks its 50th Anniversary with a birthday party for Titus the Titan, the CCM mascot.

The Titus the Titan Birthday Party takes place Saturday, May 4, from 11 a.m. to 2 p.m. on the CCM campus. Center Grove Road, Randolph.

Being held as part of the college's Titan Weekend, the birthday celebration will include planetarium shows, cupcake decorating, live music, a barbecue and a host of other birthday happenings for the young at heart. In addition, several academic showcases will be presented that day.

The Department of Landscape and Horticultural Technology (LHT) also will be holding its annual Spring Plant Sale in the greenhouses by its LHT building, across from Parking Lot from 11 a.m. to 2 p.m.

Then on Sunday, May 5, the college will be holding the Titan Trot 5K on its campus. The USATF certified 5K run and fun walk begins at 9 a.m. The cost of registration is \$25. T-shirts will be provided to the first 200 registrants.

For more information, visit www.ccm.edu/titan-weekend/.

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