

Berkeley Heights

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"LOVE STORIES" CELEBRATES DOG ADOPTION EFFORTS

Home for Good Dog Rescue

Petco Love has generously granted Home for Good Dog Rescue \$55,000 towards the mission to leave no dog behind, treating critically ill and abused dogs with medical care at the "Almost Home Wellness Center" in Aiken, South Carolina, and preparing them to be welcomed into a New Jersey family. This show of support will significantly increase the number of dogs saved in 2022.

The mission of Petco Love is to celebrate the positive impact that dog adoption has on families. Home for Good Dog Rescue is honored and proud to have once again been chosen to participate in this year's Petco Love "Love Stories" campaign.

"Since 2016, Petco Love has supported the mission of Home for Good Dog Rescue. We are honored and humbled for once again being included in the Love Stories initiative, which shares the impactful stories of how adopted pets change the lives of their families," said Rich Errico, co-founder of Home for Good Dogs Rescue. "The organization's generosity makes a huge difference in our ability to save the lives of dogs in need and place them in loving forever homes."

Donna Foti, a two-time adopter of Clyde and Finn, was chosen for her heartfelt emphasis that her pups not only changed her life, but they actually "made" her life.

"For me, it's all about giving and receiving love. And the most unconditional love that I have in my life - the love that fills my heart every single day - is the love that I share with my dogs," says Foti.

The celebration held recently at the Petco in Clark, NJ was an extraordinary opportunity to share more about our Almost Home Wellness



(above, l-r) Al Lopez, Co-Founder HFGDR; Amy Whitney, Director of Development; Donna Foti, HFGDR adopter; Rich Errico, Co-Founder HFGDR; Clyde and Finn, HFGDR rescues

Center in Aiken, South Carolina, which is the heart of the rescue journey, where abused and discarded dogs are cared for, convalesce, and receive lots of love and affection until their journey to New Jersey to find their "home for good". Home for Good Dog Rescue certainly can expect a long-standing partnership well into the future and are beyond thankful to Petco Love.

ABOUT HOME FOR GOOD DOG RESCUE

We are a 100% foster-based, non-profit 501(c)(3) dog rescue established in 2010 in Summit, New Jersey, with offices in Berkeley Heights. We socialize, care for, and provide rescue dogs with life-saving medical care at our Wellness Center in Aiken, South Carolina, transport them to New Jersey, and nurture them in our network of foster families while they await adoption into loving homes - giving them a second chance at life.

We have rescued over 9,500 dogs from deplorable and dangerous environments, including high-kill shelters, hoarding situations, and abusive conditions, such as in-breeding and puppy mills, neglect and abuse. We give hope and purpose to the dogs we save and the families who have been enriched through fostering and adoption.

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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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Berkeley Heights News

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FIRST RESPONDERS DAY

Mountain Park Third Graders recently showed their appreciation for the Berkeley Heights Police Department by writing letters for First Responders Day. Berkeley Heights Police Officers then visited with students to discuss the importance of community helpers that work together to keep a community safe.



Photo by Berkeley Heights Public Schools

SENIORS DAY TRIP TO RESORTS CASINO

The Berkeley Heights Seniors are sponsoring a trip to Resorts Casino in Atlantic City on Monday, February 21. We will meet at the Berkeley Heights Town Hall on Park Avenue at 8:15 a.m. The bus will return at approximately 7:15 p.m. The cost is \$35 which includes bus transportation, and a \$20 voucher for slot play. For further information or reservation, call Ramona at 908-647-3295.

VOLUNTEERS NEEDED FOR BLOOD DRIVES

New Jersey Blood Services (NJBS), which supplies blood to hospitals throughout the state, is in need of volunteers to help at blood drives. The blood drive volunteer is an integral member of the blood collection team whose task it is to assist donors with registration and/or at the refreshment area. No medical background is necessary. Volunteers should have the ability to relate to the public, be able to perform different jobs as needed and have the willingness to follow the rules. For additional information contact, Monday to Thursday 9 a.m. to 5 p.m., Manager of Volunteer Services Sharon Zetts at 732-850-8906.

To apply on line as a blood drive volunteer, please go to:

nybc.org/support-us/volunteer-nybc/volunteer-application/

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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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ART AND MUSIC TAKE CENTER STAGE AT GOVERNOR LIVINGSTON HIGH SCHOOL

PROJECT GRADUATION COMMITTEE THANKS COMMUNITY & DONORS

The Governor Livingston High School Project Graduation Committee wishes to thank the following businesses for their generous donation to the help make Project Graduation 2021 a great success.

Their generosity allows the Project Graduation committee to continue what we believe to be one of the finest traditions at Governor Livingston High School. Project Graduation is a gift from a caring community keeping our seniors safe as they celebrate their graduation safely at an alcohol-free event on the night of their graduation. Thank you for your generous support!

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- Robert Robinson, DDS
- Suburban Optik
- TCM Groups

Support is also received from the Watts Foundation, First Group bus company, and Municipal Alliances of Berkeley Heights and Mountainside. The Alliances receive funding from the Governor's Council on Alcoholism and Drug Abuse through the Union County Department of Human Services, Division of Planning.

To donate to GL Project Graduation 2022,
please reach out to Jeanie Ruban,
Project Graduation 2022 Coordinator,
at J.Ruban@verizon.net

A beautiful exhibit of artwork was displayed during the Governor Livingston High School orchestra and choir performances held in December. Fine arts students of Ms. Michelle Harpster created work that reflected themes for the evening's main event. The pieces allude to the

music of The Beatles, a medley of which was performed by the GLHS choir. In addition, work was created to accompany the GLHS orchestra's use of music from the 2004 Japanese animated fantasy film 'Howl's Moving Castle'.

Photos by Berkeley Heights Public Schools



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(above) Susan Poage in Café Woody, a place she re-created to be a more engaging and inviting time and place for students.

Photos by Berkeley Heights Public Schools

CAFÉ WOODY: A CAFETERIA REIMAGINED

Submitted by Niamh Grano, BHPS

Anyone who has ever walked into an elementary school cafeteria knows it is not the quietest experience! Students are excited to be out of the classroom and with their friends...and some just can't wait to have that special treat that was packed in their lunchbox! However, for many students, the school cafeteria can be a place that is often noisy, boisterous, and unpleasant.

Susan Poage, a first-grade teacher at William Woodruff Elementary School, became a member of the cafeteria lunch staff. Now, able to understand why so many students may find the cafeteria experience overwhelming, Poage asked herself, "How can the cafeteria be a more engaging and inviting time and place for students?" And the Cafeteria Reimagined project was conceived.

The first step in the action research project was to ask every first-grade student what they liked and didn't like about the cafeteria. Poage also sent a survey to teachers asking how they were preparing students for lunchtime and what they

noticed about students' behaviors once they returned to class. With all the feedback and data, it was time to start reimagining the cafeteria and create Café Woody.

In addition to changing the look of the cafeteria and treating lunchtime more as a restaurant experience, Poage created a series of intervention activities to enhance and build up the skills students need to be a "Best Guest" in the Cafe. Throughout the weeks, students have learned the expectation of what it looks like, sounds like, and feels like to participate in a social eating experience including, starting conversations with other students sitting around them, how to stay on topic and ask questions, not to "yuck someone else's yum," and why it is important to have rules when eating.

Prior to lunchtime, and consisting of approximately 20 minutes a week, teachers present that week's interventions to students, skills are practiced in class, and then applied in the Café. Each lesson is presented with a literature component and activities that can appeal to all learners. The Café staff also receives a sheet explaining the intervention and ways they can help the students become "Best Guests," so that all stakeholders are involved.

"Everything in the cafeteria now serves a purpose. Anchor charts are framed and decorate the walls to remind students of the expectations while at the Café, as well as tools to redirect inappropriate behavior," said Poage. "It is extremely important for students to have a comfortable atmosphere at lunch, so when they return to the classroom, they are ready to learn."

In these few short months, the transformation from the typical cafeteria lunch time experience to the Café lunchtime experience is remarkable.

"It's amazing to see the progress these students have made both in the Café and classroom following lunch," said Poage. "I can hear them telling jokes to each other, starting conversations, and even eating their healthy foods first!"

While this model has been piloted in first grade, the goal is to create a comfortable cafeteria experience for all the grades in William Woodruff Early Childhood Center.





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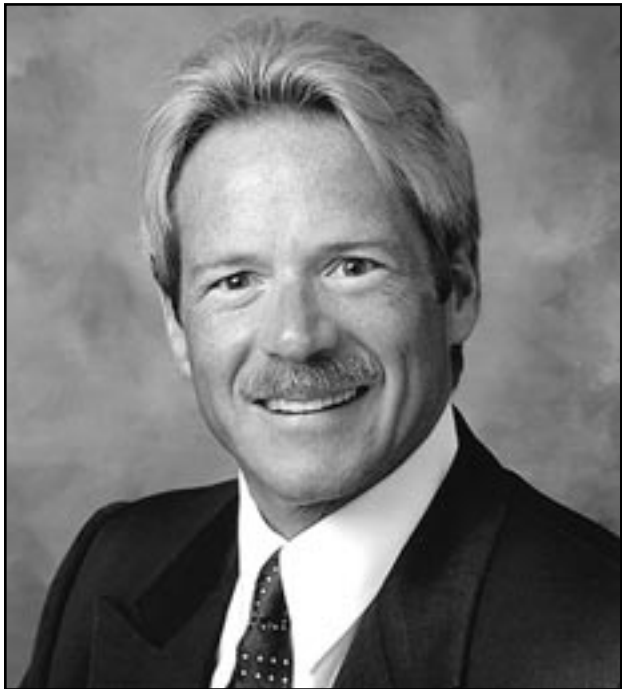
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SUBURBAN CHIROPRACTIC CELEBRATES 37 YEARS OF SERVICE



(above) Dr. Joseph J. Murphy is celebrating 37 years as Director at the Suburban Chiropractic Center in Chatham, NJ

The Suburban Chiropractic Center, located at 301 Main Street, Chatham, New Jersey will celebrate their 37th anniversary on January 7, 2022. Dr. Joseph J. Murphy began the center in 1985 to offer the community a natural alternative to the traditional allopathic medical facilities in the Chatham area. They owe their success to the loyal patients who have continued with them, referred their friends and family, and their efforts to provide the highest level of service possible.

Dr. Joseph J. Murphy, Director of the Center, explains, "We are elated to be celebrating 37 years. We are blessed to be entering our 38th year of service to this fine community." He continues, "We have tried to give back to the community in every way and it shows through the happiness and health of our patients and their continued support." His office manager, Mrs. Lynn Egan, who is celebrating her 27th year in the practice, adds, "It gives me a great sense of satisfaction that the community has rewarded us for our dedication by their continued praise and support." Massage Therapist and CA, Janis Piccirillo, CMT has also been a

long-time member of the team with 23 years of service; and Pauline Braff, CA is the newest member, joining in 2021.

The Suburban Chiropractic Center has been the recipient of numerous awards over their 37-year history including Business of the Year and letters of praise from previous Mayors of Chatham, former State Senator Leanna Brown, Senator Walter Cavanaugh, Congressman Rodney Frelinghuysen, Assemblyman Walter D. Gaetano, and Governors Christie, Corzine, Whitman, and Florio.

Dr. Joseph J. Murphy, Director of the Center, is past President of the NJ Board of Chiropractic Examiners where he was appointed by Governor Christie Whitman in the year 2000. He's a former President of the New Jersey Chiropractic Society, the Morris County Chiropractic Society, and the Chatham Chamber of Commerce. He was recently re-appointed to the Chatham Mayor's Wellness Committee where he has served since 2011 and has previously served on the Chatham Borough Historical Commission.

Dr. Murphy, Office Manager Lynn, Massage Therapist/Chiropractic Assistant Janis, and Chiropractic Assistant Pauline will be holding an open house to celebrate their anniversary in the upcoming months. You can find out much more about the Suburban Chiropractic Center by visiting their website at drmurphy.com.

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SONS OF UNION VETERANS OF THE CIVIL WAR

Submitted by Christopher D. Sands

The General Phil Kearny Camp #20 of the Sons of Union Veterans of the Civil War (SUVCW) held its quarterly meeting on November 13th, 2021 at the Abraham Clark House, located at 101 West 9th Avenue, Roselle, NJ. Three new members were sworn in and a presentation on Freemasons in the Civil War was given. Since the new school year has started, the camp has begun planning how it will cover the awarding of the SUVCW ROTC/JROTC to the

approximately thirty schools in the area. The camp covers all of North Jersey above the Raritan River to the New York Border.

The SUVCW is a fraternal organization dedicated to preserving the history and legacy of veteran heroes who fought and worked to save the Union in the American Civil War. The organization meets four times a year and the meetings in 2022 will be on March 5th, May 7th, September 10th, and November 5th, all starting at 1 p.m. For more information, visit suvchw.org.

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(above) Camp Commander, Peter Lindsey, swears in Fredrick Dillman and Robert Caruso during the SUVCW Gen. Phil Kearny #20's November 13th meeting.

DRIVE FOR AUTISM FOUNDATION DISTRIBUTES GRANTS

Submitted by Thomas Trezza

The Drive for Autism Foundation is pleased to announce the distribution of \$42,500 in the form of nine grants to school-based programs providing education and training to individuals with autism spectrum disorders. 2021 was a rebound year for the foundation and they are pleased with the support they received this year. The foundation can't thank their participants, sponsors, and supporters enough! They are a special group of people and the foundation is blessed that they support their mission and foundation.

The Drive for Autism foundation held its 20th annual Golf Event in 2020 with 122 participants, as well as several other smaller fund-raising events throughout the year. The Drive for Autism Golf Outing, which has been held since 2002, has raised and distributed \$819,000 to local school programs. The grants in 2021 were awarded to: Morris Union Jointure Commission (New Providence, NJ), Salt Brook School (New Providence, NJ), AW Roberts School (New Providence, NJ), Union County Educational Services Foundation/Crossroads School (Westfield, NJ), Educational Partnership for Instructing Children, (Paramus, NJ), ECLC (Chatham, NJ), Eden II Programs (Staten Island, NY), Spectrum360 formerly The Children's Institute (Verona, NJ), and Seton Foundation for Learning (Staten Island, NY).

Grant recipients use money to fund a

multitude of items including Health and Fitness Programs, Social Skills Programs, assessment tools, educational curriculum and teacher training, a van for community trips and transportation to job training centers, laptop computers, computer touch screens, SMART Boards, iPads, video projectors, as well as educational toys and games. The foundation aims to fund items that are not included in the programs' regular budget so it makes it extra special that they can help provide funding for items on different schools' "wish lists".

ABOUT DRIVE FOR AUTISM FOUNDATION:

Based in New Providence, New Jersey, The Drive for Autism Foundation, is a 501(c)(3) tax exempt public charity that was created in the spring of 2002 for the sole purpose of raising and distributing funds for educational facilities specializing in individuals with autism.

DRIVE FOR AUTISM GOLF OUTING 2022:

The Drive for Autism XXI is scheduled for Monday, September 19, 2022 at Royce Brook Golf Club in Hillsborough, New Jersey. The event consists of a morning round of golf followed by lunch. Special events include golf contests, raffles, and a silent auction of sports memorabilia, game tickets, and golf trips.

For additional information, please visit their website at DriveForAutism.org or driveforautism@comcast.net.

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IS IT REALLY POSSIBLE FOR A KID TO LEARN HOW TO RUN FASTER?

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 spring Sports Performance session starts on March 21st in Berkeley Heights NJ, visit www.gritathletes.com to fill out an application for your child.

Grit Athlete Performance is a Sports Performance Training Company located in Berkeley Heights that helps kids ages 6-18 get strong, fast, and confident so they can have a bigger and better future. They have just released the dates for their spring program that starts on March 21. Visit www.gritathletes.com to register for their spring session...or see below for more details...

SPORTS PERFORMANCE TRAINING FOR KIDS AGES 6-18 STARTS MARCH 21ST

APPLY NOW

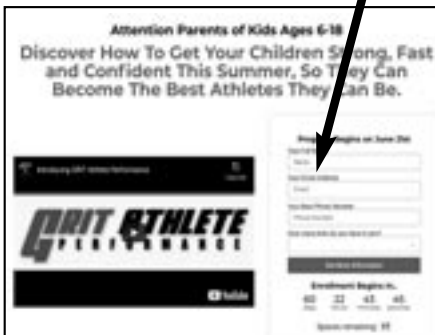
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STEP 3

Coach Mike will call you and set you up



Warning: The spring 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 spring session.

Attention Parents of Kids Ages 6-18

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

The GRIT Athlete Performance spring Program

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

STARTS MARCH 21ST

STEP 1

Scan This QR Code



STEP 2

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STEP 3

Coach Mike will call you and set you up



Warning: The spring 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 spring session.



(above) The late Linda J.S. Finnegan (Smith), 54, of Stirling, NJ, who passed away in 2016, donated both her lungs, both kidneys, her liver, and her other organs through NJ Sharing Network. She also donated her corneas through Eversight. Her gift of life changed the lives of at least 75 people. Linda taught Physical Education at St. Vincent de Paul School in Stirling and was proud to be ACE Gold Certified for Group Aerobic Instruction.

FEBRUARY 14 IS NATIONAL ORGAN DONOR DAY

NJ Sharing Network

February 14 is all about sharing some love in New Jersey - and not just because it's Valentine's Day! NJ Sharing Network and its many healthcare partners and volunteers throughout the state are working together to register as many organ and tissue donors as possible in celebration of National Organ Donor Day.

"National Organ Donor Day is about taking action and inspiring others to learn more about how they can save lives through organ and tissue donation," said Joseph S. Roth, president and chief executive officer of NJ Sharing Network. "One organ and tissue donor can save eight lives and restore health to over 75 people. I am confident that everyone's efforts on National Organ Donor Day will go a long way toward bringing hope to those currently waiting for a transplant."

Currently, there are over 110,000 Americans - nearly 4,000 of whom live in New Jersey - waiting for a life-saving transplant. In New Jersey, one person dies every three days waiting for an organ transplant.

However, the generosity of those in the Garden State is providing hope for the future. New Jersey's organ and tissue donor registrations continue to rise thanks to strong community education and outreach efforts as well as simplified ways to register as an organ and tissue donor are also helping to save more lives. It is easy for New Jerseyans to register in any of the following options:

Online at NJSharingNetwork.org; Through the iPhone Health App; In person at your local Motor Vehicle Agency

Observed every year on February 14, National Organ Donor Day is dedicated to spreading awareness and education about organ and tissue donation. It is also a day to recognize loved ones who have given the gift of life, have received a transplant, are currently waiting or did not receive an organ in time. National Organ Donor Day was started in 1998 by the Saturn Corporation and its United Auto Workers partner with the support of the U.S. Department of Health and Human Services and many non-profit health organizations.

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Wed: 9:00 AM - 1:00 PM Sat: 8:30 AM - 12:00 PM

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GRIEF FACILITATOR VOLUNTEERS SOUGHT

Imagine, A Center For Coping With Loss

Recent studies have found that more than 140,000 children nationwide lost a primary caregiver due to COVID-19, driving a 15% increase in orphaned children. However, these numbers don't include children who lost a parent or primary caregiver due to other causes. The need for grief support programs for children has never been greater.

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, as well as for the parents and guardians of the children in the program. Groups for Spanish speaking bereaved adults are also available. Currently, all groups are being held virtually, though we hope to transition some groups to in-person as soon as it feels safe to do so.

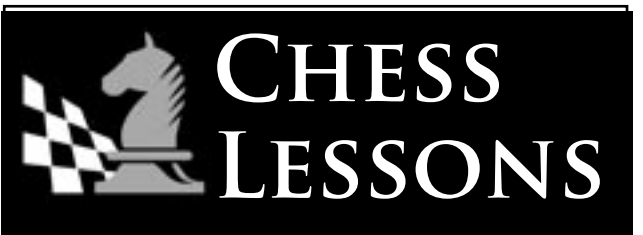
Imagine's support groups are only possible because of our amazing team of volunteers who facilitate the groups. Imagine currently has families waiting to join our support groups. We're unable to offer them support at this time because we don't have enough volunteers to begin another Night of Support. We need your help!

Imagine's volunteer facilitators 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 18 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.

We are hoping to fill our upcoming training with lots of wonderful new volunteers! We're planning to offer a virtual facilitator training that will meet Friday, February 25th from 6 p.m. – 9 p.m., Saturday and Sunday, February 26–27 from 9 a.m. – 5 p.m. each day and Monday, February 28th from 6 p.m. – 9 p.m. Participants are required to attend the entire training from Friday to Monday. If you're interested in participating in the training, please contact Imagine Program Manager, Giovanna Peacock, at giovanna@imaginein.org. If you have questions regarding the training, you can call us at 908-264-3100. Please help us ensure that no grieving child is required to wait for the support they need.



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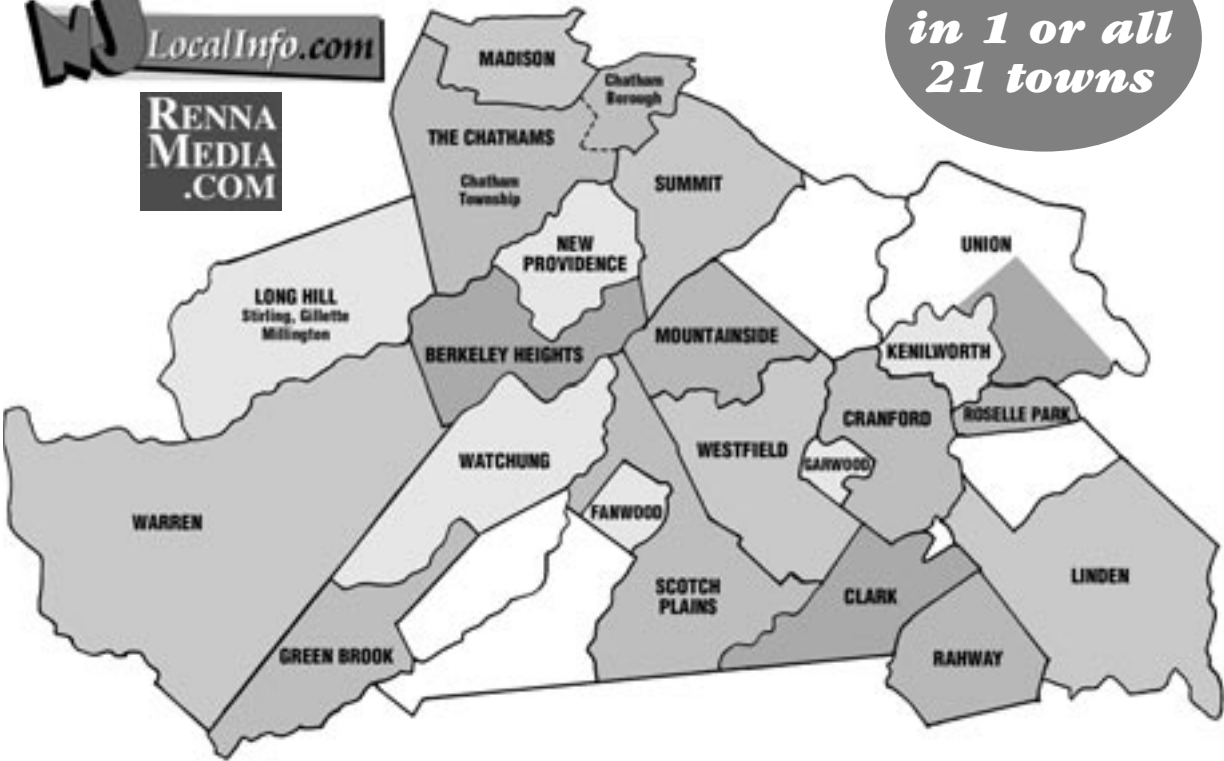
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4 Units	3.25" x 8" or 6.5" x 4"	\$180	\$450	\$700	\$900	\$1100	\$1300	\$1500	\$1700
6 Units	6.5" x 6.25" or 10" x 4"	\$240	\$600	\$900	\$1200	\$1400	\$1600	\$1800	\$2000
9 HALF PAGE	6.5" x 9" or 10" x 7"	\$320	\$800	\$1000	\$1300	\$1600	\$1900	\$2200	\$2400
12 Units	10" x 8"	\$360	\$900	\$1200	\$1500	\$1800	\$2100	\$2400	\$2700
18 FULL PAGE	10" x 14"	\$400	\$1000	\$1400	\$1800	\$2200	\$2500	\$2800	\$3000
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BACK PAGE	10" x 14"	\$500							
FRONT PAGE BANNER	8.25" x 2"	\$320							
FRONT PAGE BOX	1.5" x 4.5"	\$240							

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The NAMI Family-to-Family Education Course will be offered by the Union County Chapter of NAMI (National Alliance on Mental Illness). The course will be starting on Thursday evening, March 3, 2022 and meet each Thursday over a consecutive 8-week period. It is free-of-charge, with all necessary materials furnished at no cost.

The course is offered specifically to the parents, siblings, spouses, teen-age and adult children, and significant others of individuals with severe and persistent mental illness. The program is not appropriate for individuals who, themselves, suffer from one of the major mental disorders. The course is taught by NAMI members who have completed intensive training.

Curriculum topics include schizophrenia, bipolar disorder (manic depression), clinical depression, panic disorder, obsessive-compulsive disorder etc., the clinical treatment of these illnesses and how caregivers can learn to cope more effectively. Attendees will learn about new research, medications, skills needed to successfully communicate with a relative and how to deal with critical periods.

Capacity is limited. To register, or if you have questions, contact Pat Roman at 732-397-8123 or email patroman2@aol.com. Please include in the subject line: F2F Course. A F2F teacher will contact you with the details.

FAMILY SUPPORT GROUP – FEB. 15

Are you feeling stressed and alone in trying to cope with the effects of a loved one's mental illness?

NAMI Union County's Family Support Group is for family members and caregivers of persons with mental illness.

The group is led by NAMI-trained facilitators and is a peer support group that allows participants to gain insight from others facing the same challenges.

Zoom sessions are held on the 3rd Tuesday of every month from 7 – 8:30 p.m. To register, email Denise at: namiunioncounty@yahoo.com with your name, town, and phone number.

BERKELEY HEIGHTS PUBLIC LIBRARY FEBRUARY PROGRAMS

29 Park Ave, Berkeley Heights
(908) 464-9333 • <https://bhplnj.org>
reference@bhplnj.org

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

The Berkeley Heights Public Library is offering the following programs in February:

CHILDREN'S STORY TIMES AND PROGRAMS:

Paper Plate Story Time

Tuesdays, 9:30 a.m. – 10:00 a.m.

Story and a craft for ages 3–5

Fun with Friends Story Time

Thursdays, 9:30 a.m. – 10:00 a.m.

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

Good Time String Band

Tuesday, February 8th at 10:30 a.m.

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

Sing & Sign Storytime

Sunday, February 20th at 3:00 p.m.

Listen to Miss Laura read a story and watch as Danielle Neri tells it using sign language.

Take & Make Crafts

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

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

ADULT PROGRAMS:

Tech Help Weekend

Saturday, February 5th,

11:00 a.m. – 1:00 p.m.

Sunday, February 6th

2:00 p.m. – 4:00 p.m.

Bring your phone, iPad/tablet or laptop, and your tech questions. Governor Livingston National Honor Society students will be available to help!

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• SEE WHAT IS WORKING AND NOT WORKING

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

• WEBSITE HOSTING: \$300 PER YEAR

Includes website hosting, software updates, monthly website content updates

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ATTENTION: ADULTS OVER 40 THAT WANT TO GET LEAN, STRONG AND HEALTHY IN 2022

HOW TO LOSE 10-30 POUNDS IN 50 DAYS... AND KEEP IT OFF FOR THE REST OF THE YEAR

(Deadline to Enter: February 7th)

Give a little Berkeley Heights Personal training gym 50 days to feel stronger, leaner, healthier and filled with energy...even if you've been "off the rails" since Covid started

What Exactly Is This?

A 50-Day Fitness Jumpstart that includes personal training, nutrition coaching and accountability. All sessions are held LIVE and In-Person at Gabriele Fitness in Berkeley Heights.

This is Perfect for you if...

- You're over 40...and you've lost your way with your health and fitness since Covid Started
- You're sick and tired of feeling like crap
- You're over trying to do this by yourself
- You've got big life event coming up and you know you're not ready because of the current state of your health and fitness
- You're finally ready right now because if you don't do something ASAP...you'll keep procrastinating... and you're scared about what could happen if this goes any longer

Here's what you get if you are selected to be one of the 30 participants.

- ✓ **"Cutting Edge Personal Training"**: Get 20 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 50 day 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 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.Sessions.

What Our Happy Members Are Saying...



"MY ACHES AND PAINS HAVE MOSTLY GONE AWAY, AND I DEFINITELY HAVE MORE ENERGY"

David: The pandemic negatively impacted how dedicated I was to working out and the type of food I ate. At GFP, I increased my workout routine to at least 5 days per week. Now I feel great. My aches and pains have mostly gone away and I definitely have more energy during the work day.



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

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

HERE'S HOW TO GET ALL THE DETAILS

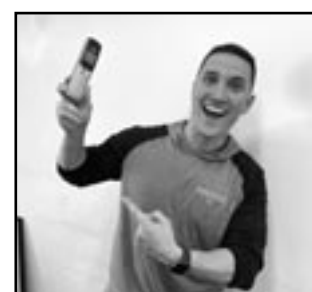
STEP 1 Scan This QR Code



STEP 2 Fill Out the Short Application



STEP 3 We'll reach out and set up a FREE Consultation.



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.