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## RESTAURANT WEEK RETURNS AS RESTAURANT MONTH!

*Berkeley Heights Downtown Beautification Committee*

Come visit - or order from - beloved favorites along with exciting new restaurants during the entire month of September, and you'll enjoy great food and be eligible to win gift cards.

This year, residents of Berkeley Heights and the surrounding area will enjoy an expanded version of Berkeley Heights' annual event: Restaurant Week is now Restaurant Month. As of this writing, 21 establishments have signed up to take part. They range from fine dining to sandwich shops and represent cuisines from around the world. Berkeley Heights liquor and wine stores will also offer specials and help diner pair wine and beer with their meals.

Beside the opportunity to dine in, take out or order delivery from top-rated restaurants across categories, you can dine to win. Back this year is the popular Passport contest, which encourages a bit of competition among your friends and neighbors. Each time you make a purchase, the participating establishment will stamp your Passport. Return your Passport with at least two stamps, and you're entered to win one of four \$50 gift cards. The patron who collects the most stamps wins the grand prize, a \$100 gift card.

Customers can pick up their Passport at any participating establishment or download one from the event website, [experiencebh.com/restaurant-week/](http://experiencebh.com/restaurant-week/). Through Berkeley Heights Business and Civic (BHBC), local businesses are sponsoring the costs of restaurant gift cards for Passport winners. So far, these include:

Virginia Belson, Realtor,  
Berkshire Hathaway Home Services  
James Mulcahy, Owner/Sales Associate,  
RE/MAX Integrity Advantage  
Elisa Probst, Owner,  
Fit Forever Personal Training Studio  
Nish Verma, Travel Agent,  
Cruise Planners

Jeanne Kingsley, President of Berkeley Heights Town Council said, "This is a labor of love for our Downtown Beautification Committee, which started this event five years ago. We're excited because not only does it bring Berkeley Heights people downtown, but also attracts residents from New Providence, Long Hill, Chatham, Mountainside and other communities to discover new options for breakfast, lunch and dinner."

The timing of the event for September is designed to make the return to school and office routines easier—and more delicious.

### SEPTEMBER 1ST-30TH



For the most up-to-date list of restaurants and special offers, visit [experiencebh.com/restaurant-week/](http://experiencebh.com/restaurant-week/). Mark your calendar, visit [www.experiencebh.com/restaurant-week](http://www.experiencebh.com/restaurant-week) and make a plan - including reservations - now!

The Berkeley Heights Beautification Committee started Restaurant Week in 2017 in cooperation with area businesses and continues to manage this annual event.

Follow what's happening on Instagram

@experience\_berkeley\_heights and Facebook

@ExperienceBerkeleyHeights #experienceberkeleyheights.

At deadline, the list of participants included these 21 establishments, five of which have opened since the last Restaurant Week in 2019.

Charkoal BBQ and Café

Cousins Deli

Craft Bagels

Delicious Heights

Grain and Cane

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Lupa Ristorante

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**Get your kids back on track!**

## 10 TIPS TO HELP YOUR STUDENT WITH HOMEWORK AND STUDYING

The 2020-2021 school year might be the most diverse yet in terms of how kids and teens will be learning. Whether you're doing online classes, homeschooling, in-person learning or some hybrid mix, we've got some tips to help your student with homework and studying.

1. Encourage your study to keep a planner with assignments, quizzes and tests, as well as long-term project deadlines. As a general rule, aim to complete work 3-5 day in advance so they'll have extra time if something unexpected goes wrong (like a power outage).
2. Rather than cramming for a test the night before, encourage your student to study daily in small chunks of time; 15-20 minutes should be plenty if it's done regularly.
3. Index cards or flash cards can help with vocabulary or math formulas. Use different colors to help your brain make connections by association for each fact.
4. Don't allow your student to stay up all night to study. You're better off encouraging them to get a full night's sleep and then studying a bit more in the morning.
5. Focus on nutrition, including a mix of protein and carbs with every snack or meal. The brain needs fuel to work

properly and sugar, caffeine and saturated fats can hinder learning and memory.

6. If you're not strong enough in a particular subject to help older students, consider pairing up with another parent who is or ask for extra help from teachers during scheduled online office hours.
7. Remove all distractions during school-related sessions, including homework. This includes TVs, laptops and cell phones. Some students perform fine (or better!) with music, while others need complete silence.
8. Set smaller goals for students to help them create a sense of achievement. As a general rule, the younger the child, the smaller the goal should be.
9. Celebrate milestones. Finishing a book or project, wrapping up a semester or completing a particularly difficult chapter in a book may feel like an insurmountable task to some students. Mark the occasion with accolades!
10. Review your student's homework nightly. Rushing through homework in order to watch a movie or get to soccer practice doesn't indicate learning or comprehension; their focus should be on understanding the material-not just completing it.



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# STORMWATER MANAGEMENT NEVER LOOKED SO GOOD:

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*Berkeley Heights Environmental Commission*

What is elegant, leafy, sports a gorgeous architectural design, prevents flooding by putting stormwater back into the ground, and provides tennis players, pickleball players, and all others who pass by with a great place to take a break or just relax? The Columbia Park Gathering Place Project in Lower Columbia Park, of course.

The finished project, a stormwater management project, consists of a brick retaining wall that doubles as a seating area, has a deck that's home to 2 picnic tables, hosts 8 native shrubs in a planting bed, and is adjacent to two new, swamp-friendly trees. Not only do the shrubs assist in capturing stormwater, but the trees serve as large sponges of sorts, given that their roots slurp up stormwater runoff and absorb groundwater. The project will capture stormwater runoff, flooding from the creek that flows into the Passaic River and provide visitors with a beautifully landscaped facility near the bike/walking trail, children's playground, and other park amenities.

"This project aims to both educate the public about stormwater management while demonstrating that sustainable design can be both functional and stunningly beautiful," said Berkeley Heights Environmental Commission (BHEC) Co-Chair Kim Diamond. "The simplicity of the structure is quite an amazing

achievement for all that it does from a sustainability, aesthetic, and practical use perspective. Come check it out!"

In addition to serving park visitors, the project is envisioned as serving as an "outdoor classroom" for science teachers and students from Columbia Middle School, located adjacent to the park. With the project's two picnic tables in addition to the planting bed seating area, the ample seating will provide teachers with an "outdoor classroom," similar to the outdoor classroom adjacent to the parking lot at Governor Livingston High School.

The project, a collaboration between the BHEC and the Berkeley Heights Recreation Department, was made possible in part by a 2020 Association of New Jersey Environmental Commissions (ANJEC) Open Space Stewardship Grant. Local landscaper Joe Franchino [jlfranchino@comcast.net](mailto:jlfranchino@comcast.net) of JLFranchino played a critical role in the Project's initial stages of development, while the Berkeley Heights Department of Public Works (DPW) provided additional assistance to bring the project to completion.

For more information regarding the project, please visit the Environmental Commission's website at:

<https://www.berkeleyheights.gov/1471/Columbia-Park-Gathering-Place-Project>.



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## LOCAL STUDENTS RECEIVE SCHOLARSHIPS FROM LANTERN HILL



(above) Kelly Anne Donfield and Sarah Hagen, members of the Lantern Hill Dining Services Department, were awarded \$4,000 scholarships.

Lantern Hill, an Erickson Senior Living community in New Providence, New Jersey, honored its first class of Student Scholars at an Awards Ceremony on June 14. Kelly Anne Donfield and Sarah Hagen, members of the Dining Services Department, were awarded \$4,000 scholarships from the community to support their pursuit of higher education.

Donfield, a New Providence resident who graduated this spring, will be attending the University of Central Florida in the fall. Kelly has been a server at Lantern Hill since 2019. Kelly feels fortunate to have worked at Lantern Hill. In her essay, she stated, "luckily, I am not like most teenagers and have been blessed with an opportunity to work as a server at Lantern Hill. I say that with pride because Lantern Hill and the residents have provided me with an opportunity to immerse my life in different cultures, learn about important life experiences, and meet new people and friends."

Hagen, a Berkeley Heights resident, also graduated this spring, and will be attending Virginia Tech in the fall. Sarah is planning on becoming a teacher, majoring in history and special education. Sarah believes that working at Lantern Hill has taught her a wide variety of

skills that she will carry with her throughout her life. She is most grateful for the conversations she's had with the residents. They have shared their stories and knowledge and have shown her what it is truly like to enjoy life, have a positive attitude and an outgoing spirit.

The Scholar's Program is funded by the residents of Lantern Hill to support high school students employed on campus who have shown commitment to serving the Lantern Hill's community.

For more information about the scholarship program and employment benefits with Lantern Hill, visit [ericksonseniorliving.com/careers](http://ericksonseniorliving.com/careers).

### ABOUT LANTERN HILL

Lantern Hill, one of 21 continuing care retirement communities managed by Erickson Senior Living, is situated on a scenic 26-acre campus in New Providence, New Jersey. The not-for-profit community of more than 500 residents and 300 employees is governed by its own board of directors, affiliated with National Senior Campuses, Inc., who provide independent financial and operational oversight of the community. Additional information about Lantern Hill can be found at [LanternHillCommunity.com](http://LanternHillCommunity.com).



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Charles Sherrick

★★★★★

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Thank you Spring Grove.



Chrissy Sloan

★★★★★

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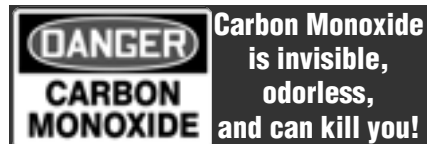
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## SCOUTS CONTINUE TO SERVE COMMUNITY THROUGH PANDEMIC

*Submitted by Amy Nicole Naim*

Despite a rough year of partial remote schooling and navigating their way back to a more “normal” life, Berkeley Heights Boy Scout Troop 368 continued to do what they do best - serve their community and make an impact, all while further developing their own skills and connecting with their fellow scouts and scout leaders.

“Despite the challenges of the past year, the boys stepped up and adapted to the changes by continuing to be active whether it was meeting virtually or in small groups,” said Maggie Gleeson, Troop Committee Chair.

“They continued to develop leadership skills at meetings and camping trips, to work on advancement and merit badges, and to find ways to volunteer within the community. Covid 19 definitely did not stop these boys from growing, connecting, and serving our community...we even had 5 Scouts complete their Eagle project this past year!”

Service Projects completed this past year include a leaf clean up at a Berkeley Heights’ family home of the Fennell’s, who had sons in Troop 368. Mr. Fennell suffered a stroke in the Spring of 2020 making activity limited, so the

Troop stepped up to help the family with their Fall leaf cleanup.

In January, the Troop reached out to the Berkeley Heights community for donations to the St. John’s Food drive and delivered five full car loads of food and necessities to the St. John’s soup kitchen which has been helping to feed the hungry in Newark, NJ for 40 years.

In February, the Troop banded together to shovel the Watchung Amphitheater allowing the Watchung Reservation to hold outdoor classes and activities which they had not been able to run due to the large amount of snow.

On Sunday, May 16 the Troop participated in the joint Passaic River trail clean up event hosted by The Berkeley Heights Environmental Commission, in partnership with the Union County Parks & Recreation Department where they collected large piles of glass and other debris.

Eagle projects (needed to accomplish the highest Scout rank of Eagle), which the scout leads and enlists his fellow scouts for help, included the following;

Mitch Szalus - Mountain Park Elementary School erosion prevention - His project was to build a flower bed area near the riverside fence

to prevent erosion into the waterway. He also built fences and picnic tables.

Connor Splaine - Free Acres Farmhouse Outdoor Beatification - His project was to refurbish the old park benches at Free Acres and to replace/refurbish basketball backboards.

Duncan Campbell - Mountain Park Elementary School Blacktop - His project added picnic tables and a tether ball court to the blacktop area. He also repainted the basketball and kickball courts.

Troop activities included a camping trip to Camp Minsi in the Poconos where they went fishing and canoeing, a bike riding outing where the scouts fished and then got a tour of the Untied Brewing company, learning how they make root beer. And in March, the Troop went rappelling at Allamuchy Mountain State Park.

In June the Troop attended the Annual World War II Warbirds Air Show at the Mid-Atlantic Air Museum in Reading, PA, and celebrated their well-earned achievements at their Court of Honor Ceremony held June 17. Scouts will continue to work on earning badges and having fun this summer at various Scouting Camps.

For more information on Troop 368, please go to [bhtroop368.com](http://bhtroop368.com).



(above) The Troop held a successful food drive for St. John’s, delivering 5 full carloads of goods.



(above) Troop 368 joined in a Passaic River trail clean up event hosted by The Berkeley Heights Environmental Commission, in partnership with the Union County Parks & Recreation Department where they collected large piles of glass and other debris.

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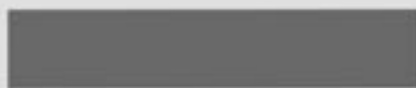
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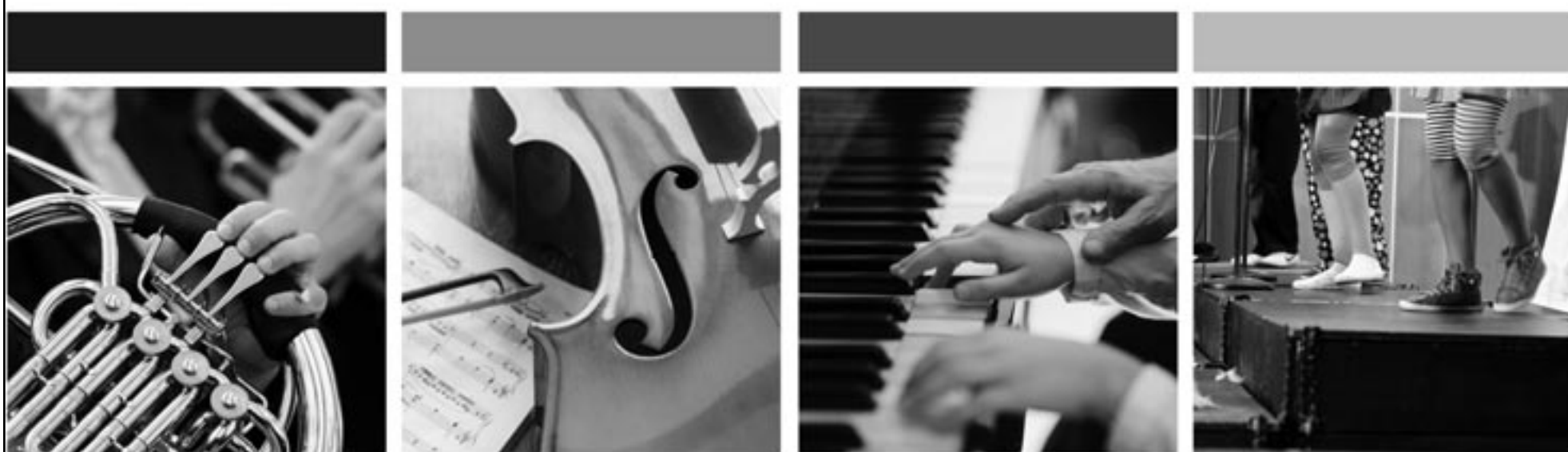


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## HEIGHTS HEAT 10U WINS PARKWAY LEAGUE CHAMPIONSHIP

*Submitted by Carolyn Sayre*

In the first game of the 2021 summer season the Berkeley Heights Heat 10U Red team opened with a nail-biting, 1-0 victory against the Hunterdon Pride. After the game, the umpire told the girls still hanging around on the diamond that it was the “best game of softball he had ever seen at the 10U level.” As fate would have it, the two teams met again in the Championship game in Roselle Park on Wednesday, July 28th. The final score was, yet again, 1-0.

The roster featured twelve fierce athletes who built on their skills all season to achieve this incredible goal: Mia Bussin, Samantha Chew, Leah Dasti, Ellis Duff, Alexandra Duryee, Ava Garcia, Katherine Klacik, Allison Nelson, Nora Ramos, Sydney Richel, Alyson Sayre and Emily Sorge.

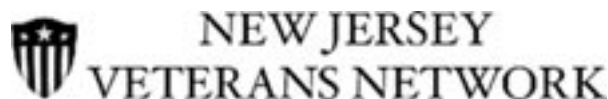
During the regular season, the Heat fought through a very tough schedule against the best teams in the Parkway League. They continued to

improve all summer long, impressing in two tournaments along the way during which they went a combined 6-0 in pool play. The girls finished second in the Long Hill Twisters tournament and then came away with third place in the Cranford Summer Slam out of the 14 participants. The additional game experience, especially under the pressure of elimination, really drove the success they would later see in the playoffs during the second half of July.

The team was fortunate to have the support and dedication of a wealth of specialized coaches this summer season. Head coach Bret Sayre, along with his right-hand man, assistant coach and

strategy partner, Chris Duryee, have both been with this group of girls since they started playing back in 2017. Hype man Ed Sorge was a constant course of energy and spirit in the dugout. GameChanger guru Todd Klacik kept a flawless scorebook all season long. And assistant coaches Lilly Bussin, Emily Ramos and Carolyn Sayre were invaluable in warmups, practices and the dugout—while also doubling as our medical staff when necessary. None of this would be possible without the entire coaching team, who worked tirelessly all summer long.

Congratulations to the 2021 D2 Parkway League 10U Champions – the Heights Heat!



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## K OF C GOLF OUTING TO BENEFIT NEW JERSEY VETERAN'S NETWORK



### Cranford Knights of Columbus Council 6226 ANNUAL GOLF OUTING Friday, September 17, 2021 Galloping Hill Golf Course Kenilworth, NJ

The cost is \$150.00 per Golfer

**Includes Golf, Golf Cart, Lunch, Refreshments, Prizes and Dinner with Lunch  
Starting at 11:30 AM and a Shotgun Start at 1:00 PM.**

The Golf Outing proceeds will benefit our Council supported Charities and Programs. We will also be making special donations to the New Jersey Veteran's Network and Cranford Front Line Appreciation Group (FLAG for Cranford) in recognition of all of the great work both organizations have done and are doing in support of our Veterans and First Responders during these trying times.

For More Information about Sponsorships, Playing or to get involved, please contact:

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John Doolan – PGK, Lecturer & Golf Outing Chair .....908-451-8947 .....[jdoolan@verizon.net](mailto:jdoolan@verizon.net)  
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Jim Feehan – PGK & Golf Outing Committee .....908-217-9245 .....[jfeehanjr1@gmail.com](mailto:jfeehanjr1@gmail.com)

### Golf & Sponsorship Registration

Registration & Payment is due no later than September 10, 2021

Registration / Sponsorship Levels

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- 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.
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**The Details**

Dates:

**SEPT 7TH - DEC 4TH**

**Age Groups**

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9-13 (Spaces Remaining: 7)

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## JOSIE KWAN AWARDED FAITH LUTHERAN SCHOLARSHIP

*Submitted by Larry Holt*

Josie Kwan of Berkeley Heights has been awarded the Franklin and Elsie Nelson Scholarship of Faith Lutheran Church in New Providence for the academic year, 2021-2022.

Miss Kwan will be entering her sophomore year at Susquehanna University in Selinsgrove, PA. She is majoring in Special Education. Two experiences have inspired Miss Kwan's choice of major.

During three summers, while in high school at Governor Livingston, Miss Kwan was part of a group from Faith that went to Cosby, Tennessee, an impoverished town in the Appalachian Mountains, to conduct a camp for children, ages three through fifteen. Miss Kwan's second inspiration began while she worked at a childcare center. She briefly worked with a boy with autism. He inspired Miss Kwan to take the class introduction to special education at Governor Livingston where she received more exposure to students with special needs.

During the next academic year, Miss Kwan will be a Resident Assistant for Susquehanna freshmen. She will also be a member of the freshman orientation team. She is a member of

the Pinky Swear club, whose name comes from two persons linking their pinkies to signify that a promise has been made. The promise of the club is to raise awareness of childhood cancer and support the children and their families. Miss Kwan is the Public Relations Officer on the executive board of Pinky Swear.

She is part of a group from Faith, who tutors immigrant children from Central and South America at St. Stephan's Grace Lutheran Church in Newark. Before the pandemic, she made different colored bracelets for each of the children.

At Governor Livingston High School, Miss Kwan was the Business Manager for the yearbook and the Boys Fencing Manager.

The Franklin and Elsie Nelson scholarship was established twenty-seven years ago by Franklin Nelson, a long-time member of Faith. The scholarship is given to a member of the church, who is pursuing a degree at a Lutheran college or university.

The pastor of Faith is Rev. Jane McCready. It is located at 524 South Street in New Providence. The phone number is 908-464-5177. The web site is famfaith.org.



(above) Rev. Jane McCready, pastor of Faith;  
Josie Kwan, Franklin and Elsie Nelson  
Scholarship recipient.

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## FAITH LUTHERAN DONATES BACKPACKS

For the thirteenth consecutive year, Faith Lutheran Church in New Providence has given backpacks with school supplies to children, whose families cannot afford them.

During the summer, Faith's members and friends bought 105 backpacks and added school supplies to them. In each backpack, were a six pack of pens, a six pack of #2 pencils, a twelve-crayon box, one package of lined notepaper, one package of construction paper, a twelve inch ruler, a miniature pencil sharpener, a pair of scissors, a glue stick, a toothbrush and a tube of toothpaste.

The backpacks were given to three organizations, who distributed them to the parents of the children. The organizations were St. Stephan's Grace Community, a welcoming and multicultural Lutheran church in the Ironbound District of Newark; Plainfield Action Services, a community action agency, who provides services to low income families; the Community Service Association of New Providence, who offers financial assistance to residents in time of need.

The pastor of Faith is Rev. Jane McCready. Visit the church at 524 South Street, New Providence or its website at famfaith.org or phone 908-464-5177.



(above) Don Treich, a resident of Berkeley Heights, has been a member of Faith for sixty-two years. He is the leader of Faith's backpack ministry.

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# CANDIDATES FORUMS - SEPT 9

The League of Women Voters of Berkeley Heights, New Providence and Summit are planning virtual Candidates Forums in each of the towns. The Candidates Forums are important because they give the residents information on how the candidates stand on the issues.

Summit Common Council will be held on September 9 at 7:30 p.m. Berkeley Heights Township Council will be held September 14 at 7:30 p.m.

As of this writing, plans for a New Providence Borough Council forum and a Berkeley Heights Board of Education Forum have not been finalized.

Information on accessing the livestream forum as well as how to submit questions for the candidates will be found on our website, LWVBHNPS.org.

All Candidates in the three towns, as well as the candidates for Union County Commissioner, have received an invitation to respond to several

questions. By going to Vote411.org and entering your address, you will be able to see all the candidates for whom you can vote. You can read about their background and then see their answers to the questions presented to them by the League.

As a reminder, this year voters can cast a ballot on the machine prior to the election (October 23-30). The list of locations and times are available at UnionCountyVotes.com.

Last year everyone received a Vote-By-Mail Ballot, if you wish to vote by mail-In ballot this year, you need to apply for one. If you have previously asked to vote by mail-in ballot one will be sent to you automatically.

Poll Workers are desperately needed for not only Election Day (November 2), but also for early voting. Please volunteer. You will be providing a civic duty.

For any other information around voting or forums, please email LWVBHNPS@yahoo.com.



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## CASA SALUTES ITS VOLUNTEER CHILD ADVOCATES AT BBQ

Court Appointed Special Advocates (CASA) of Union County, the only local nonprofit advocating for youth from birth to age 21 involved in the child welfare system due to abuse, neglect and abandonment, took time-out on a recent sunny Sunday afternoon to fete its community members who are trained as child advocates and continuously give of their time to ensure the best interests of Union County's most vulnerable youth are protected and their needs are met.

Seeley's Picnic Grounds in Watchung Reservation was host to a guest list that included each of the organization's nearly 170 current volunteer advocates and their families and dogs, its funders, and court personnel with whom the organization regularly works as cases are heard by Union County Superior Court. CASA staff and several members of the Board of Trustees

served guests such grilled fare as ribs, pulled pork, hotdogs, burgers, and sides and dessert galore. Executive Director Mariel S. Hufnagel's husband Anthony was grill master.

Amid the frivolity of lunching, chatting and even competition at the cornhole and KanJam playing fields, CASA volunteers and staff still managed to make time for advocacy work, too. Each year as the summer draws to a close, the organization runs a school supply drive to ensure every foster youth served has a new backpack chock-full of needed supplies so their first day feels full of promise. The park's pavilion became backpack depot where advocates checked in to secure their foster youth's backpack, lunchboxes, and supplies.

Anne Collart, President of the Board of Trustees, was among those welcoming advocates. "It was a gorgeous day, and the

perfect setting for CASA of Union County to give its time for all those who gift their time for local foster youth, and keep the organization moving forward in its mission. Today, we wanted to be in their corner, and encourage each advocate to relax, connect and enjoy our gratitude for all they do."

Since 2005, the nonprofit has recruited, trained, supported and supervised nearly 600 volunteers to advocate for more than 900 youth, protecting best interests in the courtroom, classroom and community, and helping ensure already experienced trauma is not exacerbated as youth await permanency in a safe and loving home.

For details on the advocate experience and joining upcoming information and training sessions, email Lucia at [info@casaoofunioncounty.org](mailto:info@casaoofunioncounty.org).



(above) Among the CASA volunteers attending were, from left, James Walker Jr. of Elizabeth, Isabella Blumberg of Springfield, Barbara Bagger of Westfield, Arlene Sumner of Linden, Carmen Iyala of Scotch Plains, Quetzali Sevillano of Rahway, Lara Gibbemeyer and Robert Bridgeman of Westfield, Flor Maria Mendez of Elizabeth, Mollie Yang of Mountainside, Fernando Porras of Clark, Katherine Romano of New Providence, Shelley Grobe of Cranford, Kristen Kim of Westfield, Rebecca Muston of Summit, Teresa Lastella of Clark, Kevin JeanCharles of Roselle, Donna Isidron of Clark, Karime Herrera of Elizabeth, Komal Nankani of Summit, Lisa Kalichman of South Orange, Sean O'Leary of South Plainfield, Carolyn Colonna of Fanwood, Cynthia Evans of Scotch Plains, and Lydia Pernia of Linden.

## VIRTUAL WELLNESS CENTER AVAILABLE

The Mental Health Association in New Jersey is providing a new virtual wellness center that offers no-cost groups and workshops statewide to individuals interested in day-to-day wellness, support for substance use disorder and strategies for improving mental health.

Called United by Wellness, the center can be accessed online or by call-in. More than 45 groups and workshops are offered daily, including weekends. Among the variety of groups are Healthy Habits, Meditation, LGBTQ, Young Adult, Anxiety and Depression Support Groups, Grief and COVID, Too Much Stuff, Virtual Job Interviews, Peer Support Career Information, and Grief and Recovery.

Groups are organized into four "communities" for like-minded people with similar goals, but participants are not limited to a specific track. The communities are general well-being; coping skills; co-occurring mental

health and substance use; and a community for those with a disorder who are seeking employment. Staff providing services are culturally diverse certified peer specialists, including some who are bilingual and facilitating groups in Spanish.

The Mental Health Association in New Jersey had been offering in-person meetings at satellite offices around the state, but during the pandemic all meetings were transitioned to online. That enabled interested participants from every county to access meetings. During COVID, the number of people attending online groups more than doubled, according to leadership at the nonprofit, which they attribute to increased need, ease of access, and reduced barriers related to transportation and childcare.

For more information about United by Wellness, call 609 652-3800 ext. 303 or [mhaac.info/ubw](http://mhaac.info/ubw).



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## BOY SCOUTS' TEAM UP FOR HIGH-ADVENTURE

Boy Scouts from Mountainside Troop 177 and Berkeley Heights Troop 68 partnered up this summer to attend Philmont Scout Ranch in New Mexico. The two-week high-adventure

expedition began in Colorado Springs with a trip to Pikes Peak, hike through Garden of the Gods, tour of the US Air Force Academy, and a white water rafting trip on the Arkansas River. This

was followed by a 12-day trek through the Sangre De Cristo mountains; a 68-mile hike culminating with a 12,444 foot climb to the top of Baldy Mountain.



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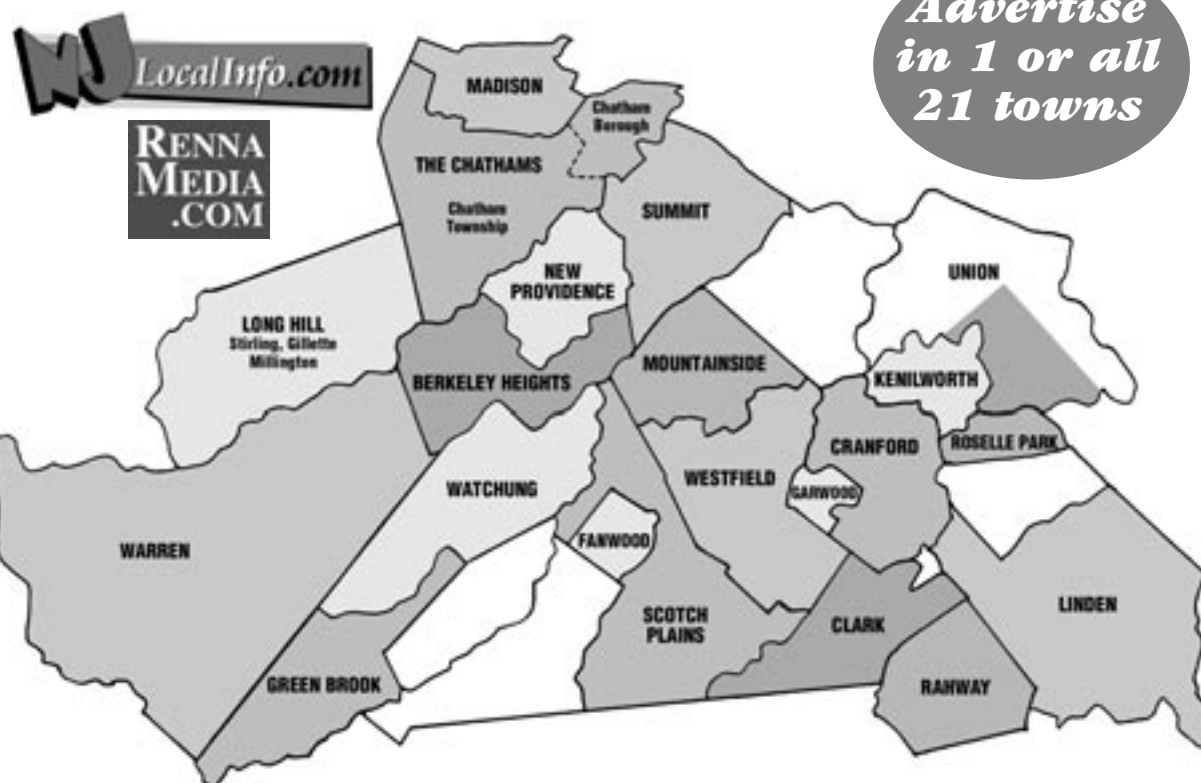
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4 Units	3.25" x 8" or 6.5" x 4"	\$180	\$450	\$700	\$900	\$1100	\$1300	\$1500	\$1700
6 Units	6.5" x 6.25" or 10" x 4"	\$240	\$600	\$900	\$1200	\$1400	\$1600	\$1800	\$2000
9 HALF PAGE	6.5" x 9" or 10" x 7"	\$320	\$800	\$1000	\$1300	\$1600	\$1900	\$2200	\$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**  
**PREPAY 12 MONTHS AND GET 3 MORE FREE**

Make Checks payable to Renna Media, 202 Walnut Avenue, Cranford, NJ 07016

## CROSSING GUARDS NEEDED FOR 2021-22 SCHOOL YEAR

The Berkeley Heights Police Department is now hiring full time & part time crossing guards for the 2021-2022 school year. Applications can be picked up at headquarters. If you would like more information please call Traffic Officer Dan Cuocci at 908-464-2700 ext. 2043 or S.R.O. Isaiah Rodriguez at 908-464-2700 ext. 2283

## SENIORS DAY TRIP TO AC, SEPT. 20

The Berkeley Heights Seniors are sponsoring a trip to Resorts Casino in Atlantic City on Monday, September 20. The bus leaves the parking lot at Mt. Carmel Guild Hall, 56 River Road, Berkeley Heights at 8:30 a.m., and returns at approximately 7:15 p.m. The cost is \$35 which includes bus transportation and a \$20 voucher for slot play. For further information or reservation, call Ramona at 908-647-3295.

## PUBLIC LIBRARY SEPTEMBER PROGRAMS

29 Park Ave, Berkeley Heights  
(908) 464-9333 • [bhplnj.org](mailto:bhplnj.org)  
[reference@bhplnj.org](mailto:reference@bhplnj.org)

Monday - Thursday 9AM - 9PM;  
Friday, Saturday 9AM - 5PM;  
Sunday 2PM - 5PM

The library resumes regular hours after Labor Day weekend: (hours & services are subject to change due to the COVID19 variant). If you haven't already, please stop in to explore the new spaces and the new self-checkout machine!

## CHILDREN'S STORY TIMES AND PROGRAMS:

### Paper Plate Story Time -

Tuesdays, 9:30 - 10:00 a.m.

Story and a craft for ages 3 - 5

### Fun with Friends Story Time -

Thursdays, 9:30 - 10:00 a.m.

Books, music, rhymes and play for ages 0 - 4

### Good Tyme String Band

Tuesday, 9/14 at 10:30 a.m.

Join Ray, Len, Tom and Pete for fun Banjo sing-along for all ages

### Take and Make Craft

Craft kits with materials, instructions, and more; available during open hours

For exact program dates and times, changes and additions, please check the library's events calendar at [bhplnj.org/events](http://bhplnj.org/events) or the library's Children's program page at [bhplnj.org/young-readers/story-tim](http://bhplnj.org/young-readers/story-tim).

## ADULT PROGRAMS:

### Online Book Group

Meeting dates are Friday, 9/3 at 10:30 a.m. and Tuesday, 9/14 at 7:15 p.m.

Currently, the library is offering an online Book

Group that meets via Zoom and discusses eBooks/eAudiobooks available from hoopla\*.

The selection for August is *Elon Musk: Tesla, SpaceX, and the Quest for a Fantastic Future* by Ashlee Vance.

\*If you are new to hoopla, go to [hoopladigital.com](http://hoopladigital.com) and select "Get Started Today". You will need a valid BH library card number, your PIN (usually the last 4 digits of your phone #) and an email to register.

Please stop by in person, call the library or email [reference@bhplnj.org](mailto:reference@bhplnj.org) for questions about the book group or using BHPL's online resources.

Mountainside's  
**Town Wide Garage Sale**

**MARK YOUR CALENDARS!!!**  
**SEPTEMBER 18th**  
**9am-2pm**  
**(Rain Date: 9/19)**

Many Treasures to be found!!  
Furniture, Antiques, Collectables, Bikes,  
Kid toys and so much more!!

Maps available the day of the event:  
Mountainside Library  
(1 Constitution Plaza) OR  
Facebook -

Search Mountainside Newcomers Events  
Questions: [mtsnewcomers@gmail.com](mailto:mtsnewcomers@gmail.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 quantity.)

Joe Renna at 908-447-1295

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



FLYERS

**\$35**  
PER 1,000

MENUS

**\$50**  
PER 1,000

## 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](mailto:JoeRenna@RennaMedia.com)



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

## 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.

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](mailto:JoeRenna@RennaMedia.com)

**ONE TIME  
FLAT FEE  
\$250**

## 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)

**Nicholson**  
**ROOFING & SIDING**

SINCE 1963  
AWARD WINNING  
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ALL TYPES OF ROOFING • VINYL AND HARDI SIDING  
SEAMLESS GUTTERS • WINDOWS AND DOORS  
We Handle Residential and Commercial Projects  
**NicholsonRoof.com 908-647-5984**  
Your call brings the owner, not a salesman! Stirling, NJ

# ATTENTION: ADULTS OVER 40 THAT HAVE PUT THEIR FITNESS ON THE BACK BURNER

## HOW TO WIN 12 MONTHS OF FREE PERSONAL TRAINING & NUTRITION COACHING

*Deadline to Enter: September 17th*


Gabriele Fitness in Berkeley Heights is giving away 2 of their Diamond level personal training memberships...each valued at over \$8,000...so you can get the ultimate transformation for your health and fitness. This experience will change your life forever...

**You Should Apply If:**

- ✓ You're finally fed up with the struggle of fitting into the clothes you want...apply below
- ✓ You're just done feeling tired all the time...
- ✓ You're over the fact that your body aches and every time you try to work out you get hurt
- ✓ You're worried that your fitness level will prevent you from being active and mobile with your children and/or grandchildren...
- ✓ You're finally ready to take action and do something about this...


**Here's what you get if you're selected:**

- ✓ 52 Weeks of our Diamond Level Program that includes unlimited Personal Training and Fat Blast Cardio Sessions.
- ✓ A private personal trainer to oversee that your fitness program is perfect for you, keep you motivated and stay injury free.
- ✓ A private nutrition coach so you can continue to lose fat for all 52 weeks and know exactly what to eat
- ✓ A private accountability concierge to keep you on track the entire time



**"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.



**"GFP HAS GIVEN ME MY CONFIDENCE BACK. I FEEL GOOD IN MY BODY AGAIN"**

Kristy: Before GFP I had never been to the gym before, but the trainers helped me learn how to work out effectively. I started working out six days a week, and I really saw results. Those results kept me motivated to continue coming back. GFP has given me my confidence back. I feel good in my body again.

### HERE'S HOW TO APPLY

**STEP 1**

Scan This QR Code



**STEP 2**

Fill Out the Short Application

HOW TO WIN 12 MONTHS OF FREE PERSONAL TRAINING & NUTRITION COACHING

GABRIELE FITNESS & PERFORMANCE



**STEP 3**

We'll Notify You If You Win.



[www.gabrielefitness.com](http://www.gabrielefitness.com)

**ABOUT GABRIELE FITNESS:** Gabriele Fitness is a personal training gym that helps people aged 40+ lose weight, gain energy and live a more active life without the use of fad diets or workouts that beat up their body. They've helped thousands of men and women in Berkeley Heights Area to transform their health and life for the past 13 years. As leaders in the fitness industry, they present their methods to trainers and gyms around the globe.