

# Summit NJ Times

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## SUMMIT HOLDS CLASSIC CAR SHOW AND STREET FESTIVAL

The city of Summit held the annual Art Festival & P.A.L. Classic Car Show on Sunday, September 19th, 2021. The event was co-organized by the Visual Arts Center of New Jersey and held in Downtown Summit.

The annual event returned this year after being cancelled previously due to the covid-19 pandemic. In addition to the Classic Car Show, the day featured, children's activities, food trucks, and a beer & wine garden. Live entertainment was provided all day from: Krazy Kevin & Paul Fessock DJ, World of Rock Trio, BBD Rhythm & Blues Band, and the 52nd Street Band.



Photos from this and other events can be found online at [rennamedia.com](https://rennamedia.com) and on Summit Times page on [facebook.com](https://facebook.com). Feel free to "Like," "Tag," and "Share."

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Community service organizations, schools and sports teams are encouraged to submit news of upcoming events or highlights and photos from recent events. Organizations who are interested in submitting content, please email [Editor@rennamedia.com](mailto:Editor@rennamedia.com)

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Love singing? Come sing with the Hickory Tree Chorus on Wednesday evenings in October from 7 to 9 p.m. OktoberSingFest singing workshops are free and will be held via Zoom or in person for fully vaccinated members and guests as covid safety protocols permit. Participants will learn more about chord-ringing, fun-filled, four-part harmony. Broadway, Beatles, and more!

Hickory Tree is an award-winning women's

chorus singing four-part a cappella harmony in the barbershop style. We are passionate about music, performance, fun and friendship. We believe every voice counts and encourage women singers of all ages, colors, ethnicities, and orientations to visit us and share our joy of music.

Please register for OktoberSingFest by email [info@hickorytreechorus.org](mailto:info@hickorytreechorus.org) or call 908-377-1399. More information can be found at [hickorytreechorus.org](http://hickorytreechorus.org).



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2019-20

**Nathan Weiser**  
★★★★★

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

Thank you Spring Grove for a wonderful and pleasant stay.

**Charles Sherrick**  
★★★★★

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

Thank you Spring Grove.

**Chrissy Sloan**  
★★★★★

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

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#### Civil Air Patrol Cadet Program (NJ-102)

As we explore new horizons, the United States expands beyond what is imaginable. With the creation of the US Space Force, the country truly embodies the notion of “reaching for the stars”! On June 29, 2021, Captain “Bud” Jackson Composite Squadron (NJ-102) of the Civil Air Patrol (CAP), an Auxiliary of the United States Air Force, had special guest speakers from the US Space Force - Major Jose Almanzar and Captain Ronald Nguyen. In a virtual meeting of over 110 participants, including visitors from other CAP squadrons, attended and the speakers shared the goal and purpose of this new branch of the military, talked about their jobs, gave advice to the cadets considering the path and much more. There was time for a Q&A session, where the speakers provided valuable information towards a wide range of cadet/senior member questions. Cadets took away extensive information to inspire them about this new exciting path of space research and operations.

Headquartered at the Pentagon, the US Space Force is an independent branch of the military that was carved out of the Air Force in December 2019. With their Command motto as “Guardians of the High Frontier”, the US Space Force is considered a critical asset, impacting everyday life. Although it is currently the smallest of the US armed services, the Space Force is responsible for operating and defending military satellites and ground stations and supports

communication and navigation on Earth. It provides a much needed position of strength, especially technology-wise, for protecting US interests in space or going on offense, if needed, in the future. Civilian life cannot survive without our space capabilities. Our military based missions are now largely supported by space operations. Additionally, as space tourism is about to lift off in the coming years, the US will have a growing space community.

As an empowerment message to the young cadets, Maj Almanzar and Capt Nguyen talked about the Space Force’s need for bold and diverse leaders with new ideas. They stressed the importance of being exposed to STEM (Science, Technology, Engineering, and Math) experiences and education early on - “Always take advantage of opportunities presented to you and explore the growing areas of the Space Force. The sky is not the limit so it is your time to soar!”

The Civil Air Patrol (CAP) Cadet Program is open to all Middle School and High School students from ages 12 to 18. For more information about C.A.P., please contact the NJ-102 Squadron Commander, Captain Jose Vergara, at jose.vergara@njwg.cap.gov, or the NJ-102 Squadron Recruiting Officer, 1st Lt Josline Pinto, at josline.pinto@njwg.cap.gov. Visit the CAP National webpage at gocivilairpatrol.com or the NJ-102 squadron website at nj102.cap.gov. Also, be sure to check out the NJ-102 Squadron’s Facebook page at facebook.com/NJ102/.



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## FORTNIGHTLY CLUB AWARDS 2021 SCHOLARSHIPS

*Submitted by Emkarr Meehan*

The Fortnightly Club of Summit announced the recipients of their 2021 scholarships: Meghan Tarashuk, Disha Pal, and Pascale Simmons.

Meghan Tarashuk was awarded The Manley-Winsor Scholarship. This new scholarship is open to any female Summit resident who will be attending a 2-year college, 4-year college, professional, technical or trade school. Eligibility for the scholarship is based on financial need, academic merit and personal essay. Meghan will be attending The College of New Jersey in the fall.

Disha Pal was awarded The Sherry Rawson Scholarship in memory of Sherry Rawson, a beloved Fortnightly Club member who served on the scholarship committee for many years. The scholarship is open to any female student graduating from Summit High School. Eligibility for the scholarship is based on financial need, academic merit and character. Disha will be attending the University of Pittsburgh in the fall.

Pascale Simmons was awarded The Fortnightly Club Scholarship. The scholarship is open to any female student graduating from Summit High School. Eligibility for the scholarship is based on financial need, academic merit and character. Pascale will be attending Kean University in the fall.

These young scholars were awarded a total of \$10,000 for their college education.

The Fortnightly Club thanks The Martha Moxley Foundation whose mission is to support scholarships and student loans. This Foundation was created by Fortnightly Club member Dorthy Moxley in memory of her daughter Martha.

The Fortnightly Club would like to thank The Helen Wason Memorial Fund which provided additional funding for the scholarship. This fund honors the late Helen Wason, who was president of The Fortnightly Club from 1999 to 2002 and was an active club member for many years.

"We are very grateful to our donors who gave so generously so we could award three scholarships this year", said Terry Andrews, The Fortnightly Club president.

Helping young women as they begin their adult lives is a significant way for The Fortnightly Club to give back to the community. Each year, scholarships are awarded to deserving young Summit women to help pay for college. To find out more about The Fortnightly Club of Summit, please visit [fortnightlyclub.org](http://fortnightlyclub.org).

### **ABOUT THE FORTNIGHTLY CLUB OF SUMMIT**

The Fortnightly Club of Summit is a nonprofit women's organization dedicated to volunteerism, fundraising, community service and outreach. Club members are a diverse group of professional women, stay-at-home moms and retirees from Summit, New Providence, Berkeley Heights, Short Hills and surrounding communities. The organization is headquartered at Twin Maples historic estate in Summit, New Jersey. The Fortnightly Club is accepting new members. To find out more, please visit [fortnightlyclub.org](http://fortnightlyclub.org).



*(above, front, l-r) Meghan Tarashuk, Disha Pal, Pascale Simmons; (back, l-r) Marlene Boyd, Elizabeth Martin, Amanda Ford, Terry Andrews, and Stephanie Perrone.*

**Thank you**

**Leader Bramnick and**

**Assemblywoman Munoz**

**for fighting for New Jersey**

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Paid for by New Jersey Bankers Association, 411 North Avenue East Cranford, New Jersey 07016. This expenditure was not made with the cooperation or prior consent of, or in consultation with, or at the request or suggestion of, any candidate, or person or committee acting on behalf of the candidate.



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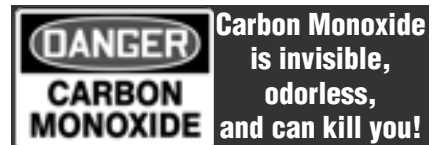
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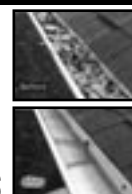
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# HALLOWEEN EVENTS THROUGHOUT OCTOBER

## City of Summit

The City of Summit is announcing a number of Halloween events to be held throughout the month of October, including Scream on the Green movie night, the annual Halloween parade, a Haunted Hike, and downtown Trick or Treating.

The Summit Department of Community Programs has added scary Haunted Hikes that will take place on Friday, October 15 at Martin's Brook Park located on Butler Parkway. A lightly scary hike for younger children will take place from 6 to 7 p.m. Adult supervision is required for any child in fourth grade or younger. A scary hike will take place from 7 to 8 p.m. and will feature spooky characters that jump out along the trail. The rain date for this event is October 22.

The Summit Department of Community Programs is also hosting a Scream on the Green movie night on Friday, October 29 on the Village Green, featuring the movie The Nightmare Before Christmas. A family dance party begins at 6 p.m. and the movie is shown at dusk. Bonfires and free s'mores will be available for attendees. Movie goers are encouraged to bring a blanket or

chairs as no seating is provided for the movie. The rain date for the event is October 30.

The Summit Police Athletic League and Department of Community Programs are hosting the annual Halloween parade through downtown Summit on Saturday, October 23 at 2:45 p.m. The parade will begin at 25 Deforest Avenue and continue to the Village Green concluding at 5 p.m.; it will feature a costume contest, games and entertainment, and giveaways.

## OTHER EVENTS

Summit Downtown Inc. is inviting families to a Fall Family Photo booth on Sunday, October 24 from 10 a.m. to 1 p.m. at the Summit Farmers Market, located in the Park and Shop Lot #2 on the corner of Deforest Avenue and Maple Street. Come dressed in costume for a free family photo.

Trick-or-treating in downtown Summit will be held on Friday, October 29 from 2:30 to 4 p.m. Children are invited to trick-or-treat at local businesses with a Halloween sign displayed in the window.

For more information on these events, please visit [summitcommunityprograms.com](http://summitcommunityprograms.com).

THE SUMMIT DEPARTMENT OF COMMUNITY PROGRAMS PRESENTS

## HAUNTED HIKE AT MARTIN'S BROOK PARK

Are you ready to be spooked?  
Join us for a hike along this haunted trail for a Spooktacular time!

**FRIDAY, OCTOBER 15, 2021**  
**RAIN: FRIDAY, OCTOBER 22, 2021**  
**SUGGESTED \$5.00 DONATION AT ENTRY**

6:00-7:00 PM - A "less scary" suitable for younger children  
7:00-8:00 PM - A "super scary" suitable for all ages - this hour will have characters hidden along the trail who will jump out for a spook!

*\*\*Adult supervision MUST accompany any child 4th grade and younger*

**FREE TREATS AND CIDER**

For more information, please contact the Summit Department of Community Programs at 908-277-2932 or email [dgunday@cityofsummit.org](mailto:dgunday@cityofsummit.org)

summit community programs

THE SUMMIT DEPARTMENT OF COMMUNITY PROGRAMS PRESENTS...

## SCREAM ON THE GREEN

JOIN US ON FRIDAY, OCTOBER 29  
RAIN: SATURDAY, OCTOBER 30

**THE NIGHTMARE BEFORE CHRISTMAS**

SUMMIT'S VILLAGE GREEN  
154 DIXON STREET  
SUMMIT, NJ 07901

JOIN US FOR TREATS AND CIDER!

Join us for a Family Dance Party and bonfires beginning at 6:00 PM.  
Movie showing at dusk.

We'll see you on the Green!  
[summitcommunityprograms.com](http://summitcommunityprograms.com) Facebook: [summitcommunityprograms](https://www.facebook.com/summitcommunityprograms) 908-277-2932

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## PAL Halloween Parade

**SATURDAY, OCTOBER 23, 2021**  
**RAIN: SUNDAY, OCTOBER 24, 2021**

LINE UP AT 25 DEFOREST AVENUE AT 2:45 PM  
DEPART FOR VILLAGE GREEN AT 3:00 PM  
JUDGING, GAMES, MUSIC AND FUN UNTIL 4:15 PM  
ANNOUNCEMENT OF WINNERS AT 4:15 PM  
ENTERTAINMENT CONTINUES THROUGH 5:00 PM

Parade Route: Deforest Ave - Blackwood Road - Union Place - Maple Street - Summit's Village Green, 154 Dixon Street

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summit community programs

## NEW PROVIDENCE STREET FAIR – SUN., OCT. 24

The New Providence Street Fair will be held in downtown New Providence on Sunday, October 24, on Springfield Avenue, between South Street and Livingston Avenue, from 10 a.m. – 4 p.m. Hosted by New Providence Business, the fair promises a day of fun for the entire family! The streets will be filled with various exhibits, vendors, and activities.

There will be a special section brimming with all kinds of family fun stuff to do. There will be mechanical kiddie rides, climbing wall, pony rides, petting zoo, face painting, sand art, temporary tattoos and so much more!

There will be live entertainment all day long featuring bands, dancers, karate and more.

This event brings the whole community together. Many of the local merchants and businesses will showcase their shops and offer special sales. Everyone will surely enjoy the wide selection of delicious foods such as empanadas,

sausage and peppers, cheesesteaks, gyros, chicken fingers, French fries, shish ka bobs, specialty grilled cheese sandwiches, crab cakes, fresh squeezed lemonade, Italian ices, kettle corn, zeppoles, fried Oreos and much more!

The event will also offer food from local establishments and a showcase of business community members. Local non-profit organizations will showcase their good works.

There will also be many creative crafters showcasing their hand-crafted works, and merchandise dealers offering lots of great bargains and unique items for all.

The New Providence Business Community is expecting to attract thousands of people from the community and other neighboring towns. Come and enjoy the fun in New Providence!

For additional information contact organizer JC Promotions, [events@jcpromotions.info](mailto:events@jcpromotions.info) or 201-998-1144.

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## UNION COUNTY ANNUAL DAY OF PRAYER - OCT. 6

As the nation continues to reckon with the effects of the COVID-19 pandemic, the seventh annual Union County Day of Prayer will serve as "A Memorial Service to Those in Our Memory" on Oct. 6.

The event will be held at 7 p.m. at Holy Trinity Roman Catholic Church in Westfield and is sponsored by Union County Interfaith Coordinating Council and Community Access Unlimited.

The annual Day of Prayer brings the community and leaders of different faiths together for an evening of music, prayers of unity and reflective readings. UCICC works to build bonds within the interfaith community and promotes the respect, inclusion and welcoming of others at houses of worship.

"We cannot do justice to all of the lives that have been taken from us at the Union County Day of Prayer on Oct. 6th, but we can begin to do so together," said Pastor Carmine Pernini of Zion Evangelical Lutheran Church in Rahway. "We can take a few small steps to appreciate the gift that is the life we have yet to live together by honoring those loved ones, those impossible times we have made it through, and those trials that have forged who we are and will be from this side of the pandemic."

The event includes speakers, musicians and readers representing major Abrahamic and Indian religions; among the performers scheduled are students of the Muslim Community Center of Union County and Eliezer Almonte of Comunidad Cristiana in Elizabeth. Masks are required and attendees will observe social

distancing.

UCICC works closely with Community Access Unlimited to promote accessibility in the local faith community for individuals with developmental disabilities. Past events have included weekly interfaith services and introducing members to different houses of worship in the area.

"Religion and communities of faith are an important part of spiritual life that everyone should have access to regardless of their abilities and needs," said Walter Kalman, associate executive director of Advocacy, Communications and Resource Development at CAU. "We are proud of our continuing partnership with UCICC and the growing community and the teamwork it has fostered."

### ABOUT COMMUNITY ACCESS UNLIMITED

Community Access Unlimited (CAU), celebrating 42 years in 2021, supports people with special needs in achieving real lives in the community. CAU provides support and gives voice to adults and youth who traditionally have little support and no voice in society. CAU helps people with housing, life skills, employment, money management, socialization and civic activities. CAU also supports opportunities for advocacy through training in assertiveness, decision-making and civil rights. CAU currently serves more than 3,000 individuals and families, with the number served growing each year. For more information about CAU and its services, contact us by phone at 908.354.3040, online at [www.caunj.org](http://www.caunj.org) or by mail at 80 West Grand Street, Elizabeth.



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# Local Sports Performance Program Forced to Shut Down Registration

The Fall Grit Athletes Sports Performance Program is now shut down. The Berkeley Heights Based Athlete Performance has no more available spots for their fall program due to high demand from local parents looking for their kids to get an edge. They opted to shut down registration before taking on more kids into the program, even though there were people on the waiting list.

The bright spot is they have begun early registration for their highly anticipated winter program. The winter program has always been the most popular and is also highly likely to be sold out before it even starts. Grit Athlete performance announces the early enrollment of their winter athlete performance training program.

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.

## HAPPY PARENTS TALKING ABOUT THE PHYSICAL AND MENTAL TRANSFORMATION OF THEIR KIDS...

- "When my son started Grit he was quiet, shy, and had some difficulty with movements...Now he is confident in himself, has become more vocal, and is mastering the exercise he struggled with in the past."

- Jen O'Brien, Grit Athlete Parent

- "My son is more disciplined and confident in himself"

- Steve Hughes, Grit Athlete Parent

- "I have watched my children become more confident and vocal."

- Christine Stramandinoli, Grit Athlete Parent

- "His confidence has shot up in the last few months...and has carried forward to the way he approaches other activities like sports and schoolwork. My son is now making his bed daily and exercising every day."

- Catherine Solfaro, Grit Athlete Parent

## GET MORE INFORMATION

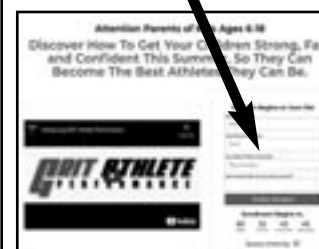
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### STEP 2

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### STEP 3

Coach Mike will call you and set you up



### About Grit Athlete Performance (A Gabriele Fitness Company)

GRIT helps kids ages 6-18 get strong, fast and confident so they can build a bigger and better future. They are located in Berkeley Heights inside Gabriele Fitness. All Grit coaches have been handpicked via a very lengthy interview process by Gabriele Fitness founder, Vince Gabriele. To speak to Coach Mike directly about your child before signing them up call 908-464-4441.

## Winter Athlete Performance Training

Dec 13 - Mar 12

Age Groups

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Please visit

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

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## GOOD HEALTH TO YOU AND WELCOME! YIA SAS AND KALOS ORISTATE!



Photos from this and other events can be found online at [rennamedia.com](http://rennamedia.com) and on the Spirit of Union page on [facebook.com](https://www.facebook.com). Feel free to "Like," "Tag," and "Share."

### *Yia Sas And Kalos Oristate!*

Saint Demetrios Greek Orthodox Church, located at 721 Rahway Ave., Union, NJ, celebrated its 44th annual Greek Festival on September 9-12, 2021. The Annual Festival, which was established in 1985 draws a huge crowd. Patrons of the church bring along their families, and come from throughout Union County as well the tri-state area.

This year's festival represented an important stepping stone in the life of the church. The proceeds are to be used for the enhancement of the church and community center.

An army of church volunteers make this cultural event happen. Visitors stepped into Greece as they experienced family and friends

gathering, and enjoyed a large menu of authentic, home cooked Greek staples, including appetizers, meals, desserts, and Greek beverages including beer, Ouzo, brandy, and coffee. All at reasonable prices. A DJ and band played Greek music. There were games for children, and vendors with Greek nick-nacks, and more.

Under the direction of Father Peter Souritzidis Saint Demetrios Greek Orthodox Church offers families Sunday worship services, Sunday School, Greek School, a library, toddler Mommy & Me classes in Greek, and more.

For more information visit [stdemetriosunion.org](http://stdemetriosunion.org), call 08-964-7957, or visit and experience the beautiful church at 721 Rahway Ave., Union, NJ.



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Give me a call or send me an email and let's talk about how I can help you and your family achieve your financial goals.



# MEMORIAL SERVICE FOR PANDEMIC VICTIMS

Summit Times • Page 15 • October 2021

The Summit community is invited to a memorial gathering to honor those loved ones lost during the pandemic, to be held on Sunday, October 17, 2021 at 5:00 p.m. The event will be held on the lawn of Central Presbyterian Church, 70 Maple Street, just off the Green in Summit.

Several community leaders will speak, including Assemblywoman Nancy Muñoz and Summit Mayor Nora Radest. Attendees will be invited to write the names of their lost loved ones on cards that will be gathered and put in a box to be interred in a memorial garden that is planned for the site of the memorial service. While Central Presbyterian Church is hosting the event, the service will not be a religious one, and people of all faiths (or no faith) are welcome and

encouraged to attend and mourn together as a community.

"Since the beginning of the COVID-19 pandemic 18 months ago, we have not been able to gather as a community to celebrate the lives of those who have died, to grieve together and to offer support to each other. Now is the time for us to gather, putting aside whatever differences we have, to begin to try to acknowledge together all those that we have lost these past 18 months," said Rev. Don Steele of Central Church.

Free parking will be available in the Elm Street municipal parking lot. In the event of rain, the service will move into the church auditorium, where masking will be required by all attendees.

## FIRE PREVENTION WEEK 2021

From Sunday, October 3 to Saturday, October 9, 2021, the Summit Fire Department will join firefighters across the nation in celebrating Fire Prevention Week. The National Fire Prevention Association is focusing on alarm education with its topic this year, "Learn the Sounds of Fire Safety." This message is particularly relevant as fire and carbon monoxide alarms have one of the greatest impacts on keeping homes safe, and people are spending more time at home during the COVID 19 pandemic.

The Summit Fire Department has provided the following safety tips to educate residents on fire and carbon monoxide alarms:

- A continued set of three loud beeps means smoke or fire. Get out and call 9-1-1 .

- A single chirp every 30 or 60 seconds means that the battery is low and needs to be changed.
- Chirping that continues after replacing the battery means that the alarm is at the end of its life and must be replaced.
- A continued set of four loud beeps means that carbon monoxide is present in your home. Go outside and call 9-1-1 immediately.
- Carbon monoxide alarms also have end-of-life sounds that vary by manufacturer, indicating it is time to purchase a new alarm.
- All smoke and carbon monoxide alarms must be replaced every 10 years.

For more information on the Summit Fire Department and its fire safety programs, visit the city website at [cityofsummit.org/fire](http://cityofsummit.org/fire).



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# SUMMIT LIBRARY OCTOBER PROGRAMS

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### TEENS (GRADES 6-12)

#### Comic Book Workshop

Monday, October 18 from 4-5 p.m.

come to the library for a Comic Book Workshop with famed cartoonist GR Lear, founder of Unlimited Wonder Comics. This is a comics making workshop where students learn how they can use the medium of comics to tell their stories regardless of drawing skill level.

Registration is required.

### PROGRAMS FOR ADULTS

#### Explore Your World Program

Friday, October 1 from 10 a.m. - 12 p.m.

Ian Drake returns to the library to present a 3 week Explore Your World program on American Involvement in Foreign Relations. Each week he will concentrate on a different area of the world including Asia, the Middle

East and Europe. This program will be delivered live as well as via Zoom. Registration required. This program is sponsored by the Manley Winsor Memorial Fund.

#### Author Book Discussion

Tuesday, October 5 from 7-8 p.m.

Author Michael Heller discusses his new book *Minel!: How the Hidden Rules of Ownership Control our Lives* via Zoom. Michael is a professor at the Columbia University School of Law and is one of the world's leading authorities on ownership. Registration required.

#### Author Book Discussion

Thursday, October 7 from 7-8:30 p.m.

historian and writer Laura Gellott presents *Helen Perry Curtis: A Summit Story*. Laura will talk about her book, Helen Perry Curtis and the European Trip of a Lifetime, tracing Curtis's life from a Nebraska childhood to Summit, New Jersey and across the European continent in the early decades of the 20th Century. Curtis participated in the reform movements of the era, including women's suffrage and the settlement house. Curtis was a curator at the Newark Museum, director of the State Museum of New

Jersey, and a prolific freelance writer for women's magazines. Registration required.

Live and via Zoom. If you attend the live program, please wear a face mask. This program is co-sponsored by the Summit Free Public Library, the Summit Historical Society, and the Central Presbyterian Church.

#### Lecture on Frida Kahlo

Tuesday, October 12 from 7-8:15 p.m.

come listen to a lecture on Frida Kahlo: *Dreams, Demons, and Devotion*. Frida Kahlo's paintings illustrate the anguish and passion of a fascinating, complicated personal and artistic life. The astonishing works of this Mexican and feminist icon will be looked at through the lens of her ethnicity, disabilities, and political activism, especially emphasizing her engagement with the natural world. Registration required. Live and via Zoom.

#### Performance from vocalist Ellen LaFurn

Sunday, October 17 from 2-3 p.m.

join vocalist Ellen LaFurn. She will offer a selection of classic songs from the American Songbook. Ellen will perform live in the library's Rotunda. The program is made possible, in part, by funds from the Union County Office of Cultural & Heritage Affairs, a partner of the NJ State Council on the Arts.

#### Pandemics in History

Monday, October 18 from 7-8 p.m.

join Dr. Jonathan Engel, a professor at Baruch College, CUNY, for *Pandemics in History: Putting COVID into Context*. We are in the midst of living through a serious and contagious viral outbreak which is changing the way we live our lives. But this outbreak is hardly unique. People have confronted serious contagious disease many times in the past, and have taken steps ranging from quarantine to expulsion to port-closures to forced vaccinations. In this talk, we will explore responses to past infectious outbreaks and lessons which we can draw for the present. Registration required. Live and via Zoom.

#### Business and Entrepreneurs Group

Tuesday, October 19 from 9:30-11:00 a.m.

join fellow entrepreneurs and small business owners for our Small Business and Entrepreneurs Group at the Summit Free Public Library. This is a networking, information sharing and learning group for entrepreneurs, independent contractors, and small business owners (who live or work in Summit and surrounding towns) and people wanting to start their own small business. Whether you're thinking of starting a new business or looking to grow a current business, this is an opportunity to meet, share, learn, and get feedback and encouragement from others who share your interests and goals. Registration required.

#### Great Decisions program

Wednesday, September 20 from 7-8:30 p.m.

our latest Great Decisions program will focus on the Roles of International Organizations in a Global Pandemic. The Covid-19 pandemic has thrust the World Health Organization (WHO) into the limelight, for better and for worse. While some of the Trump administration's criticism of the organization is unfair, the response to the early stages of the pandemic left many experts wanting more from the WHO.

What is the WHO's role in responding to international pandemics? This program is live only. Registration required.

#### Book Talk with Debbie!

Thursday, October 21 from 11 a.m.-12 p.m.

get the inside scoop on what's hot and what's not in new releases and attend Book Talk with Debbie! Librarian and book aficionado Debbie Abrams will present this popular program. Feel free to share your own picks and pans—or just attend and come away with a list of new books to read. This program will be delivered via Zoom. Registration required.

#### American Women Writers

Starting Friday, October 22 from 2-4 p.m.

Professor Robert Comeau will present American Women Writers, a 6-week class that is part of the popular Explore Your World Minicourses for Adults series. Professor Comeau will discuss the works of Sarah Orne Jewett, Kate Chopin, Willa Cather and Toni Morrison. There will be no class on November 26 and December 3. Registration required. Live and via Zoom. For those who attend the live sessions, please wear a face mask. Funded through the Manley Winsor Memorial Fund.

#### Knit a Scarf without Needles

Sunday, October 24 from 2-3:30 p.m.

Marge Barkan will show you how to Knit a Scarf without Needles. All materials will be supplied. Registration required. Live only.

#### Trivia Night

Friday, October 29 from 7-8:30 p.m.

Mary Piekarski will be hosting her popular Trivia Night! G-rated fun for adults.

Registration required. Zoom only.

#### Friends of the Summit Free Public Library Donated Jewelry Sale!

Saturday, October 23 from 10 a.m. - 4 p.m.

and Sunday, October 24 from 1-4 p.m.

the Friends will host their popular jewelry sale! Stay tuned for details.



(above) On Monday, October 18 from 4-5 p.m., come to the library for a Comic Book Workshop with famed cartoonist GR Lear, founder of Unlimited Wonder Comics. This is a comics making workshop where students learn how they can use the medium of comics to tell their stories regardless of drawing skill level. Please wear face masks. Registration is required.

## KOMAL NANKANI TAKES OATH AS VOLUNTEER FOR FOSTER YOUTH

### CASA of Union County

The latest class of community members to step up and train as advocates for Union County foster youth have taken their oath before a Union County Superior Court Judge and are now ready to be matched to their case as the newest volunteers with Court Appointed Special Advocates (CASA) of Union County. Komal Nankani of Summit is among them.

The nonprofit, which began in Union County in 2005, recruits, trains, supports, and supervises volunteers to serve local child-victims removed from their homes due to abuse, neglect or abandonment, and living in foster care. It is the only nonprofit serving as extra eyes and ears for Union County judges hearing youth cases.

Nankani shared, "since a very young age I have felt that helping others is my life's calling. As a CASA volunteer, I'm looking forward to supporting a child and letting them know someone cares for them."

"When I was going through a rough time in my life, I was supported by so many kind and generous people – including strangers. It's my turn now to give back to the community and I am excited," she added.

Superior Court Judge James Hely presided over the swearing-in ceremony via Zoom; once matched to their youth or sibling set, advocates will begin putting their 30 hours of training into practice. Nankani was joined by her fellow classmates Janet Colman of Warren, Karime Herrera and James Walker Jr. of Elizabeth, Mike

Caporaso of Lebanon, Regina O'Connor of Fanwood, and Veronica Gardner of Union.

Volunteers need no special prior background or experience to serve as advocates; each undergoes a thorough training process and is supported by CASA staff. Successful advocates bring with them varied life experiences and professional backgrounds. No matter the age of the youth to whom they are assigned, advocates' commitment to being a consistent presence – many foster youth experience a revolving door of professionals in addition to the separation from family members – and ensuring needs are identified and recommendations are made to the judge and stakeholders, the trajectory of a child's life can be changed for the better.

Upon being court-ordered to a case, the CASA volunteer has access to the youth, foster parents, doctors, caseworkers, therapists, and teachers in order to identify and report to the judge any concerns and needs in order to protect best interests.

The organization remains committed to serving every Union County youth in foster care; to do that, more community volunteers are needed to step up and train as an advocate for a local child-victim who could range from birth to age 21.

Contact Lucia Ifield@casaoofunioncounty.org for details on upcoming information sessions, how to join a training class, and all the ways you can Change a Child's Story.



(above) Komal Nankani of Summit

## PLAN A FREE TRIP TO THE RAPTOR TRUST

The Raptor Trust is a 501(C)3 organization that provides free medical care to thousands of Injured and orphaned wild birds each year. Located at 1390 White Bridge Road, Millington, NJ, The Raptor Trust's outdoor aviary trail is open to the public Tuesday through Sunday from 10 a.m. to 4 p.m. There is no charge and no reservation necessary for general admission at this time, though donations are always appreciated.

The Raptor Trust is also offering private guided tours, virtual programs, and outdoor field trips this fall. You can email [education@theraptortrust.org](mailto:education@theraptortrust.org) with any booking questions or find more information on our website at [TheRaptorTrust.org](http://TheRaptorTrust.org).

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 General Construction      Logs & Stumps  
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 30 YARDS

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We need 30 Ugly Homes with Ugly Kitchens, Bathrooms, Siding, Window, etc., Inside or Outside that need fixing or Remodeling. We will Repair and Remodel them and shoot video for training film and future TV show on Home Remodeling Work.

**Must Sign Release**, for purpose of filming job! This must be a complete remodeling job, not just patch up work. This remodeling is to be specially priced, with compensation going back to the homeowner for a signed release.

**Serious Inquiries Please!**

**CALL 1-800-281-1582**  
 Ask for TV Project Department, for job evaluation and estimate of cost and compensations!

**Tri-State Creations LLC**  
 Lic. #s: NJ-13VH04728900, PA-39104

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 Home Improvement Professionals

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

**908-251-9441**  
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**10% DISCOUNT**  
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# Marketing Toolbox

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

## NEWSPAPER ADVERTS

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

## FULL COLOR PRINTING

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

## DIRECT MAIL

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

## ONLINE MARKETING

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

## SOCIAL MEDIA

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

## WEBSITE AND SEO SERVICES

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

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

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

## RENNA MEDIA NEWSPAPER RATE SHEET

### WE MAIL 135,000 NEWSPAPERS MONTHLY!

Tina Renna 908-418-5586 • [tinareнна@rennamedia.com](mailto:tinareнна@rennamedia.com)

Joe Renna 908-447-1295 • [joerenna@rennamedia.com](mailto:joerenna@rennamedia.com)

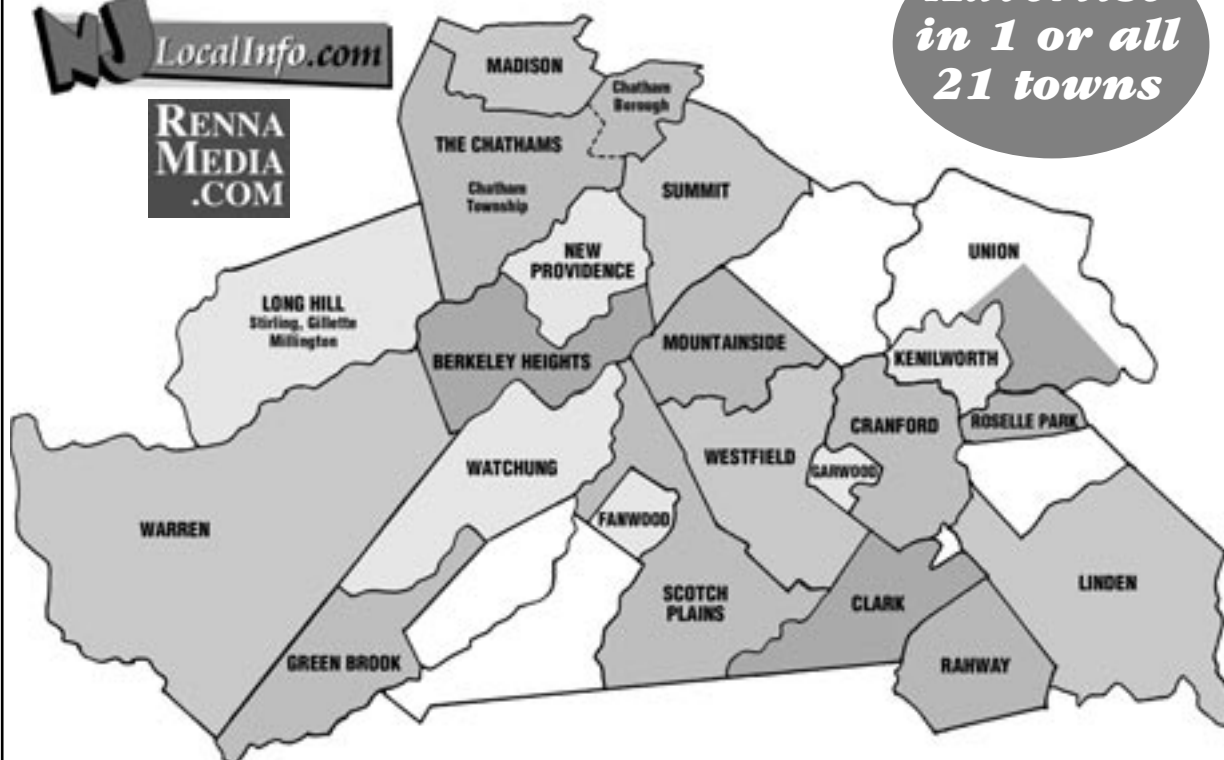
202 Walnut Avenue, Cranford, NJ 07016

Call today for FREE consult on marketing and business plans.

Online at [RennaMedia.com](http://RennaMedia.com)  
and [NJLocalInfo.com](http://NJLocalInfo.com)



Advertise  
in 1 or all  
21 towns



<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: 07037	<b>Green Brook, NJ Gazette</b> Qty: 3,000 Mailed to every home and business. Zip: 08812
<b>BUSINESS + LIFE KENILWORTH</b> NJ Qty: 3,600 Mailed to every home and business. Zip: 07033	<b>NJ LIFE in LINDEN</b> 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. Zips: 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> 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> 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**  
**PREPAY 12 MONTHS AND GET 3 MORE FREE**

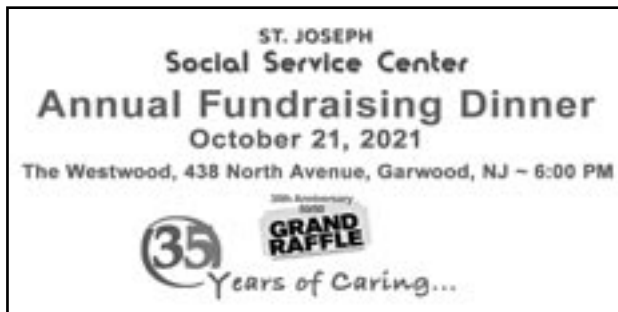
Make Checks payable to Renna Media, 202 Walnut Avenue, Cranford, NJ 07016

# 35TH ANNIVERSARY RAFFLE AND DINNER

St. Joseph Social Service Center

St. Joseph's serves the materially poor and homeless community of greater Elizabeth. The economic fallout from the pandemic has created an unanticipated increase in the demand for basic human needs such as food and medications. We are celebrating 35 years of service to our community, and raising funds to continue our work.

Now, more than ever, we could use the support and participation of the community at our annual fundraising dinner, which will be held on October 21 at 6 p.m., at the Westwood in Garwood, NJ.



## HERE'S HOW TO SUPPORT OUR FUNDRAISER:

**Online:** To purchase dinner tickets, sponsorships, or to donate online, please visit Eventbrite: St. Joseph Social Service Center - 35th Anniversary Raffle and Dinner

**Mail:** To purchase raffle tickets, dinner tickets, sponsorships, or to donate on-line, please visit [www.sjeliz.org](http://www.sjeliz.org). Or call 908-354-5456 if you do not have internet access.

**In Person:** To purchase grand raffle tickets in person, here are the locations: St. Joseph Social Service Center, 118 Division Street, Elizabeth, NJ 07201 - Emy Cruz, 908-354-5456 x3; St. Helen's Parish Center, 1600 Rahway Avenue, Westfield, NJ 07090 - Marilyn Ryan, 908-232-1214 x113.

We hope you'll support us with ticket purchases, sponsorships, and donations and join us at our dinner on October 21. Together, we can satisfy hunger, improve health, and inspire hope in our community!

## 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)



**\$10**  
PER POST

Block of 20 for \$200

Single post is \$20

## WEBSITE AUDIT/ANALYSIS AND RECOMMENDATION PLAN

### • SEE WHAT IS WORKING AND NOT WORKING

Know where your web traffic is coming from and why.

### • ELIMINATE / AVOID COSTLY SCHEMES

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

### • INCREASE ONLINE MARKETING RESULTS

Recommendations include ways to increase traffic to your website

### • NO OBLIGATION

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

**ONE TIME  
FLAT FEE  
\$250**

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

Joe Renna at 908-447-1295

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

## WEBSITE / SEO SERVICES

### • STARTER WEBSITE: \$500

Basic static site that can be developed further

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

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

### • WEBSITE HOSTING: \$300 PER YEAR

Includes website hosting, software updates, monthly website content updates

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

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

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

**STARTER  
WEBSITE  
\$500**

Joe Renna at 908-447-1295

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

## HOLIDAY SPECIAL BUY 1 GET 1 FREE

Offer Expires 10/31/21

**Only \$25!**  
**FREE SHIPPING**

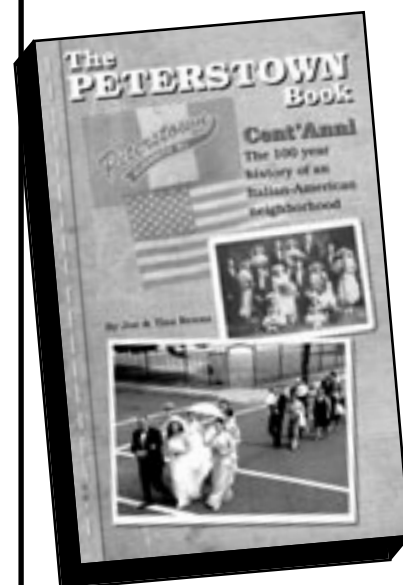


## Peterstown Book

By Joe & Tina Renna

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The 100 year history  
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neighborhood



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# DO YOU OR SOMEONE YOU LOVE SUFFER FROM...WEIGHT CREEP?

"It didn't happen all at once...but since I turned 40, My Weight Has Crept up...Every year...and Covid-19 has been the reality check that this must be stopped." Local Gym reveals the new workout system people in the Berkeley Heights area are using to defy the normal boundaries of gaining weight as they get older...by stopping the slow weight gain creep in its tracks.

If you or a loved one suffer from the frustrating reality that once you turn 40 you've consistently gained weight...and it's gotten to the point where it even stops you from doing the activities you still want to do...then reading this article may be the most important thing you do this year.

It may un-lock the painful mystery of your weight gain and show you a way to get back to the life you deserve...before the slow creep starts to hit the point of no return... A life where you can fit into the clothes you used to fit into before the slow creep occurred. A life where you can wake up in the morning and not take 20 minutes to get out of bed and hit the snooze button 5x because you're exhausted. A life where you can play with your kids without worrying that you're going to run out of gas before they do. A life where you can do and enjoy all the things you see so many others doing and enjoying but your fitness level has kept you watching from the sidelines. ...Basically, a life without the curse of the slow weight gain creep.

Finally, the area leading fitness experts – Gabriele Fitness, the specialists from Berkeley Heights who have already helped 100's of people over the last 13 years with their health and fitness advice – have recently released a new 6-week personal training program that reveals the best-kept secret in Berkeley Heights... How to actually stop the slow weight gain creep without fad diets or workouts that beat up your body.

Weight Gain "Truths" Finally Exposed:

The training program will expose how typical diets and long, and way too intense workout programs are NOT always needed, and how some very simple and easy strategies can be implemented to stop the "creep" in its tracks. In addition, the program is designed to be for people aged 40+ and is perfectly tailored for men and women in this age group.

The 6-week program that launches on October 11th reveals the simple, fast, and easy

ways to combat "weight creep"...and even shows how you can get to the bottom of it fast and naturally...without getting a traditional gym membership where you need to try and figure it out on your own.

This program is perfect if you have any of the following on the horizon... An important wedding you want to look and feel your best for. An upcoming class reunion. A big milestone birthday such as 40, 50, 60, or 70. The birth of a new child that you know will take a ton of energy to keep up with. A career change you need to be at the top of your game for. You're considering retiring and will have more time to be more active but you're nervous about what you'll actually be able to do. You got a recent scolding from your doctor to start working out and eating right...like now. You've realized that your current workout situation is no longer working and you need a change. A vacation to an island is coming up and you want to be beach-ready. You recently ended a long relationship and want to start focusing on yourself.

More: The program also exposes what most personal trainers fail to recommend to people aged 40+ when trying to get back in shape, and reveal for the first time to residents of the Berkeley Heights Area....simple, yet often overlooked routines that help to melt body fat and gain healthy lean muscle... as well as improve posture and energy levels all at the same time.

They're perfect if you're a man or woman aged 40+ and worried about not fitting into the clothes you want...or losing strength and energy at the hands of the "Slow Creep"

Just recently a new client that got started...after they realized they couldn't handle the weight creep any longer reported this...

"It didn't happen all at once...but since I turned 40, My Weight Has Crept up...Every year...and Covid-19 has been the reality check that this must be stopped."

Here's What You'll get when you join this program that starts on October 11.

"Cutting Edge Personal Training": Get 18 Small Group Personal Training Sessions so you always have a coach watching every rep which means you don't need to worry about what to do, how to do it, or if you're doing it right...

"Burn Fat All-Day" Unlimited "Fat Blast" Cardio Sessions so you can finally lose fat and experience all-day energy without coffee, stimulants, or needing a nap.

"Nowhere to Hide" Get Weekly accountability check-ins from your assigned trainer so you can be certain you won't fall off the wagon like most people when they begin an exercise program...which means you'll get better results than you ever have before.

"Eat This Not That" A Simple 6 Week Nutrition Guide so you don't have to feel stressed about what the heck you should be eating...or when you should be eating which means you'll lose fat faster than you ever have before.

"The Gabriele Fitness Guarantee" 100% Results Guaranteed, or your money back. We promise that within your first 45 days you'll drop body fat, get stronger, and feel better... if not, we'll refund every dime back.

If you're currently not working out, or you have a gym membership but you never go...or you've tried every diet under the sun but still have been on this yoyo journey which...in the end has resulted in consistent "weight creep"...

Two Ways to Get Started...Option 1: Request a 100% Free Consultation by calling 908-464-4441 and mentioning this article. Option 2: Get more information on the 6 Week Fitness and Nutrition Program that starts on October 11th by scanning below.



There are just 20 available spots for new members... you will breathe a sigh of relief once you realize how easy it can be to stop "weight creep" and get back feeling amazing again.

101 Five Star Google Reviews Can't Be Wrong. Gabriele Fitness has more social proof that their program works than any gym or personal trainer in the area. A simple google search of "Gabriele Fitness" will bring up 101 five-star ratings of the local gym along with some VERY long reviews from happy clients whose lives have been transformed.

**[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.