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When it comes to building his body, Warren's Mike Aprile is a natural.

Aprile, at the age of 46, is training for his first men's physique show competition for 100 percent natural athletes in November.

"Being a natural athlete at 46 was important to me as many men my age take performance enhancing drugs and testosterone replacement therapy in untested competitions," Aprile said. "Since this will be my first show and I'm already nervous enough, I just wanted it to be an even playing field knowing everyone was also a one hundred percent natural athlete."

Aprile works out at Crunch Fitness on South Avenue in Garwood. He expects to compete in the masters and novice divisions, and possibly the open division, at the Bloomfield competition, hosted by the National Gym Association.

"Men's physique competitions are somewhat different then men's body building competitions," Aprile said. "One of the differences is that you have to wear knee-length board shorts, while in body building you wear a Speedo. You must pose in front of judges for pre-judging in the early afternoon, then in front of the judges and an audience later in the evening. ...

Judges will weigh more on overall stage presence and personality in men's physique than in bodybuilding."

Personality counts, but so does diet, exercise and technique. Aprile had help from professional trainer Joseph McNelis from Equinox gym in Summit, NJ.

"Coach McNelis gets my diet right and teaches me how to pose on stage in front of the judges while trying to build my confidence up and fat levels down," Aprile said.

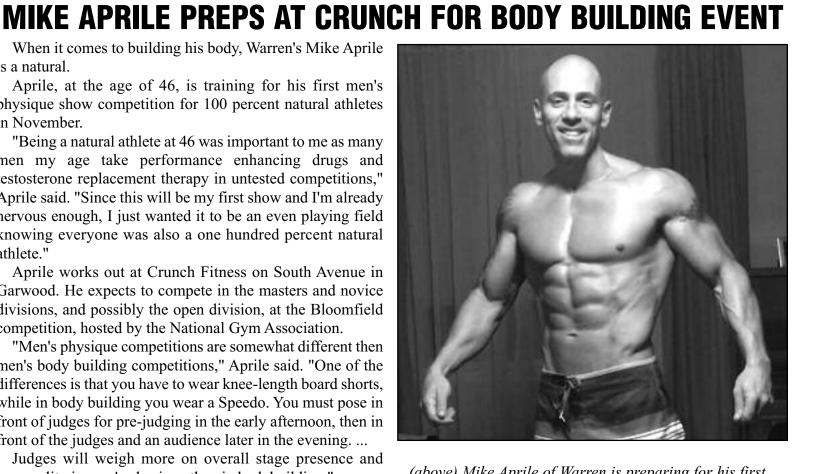
"I have never been on a stage in my life and that aspect of it is probably the scariest part for me."

This lifestyle change introduced Aprile and his wife, Donna, to what they call meal prepping.

"We basically prepare two days' worth of meals at a time, which consists of about 12 containers of food that have to be consumed every two-and-a-half hours, six times a day," Aprile said. "You are basically eating chicken/fish, green veggies, sweet potatoes, egg whites and oats for 12 to 13 weeks without anything else entering your body. Add a full gallon of water every day and trust me, you're ready for a rubber room."

Still, Aprile wouldn't have it any other way.

"My first child, Gianna, was born in February of 1999 and after six months of paying gym dues and not going even once. I canceled my membership at 27 years old," Aprile said. "I always planned on getting back to the gym and revisit my



(above) Mike Aprile of Warren is preparing for his first competition in November at age 46.

'Glory Days' but life got in the way."

Now Aprile is back, smarter and fitter than ever.

"I've learned it's never too late to accomplish anything," he said. "If you put one hundred percent of your heart and effort into it, your body will follow."

The National Gym Association was established in 1979. The organization says it is dedicated to the natural athlete and to teaching and training individuals to become the most professional certified personal fitness trainers in the world. Call 954-344-8410 for more information.

Aprile said that he would not have reached his goal without the support of the team at Crunch. He said "They are always helping me and even let me practice posing with coach Joe in their aerobic studio." Crunch has quit a few active athletes as members, including a half dozen men and women competing in physique and bikini competitions. Even Crunch manager, Brandon competes as a powerlifter.

No judgments is the mantra of Crunch Fitness. It means room for everyone, regardless of shape, size, age, race, gender or fitness level, the company says. Call 908-789-0900 for more information or visit on Facebook or thier Facebook page.



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GARWOOD RESCUE SQUAD CHILD SAFETY SEAT INSPECTION PROGRAM

were invited to see how the Union County's Child Safety Seat Inspection Program helps our youngest citizens during Child Passenger Safety Week held in September.

The program at the Garwood Rescue Squad is using the seat correctly.

Students from Lincoln School in Garwood run every Wednesday and Thursday from 7:30 a.m. until 11:00 a.m. and no appointment is necessary. Certified child passenger safety technicians check the car seat for proper installation and educate parents and guardians on



(above) Lincoln School students Mira, Valerie, and Cecilia Faustino, and Adam Schupak join Garwood First Aid Squad member Gene Koplinska as he gives them a tour of the facility.



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INTERNATIONAL WALK TO SCHOOL DAY

Students, staff and family members from Lincoln School in Garwood were greeted by a special visitor on International PTA Walk to School Day on October 3, 2018.

Batman along with his famous Batmobile greeting all of the



walkers that day with a high five and some words of wisdom about staying fit by exercising and the importance of being respectful. Walk to School Day took place during NJ's Week of Respect this year so Batman's message was especially powerful.



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FRIENDS OF COLIN TO HOST 4TH ANNUAL 5K TURKEY TROT

Friends of Colin is gearing up to hold its 4th annual Turkey Trot scheduled for the day after Thanksgiving, Nov. 23, 2018. The run raises money to fight pediatric cancer.

The 10 a.m. 5K starts in Unami Park and travels the flat streets of Garwood and Cranford. It typically draws local residents and people who are visiting family here for the holidays.

After the race, the littlest in the crowd get to run 1/2 mile "fun run." There are also raffle baskets to try to win and snacks for the race participants.

"The race is a great way for the community to come together over the Thanksgiving holiday," said Ryan McGann, executive director of Friends of Colin.

"I think it is wonderful where runners come from our community, both Garwood and Cranford, and all over the East coast. All the proceeds from the run directly benefit pediatric cancer research, and while we give thanks, we can also give forward by participating in the run and helping end pediatric cancer.

Last year's winners were Will Smith, Cranford, who ran 17:27, for men's first place finish; and Abby Keisling, Washington, DC, who ran 22:19. for women's first place finish. Many of the participants run the race competitively, and others choose to walk the route. You can register for the race at https://runsignup.com/Race/NJ/Garwood/Friend sofColinTurkeyTrot.

Registration is \$25 but prices increase after Nov. 9.

Friends of Colin formed after the death of 16year-old Cranford resident Colin Maher. Colin died after a fight with Ewings Sarcoma, an aggressive bone cancer. His neighborhood friends decided to continue fighting the disease and to raise money for Dr. Jeffrey Toretsky,

a Georgetown University doctor who is trying to find a cure. Friends of Colin also holds an annual Easter Egg Hunt fundraiser in the spring.





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THE CELEBRATION SINGERS WINTER 2018 CONCERT: "ONCE UPON A DECEMBER"

The Celebration Singers would like to invite you to our winter concert which will be held on November 30th and December 1st, 2018 at 8 PM at St. Michael's Church located at 40 Alden Street, Cranford NJ. Our "Once Upon a December" concert will feature songs from the movies "Frozen", "White Christmas", "Polar Express", and many more. Tickets are \$20 for adults and \$15 for children and seniors. Tickets can be purchased in advance through our website, celebration-singers.org, or at the box office at the night of the concert. Any questions concerning the performances can be directed to our email at celebrationsingersnewjersey@gmail.com or to our landline at 908-552-4656.

The Celebration Singers are multigenerational ambassadors of song drawing music from a breadth of genres and cultures. The Choir's commitment to artistic excellence and its engaging and dynamic style provide its diverse singers and audiences with a compelling musical experience. The Choir lends support through music and participates in the cultural life of the community.

Funding for the Celebration Singers is made possible in part by the New Jersey State Council for the Arts, Department of State, through a grant administered by the Union County Office of Cultural and Heritage Affairs.



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AUDITIONS FOR MAMMA MIA

Don't miss the chance to be part of history! Audition to be part of the 100th Season at CDC Theatre, 78 Winans Ave. in Cranford. Auditions for Mamma Mia are set for Wed., Nov. 14, 2018 at 7 p.m. and Sat., Nov. 12 at Noon.

ABBA's hits tell the hilarious story of a young woman's search for her birth father. This sunny and funny tale unfolds on a Greek island paradise. On the eve of her wedding, a daughter's quest to discover the identity of her father brings three men from her mother's past back to the island they last visited 20 years ago.

The story-telling magic of ABBA's timeless songs propels this enchanting tale of love, laughter and friendship, creating an unforgettable show. A large cast, non-stop laughs and explosive dance numbers combine to make Mamma Mia! a guaranteed smash hit for any theatre. A mother. A daughter. Three possible dads. And a trip down the aisle you'll never forget!

Please prepare 16-32-bars in the style of the show or any 70s disco era song and bring sheet music in the appropriate key. An accompanist will be provided. Rehearsals will start Dec. 10 with performances running from Feb. 15 to March 2, 2019. Additional details can be found by visiting cdctheatre.org.

VIRTUAL PARENT UNIVERSITY SESSION ON USING PARENT PORTAL IN GENESIS

The Clark Public School District recently held a virtual Parent University session, "Using Parent Portal in Genesis," hosted by Christine Casale Broski, Supervisor of Educational Initiatives. The session explores the features available to parents through the district's new student information system, Genesis.

Broski stated, "The session explains Genesis from a parental perspective. The district is very excited about this program and the benefits it provides to foster the home/school connection."

To view this session and other past session, visit the district's website clarkschools.org under Parent University. They can also be found on the district's Facebook and Twitter pages. The virtual sessions are part of the district's Parent University program, which includes community education nights, parent teas, and two larger assembly-type programs.

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LIONS CLUB PANCAKE BREAKFAST FUNDRAISER

The Garwood Lions Club is excited to invite everyone to its annual Pancake Breakfast fundraiser on Sunday, November 18, 2018 from 8 a.m. to noon. The breakfast will be held at The Westwood, 438 North Avenue, which graciously provides the banquet room at no charge to the Lions Club.

Tickets will be available at the door for \$7 each, children under 6 years old are free. The buffet style breakfast includes pancakes, sausage, bacon, coffee, tea, and juice.

This major fundraiser for the Garwood Lions Club offers local businesses the opportunity to support the organization by taking out a business card size ad on the placemat for just \$30. If you are interested in purchasing ad space and/or

purchasing tickets in advance at a reduced rate of \$6 each, please contact Lions Club President Sara Todisco at saramtodisco@gmail.com or (908) 377-7890.

The main mission of this international organization is to help the blind. In addition to sponsoring community events like the Halloween Parade and the Senior Citizens' Picnic, the Garwood Lions Club provides scholarships to selected Garwood students graduating either 8th Grade or High School. The Garwood Lions Club has now been in existence for 89 years! With your continued support, the club will be around for another 89!

Please follow us on Facebook at "Garwood Lions Club" for updates.

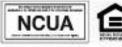


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SHINING STARS PRESENTS FIRST EVER CHRISTMAS SHOW SPECIAL NEEDS TALENT TO TAKE THE STAGE ON NOV. 30TH

By popular demand, the Shining Stars cast will take their amazing talents to the stage for their first ever holiday show. The "Shining Stars Christmas Spectacular" will feature special needs individuals and their high school "buddies" from around Union County in a fun night of singing and dancing to the greatest songs of the season.

The show is set for Friday, November 30, 2018 at the theatre at Union Catholic High School in Scotch Plains. All tickets are \$10 for general admission in advance - \$15 at the door, and are available at ShiningStars.booktix.com.

"We are extremely excited to present our first-ever Christmas show," said Shining Stars Network's Founder and the show's Co-Director Sally Curci. "We've been thinking about doing this for several years, and adding this event to our very successful "Evening of Shining Stars" talent show will give our expanding cast another chance to shine on stage. It will be a great way to start the holiday season." "We are incredibly grateful and excited that we are able to have a Christmas show this year," added Co-Director Nicole Greene. "All of the performers cannot wait to perform once again. We really are a family, and we can't wait to start the holiday season with our show."

In their 7th year, Shining Stars Network (SSN) has produced a yearly spring talent show called "An Evening of Shining Stars" which has grown into one of the area's must-see events. This past May, over 1,000 audience members watched the "stars" light up the stage at the historic Union County Performing Arts Center in Rahway. The Shining Stars are set to return to UCPAC for their 8th annual show on Friday, May 3, 2019.

"As excited as we are about our upcoming holiday show and our new relationship with Union Catholic, we are also thrilled that we will be back at the Union County Performing Arts Center for our "Evening of Shining Stars" extravaganza," noted Shining Stars Network President Mike Curci. "That was a night we will never forget and our talented cast and incredible volunteers are looking forward to creating more great memories for everyone in our next two shows."

The shows are produced and presented by Shining Stars Network, a registered 501(c)3 non profit organization that shines the light on the special needs community through the performing arts.

Also, make plans to join the Shining Stars cast members for a pancake breakfast on Saturday, November 10th at the Clark Recreation Center, 430 Westfield Ave., Clark, N.J. from 8:00 a.m. until 11 a.m. Pancakes, sausage, coffee, tea, orange juice and hot chocolate will be served, and the cast will be performing songs throughout the morning. Get autographs and have your photo taken with the stars. Tickets are just \$8 per person and \$25 for a family of four.

For more information on the shows or to learn more about Shining Stars Network, log on to shiningstarsnetwork.org.





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NOVEMBER EVENTS AT THE GARWOOD PUBLIC LIBRARY

411 Third Avenue, Garwood, New Jersey • youseemore.com/garwoo • 908-789-1670. The Library is open Monday through Thursday from 9 a.m. to 8 p.m.; Fridays 9 a.m. to 4:30 p.m. and Saturdays from 9 a.m. to 1 p.m.

For more information and to register for programs, call 908-789-1670. The Library is open Monday through Thursday from 9 a.m. to 8 p.m.; Fridays 9 a.m. to 4:30 p.m. and Saturdays from 9 a.m. to 1 p.m. The Library will be closed November 12th for Veterans Day and November 22 and 23 for Thanksgiving.

Knitting Club

Mondays and Thursdays at 10:30 a.m. No registration required; Learn how to knit or show others how it's done while enjoying fun conversation. Needles and yarn provided to newcomers.

Kid's Chess

Mondays, at 3:00 p.m. No registration required. Limit 12; Informal chess game for children of all ages.

This is a non-instructional program. Six boards provided.

Monday Afternoon Book Club

at 1 p.m. on November 19th. No registration required. Discussing Tiffany Blues by M.J. Rose

Veterans Day The Library will be closed Monday, November 12 for Veterans Day

Explore It Tuesdays at 3:00 p.m in the Lincoln School Art room, after school STEM fun for kids 3rd grade and older Registration required Limit 16.

General Election

Tuesday, November 6 the Library is a polling location. The Library will be open but all programs are cancelled (except Explore It) and seating will be limited.

Introduction to Life Coaching

Join Sharon Moore as she explains how Life Coaches can help people produce positive results in their personal life, relationships and careers. Join us, Tuesday, November 13 at 7 p.m. Registration required.

Adult Craft

Tuesday, November 20 at 6:00 p.m. Let those creative juices flow. Make something to bring home and impress your friends and family. Limit 10. Registration required.

Toddler Story Time

Wednesdays at 10:30 a.m. No registration required. For children birth to age 4; Stories, songs, bubbles and more. The Pipsqueak Players will visit Storytime on November 14 and 28.



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Nasa Academy

Wednesdays at 3 pm through November 14 STEM fun for future space explorers 2nd grade and older; Registration required. Limit 15. Library Board Meeting: The meeting of the Library Board of Trustees is open to the public. October's meeting will take place on Wednesday, November 7 at 8:00 p.m.

Lego

Thursday, November 1 at 3:00 p.m. be inspired by this month's theme and build whatever comes to mind. Then share your creation with others. Registration required. For children age 4 through 12, Limit 15.

Thanksgiving The Library will be closed

November 22 and 23 for Thanksgiving. The Library will close early at 4:30 p.m on November 21.

Kid's Craft

Thursday, November 15, at 3:00 p.m. Registration required. For children 2nd grade and up, Limit 20;

Thursday Night Book Club

Thursday, November 1, at 7:00 p.m. No registration required; Discussing, The Lost Letter, by Jillian Cantor. No registration required.



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