

# Summit NJ Times

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Yekaterina "Kathy" Kaye is a real estate salesperson affiliated with Compass. Compass is a licensed real estate broker and abides by Equal Housing Opportunity laws.

## SUPPORT THE FIRST AID SQUAD IN ITS 2021 ANNUAL APPEAL

The Summit Volunteer First Aid Squad is asking area residents to support the vital, life-saving services it provides for the Summit community in its 2021 annual fundraising appeal. Requests for tax-deductible donations to directly fund its operations were mailed to homeowners and businesses in Summit during the week of September 27.

The Summit Volunteer First Aid Squad is not a city agency and receives no funding from the municipality; it relies solely on private donations to fund the purchase of medical supplies, equipment, and for professional training of its members. The First Aid Squad has no paid staff and provides all of its services for free.

"A fundraising appeal was recently mailed by the First Aid Squad to all homes and businesses in Summit," explains Squad President Bob Flanagan. "While the pandemic remains a challenge for our volunteers, we continue to provide emergency medical services to our patients at no cost to them or the city. We need your support in order to carry on our essential work. Please help us with a donation today."

While many towns have been forced to hire paid

Emergency Medical Services (EMS) units, Summit remains one of the exceptions with its team of full-time, dedicated Emergency Medical Technician (EMT) volunteers, many of whom are Summit residents. Founded in 1962, the Summit Volunteer First Aid Squad responds to more than 1,700 calls a year. All of its services are provided free of charge and funded entirely through private donations.

In addition to its 65 adult members, the Summit Volunteer First Aid Squad includes 20 junior members, high school students ages 16 and older that assist in emergency calls.

To donate online, visit the Summit Volunteer First Aid Squad website at [summitems.org](http://summitems.org) or call 908-277-9479. To send a donation by mail, make check payable to Summit Volunteer First Aid Squad, and mail to 1000 Summit Ave., Summit, NJ 07901.

The Summit Volunteer First Aid Squad, Inc. is an independent non-profit corporation dedicated to providing emergency medical services (EMS), non-emergency ambulance transportation, and safety training to the Summit community.



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# Summit Times

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Summit Times is published by Renna Media. 9,600 newspapers are printed monthly and mailed to every business and resident in Summit.

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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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Summit Times

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## 2021 POLICE UNITY TOUR

### "WE RIDE FOR THOSE WHO DIED"

The Summit Police Department sent a team to ride in the 2021 Police Unity Tour. The riders, Officers Keith Kwiatek, Jeff Deets and Sean Thompson, ended their 4-day, 320-mile bicycle ride on Thursday, October 14th by riding through the National Law Enforcement Officers Memorial.

According to The National Law Enforcement Memorial and Museum website, [nleomf.org](http://nleomf.org), between 1,200 and 1,300 riders were expected to ride into the Memorial to remember and honor the fallen. The ride begins in New Jersey with a 45 to 50 mile ride. The next day, the riders travel to Wilmington, DE. From Wilmington, they will ride about 100 miles to Annapolis, MD. The last leg of the trip riders travel 60 miles to the Memorial in Washington, DC.

A Candlelight Vigil ends the 2021 Police Unity Tour. During the vigil the names of 701 law enforcement officers who have died in the line of duty – including 434 who died in 2019 and 2020 – are formally dedicated on the evening of October 14, during the 33rd Annual Candlelight Vigil, held on the National Mall and produced by the National Law Enforcement Officers Memorial Fund.

The mission of the National Law Enforcement Memorial and Museum is to honor the fallen, tell the story of American law enforcement, and

make it safer for those who serve.

In May 2020, the Police Unity Tour was proud to donate more than \$2.0 million to the National Law Enforcement Officers Memorial Fund, bringing the total donations to more than \$30 million since their inception in 1997.

For more information, and to donate, visit [policeunitytour.com](http://policeunitytour.com).



(above) Summit Police Officers Keith Kwiatek, Jeff Deets and Sean Thompson

Photo by City of Summit

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**Nathan Weiser**  
★★★★★

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

Thank you Spring Grove for a wonderful and pleasant stay.

**Charles Sherrick**  
★★★★★

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

Thank you Spring Grove.

**Chrissy Sloan**  
★★★★★

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

Thank God for them!

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## SUMMIT DOWNTOWN 2021 HOLIDAY EVENT SCHEDULE

Thanksgiving will be here soon, which means the holiday season is right around the corner! Summit Downtown, Inc. (SDI) is excited to announce the downtown holiday events and initiatives for 2021: Small Business Saturday, Celebrate in Summit, Carriages & Carolers, and returning this year by popular demand, The HillTop Elf Scavenger Hunt. The Summit VISA Gift Cards, accepted at over 100 Summit businesses city-wide, are also available this holiday season so people can support Summit businesses by giving the gift of local!

More information on holiday events and Summit VISA Gift Cards can be found on [summitdowntown.org](http://summitdowntown.org).

### The HillTop Elf Scavenger Hunt

November 27 – December 18

A great event for adults and kids alike! The HillTop Elves are hidden within more than 50 different downtown Summit businesses or in the storefront windows; shoppers and their families are urged to wander downtown in search of the HillTop Elf! The more elves you find, the better chance to win! No purchase is necessary. Scavenger Hunt Forms are available at all participating businesses or can be downloaded off the SDI website. The participating businesses are listed on the form where shoppers identify where they saw the elf at each business. Completed forms must be turned in by 4PM on Saturday, December 18 to be entered to win \$500 Summit VISA Gift Card. 10 runners up will also each win \$100 gift cards. Summit VISA Gift Cards are accepted by over 100 Summit businesses and make great holiday gifts! The winning completed forms will be drawn on Monday, December 20; winners will be notified by email.

### Small Business Saturday

November 27

Small Business Saturday offers a meaningful alternative to shopping at the mall or on Route 22 for Black Friday. Never more important than now, start your holiday shopping and support local businesses while enjoying live music throughout downtown and free Horse and Carriage rides from 1-4pm at Lyric Park (corner of Beechwood Road and Bank Street). The HillTop Elf Scavenger Hunt will begin on Small Business Saturday too! Many downtown businesses will also feature special promotions and sales for the day.

### Celebrate in Summit

Saturday, December 18 - 1-4 p.m.

Shop, dine, and celebrate right in downtown Summit this holiday season! There will be music throughout the downtown and Horse and Carriage rides from 1-4 p.m. at Lyric Park (corner of Beechwood Road and Bank Street). At the Promenade at 426 Springfield Ave, an ice carver will be making holiday sculptures out of ice! Come see him in the act from 1-3pm; the sculptures will be at the Promenade for as long as weather allows. All activities are free to the public. Special thanks to Major Sponsor Christie's International Real Estate, Summit Office for making this event possible!

### Carriages & Carolers

1-4 p.m.

November 27, December 4, 11 and 18

Take a break from your downtown shopping to enjoy holiday music, strolling carolers and brass, and free Horse and Carriage rides from 1-4 p.m. Saturdays November 27, December 4, 11 and 18. The boarding location will be Lyric Park, located at the corner of Bank Street and Beechwood Road. Use 17 Beechwood Road for GPS. Masks and social distancing will be required.

### FREE Holiday Shopper Parking

Courtesy of the City of Summit and Summit Downtown, Inc., there will be FREE holiday shopper parking December 11-26 at 90-minute meters, in the Bank St. Lot, and on the 1st floor of the Tier Garage on Springfield Ave.

### Summit VISA Gift Cards

Looking for a new way to support local Summit businesses while giving a great gift to that special someone? Accepted at over 100 Summit businesses, both in and outside the downtown, Summit VISA Gift Cards are available for purchase at [summitdowntown.org](http://summitdowntown.org). Don't know what to get? Get Summit Gift Cards!

Summit Downtown, Inc. is a nonprofit organization dedicated to the on-going development and promotion of the business community in downtown Summit, NJ.



Give the Gift of **Summthing LOCAL**

In Summit, your experience is elevated with unique, one-of-a-kind shops, restaurants and services. Don't just buy an ordinary gift card, "Give the Gift of Summthing Local" with a Summit Downtown Gift Card.

BUY NOW ONLINE or  
AT SUMMIT DOWNTOWN:  
18 Bank Street, Suite 101, Summit  
[SummitDowntown.org](http://SummitDowntown.org)





# Celebrate in Summit

**Small Business Saturday**  
NOV. 27

Kick off the holiday season with free horse & carriage rides & Holiday Street Sounds 1-4pm #shopsmall

**HillTop Elf Scavenger Hunt**  
NOV. 27 - DEC. 18

Visit downtown Summit and find the HillTop Elf at participating businesses.

Win Summit VISA Gift Cards!

**Celebrate in Summit!**  
DEC. 18

Celebrate the holidays downtown: live ice carving, horse & carriage rides, strolling musicians & brass 1-4pm

**Carriages & Carolers**  
SATURDAYS  
NOV. 27-DEC. 18

Holiday music with strolling carolers & brass, horse & carriage rides 1-4pm

**Free Parking**  
DEC. 11-26

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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** to contribute.

## Recent Summit Home Sales

Contact us for the FULL LIST!

ADDRESS	BEDS	BATHS	GARAGE	LIST PRICE	SALE PRICE	DOM
127 Bellevue Ave	5	4.1	3	\$3,600,000	\$3,600,000	5
20 Colt Rd	6	4.2	2	\$2,750,000	\$2,800,000	0
11 Tanglewood Dr	5	4.1	2	\$1,795,000	\$2,025,000	15
27 Edgemont Ave	5	3.1	2	\$1,295,000	\$1,355,000	11
45 Dale Dr	4	2.1	2	\$989,000	\$999,999	16
95 Kent Place Blvd	4	2.1	1	\$799,000	\$805,000	14
48 Ashland Rd	4	1.1	0	\$675,000	\$725,100	8
17 Dorset Ln	3	1.1	1	\$595,000	\$703,000	9
32 Webster Ave	3	1.1	1	\$665,000	\$665,000	13
60 Huntley Rd	3	2.0	0	\$585,000	\$545,000	30
36 Lewis Ave	4	1.0	1	\$540,000	\$545,000	29

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



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*Sales Associate, Broker Associate*

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## SUMMIT COLLEGE CLUB: 100 YEARS OLD — AND THEN SOME

*Submitted by Marylou Motto*

“We originally scheduled our centennial gala for the first quarter of 2020. The pandemic happened, and so we rescheduled. And rescheduled. Now, at one hundred and one-and-a-half years old, the Summit College Club (SCC) has at last had its well-earned celebration.” So said Lynne Rogerson, newly elected president of the Summit College Club.

The gala was held at the Summit Grand Hotel on Sunday, September 12. It included a festive, plentiful brunch; a socially distanced dining room; and a display of the club’s scrapbooks, newspaper clippings, and yearbooks stretching

### HIGH SCHOOL PRESENTS ROMEO AND JULIET

Summit High School Theatre Arts Department presents William Shakespeare’s timeless masterpiece of love and conflict, ROMEO AND JULIET, November 11, 12, and 13 at 7:30 p.m. in the Summit High School Auditorium.

In this classic tale of star crossed lovers, Verona’s Montague and Capulet families have been feuding for ages, inciting violence whenever they meet.

But when Romeo Montague glimpses Juliet Capulet across a crowded dance floor, something different happens.

It is no wonder this timeless love story of rivalry and rage featuring sleeping positions, swirling sword-play and soaring poetry has remained a favorite for hundreds of years.

Tickets will be \$13 for students and seniors; \$15 for adults can be purchased at [Showtix4U.com/events/hilltopper](http://Showtix4U.com/events/hilltopper) beginning October 25 at 9 a.m.

back to the 1930’s. Most importantly, the event included pleasure all round as SCC members greeted friends they hadn’t seen in months.

Dr. Karen Gevirtz, a member and professor of English at Seton Hall University, spoke about the 18th century origins of the pharmaceutical industry as it developed alternatives to women’s “home” remedies for illness. This, from her forthcoming book, *The Apothecary’s Wife*.

Summit College Club, which was formed by a Summit High School French teacher in 1920—six months before the Nineteenth Amendment passed Congress—is now a branch of the American Association of University Women (AAUW) and still devoted to advancing gender equity through “research, education, and advocacy.”

Perhaps Summit College Club’s longest-standing issue is women’s education: for more than a century, it has granted scholarships annually to graduating high school students in the

area who have been selected for their academic record and leadership qualities. In 2021, Summit College Club gave away \$24,000: \$4,000 to each of six impressive young women.

Other SCC activities addressing gender equity have included a workshop for working women in how to negotiate for a raise, and grants for local teenage girls to attend a summer STEM workshop.

For the past 18 months, the Club’s programs have been online, but current programming includes a mixture of online and in-person events. In April 2022, SCC’s popular annual Book Sale will return. Planning for that annual event has already begun.

In other words, the 100th birthday celebration was a fine success, and members have started working on the next 100.

For a membership application and other information, see the newly rebuilt website at [summitcollegeclub.org](http://summitcollegeclub.org).

SUMMIT HIGH THEATRE ARTS PRESENTS

NOVEMBER 11, 12 +13

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## 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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---

# wonder

# 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)

APPLY NOW

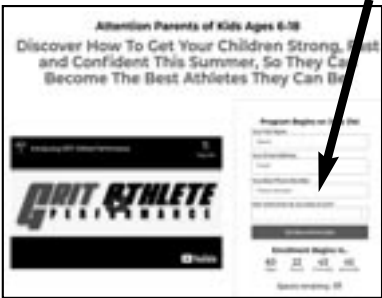
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### STEP 2

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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...**

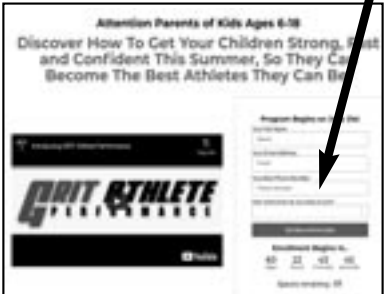
- “When my son started Grit he was quiet, shy, and had some difficulty with movements...Now he is confident in himself, has become more vocal, and is mastering the exercise he struggled with in the past.”  
- *Jen O'Brien, Grit Athlete Parent*
- “My son is more disciplined and confident in himself”  
- *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*

**APPLY NOW**

**STEP 1**  
Scan This QR Code



**STEP 2**  
Enter Your Info When You Get To This Page



**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.**



## HELP US SAVE A VET!!!

**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](mailto: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

*Erica Schultz*  
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Investments should be tailored to the needs of the individual - based on your time frame, risk tolerance, and goals. We help you plan so that you are prepared to meet the challenges that life presents to you. We remain your partner throughout the entire process and are constantly monitoring changing situations.

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

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.

# SUMMIT POLICE LIEUTENANT MICHAEL J. RABASCA

### City of Summit

The New Jersey State Association of Chiefs of Police has awarded certification status for Accredited Command Executive to Summit Police Lieutenant Michael J. Rabasca.

Lieutenant Rabasca has been with the Summit Police Department for twenty six (26) years. During the course of his career he has steadily risen through the ranks. He has served as a Patrol Officer, Detective, Patrol Sergeant, Detective Sergeant, and Patrol Lieutenant. Lieutenant Rabasca has held past special assignments with the Union County Homicide Task Force and the Union County Narcotics Strike Force. He presently serves as the Detective Lieutenant. Lieutenant Rabasca received his Bachelor of Arts Degree in Political Science and Government from East Stroudsburg

University. He is a 2011 graduate of the New Jersey State Chiefs of Police - Police Executive Institute. In 2013, Lieutenant Rabasca graduated the prestigious F.B.I. National Academy in Quantico, Virginia. Over the course of his career, he has received numerous awards and commendations. These have included five (5) Exceptional Duty Awards, six (6) Honorable Service Awards, six (6) Unit Citations, and two (2) awards of special recognition from the Summit Chief of Police. Lieutenant Rabasca is a member of the FBI Law Enforcement Executive Development Association, New Jersey State Identification Officers Association, the Union County Municipal Investigators Association, the Morris County Investigators Association, the New Jersey Homicide Investigators Association and the FBI National Academy Associates.



## HALLOWEEN SAFETY TIPS

The Summit Police Department is issuing guidance received from the New Jersey Department of Health and Center for Disease Control for safe Halloween 2021 celebrations. Recommendations are listed below.

### FOR CHILDREN WHO WILL BE TRICK-OR-TREATING:

- Consider wearing a mask that covers your mouth and nose when trick-or-treating.
- Limit your group to close contacts.
- Limit the number of homes on your route. Do not go inside homes.

- Only accept candy that is in factory sealed packaging.
- Wipe down wrapped candy before opening.
- Always be careful crossing the street, wear reflective clothing and carry a flashlight.

### FOR HOUSEHOLDS:

- Turn off your porch light if you do not want trick-or-treaters.
- Stay outdoors when giving out treats.
- Consider wearing a mask over your mouth and nose when passing out candy.

- Limit close contact with trick-or-treaters.
- Arrange treats so that children may grab and go without accessing a shared bowl.

As a reminder, no one should participate in Halloween activities if they or a household member have a known exposure to COVID-19, and are sick or symptomatic, or have been diagnosed with COVID-19 and has not yet met the criteria for discontinuing isolation.

For more information on the Summit Police Department, visit the City of Summit website.

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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

# LEG PAIN

You Don't Have To Live With It!

That "searing, burning pain" in your thigh and calf... that "aching, numbing" feeling in your hip and buttocks... that "tingling" in your foot and toes and loss of balance... It interferes with your ability to walk, to ride a bicycle, play golf, garden... to have **FUN IN LIFE!**

Leg pain, thigh ache and numbness, and tingling in the foot may actually be caused by a pinched back nerve even though you have NO back pain - it could even be Sciatica. Dr. Murphy is an expert at finding the **CAUSE** of your leg pain and numbness and **CORRECTING IT WITHOUT THE USE OF DRUGS OR SURGERY.**

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# HABITAT FOR HUMANITY'S SUMMIT PROJECT

Submitted by Kelly G. Vanasse

Morris Habitat for Humanity has collaborated with Summit city officials to bring 12 units of affordable housing to 146 Morris Avenue, the site of the Summit Italian-American Club. The project will feature 12 condos in an L-shaped building consisting of six 3-bedroom and six 2-bedroom units. The project is scheduled to break ground in the Spring of 2022.

On Monday, September 27, Morris Habitat hosted its annual volunteer luncheon at the Wallace Church. At the luncheon, attended by about 100 volunteers, board members from The Summit Civic Foundation presented a check for \$50,000 to be used for the project. The Summit Civic Foundation is a private nonprofit corporation, started in 1954, which offers affordable housing to deserving families in Summit.

The Foundation property is located behind Summit High School on Weaver Street and Dennis Place. The property consists of 24 duplex two- and three-bedroom units. The Foundation's primary goal is to serve young families with children by providing them with affordable housing. This enables them to benefit from Summit's excellent schools and many other services and organizations in town.

Rosalind Kendellen, President of The Summit Civic Foundation said, "The foundation was proud to give Morris Habitat this money because we believe in affordable housing and want to expand opportunities for more families in Summit."

For more information on the Summit Civic Foundation please visit [summitcivicfoundation.org](http://summitcivicfoundation.org).

## ABOUT MORRIS HABITAT FOR HUMANITY

Morris Habitat for Humanity is part of a global, nonprofit housing organization committed to building homes, communities, and hope. Through volunteer labor and donations of money and materials, Morris Habitat builds affordable new homes and provides home repair services to income-eligible families. Since 1985, Morris Habitat has served more than 660 families through building 120 local homes, preserving 200 homes for low-income and senior residents, and helping 280 families with housing solutions worldwide. The organization has engaged more than 130,000 volunteers for various programs. Morris Habitat also operates a successful ReStore home improvement outlet which has kept 11,000 tons of reusable materials out of landfills and funded 28 homes. For more information, visit [Morrishabitat.org](http://Morrishabitat.org) or call 973-891-1934.

## 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.

## LEAF COLLECTION SCHEDULED TIL DEC. 3

The City of Summit is offering curbside leaf collection through Friday, December 3, or the first major snowstorm.

The Division of Public Works will collect bagged leaves on regularly scheduled garbage pickup days. Leaves must be placed in biodegradable brown bags and placed at the curb. Leaves left at the curb after the last scheduled collection day will not be picked up and must be removed from the curb by the resident.

Residents may also bring leaves to the Summit Transfer Station at 40 New Providence Ave. Leaves are collected in the fall and made into compost that is available in the spring for use on lawns and in gardens.

Please contact the Department of Community Services at 908-273-6404 with any questions. For more information, visit [cityofsummit.org](http://cityofsummit.org).



(above, l-r) Pictured are Rosalind Kendellen, Lisa Meyers, Blair Schleicher Wilson, Victor Rosenberg and Chris Palazzi.

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## SUMMIT LIBRARY NOVEMBER PROGRAMS

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### PROGRAMS FOR ADULTS

On Tuesday, November 2nd from 9:30 -10:30 am, small business owners and entrepreneurs are invited to attend Using Reference Solutions to Start, Manage, and Grow Your Business. Learn how to use this database to create a business plan, discover new opportunities, and find new customers. Live only. Please wear face masks. Registration required.

#### Volunteer Fair

**Sunday, November 7th from 1:30-4:30 pm**

Open to older teens and adults looking for volunteer opportunities. No registration—just come and talk with the many organizations looking to recruit volunteers!

#### Career Transitions and Marketing Your Background to a New Industry

**Tuesday, November 9th from 7-8:30 pm**

Learn from job search and career management expert John Crant the secrets recruiters use to showcase and spotlight their candidates. He will demonstrate how you can use these techniques in your job search and get results.

#### Radiance Chamber Ensemble

**Sunday, November 14th from 2-3 pm**

come listen to the classical and light music from the 18th, 19th, and 20th centuries performed by the Radiance Chamber Ensemble. The group consists of Herb Steiner and Michael Schneider on violins, Peggy Reynolds on viola, Charles Sachs on cello, and Joan Baldwin on piano. The program is made possible, in part, by funds from the Union County Office of Cultural & Heritage Affairs, a partner of the New Jersey State Council on the Arts.

#### Indigenous Music in the 21st Century

**Tuesday, November 16th from 7-8:15 pm**

celebrate the varied tapestry of today's Native American music by attending Indigenous Music in the 21st Century. This program, which will be delivered via Zoom, introduces Indigenous America's greatest musical artists. Presented by Craig Harris, a music historian, educator, storyteller, and radio show host.

#### The End of Globalization?

**Wednesday, November 17th from 7-8:30 pm**

attend our final Great Decisions class of the year- The End of Globalization? With the passing of the Brexit vote and Donald Trump's America First doctrine, protectionist policies have become more prevalent, challenging globalization. What is globalization and how will it be affected by protectionist trade policies? How will the United States and the world be affected by such policies? Is globalization really at an end, or in need of a refresh? Live only. Registration required.

#### Book Talk with Debbie!

**Thursday, November 18th from 11 am-12 pm**

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. Zoom only. Registration required.

#### Trivia Night

**Friday, November 19th from 7-8:30 pm**

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

#### College Funding Workshop

**Tuesday, November 30th from 7-8 pm**

join Jodi Bloom from Cornerstone College Solutions for a College Funding Workshop. This workshop will teach you how to reduce your overall out-of-pocket expenses and figure out how to pay for college without jeopardizing retirement. You'll learn the "ins and outs" of the financial aid system and how to maximize what your student receives, identify myths and avoid common errors that can cause you to overpay for school, find out how to obtain discounts from colleges & universities even if you won't qualify for "need-based" financial aid, develop a comprehensive college plan with proven strategies & financial alternatives to meet your family's unique goals and cost requirements, and determine how to find the best college match for your children. Open to adults and interested students in high school. Via Zoom. Registration required.

### SPECIAL PROGRAMS FOR KIDS

#### Celebrate Diwali

**Saturday, November 13th from 2-3:30 pm**

learn about Diwali, a festival of lights that is celebrated in India and by many Indians living in the United States. Our program, Celebrate Diwali, will teach you the customs and participants will learn how to make special lanterns to celebrate this holiday. Open to students in grades 1-5. In person.

#### Turkey Paint and Sip!


**Saturday, November 20th from 11 am-12 pm**

join Ms. Lisa for a special Turkey Paint and Sip! We'll enjoy special snacks and learn how to paint a festive turkey scene. Open to grades K-5. In person. Please wear face masks.

You can visit our website at [summitlibrary.org](http://summitlibrary.org) and go to the Events tab at the top of the homepage or call the library at 908-273-0350, option 3 to register directly with one of our librarians. Note, since many of the library's programs are currently being delivered via Zoom (or Zoom/Live). You'll receive a Zoom link in your email, typically the day before and the day of the start of the program. All live programs are subject to change based on Health Department guidance.



(above) On Sunday, November 14th from 2-3 pm come listen to the classical and light music from the 18th, 19th, and 20th centuries performed by the Radiance Chamber Ensemble.

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## IMAGINE IS SEEKING VOLUNTEER FACILITATORS

Imagine, A Center for Coping with Loss offers free peer grief support groups for grieving families that are facilitated by a wonderful group of trained volunteers. Imagine's volunteers are an essential part of Imagine's programs and they're looking to grow their community of facilitators. Are you interested in joining Imagine's team of volunteers? If so, we'd like to tell you more about Imagine's programs.

Imagine offers free peer support groups for children ages 3-18 who have experienced the death of a parent, sibling or close family member. Groups are also available for young adults ages 18-30, and for the parents and guardians of the children in the program. Groups for Spanish speaking bereaved adults are also available. All groups are currently being held virtually, with some set to transition to in-person as soon as it is safe to do so. Other groups will remain virtual.

Support groups are facilitated by trained adult volunteers who attend a three-day training totaling 24 hours, as well as regular continuing education. Volunteers come from all walks of life and no special background is required other than a willingness to listen, a heart inclined to serve, and the ability to be with children and adults in grief without trying to fix, solve or give advice. No prior experience is necessary. Volunteers must be 21 years or older. Bilingual (Spanish speaking) volunteers are needed as well. Volunteers serve

as companions and loving listeners for those who are grieving and help create a space where participants can share tears and embrace the joys of life.

"In order to continue to grow our English and Spanish speaking programs, we need to constantly recruit and train new volunteer facilitators," said Veronica Ortiz, Imagine Program Manager. "Our programs are growing because of the great need in this community, especially in the wake of the Covid-19 pandemic. Over 220 children and adults have been participating in our virtual support groups this year. We have recently launched a new program year, but there is more demand for our programs than we're able to meet with our current number of facilitators. Doing this additional training will ensure that no child will ever have to wait to get the support they need."

Are you interested in joining Imagine's incredible community of volunteers and help us eliminate a wait list for our groups? Imagine is planning to offer a virtual facilitator training from Friday, November 5 through Sunday, November 7 from 9 a.m. - 5 p.m. each day. An interview is required prior to the training, so please contact Imagine Training Manager, Jamie Saltamachia at [jamie@imaginein.org](mailto:jamie@imaginein.org) to arrange a convenient interview time. If you have questions regarding the training, please call 908-264-3100.

## 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 "the municipal band is one of Union's oldest traditions and is a great way to introduce members of the community to time-honored musical styles and compositions."

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

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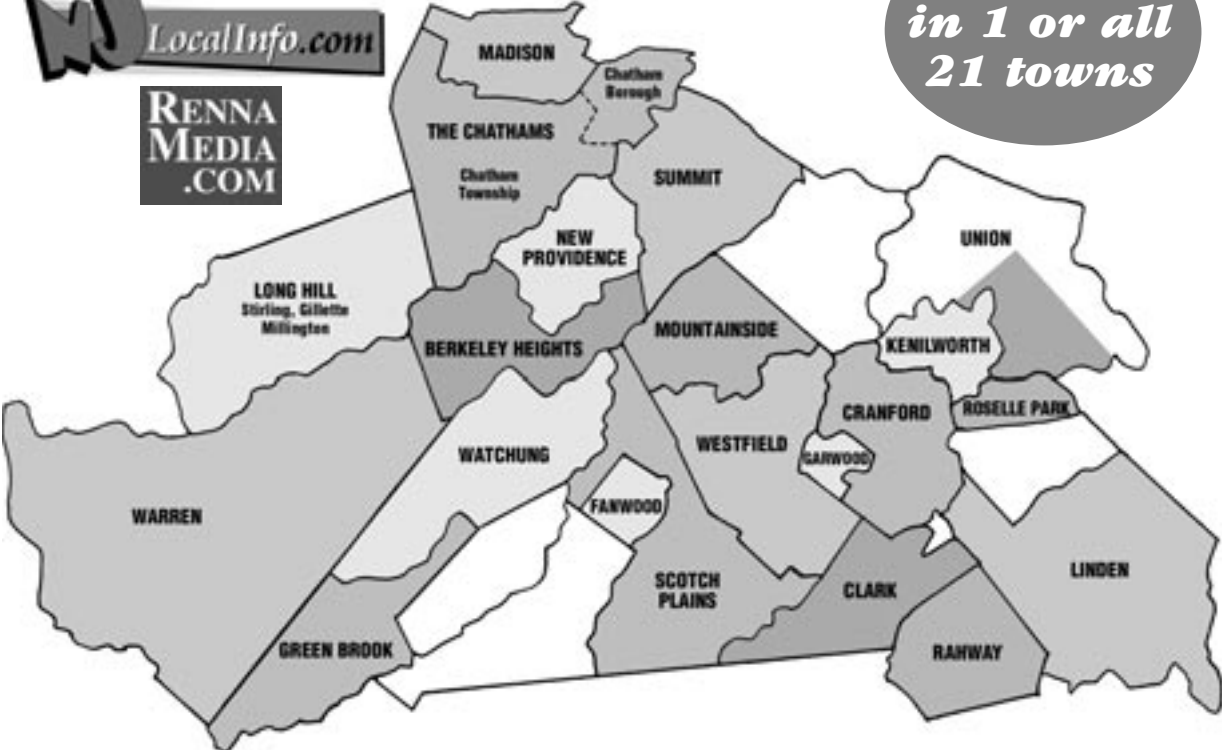
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<b>BUSINESS + LIFE</b> <b>KENILWORTH</b> NJ Qty: 3,600 Mailed to every home and business. Zip: 07033	<b>NJ LIFE in LINDEN</b> Qty: 17,400 Mailed to every home and business. Zip: 07036	<b>Long Hill LEADER</b> NJ Qty: 3,600 Mailed to every home and business 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

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1 Unit (Business card)	3.25" x 2"	\$60	\$150	\$250	\$350	\$400	\$450	\$500	\$550
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4 Units	3.25" x 8" or 6.5" x 4"	\$180	\$450	\$700	\$900	\$1100	\$1300	\$1500	\$1700
6 Units	6.5" x 6.25" or 10" x 4"	\$240	\$600	\$900	\$1200	\$1400	\$1600	\$1800	\$2000
9 HALF PAGE	6.5" x 9" or 10" x 7"	\$320	\$800	\$1000	\$1300	\$1600	\$1900	\$2200	\$2400
12 Units	10" x 8"	\$360	\$900	\$1200	\$1500	\$1800	\$2100	\$2400	\$2700
18 FULL PAGE	10" x 14"	\$400	\$1000	\$1400	\$1800	\$2200	\$2500	\$2800	\$3000
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## 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 suvcw.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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Know where your web traffic is coming from and why.

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

#### • INCREASE ONLINE MARKETING RESULTS

Recommendations include ways to increase traffic to your website

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

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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](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.