

# Summit NJ Times

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ECRWSS

## STUDENTS COLLECT 500 POUNDS OF FOOD FOR PANTRY

A group of high school students in Summit has collected more than 500 pounds of groceries for a local food pantry this year and continues to collect more.

The collection effort began in February when Summit High School junior Joe Gingeleskie founded the group “Hilltoppers Helping” with like-minded friends Leo Brandt, Devin Kairam and David Shunk. The pandemic was still raging and food insecurity was high for many people due to job loss. The teens noticed longer than usual lines at a local food pantry, Loaves and Fishes at St. Teresa of Avila church, and started brainstorming ways that they could help.

They soon launched the Hilltop Food Drive and asked Joe’s father, Justin Gingeleskie, the Director of Leasing for The KRE Group, if they could place a donation box and poster in the lobby of one of KRE’s residential buildings. KRE welcomed the opportunity and agreed to place the box at 485 Marin, a luxury rental building on Marin Boulevard near Hamilton Park and the Newport PATH station. With hundreds of people passing through the lobby every day, the donation box would receive a lot of exposure.

The drive was a huge success. Hilltoppers Helping collected more than 200 pounds of food in a matter of weeks, with residents of 485 Marin



(above, l-r) Joe Gingeleskie, Leo Brandt, Devin Kairam and David Shunk of Hilltoppers Helping deliver donations to the Loaves and Fishes food pantry at St. Teresa of Avila in Summit.

contributing the bulk of it. The boys sorted the food and delivered it to Loaves and Fishes in mid-March. A second collection weeks later yielded even more. It was a welcome Easter gift for a food pantry that serves up to 90 families every week.

“We were trying to think of ways that we could help and the first thing that came to my mind was when my summer swim team did a food drive for Loaves and Fishes a couple of years ago,” said Joe Gingeleskie, who has also volunteered at Loaves and Fishes in the past and is a member of the St. Teresa’s parish. “The pandemic has been hard on a lot of people, but on the positive side more people are giving and more people are doing what they can to help, so we wanted to do our part.”

Hilltoppers Helping is hoping to hold more food drives in the near future, expanding its efforts to collect donations from other KRE-owned residential buildings in downtown Jersey City and also locally in Summit. Their plan is to continue contributing to Loaves and Fishes food pantry, but also to the Community Food Bank of New Jersey, which serves thousands of soup kitchens food pantries and feeding programs across the state.

“It’s been a great experience working with my friends to put this all together, and we are thankful at how generous everyone has been,” Joe Gingeleskie said. “We hope to do even more in the future.”



(above) Joe Gingeleskie collecting food pantry donations at 485 Marin in Jersey City.

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**Organizations who are interested in submitting content, please email [Editor@rennamedia.com](mailto:Editor@rennamedia.com)**

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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).

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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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## ANNUAL MEMORIAL DAY PARADE - MONDAY, MAY 31

Summit's annual Memorial Day parade and ceremony will take place on Monday, May 31 at 10 a.m. The parade will begin at 25 Deforest Ave. and proceed to the Village Green. From the American Revolution up to present day conflicts, the parade honors those men and women who lost their lives in military service to our country.

Sponsored by the Summit Fourth of July Celebration Committee, the parade will be led by members of the Summit American Legion Post #322. Summit civic and school groups are encouraged to participate and march along with veterans. The Summit High School marching band, Summit Police Department, Summit Fire Department, Summit Volunteer First Aid Squad, and scout troops will also march in the parade.

Spectators are encouraged to gather on Deforest Avenue, Beechwood Road, Springfield Avenue and along Maple Street to the Village Green. Flags will be distributed to the crowd by marchers along the route. Veterans who are

unable to march may request a ride in the parade; please meet members of the American Legion at the start of the parade at 25 Deforest Avenue to request assistance.

The ceremony on the Village Green will feature music from the Summit High School marching band, a rifle salute and wreath-laying, and a special performance of "taps." A Summit Veteran Lifetime Achievement Award will be presented by Summit Mayor Nora Radest and followed by readings from local students. Veterans participating in Summit's Hometown Heroes program will be acknowledged during the

ceremony as well. All veterans who attend the ceremony will receive a 2021 commemorative coin in recognition of, and appreciation for, their service.

Free hot dogs and cold drinks will be served on the Village Green courtesy of the Summit Elks Lodge.

Masks must be worn by people marching in and viewing the parade at all times and social distancing guidelines must be followed. Please note that changes may be made to comply with any existing COVID guidance from the State of New Jersey.



(above) Summit's annual Memorial Day parade and ceremony will take place on Monday, May 31 at 10 a.m. The parade will begin at 25 Deforest Ave. and proceed to the Village Green.

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**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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(above) Detective Kathleen Maggiulli

Photo by Peter Wallburg Studios

## POLICE DEPT PRODUCES VIDEO FOR CHILDREN ON SAFE BEHAVIORS

The Summit Police Department has produced a video on personal safety to educate children and families about practicing safer behaviors.

The video includes actionable tips from juvenile officer Detective Sergeant Ryan Peters on how to avoid and respond to dangerous or uncomfortable situations, the importance of instincts and trusting them, and how telling a parent or trusted adult immediately is essential when approached by a stranger.

The content of the video addresses personal safety in a careful and friendly way to educate children rather than scare them. The video can be viewed at: <https://youtu.be/XW7nTf4Z1pw>



## POLICE OFFICER KATHLEEN MAGGIULLI APPOINTED TO DETECTIVE BUREAU

The Summit Police Department announced the appointment of Police Officer Kathleen Maggiulli to its Detective Bureau on Monday, May 3, 2021.

Detective Maggiulli has served as a patrol officer in the department's patrol bureau, traffic unit and community policing unit over the past 18 years. She is an active member of the Summit community, having founded the Officer Kat's Kid program to establish positive connections between the police department and young people in Summit.

"Detective Maggiulli is an exemplary member of the Summit Police Department," Chief Andrew Bartolotti explains.

"Her empathy and passion make her an ideal candidate for the role of Detective. We are pleased to have her join the detective bureau where her presence will benefit the community

tremendously."

Detective Maggiulli is a 2003 graduate of the John H. Stamler Police Academy where she was the recipient of the academic achievement award and Patrolman Anthony Lordi Jr. Memorial Award for outstanding scholarship and leadership in constitutional law. From 2009 to 2015, Detective Maggiulli worked as a per-diem dispatcher for the Summit Fire Department and from 2002 to 2003, as a dispatcher for Bernards Township Police Department.

Detective Maggiulli is a 1998 graduate of Morris County College. She is currently pursuing a bachelor's degree in Public Administration from Farleigh Dickinson University.

More information on the Summit Police Department is available on the City of Summit website.



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## SUMMIT EMS RESPONSES – APRIL 2021

*Submitted by John Staunton*

Summit's EMS Volunteers answered 178 emergency calls in April. These included 115 medical emergencies: 10 falls; 12 motor vehicle accidents, including two overturned vehicles, one on a highway and one car into a tree; eight traumatic injuries; three cases of overdose or poisoning; nine responses to a medical alarm, and three allergic reactions. Squad Volunteers also provided nine "lift assists" to patients who did not require transport to a hospital.

During April, 17 emergency calls were answered by an off-duty "back-up crew" of

volunteers responding from home or work when the on-duty crew was busy. 14 emergency calls were to provide mutual aid assistance to neighboring towns. 17 patients transported to a hospital by Squad members also received advanced life support care from hospital-based paramedics who accompanied the Squad's ambulance.

Among the Squads emergency calls was a response with all 3 ambulances and their first response unit to a building fire on Maple St. Fortunately, there were no injuries.

The Squad answers calls for help 24 hours a day and at a variety of locations. Responses in April included 101 to a patient's home or apartment; 22 for accidents or medical emergencies on roads or highways; two in public

buildings; six at a local business; one to a school; one to an athletic field; one to a house of worship; and three to a health care professional's office. There were also nine medical incidents on sidewalks; two in parking lots; two in a park; 10 at Summit's Train Station; eight at a local behavioral health facility; and three on the grounds of Overlook Medical Center.

The all-volunteer First Aid Squad responds to emergency calls 24/7, is entirely funded through private donations and does not bill for service. The Squad is always looking for new volunteers to join its ranks. All needed training, uniforms and equipment is provided. For information on becoming a volunteer, or donating to the squad please call 908-277-9479 or visit their website at [summitems.org](http://summitems.org).

## SPECIAL ONE-NIGHT-ONLY EVENT: ILLUMINATION NIGHT

On Friday, June 18th we will be celebrating the launch of Summit Public Art's new "Art Local" 2021 Season. With an evening of drinks, music, and a guided art tour around Summit to start the night, then stay after dark as we light up the Village Green with hundreds of illuminated balloons and a special video installation by acclaimed artist Sean Capone.

Bring a friend, bring a date, bring your camera! Summit has never seen anything like this before!

8-8:30 p.m. – Art Walks starting from "What Lifts You" by Kelsey Montague (located on the side of BarBacoa at 10 Maple Street, Summit, NJ).

9-11 p.m. – ILLUMINATION! Hundreds of Lights on the Village Green (across from the Summit Train Station).

While this event is free for all to attend and is all outdoors, we kindly request that you please RSVP for the art tours, to reserve your space and help us to follow social distancing and covid precautions. To RSVP and for more info, email us at [summitpublicarts@gmail.com](mailto:summitpublicarts@gmail.com) or visit us at [www.summitpublicart.com/illuminationnight](http://www.summitpublicart.com/illuminationnight)

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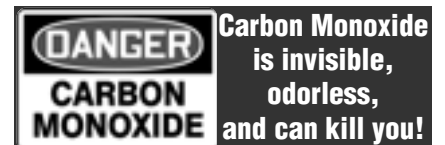
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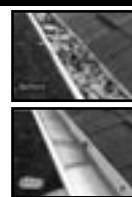
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## CAMP PATRIOT RUN, RUCK, RIDE CHALLENGE TO SUPPORT DISABLED NJ VETERANS

Backpacks For Life and New Jersey Veterans Network are teaming up to host the 1st Annual Camp Patriot Run, Ruck, Ride Challenge from June 17 to 20, 2021.

Camp Patriot's mission is to empower American Disabled Veterans by providing them the right relationships and assistance so that they can once again enjoy the great outdoors. The proceeds raised from this event will help send disabled New Jersey Veterans to attend Camp Patriot. The event will take place both virtually and in-person over the span of five days. This allows individuals to participate from the comfort of their own homes, neighborhoods, local parks or join us in person at our event location which will be announced at a later date on our registration page.

"We're excited to get back out there, bring together the community and help raise money to send deserving Veterans to Camp Patriot." - Brett D'Alessandro, President of Backpacks For Life "The New Jersey Veterans Network is excited to be teaming up with Backpacks For Life and doing an event to shed a light on our Anti-Suicide and PTSD Awareness campaign.

All funds raised will go towards sending disabled New Jersey Veterans to Camp Patriot in Montana." - Michael Boll, President of New Jersey Veterans Network

To learn more about the event and register to participate, visit <https://tinyurl.com/runruckride>. With your registration, you receive an event bib, t-shirt and challenge coin.

Backpacks For Life is a 501(C)3 nonprofit organization that serves the homeless and at-risk veteran community. By regularly distributing backpacks filled with essentials to Veterans on the streets and providing mentorship to at-risk Veterans and their families, Backpacks For Life aims to bridge the gap between Veterans and the resources available to them.

New Jersey Veterans Network's mission is to help New Jersey Veterans and their families enjoy a sustainable quality of life by creating a network of Community Veteran Liaisons ("CVL") whose role is to identify veterans, and connect them with resources & solutions designed to meet the unique set of veteran needs.

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## 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.)

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**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.



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**STEP 3  
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for days/times at each age group

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**Early Bird Registration**

**Expires June 21**

**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.

## SUMMIT HIGH SCHOOL PRESENTS NEWSIES

Summit High School Performing Arts is thrilled to present NEWSIES for five performances June 2 through 6 in the Performing Arts Garden at Summit High School.

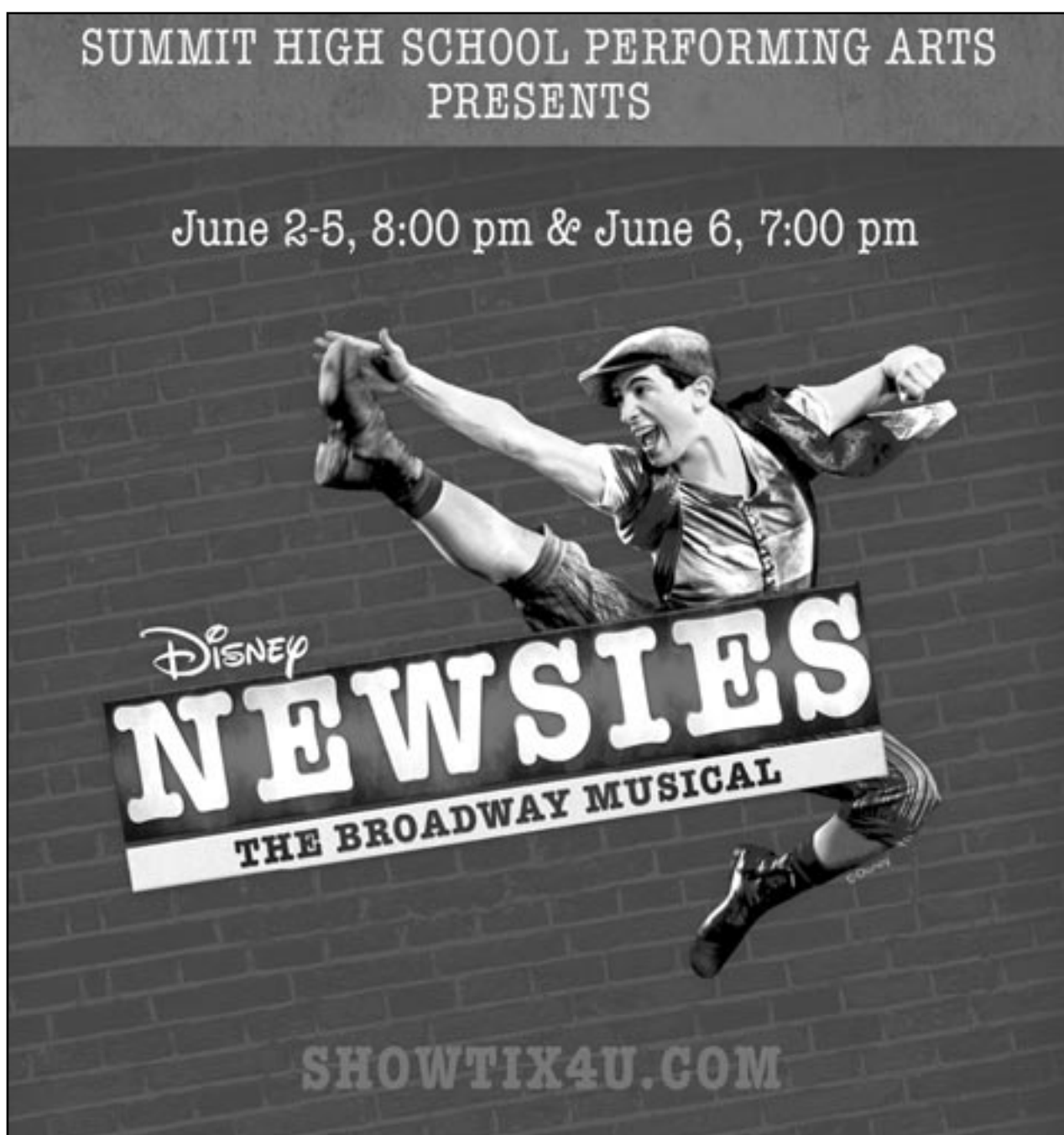
Showtimes are Wednesday, June 2nd through Saturday, June 5th at 8 p.m. and Sunday, June 6 at 7 p.m. Tickets will be sold in pods of 2 for seating in the Performing Arts Garden and are limited due to COVID social distancing protocols. Prices are \$50 for two adult tickets and \$40 for two students/senior tickets.

Coinciding with the outdoor performances, a pre-recorded performance will be streamed into the SHS Auditorium for \$20 per person. Pre-recorded streaming from home is also available at \$20 individual/\$30 per family.

Tickets will be available at [showtix4u.com/events/hilltopper](https://showtix4u.com/events/hilltopper).

Hilltopper Stage Productions, the nonprofit production company for SHS Performing Arts, has launched a fundraiser to help underwrite COVID-related expenses in an effort to ensure the sustainability of both the LCJSMS and SHS productions in the future. While a contribution does not guarantee a seat in the audience, your support is guaranteed to make an impact!

Donate today at <https://gofund.me/e78bb806> and help to secure a \$5,000 matching gift from an anonymous supporter.





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American Family Care (AFC) announced its opening of a new 3,300+ square foot state-of-the-art urgent care facility in Short Hills, increasing access to high-quality health care for residents in the area. The ribbon-cutting took place on April 26 with patients being welcomed that morning.

The AFC facility will feature a high-tech, high-touch approach – including digital x-rays, on-site lab testing, state of the art diagnostics, and electronic medical records. Well-trained, compassionate care is available for non-critical conditions such as strep throat, sprains, fractures, lacerations, minor rashes and burns and the flu, among others. Certain vaccinations, DOT, CDL, sports and camp physicals and drug testing will be offered as well as rapid and PCR Covid testing.

“We are excited to offer quality urgent care to Short Hills and the surrounding communities.

AFC has a strong history of expanding access to quality care and investing in the communities it serves. We look forward to providing immediate access to care, so our patients can get the treatment they need and get back to their routines,” said Michael Harvey, president of AFC Urgent Care Short Hills.

The Short Hills clinic is located at 704 Morris Turnpike near Panera Bread and the new WaWa. It will offer urgent care, family care and occupational medicine seven days a week from 8am to 8pm, Monday-Friday and from 8am to 5pm Saturday and Sunday. Appointments are not necessary (walk-ins are welcome) however, visits can be scheduled either by calling 973-671-5350 or online at [afcurgentcareshorthills.com](http://afcurgentcareshorthills.com). AFC Urgent Care Short Hills provides 7 private exam rooms along with onsite x-ray and lab services and accepts most insurance plans.

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## CASA TAPS NEW LEADER MARIEL HUFNAGEL NAMED TO NONPROFIT HELM

Court Appointed Special Advocates (CASA) of Union County is pleased to announce the selection of Mariel S. Hufnagel as Executive Director. The nonprofit recruits, trains, supervises and supports community volunteers to advocate for abused, neglected and abandoned Union County children placed in foster care or residential facilities and awaiting a safe and permanent home.

"The board and staff consider ourselves fortunate to have found a leader with such deep passion for and commitment to children living in foster care," said Dr. Ron Silver, president of the Board of Trustees. "Combined with her prior post as a nonprofit executive director, numerous leadership certifications and her doctorate degree underway, Mariel is well-positioned to lead CASA of Union County into its most bright and meaningful future yet. Additionally, she brings personal experience as a foster parent; an invaluable perspective as she ushers the board and staff in continuing to advance CASA's mission. We look forward to working with her."

Previously executive director of The Ammon Foundation, Mrs. Hufnagel led and facilitated its vision, mission and strategic plan to empower individuals in addiction recovery by combating stigma and providing strategic support to remove barriers and enable personal success. She also is a former advocacy organizer for the National Council on Alcoholism and Drug Dependence-New Jersey (NCADD-NJ). Mrs. Hufnagel holds both Master's and Bachelor's degrees in Public

Administration from Kean University, and is completing her doctorate in Organizational Leadership from Adler University. In addition, her lived experience as a foster parent provides an insider's perspective as the organization continues its work to ensure every foster youth has an advocate – a consistent, caring adult presence – in their corner.

"I am truly honored to have been entrusted by the Board of Trustees to lead CASA of Union County, an organization whose mission epitomizes my personal and professional commitment to ensuring that the voiceless have voices," said Mrs. Hufnagel. "There is no more vulnerable population in Union County than its foster youth. I look forward to working closely with the incredibly hard-working staff, our tireless advocates and all of our community partners. Together, we will ensure the next level of growth for CASA of Union County by continuing tenacious recruiting, vetting, training and supporting of volunteer advocates while exploring and implementing strategic and innovative community partnerships and initiatives."

Through court-ordered access to foster parents, doctors, caseworkers, therapists and teachers, CASA volunteers ensure the best interests of foster youth remain priority as all parties work toward establishing a safe, stable and permanent home. For details on becoming an advocate or other ways to get involved, contact Walia Worrill at [wworrill@casaofunioncounty.org](mailto:wworrill@casaofunioncounty.org).



(above) Mariel S. Hufnagel is the new Executive Director of Court Appointed Special Advocates (CASA) of Union County.

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Blood products also typically have a short shelf life – ranging from five to 42 days, so constant replenishment is needed.

There remains an emergency blood shortage due to the coronavirus pandemic, which has limited the amount of walk-in community blood drives at such convenient locations as schools, libraries and houses of worship.

New Jersey Blood Services (2279 South Ave., Scotch Plains), a division of New York Blood Center, is part of one of the largest independent, community-based, non-profit blood centers in the United States that provides lifesaving blood products and services to nearly 200 hospitals in the tri-state area.

In order to be an eligible donor, you must be at least 16 years old (with parental permission or consent for those under 18 years of age), who weigh a minimum of 110 pounds, are in good health and meet all FDA and state Department of Health donor criteria. People over 75 years old may donate with a doctor's note.

To donate call (908) 232-9234, or schedule online: [donate.nybc.org/donor/schedules/zip](https://donate.nybc.org/donor/schedules/zip)



(above) To learn more about New Jersey Blood Services visit the Scotch Plains Township channel on Youtube to view "Business of the Week: New Jersey Blood Services".

# 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](http://www.safe-sound.org).





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Having more than 30 years of industry experience, I joined Edward Jones in 2018 as a financial advisor. My wife, Shari and I are Summit residents since 2001. We are raising our three children here and are active in this great community.

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## 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 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.



(above) The operation Rebound Racing Team road 25 miles before the Union Memorial Parade and then marched with the veterans. If you are interested in donating, 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.

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# PILOTS TO THE RESCUE MAKE VERY SPECIAL DELIVERIES

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](http://HomeforGoodDogs.org) and on Facebook [facebook.com/HomeForGoodDogRescue](https://facebook.com/HomeForGoodDogRescue)

## ABOUT PILOTS TO THE RESCUE

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

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## ARTS + CARS RETURNS TO DOWNTOWN SUMMIT THIS FALL

The Visual Arts Center of New Jersey, in partnership with Summit Downtown, Inc. and Summit PAL, will co-host the return of Arts + Cars, the Summit Downtown Art Festival on Sunday, September 19, 2021, from 10 a.m. - 10 p.m. This outdoor event will feature art for sale by local artists, hundreds of classic cars on display, live music, children's activities, a beer garden, and the regularly scheduled Summit Farmers Market. Artists interested in showing and selling their work can visit [bit.ly/ArtsCars21](https://bit.ly/ArtsCars21) to download an application. The early bird date for applications is June 15, with a final deadline of September 5. Please contact Executive Director Melanie Cohn at [mcohn@artcenternj.org](mailto:mcohn@artcenternj.org) with any questions.

About the Visual Arts Center of New Jersey

For over 85 years, the Visual Arts Center of New Jersey has been exclusively dedicated to viewing, making, and learning about

contemporary art. Recognized as a leading non-profit arts organization, the Art Center's renowned Studio School, acclaimed exhibitions, and educational outreach initiatives serve thousands of youth, families, seniors, and people with special needs every year.

The Visual Arts Center of New Jersey is located at 68 Elm Street in Summit, NJ. Gallery hours: Monday– Thursday, 10 a.m. – 8 p.m.; Friday, 10 a.m. – 5 p.m.; and Saturday & Sunday, 11 a.m. – 4 p.m. Admission must be reserved in advance. Please call 908-273-9121 to confirm holiday hours. Visit [artcenternj.org](https://artcenternj.org) for more information.

### SUPPORT

Major support for the Visual Arts Center of New Jersey is provided in part by the Peter R. & Cynthia K. Kellogg Foundation; Wilf Family Foundations; and Art Center members and donors.

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

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## 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.

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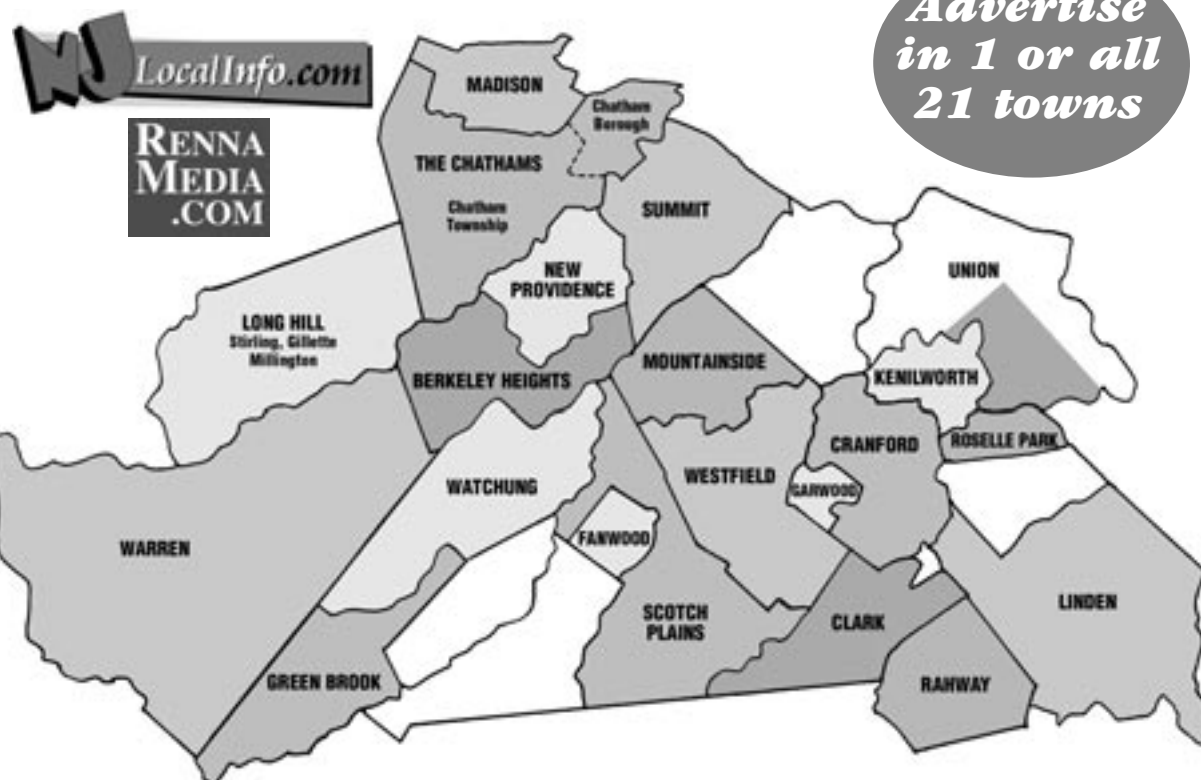
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<b>Berkeley Heights</b> COMMUNITY NEWS Qty: 4,800 Mailed to every home and business. Zip: 07922	<b>THE CHATHAMS</b> NJ Qty: 7,400 Mailed to every home and business. Zip: 07928	<b>Clark Monthly</b> Qty: 6,700 Mailed to every home and business. Zip: 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 NJ Times</b> Qty: 2,200 Mailed to every home and business. Zip: 07027	<b>Green Brook NJ Gazette</b> 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>MOUNTAINVIEW</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 NJ WHAT'S HAPPENING MONTHLY</b> Qty: 9,600 Mailed to every home and business. Zip: 07076	<b>Summit NJ Times</b> 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							

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

**PREPAY 6 MONTHS AND GET 1 MORE FREE**  
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# JUNE PROGRAMS WITH THE SUMMIT LIBRARY

Phone: 908-273-0350, option 3 • [www.summitlibrary.org/](http://www.summitlibrary.org/) • 75 Maple St, Summit, NJ 07901  
Curbside pick-up available: Monday – Thursday 10 am – 7 pm and Fridays and Saturdays 10 am – 4 pm.

The Summit Free Public Library will be giving points to adults who read and log books, and for each X number of books they can get a ticket for the grand prize drawing. There will be a couple of gift certificates as prizes.

In addition, There will be a stuffed tiger who will be positioned in various places around Summit. Staff will take photos and there will be a weekly contest of having people identify where the photo was taken. Every correct answer is good for A ticket in the prize drawing at the end of the summer.

## Yosi Plays on the Village Green—Kicking off our Summer Reading Program for Kids!

Sunday, June 20th from 2-3 p.m.

Popular children's Yosi plays on Summit's Village Green. In keeping with the Tails and Tales theme of this year's summer reading program, Yosi will play some animal-themed songs. Go to website to reserve a spot.

## Adult Art Class: Get on the Ball!

Monday, June 7th from 7-8:30 p.m.

Teacher Rekha Musale presents Off the Ball: A Human Figure Drawing Class. Learn to draw a human figure. Materials you will need: Paper, pencil, foot ruler, eraser, optional color pencils, water colors, markers as per your choice.

Registration required.

## Great Decisions 2021:

**Balancing Energy Needs and our Fragile Planet**  
Wednesday, June 9th at 7 p.m.

Our next Great Decisions program will tackle the issue of climate change.

## Supercharge Your Career Search

Thursday, June 10th at 7 p.m.

Career counselor and life coach, Dr. Colleen Georges presents Showcase Your Strengths: Rock your Resume & Cover Letter, Supercharge Your LinkedIn profile, and Nail Your Next Interview.



(above) Yosi, the children's musician will be playing on Summit's Village Green on Sunday, June 20th.

## 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)

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Joe Renna at 908-447-1295

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FLYERS

**\$35**

PER 1,000

MENUS

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PER POST  
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### • 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

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## WEBSITE / SEO SERVICES

### • STARTER WEBSITE: \$500

Basic static site that can be developed further

### • WEBSITE CREATION/UPDATE: \$2,400

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

### • WEBSITE HOSTING: \$300 PER YEAR

Includes website hosting, software updates, monthly website content updates

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

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

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

STARTER  
WEBSITE  
**\$500**

Joe Renna at 908-447-1295

email: [JoeRenna@RennaMedia.com](mailto:JoeRenna@RennaMedia.com)

## Avoid Getting Scammed!

Monday, June 14th at 7 p.m.

Attend Don't Get Scammed. Melanie Hazim, Outreach Director for the Division of Consumer Affairs will present this timely seminar.

## Book Chat!

Thursday, June 17th at 11 a.m.

Join librarian Debbie Abrams for her next Book Talk with Debbie. Registration required.

## Take the A-Train!

Thursday, June 17th at 7 p.m.

Learn the Secrets of the New York City Subways. Presented by Oscar Israelowitz, a licensed NYC tour guide. Sponsored by the Friends of the Summit Free Public Library.

Registration required

## Do you do Bitcoin?

Tuesday, June 22 at 7 p.m.

Lindsley Medlin will present Getting Started with Cryptocurrency. Registration required.

## Let's Get Crafty with Marge!

Wednesday, June 23rd at 11 a.m.

Crafting pro Marge Barkan returns with a new craft project - this month she'll be showing participants how to make woven coasters in the latest in our series. Registration required.

## Trivia Fun with Mary

Friday, June 25th at 7 p.m.

Join quizmaster Mary for some G-rated fun. Invite your neighbors to play along (from the comfort of their own homes).

Registration required.

## Networking via Zoom!

Tuesday, June 29th at 9:30 a.m.

Whether you're a small business owner, an entrepreneur, or somebody looking to start a new business and bounce your ideas off of a group of like-minded folks, join our Small Business and Entrepreneur Networking group. Registration required.

# 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 ACES 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.

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