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SAGE THANKS VOLUNTEERS FOR COURAGEOUS SUPPORT

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



(above) Mountainside resident Venessa Rittman along with Berkeley Heights residents Christopher Glacken and Natalie Cahoon, never paused from volunteering at SAGE's Meals on Wheels during COVID-19. Risking their health and the health of their loved ones, they continued delivering meals to older adults in the community most at risk during the pandemic. The three were thanked recently for their courage and support by SAGE staff.

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.

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PILOTS TO THE RESCUE

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 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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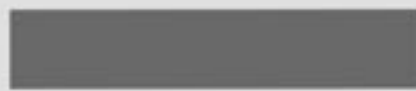
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EARTH DAY RAHWAY RIVER CLEAN-UP — SAT., APRIL 24, 2021

All volunteers are invited to celebrate Earth Day 2021 with Boy Scout Troop 330 and members of the Rahway River Watershed Association in a clean-up of the Rahway River on Saturday, April 24th (with a rain date of Sunday, April 25th). The clean-up will focus on areas upstream and downstream of the Bloodgoods Pond Dam at Winfield Park, New Jersey. Please plan to stop by the parking area adjacent to the waterfall of the Rahway River by the dam at Winfield Park, NJ at 8:45 a.m. to register, pick up bags, gloves, bottled water and snacks, and receive safety information. Folks should feel free to travel to any part of the river

where they would like to perform cleanup activities but we specifically will ask folks to work in small groups for safety purposes with folks socially distanced and wearing masks. The team working registration will provide suggestions on areas with large volumes of floatable debris.

Cleaning up a river and park area is a great way to celebrate Earth Day and if you haven't participated in an event like this before, you will find it invigorating, and you will feel good about what you have accomplished...it is also fun and educational...especially for scouts and young adults as they always find something interesting.

The clean-up will generally be between 9 a.m. - 12 noon, but any amount of time or effort that folks can volunteer is appreciated. There is always a large volume of floatable debris to pick up. Over the 20+ years this cleanup has occurred

thousands of folks have participated, including girl scouts, cub scouts, boy scouts, fishermen, local activists and citizens, and we pulled some amazing things from the river.

All participants should wear jeans, long-sleeved shirts, gloves and boots, and please wear a mask. Waders are welcome for folks who like to get a little wet. Each participant should bring a standard 5-gallon carry bucket with a handle (put your name on the bottom)...this makes for easy carrying of "stuff" for transfer to the large garbage bags. When we complete the event we do a basic inventory of the "big stuff" that we removed...and within approximately 24 hours Union County Parks removes and disposes of all the trash. There is no RSVP required but if you need more information or think you will attend please let us know by e-mail at rivercleanup@comcast.net.



(above) Earth Day 2020 Rahway River Clean Up. This year's Clean-up will be held April 24, 2021. There is no RSVP required but if you need more information or think you will attend please let us know by e-mail at rivercleanup@comcast.net.



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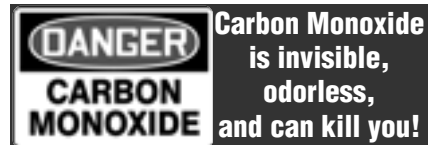
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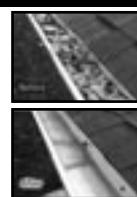
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NJ Sharing Network

Emma Rothman of Cranford, NJ will be graduating this spring from Syracuse University with a degree in Food Studies. Like most college graduates, she has mixed emotions about taking the next step in her life's journey.

"I am definitely a bit terrified, but I am excited about the variety of opportunities that lie ahead," said Emma.

This is a remarkable time for Emma as she is also celebrating the 10th anniversary of her life-



saving heart transplant (April 1). She is humble and always thankful for her donor who gave her the gift of life and made her achievements possible.

"Everything after my heart transplant was working towards moments like this," said Emma. "It motivates me to appreciate the day to day – being able to travel, go away to school, and have life experiences without my health dictating what I can and cannot do is a blessing. I owe all of this to my organ donor's act of extraordinary humanity."

In March 2011, Emma was 12-years-old when she suddenly began to feel extremely fatigued and could not make it through an entire day at school. Her parents brought her to Newark Beth Israel Medical Center (NBIMC) for what was supposed to be a quick, routine blood test. However, Emma went into cardiac arrest, was put on life-support under an induced coma and was rushed to the pediatric cardiac intensive care unit at New York-Presbyterian/Morgan Stanley Children's Hospital.

Emma, who showed no prior symptoms, was somehow battling end-stage heart failure brought on by hypertrophic cardiomyopathy. On April 1, 2011, Emma, underwent a successful emergency heart transplant, which saved her life. Just 15 days later, Emma was discharged, taking with her new knowledge about what a heart transplant is and how she could best care for her new heart at

home.

"The last thing I remember was feeling uncomfortable while the nurses were attempting to draw blood at the hospital thinking I might have had mono or a virus," said Emma. "I woke up six days later and learned that I had a heart transplant. Prior to that, I had never heard of organ and tissue donation or transplantation."

In 2013, Emma and her family, guided by their firsthand experience, established Hearts for Emma, a 501 (c)3 organization that provides assistance to families of children with heart disease, and supports educational initiatives related to heart transplantation and promotes awareness of organ and tissue donation. As part of a joint outreach effort, Hearts for Emma established a Partner Fund within the NJ Sharing Network Foundation that has raised more than \$50,000 since its inception. The Hearts for Emma Partner Fund has helped educate more than 100,000 students in New Jersey about organ and tissue donation and transplantation through the production and distribution of education materials and related programs, and provides scholarships to high school seniors who are advocates of or personally impacted by the mission.

CALL TO ACTION

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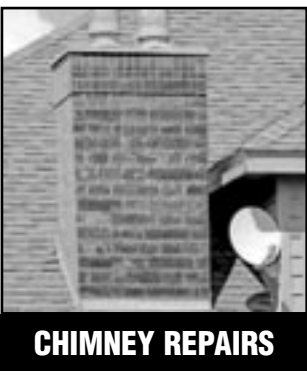
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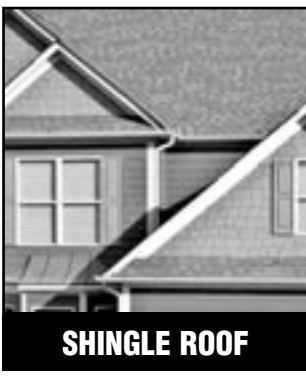
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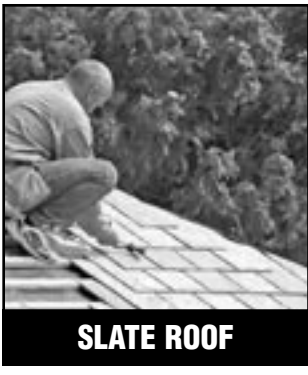
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GL STUDENTS DISCUSS 'BORN A CRIME' WITH THE COMMUNITY

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.

LEAGUE OF WOMEN VOTERS HOSTS COVID TALK

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) Dr. Mitch Erickson

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by Vanessa Young, Founder of Thirsty Radish

Saturday, April 10, 2-3 p.m.

"Gap Year Solutions" by Katherine Stievater.

Tuesday, April 13, 7-8 p.m.

Are you considering a Gap Year for Fall 2021 and wondering if this is still possible? How to plan a Gap semester and the deferral process

To register for these programs email info@mountainsidelibrary.org or call 908-233-0115.

VACCINE ASSISTANCE FOR SENIORS

The Gen 2 Gen Helpers program was started by Taylor Addis, a junior at Westfield High School, with the assistance of her Aunt Michelle Cisneros of Mountainside. The program partners seniors with volunteers to assist them to secure COVID-19 vaccine appointments.

If you are a Mountainside senior who would like assistance, or a community member who would like to volunteer, contact Senior Citizen Coordinator Kim Moriak, at 908-812-4434 or 908-232-4406. Kim can also assist with transportation to vaccine appointments.

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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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ADVOCATES TAKE OATH TO SERVE LOCAL FOSTER YOUTH

CASA of Union County

Nine Union County residents 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.

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 siblings 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. They are Jacqui Lenner and Nicole Sandstedt of Westfield, Laurie Litterio of Cranford, Rebecca Muston and Amy Saunders of Summit, Sue Pangis of Berkeley Heights, 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. Although I practiced family law for decades, it involved pieces related to a family, like divorce. In these cases, everything we do is attuned to the entire family and it's the most rewarding in my career. I didn't previously realize the extent of need out there – from poverty, substance use, mental health, and the guidance needed, all of it. 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

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.

Executive Director Mariel S. Hufnagel noted, "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, CASA volunteers have 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 trainings and how you can Change a Child's Story, contact Walia at wworrill@casaoofunioncounty.org.



(above) 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.

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.



(above) Summit Lions Club, which draws members from several towns, is celebrating 95 years of service to the blind and vision impaired

BEREAVEMENT SEMINAR

The First Presbyterian Church of Cranford (FPCC) is preparing for its free eight-week seminar, "Journey to Wholeness - Healing the Grieving Heart", taking place every Sunday from April 11 to May 30 from 6:30 - 8:30 p.m. Everyone across the United States who has experienced loss of any kind, in the past or present, are welcome to attend, as well as those who have previously attended this seminar. This unique seminar will take place via Zoom. Registration is required to attend this event. Call Patti Williams, seminar founder and trained pastoral bereavement counselor, to register at 908-709-1341.

Eight sessions, each designed to lead a person through the process of grief, will help those who have suffered any type of loss better understand the process and learn ways to cope, while also practicing self-care. Patti Williams, R.N. and Certified Pastoral Bereavement Counselor, and Virginia Waters, PhD. Psychologist, have helped almost 3,000 people experience healing, find new purpose for their lives and feel joy once again.

Per Williams, "We are all navigating through especially challenging times due to the ravages of the pandemic, exhaustion from political conflict, depletion of our resources, the loneliness of increased isolation, and the unprecedented chaotic environment in which we currently exist. When you are also grieving a loss in the midst of all these stressors, life can become very dark and every day may seem overwhelming."

The sessions include learning about the stages of grief and understanding the tasks of the

grieving process, coping strategies and tools for the journey, taking good care of ourselves, dealing with changes, decisions, loneliness, holidays, anniversaries, building a support system and more.

Both of the leaders and all of the facilitators have experienced loss within their lives and share from "the inside out." Bring family members and friends. All faiths are welcome.

In the words of a recent participant, name removed for privacy purposes, "I have learned more along this heartbreaking journey than I ever thought possible. I have learned that you will never ever forget your love and that you are changed forever, but you need to give yourself permission to heal... I believe that your loved one only wants the best for you and you will be reunited one day."

The seminar is dedicated to Patti's late husband, the Rev. Dr. Bruce D. Williams who had a vision for this program and a desire to help others deal with their pain and suffering during their time of loss.

For more information about the program, visit firstprescranford.org
ABOUT FIRST PRESBYTERIAN CHURCH OF CRANFORD

As the body of Christ empowered by the Holy Spirit, the First Presbyterian Church of Cranford (FPCC), 11 Springfield Ave., Cranford, seeks to live God's Word and inspire others to embrace Jesus' commandment to love one another as the Lord loves us. Learn more at firstprescranford.org

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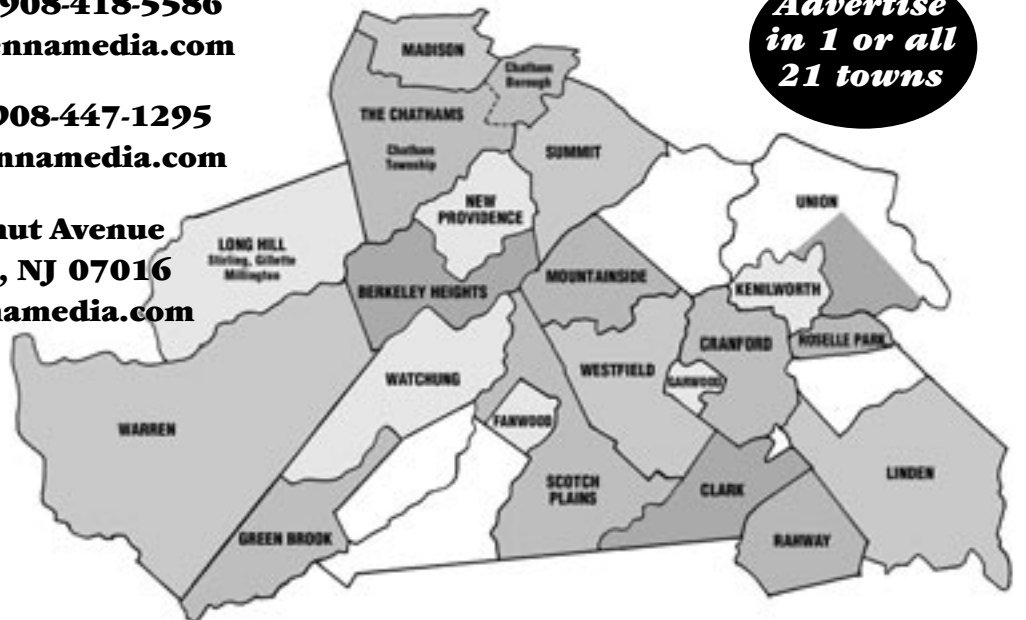
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CELEBRITY PERSONAL TRAINER SHUTS DOWN HIS ATHLETE TRAINING BUSINESS

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 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

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.



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Spring Program
Enrollment Deadline
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(Only 4 Spots Remaining)

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