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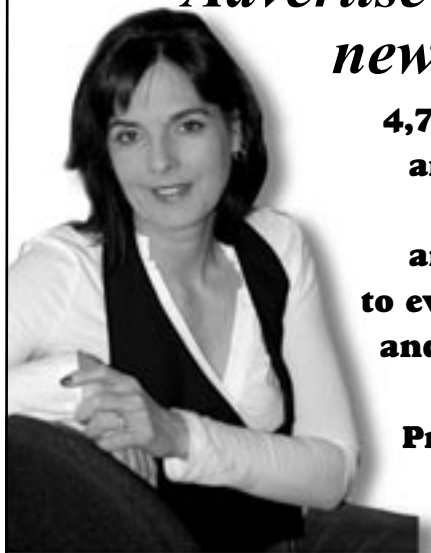
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## WALK OR RUN TO SUPPORT SERVICES FOR PEOPLE WITH SPECIAL NEEDS JUNE 21-26

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](http://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](mailto: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](http://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](http://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](http://www.cauj.org) or by mail at 80 West Grand Street, Elizabeth, NJ 07202.



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(above) Walkathon 2020 at Warinanco Park.

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## WHARTON 2021 VIRTUAL GALA RAISES RECORD FUNDS FOR EDUCATION PROGRAMS

Wharton Institute for the Performing Arts is pleased to announce that its annual gala on Thursday, April 22, 2021 raised over \$208,000 to support community arts education and the life-changing music programs at the New Jersey Youth Symphony (NJYS), Paterson Music Project (PMP), and Performing Arts School (PAS). Over 130 students performed five works by Academy Award-nominated composer John C. Debney at the virtual event, notably an arrangement of *SpongeBob Out of Water* for the NJYS Youth Symphony, Brass, and Percussion by PMP student Xander Baltuano, age 13. A prolific composer, Debney's works include *Hocus Pocus*, *Liar Liar*, *The Princess Diaries*, *Iron Man 2*, *Chicken Little*, *Bruce Almighty*, *Sin City*, *Elf*, *Passion of the Christ*, *Jingle Jangle*, and *Come Away* amongst many others. He was honored as the recipient of the 2021 Wharton Institute for the Performing Arts Lifetime Achievement Award.

"We are extremely grateful to our exceptional honorees this year for their contribution to the industry and accepting our Lifetime Achievement and Education Awards," said Peter H. Gistelinck, Executive Director at the Wharton Institute for the Performing Arts. "And a big thanks goes as well to all of our amazing individual donors and corporate sponsors who were exceptionally generous. They stepped up to the plate to turn this event into a huge success to secure the continuation of our education programs in these challenging times."

An inaugural Education Award, established to recognize significant contributions to arts education, was presented to Robert B. Morrison and Arts Ed NJ for their tireless advocacy of arts education in the Garden State of New Jersey. Recognized as one of the nation's leading researchers and advocates for arts education, Morrison is the founder and CEO of Quadrant Research, the nation's preeminent arts education data analytics and market research firm. He serves as the Director of Arts Ed NJ, the statewide arts education policy group for the state of New Jersey.

Said Debney, "What an amazing honor to receive the 2021 Wharton Institute for the Performing Arts Lifetime Achievement Award. I am so deeply humbled and grateful that my passion and love for music has touched so many people around the world. My heartfelt thank you to the Wharton board of trustees, students, faculty, and staff. Your hard work doesn't go unnoticed. To all the talented young musicians at the virtual gala, I am so proud of you all, and thank you for blessing me with your beautiful music and smiling faces."

Entitled "Messengers of Hope," the annual gala celebrated Wharton's thriving community of performing arts students and recognized the dedication of the young musicians who continue to share the gift of music despite the challenges faced during the global pandemic. To support the programs at Wharton Arts, including the New Jersey Youth Symphony, Paterson Music Project,

and Performing Arts School, visit [WhartonArtsGala.org](http://WhartonArtsGala.org).

The Wharton Institute for the Performing Arts' mission is to provide the highest quality performing arts education to a wide range of students in a supportive and inclusive environment, where striving for personal excellence inspires and connects those we teach to the communities we serve.

Wharton is New Jersey's largest independent non-profit community performing arts education center serving over 1,200 students through a range of classes and ensembles including the 15 ensembles of the New Jersey Youth Symphony, which serve 500 students in grades 3 – 12 by audition. Beginning with *Out of the Box Music* and *Pathways* classes for young children, Wharton offers private lessons, group classes, and ensembles for all ages and all abilities at the

Performing Arts School. With the belief in the positive and unifying influence of music and the performing arts and that arts education should be accessible to all people regardless of their ability to pay, Wharton teaches all instruments and voice and has a robust musical theater program. Based in Paterson, New Jersey, the Paterson Music Project is an El Sistema-inspired program of the Wharton Institute for the Performing Arts that uses music as a vehicle for social change by empowering and inspiring children through the community experience of ensemble learning and playing.

Wharton Institute for the Performing Arts is located in Berkeley Heights, New Providence and Paterson, NJ and reaches students from 10 counties. All of Wharton's extraordinary faculty members and conductors hold degrees in their teaching specialty and have been



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## VINTAGE & ANTIQUES CRAFTS FAIR – JUNE 13

### 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 Galatopuriko will be available to order on-line at [NJGREEKFEST.COM](http://NJGREEKFEST.COM).

So, order online at [NJGREEKFEST.COM](http://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!

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.

For more general information, or on becoming an exhibitor please, contact JC Promotions at 201.998.6311, [events@jcpromotions.info](mailto:events@jcpromotions.info).

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**U.S. News**

SHORT-TERM  
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2019-20

 **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.

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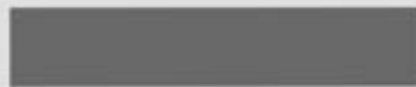
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## GIRL SCOUTS VISIT FIRE HOUSE

The New Providence Fire Department recently received a visit from two of New Providence's own, Girl Scouts Addie and Julia. From their own hard work they were able to donate some Girl Scout cookies to the department for us to enjoy. Thank you young ladies!

Thank you to our outstanding community for recognizing us day after day. We thrive on the support from those we serve and thank you for being there for us.

*Follow New Providence  
Fire Department on Facebook*



## SENSORY TOOLS NOW ON BOARD AMBULANCE

New Providence ambulances are now equipped with sensory tools that can help bring comfort to children and adults with special needs. Each ambulance has a kit that includes a weighted blanket, noise-cancelling headphones, sunglasses to dim bright lights and a variety of sensory/fidget items intended to reduce stress and anxiety. A communication tool is available for non-verbal individuals to be able to describe their pain to first responders as well as understand what is happening. This initiative is a partnership between New Providence EMS and the New Providence Special Education Parent Advisory Group (SEPAG).

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

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### **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.)

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OF KIDS  
AGES 6-18**

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**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

The Details

Dates:  
**JUNE 21-AUGUST 27**

Age Groups

6-8 (Spaces Remaining: 11)  
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**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.



## 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.

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

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

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

From the pandemic, two trends emerged. First, changes in household routines and more time spent at home increased the community's interest

in dog fostering and adoption. Second, the financial hardship of some households in the South exacerbated the need for dog rescue and respite in already severely life-threatening conditions.

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

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

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

the support of our community.

*Sincerely,*

The Home for Good Dog Rescue Team

### WHO WE ARE:

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

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

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

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### ERNEST BITTMAN



Ernest J. Bittman, Jr., 104, of New Providence, NJ passed away peacefully at his home with his loving family by his side on May 2, 2021. The family will be planning a private memorial service.

Ernest was born in Millington, NJ to Mary (nee Neuman) and Ernest J. Bittman, Sr. and had resided in New Providence, NJ since 1928.

Ernest was a U.S. Army Air Corps veteran of World War II. He had served from 1941 to 1945 before being honorably discharged with the rank of Technical Sergeant.

Ernest was a mechanic by trade and had worked independently for many years before retiring from C.E. Fisher in New Providence 34 years ago. Ernest was also an accomplished homebuilder, working alongside his brother even after his retirement at age 70, to build a home.

Ernie had a deep, intuitive, genius level of understanding of everything mechanical. He could fix a car, wire a house, tune up a furnace, keep all the power tools in working order, and knew how to give a carving knife the sharpest edge you can image. Beyond the age of 70 he was repairing tools, mowing the lawn, growing and canning tomatoes and peeling apples for Shirley's apple pies.

He had strong opinions that he expressed with a few simple direct words. He loved to argue about politics. He was always there to help family members with mechanical and financial issues. He had an unwavering sense of duty to his family. Although he didn't like to travel he hardly ever missed a family wedding or graduation. Shirley even persuaded Ernie to travel to China and Italy.

He would brush aside obstacles and misfortunes. When Ernie gave a rare compliment, you could be sure he meant it. He left a great legacy as a hard worker and an inspiration to his family and friends.

Ernest is lovingly remembered for his superior work ethic, and his care for his family. He is survived by his beloved wife of 71 years Shirley (nee Perry); his loving children, Kenneth (Steven Abrams) and Laura (Paul) Chek; his cherished grandchildren, Christina (Nicholas) Moschella, Sarah (Tom) Daley and Brian Chek and great grandchildren, Serafina and Angelo. Ernest is also survived by loving nieces, relatives and friends. He was pre-deceased by his siblings, Walter Bittman, Alyce Cantelmo, and Ann Stark.

In lieu of flowers please make donations in his memory to New Providence EMS, 7 Academy St., New Providence, NJ 07974 ([www.newprovidenceems.org](http://www.newprovidenceems.org)).

What does it mean to have your own car? For longtime Community Access Unlimited (CAU) member Brian Shapiro, it means both stability and freedom. Before he had a car, Brian had to get a ride from a friend or take an Uber to his job driving a cab in Bloomfield.

"It's a lot easier," Brian said, thanks to the Volvo he received as a donation through Community Access Unlimited this fall. "I go to work and take my son places."

CAU started the vehicle donation program as a way to aid youth and individuals with disabilities who wished to complete their drivers test and gain the independence that comes with owning a vehicle. Now Brian can easily travel to the job he has had for nearly 20 years. Many have already benefited from the donation of reliable cars to get them where they need to go- from work and school to social functions.

"I've known about it for a while and it finally worked out," Brian said.

Unlike other car donation programs, CAU does not sell or scrap donated cars, receiving only a percentage of their value. By donating a vehicle to CAU, 100% of your donation will go to a person with transportation needs.

Those interested in donating a car should contact Mercedes Pagan, fundraising and event director, at 908-354-3040 x4376 or [mpagan@caunj.org](mailto:mpagan@caunj.org).

Vehicles that may qualify for donation include those that are new, gently used, or vehicles needing minor body or mechanical work. The owner of the car must have the title at the time of

donation. Car donors will receive a donation letter which can serve as a charitable donation, which is tax deductible.

Learn more about donating to or volunteering with CAU at [caunj.org/support-us](http://caunj.org/support-us).

#### ABOUT COMMUNITY ACCESS UNLIMITED

Community Access Unlimited (CAU), celebrating its 40th year in 2019, supports people with special needs in achieving real lives in the community. CAU gives a voice to adults and youth who traditionally have little power in society, assisting its members with housing, life skills, employment, money management, socialization and civic activities. CAU also supports opportunities for advocacy. For more info, contact us by phone at 908-354-3040, [info@caunj.org](mailto:info@caunj.org) or by mail at 80 West Grand Street, Elizabeth, NJ 07202.



(above) Brian Shapiro shows off his Volvo Cross Country.

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# JUNE EVENTS AT THE NEW PROVIDENCE LIBRARY

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## Sign up for Teen Volunteer SR Prize Delivery! (Teens)

June 1 - 21

Sign up to deliver Summer Reading Prizes to participants this July and/or August. Each teen may volunteer up to three weeks during the 8-week program. (Max of 3 volunteers per week.) Pick the weeks that work for your schedule and earn volunteer hours by dropping off prizes!

These slots fill up fast, so sign up soon!

## Storytime on the Lawn (Kids)

June 2 at 10 a.m.

Join Ms. Sam on the front lawn for outdoor storytime. We'll read some stories, sing some songs and learn some rhymes! Email [npmlchildrens@gmail.com](mailto:npmlchildrens@gmail.com) to register.

## DIY Mini Succulent Terrarium (Adults)

June 3 at 10 a.m.

Stop by the library's front lawn between 10 AM and 11 AM to put together your own mini succulent terrarium. Terrariums are limited to one per adult and are first come, first serve.

## Teen Financial Fitness (High School students)

June 3 at 7:00 p.m.

Learn the basics of smart finance with Brian Killea at Edward Jones. Open to current high school students in grades 9-12. Register for the zoom link via email: [NPMLTeens@gmail.com](mailto:NPMLTeens@gmail.com).

## Qi Gong for Teens (Teens)

June 5 at 11:00-11:30 a.m.

Come to the library front lawn for a peaceful workout of movement and meditation with Rose Wippich, a local instructor of Qi Gong, Tai Chi, Yoga and more. Open to all students in grades 7-12. Register via email:

[NPMLTeens@gmail.com](mailto:NPMLTeens@gmail.com)

## Owl Craft Kits (Kids)

June 7 at 10 a.m.

This craft is a hoot! Sign up for a mini owl craft kit. Kits are limited and must be reserved.

Email [npmlchildrens@gmail.com](mailto:npmlchildrens@gmail.com) to reserve your kit. For children in grades 3-5.

## Pick Up June Teen Take Out Boxes (Teens)

June 7 at 3:00 p.m.

If you signed up and received confirmation for the May box, check your email to see when yours is ready to be picked up in our library foyer. Keep the goodies, just return the library book when you finish!

## Qi Gong (Adults)

June 8 at 9:30 a.m.

Qi Gong is a practice of fluid movements that cultivate an awareness of energy using the body, breath and mind. No previous experience or equipment is necessary for this accessible form of exercise. Space is limited. To register, email [rsvp@newprovidencelibrary.org](mailto:rsvp@newprovidencelibrary.org).

## Storytime on the Lawn (Kids)

June 8 at 11:30 a.m.

Join Ms. Lori on the front lawn for outdoor storytime. We'll read some stories, sing some songs and learn some rhymes! Email [npmlchildrens@gmail.com](mailto:npmlchildrens@gmail.com) to register. Masks required for children ages 5 + and adults.

## Teen Meditation for Stress Relief w/Dr. Somya Ramrakhyani (Teens)

June 9 at 6:00 p.m.

Dr. Somya Ramrakhyani, renowned pediatrician, meditation teacher and mental health advocate will offer a free 30-minute age appropriate meditation & breathing practice for teens. Email [NPMLTeens@gmail.com](mailto:NPMLTeens@gmail.com) to sign up and receive the zoom link & passcode.

## Book Group (Adults)

June 10 at 7:30 p.m.

The book group will discuss "The Extraordinary Life of Sam Hell" by Robert Dugoni on the library lawn, weather permitting. If it rains, the meeting will be over zoom. Email [rsvp@newprovidencelibrary.org](mailto:rsvp@newprovidencelibrary.org) to join.

## Origami 4 Teens by Teens - Flexagon (Teens)

June 11

Learn to make advanced modular origami projects in a fun, convenient format! These YouTube tutorials are for teens, taught by local teens. Email to register for a pack of papers.

## Qi Gong for Teens (Teens)

June 12 at 11:00-11:30 a.m.

Come to the library front lawn for a peaceful workout of movement and meditation with Rose Wippich. Open to students in grades 7-12. Register via email: [NPMLTeens@gmail.com](mailto:NPMLTeens@gmail.com)

## Virtual Club Phoenix (Kids)

June 14 at 3:30 p.m.

Club Phoenix is online! In this program kids will learn about science, engineering, and logical thinking. Watch a variety of cool science experiments and learn how you can do them at home! This program is run by teen volunteers, who are passionate about sharing their love of science and STEM with younger children.

Videos will be posted once a month at 3:30 pm on the library's YouTube channel.

## Baseball Discussion Group (All Ages)

June 14 at 7 PM- 9 p.m.

Discuss teams, players and issues of the sport over Zoom with other baseball fans. Children with a guardian are welcome to join this group of mostly seniors who have been meeting monthly for seven years. To join the baseball group, email the library at [rsvp@newprovidencelibrary.org](mailto:rsvp@newprovidencelibrary.org).

## Book Group (Adults)

June 15 at 10:30 a.m.

The book group will discuss "American Dirt" by Jeanine Cummins outdoors on the library lawn, weather permitting. Please bring your own lawn chair. Email [rsvp@newprovidencelibrary.org](mailto:rsvp@newprovidencelibrary.org) to join.

## Pajama Storytime on the Lawn (Kids)

June 15 at 6 p.m.

Join Ms. Deb on the front lawn for outdoor storytime. We'll read some stories, sing some songs and learn some rhymes! Don't forget to wear your jammies! Email [npmlchildrens@gmail.com](mailto:npmlchildrens@gmail.com) to register. Masks required for children ages 5 + and adults.

## Qi Gong for Teens (Teens)

June 19 at 11:00-11:30 a.m.

Come to the library front lawn for a peaceful workout of movement and meditation.

Register via email

## Origami Club (Kids)

June 21 at 3:30 p.m.

Learn all about origami and how to make your own creations right at home! This program is run by teen volunteers. For children in grades 3-4. Email [NPMLChildrens@gmail.com](mailto:NPMLChildrens@gmail.com) to register and receive the Zoom link.

## SUMMER READING 2021 KICKOFF!! (All Ages)

June 24 at 1:00 p.m.

It's here! Summer Reading 2021 begins on June 24 and will run through August 24. Register online via ReadSquared to track your reading progress, earn badges, complete missions, attend programs and earn prizes! We'll have loads to do for Preschoolers, Kids in grades K-5, Teens in grades 6-12 and Adults ages 18+.

## New Providence-Themed Trivia Night (Adults & Families)

June 24 at 7:00 p.m.

Test your knowledge of New Providence in this zoom-based trivia night! It's the 100th anniversary of the library so we're taking a look back at New Providence history. Email [rsvp@newprovidencelibrary.org](mailto:rsvp@newprovidencelibrary.org) to register.

## Deliver Weekly Summer Reading Prizes (Teens)

June 28 - Aug 20

If you signed up on the Google Form and got your email confirmation of your weeks, be sure to set reminders for your volunteer dates!

## Author Read Aloud with Meredith Rusu (Families)

June 28 at 3 p.m.

Local NP resident and author, Meredith Rusu, will read aloud her latest Children's Picture Book, *Silenzio, Bruno!* on the library front lawn. Email [npmlchildrens@gmail.com](mailto:npmlchildrens@gmail.com) to register.

Join us on our YouTube Channel for the following Virtual Storytime Programs:

## Storytime with Ms. Sam

Every Monday at 1:00 PM.

posted to our YouTube channel. Email [npmlchildrens@gmail.com](mailto:npmlchildrens@gmail.com) to receive the link and watch any day or time!

## Storytime with Ms. Lori - 4, 5, 6 Yr Olds

Every Tuesday at 10 a.m.

posted to our YouTube channel. Email [npmlchildrens@gmail.com](mailto:npmlchildrens@gmail.com) to receive the link and watch any day or time!

## Baby Storytime with Ms. Sam

Every Wednesday at 10 a.m.

posted to our YouTube channel. Email [npmlchildrens@gmail.com](mailto:npmlchildrens@gmail.com) to receive the link and watch any day or time!

## Pajama Storytime with Ms. Debbie

Every Wednesday at 7:00 p.m.

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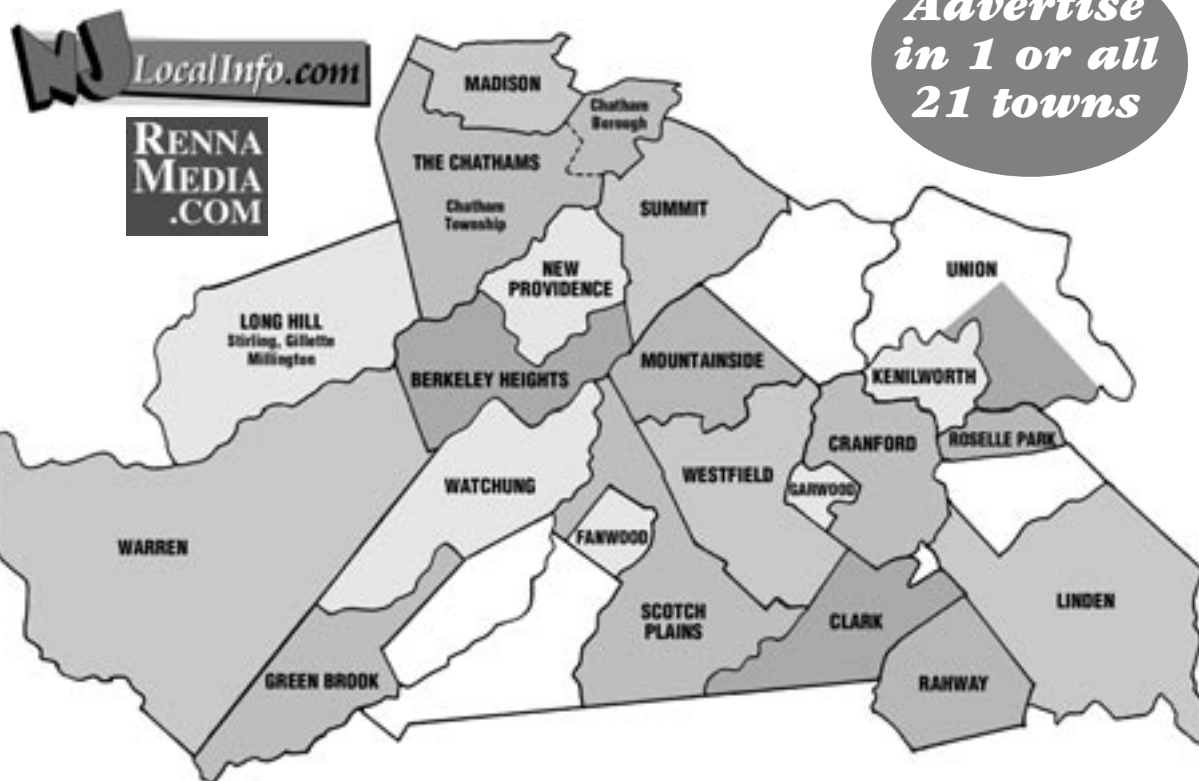
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<b>Berkeley Heights</b> COMMUNITY NEWS Qty: 4,800 Mailed to every home and business. Zip: 07922	<b>THE CHATHAMS</b> NJ Qty: 7,400 Mailed to every home and business. Zip: 07928	<b>Clark Monthly</b> Qty: 6,700 Mailed to every home and business. Zip: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

## ONLINE ADS & PRESS RELEASES DRIVE LOCAL TRAFFIC TO YOUR WEBSITE

- **GET UNLIMITED CLICKS**

An alternative to expensive pay-per-click programs

- **FREE AD DESIGN AND COPYWRITING**

Advertising webpage includes many features including write-up, images, video, Google map, etc.

- **POSTS ARE SHARED THROUGH SOCIAL MEDIA**

Posts shared on multiple Facebook pages and twitter.

- **PAID SEARCH ENGINE PROMOTIONS**

Posts are promoted by industry, key words and location.

- **TRACKABLE RESULTS**

All ads include a live view counter.

Joe Renna at 908-447-1295

email: JoeRenna@RennaMedia.com

**\$20  
PER POST  
Block of 20  
for \$200**

**RENNA  
MEDIA  
.COM**

**LocalInfo.com**

## WEBSITE AUDIT/ANALYSIS AND RECOMMENDATION PLAN

- **SEE WHAT IS WORKING AND NOT WORKING**

Know where your web traffic is coming from and why.

- **ELIMINATE / AVOID COSTLY SCHEMES**

Evaluate the return you are getting from your online marketing costs.

- **INCREASE ONLINE MARKETING RESULTS**

Recommendations include ways to increase traffic to your website

- **NO OBLIGATION**

This service is recommended even if you have an existing web management contract. Use it to tune up your marketing plan.

**ONE TIME  
FLAT FEE  
\$250**

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

Joe Renna at 908-447-1295

email: JoeRenna@RennaMedia.com

## WEBSITE / SEO SERVICES

- **STARTER WEBSITE: \$500**

Basic static site that can be developed further

- **WEBSITE CREATION/UPDATE: \$2,400**

Cost for average website: 12 pages, contact form, SEO friendly, responsive design

- **WEBSITE HOSTING: \$300 PER YEAR**

Includes website hosting, software updates, monthly website content updates

- **SEO SERVICES: AVERAGE COST \$1,000 - \$2,000 PER MONTH**

Custom tailored solutions: Google Ranking, Local SEO, Social Marketing

**Call for free a consultation if you need  
help developing an online marketing plan.**

**STARTER  
WEBSITE  
\$500**

Joe Renna at 908-447-1295

email: JoeRenna@RennaMedia.com

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

### MENUS - PRINTING - \$50 PER THOUSAND

Rate is for quantities of 25,000 or more.

For quantities less than 25,000 cost is \$68 per thousand.

11"x17" / Full color / 2 sided / 60lb gloss coated stock /

Includes folding (quarter fold or tri-fold, with or without coupons tab)

### FLYERS - \$35 PER THOUSAND

8.5" x 11" / Full color / 2 sided / 60lb gloss coated stock /

Tri-fold add \$10 per thousand

### INSERTED AND MAILED TO EVERY HOME AND BUSINESS

\$60 per thousand. (as low as \$30 per thousand depending on quanttiy.)

Joe Renna at 908-447-1295

email: JoeRenna@RennaMedia.com



**FLYERS  
\$35  
PER 1,000**

**MENUS  
\$50  
PER 1,000**

# 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**