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11 NAMED NATIONAL MERIT SCHOLARSHIP FINALISTS

All 11 Watchung Hills Regional High School (WHRHS) Class of 2021 students who were named National Merit Semifinalists in September have since been named National Merit Finalists, according to the National Merit Scholarship Corporation (NMSC).

The WHRHS Finalists are: Michael Horzepa, Victor Hu, Elizabeth Huang, Charles Margulies, Nora Mehler, Rohil Navani, Paulina Przybylski, Wesley Tseng, Neha Venkatesh, Valerie Wang, and Tyler Wu.

"Congratulations to the 11 students on this amazing accomplishment," said WHRHS Principal William Librera. "We are so proud of this group not just for their performance on standardized tests, but for their daily contributions to our WHRHS classrooms and in their various service activities."

Since the 2014-2015 School Year, a total of 63 WHRHS students have been named Semifinalists. Many of the Semifinalists were subsequently named Finalists, including all the Semifinalists during the last two school years. The year-to-year totals of Finalists or Semifinalists have been: Class of 2015 – 11; Class of 2016 – 6; Class of 2017 – 10; Class of 2018 – 15; Class of 2019 – 6; Class of 2020 – 4;

and Class of 2021 – 11.

In addition, some 30 Class of 2021 WHRHS students received special recognition in September by the 2021 National Merit Scholarship program by being named to the Commended Students List.

And, among the WHRHS Class of 2021 students on the Commended List, one, Anthony Roca, has also been selected for recognition by the National Hispanic Recognition Program as an Hispanic Scholar, according to a release from the College Board National Recognition Programs (CBNRP).

Students who qualified as Finalists, Semifinalists and Commended students, as well as the National Hispanic Recognition Program Hispanic Scholars, did so by taking the 2019 Preliminary Scholastic Aptitude Test/National Merit Scholarship Qualifying Test (PSAT/NMSQT) in the Fall of 2019. The annual PSAT/NMSQT serves as an initial screening for these programs.

All Finalists will be considered for National Merit Scholarship awards to be offered in 2021, according to NMSC.

Photos by WHRHS

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(above, top, l-r) Michael Horzepa, Victor Hu, Elizabeth Huang, Charles Margulies, Nora Mehler, Rohil Navani,
(bottom, l-r) Valerie Wang, Tyler Wu, Paulina Przybylski, Wesley Tseng, Neha Venkatesh.

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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".



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

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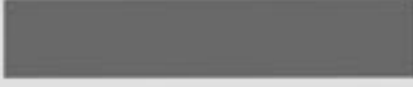
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TOWN WIDE GARAGE SALE SET FOR MAY 1

The Long Hill Township Town Wide Garage Sale, sponsored by Stirling Elks Lodge, will be held on Saturday, May 1, 2021 from 8 a.m. - 3 p.m. The event will be held rain or shine.

The money raised from the fee you pay to be included on the map will go toward the Stirling Elks charities such as veterans and special need children.

The price is \$25 to have your address on the map. The deadline is Sunday, April 25 to be included on the map.

Checks made out to the Stirling Elks can be dropped off in the black mailbox anytime, or can be mailed to: Stirling Elks c/o Kelly Mazzocchi, 1138 Valley Road Stirling, NJ 07980. Please include your telephone number and email address.

You can also pay \$25 with a credit card at link.waveapps.com/ce78wc-x7jx8a

If you are using the website to pay with a credit card, please send an email to townwidegaragesale@gmail.com with your name, address and phone number to confirm your payment.

Once payment by check or credit card is received, a confirmation letter will be emailed to you.

When advertising this event, we will remind customers to social distance and to wear a mask when on your property.

Any questions, please email townwidegaragesale@gmail.com

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.

Schedule a blood donation appointment by downloading the Red Cross Blood Donor App, visiting RedCrossBlood.org, calling 1-800-RED CROSS (1-800-733-2767) or enabling the Blood Donor Skill on any Alexa Echo device.

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.

THE CALL NUMBER IS 856-249-7007

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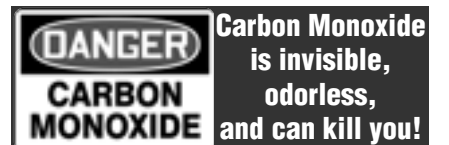
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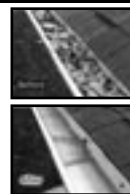
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LONG HILL FIRST AID SQUAD MEMBERS HONORED

In 2020 Long Hill First Aid Squad had two CPR saves. On March 2, 2021 those who were involved received a pin and certificate recognizing their life saving efforts.

The Long Hill Township Police Department arrived first on scene in both instances in which the patient was in cardiac arrest. With their high level of training they acted quickly to initiate CPR and utilize the AED before the arrival of the Long Hill First Aid Squad and Atlantic Mobile Health Paramedics who continued patient care at the scene until arriving at the hospital. Both patients have fully recovered.

PERSONNEL INVOLVED IN CPR SAVE

Long Hill Police Dept.: Dolores Langenbach, Bryan Hartmann, Brian McGuire

Long Hill First Aid Squad: Carly Snyder, Mikaela Teixeira, Lisa Scanlon, Samantha Hoffmann, Robert English, Michael Hoffmann, Stephanie Moore, Paul Wermuth

Personnel involved in CPR Save – October 18,

2020

Long Hill Police Dept.: Brian McGuire, Matt Newschwander, John Kiseli, Jeffrey Scala

Long Hill First Aid Squad: Samantha Hoffmann, Robert Hovanec, Alec Meehan, Gordon Redgate, Scott Orshan, Jim Dellureficio, Carly Snyder, Mikaela Teixeira, Vincent Viotto, James Young, Harold Alaan, Robert English

Follow Long Hill First Aid Squad on Facebook



TREES AVAILABLE THROUGH LONG HILL GRANT

Submitted by Mary DeLello

Home or property owners in Long Hill can apply to purchase up to two deciduous shade trees for \$200 each through a challenge grant offered through the Shade Tree Commission.

Through the program, property owners may purchase a tree for about half the retail value, with the township paying the balance with grant funds. Installation is free and arranged by the township, resulting in substantial savings for property owners.

Business owners are also encouraged to apply, particularly those along the Valley Road corridor. All trees must be located so they can be seen from the street.

The challenge grant trees may be used to replace an ailing ash tree which may have been affected by the Emerald Ash Borer.

"We have seen the hazards of planting too many trees of one species such as the ash tree," said Shade Tree Commission Chair Susan Jeans. "This year therefore, we are expanding our species list to include some new and exciting choices."

Those interested in participating must complete an application available on the township website at longhillnj.gov/forms/Challenge-grant-program-application.pdf

This application should be accompanied by a check for \$200 per tree with a two tree limit and mailed to Township of Long Hill, 915 Valley Road Gillette, NJ 07933.

Applications are due by April 12, 2021. Only 20 applications will be accepted on a first come, first served basis.

Trees will be planted by early to mid-May. A Shade Tree Commission representative will contact the property owner to approve the location of tree(s) on the property and to select the variety of tree that would be the best fit for the location.

The commission reserves the right to make the final decision on location and arrangement for installation. Once installed, the property owner becomes responsible for the watering and maintenance of the tree as prescribed by the Commission.



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MORRIS COUNTY RESIDENT'S CONNECTION TO ORGAN DONATION COMES FULL-CIRCLE

NJ Sharing Network

Veronica Horvath (Chatham, NJ) was only eight-years-old when her father, Richard, passed away following a tragic accident while working at a construction site. Her family's grief was beyond measure, but they found some comfort in knowing that they honored Richard's wishes of being an organ donor.

"Although it was more than 20 years ago, I still remember that moment like it was yesterday," said Veronica. "I was sitting next to my mom and she never hesitated when asked about donation. My father's gifts of his kidneys and liver saved the lives of three people. He became a true hero that day and he will always be a hero in my heart."

In 2013, Veronica's powerful connection to donation continued when she began her career at NJ Sharing Network after graduating from Susquehanna University.

"My family's experience with NJ Sharing Network inspired me and I wanted to be a part of its life-saving mission," said Veronica. "I remember continually checking NJ Sharing Network's website for job opportunities, and I will never forget receiving a call for an interview. I knew this is where I belonged."

Veronica has been an important part of NJ Sharing Network's team, serving in a variety of roles, including community outreach, marketing communications and resource development. This experience helped prepare her for her new role as a Hospital Services Manager interacting directly with hospital partners and donor families in a clinical setting to support the donation process.

"In many ways, it feels like my professional and personal experiences have come full-circle," said Veronica. "I now have the honor of speaking with families, and I understand the many emotions that they are feeling while at the bedside of a loved one. It makes me take a pause because I always want to do what is right to support them."

Veronica's first experience in approaching a family to discuss organ and tissue donation proved to be an extraordinary one. She met with the mother, father, sister and sister-in-law of a man in critical condition at a local hospital. The family immediately gasped in disbelief when Veronica entered the room and introduced herself by her first name. At that time, Veronica was unaware that the sister and her wife had discussed naming their first child 'Veronica.'

"I guess we all felt a sense of divine

intervention," said Veronica. "We had an immediate connection, and they took it as a sign of a light in the darkness during a difficult time. I felt inspired by their decision to give the gift of life to others."

To learn more, get involved and register as an organ and tissue donor, visit NJSharingNetwork.org.

In New Jersey, there are nearly 4,000 residents currently waiting for a life-saving transplant, and one person in New Jersey dies every three days waiting for a transplant. Just one organ and tissue donor can save 8 lives and enhance the lives of over 75 people. Transplantable organs include heart, kidneys, liver, lungs, pancreas and intestine. Transplantable tissue includes corneas, heart valves, skin grafts, and bone grafts, ligament and tendons.

ABOUT NJ SHARING NETWORK

NJ Sharing Network is the federally designated non-profit organization responsible for recovering organs and tissue for the nearly 4,000 New Jersey residents currently waiting for a life-saving transplant. With headquarters in New Providence, NJ, the organization is part of the national recovery system, serving the 110,000 people on the national waiting list. NJ Sharing Network was selected by NJBiz as one of the state's "Best Places to Work" for the third consecutive year. To learn more, get involved and register as an organ and tissue donor, visit NJSharingNetwork.org.



(above) Veronica Horvath points to her father's name on NJ Sharing Network's Wall of Remembrance, which honors organ and tissue donors in New Jersey who helps save and enhance countless lives.

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- **Get unlimited clicks**
An alternative to expensive pay-per-click programs
- **Free ad design and copywriting**
Advertising webpage includes many features including write-up, images, video, Google map, etc.
- **Paid search engine promotions**
Posts are promoted by industry, key words and location.
- **Posts are shared through social media**
Posts shared on multiple Facebook pages and twitter.
- **Trackable results**
All ads include a live view counter.

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email: JoeRenna@RennaMedia.com

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PER POST
Block of 20
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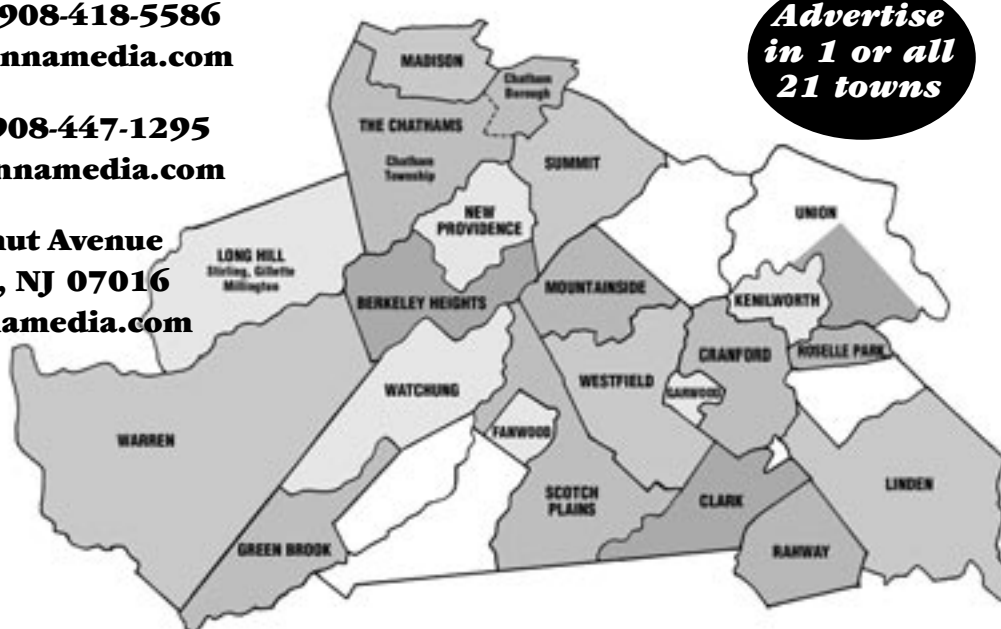
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Berkeley Heights COMMUNITY NEWS Qty: 4,800 Mailed to every home and business. Zip: 07922	THE CHATHAMS NJ Qty: 7,400 Mailed to every home and business. Zip: 07928	Clark Monthly Qty: 6,700 Mailed to every home and business. Zip: 07066	CRANFORD MONTHLY NJ Qty: 9,800 Mailed to every home and business. Zip: 07016	Fairwood Post NJ Qty: 3,000 Mailed to every home and business. Zip: 07023	Garwood Times NJ Qty: 2,200 Mailed to every home and business. Zip: 07027	Green Brook Gazette NJ Qty: 3,000 Mailed to every home and business. Zip: 08812
BUSINESS + LIFE KENILWORTH NJ Qty: 3,600 Mailed to every home and business. Zip: 07033	Life in LINDEN NJ Qty: 17,400 Mailed to every home and business. Zip: 07036	Long Hill LEADER NJ Qty: 3,600 Mailed to every home and business in Gillette, Millington and Stirling. Zip: 07933, 07946, 07980	MADISON MONTHLY NJ Qty: 6,300 Mailed to every home and business. Zip: 07940	MOUNTAIN SIDE VIEW NJ Qty: 2,900 Mailed to every home and business. Zip: 07092	New Providence NEWS NJ Qty: 4,900 Mailed to every home and business. Zip: 07974	OUR TOWN Rahway, NJ Qty: 12,400 Mailed to every home and business. Zip: 07065
ROSELLE PARK MONTHLY NJ Qty: 5,600 Mailed to every home and business. Zip: 07204	Scotch Plains MONTHLY NJ Qty: 9,600 Mailed to every home and business. Zip: 07076	Summit Times NJ Qty: 9,600 Mailed to every home and business. Zip: 07901	Spirit of UNION NJ Qty: 5,500 5,000 mailed to homes and businesses. Zip: 07083	WARREN MONTHLY NJ Qty: 6,200 Mailed to every home and business. Zip: 07059	Watchung Post NJ Qty: 2,800 Mailed to every home and business. Zip: 07069	Westfield MONTHLY NJ Qty: 11,800 Mailed to every home and business. Zip: 07090

NEWSPAPER AD RATES

Rates are per month. Artwork included in price. Newspapers are black on white.

Units	Size	RATE FOR ANY 1 NEWSPAPER	RATE FOR ANY 3 NEWSPAPERS	RATE FOR ANY 6 NEWSPAPERS	RATE FOR ANY 9 NEWSPAPERS	RATE FOR ANY 12 NEWSPAPERS	RATE FOR ANY 15 NEWSPAPERS	RATE FOR ANY 18 NEWSPAPERS	RATE FOR ANY 21 NEWSPAPERS
1 Unit (Business card)	3.25" x 2"	\$60	\$150	\$250	\$350	\$400	\$450	\$500	\$550
2 Units	6.5" x 2" or 3.25" x 4"	\$100	\$250	\$400	\$500	\$600	\$700	\$800	\$900
4 Units	3.25" x 8" or 6.5" x 4"	\$180	\$450	\$700	\$900	\$1100	\$1300	\$1500	\$1700
6 Units	6.5" x 6.25" or 10" x 4"	\$240	\$600	\$900	\$1200	\$1400	\$1600	\$1800	\$2000
9 HALF PAGE	6.5" x 9" or 10" x 7"	\$320	\$800	\$1000	\$1300	\$1600	\$1900	\$2200	\$2400
12 Units	10" x 8"	\$360	\$900	\$1200	\$1500	\$1800	\$2100	\$2400	\$2700
18 FULL PAGE	10" x 14"	\$400	\$1000	\$1400	\$1800	\$2200	\$2500	\$2800	\$3000
2 PAGE SPREAD	21" x 14"	\$700							
BACK PAGE	10" x 14"	\$500							
FRONT PAGE BANNER	8.25" x 2"	\$320							
FRONT PAGE BOX	1.5" x 4.5"	\$240							

Back cover, front page banner and front box reserved on first come, first served basis. Current advertiser has right of first refusal.

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<https://longhilllibrary.org/> • email: librarians@lhtlibrary.mainlib.org
 Monday - Thursday: 10:00 am to 7:00 pm, Friday 10:00 am - 5:00 pm,
 Saturday 10 am - 2 pm and Sunday 1 pm - 5 pm.

Our website remains open. Check out BrainFuse, a tutoring platform for all ages when there. Items can be checked out electronically via cloudLibrary, Hoopla, Kanopy and Pressreader.

April is Citizen Science Month. The LHT will host a number of events to introduce different projects that our patrons may want to get involved with. Turn your science enthusiasm into impact! Find out how at the library.

All Programs are Via Zoom

Mindful Movement

Tuesdays in April, 7 p.m. - 7:40 p.m.

Join our instructor Anita's class in which we gently move our bodies and free our minds.

Mindful Meditation

Wednesdays in April, 7 p.m. - 7:40 p.m.

Join our instructor Anita who will guide you through 2, 5, and 10 minute meditations. For beginners and the more experienced.

Craft Class with Lori

Wednesday, April 7, 7 p.m.

Join our instructor in a card making class, perfect for summer birthdays or graduation congratulations! .

Cooking Class with Vanessa Young

Wednesday, April 14, 7 p.m.

Vanessa will teach all, including families, how to cook vegetarian chili and make a tea sangria mocktail.

Consumer Fraud Alert

Monday, April 19, 7 p.m.

Please join us as a representative from the New Jersey Division of Consumer Affairs tells us how to avoid getting scammed.

Pollination: Fantastic Floral Strategies.

Monday, April 26, 7 p.m.

The program explains flower structure and fascinating ways flowers attract their pollinators.

★ ★ ★ ★ ★ ★ ★ ★ ★ ★

★ **PSYCHIC PLACE** ★

☾ Readings by Jessica ☾

★ **TAROT CARDS • PALM** ★

★ **• CRYSTAL BALL** ★

☾ **ASTROLOGY • MEDITATION** ☾

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★ **& Special Events** ★

☾ Jessica has been at the same location for close to 30 years and is world renown for her Psychic abilities ☾

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★ **South Plainfield, N.J. 07080** ★

☾ **NEW CUSTOMERS \$10 OFF** ☾

★ ★ ★ ★ ★ ★ ★ ★ ★ ★

ONLINE ADS & PRESS RELEASES DRIVE LOCAL TRAFFIC TO YOUR WEBSITE

- **GET UNLIMITED CLICKS**
An alternative to expensive pay-per-click programs
- **FREE AD DESIGN AND COPYWRITING**
Advertising webpage includes many features including write-up, images, video, Google map, etc.
- **POSTS ARE SHARED THROUGH SOCIAL MEDIA**
Posts shared on multiple Facebook pages and twitter.
- **PAID SEARCH ENGINE PROMOTIONS**
Posts are promoted by industry, key words and location.
- **TRACKABLE RESULTS**
All ads include a live view counter.

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WEBSITE AUDIT/ANALYSIS AND RECOMMENDATION PLAN

- **SEE WHAT IS WORKING AND NOT WORKING**
Know where your web traffic is coming from and why.
- **ELIMINATE / AVOID COSTLY SCHEMES**
Evaluate the return you are getting from your online marketing costs.
- **INCREASE ONLINE MARKETING RESULTS**
Recommendations include ways to increase traffic to your website
- **NO OBLIGATION**
This service is recommended even if you have an existing web management contract. Use it to tune up your marketing plan.

**ONE TIME
FLAT FEE
\$250**

Call for a consultation
 if you do not have a website
 or if need a new one.

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WEBSITE / SEO SERVICES

- **STARTER WEBSITE: \$500**
Basic static site that can be developed further
 - **WEBSITE CREATION/UPDATE: \$2,400**
Cost for average website: 12 pages, contact form, SEO friendly, responsive design
 - **WEBSITE HOSTING: \$300 PER YEAR**
Includes website hosting, software updates, monthly website content updates
 - **SEO SERVICES: AVERAGE COST \$1,000 - \$2,000 PER MONTH**
Custom tailored solutions: Google Ranking, Local SEO, Social Marketing
- Call for free a consultation if you need help developing an online marketing plan.

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WEBSITE
\$500**

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Full Color Flyers and Menus Printed and Mailed to Every Home and Business in Town!

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 For quantities less than 25,000 cost is \$68 per thousand.
 11"x17" / Full color / 2 sided / 60lb gloss coated stock / Includes folding (quarter fold or tri-fold, with or without coupons tab)

FLYERS - \$35 PER THOUSAND
 8.5" x 11" / Full color / 2 sided / 60lb gloss coated stock / Tri-fold add \$10 per thousand

INSERTED AND MAILED TO EVERY HOME AND BUSINESS
 \$60 per thousand. (as low as \$30 per thousand depending on quantity.)

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PER 1,000**

**MENUS
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PER 1,000**

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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 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

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 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
for all the details
or scan QR Code
with your camera phone

