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50TH ANNIVERSARY OF THE PAGEANT OF CHAMPIONS

Governor Livingston

High School Highlander Band

The 50th anniversary of the Pageant of Champions was held at Governor Livingston High School On Sunday, October 17, 2021. The show featured 13 high school marching bands. A celebratory fireworks display was at the conclusion where band attendees had an opportunity to reconnect with fellow alumni.

Each year, the Governor Livingston High School Highlander Band honors somebody that has been special to the band and has gone above and beyond to support it. This year, 2 individuals were honored, who sadly passed away in 2021. One of them was a dedicated band parent in the 1980s, Bob Buchanan; and the other, Joseph Fontana, one was a band staff member from 2015-2019.



PAGEANT HONOREES

(above, l-r) Bob Buchanan (1940-2021)
Joseph Fontana (1948-2021)

Pageant Honoree Bob Buchanan, a loyal and faithful band parent who served the Highlander Band and the GLBPO in the 1980s. Described as “the most dedicated band parent around” by fellow parent, Shirley Cino, Bob touched the lives of so many people. He had 2 children in the program: Kathy and Michael. Bob didn’t just say that he would help, Bob said “I’ll do that” or “let me see how I can make that better.” He churned out performance and practice rifles for the color guard from his basement wood shop, maintaining them throughout the seasons. He, and his wife Connie, designed and made protective covers for the percussion and color guard equipment. If there was a younger sibling of a band member who wanted to be in the color guard, Bob would leave an old rifle and flag at their garage door. After one summer, the drum line came back to what looked like new white drums, but they were in fact ones he had re-covered. Although he held many roles in the Band Parent Organization, his favorite was that of chaperone. He loved interacting with the kids and would share his fond memories of the band's first trip to Scotland in 1988 for many years to come. Bob passed away this past year, but his legacy lives on today through his grandson Daniel Bower, a sophomore in the Highlander Band. We gratefully salute Bob and his family at this 50th Annual Pageant of Champions.

Pageant Honoree Joseph Fontana, was a true New Yorker and former Highlander Band staff member who passed away earlier this year after battling a long illness. Joe was a 20-year veteran of the New York City Police Department and after his retirement from the force, served various financial institutions in the New York area. Working at the American Express Tower in the Financial District at “Ground Zero” in lower Manhattan on September 11th, 2001, Joe assisted with the evacuation of his building during the terror attacks. In the aftermath, he returned to the site for several weeks to assist his company and fellow employees in any way he could. Joe was a proud member of the 120th Precinct and 122nd Precinct Lawmen, St. Rocco’s Cadets of Brooklyn, Bill’s Boys Drum Corps of Long Island, a Drum Instructor for Holy Child Royal Centurions Junior Drum Corps of Staten Island, and a longtime member and instructor of the Skyliners Drum and Bugle Corps and Blessed Sacrament Golden Knights. Joseph Fontana is an inductee of the New Jersey Drum Corps Hall of Fame. He served the Highlander Band as Battery Instructor from 2015-2019. He is survived by his longtime loving wife Lois, 2 siblings, and a nephew. He was a classy and talented fellow. We gratefully salute Mr. Joe Fontana and his family at this 50th Annual Pageant of Champions.

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Berkeley Heights News

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VETERANS DAY SERVICE

A service honoring all veterans will be held on Veterans Day, Thursday, November 11 at VFW headquarters, 15 Locust Ave., Berkeley Heights at 11:11 a.m., the time that officially marked the

end of World war I. Everyone is encouraged to attend and take time to pause and remember those who have given the ultimate sacrifice, or risked their lives for us all.

SONS OF UNION VETERANS OF THE CIVIL WAR

Submitted by Christopher D Sands

The Sons of Union Veterans of the Civil War is a fraternal organization dedicated to preserving the history and legacy of those who fought and worked to save the Union. Hereditary membership is available to a male descendant, 14 years of age, who directly descends from a Soldier, Sailor, Marine or member of the Revenue Cutter Service between April 12, 1861 and April 9, 1865.

The General Phil Kearny Camp #20 meets four times a year at the Abraham Clark House in Roselle, NJ. The next scheduled Camp meetings are September 11, and November 13, 2021, all Saturdays at 1 p.m. We support over 20 high schools and 2 universities with the SUVCW ROTC Medal. Our current program is to place signs where Grand Army of the Republic (GAR) posts met in North Jersey.

For more information visit suvchw.org.



(above) Colonel Stephen Harlan is inducted into the General Phil Kearny Camp 320 membership. Chaplain James O'Halloran, Secretary Clark McCullough, and Commander Peter Lindsey conduct the induction.

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Nathan Weiser

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

Thank you Spring Grove for a wonderful and pleasant stay.



Charles Sherrick

★★★★★

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

Thank you Spring Grove.



Chrissy Sloan

★★★★★

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

Thank God for them!

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THE GIFT OF GRATITUDE

Home for Good Dog Rescue

For the family of rescue dog “Tigger”, November is certainly a month to reflect on all they have to be thankful for. As for many families, one year ago, things were quite difficult. That’s when they decided it was time to reach out to Home for Good Dog Rescue (HFGDR) in Berkeley Heights to begin their search for a furry friend to welcome into their family.

“The month of November holds a very special place in our hearts. In a season about gratitude, it was the perfect time for our family to start to heal,” says Amanda Anzellotti, adopter. “My son Jeremiah was 7 years old at the time when Covid turned his world upside-down. I watched as my son slowly became emotionally broken, and it destroyed me.”

It was evident to Jeremiah’s parents that he was struggling with this new unfamiliar isolation. “He went from being a fun and laughing little boy to a quiet, lonely one,” recalls Santos La Salle, Jeremiah’s father.

Jeremiah had always wanted a dog, and like “an answered prayer”, the family attended an adoption event at Home for Good Dog Rescue. “That was the day our lives would change forever,” reminisces Anzellotti.

Sitting in a crate was a handsome little pup happily chewing on a piece of newspaper. Jeremiah spotted him and said, “Mama, that dog’s gonna be my best friend.”

The entire ride home, Jeremiah couldn’t stop smiling, and Anzellotti saw a look on her son’s face that she hadn’t seen in a long time - joy. She knew immediately in her heart that her son would be ok.

“That Thanksgiving, we all had something to

be grateful for and that was HFGDR for helping us get our missing puzzle piece, Tigger,” says La Salle.

The family knew Tigger was a special dog that changed Jeremiah’s life. However, the family could have never imagined that Tigger would later, quite literally, save a life.

Adding to their gratitude list, Anzellotti was in remission from lung cancer at the time of welcoming their new pup into their home. Tigger started nudging her lower back with his snout, and continuously licking and sniffing her skin. She just thought he was being a “goofball” until Jeremiah remembered that his dog book taught him some dogs can sense and smell when something is wrong.

Anzellotti didn’t take it seriously, but the more Tigger focused on that particular area, she became curious. She made an appointment with her doctor and is incredibly thankful she did.

“My kidneys were failing and if I waited a few more days, it would have been catastrophic,” recalls Anzellotti. During her recovery, the family noticed that Tigger could sense when her oxygen levels drop as well. He has since been officially registered as a service dog.

“I could never be more grateful for HFGDR and Tigger. They literally saved my life and gave me my happy little boy back,” says Anzellotti. “Families are sometimes lost and broken, and HFGDR gives the dogs a great life, but benefits the families as well. We could never thank them enough.”

This November, the family is healthy and full of gratitude. Tigger is enjoying Fall with his best friend playing with pumpkins, watching dog videos, and eagerly awaiting his favorite activity, playing in the snow!



(above) Tigger with his family on adoption day, Jeremiah la Salle, Amanda Anzellotti, and Santos La Salle.

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HELP US SAVE A VET - VOLUNTEERS NEEDED

Michael D. Boll, Director
New Jersey Veterans Network

For the last few years the New Jersey Veterans Network and its mobile outreach team has been aggressively seeking out veterans in need and providing them resources to have a better way of life. This is only possible because of our volunteers' commitment and dedication with helping our veteran community. Donations are wonderful and help us purchase food, clothing, medical equipment and other life changing items, however someone's time is what makes an enormous difference.

During our charity's existence, we have provided meals for thousands of veterans and servicemen, dropped off PPE and clothing to veterans, provided medical equipment for disabled veterans, had 30 cars donated to disabled veterans, and most importantly we successfully saved the lives of veterans who were in some type of a dangerous crisis.

Every day we lose approximately 22 veterans to suicide and unfortunately this number hasn't changed over the years. Depression, PTSD and

trauma run extremely high among our veterans and their family members. There are countless lifesaving programs out there for veterans, however it's a difficult task to get veterans to trust others and go get the help they need to live a better life.

The New Jersey Veterans Network also has a program called Operation Rebound that consists of a mobile outreach team that helps to train veterans for events like races, hiking, and other athletic activities. The goal of Operation Rebound is to do athletic events from 5k races to long distance Iron Man competitions in order to empower the veterans and show the public how people can do amazing things with the proper support. It is truly incredible to see the veterans go from no physical activity to completing these tremendous athletic challenges.

Our charity has been able to work alongside other amazing charities that always put veterans first and are capable of rapidly providing them with essential resources. Recently, we formed a veteran anti-suicide and PTSD awareness coalition, called Uniformed Heroes, that will

provide peer support sponsors for any veteran in need. Our peer support sponsors will be trained by the VA and Penn Med and our goal is to have volunteers statewide to help veterans in need.

To make this upcoming Uniformed Heroes campaign successful, we are in desperate need of volunteers from both the veteran and civilian communities. There are numerous events and daily tasks that our charity could use assistance with and we are always looking to have more volunteers willing to help us reach veterans in need.

Our goal is to provide all veterans in need with a peer support sponsor that will do whatever they can to help veterans with obtaining the resources needed to live a better life. This is not an easy thing to do, but the New Jersey Veterans Network has already been able to make a huge difference because of the team's volunteers and its strong partnerships with other charities.

If you are interested in joining the team, please send us an email at NJVN1775@gmail.com and provide your name, email, and phone number. Also, if you have any questions, and concerns please feel free to contact us at 973-332-1556.



(above) Memorial Day Murph Event

Photos by New Jersey Veterans Network



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(above) Knights of Columbus Tank Pull

SANTA CLAUS SHOP PREPARES TO HELP DELIVER A JOYOUS HOLIDAY TO LOCALS IN NEED

The Santa Claus Shop will open its doors once again to area families, providing its 55th consecutive year of complimentary holiday shopping. The shop serves more than 400 low-income families and senior citizens from Summit and other local communities, including New Providence and Berkeley Heights, who are referred by local social services agents..

This year's Santa Claus Shop will be held at St. John's Lutheran Church, 587 Springfield Avenue in Summit. Families will be offered shopping hours by invitation only during the first week of December.

Last year, The Santa Claus Shop had to rethink how the event was run due to the pandemic. The same format will be followed once again this year. Although families cannot shop the way they have in the past, we are still committed to making this experience enjoyable. Gift cards and gifts will be distributed to help families celebrate the holidays. Additionally, holiday baskets will be delivered to local seniors.

The Santa Claus Shop is chaired by Summit

residents, Elaine Chong, Nev DiPetrillo, Celia O'Rourke and Teal Rodriguez and co-chaired by Sarah Fitzsimmons, Kristen Goldman, Kiera Mathey and Katie Mucci. The Santa Claus Shop exists solely on donations and volunteers. With the monetary donations from area residents, local organizations and businesses, the Santa Claus Shop can purchase the gifts that allow less fortunate neighbors to experience the joy of holiday giving without financial burden.

To keep the holiday spirit alive for local residents in need, the Santa Claus Shop chairwomen ask for members of the community to consider giving. Checks can be made payable to SHIP, with Santa Claus Shop noted on the check's memo line, and mailed to the Santa Claus Shop, P.O. Box 119, Summit, NJ 07901. The ability to make an online donation is also available at summitsantaclausshop.com.

If you would like to find out more information, or get involved, please visit our website or follow us on Facebook at Santa Claus Shop - Summit, NJ and Instagram - @santa_claus_shop_summit.



(above l-r) Nev DiPetrillo, Teal Rodriguez, Elaine Chong and Celia O'Rourke

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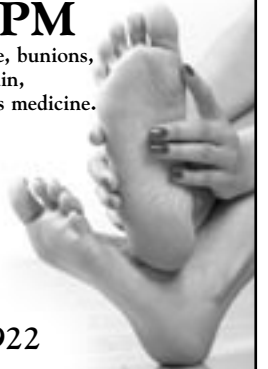
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Why This Former NFL Legend was Forced to Hire a QB Coach for his Son

Retired San Francisco 49ers QB Joe Montana, is arguably one of the greatest NFL players that has ever played football...when his son started playing football it would have made sense for him to help his son learn how to play Quarterback.

But that's not how it went. Joe Montana had to hire a quarterback coach to help his son be a better football player. Here's possibly the greatest NFL QB of all time, needing to hire someone else to help his son. It was not that Joe Montana was not equipped for the job...it was that his son needed a second voice to help him get to the next level.

Many parents who have much less knowledge, experience, and skills than Joe Montana are in the same boat in regards to helping their kids get stronger, faster, and more confident.

Most parents we've come across want their kids to eat healthier, be more active, and have a stronger mindset. But many have told us they need help.

Even with the constant reminders of telling their kids to eat more vegetables, get outside instead of watching TV, practice their sport more, get to bed earlier...they find that sometimes the message falls on deaf ears...and some backup would be helpful toward their vision of helping their kid be the best they can be.

Parents have told us that having us(the Grit Athlete Performance Coaches) as a second voice to help reinforce the habits they want for their kids...is changing the game.

Further...Our Grit Athlete Founder has over 20 years experience with training athletes himself...and certainly knows a LOT more about getting stronger and faster than the average parent...But has all 3 of his children(9,8 and 6) enrolled in Grit year round....because he knows the power of that second voice.

And after they come through our program, parents tell how it's turbocharging their parenting. Here are some real-life examples that have been reported...

Before, parents struggled with getting kids to eat vegetables...now their kids are asking for more.

Before, parents struggled with getting their kids to get enough sleep....now their kids are getting to bed earlier on their own.

Before, parents struggled with getting their kids to watch less TV or play video games...now they are limiting these activities because they've learned they don't really help them become better athletes.

Before, parents struggled with helping their kids have more confidence...now their kids are doing things out of their comfort zone more often which is helping them believe in themselves which further improves self-esteem.

Before, parents had no clue how to help their kid get faster...now they are faster because they've learned that speed is a skill, and a few simple tweaks can make a kid faster immediately.

Before, parents could not get their kids to make their beds...now their kid makes their

bed each morning on their own because they learned that making their bed in the morning helps them have a better day.

Before, parents struggled with getting their kids to do even one good push-up...now they catch them in their room practicing on their own.

Before, parents wanted their kids to have more determination and grit when training new things...now they are staying calm under pressure and seeking out challenges instead of avoiding them.

Many times it's not about telling your kid to eat more vegetables or stop watching TV...but rather finding the right environment for them to be more successful.

Right in your backyard, there's a team of great coaches waiting to be second voices for your kids...so that all the things you're teaching as parents will be reinforced. But most importantly, the results you're after for your kids will actually become a reality. The Grit Athlete winter Sports Performance session starts on December 13th in Berkeley Heights NJ, visit www.gritathletes.com to fill out an application for your child.

Grit Athlete Performance is a Sports Performance Training Company located in Berkeley Heights that helps kids ages 6-18 get strong, fast, and confident so they can have a bigger and better future. They have just released the dates for their winter program that starts on December 3rd. Visit www.gritathletes.com to register for their winter session...or see below for more details...

Want The Grit Athlete Performance Coaches to be your Second Voice?

THE GRIT ATHLETE WINTER SESSION FOR KIDS AGES 6-18

DATE: DEC 13 - MAR 12 • LOCATION: GRIT SPORTS PERFORMANCE COMPLEX

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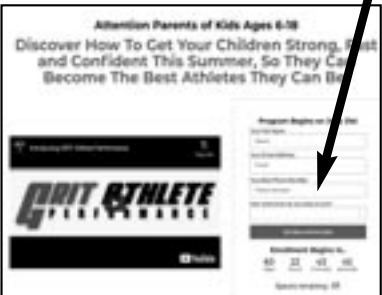
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STEP 2

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STEP 3

Coach Mike will call you and set you up



Warning: The Winter session is the most popular session of the year and always sells out before it starts. We strongly encourage you to scan the QR code today and enter your information to make sure your child doesn't get locked out of the winter session.

Attention Parents of Kids Ages 6-18

HUGE ANNOUNCEMENT...THE GRIT ATHLETE PERFORMANCE WINTER PROGRAM IS NOW ACCEPTING APPLICATIONS

Give us 12 weeks with your kids and we'll have them stronger, faster, and more confident...guaranteed.

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

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

Please take a look at 2 new online resources available on the Research Databases page of the library's website: 1. AtoZ Maps Online - world, country, US & special maps plus flags of the world and more 2. Global Road Warrior - country overviews & facts useful for travelers or students.

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, 11/9 at 10:30 a.m.

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

Make or Take Crafts

Sit and make crafts at the craft table or take home the materials & instructions; available during open hours.

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

ADULT PROGRAMS:

Online Book Group

Friday, 11/5/21 at 10:30 am

Tuesday, 11/9/21 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 November is *The Last Romantics*: a novel by Tara Conklin.

*If you are new to hoopla, go to hoopladigital.com and select GET STARTED TODAY. You will need a valid BH library card #, 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 for questions about the book group or for help with BHPL's online resources.

SEA SCOUT EARNS COUNCIL LEADERSHIP AWARD

Sebastián Heredia has been awarded the 2021 Patriots' Path Sea Scout Leadership Award. Sebastián is a Sea Scout from Ship 228 in Linden and he is an Eagle Scout from Troop 67 of St. Teresa of Avila Catholic Church in Summit.

Sebastián discovered Sea Scouting in 2017 and has been dual enrolled in Ship 228 and Troop 67 ever since. In 2019, Sebastián was nominated Sea Scout of the Year and he was the only Sea Scout from Patriots' Path Council to attend the World Scout Jamboree in West Virginia as a member of the National Sea Scout Ship. At the World Scout Jamboree, 40,00 Scouts and leaders participated from all over the world.

Sebastián earned his Eagle rank in 2019 and later earned the Silver Palm award. He is a Brotherhood member of the Order of the Arrow. Sebastián graduated from Summit High School in 2020 and went on to become an EMT. He is a member of the Summit Volunteer First Aid Squad.

Currently, Sebastián serves as the Patriots' Path Council Boatswain. In 2021, he carried out a successful regional, virtual training program and was selected for this Area Leadership Award. He was also selected to attend SEAL this summer: the Sea Scout Advanced Leadership Training in San Francisco, California. SEAL Training is the highest leadership training for Sea Scouts. He is working to earn the rank of Quartermaster which is Sea Scouting's highest honor.

Sebastián is accepted to SUNY Maritime College and will enter the Regiment of Cadets in



(above) Sebastián Heredia

August. His goal is to obtain a United States Coast Guard deck license and a degree in Maritime Transportation. His future plans hope to include military service. He is grateful for all of the opportunities that have been granted to him through Scouting.

Sea Scouting is open to both male and female youth ages 14-21 who have graduated the 8th grade. There is a Maritime Explorer Club for younger youth in 6th to 8th grade. Adult volunteers with maritime experience or captain's licenses are needed too. If you are interested in learning more about Sea Scouting and Ship 228 in Linden please visit ship228.com.

PLAN A TRIP TO THE RAPTOR TRUST – IT'S FREE

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 with any booking questions or find more information on our website at TheRaptorTrust.org.

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MEMORY OF CAITLIN NELSON HONORED DURING CELEBRATION OF LIFE

NJ Sharing Network

On September 12, thousands of walkers, runners and volunteers participated in NJ Sharing Network's 5K Celebration of Life Walk and USATF Certified Race at the organization's headquarters in New Providence, NJ. The event, which was presented by Hackensack Meridian Health and Pfizer and supported by dozens of other generous sponsors, honored those who gave the gift of organ and tissue, paid tribute to those who have received a transplant, offered hope to those currently waiting for a transplant and remembered the lives lost while waiting for the gift of life.

Family members and friends of the late Caitlin Nelson, 20, of Clark, NJ, gathered together to form the "Caitlin Gives" 5K team to honor her memory and show their support for NJ Sharing Network's life-saving mission. Caitlin, who tragically passed away in 2017, was an organ and tissue donor who saved and enhanced the lives of many others. Caitlin was a social work student hoping to be a pediatric oncology social worker and she was also a huge proponent of organ donation. At one time prior to her tragic accident, Caitlin told her mother to donate her organs if anything ever happened to her because she said

someone could use them. Members of "Caitlin Gives" offered the following message during the 5K Celebration of Life:

Caitlin was a selfless, loving, amazing, warm-hearted girl who was one month shy of celebrating her 21st birthday when she tragically passed away. Her passion for life and devotion to helping others was remarkable.

Caitlin's brilliant smile had this way of lighting up a room. She had an incredible, dazzling charm and a sweet, warm personality. She was a fervent supporter of organ donation and strongly encouraged her family and friends to sign up to become organ donors. Caitlin gave the gift of life by donating her heart, lungs, kidneys, pancreas, and liver. She also donated over 200 bone and tissue grafts. Her gifts have already helped 50 people.

Our angel baby accomplished so much and touched so many lives in her 20 years. As a daughter, sister, girlfriend, cousin, friend, and niece, Caitlin will be missed terribly but will live on in our minds and hearts.

ABOUT NJ SHARING NETWORK

Dedicated to saving lives through organ and tissue donation, NJ Sharing Network is the non-profit organization responsible for the recovery

and placement of donated organs and tissue for the nearly 4,000 New Jersey residents waiting for a life-saving transplant. With headquarters in New Providence, NJ, the organization, selected by NJBIZ as one of the state's "Best Places to Work" for the fourth consecutive year, is also part of the national recovery system, serving the 110,000 people on the national waiting list.

To learn more, get involved and register as an organ and tissue donor, visit www.NJSharingNetwork.org.



(above) Caitlin Nelson gave the gift of life by donating her heart, lungs, kidneys, pancreas, and liver. She also donated over 200 bone and tissue grafts. Her gifts have already helped 50 people.



(above) Family members and friends of the late Caitlin Nelson, 20, of Clark, NJ, gathered together to form the "Caitlin Gives" 5K team to honor her memory and show their support for NJ Sharing Network's life-saving mission

Photos by NJ Sharing Network

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PBA # 144 HOSTED A TRUNK OR TREAT ON SATURDAY, OCT. 23RD.

Photos from this and other events can be found online at rennamedia.com and on Berkeley Heights News page on facebook.com. Feel free to "Like," "Tag," and "Share."



FALL FAMILY FUN DAY

The Berkeley Heights Volunteer Rescue Squad held a free Fall Family Fun Day on Saturday, October 2, 2021. Families were invited to enjoy

the beginning of the fall season with games, Scream Ice Cream Truck, music, arts and crafts, and gift card giveaways.

Photos from this and other events can be found online at rennamedia.com and on Berkeley Heights News page on facebook.com. Feel free to "Like," "Tag," and "Share."



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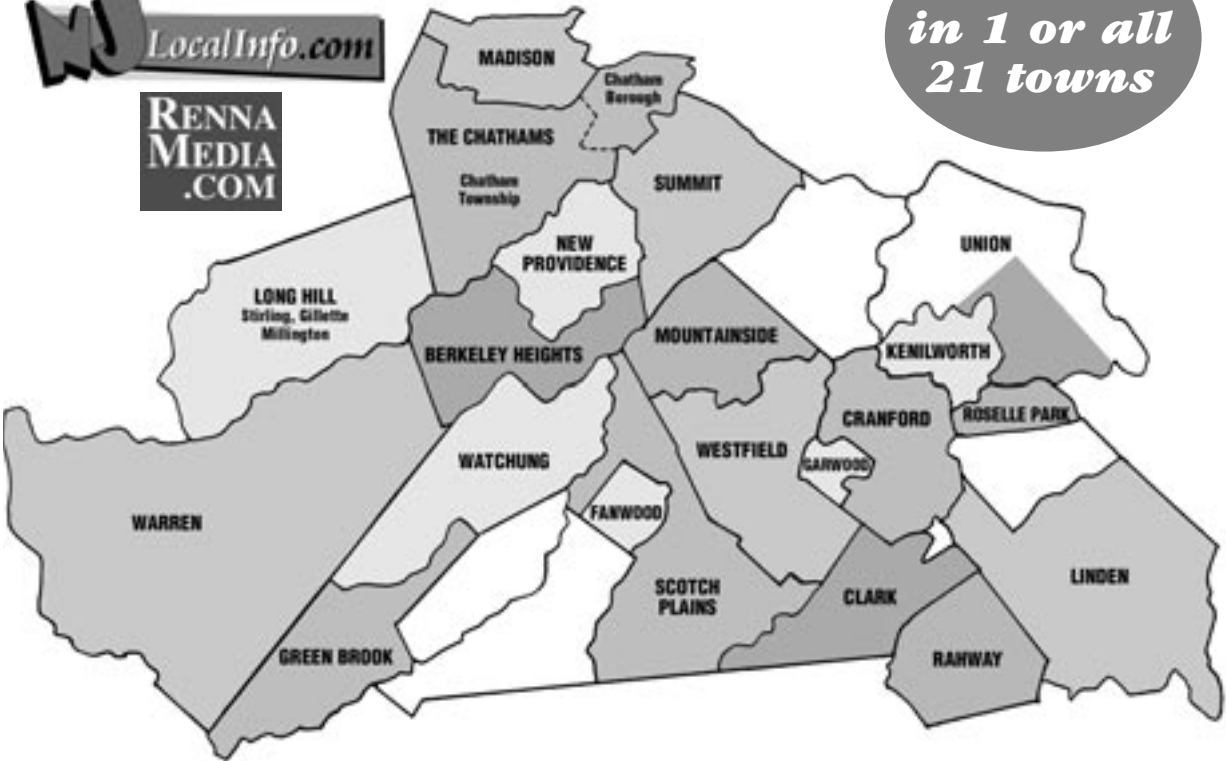
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Units	Size	RATE FOR ANY 1 NEWSPAPER	RATE FOR ANY 3 NEWSPAPERS	RATE FOR ANY 6 NEWSPAPERS	RATE FOR ANY 9 NEWSPAPERS	RATE FOR ANY 12 NEWSPAPERS	RATE FOR ANY 15 NEWSPAPERS	RATE FOR ANY 18 NEWSPAPERS	RATE FOR ALL 21 NEWSPAPERS
1 Unit (Business card)	3.25" 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							

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Leaves should be put curbside before the date of your leaf pickup is scheduled in your section. We will be picking up each section twice during the leaf season. Please make every effort to stick to the posted schedule. There will be limited time to return to a section during unscheduled dates.

Please put leaves in paper biodegradable bags neatly stacked curb side. DO NOT block catch basins or sidewalks. Please DO NOT include anything other than leaves in the bags. Bags with anything other than leaves will be rejected and left for your disposal.

Please DO NOT stack leaf bags on your driveway since these will also be rejected. BHDPW will not go on your driveway to pick up

leaf bags.

To find which Section your street is on, please go to: <http://www.berkeleyheights.gov/sections>

If you live on a County Road, the County will pick up your leaf bags on or about:

County Road	1st Pickup	2nd Pickup
Diamond Hill Road	Nov. 1	Dec. 1
Mc Mane Avenue	Nov. 1	Dec. 1
Valley Road	Nov. 1	Dec. 1
Glenside Avenue	Nov. 1	Dec. 1
Mountain Avenue	Nov. 1	Dec. 3
Horseshoe Road	Nov. 1	Dec. 3
Bonnie Burn Road	Nov. 1	Dec. 3
Plainfield Avenue	Nov. 1	Dec. 3
Springfield Avenue	Nov. 3	Dec. 6

2021 FALL LEAF COLLECTION DATES

Section	1 st pickup	2 nd pickup
Section 1	Oct. 18-22	Nov. 22-26
Section 2	Oct. 25-29	Nov. 29-Dec 3
Section 3	Nov. 1-5	Dec. 6-10
Section 4	Nov. 8-12	Dec. 13-17
Section 5	Nov. 15-19	Dec. 20-24



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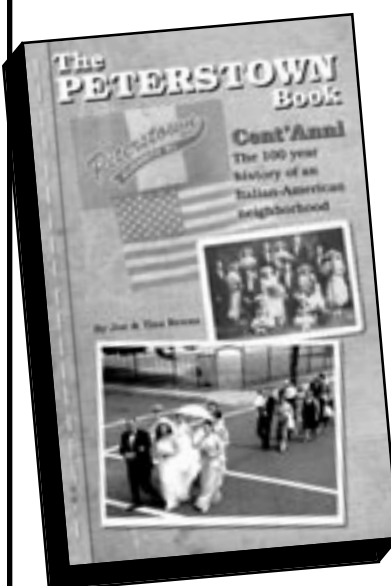


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DO YOU OR SOMEONE YOU LOVE SUFFER FROM...WEIGHT CREEP?

"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 November 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 November 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 November 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

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.