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## SUE PANGIS SWORN IN AS ADVOCATE FOR LOCAL FOSTER YOUTH

### CASA of Union County

Nine community members ranging from age 22 to 63 make up the newest class of volunteer child advocates for CASA of Union County, the only nonprofit advocating for the best interests of Union County youth removed from home due to abuse or neglect, and placed in foster care. Sue Pangis of Berkeley Heights is among them.

"In March 2020, COVID-19 turned our world upside down. During the early months of quarantine and slowing down, I reflected on what is most important in my life. I wanted to make a difference but didn't know how. Luckily, I crossed paths with a current CASA volunteer who told me how she stays connected to the community through her service. I knew right away CASA would be a great way to give back," explained Pangis.

Superior Court Judge Marc R. Brown presided over the recent swearing-in ceremony via Zoom; advocates will now be matched to a foster youth or sibling set and begin putting their 30 hours of training into practice. The class includes both non-parents and parents, and such backgrounds as teaching, freelance, law, and homemaking. In addition to Pangis, they are Jacqui Lenner and Nicole Sandstedt of Westfield, Laurie Litterio of Cranford, Rebecca Muston and Amy Saunders of Summit, Tamara Parraga-Sez of Newark, Lydia Pernia of Linden, and Jackie Rodriguez of Clark.

Prior to administering the oath, the judge shared, "I find the value of CASA volunteers immeasurable. ... CASA is so significant; I always make a point of hearing from the CASA volunteer during the hearing." Acknowledging that COVID-19 requires the swearing-in and court hearings remain virtual for now, he added, "I so look forward to being able to shake your hand and congratulate you. The assistance you will provide is, again, immeasurable. Thank you for doing this."

Currently, the organization serves just over 80 percent of all Union County foster youth in care. With a goal to provide an advocate for every youth that needs one, the organization has remained steadfast – despite the pandemic – in



(above) Sue Pangis of Berkeley Heights was among nine CASA volunteers for foster youth who were recently sworn in during a ceremony held via Zoom. For details on upcoming classes and how you can Change a Child's Story, contact Walia at [wworrill@casaoofunioncounty.org](mailto:wworrill@casaoofunioncounty.org).

efforts to ensure its work continues. To that end, a fully online training and recruiting infrastructure was put into place, and protocols implemented to ensure advocates remained both connected to their youth and able to report to judges, and staff continued recruiting and training volunteers to help meet the need for youth still awaiting an advocate.

Said Executive Director Mariel S. Hufnagel, "In the face of the challenging life circumstances we are all facing due to the COVID-19 global health pandemic, this tremendous group of women still made a decision to give of their time and energy, and train virtually to become advocates. I am so proud to welcome them to the CASA family and can't wait to see all of the ways in which they positively impact the youth to whom they will be assigned."

Upon being court-ordered to a case, the CASA volunteer has access to the youth as well as foster parents, doctors, caseworkers, therapists and teachers in order to identify concerns and unmet needs, and protect best interests. For details on upcoming classes and how you can Change a Child's Story, contact Walia at [wworrill@casaoofunioncounty.org](mailto:wworrill@casaoofunioncounty.org).

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## THE GREAT KINDNESS CHALLENGE COMES TO HUGHES SCHOOL

Submitted by Victoria Baum

Over at Thomas P. Hughes Elementary School in Berkeley Heights, students and staff have been busy practicing kindness.

For the past four years, Hughes School has happily joined the Great Kindness Challenge, a global initiative sponsored by Kids For Peace. Due to the pandemic, the most popular parts of the challenge were not possible this year, but with some creative thinking and the support of the generous PTO, "kindness kits" were created for every student.

The kits contained the checklist of kind deeds along with supplies to complete a variety of tasks. Teachers supported the initiative by developing kindness themed lessons and giving time in class to complete tasks such as writing notes to first responders, making cards for hospital residents, and participating in the Color-A-Smile project.



(above) Inspirational messages decorate Hughes Schools for the Great Kindness Challenge.

Inspirational messages decorated mirrors and plexiglass dividers throughout the school, and staff and students even wore kindness themed t-shirts all week long.

The hallways at Hughes are brimming with students' colorful reminders to be kind because we all need a little kindness, not just during the Kindness Challenge, but all year long.



(above) Thomas P. Hughes Elementary School participated in the Great Kindness Challenge, sporting kindness themed t-shirts all week long.

Photo by Berkeley Heights Public Schools

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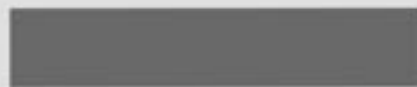
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## LEAGUE OF WOMEN VOTERS HOSTS DR. MITCH ERICKSON

*Submitted by Marlene Sincaglia*

On April 20, The League of Women Voters of Berkeley Heights, New Providence & Summit will be hosting a virtual program, which is open to the public. Our speaker is Dr. Mitch Erickson. The topic is "What does our post-COVID-19 technology world look like?" Dr. Erickson stated, "As we cocoon at home and worry about our health, we see glimmers of our post-COVID-19 future. We will move toward a new normal. What might be different?" Dr. Erickson will focus on the technology changes that can help make our new normal a better world to live in.

Mitch Erickson retired at the end of 2018 from the Science and Technology directorate of the US DHS. Dr. Erickson's consultancy focuses on technology trends that represent opportunities and threats to society markets and our homeland security. He shapes goals, methods and strategies for advancing technology programs. He develops strategies that will influence our technology future. Dr. Erickson has an extensive track record for convening multiple professional disciplines and viewpoints for cohesive shared vision- and goal-focus.

The meeting on April 20 starts at 7:30 p.m. To register for the link please send an email to LWVBHNPS@yahoo.com



*(above) The League of Women Voters of Berkeley Heights, New Providence & Summit will be hosting a virtual program by Dr. Mitch Erickson on April 20.*

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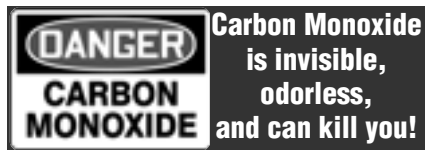
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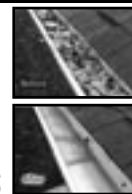
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## GLHS STUDENTS DISCUSS 'BORN A CRIME' WITH THE COMMUNITY

Submitted by Victoria Baum

Students and faculty from Governor Livingston High School recently joined community members via Zoom to participate in a book discussion on Trevor Noah's acclaimed memoir, *Born a Crime: Stories from a South African Childhood*.

Presented by the Diversity Committee and generously sponsored by the Berkeley Heights Education Foundation, this "Lit Circle" brought together over 52 students and faculty from Governor Livingston, members of Berkeley Heights Diversity Council and members from the community at large to discuss this important topic.

"For several years, the Berkeley Heights Education Foundation (BHEF) has sponsored a program at Governor Livingston and CMS called Literary Lunches. This intergenerational book club brings together students with Berkeley Heights public school staff, Berkeley Heights community members, and Berkeley Heights Diversity Committee members to discuss a book in an informal setting," said Mrs. Elizabeth Kane, President of the BHEF. "Past selections have included *Out of My Mind* and *Moon Over Manifest*. This year, we are proud to be sponsoring the first virtual gathering of the Literary Circle for the 2020-2021 school year at Governor Livingston High School and have supplied many participants with a copy of Trevor Noah's memoir, *Born a Crime*. Next month we will be sponsoring the CMS Lit Circle where they will be reading *The Hate You Give*."

According to Mr. Stephen Hopkins, District Supervisor of Social Studies and World Languages and a Liaison to the BHDC, "Literary lunches, or this year the Lit Circle, is an integral and exciting program that has been made possible with the support of the BHEF. This year, we selected Trevor Noah's memoir because it is not only a compelling memoir, but it tied in well with our district's commitment to DEI and will encourage attendees to engage in an open and safe dialogue about diversity and equality."

While the opportunity to participate in this year's Lit Circle is now closed, there are opportunities each year to be a part of this exciting initiative.

For more information about Literary Lunches and how to be involved in the future, please contact [literarylunches@bhedfoundation.org](mailto:literarylunches@bhedfoundation.org).

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## THE IMPACT OF COVID - A LOOK BACK WITH GRATITUDE

On January 24, Home for Good Dog Rescue (HFGDR) achieved a milestone of the 9,000th dog adoption in just ten years since our founding. This new year is full of hope and thus, we look back to 2020 with gratitude to our friends, supporters, and community partners who lifted us up in the midst of the COVID pandemic.

Like so many others, the effects of the pandemic certainly presented challenges to the rescue. The immediate objective was to ensure the safety of our staff, volunteers, foster and adoptive families while continuing to carry out our mission of saving the lives of thousands of dogs living in squalid conditions, abusive situations, or on death row at high-kill shelters in the South.

From the pandemic, two trends emerged. First, changes in household routines and more time spent at home increased the community's interest in dog fostering and adoption. Second, the financial hardship of some households in the South exacerbated the need for dog rescue and respite in already severely life-threatening

conditions.

"A year of quarantine and isolation has provided an opportunity for all of us to take stock of what is important in our lives," says Bernie Cicirelli, HFGDR Board Member and Director of Operations. "At the top of that list are our families, of which our dogs are an integral part."

The local community rallied around our mission and offered support in so many ways and for that, we are grateful. An emergency aid grant from the Berkeley Heights Business and Civic Association was a lifeline for the rescue. Other resources came in the way of supply and gift card donations and an increased participation in fostering and adoption.

The heart and generosity of our community continues to be a beacon of hope and light to pave the way to an even greater impact in 2021. On behalf of the dogs we save, and the families who have been enriched through fostering and adoption, we extend our deepest appreciation for the support of our community.

*Sincerely,*

*The Home for Good Dog Rescue Team*

### WHO WE ARE:

Home for Good Dog Rescue is a 100% foster-based, non-profit 501(c)(3) dog rescue established in 2010 in Summit, New Jersey, with offices in Berkeley Heights. We socialize, care for, and provide rescue dogs with life-saving medical care at our Wellness Center in Aiken, South Carolina, transport them to New Jersey, and nurture them in our network of foster families while they await adoption into loving homes - giving them a second chance at life.

We work to significantly decrease the number of animals living in conditions of squalor and under the threat of abuse and death, by rescuing, medically treating, fostering, transporting, and finally adopting those animals into loving homes. We promote humane companion animal ownership that recognizes the dignity of each and every life. Our rescues do not live in a shelter or kennel, but rather in loving, volunteer foster homes, right up to the point of adoption into their "home for good".

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(above) Home for Good Dog Rescue extends a "thank you" to the community and celebrates their 9,000th dog adoption.



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## SUMMIT LIONS CLUB CELEBRATES 95 YEARS

*Submitted by Peter Twill*

The Summit Lions Club celebrated their 95th Anniversary in February. The Club was chartered in 1926 at the Blue Lantern Tea Room (where Winberrie is located) with a group of 27 businessmen. The first president was Eric Von Siefert. Charles Baum was the secretary. The meetings were then held at the Grand Summit Hotel. The club reached a peak of 65 members in

the 1970's. The first woman president was Mary Lou Havanick in 1988.

The Club membership is now 20 and meets once a month at Marco Polo. Members come from Summit and surrounding towns. Helen Keller challenged the Lions to become the knights of the blind in 1925 at the Lions National Convention in Cedar Point Ohio. The club's main mission is to assist the blind and visually

impaired locally and throughout the world. We collect over 1,000 pairs of unwanted eyeglasses each year and distribute them around the world to millions who need but cannot afford eyeglasses. Other missions include the environment, diabetes, youth and hunger.

To find out more about the Summit Lions Club and how you can help us meet our goals, visit our website at [summitlionsclub.org](http://summitlionsclub.org).



*(above) Summit Lions Club, which draws members from several towns, is celebrating 95 years of service to the blind and vision impaired. To find out more about the Summit Lions Club visit [summitlionsclub.org](http://summitlionsclub.org).*

## ART CONFERENCE - THE MATURING ARTIST

Nancy Ori, well-known local photographer and instructor, and Linda Vonderschmidt-LaStella, a professional ceramic artist have joined forces to support each other and are now opening the door for other artists to join in the conversation. The two artists have collaborated and written articles for each other's newsletters on the topic of The Maturing Artist. The articles required a look-back at two incredible careers: where did they start, how did their art progress, and what are the key elements that were learned along the way including this past year?

Once they realized how powerful the two journeys have been, they decided that it would be worth sharing this information with other artists as well as hearing from others on the same topic. On April 18 at 3 p.m. Nancy and Linda will host a free Zoom meeting with an opportunity for other artists to share their thoughts about their own journeys, give helpful tips for younger artists, and plans for the future.

Nancy and Linda will host the free conference on Zoom. Anyone interested in joining the discussion will need to contact Nancy Ori to get the Zoom link. Attendance is open to any artist of any age using any medium. Along with important information about how to build an art

business from experienced mentors, a major part of the conference discussion with attendees will be about what has been learned during this past year. "What has evolved from our working together to create a series of articles on the Maturing Artist and what we drew from each other was so eye-opening to me about my own work, the roots of my own art, that it has been quite a mind-blowing experience to have with someone who works in a totally different medium from me," said Linda.

Linda Vonderschmidt-LaStella, a widely-exhibited ceramist, established Earthsongs Ceramic Studio in 1993 in Metuchen, NJ. She has taught ceramics in formal settings at every level from pre-K to college and given workshops in the more informal settings of studios and community gatherings. Her ceramic murals are permanently installed in public, commercial and residential spaces in the tri-state area and Ireland. Currently her focus is on creating original work both for commissions and her own creative designs.

Nancy Ori, owner of New Jersey Media Center in Berkeley Heights is respected internationally as a corporate photographer and photography instructor for many years. She

teaches workshops both locally and internationally and was affiliated for many years with the Ansel Adams Workshop in California. She currently teaches privately and is on the faculty of numerous museums and art centers throughout the state.

Ori says, "I came up with this idea of collaboration with other artists and invited Linda to be the first one. I would like to continue these conversations with other artists throughout the year and share our thoughts through our newsletters on a variety of topics. It will be a great networking opportunity for everyone. The idea of the Zoom conference is a great way for experienced artists to share their inspirations and realizations to help other artists. The conference will be void of discussions on anything political or negative. I would like the attendees to walk away with some positive energy and tips for how to plan for what to do after the quarantine. How will they redefine their normal?"

For more information on the Maturing Artist Conference, and to register, please contact Nancy Ori at 908-790-8820 or [nancyori@comcast.net](mailto:nancyori@comcast.net). You can learn more about the artists at [nancyoriworkshops.com](http://nancyoriworkshops.com) and [claysongs.com](http://claysongs.com).

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Curbside Pickup: Monday, Wednesday, Friday; 9AM-4PM, Tuesday, Thursday; 9AM-8PM

We have resumed offering curbside service by appointment during these hours: Returns should be made to the book & media dropbox outside the main entrance to the right of the flagpoles.

Please take a look at Brainfuse HelpNow, an online resource provided by the NJ State Library through June 30, 2021 which offers children through adults live tutoring, test prep, a writing lab, and job and career resources. Go to <https://bhplnj.org>, select Services on the dropdown menu, then Research Databases and scroll down to Brainfuse HelpNow. You need a BH library card number to access Brainfuse.

The Berkeley Heights Public Library is offering the following programs in April:

### CHILDREN'S STORY TIMES AND PROGRAMS:

#### Spring Chicken Craft Bag

Call ahead to pick up a craft kit at the library during our curbside pickup hours

## BLOOD DONATION REMAINS ESSENTIAL

### American Red Cross

A year ago, many things in the world paused due to the COVID-19 pandemic. But the need for blood never stopped. Today blood donations are just as essential, and the American Red Cross urges individuals who are healthy to make an appointment to donate blood.

For patients in the emergency room, fighting cancer or coping with a life-threatening illness, help can't wait. Their health is reliant on the selfless generosity of blood donors. However, the blood supply continues to face challenges from the ongoing pandemic and extreme winter weather that impacted much of the U.S. last month.

More donors, especially those with type O blood, are needed now to ensure that patients have lifesaving blood products available for emergencies and everyday medical treatments.

### Coming Soon-Story Time in the Park

Story time outside in one of BH's parks for toddlers - preK, weather permitting

Questions about children's programs? Call or email [childrens@bhplnj.org](mailto:childrens@bhplnj.org)

Check the library's events calendar at [bhplnj.org/events](https://bhplnj.org/events) for program changes and additions.

### ADULT PROGRAMS:

Currently, the library is offering an online Book Group that meets via Zoom and discusses ebooks/e-audiobooks available from Hoopla. Go to the dropdown menu at [bhplnj.org](https://bhplnj.org) and select Events then BHPL Book Groups for more information.

#### The Engineer's Wife

Friday, April 2, at 10:30 a.m.

Tuesday, April 13 at 7:15 p.m.

The selection for February is

The Engineer's Wife by Tracey Enerson Wood.

Please email for questions about the book group or using BHPL's online resources.

## REGISTER FOR THE COVID-19 VACCINE FOR SENIORS 75 AND OLDER

The NJ State Department of Health has established a dedicated call center line for seniors 75 years and older to assist in registering, scheduling and re-scheduling the COVID-19 vaccine.

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## Home For Good Dog Rescue

On Saturday, February 20, a very special delivery was made from Aiken, South Carolina by volunteer pilots from "Pilots to the Rescue." Home for Good Dog Rescue (HFGDR), a 100% foster-based non-profit organization located in Berkeley Heights, NJ, accepted an offer from PTTR to transport 15 dogs from high kill shelters in the South. The precious cargo arrived at Caldwell Airport at 5:30 p.m. The dogs were then placed into loving foster families, where they await adoption into their forever homes.

Prior to their departure from the South, the dogs were filmed for a special "Meet-the-Pawsengers." Broadcasted on the live-streaming Internet service Twitch, viewers tuned in live to interact virtually and get to know the pups. They also met the crew: pilot and PTTR founder Michael Schneider, co-pilot Daniel Baumel, and social media influencer Savannah Vinson.

Toni Ann Turco, co-founder of Home for Good Dog Rescue, said of the mission, "This is a partnership a long time in the making. We are extremely grateful to Pilots to the Rescue for coordinating and executing this maiden voyage."

Pilots to the Rescue is a non-profit 501c3 aviation organization, whose mission is to transport animals at high risk of euthanasia. They rely on their trusted network of volunteer pilots, who fund their own rescue flights.

## ABOUT HOME FOR GOOD DOG RESCUE

Home for Good Dog Rescue (HFGDR) is a 501(c) (3) non-profit organization in Berkeley Heights, NJ. We rescue dogs from high-kill shelters in the South, transport them to our rescue and give them a second chance at life. As a 100% foster-based rescue, each dog is placed in a loving foster home until adoption. Since our inception in 2010, we have rescued more than 9,000 dogs and given them a loving home for good. To inquire about fostering, adopting or making a donation to help the HFGDR organization, visit our website at [HomeforGoodDogs.org](http://HomeforGoodDogs.org) and on Facebook [facebook.com/HomeForGoodDogRescue](https://www.facebook.com/HomeForGoodDogRescue)

## ABOUT PILOTS TO THE RESCUE

Pilots to the Rescue (PTTR) is a non-profit, volunteer-driven, 501c3 public benefit aviation organization. PTTR's mission is to transport animals and people at risk. PTTR supports its network of trained volunteer pilots so they can focus on their missions and do greater good.



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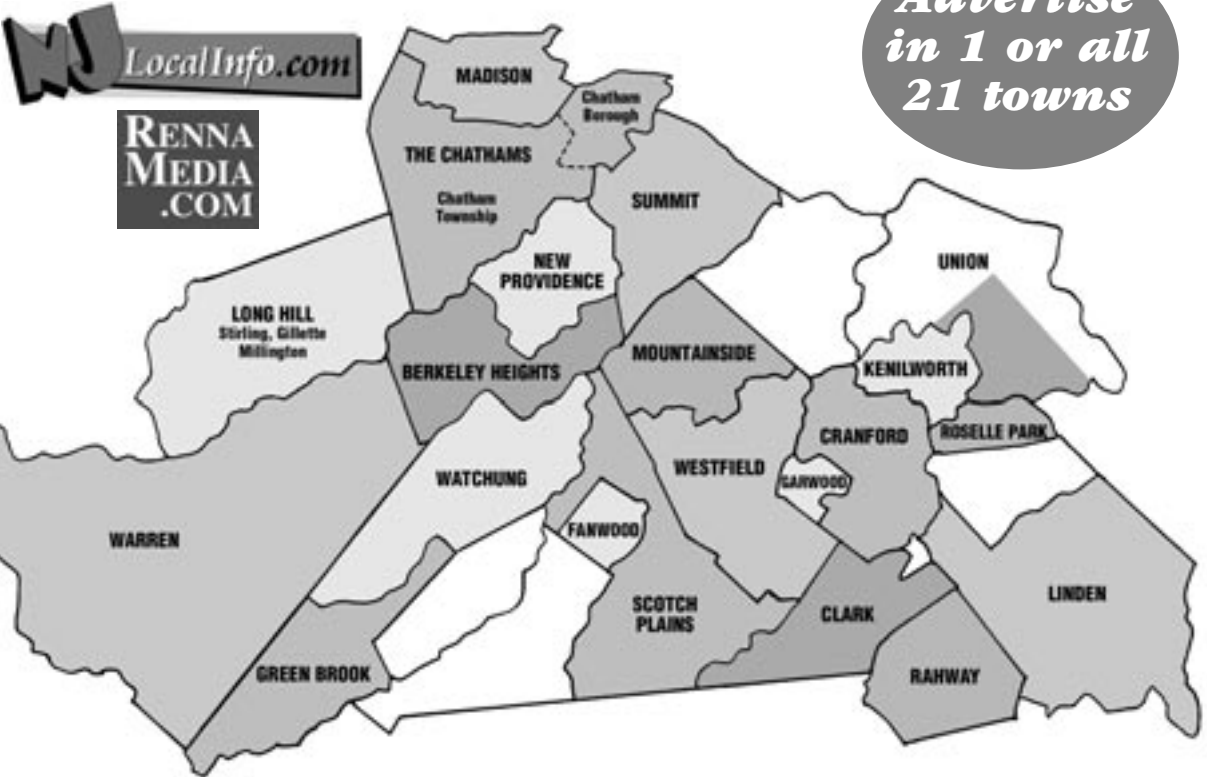
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# SAGE THANKS VOLUNTEERS FOR COURAGEOUS SUPPORT DURING COVID-19

*Submitted by Cindy Potters*

Looking back over the last 12 months, SAGE's Meals on Wheels staff say they have much to be grateful for. Along with a record number of community donations sent to the nonprofit, including frozen meals, masks, paper goods (even hard to come by toilet paper), offers to make phone calls and write letters, freezer space, baked goods and much more, they feel especially grateful to the volunteers who continued to come in monthly, weekly and even daily to continue delivering meals. According to Meals on Wheels Director, Marianne Kranz, Meals on Wheels delivered 50,000 meals in 2020, an increase of 7,000 meals over the previous 12 months.

The courage and selflessness of these individuals was recently acknowledged when three volunteers were called out for their above and beyond dedication during this unprecedented time. Amy Stuart, SAGE's Volunteer Coordinator fought back tears as she thanked the three individuals. "The fact that you risked your safety and the safety of your families to continue the

work we do is just incredible. I don't know how we would have done this without you and all of our amazing volunteers." Meals on Wheels Manager, Robin Handwerger added, "There are no words to express how I feel about these people; they are family and make my heart so full. We worked seamlessly together during a very chaotic and scary time."

Asked what it was that made the three continue to help during such an unprecedented time, Venessa Rittman of Mountainside said it was a relief to have a purpose and know she could be useful. "It gave me a focus. I'm a social worker by trade, so jumping in when people are in need used to be my job. I helped take care of my aging parents before they died and I couldn't imagine them stranded alone, not knowing how they would get their next meal. Helping to make sure our clients had food was an easy decision." She added, "My husband was nervous at first that I was exposing myself, but he also knew that it was necessary to help. I think my kids thought I was lucky to be getting out of the house."

Christopher Glacken of Berkeley Heights is a former SAGE trustee and has been volunteering for five years. Glacken said not coming in was never an option. "I thought if we don't continue helping these people who will, how will they get food? We don't just deliver meals, we check in to make sure everyone is okay. Too often we are the only visitor these people see."

Volunteer Nataile Cahoon of Berkeley Heights, who will celebrate her 90th birthday later this year, continued coming in every day as well. Cahoon has been a Meals on Wheels volunteer for 18 years and said she chose SAGE for her service because of the wonderful home care SAGE provided to her mother years ago. "SAGE helped my mother live to 100," she said. Like her fellow volunteers, Cahoon, who just received her vaccine in March, said she never questioned if she should or should not continue to help. "These people depend on us. I live alone, my family is located in Ontario and California and I have been unable to visit them for over a year. Volunteering organizes my life, gives it a sense of purpose and motivates me. It makes me feel good knowing I am helping people. I consider Meals on Wheels to be my family in NJ. This is what you do for family."

For more information on how you can help the older adults SAGE supports with Meals on Wheels, please call 908-273-5554.

Since 1954, SAGE Eldercare has been helping make the communities it serves amazing places to age. The non-profit organization provides a wide array of information, support, and services designed to help individuals lead the most independent and active lives possible. For more information, please call 908.273.5550 or visit [www.sageeldercare.org](http://www.sageeldercare.org).

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(above) Berkeley Heights residents Christopher Glacken and Natalie Cahoon, and Mountainside resident Venessa Rittman never paused from volunteering at SAGE's Meals on Wheels during COVID-19.

# CELEBRITY PERSONAL TRAINER SHUTS DOWN HIS ATHLETE TRAINING BUSINESS

From 2003-2007, San Diego Personal trainer Vince Gabriele filled his schedule with dozens of NFL superstars...some of them hall of famers.

In 2008 he moved to New Jersey and gave up all the glory and perks of training celebrities to focus on a different group...Kids between the ages of 6-18...who needed Gabriele's skills much more than his pro athletes did.

Over the past 13 years, his Berkeley Heights gym(Gabriele Fitness) has worked with thousands of youth athletes between the ages of 6-18...creating hundreds of life changing transformations.

But when the pandemic struck in March of 2020, the sports performance program at Gabriele Fitness was hit hard. They tried to move it on-line but had little success.

Since Covid-19 was too much they decided to put the program on the back burner.

It's been close to a year since they shut the sports performance program down, but a huge announcement was recently made.

## The Huge Announcement

Founder, Vince Gabriele, announced they are bringing the sports performance program back and have been behind the scenes working on a full-fledged re-brand.

The new program will be called Grit Athlete Performance. It will serve local youth athletes ages 6-18 who want to perform better at their respective sports.

Founder, Vince Gabriele, was asked why he decided to bring the program back and his answer was very inspiring.

## The Story That Ignited the Fire

Gabriele was sitting at his normal table at the Prestige Diner when a young man in his 20's came up to him, looked him in the eye and shook his hand.

The young man was a student in their Sports Performance program close to a decade ago. He went on to tell Gabriele how much he had learned and still uses the nutrition, fitness and life lessons today. He entered the program as a slow, shy and awkward kid but transformed himself into a strong, confident healthy adult. "This was the moment", Gabriele said.

## A Hand-Selected Team of Trainers

Gabriele went out and hand-picked a brand-new team to transform this into the premier sports performance training program in the area.

The full-time job of this new team will to be to help athletes ages 6-18 get strong, fast and confident so they can build a bigger and better future.

Grit Athlete Performance will help kids get stronger and faster so they can perform better at their sports. The true goal is bigger than that and goes beyond their athletic career.

That'll be the take home message for this new program.

Grit has 3 programs that serve the following age groups: • 6-8 years old • 9-13 years old • 14+

## A viral launch

Gabriele recently put a message out to his local list and on the community forum sites with the announcement. The response was overwhelming.

They have filled 46 spots in the first run and will only be accepting 4 more athletes in the Spring Program.

## How to Register for one of the final 4 spots

If you have a child that is in these age groups and have interest in signing your child up for their April 9th-June 15th program, please visit:

[www.GRITATHLETES.com](http://www.GRITATHLETES.com)

Or call 908-464-4441 to see if any spots are left

## Summer Program Wait LIST

To get on their summer program wait list, visit [www.gritathletes.com](http://www.gritathletes.com) and fill out the form.



**ATTENTION  
PARENTS  
OF KIDS  
AGES 6-18**

## 46 Local Athletes Are Getting Strong, Fast and Confident in Berkeley Heights ...Only 4 Spaces are remaining to join them.

### This program is for your child if:

- They want to get better at sports but struggle because of **lack of speed, strength or stamina.**
- They **eat more junk food than healthy food** and you need another voice to help them understand how important a healthy diet is during these developmental years.
- They **need to improve their confidence** and you want them to start to get better at recovering from their mistakes.
- They're doing pretty good right now but want to take their performance in their sport to a **higher level.**

### Here's what parents can expect to happen:

- **They will get stronger** which means when they show up to their sport they'll be able to perform better than ever.
- **They will run faster and jump higher** so they can show up to their next season and people will start asking what the heck have they been doing.
- They'll become **more coordinated and improve agility** which means they'll pick up new skills their coaches teach them faster.
- **Your children will start to eat better** because we'll be educating them daily on what's good and what they should avoid...don't be surprised if they start asking you to buy more vegetables.
- **Confidence will skyrocket.** When kids get stronger, faster and more fit...their confidence will rise...so will their self-esteem which means their performance in every aspect of life will get better.
- **Their mindset will improve.** We're going equip your child with very specific mindset skills that'll help them learn how to transform how they think about mistakes and failures.



## SIGN UP TODAY!

### Spring Program Enrollment Deadline

### - April 9th -

### (Only 4 Spots Remaining)

Visit [www.gritathletes.com](http://www.gritathletes.com)  
for all the details  
or scan QR Code  
with your camera phone

