

Berkeley Heights

COMMUNITY NEWS NJ

MAILED FREE
TO EVERY HOME
AND BUSINESS
IN BERKELEY HEIGHTS

Published by Renna Media

Issue 69 • June 2021

NETWORK HELPS VETS AND FAMILIES LIVE BETTER LIVES

Submitted by Michael D. Boll, President

Memorial Day weekend is one of the most challenging for the New Jersey Veterans Network and its team of volunteers and mentors. This is a difficult time for many veterans because they reflect on their brothers and sisters that didn't make it home. Every day our nation loses 22 veterans to suicide, and it seems that number isn't coming down. If you are a veteran, or a family member, who is feeling alone, or are in need of assistance, we are here for you. Please reach out to us.

Our team focuses on helping our veterans and first responders have a better way of life through our volunteer mobile outreach mentoring program. We believe by aggressively seeking out veterans in need and contacting them before they are in crisis, we can really have some positive results. Contacting a person in need first is a great way to build trust and make it easier to begin a friendship. People will do better when they have human contact in their lives, too many programs are automated and lack the empathy and compassion needed to help someone in crisis.

We are not afraid to tell our veterans and first responders that they are loved and we strive to give them purpose. The team immediately empowers and gives its members a new family unit to be part of again. Nearly everyone that joins the team wants to help others and make a difference in someone else's life. Helping others definitely is a medicine that will make you become a better person, and you'll feel really good about it.

New Jersey Veterans Network is constantly keeping active thru our Operation Rebound Racing Team which hosts numerous hikes, runs, bike rides and all other types of physically challenging events. However, we also focus on non athletic events like hosting a BBQ, comedy show, tailgate, camping trip, and several other fun outings throughout the year. But it doesn't stop there, the team works well with other charities and hosts numerous food drives and clothing events which normally take place at our veteran hospitals and shelters. If you would like to help, there is something for you to contribute.

Most recently, in April, our outreach director Frank "Doc" Schupp spearheaded our "Helping Heroes" program, and "Hero Day". These two programs were responsible for providing over 3,000 veterans and National Guardsmen throughout the state with food, PPE, and personal items.

In the last few years New Jersey Veterans Network has grown and has been able to save lives, provide cars, employment, housing, clothing, food, toiletries, and so much



(above) Operation Rebound Racing Team family hiking and camping trip at Watchung Reservation.

more to heroes.

In the next few weeks, we will be launching a statewide anti-suicide and PTSD awareness campaign. We have joined forces with the NJ VFW, NJ American Legion, NJSPBA, NJ FMBA, NJ FOP, NJ Veterans Affairs, State Legislators, and numerous other groups and organizations.

HOW YOU CAN HELP

Financial donations are great but we mostly rely on volunteers and donated resources. Our charity allows donors the opportunity to choose where their funds go and the volunteers get to play an active role in changing someone's life.

If you are interested in joining the team as a volunteer, or are a veteran in need of assistance or comradeship, please contact us at NJVN1775@gmail.com or call 973-332-1556. Visit online at NJVN.org.

ABOUT NEW JERSEY VETERANS NETWORK

We are a group of veterans and volunteers dedicated to helping our veterans and their families live better lives. Our team is raising awareness of our veterans needs by organizing public speaking engagements, meeting with business and political leaders across the state and sponsoring fundraising events. Our mission is to identify veterans and connect them with resources and programs designed to meet their unique set of needs. To ensure that EVERY single one of our veterans, who have sacrificed so much for this great country, receives the resources that they require and deserve. If you are interested in joining our team, would like us to speak at your event, or contribute to our mission, call 973-332-1556 or email mdbollio@optonline.net. To learn more visit njvn.org.

ANNOUNCING

The Kulback Group

Excellent Service
Exceptional Results

The Market is
Overflowing with Buyers.

#fimetosell
#TheKulbackGroup
908.230.5449
LKulback@comcast.net

COLDWELL BANKER REALTY

Lisa Kulback, Sales Associate
401 Springfield Ave. Summit, NJ
www.Lisakulback.com
office: 908.522.1800

PRSR STD
U.S. POSTAGE
PAID
BRIDGEPORT CT
PERMIT NO. 390

ECRWSS

*****ECRWSEDDM*****
POSTAL PATRON
BERKELEY HEIGHTS, NJ 07922

Free assembly on all grills

DADS DESERVE THE BEST

WEBER SALE

Genesis® II E-310 Gas Grill \$779.00

Genesis® II S-315 Gas Grill \$929.00

Colonial APPLIANCE

908-665-1212

25 Passaic Street
New Providence, NJ 07974

www.colonialappliance.com

Berkeley Heights COMMUNITY NEWS NJ

Berkeley Heights News is published by Renna Media. 4,800 newspapers are printed monthly and mailed to every business and resident in Berkeley Heights.

Although great care has been taken to ensure the information contained within is accurate, Renna Media assumes no liability for errors or omissions.

©2021 Contents of this newspaper cannot be reproduced without written consent from Renna Media LLC.

To submit content email:
editor@rennamedia.com

Berkeley Heights News is online at
www.rennamedia.com
like us on [facebook.com/](https://www.facebook.com/BerkeleyHeightsNews)
Berkeley Heights News

Advertise in this newspaper



4,800 papers are printed monthly and mailed to every home and business in Berkeley Heights.

Reserve space in the next issue. Call Tina today at 908-418-5586 or email info@rennamedia.com

Club Z! TUTORING



- One-On-One
- All Subjects, Pre-K to 12
- In-Home or Online Sessions
- SAT/ACT Test Prep
- Affordable Rates
- No Long-Term Contracts

Call for details!
908-460-1855
908-365-1311
clubztutoring.com/north-jersey

 @clubznorthjersey

WALK OR RUN TO SUPPORT SERVICES FOR PEOPLE WITH SPECIAL NEEDS JUNE 21-26

Hop on a treadmill, go to a local park, or walk or run in your neighborhood to support services for people with disabilities and youth at risk in New Jersey!

The Community Access Unlimited virtual Ira Geller Walkathon runs the week of June 21-June 26. On June 26, individuals living near Warinanco Park in Roselle are invited to walk or run in the park. Registration details are available at caunj.org and on our event flyer.

Walker or runner tickets are \$30 and include a Walkathon t-shirt & race bib.

All event proceeds will support CAU programs serving more than 3,000 individuals and families in New Jersey, including housing, academics, employment training, day program and support

services for people with disabilities and youth at risk. These programs serve the agency's mission to create an all-inclusive, accessible world where everyone can lead a fulfilling life as part of the greater community.

CAU's annual Walkathon is named in memory of Ira Geller, a CAU member known for his advocacy for people with special needs who worked tirelessly to raise funds for the agency.

Walkers and runners are encouraged to invite friends, family and coworkers to join them virtually in the Walkathon June 21-26. Run or walk a route of your choosing and share your success on social media using #CAUWalk2021. When you're done, make sure to submit your photos to sthana@caunj.org for a chance to win a prize! Prizes will be awarded for: most dollars raised, best team photo and most creative challenge.

To learn more about CAU, visit www.cauj.org or follow the agency on Facebook, Twitter and Instagram. Learn more about supporting the agency and become a monthly donor at www.cauj.org/support-us.

ABOUT COMMUNITY ACCESS UNLIMITED

Community Access Unlimited (CAU), celebrating more than 40 years in 2021, supports people with special needs in achieving real lives in the community. CAU provides support and gives voice to adults and youth who traditionally have little support and no voice in society. CAU helps people with housing, life skills, employment, money management, socialization and civic activities. CAU also supports opportunities for advocacy through training in assertiveness, decision-making and civil rights. CAU currently serves more than 3,000 individuals and families, with the number served growing each year.

For more information about CAU and its services, contact us by phone at 908.354.3040, online at www.cauj.org or by mail at 80 West Grand Street, Elizabeth, NJ 07202.



READY TO REGISTER? SCAN THE QR CODE TO JOIN! CREATE TEAMS & DONATE




(above) Walkathon 2020 at Warinanco Park.

In-Person Camp! July 12-23



Summer **Jazz** Workshop at the New Jersey Youth Symphony

**Mention
This Ad For
10% Off**

(908) 790-0700 | info@whartonarts.org
WhartonArts.org/summer-discount



Wharton Institute for the Performing Arts
Helen H. Cha-Pyo, Artistic Director & Principal Conductor

RICHARD HERNANDEZ, RECEIVES STUDENT EXCELLENCE AWARD

Literacy New Jersey

Literacy New Jersey recently held its annual Literacy for Life Conference, a virtual conference for adult literacy practitioners. During the conference, Richard Hernandez received the Student Excellence Award from among more than 1,000 Literacy New Jersey students.

Program Director Barbara Bagger of Westfield said: "Richard is an outstanding choice for our Student Excellence Award. He is a model student and earned his high school diploma in record time. He aspires to attend college and join his brother's software business. He inspires other students to achieve their goals. We are very proud of Richard. I know that this is just the beginning for Richard."

Richard Hernandez came to Literacy New Jersey in September 2020 during the height of the pandemic. While many HSE students were discouraged from attending online classes and using unfamiliar computer technology, and faced with closed test centers, Richard persevered. Richard has lived in Elizabeth, New Jersey all of his life. He had trouble in high school because of test anxiety and accordingly did not earn his high school diploma. However, at 27, Richard made the decision to earn his high school diploma and called Literacy New Jersey to sign up for classes. Within 3 short months, Richard was a high school graduate.

His tutor, Vivian Saito, a Literacy New Jersey tutor from Westfield, describes Richard: "From the get-go Richard Hernandez was a 'go-getter'; He was determined to earn his HSE diploma within the term allotted to do so.

"Even while taking care of family obligations, Richard made time to study his lessons and complete all practice tests for class each week. I knew Richard was bound for success in earning his diploma after reading his initial writing essay (His was the first in the class to be submitted.). Richard's essay was like reading a page from a book and I told him so... Thank you, Richard, for allowing this tutor to feel my time spent has been so worthwhile with Literacy New Jersey and with students like you."

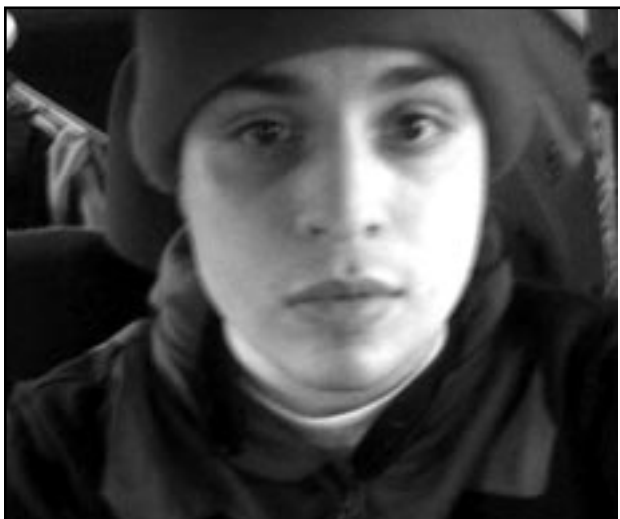
Math tutor Peggy Tung, a Literacy New Jersey tutor from Berkeley Heights added, "Richard has all the qualities that make every student a success. It can be summed up in three words:

goal-setting, conscientiousness and hard-work.

"First, he set his goal, in this case, to get his HSE certificate. Then, he meticulously did everything he could to reach that goal. He understood that 'practice makes perfect' was a necessary condition for learning math. As a result, he made every effort to attend all classes while meeting family obligations. He was attentive in all classes, trying to understand the subject at hand and asking questions for clarification. He did all the homework assigned to the students, which required tenacious pursuit. Last but not least, to prepare for the test he did all sample tests in the TASC system and the extra review problems until he mastered them. His hard work paid off. He passed the math test in his first attempt, a reward for and a testament to his sustained and concentrated effort. As a math tutor, I cannot ask for more from a student than what Richard has been doing. His methodical approach to reaching his goal was exemplary. It

has been a complete privilege to have the opportunity to be his tutor and to help him accomplish success. It is without a doubt that Richard will continue to complete whatever goal he sets for himself in his life."

Literacy New Jersey is a non-profit organization that helps adult students who struggle with reading, writing and speaking English. Programs include: English as a Second Language, Basic Literacy, High School Equivalency, Digital Literacy and citizenship classes. Classes are free to students and because of the pandemic, all classes are currently held online. Literacy New Jersey gratefully received support from the Westfield United Fund, the Westfield Foundation and the Elizabeth Public Library. If you would like to volunteer with Literacy New Jersey, you must be 18 years old and speak English. For more information, contact Barbara Bagger, Program Director at bbagger@literacynj.org.



(above) Richard Hernandez received the Student Excellence Award from Literacy New Jersey at its Literacy for Life Conference.



JOIN LEARNINGRX FOR AN OVERVIEW OF BRAIN TRAINING

**2 Free Webinar Events
Tuesdays: June 8 & 15, 2021**

Brain training works to strengthen the underlying skills that we all use to think and learn. While brain training can benefit everyone, most people come to us when their school aged children struggle with:

- Attention & ADHD
- Problems organizing
- Reading to grade level
- Learning struggles
- Developmental disabilities

This webinar will provide an overview of brain training programs so participants will understand our approach and how training works. Webinar link and activities attachment will be sent a day or two prior to the event.

Questions? Please send to warren.nj@learningrx.net.



**LearningRx Warren
908-222-7246 (908-22-BRAIN)**

www.learningrx.com/warren

For other NJ locations:

www.learningrx.com/newjersey



CHIMNEY & ROOFING SPECIALISTS

MURSELI PRO CONSTRUCTION
908-361-6372
1-800-650-0968

Family
Owned &
Operated For
17 Years

- All Work Guaranteed
- 24/7 Emergency Service
- 20% Senior Discount
- Major Credit Cards
- NJ Lic. 13VH08570100



Save \$900 ON ROOF REPLACEMENT
With coupon. Cannot be combined with any other offer. Some restrictions apply. Expires 6/30/21.



June Special

COMPLETE SET OF STEPS

Up to 6 Feet, 5 Steps / Brick, Limestone & Concrete

\$2,800 With this ad. Cannot be combined with any other offer. Expires June 30, 2021

BEFORE

AFTER

FOUNDATION

- NEW FOUNDATIONS
- REPAIRS
- WATERPROOFING

MASONRY

- DRIVEWAYS
- STEPS
- BRICK & BLOCK
- SIDEWALKS
- REPAIR

ROOFING

- RE-ROOF
- NEW ROOF
- ROOF REPAIRS
- SHINGLES
- FLAT ROOF

CHIMNEY

- CLEANING
- RE-LINE
- REPAIRS
- REBUILD
- CAPPING

GUTTERS

- CLEANING
- INSTALLATION
- SCREENING
- REPAIRS
- REPLACEMENTS

DANGER CARBON MONOXIDE Carbon Monoxide is invisible, odorless, and can kill you!

\$400 OFF ANY FOUNDATION JOB OF \$2000 OR MORE
With coupon. Cannot be combined with any other offer. Some restrictions apply. Expires 6/30/21.

Save \$900 ON ROOF REPLACEMENT
With coupon. Cannot be combined with any other offer. Some restrictions apply. Expires 6/30/21.

\$79.99 GUTTERS CLEANING (Any Average House)
With coupon. Cannot be combined with any other offer. Expires 6/30/21.

\$150 OFF ANY ROOF REPAIR of \$500 or more
With coupon. Cannot be combined with any other offer. Expires 6/30/21.

\$200 OFF ANY CHIMNEY REPAIR of \$800 or more
With coupon. Cannot be combined with any other offer. Expires 6/30/21.

Special! CHIMNEY LINER \$1300

Why Should I Use A Chimney Lining System?

- Protect your house from heat transfer combustibles
- Protect the masonry from the corrosive by products of combustion
- Provide a correctly sized flue for optimum efficiency of appliance

Fire Safety

Improved Performance

Long Term Preservation

Easy & Effective Cleaning

With this ad. Cannot be combined with any other offer. Expires June 30, 2021

BENJAMIN YOUNG'S EAGLE SCOUT PROJECT

Submitted by Diana Mara

This spring, months of hard work have come to fruition for Benjamin Young, a sophomore at Governor Livingston High School. He has completed his Eagle Scout Project at the Community Garden located behind the Littel-Lord Farmhouse.

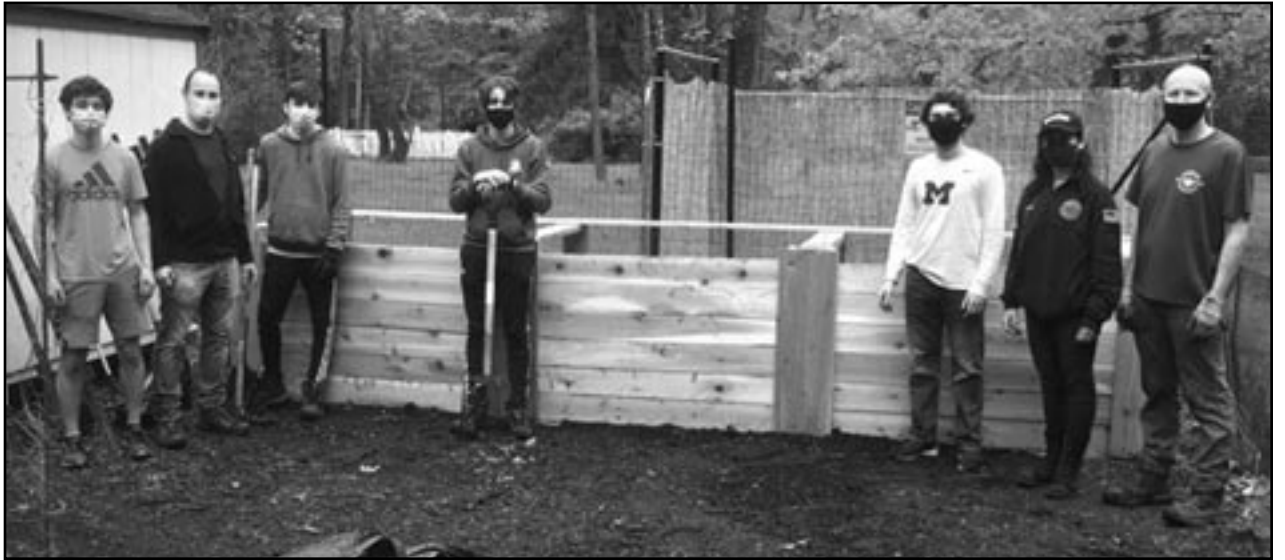
Benjamin planned, designed, fundraised and managed a large-scale project of garden clean up and weeding, mulching of the paths, construction of brand-new compost bins and a cold frame. This project is the culmination of years of hard work earning merit badges, learning outdoorsmanship experience and leadership skills. The Eagle Scout project is meant to be something that will be lasting and useful to the community. Benjamin could not achieve this alone, and Berkeley Heights Boy Scout Troop 68 put in many volunteer hours to help him achieve this incredible feat.

As Life Scouts work on their Eagle Scout project, they gain experience in planning, submitting proposals, fundraising, and managing by delegating tasks. They also learn flexibility as many times plans change mid workday. Benjamin did such a great job at the fundraising aspect that he will be donating the surplus \$400 to the Community Garden. The compost bins turned out so beautifully it is almost a shame they will be filled with leaves and dirt.

Other than working diligently toward the rank of Eagle, Benjamin is on the Governor

Livingston Soccer team in the fall and participates in Winter Track and Spring Track as a sprinter. Benjamin will be able to look back upon this experience knowing that he worked hard to bring this project to completion and will benefit his community for years to come.

The benefits of Boy Scouts are almost too numerous to list, but they include learning leadership skills, life skills, responsibility, project management, community service, respect, camaraderie, camping under the stars, having fun and making memories to last a lifetime.



(above) Benjamin Young's Eagle Scout project involved clean up and weeding, mulching of the paths, construction of brand-new compost bins and a cold frame at the Community Garden located behind the Littel-Lord Farmhouse.



Julia DeMilio
DOG WALKER & PET SITTER
908-370-3700
 juliademilio@gmail.com

Experience with dogs and cats of all ages, breeds, and special needs, as well as all types of medication administration

ALL BREEDS, ALL NEEDS

CONSUMER ENDORSED & APPROVED: HIGHEST RATING IN UNION COUNTY

Highly Recognized Care in the Heart of New Providence

At Spring Grove, we offer a comprehensive continuum of subacute rehab and skilled nursing care to ease your transition from hospital to home.

-  Hospitality Focused Rehab Experience with 24 Hour Guest Services Line
-  Physiatrist Driven Customized Rehab Planning by Dr. Jean Bachar
-  Onsite Physician and Specialty Consultations by Leading Area Physicians
-  **NEWLY RENOVATED REHAB WING**


**BEST
 NURSING HOMES**

A WORLD REPORT
U.S. News

**SHORT-TERM
 REHABILITATION
 2019-20**


SPRING GROVE

REHABILITATION & HEALTHCARE CENTER


144 Gales Drive, New Providence, NJ 07974 • (908)464.8600
 SpringGroveRehab.com 

A PROUD MEMBER OF MARQUIS HEALTH SERVICES

 **Nathan Weiser**
 ★★★★★

Spring Grove is by far the best rehab center I have ever been to. The staff are kind and caring and have gone above and beyond my expectations. The building is kept extremely clean and the new renovations are very nice.

Thank you Spring Grove for a wonderful and pleasant stay.

 **Charles Sherrick**
 ★★★★★

I have been at Spring Grove for a few weeks now, they have exceptional service and excellent staff. All the nurses have been professional and attentive to all my needs. I never thought a rehab center can have such a beautiful layout and well put together. The newly renovated room I have stayed in, is up to date and extremely clean. The therapy staff have gone above my expectations with their expertise and getting me to where I am today. Alyssa the social worker has gone above and beyond with all her assignments.

Thank you Spring Grove.

 **Chrissy Sloan**
 ★★★★★

The nursing staff and administration is professional, patient, attentive and understanding. The facilities are very clean and well maintained. My parents room is always clean and tidy. Although it was a difficult decision to make relocating my folks from a home environment to a senior living facility, Spring Grove made my decision easy.

Thank God for them!

4 Million Dollar
 RENOVATIONS NEAR COMPLETE!

Call Today for a Free Estimate! ☎ 855.624.6655



AS SEEN ON
GEORGE
TO THE
RESCUE




Payment Plans

WINDOWS \$209	BASEMENTS \$395
KITCHENS \$389	BATHROOMS \$199
ROOFING \$249	DECKS/PATIO'S \$189
SIDING \$289	PORCHES/STEPS \$185

0% Plans Available!

*Estimated monthly payments.
Rates & payments based on credit approval.*

MagnoliaTM

HOME REMODELING GROUP

ROOFING | SIDING | WINDOWS
KITCHENS | BATHROOMS | BASEMENTS
MASONRY | DECKS | PORCHES

VIRTUAL MEETINGS ALSO AVAILABLE

Interior & Exterior Remodeling | Family Owned & Operated

100% FINANCING AVAILABLE | 30+ YEARS EXPERIENCE

NJDCA 13VH07755300

MagnoliaHomeRemodeling.com 

RESORTS CASINO TRIP JUNE 21

The Berkeley Heights Seniors have resumed their monthly trips to Resorts Casino in Atlantic City on the third Monday of each month. This month's date is June 21. The bus leaves the parking lot at Mt. Carmel Hall on River Road at 8:30 a.m. and returns at 7:15 p.m. The cost is \$35.00 which includes bus transportation and a \$20.00 voucher for slot play. For further information or reservations, call Ramona at 908-647-3295.

FREE CONCERTS IN THE PARKS - JUNE 30

Berkeley Heights Recreation

Yes that's right Free summer concerts in the parks! For 2021 we wanted to go big so this season there will be 6 free concerts, the first 3 will be held at Veterans Memorial Field downtown, and the last 3 will be held at the Grove in Connell Park. And to make them more family friendly we have shifted the concert times to 7-8:30 p.m.

The 2021 free summer Concerts in the Parks are presented by BH Recreation in partnership with BHB&C and the Connell Company and season sponsorship from Berkeley Aquatic Club, Delicious Heights, Lori Holsten Homes, Rotary Club of BH, Smith Chiropractic Foundation and Taylor Rental BH.

There will be free popcorn provided by Taylor Rental and free bottled water provided by Smith Chiropractic, there will be sponsor booths with nightly giveaways and gift cards from local businesses, plus the Grain and Cane Gastrotruck will be at each show providing dinner, snacks and ice cream for purchase. Don't be surprised if there is even more fun in store for the entire family!

Save the Dates and we'll see you at the "Parks" for a summer to remember!

LINEUP

7 - 8:30 p.m. All concerts will be on
Wednesdays (rain date Thursday)

June 30th - Revolver

(your favorite covers from the 80's)
Veterans Memorial Field downtown

July 7th - Frontiers

(Journey covers)

Veterans Memorial Field downtown

July 14th - (Beatles, Billy Joel, Eagles)

Veterans Memorial Field downtown

July 21st - Sensational Soul Cruisers

the Grove in Connell Park

July 28th - Good Vibrations & Rag Dolls

(Frankie Valli & Beach Boys)

the Grove in Connell Park

• August 4th - Missing Pieces

(local favorite)

the Grove in Connell Park

YOUTH ART CELEBRATED IN BERKELEY HEIGHTS

Submitted by Victoria Baum

Berkeley Heights Public Schools celebrated Youth Art Month with artwork from across all of our schools on display in the district offices through the spring.

Traditionally art shows, special exhibits, fundraisers, and school and community activities take place annually during the month of March to mark Youth Art Month to celebrate visual art education for grades K – 12.

This year, with the challenges of the pandemic, many young artists have had limited opportunities to publicly display their works. In an effort to celebrate our students' artistic successes this year, the Berkeley Heights art community has displayed many works created throughout the year at the BOE office.

In addition, Governor Livingston art teacher, Margaret Hodge, created a PowerPoint

presentation to further assist and make viewing these beautiful pieces of art safe in a digitized format. That presentation may be found on the Berkeley Heights Public Schools homepage at bhpsnj.org.

Students from across the district have their work featured in the presentation and in the district offices. Participating Teachers & Schools include:

Michelle Harpster, Mountain Park School and MKM ECC; Margaret Hodge, Governor Livingston High School; Jen Hanselman, Thomas P. Hughes and William Woodruff Schools; Neal Korn, Governor Livingston High School; Joseph Lanni, Columbia Middle School; Michael Maresca, Industrial Arts at Governor Livingston High School; and Daniel Guyton, Industrial Arts at Governor Livingston High School.



One and two bedroom apartments for active, independent seniors

NOW AVAILABLE!

Amenities include:

- Fully equipped, modern kitchens
- Washer and dryer
- Connections for TV/Internet/Phone
- Underground parking
- Daily continental breakfast
- Daily cocktail hour
- Weekly hot lunch
- NO BUY-IN!



THE CHELSEA AT WARREN

274 KING GEORGE ROAD • WARREN, NJ 07059

CHELSEASENIORLIVING.COM

Call TODAY to arrange a visit: 908-903-0911

LONG-TIME BERKELEY HEIGHTS POSTAL CARRIER RETIRES

US Postal carrier Principelina Mendes retired in May after serving over 20 years, many of them in Berkeley Heights.

With her bright red hair, big smile and positive attitude she was considered to be a ray of sunshine by many people on her routes.

Principelina also watched out for the elderly, and noticed any signs of change in their routine. She once saw a resident on the floor of his home, knowing something wasn't normal she investigated, resulting in saving his life.

Children with special needs were some of her biggest fans as they waited to say hello to her as she stopped at their home.

A co-worker shared "Residents know her as princess, yes there is a real princess in Berkeley Heights, she will be missed by many."





908-464.1511
1790 Springfield Avenue
New Providence, NJ 07974
 7 days - Sun-Thur: 12 noon to 10 pm  
 Fri-Sat: 12 noon to 10:30 pm
ORDER ONLINE zitasicecream.com
Authentic Freshly Made Belgian Waffles

\$1.00 OFF WITH \$10 ORDER
With this coupon. Expires 6/30/21. BER

NOW OPEN!

Watchung Mountain Villas
 MOUNTAIN BOULEVARD
 WATCHUNG, NEW JERSEY




Watchung Mountain Villas is a new and exclusive collection of 21 Townhomes in Watchung, NJ. Starting at \$839,000

From 2,965 square feet up to 4,147 square feet, these luxury townhomes will offer incredible comfort & versatility

- 2 Car Garages
- 3+ Spa-Like Bathrooms
- Walkout Basements
- 2/3 Bedrooms
- Designer Kitchens
- Decks and/or Patios

These brand new residences have been thoughtfully crafted with your comfort and convenience in mind by Watchung Developers, LLC. Optional upgrades include private elevators & fully finished walkout basements. Located just minutes to the nearest train station and Routes 78 and 22 giving you easy access to NYC! Your luxury villa awaits!








VIRTUAL TOUR

SPECIAL OFFER:
\$15,000
 Credit Towards Upgrades!
Offer ends: 6/30/21
 *Bring this ad with you to obtain credit.



PAUL • ANTHONY
 AGENCY, INC.
 REAL ESTATE • DEVELOPER • MANAGEMENT
 130 Rt. 22 East, Ste. 204, North Plainfield, NJ 07060 • 908-754-1100
Paulanthonyagency.com



Marissa Paoella
 Cell: 908-938-8232
marissa@paulanthonyagency.com



Justin Rebelo
 Cell: 305-646-8545
justin@paulanthonyagency.com

To Inquire please contact our sales office at 908-754-1100 or any of our agents.



973-896-4656

HIGH END TILE & FINISH CARPENTRY

- Molding/Trim
- Sheet Rock
- Doors
- Tile Work
- Interior Remodeling



Visit our website for sample photos and testimonials: www.angillc.com

JANET LEICHT, DPM
 Podiatrist specializing in foot and ankle, bunions, hammertoes, diabetic foot care, heel pain, neuromas, surgery, orthotics and sports medicine.

Mon: 1:00 PM - 6:00 PM Thu: 9:00 AM - 12:00 PM
 Tue: 9:00 AM - 7:00 PM Fri: Surgery Day
 Wed: 9:00 AM - 1:00 PM Sat: 8:30 AM - 12:00 PM

908-381-8160
janetleichtdpm.com
 369 Springfield Avenue
 Berkeley Heights, NJ 07922




ARM PAIN
 You Don't Have To Live With It!

That "searing, burning pain" in your arm and shoulder... that "tingling" and loss of strength in your hand... It interferes with your ability to use the computer, play golf, garden... to have **FUN IN LIFE!**


Arm pain, hand and arm numbness, and tingling down the arm may actually be caused by a pinched neck nerve even though you have NO neck pain - Or something as simple as tendinitis of your shoulder and forearm.

Dr. Murphy is an expert at finding the **CAUSE** of your arm pain and numbness and **CORRECTING IT... WITHOUT THE USE OF DRUGS OR SURGERY.**



Dr. Joseph J. Murphy
 Chiropractic Physician
 PAST PRESIDENT
 The NJ and Morris
 Chiropractic Societies
 EDITOR-IN-CHIEF
 The Column
 Palmer Graduate

"YOUR BETTER HEALTH IS OUR ONLY CONCERN!"



Suburban Chiropractic Center

Celebrating Our 37th Year!

301 Main Street • Chatham
973-635-0036 • www.drjmurphy.com

ATTENTION PARENTS OF KIDS AGES 6-18

31 IDEAS TO HELP KIDS EAT BETTER, RUN FASTER, GET STRONGER AND BECOME THE BEST VERSION OF THEMSELVES

Cut This Page Out and Put on Your Refrigerator →



Eat Better

- Drink AT LEAST 4 Water bottles
- Have a fruit or veggie with each meal
- Have nuts instead of chips as a snack
- Have a source of protein in each meal
- Take a multivitamin
- Limit sweets to only one serving

Get stronger

- Perform 50 bodyweight squats
- Perform 50 pushups
- Perform a plank for 60 seconds 3 times
- Perform 25 vertical jumps
- Get at least 8 hours of sleep a night

Be Happier

- Get at least 30 minutes of exercise
- Do a morning routine that you enjoy
- Write 5 things that you are grateful for
- Adopt a Growth Mindset
- Listen to music whenever you can

Run Faster

- Do 10 hill sprints
- Perform 15 Broad Jumps
- Sprint for 50 yards
- Perform single leg jumps
- Perform High Knee Marches

Build Confidence

- Do something outside of your comfort zone
- Read a book
- Practice or spend time on your hobbies
- Learn a new skill
- Work towards a new Goal

Be More Active

- Walk during TV show commercials
- Schedule exercise time
- Whenever you see a commercial for a car company, perform 10 squats
- Find a buddy, and exercise with them
- Try a new method of exercise every week (i.e. biking, running, lifting weights, etc.)

**Do You Want
GRIT ATHLETE PERFORMANCE
to Help You with all of this?**

**Registration for Our 10 Week
Summer Program Now Open**

Early Bird Registration Expires June 21

www.gritathletes.com



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

Summer Athlete Performance Camp in Berkeley Heights

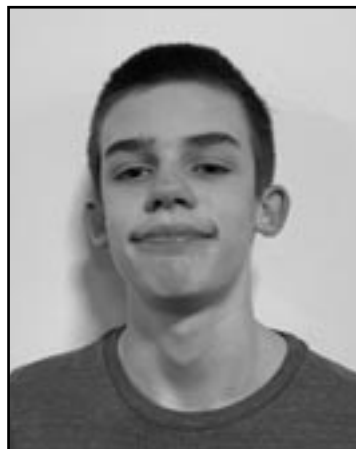
Discover how to get your children strong, fast, and confident this summer...so they can become the best athletes they can be.

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.

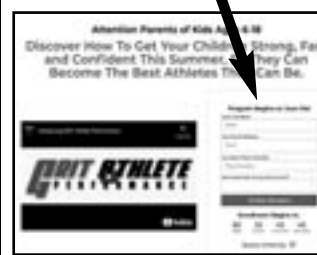


HOW TO REGISTER

**STEP 1
Scan This
QR Code**



**STEP 2
Enter Your Info
When You Get
To This Page**



**STEP 3
Leo Will Call You
To Set You Up**



About Grit Athlete Performance (A Gabriele Fitness Company)

GRIT helps kids ages 6-18 get strong, fast and confident so they can build a bigger and better future. They are located in Berkeley Heights inside Gabriele Fitness. All Grit coaches have been handpicked via a very lengthy interview process by Gabriele Fitness founder, Vince Gabriele.

The Details

Dates:
JUNE 21-AUGUST 27

Age Groups

- 6-8 (Spaces Remaining: 11)
- 9-13 (Spaces Remaining: 8)
- 14+ (Spaces Remaining: 13)

Please visit www.gritathletes.com for days/times at each age group

Location: Sessions are held at the
GRIT SPORTS PERFORMANCE COMPLEX
(Located inside Gabriele Fitness in Berkeley Heights)

**Early Bird Registration
Expires June 21**



PILOTS TO THE RESCUE

Submitted by Amy Whitney

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

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.



COVID-19 CLEANINGS



Fire & Water - Cleanup & Restoration™

Faster to Any Disaster

...

FREE COVID ESTIMATES

...

24/7 Emergency Service

Call us Today
908-791-9177

Email: servpro9808@optonline.net
www.servprowesternunioncounty.com



SAM'S



LANDSCAPING

- *SOD
- *TOP SOIL
- *PLANTING
- *TREE REMOVAL

- *PAVERS & PATIOS*
- *DRAINAGE*
- *CLEANUPS*
- *MULCH*
- *TRIMMING*



LIKE US ON FACEBOOK

THANK YOU ALL FOR THE AMAZING SUPPORT! RESPONSE TIME CAN BE SLOWER IN PEAK SEASON. IF WE DON'T ANSWER WE WILL GET BACK TO YOU! IT'S OUR HONOR TO BE OF SERVICE!

CALL OR TEXT
908-441-7302
SAMSLANDSCAPING.COM

VINTAGE & ANTIQUES CRAFTS FAIR – JUNE 13

Hosted by the Borough of Fanwood, two Vintage & Antiques Crafts Fairs will be held on Sundays June 13 and October 24, 2021 in the Fanwood Train Station (south side). Featuring 50+ exhibitors selling vintage items from days gone by along with hand made items from artisans and craftspeople. This free event is open to the public from 10 a.m. -5 p.m. There will be a selection of food so come hungry and enjoy.

PARKING

The event is held on the south side of the station. There is parking for visitors on the north side of the train station. You can walk over to the south side with the adjoining walking bridge. The GPS address for parking is 238 North Avenue, Fanwood, NJ.

For more general information, or on becoming an exhibitor please, contact JC Promotions at 201.998.6311, events@jcpromotions.info.

GREEKFEST “TO GO” – JUNE 4 – 5

If you're looking for some good homemade Greek food, Holy Trinity Greek Orthodox Church in Westfield is hosting their Annual GreekFest but it's "TO GO". Get some delicious take-out on Friday, June 4th from 4 – 9 p.m., and Saturday June 5th from 11 a.m. – 9 p.m.

Some of their specialties like Pasticcio, Souvlaki, Gyros, and desserts like Baklava and

Galatapuriko will be available to order on-line at NJGREEKFEST.COM.

So, order online at NJGREEKFEST.COM, and pick up your food in the parking lot of the church located at 250 Gallows Hill Road, Westfield, NJ. Who knows? There may be dancing in the isles!!

And remember, everyone can be Greek for a day at NJGreekFest!

BERKELEY HEIGHTS PUBLIC LIBRARY JUNE PROGRAMS

29 Park Ave, Berkeley Heights
(908) 464-9333 • <https://bhplnj.org>
reference@bhplnj.org

Curbside Pickup:

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

CHILDREN'S STORY TIMES AND PROGRAMS:

Crafts to go

Take home a bag stuffed with materials + instructions, theme related coloring sheets, puzzles, jokes, and reading suggestions.

Ages 3 - 6

Story Time On Line

Join us on

facebook.com/BerkeleyHeightsLibrary for story times, at any time. Ages 2- 5
Questions about children's programs?
Call or email childrens@bhplnj.org

ADULT PROGRAMS:

Online Book Group

Friday, June 4 at 10:30 a.m.

Tuesday, June 8 at 7:15 p.m.

Currently, the library is offering an online Book Group that meets via Zoom and discusses ebooks/e-audiobooks available from Hoopla.

The selection for May is *Libertie* by Kaitlyn Greenidge.

Check the library website, bhplnj.org, and facebook.com/BerkeleyHeightsLibrary for updates on hours and services available, including information on the library's Summer Reading Club, which will be starting later in June. On the library website, scroll down and take a look at the Highlights section which includes 4 different highlights that changes monthly: one for Children's books, one for Books for Adults, one for Films/DVDs and a special theme Spotlight. Just click on the link below the picture to view.

THE HOUSING MARKET IS RED HOT IN BERKELEY HEIGHTS



The current economic and health crisis has created an overwhelming desire to migrate from densely populated urban areas to suburbia. We have first time home buyers, investors, home remodelers and builders that are looking to purchase homes in any condition.

RECENT SALES

140 Mountain Avenue - Sold over asking!

257 Chaucer Drive - Sold over asking!

125 Lawrence Drive - Under contract in just 5 days!

If you would like results like this please reach out for a personal, no obligation consultation and price evaluation of your home.

We look forward to helping you buy or sell your home.

Your local neighborhood experts.

Vincent Cirincione Realtor **973-390-3826** - Vinnco565@yahoo.com

Laurianne Tussel-Holsten Realtor **908-370-1123** - LTHolsten@gmail.com

RE/MAX



ACHIEVERS

Each office is individually owned and operated.

Serving all your real estate needs.

908-522-9444 • 315 Springfield Avenue, Summit, NJ 07901

FIREFIGHTER MATHEW PRIBISH HELPS NJ SHARING NETWORK

NJ Sharing Network

Celebrated in April each year, National Donate Life Month features local, regional and national activities that encourage Americans to register as organ and tissue donors and to celebrate those who have saved lives through the gift of donation.

Linden, NJ firefighter Mathew Pribish helped NJ Sharing Network kick off National Donate Life Month by sharing his personal heart transplant story to help raise awareness about the importance of organ and tissue donation. Inspired by Mathew's story, Linden Mayor Derek Armstead and the Linden Police and Fire Departments teamed up to educate the community through speaking engagements and a public service announcement on LindenTV, which can be viewed on youtube.com. Mathew's personal story is detailed below.

A PERSONAL STORY FROM MATHEW PRIBISH

My gift of life story started more than a decade ago when I went to the doctor for a regular cardiology checkup because heart disease runs in my family and I wanted to make sure that, as a firefighter, my heart was healthy. I was told during one of these regular checkups that I have Marfan Syndrome, a connective tissue disorder that affects the heart, joints and other parts of the body.

In 2013, after being monitored for a few years, my aortic root was enlarged to the point that I needed replacement surgery. Although my surgery went well, I had an adverse reaction and went into advanced heart failure. The doctors



(above) Mathew Pribish, a Linden Firefighter, shared his heart transplant story to help raise awareness about the importance of organ and tissue donation.

made the decision to implant a Centrimag BiVad, an external device to pump both sides of my heart. After a couple of weeks, my heart healed enough to remove the device and implant an LVAD-Left Ventricular Assist Device. That was my lifeline for four years and I was placed on the New York heart transplant list.

Life with an LVAD isn't easy and it was hard to adjust to at first - no swimming, limited showers, limited activities and lots of medication. Thankfully, with my family, my fire department family and my doctors, I was able to forge through into this new normal. I was able to return to work for the fire department as an Administrator and Fire Inspector. I started to walk/jog in local 5K events in a healthy condition so that I would be a perfect candidate for transplant.

In 2017, my cardiologist recommended that I also be put onto the New Jersey transplant list. In the time leading up to my approval on the New Jersey transplant list, the alarm of my LVAD

device started to sound, on and off. The team of doctors decided that it was a mechanical issue and that they would either need to either replace the LVAD or hold me in the hospital for transplant.

On June 22, 2017, I was informed by Newark Beth Israel Medical Center that I was officially listed on the New Jersey list. It was just four days later that my wife got the phone call early in the morning. They said, "Mrs. Pribish, we found a heart for your husband."

There were so many emotions that day. I felt happy and thankful that I now had hope that my health could be restored. I also felt a great deal of sadness for the family that lost their loved one. On June 27, 2017, I had a successful LVAD removal/Heart Transplant.

Since my transplant, I have been blessed to return to the life I had known before. In my donor's memory, I decided to become a transplant advocate through NJ Sharing Network.

In Fall 2018, I was released by the doctors to return to full firefighting duties. On January 3, 2019, I officially returned to the fire department for my first day back at the position I left almost six years before.

I never thought that the day would come where I could return back to active duty. But thanks to my donor, my doctors, and NJ Sharing Network, this dream became a reality. I hope that my story can give hope to others that may need a transplant to inspire them to keep the faith.

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.

Fully Insured Free Estimates

Needleman Roofing Lic. # 13VH06601300

SLATE - TILE - ASPHALT SHINGLES

908-389-0200

★ ★ ★ ★ ★ ★ ★ ★ ★ ★

★ **PSYCHIC PLACE** ★

☾ Readings by Jessica ☾

★ TAROT CARDS • PALM ★

• CRYSTAL BALL

☾ ASTROLOGY • MEDITATION ☾

★ Available for Parties ★

★ & Special Events ★

☾ Jessica has been at the same ☾

★ location for close to 30 years and is ★

★ world renown for her Psychic abilities ★

★ 10am-9pm - 6 DAYS A WEEK ★

☾ **908-757-4450** ☾

★ 2322 Park Avenue ★

★ South Plainfield, N.J. 07080 ★

☾ **NEW CUSTOMERS \$10 OFF** ☾

★ ★ ★ ★ ★ ★ ★ ★ ★ ★

PARKING PRODUCTIONS
JOHN DENT INC.

NOW HIRING

\$15/hour Plus Tips

Parking Productions is seeking Valet Parkers for Special Events and local accounts.

- Flexible schedule!
- Great for Students or those seeking extra income!
- Fun, exciting work!

732-574-9300 Option 2
jobs@parkingproductions.com

MAIN OFFICE LOCATED IN CLARK, NJ

JERSEY LANDSCAPE & GARDEN SUPPLY

Hours:

Monday - Saturday: 7:30 am - 5 pm

Sunday: 8:30 am - 3 pm

908-688-8333

528 N. Michigan Ave. Kenilworth, NJ

We accommodate the trade as well as the do-it-yourselfers! We are always ready to assist.

FREE
Same Day Delivery
5-Yards or more

LAWN & GARDEN



Grass – Seed
Fertilizers
Peat Moss



Polymeric Sand
Paver Sealer
Paver Cleaner



HARDSCAPE

- Cement
- Concrete Block
- Belgium Block
- Curbing
- Limestone Treads
- Diamond Blades

TOOLS

- Mason Tools
- Shovels
- Rakes

DRAINAGE

- Catch Basins
- Pipe

SOIL

Prices per yard

Black Topsoil\$36

MULCH

Black Dyed.....\$30
Brown Dyed.....\$30
Red Dyed.....\$32
Hardwood.....\$24

QUARRY BASE MATERIALS

Concrete Sand.....\$50
3/4 Clean Stone.....\$44
Stone Dust.....\$34
QP\$36

DECORATIVE STONE

3/8 Red Stone\$74
3/4 Red Stone\$70
3/4 Goose Egg\$94
1 1/2-3 Goose Egg.....\$98
3/4 Arctic White.....\$98
3/8 Riverbed / Pea Gravel.....\$60
1 Riverbed\$70
1 1/2-3 Riverbed.....\$80

Prices subject to change without notice.

Bon Tool Co.

**Largest Display of
Cambridge Pavers
in Union County**

Waterfalls • Fireplaces

• Fire Pits • Walls • Walkways

• Patios • Curbs



PETER W. TRAUB
ROOFING & CARPENTRY LLC

NOW HIRING

908-464-9655
PeterWTraubRoofing@gmail.com
PeterTraubRoofing.com
A.A.S. in Construction, SUNY Delhi University
Established 1985 • Lic. #13VH00107400

- Slate • Tile
- Wood Shingles
- Copper Gutters & Flashing
- Snow Guards
- All Phases of Carpentry
- Roof Restoration

83 Industrial Road, Berkeley Heights, NJ 07922

Nicholson
ROOFING & SIDING

SINCE 1963
AWARD WINNING CONTRACTORS

ALL TYPES OF ROOFING • VINYL AND HARDI SIDING
SEAMLESS GUTTERS • WINDOWS AND DOORS
We Handle Residential and Commercial Projects
NicholsonRoof.com 908-647-5984
Your call brings the owner, not a salesman! Stirling, NJ

WOOD FLOORS
Sand • Stain • Refinish • Repairs • Installation
CARPET & RUGS
Clean • Stretch • Sanitize • Repairs • Bind
RESTOREMYFLOORS.NET
A DIVISION OF CARPET DOCTOR LLC.
116 SUSSEX ST. WESTFIELD, NJ
908-913-4650
Insured * References * Visa / MasterCard

10% Discount On labor only. Materials not included. Cannot be combined with other offers. Exp. 6/30/21.

• Video Tape Transfers • DVD & Flash Duplication
• High Speed Photo & Slide Scanning

VIDEO DATA SERVICES®

locally owned since 1984
www.vdsnj.com
facebook.com/vdsnj
email: ira@vdsnj.com
908-964-4004
406 Chestnut St. • Union, NJ 07083

Mr. Handyman
Home Improvement Professionals

- NO JOB TOO SMALL -
- 100% SERVICE GUARANTEE -
- 2500+ POSITIVE ONLINE REVIEWS -

908-251-9441
Mrhandyman.com
License number: 13VH09897400

10% DISCOUNT
On labor only, materials not included. Cannot be combined with other offers. Exp. 6/30/21.

VOLUNTEERS NEEDED TO HELP AT BLOOD DRIVES

New Jersey Blood Services (NJBS), which supplies blood to hospitals throughout the state, is in need of volunteers to help at blood drives. The blood drive volunteer is an integral member of the blood collection team whose task it is to assist donors with registration and/or at the refreshment area. No medical background is necessary. Volunteers should have the ability to relate to the public, be able to perform different

jobs as needed and have the willingness to follow the rules. For additional information contact, Monday to Thursday 9 a.m. to 5 p.m., Manager of Volunteer Services Sharon Zetts at 732-850-8906.

To apply on line as a blood drive volunteer, please go to:
nybc.org/support-us/volunteer-nybc/volunteer-application/

LOVE SHOULDN'T HURT

Safe+Sound Somerset

You may have heard about the increase in domestic violence since the start of the pandemic as families are forced to shelter in place. Since then, Safe+Sound Somerset has seen a 40% increase in calls and texts to our 24/7 domestic violence hotline – even as it has become harder for those experiencing domestic abuse to reach out for help. Domestic abuse is a pattern of

controlling, threatening, degrading and violent behaviors by a partner. Abuse takes many forms, including emotional, psychological, physical, sexual and financial.

If someone you know is experiencing domestic abuse or dating violence, we can help.

24/7 Confidential Hotline - Call or text 866-685-1122. For more information visit www.safe-sound.org.

VOLUNTEERS WANTED FOR MEDICAL RESERVE CORPS

The New Jersey Medical Reserve Corps (MRC) – a network of community-based, locally organized units comprised of volunteers – is looking for reinforcements, particularly those with vaccination skills. MRC volunteers are especially vital during emergencies and disasters when paid public health and emergency response assets are overwhelmed. Healthcare professionals (including recently retired individuals) having vaccination skills are especially needed now that

COVID-19 vaccines are available.

In addition to skilled vaccinators, individuals with all types of skill sets (for example, security, language translation/interpretation, education and outreach, warehouse operations, clerical, counseling, and more) are needed.

If you are interested in volunteering with the MRC, visit njlmn.njlines.net and click on “Register as an Existing or New MRC Volunteer!”

FAMILY SUPPORT GROUP – JUNE 15

Are you feeling stressed and alone in trying to cope with the effects of a loved one’s mental illness?

NAMI Union County’s Family Support Group is for family members and caregivers of persons with mental illness. Join our peer-led group meetings and gain insight

from others facing the same challenges.


Zoom sessions are held on the 3rd Tuesday of every month from 7 p.m. – 8:30 p.m.

To register, email Denise at: namiunioncounty@yahoo.com with your name, town, and phone number.

You Are Not Alone
If you, or someone you know is in emotional distress or suicidal crisis, please call us for support.
We Are Here to Listen
www.caringcontact.org

 CARING CONTACT™
A listening community
800-273-8255
YOU TALK WE LISTEN



 **NEW JERSEY VETERANS NETWORK**

Dedicated To Helping Veterans And Their Families Live Better Lives

If you are a veteran, or family member, in need of assistance or comradeship, please contact us at NJVN1775@gmail.com or call 973-332-1556.

Visit online at NJVN.org for more information about our services, and ways you can make a difference in a heroes life.

FIFTH GRADERS ENGAGE IN HOLOCAUST EDUCATION UNIT



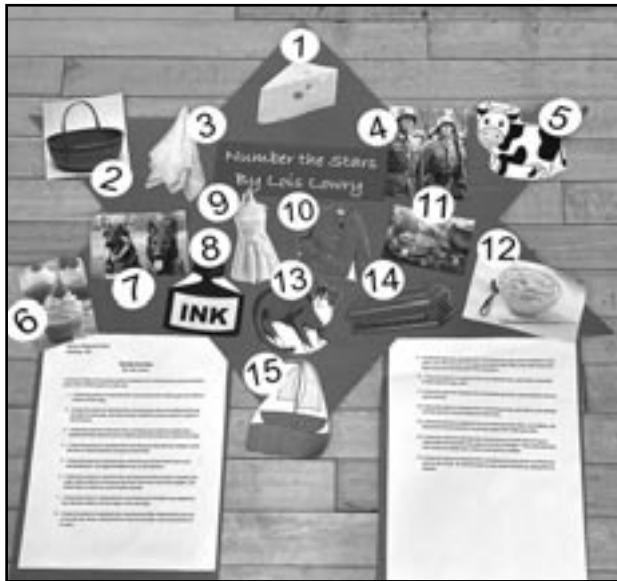
(above) Fifth graders at Thomas P. Hughes learned about the Holocaust, culminating their learning with a project on symbolism.

At Thomas P. Hughes, and throughout the district, fifth grade students recently worked on a historical fiction unit and analyzed the book 'Number the Stars' by Lois Lowry as part of the Holocaust education curriculum.

This captivating novel explores themes of bravery and resilience against the backdrop of Denmark during World War II.

To conclude the unit, students at Hughes created projects demonstrating their knowledge of the different types of symbolism used in the novel. These projects were then placed around the Hughes gym so that all 5th grades could explore and enjoy each other's work in a safe manner.

Photos by Berkeley Heights Public Schools



CHC SENIOR HOUSING *Looking for a great place for Mom & Dad?*

SHARED LIVING - AGES 62 & OLDER



Private, spacious rooms with full baths includes dining, activities, and housekeeping in ranch style homes.



Attractive • Affordable • Available Now!

To learn more call **908-526-8130** or visit **www.CHChousing.org**

WIRED RITE ELECTRICAL SERVICE

COMMERCIAL & RESIDENTIAL
ALL PHASES OF ELECTRICAL WORK
 • FIXTURES • OUTLETS • PANEL CHANGE
 • SECURITY • HIGHHATS • CEILING FANS

Senior Citizen Discount 24 Hour Emergency Service Free Estimates

201-600-3530

A&J PROFESSIONAL SERVICES, INC.

HOME IMPROVEMENTS

908-432-7081

ajproroofer.com

Deal directly with the owner operator for personal service and accountability.

(above) Father and son, Al and Chris, are on every job site since 2004.

Visit our website to read reviews from you neighbors

GAF Certified
Weather Stopper Roofing Contractor

ROOFING

SIDING

GUTTERS

- Windows
- Painting
- Powerwashing
- All types of Home Improvement

100% FINANCING AVAILABLE

Fully Insured • NJ License #: 13VH03110900

CALL OR EMAIL TODAY FOR FREE ESTIMATE 908-432-7081
AJPROROOFS@GMAIL.COM

Marketing Toolbox

Renna Media offers a full range of marketing services, in print and online, hyper-local to regional, for every budget and market size.

NEWSPAPER ADVERTS

We mail 135,000 newspapers to every home and business in 21 towns. You can advertise in any number of towns. Ads start at \$60.

FULL COLOR PRINTING

We print flyers and menus, full color, two sided, on coated stock for only \$35 per thousand.

DIRECT MAIL

Insert your flyer into the newspapers and get it mailed to every home and business for \$60 per thousand and as low as \$30 per thousand for higher quantities.

ONLINE MARKETING

Online ads and press releases designed and placed to drive traffic to your website and get your phone ringing.

SOCIAL MEDIA

We can design and/or manage your social media campaign from passive to aggressive plans customized to work within your budget.

WEBSITE AND SEO SERVICES

Start with an audit/analysis of your website giving you a report and recommendations for \$250.

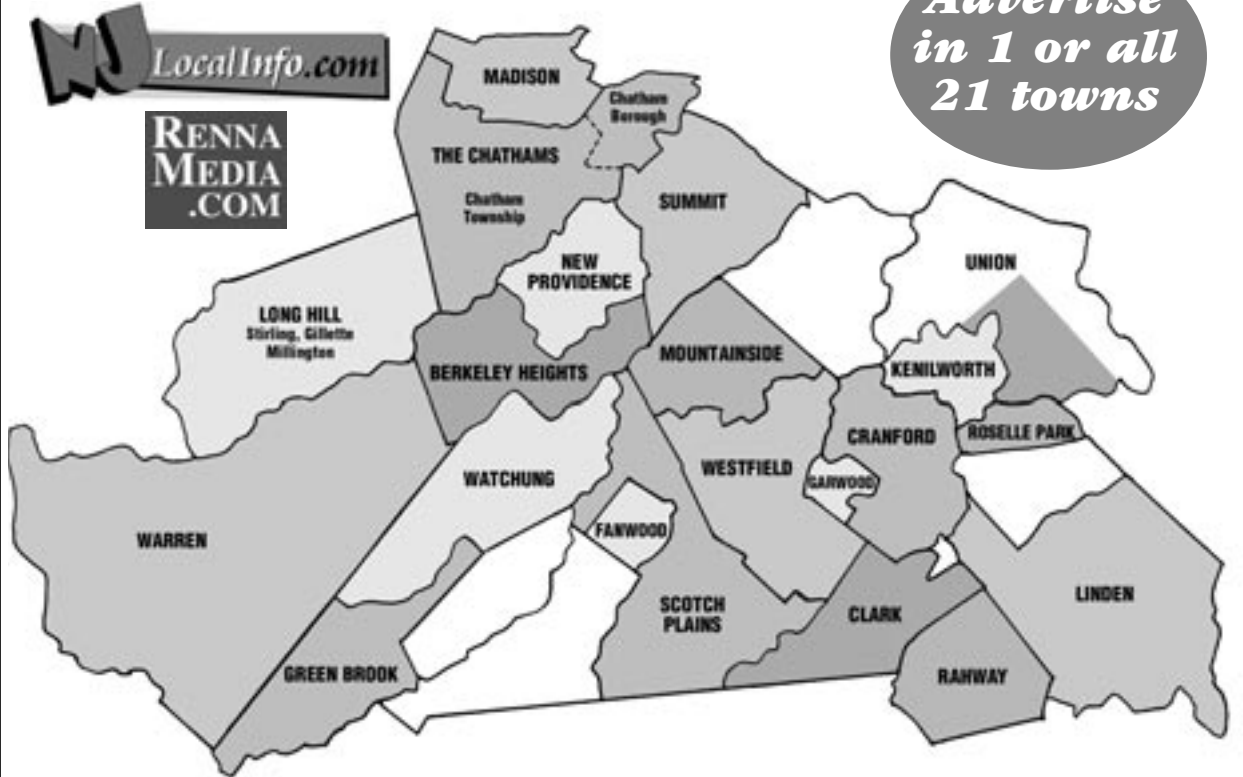
It is highly recommended to have a marketing plan and budget before spending.

CALL JOE RENNA FOR A FREE CONSULTATION.
908-447-1295

RENNA MEDIA NEWSPAPER RATE SHEET
WE MAIL 135,000 NEWSPAPERS MONTHLY!
Tina Renna 908-418-5586 • tinarena@rennamedia.com
Joe Renna 908-447-1295 • joerenna@rennamedia.com
202 Walnut Avenue, Cranford, NJ 07016

Call today for FREE consult on marketing and business plans.

Online at RennaMedia.com
and NJLocalInfo.com



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	Fanwood 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
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	MOUNTAINSIDE 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 NJ WHAT'S HAPPENING MONTHLY 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	Spirits 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 ALL 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							

PREPAY 6 MONTHS AND GET 1 MORE FREE
PREPAY 12 MONTHS AND GET 3 MORE FREE
Make Checks payable to Renna Media, 202 Walnut Avenue, Cranford, NJ 07016

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



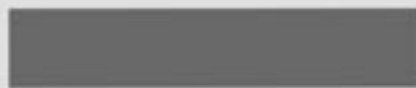
THE COUNSELING CENTER

CONVENIENT | LOCAL | TRUSTWORTHY

GET THE HELP YOU NEED CLOSE TO HOME

*World-Class Substance Abuse &
Mental Health Outpatient Treatment*

The Counseling Center offers a full range of substance abuse and mental health treatment in a serene and comfortable atmosphere with flexible scheduling during day and evening hours.



10 Facilities Throughout New Jersey

Freehold • Monmouth Junction • Clark • West Caldwell • Fair Lawn
• Middlesex • Cherry Hill • Toms River • Roxbury • Robbinsville

LEARN MORE AT
TheCounselingCenter.com
855-788-8247

All Services Also Available Via Telehealth

ATTENTION: MEN OVER 40 NOT WORKING OUT RIGHT NOW HOW TO LOSE EVERY POUND GAINED DURING COVID IN 30 DAYS...GUARANTEED

These Local Men Haven't Let Covid Get the Best of Them

**"MY ACHES AND PAINS HAVE MOSTLY GONE AWAY,
AND I DEFINITELY HAVE MORE ENERGY"**



David: The pandemic negatively impacted how dedicated I was to working out and the type of food I ate. At GFP, I increased my workout routine to at least 5 days per week. Now I feel great. My aches and pains have mostly gone away and I definitely have more energy during the work day.

**"I STARTED TO FEEL IMPROVEMENT
AS QUICKLY AS 1-2 WEEKS INTO JOINING"**



Tom: Before joining GFP I never really maintained consistent strength training. At GFP it's easy to build momentum, and I started to feel improvement as quickly as 1-2 weeks into joining. It showed me how rapidly progress can occur if you pair nutrition guidance with regular workouts. More importantly it helped me build lasting habits that have made me consistently healthier.

"I FEEL LIKE I'M IN BETTER SHAPE THAN I WAS IN MY 30S"



Gianni: My biggest challenge was overcoming bad habits. After joining, I felt great. My health was great. I was incredibly active. I felt like I was in better shape than when I was in my 30s.

"I HAVE MADE HUGE STRIDES IN GAINING STRENGTH"



Nick: Before GFP I struggled with consistency and gaining strength. Since joining, I not only go consistently but I very much look forward to going and do not need to push myself to go. I have made huge strides in gaining strength, and I feel and look overall in better shape.

START YOUR FITNESS JOURNEY JUNE 14TH (3 SPOTS REMAINING)

Here's What You Get:

- **Unlimited Personal Training Sessions** so you can work out with a coach as much as you want, which means you're essentially guaranteed to feel fit, strong and healthy.
- **Extreme Accountability** from your assigned GFP trainer so you can never fall off track, which means you'll finally get the energy and health you've been missing.
- **Personalized Nutrition Plan** so you know exactly what to eat and when to eat it, which means you'll start burning fat immediately
- **Personalized Cardio Sessions:** You'll get Unlimited Access to the GFP facility on off days so you can keep your heart healthy and skyrocket your energy.
- **Private 1-1 Stretch Session:** Work with a certified stretch therapist 1-1 so you can feel like yourself again, which means you'll get back to the active life you deserve.
- **Body Fat and Muscle Measurement** so you can get an exact read of your body fat and lean muscle, which means your coach will know exactly what to do to get you to your goals.

**TO INQUIRE ABOUT
COST AND AVAILABILITY,
SCAN THIS QR CODE
WITH YOUR
PHONE'S CAMERA**



OR CALL 908-464-4441