

# New Providence NEWS

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## Holiday Dreams Do Come True



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## 40TH ANNUAL SCOUTING FOR FOOD GOES HYBRID

### NON-PERISHABLE ITEMS AND FINANCIAL DONATIONS WELCOME FOR 2021 FOOD DRIVE

In another sign of things getting closer to “normal,” New Providence’s Boy Scouts and Cub Scouts are hosting their annual Scouting for Food project. However, due to the ongoing COVID-19 pandemic, things will be modified for this 40th Annual event, as Scouting for Food 2021 goes hybrid!

Unlike last year, where collecting, sorting, and packing food items was too unsafe, this year, the Scouts (Boy Scout Troops 1 and 63 and Cub Scout Packs 263, 363, and 99) will collect non-perishable food items from New Providence homes on Saturday, November 6, while also suggesting that neighbors send in financial contributions.

Residents can support the two charities which benefit from the annual Scouting for Food Drive--the Community Service Association of New Providence (CSA) and the Star Fish Food Pantry, both 501(c)(3) non-profit organizations--by sending in checks or making donations through Venmo and PayPal.

Each year, the Scouts collect around \$50,000 worth of non-perishable items. This year, CSA will purchase food for New Providence families in financial need, and Star Fish Food Pantry will purchase needed food items in bulk with the contributions received.

### HOW TO PARTICIPATE IN SCOUTING FOR FOOD 2021:

(Preferred method) Venmo a donation to @Scouting4food. Money collected will be used to purchase food for NP neighbors in need and the local food pantry. This allows the CSA and food pantries to purchase exactly what is needed.

New Providence residents can place non-perishable food items in their own grocery bag on their front porches on SATURDAY, NOVEMBER 6 by 8:00 am. The Scouts will collect the food bags from 9am-2pm that day. Please note, the Scouts will NOT be delivering paper bags this year.

Donate via PayPal from the CSA’s website or Facebook page: [www.CSAnewprovidence.org](http://www.CSAnewprovidence.org) or <http://www.facebook.com/CSAnewProvidence>



(above) New Providence Boy Scouts collected donations at the 2020 Scouting for Food Drive.

Photo by Jennifer Niederhoffer

or send a check to: Community Service Association of New Providence 360 Elkwood Ave. New Providence, NJ 07974 (check memo - Scouting for Food). CSA will use these funds to supply groceries to New Providence residents in need.

Donate via the Star Fish Food Pantry website: <https://www.starfishplainfield.org/contact-us-or-donate.php> or mail a check to Star Fish Food Pantry, P.O. Box 2822, Plainfield, NJ 07062, check memo - Scouting for Food NP.

New Providence’s Boy and Cub Scouts thank the community once again for its ongoing generosity and for helping neighbors in this unique way during another challenging year. As the global health pandemic continues to cause economic strife, there are more local families/individuals in need in New Providence and beyond than ever before. Please contact the Community Service Association of New Providence at (908) 665-8254 for more information or if you are in need of its assistance.

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## New Providence NEWS

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New Providence News is published by Renna Media. 5,100 newspapers are printed monthly and mailed to every business and resident in New Providence.

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### SEND US YOUR NEWS

Do you have a community service that you need help publicizing? Did you or someone you know accomplish something amazing? We are interested in hearing about your latest achievement (accomplishment, honor, award, etc.). Then send us your news!

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New Providence News

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## COOKIE WALK RETURNS – DEC. 11

New Providence American Legion Post 433 is happy to announce their annual Cookie Walk fundraiser is back. Due to COVID restrictions, Post 433 was not able to host their very popular cookie walk last year. “We are excited to be back,” states Debbi Piccorale (A.L.V.I.S.), “we missed everyone last year.”

Our annual event will be held on Saturday, December 11 from 11:00 a.m. until the cookies run out. Santa will be there to greet the little ones. It’s a fun day and a great way to start the holidays.

We are looking for bakers. You can drop cookies off at the Legion located at 357 Elkwood Avenue (next to the library) on Friday, December 10 from 5:00 p.m. to 9:00 p.m. Cookies must be in disposable foil or plastic trays with clear fitted plastic lids. We cannot accept cookies in tins or trays with plastic wrap.

A few changes for this year will help us comply with safety protocols. Masks must be worn to enter.

We can’t wait to see you all there. Thank you for your support over the years.



(above) The 2019 Cookie Walk raised \$2,250 for building improvements. The next walk will be held Dec. 11, at 11 a.m.

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**U.S. News**

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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.

Thank God for them!

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## Can You Spare a Few?



**This is our 3rd year raising funds for METAVivor. This year's goal is \$1000!**

Our team members' families are dealing with breast cancer, so this cause continues to be close to our hearts. **We hope you will help by sparing a few dollars or a few minutes to share the campaign.** Thank you for your generosity!

Please visit [www.GoFundMe.com/SRBreastCancerCure](http://www.GoFundMe.com/SRBreastCancerCure) to contribute.

## Recent New Providence Home Sales

Contact us for the FULL LIST!

ADDRESS	BEDS	BATHS	GARAGE	LIST PRICE	SALE PRICE	DOM
60 Colonial Way	5	3.2	2	\$1,169,000	\$1,160,000	41
87 Passaic St	5	4.1	2	\$1,155,000	\$1,150,000	26
40 Grove Ter	4	3.1	2	\$1,030,000	\$999,000	87
19 Brookside Dr	4	2.1	1	\$840,000	\$845,000	9
34 Newcomb Dr	4	3.1	1	\$799,000	\$831,000	34
51 Commonwealth Ave	4	3.0	1	\$764,000	\$764,000	48
52 Possum Way	4	2.1	2	\$699,000	\$740,000	8
267 Southgate Rd	4	2.1	2	\$669,000	\$660,000	30
20 Valentine Rd	3	2.0	2	\$599,000	\$651,000	13
64 Clinton Ave	3	1.0	1	\$600,000	\$621,000	15
156 Bradford St	3	2.0	1	\$599,000	\$605,000	19

Source: GSMLS, select properties sold 9/20/2021-10/20/2021



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## SEA SCOUT FROM SUMMIT EARNS COUNCIL LEADERSHIP AWARD



(above) Sebastián Heredia has been awarded the 2021 Patriots' Path Sea Scout 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 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.

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](http://ship228.com).

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(above) New Providence EMS was recently honored by Overlook Medical Center.

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## NEW PROVIDENCE BASSIST PERFORMED WITH BAKER STREET TRIO



(above, l-r) Ryoma Takenaga, while a student at Jazz House Kids, with his hero, Christian McBride.

Photo by Elinor Takenaga



(above, l-r) Ryoma Takenaga, Ben Collins-Siegel, and Ben Schwartz.

Photo by Adam Siegel

The future of jazz was on display Thursday, October 21, when the Baker Street Trio performed at the New Jersey Jazz Society's Virtual Social.

Members of the trio are: bassist Ryoma Takenaga of New Providence and Ben Collins-Siegel and drummer Ben Schwartz of Maplewood. Takenaga attends the Academy for Information Technology in Scotch Plains. He started playing with Collins-Siegel and Schwartz while in Montclair's Jazz House Kids program, and they formed the trio in the fall of 2020. On September 25, they played at one of the street stages during the Montclair Jazz Festival's Grand Finale, and on Friday, October 22, they were the opening act for guitarists Bernie Williams and Gil Parris at Maplewood's The Woodland.

Takenaga, along with Collins-Siegel, was an Outstanding Soloist at the 12th annual Charles Mingus Festival & High School Competition at the New School of Jazz and Jazz Standard in New York City in 2020. This past summer, he was accepted into the Carnegie Hall NYO Jazz Orchestra.

He began playing upright bass at the age of nine and started focusing on jazz at around the same age. Takenaga was inspired, he told Jersey Jazz Magazine in May 2020, by "the important role the bass plays in a jazz band. The bassist is responsible for solidifying the groove, keeping time, and creating harmony at the same time." His hero is bassist Christian McBride. "I have

been fortunate enough to meet him and talk to him on several occasions," he added. "Everything from his soloing style to his large and full sound had made an impression on me."

Playing with the Carnegie Hall NYO Jazz Orchestra was a "dream come true" Takenaga told Jersey Jazz in May 2021. "It's a rare opportunity to be in residence with and play music with the best young musicians in the country," he said, "while, at the same time, receiving music instruction from excellent jazz musicians and educators."

The Baker Street Trio was joined in the NJJS Virtual Social by special guest and host, alto saxophonist Alex Laurenzi, a Jazz House Kids graduate who is now on staff. Laurenzi is a 2020 graduate of Princeton University who grew up in Mountain Lakes. He has performed with several leading jazz artists including bassist Christian McBride, trumpeter Wynton Marsalis, and alto saxophonist David Sanborn.

The October 21st Social was streamed at 7 p.m. on the njjs.org website as well as on the NJJS Facebook page and YouTube channel. It continues to be available for viewing on the NJJS YouTube channel. There is no charge for viewing, but donations to the NJ Jazz Society are encouraged.

Funding for the NJJS Socials has been made possible in part by Morris Arts through the New Jersey State Council on the Arts/ Department of State, a partner agency of the National Endowment for the Arts.

## BAND SEEKS NEW MEMBERS

The Township of Union Municipal Band is back and is seeking new members to join the band! "Musicians of all ages are welcome," says director Howard Toplansky. "If you are a high school musician looking for extra practice or a retired professional who wants to get back into music, the municipal band is a perfect fit." The band is looking for new members who play any instrument. Out of towners are welcome.

The Township of Union Municipal Band

rehearses on Monday evenings at Hannah Caldwell School. The band performs ten concerts throughout the year, including special concerts at Ehrhart Gardens and Putnam Manor.

Mr. Toplansky believes the municipal band contributes to the culture of the township, sharing that "it is one of Union's oldest traditions."

Musicians who are interested in joining the band should contact the Township of Union Recreation Department at 908-686-4200.

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Masks and social distancing required.

# 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](http://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](http://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

(Located inside Gabriele Fitness in Berkeley Heights)

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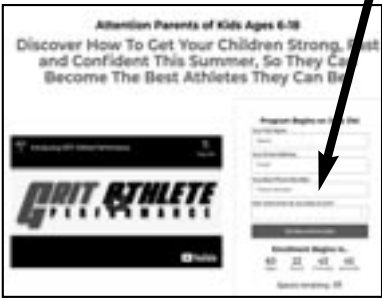
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### STEP 2

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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."

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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



(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.

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](http://www.NJSharingNetwork.org).



(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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## EYEMOBILE FREE VISION SCREENINGS – NOV. 6TH

Helen Keller challenged the first Lions Clubs to be “Knights of the Blind” in 1925. Lions Clubs all over the US help thousands of people have access to vision screenings and care. In that tradition, the Lions Clubs of New Providence and Summit are bringing free vision screenings for adults and children to the area on November 6th, 2021.

Vision screenings take about 5 minutes, and will be offered on a first-come, first-served basis. Recipients of screenings will get a written report with their results that can be taken to a vision professional for follow-up, if needed. Potential resources to help pay for glasses or further vision care will be shared with those attending the screenings. There is no charge for the vision screening itself.

The EyeMobile will be in New Providence first, with screenings offered from 10 a.m. to Noon. It will be parked at Faith Lutheran Church, at the corner of South Street and Mountain Avenue. The EyeMobile will then move to Summit, and offer screenings from 1 - 3 p.m., while parked at 12 Chestnut Avenue.

The Lions Clubs are grateful for the community partnership of Faith Lutheran Church in New Providence and the Vito A. Gallo Senior Building in Summit for donating the use of their facilities for the comfort of residents waiting for vision screenings. There is ample free parking at both locations.

## 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](http://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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## Dinovember - ALL MONTH LONG!

November 1- 30

November is Dinovember! All month long we'll celebrate with special things to do in the Children's room like small crafts & activities!

### DIY Neon Signs (Teens)

November 2 @ 3:30 - 4:30 PM

Join us on the front lawn for a fun craft. We'll make DIY Neon Signs to help light up these dark evenings and give a personalized glow to your favorite space! Supplies are limited, so registration is required. Email to sign up. Open to students in grades 6-12. Weather permitting.

### Storytime on the Lawn (Kids)

November 4 @ 10 AM

Join Ms. Cathy on the front lawn for outdoor storytime. We'll read stories, do some rhymes and learn sign language! Email to register. Masks required for children ages 5 + and adults.

### Book Group (Adults)

November 4 @ 7:30 PM

The book group will discuss Roz Chast's graphic memoir "Can't We Talk About Something More Pleasant?" To join the book group, email. Copies of the book are available to check out one month before the meeting.

### Dinosaur Storytime on the Lawn (Kids)

November 5 @ 11 AM

Join Ms. Sam for this special storytime celebrating all things dinosaurs! Email to register. Masks required for children ages 5 + and adults. This storytime will be recorded in case of inclement weather.

### Tech Tips: How to Use the

### NP Library Online Catalog (All Ages)

November 5 @ 12:00 PM

NPML Tech Tips is a Video Tutorial program performed and produced by Armin, a New Providence Teen Volunteer. Each month, Armin shares lessons on how to utilize technology, from smartphones to computers. These videos can be accessed from the Library's YouTube channel [youtube.com/c/newprovlibrary](https://youtube.com/c/newprovlibrary)

### Instant Pot Tailgate (Adults)

November 6 @ 10 AM - noon

Leslie and Randy Corey will demonstrate making seasonal tailgating favorites. Join the tailgate and bring your own chair for lots of fun and delicious food. Samples for all tailgaters! Space is limited and registration is required. Limit 2 per household. Email to register..

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

November 8-12 @ 3:00 PM

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

### Virtual Club Phoenix (Kids)

November 8 @ 3:30 PM

In this program kids will learn about science, engineering, and logical thinking. Watch a variety of cool science experiments! Run by teen volunteers. Videos will be posted once a month on the library's YouTube channel: [youtube.com/c/newprovlibrary](https://youtube.com/c/newprovlibrary)

## Baseball Discussion Group (All Ages)

November 8 @ 7 PM- 9 PM

You're invited to discuss baseball teams, players and issues of the sport with other baseball fans over zoom. To join the baseball group, email the library.

### Storytime on the Lawn for 4, 5, 6 Yr Olds (Kids)

November 9 @ 11:30 AM

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

### How to Reduce College Costs (Teens & Adults)

November 10 @ 7:00 PM

Strategies You Need to Know This online workshop from My College Planning Team introduces little-known financial strategies to reduce college costs, improve admissions chances, and increase scholarship opportunities. Learn income, asset, and borrowing tools as well as the new FAFSA rules.

### A WASP Takes Wing: Women Airforce Service Pilots of World War II (Adults)

November 11 @ 7 PM

First-person history interpreter Carol Simon Levin tells the story of the WASPs through the eyes of Ann Baumgartner Carl, the only American woman to test-fly experimental planes during the war, and the first American woman to fly a jet airplane! This program is virtual. To register, email or get the link at [newprovidencelibrary.org](http://newprovidencelibrary.org).

### Take Home Craft (Kids)

November 15-19 (or while supplies last)

Pick up this month's take home craft in the library lobby! Kits are first come, first serve and while supplies last.

### Virtual Origami Club (Kids)

November 15 @ 3:30 PM

Learn all about origami and how to make your own creations right at home! This program is run by teen volunteers. For children in grades 3-4. Email to receive your origami kit and the link to the YouTube instructional video.

### Book Lovers: Great Gift Books (Adults)

November 16 @ 10:30 - 11:30 AM

Reader's advisor librarian Susan Lipstein will preview ten books that would make great gifts for adults. The library's book club will attend this in lieu of their normal monthly meeting.

Masks are required. Email to register.

### Storytime on the Lawn (Kids)

November 16 @ 3:30 PM

Join Ms. Debbie on the front lawn for outdoor storytime. Email [npmlchildrens@gmail.com](mailto:npmlchildrens@gmail.com) to register. Masks required for ages 5 + and adults.

### Highly Selective College Admissions (High School students)

November 16 @ 5:30 PM

How do students who get accepted to the Ivy Leagues, Stanford, Tufts and the rest of the nation's most selective colleges set themselves apart from the rest of the applicant pool? Email to register for this free webinar.

## Storytime on the Lawn

November 17 @ 10 AM

Join Ms. Sam on the front lawn for storytime. Email to register. Masks required for ages 5 +.

### Knitting/Crocheting Group

November 18 @ 7 PM - 8:30 PM

Bring your latest knitting or crocheting project (or any needle or textile art) to work on while you chat with other knitters and crocheters.

Masks must be worn by all attendees.

### Add to the NPML Teens Gratitude Tree (Teens)

November 18-December 10

Come into the NP Library any day Nov 18-Dec 10 and add to our Gratitude Tree. It's simple: just grab a paper leaf and write down what you are grateful for. We'll post the collection of entries via social media mid-December.

### Tech Tips: How to Add Google Chrome Bookmarks and Extensions (All Ages)

November 26 @ 12:00 PM

NPML Tech Tips is a Video Tutorial program performed and produced by Armin, a New Providence Teen Volunteer. These videos can be accessed from the Library's YouTube channel at any time. [youtube.com/c/newprovlibrary](https://youtube.com/c/newprovlibrary)

### Signup for December Teen Take Out boxes (Teens)

November 29 @ 3:00PM

Teen Take Out is a monthly box of fun for NP teens in grades 6-12 with a current NPML library card. Use our Google form to sign up for the Dec box on Nov 29.



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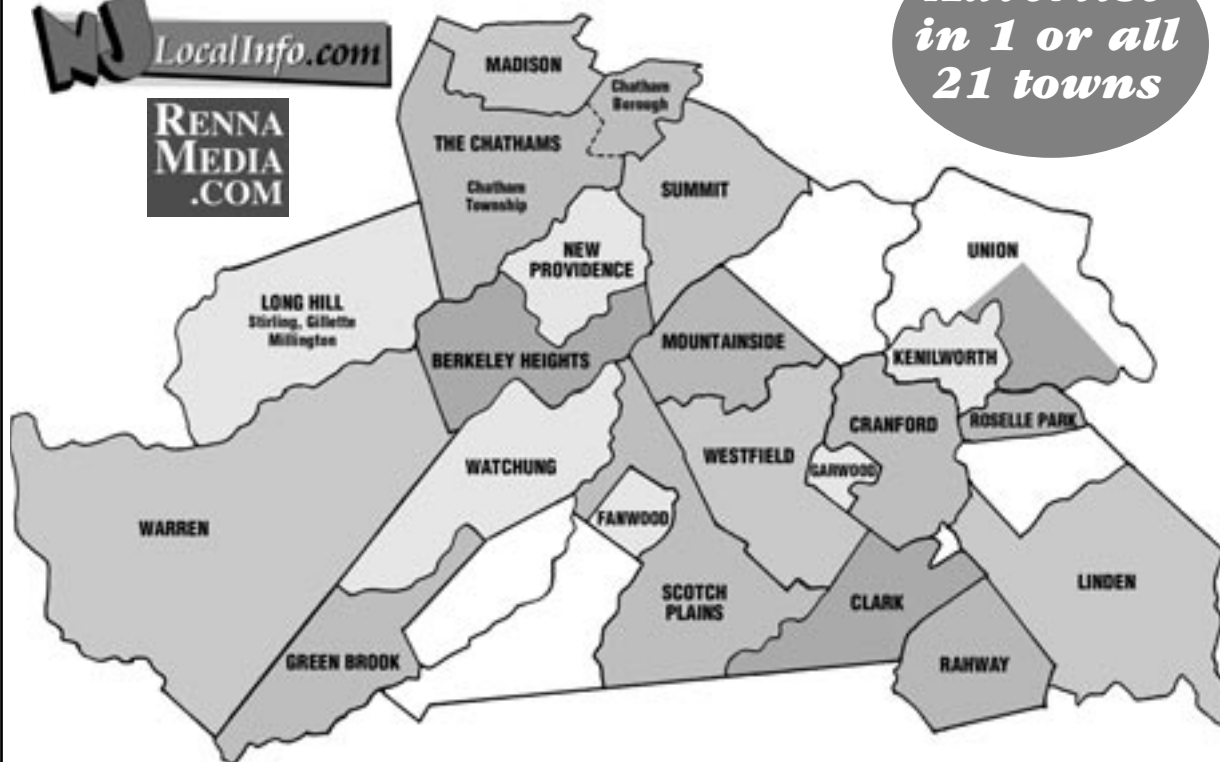
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# HALLOWEEN HAPPENINGS

The New Providence annual decorated pumpkin contest was held on Saturday October 23rd. The pumpkins were displayed at Centennial Park after the contest. This event ran in conjunction with the Trunk or Treat event. These fun family-friendly community events were hosted by the New Providence Police Department in partnership with the New Providence Lions Club.

*Photos from this and other events can be found online at [rennamedia.com](http://rennamedia.com) and on the New Providence News page on [facebook.com](https://www.facebook.com).*

*Feel free to "Like," "Tag," and "Share."*



# 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](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.