

# Long Hill LEADER

MAILED FREE TO EVERY HOME AND BUSINESS  
IN GILLETTE, MILLINGTON, STIRLING, AND MEYERSVILLE

NJ

Published by Renna Media, LLC. On-line at [RennaMedia.com](http://RennaMedia.com)

ISSUE 101 • FEBRUARY 2022

**Nicholson**  
**ROOFING & SIDING**

**SINCE 1963**  
**AWARD WINNING CONTRACTORS**  
**We Handle Residential and Commercial Projects**  
**ALL TYPES OF ROOFING**  
•  
**VINYL AND HARDI SIDING**  
•  
**SEAMLESS GUTTERS**  
•  
**WINDOWS AND DOORS**  
**908-647-5984**  
Stirling, NJ  
**NicholsonRoof.com**  
**Your call brings the owner,**

PRSR STD  
U.S. POSTAGE  
PAID  
BRIDGEPORT CT  
PERMIT NO. 390

ECRWSS

\*\*\*\*\*ECRWSSDDM\*\*\*\*\*

POSTAL CUSTOMER

## SUSAN JEANS RECEIVES LONG HILL TOWNSHIP LIFETIME VOLUNTEER AWARD

*Submitted by Ann Cade*

On December 7, 2021, Long Hill Township Mayor, Guy Piserchia, gave a Lifetime Volunteer award to Susan Jeans, Chair of the Long Hill Township Shade Tree Commission. This is the highest honor bestowed on a volunteer by LHT, as Mayor Piserchia noted in his speech.

Susan has been a member of the Shade Tree Commission for 30+ years. She has worked tirelessly to protect, maintain, and enhance our precious urban forest. She combines her knowledge of Long Hill with her love and knowledge of trees as well as adds a dash of enthusiastic energy.

### SOME OF HER ACCOMPLISHMENTS HAVE BEEN:

- Cooperation with the Township Committee and Department of Public;
- Work to identify challenges and opportunities relating to the trees in LHT;
- LHT accreditation from the New Jersey Shade Tree Federation, starting in 2017 and continuing to the present Arbor Day Celebrations;
- Achieving Tree City status for LHT as of March 15, 2021;
- Administering Challenge Grants, sponsored by the LH Shade Tree Commission, which offer trees to LH residents for a modest fee. The trees are planted on the resident's property by the Department of Public works. For example, 141 trees have been planted since 2016.
- Updating the LHT Shade Tree Ordinance so the STC can monitor loss of private and public trees;
- Educating the public about serious insect pests, such as the Spotted Lantern Fly and Emerald Ash Borer

When ordinary people walk down the street, they see trees. When Susan walks down the street (as many people have noted), she sees maples, oaks, lindens, dogwoods...

We congratulate Susan on this well-deserved award!



(above, l-r) Long Hill Township received the Tree City USA designation in 2021 due to the efforts of Guy Piserchia, Susan Jeans, Gordon Redgate and the Shade Tree Commission.

**Colonial**  
APPLIANCE

Serving our community  
for over 40 years



**BOSCH SALE**

908-665-1212

25 Passaic Street  
New Providence, NJ 07974

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

# Long Hill LEADER

## Renna Media LLC, Publishers

202 Walnut Ave., Cranford, NJ 07016

Long Hill Leader is published by Renna Media. 3,600 newspapers are printed monthly and mailed to every business and resident in the Long Hill.

Although great care has been taken to ensure the information contained within is accurate, Renna Media assumes no liability for errors or omissions.

©2022 Contents of this newspaper cannot be reproduced without written consent from Renna Media LLC.

## 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!

Email: [editor@rennamedia.com](mailto:editor@rennamedia.com)

Online at [www.rennamedia.com](http://www.rennamedia.com)

like us on [facebook.com/LongHillLeader](https://www.facebook.com/LongHillLeader)

Long Hill Leader

Tina Renna: 908-418-5586

[tinarena@rennamedia.com](mailto:tinarena@rennamedia.com)

Joe Renna: 908-447-1295

[joerenna@rennamedia.com](mailto:joerenna@rennamedia.com)

## FEBRUARY EVENTS AT THE LONG HILL TOWNSHIP LIBRARY

Phone: 908-647-2088 • <https://longhilllibrary.org/> • [librarians@lhtlibrary.mainlib.org](mailto:librarians@lhtlibrary.mainlib.org)

Monday - Thursday: 10AM-7PM; Friday: 10AM-5PM;

Saturday: 10 AM-2PM; Sunday 1PM-5 PM

### Welcome to Read Around the World in 2022

An ongoing program at the Long Hill Township Library. Read Around the World is supported by a grant from the New Jersey Council for the Humanities with funding from the National Endowment for the Humanities (NEH) through the American Rescue Plan Act.

## CELEBRATE THE LUNAR NEW YEAR

Throughout February, we will virtually travel to China and celebrate the Lunar New Year!

### All Day

Tuesday, February 1st

Lunar New Year Party in a Bag! Take a bag home full of crafts, stickers, and ideas on how to celebrate this holiday! It's a big one with food, dragons, red and gold, and noise!

### Native Tongue Storytime

Monday, February 7th @ 5 p.m.

Join us in-person for a reading of a Chinese children's book. Hear the language and hear the translation. Maybe you will get interested in learning a new language? All ages welcome.

### Chinese Cooking Class

Monday, February 7th @ 7 p.m.

via Zoom. Watch along as a chef teaches us how to prepare spring rolls and other foods you may not have tried before. Food is a big part of all cultures and a fun way to experience some of it. Try it with the library.

### Book Club

Thursday, February 17th @ 10 a.m.

Our book club will discuss Balzac and the Little Seamstress by Dai Sijie. Join the online discussion and hear what others think about the themes of this fictional novel.

### Book Club

Saturday, February 19th @ 12:30 p.m.

Our book club will meet in-person to discuss Balzac and the Little Seamstress. Another opportunity to gather and discuss this novel and China at large.

Additionally, check out the library's website at [longhilllibrary.org](https://longhilllibrary.org) for weekly movie showings on Chinese topics. Stop by the library to see our themed displays as well as to find many more novels by Chinese authors and about China.

## CONSUMER ENDORSED & APPROVED: HIGHEST RATING IN UNION COUNTY

Highly Recognized Care in the Heart of New Providence

At Spring Grove, we offer a comprehensive continuum of subacute rehab and skilled nursing care to ease your transition from hospital to home.

- Hospitality Focused Rehab Experience with 24 Hour Guest Services Line
- Physiatrist Driven Customized Rehab Planning by Dr. Jean Bachar
- Onsite Physician and Specialty Consultations by Leading Area Physicians
- COMPLETELY RENOVATED REHAB WING

  
**SPRING GROVE**

REHABILITATION & HEALTHCARE CENTER

144 Gales Drive, New Providence, NJ 07974 • (908)464.8600

[SpringGroveRehab.com](http://SpringGroveRehab.com)

A PROUD MEMBER OF MARQUIS HEALTH SERVICES

**BEST  
NURSING HOMES**

**U.S. News**

Short Term Rehabilitation  
& Long Term Care  
**2021-22**  
Joint Commission Accredited



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!

**4 Million Dollar**  
RENOVATIONS NOW COMPLETE!

Call Today for a Free Estimate! ☎ 855.624.6655



Masonry



Roofing & Siding



Windows & Doors



Kitchens & Baths



Decks & Porches

AS SEEN ON  
**GEORGE  
TO THE  
RESCUE**  
NBC

*Magnolia*<sup>TM</sup>  
HOME REMODELING GROUP

ROOFING | SIDING | WINDOWS  
KITCHENS | BATHROOMS | BASEMENTS  
MASONRY | DECKS | PORCHES



**Payment Plans**

WINDOWS \$209	BASEMENTS \$395
KITCHENS \$389	BATHROOMS \$199
ROOFING \$249	DECKS/PATIOS \$189
SIDING \$289	PORCHES/STEPS \$185

**0% Plans Available!**

Estimated monthly payments.  
Rates & payments based on credit approval.

**VIRTUAL MEETINGS ALSO AVAILABLE**

**Interior & Exterior Remodeling | Family Owned & Operated**

**100% FINANCING AVAILABLE | 30+ YEARS EXPERIENCE**

NJDCA 13VH07755300

**MagnoliaHomeRemodeling.com** 



# MOBILE ASSISTANCE PROGRAMS REACH RECORD NUMBERS OF PEOPLE

## Morris County

Morris County put wheels on its outreach services a few years ago, creating offices in vans with professional staff who set up shop in different communities each day.

Record numbers of people were reached in 2021, as many in need were linked to social services assistance through the Navigating Hope van, and people with substance abuse and mental health issues were contacted by the Hope One van.

In 2021, the Morris County Sheriff's Office's Hope One encountered a record-breaking 9,603 contacts, a 30 percent increase from the 6,277 contacts in 2020. The staff also provided 1,904 life-saving Narcan kits and training to family and friends of people with substance abuse. The kits are used to revive people who overdose on opioids. To date, 86 people have used their Narcan kit to save a life -- or try to save someone's life. The goal is to prevent drug overdoses and deaths by offering mental health services.

In 2021, Navigating Hope completed 213 trips, made 6,739 contacts and registered 363 people as clients. That adds up to more than the number of trips they made in 2019 and 2020 combined, and more than 12 times the number of people they reached in their first year. Navigating Hope is a partnership between Morris County's Department of Human Services and Family Promise of Morris County. The goal is not to wait for people in need to come to social services, but to instead bring social services into the



(above) Hope One and Navigating Hope often schedule visits to locations at the same time, to double their impact.

community and find people in need.

Hope One, which involves staffing a mobile office with professionals who travel a county to find people with addiction and mental health issues, was a first-of-its-kind program launched by Morris County Sheriff James Gannon four years ago as the opioid crisis continued unabated. During speaking engagements, the Sheriff often notes that arresting people with opioid addiction is not the way to solve the opioid crisis. People need treatment and services to deal with other difficulties in their lives to deal with their addiction.

Similarly, Navigating Hope is a mobile outreach initiative launched in 2019 by the Morris County Department of Human Services and Family Promise of Morris County. It is staffed with social services experts who supply information, help residents connect with county services and apply for or complete benefit

applications -- on the spot.

Morris County Hope Hub is the newest innovation. Since its launch last March, the Sheriff's Hope Hub collaboration program has taken on 147 complicated cases requiring the expertise and resources of multiple public service agencies to help vulnerable and at-risk people and families find the assistance they need. Launched in March 2021, this collaboration streamlines the process of providing essential services to people who come into contact with an agency and are deemed at risk of homelessness, poverty, addiction, abuse and many other problems. Hope Hub is made up of law enforcement, social services, mental health services, healthcare providers, treatment providers and recovery specialists who come into contact with vulnerable people and families, and who can tap the extensive resources of Hope Hub to bring aid to the individuals.

Currently, 22 law enforcement agencies including the Morris County Sheriff's Office, participate in the PAARI program, the Police Assisted Addiction and Recovery Initiative. The program is designed to give people with substance abuse disorders a safe way to seek help for their addiction at a local police department. Any person who enters participating police departments and requests help with their substance use disorder will be screened by law enforcement and assisted by an Acenda Integrated Health certified Peer Recovery Specialist to obtain treatment and recovery services.

## Spectacular Ocean Beach Vacation

### Popham Beach, Maine

Only \$1,900 for a week in August



2022:  
Reduced  
Rent



- Beach-front cottage
- Ground Level
- Sleeps 6

Call or Email Teri & John  
732-423-2792

93popham@gmail.com

For photos & other info, visit:

www.FamilyFriendlyVacationRentals.com/p9858

## Christina Roche - Realtor®



NextHome Premier  
102 Town Center Drive  
Warren, NJ 07059  
908-325-5000 Office  
908-764-1731 Mobile  
christina@nexthomepremier.com  
www.ChristinaRoche.com

Each office is independently owned and operated



## Rug Division Closing

Make your best offer.  
All rugs must be sold!

Check our website [www.bvrnc.com](http://www.bvrnc.com)  
for rug images



We will continue to sell  
and install carpet, wood,  
tile and LVT floors  
Lowest Price Guarantee

Best Value  
Rugs & Carpet, inc

732-752-3528

215 US Rt. 22, Green Brook, NJ 08812  
[www.BestValueRugsAndCarpet.com](http://www.BestValueRugsAndCarpet.com)

Fully Insured

Free Estimates

## Needleman Roofing

Lic. #  
13VH06601300

Installation - Repair - Cleaning  
TILE - ASPHALT - SLATE - SHINGLES  
(Slate Roof Hand-Washed)

908-389-0200

## Tank Solutions

OIL TANK EXPERTS

We are your professional environmental  
contractor with over 40 years of experience!

TANK SWEEPS \$50 OFF

OIL TANK REMOVAL  
FLAT RATE \$1,895

Call: 908.964.2717

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

Located in Kenilworth, NJ

Today's Solution to Yesterday's Pollution

## 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.



(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.

Photo courtesy NJ Sharing Network

## GILLETTE FAMILY CHIROPRACTIC CENTER

Gillette Family Chiropractic Center has been serving the community since 1978. The Office was opened in Stirling, and in 1985, Dr. Paul moved to the Gillette location for more office space. Dr. Jennifer Franz, Dr. Paul's daughter, has recently joined him.

Over the years, Dr. Paul has helped many Patients of all ages, specializing in many advanced neuromuscular techniques. In addition to serving the community for 44 years, he has lectured to groups of all kinds including the NJ School of Medicine & Dentistry.

In 2001, Dr. Jennifer Franz, Dr. Paul's daughter, graduated Life Chiropractic School in Marietta, Ga after receiving her Bachelors of Science Degree at Bloomfield College in Bloomfield, NJ. Dr. Jennifer maintained practices in both Gillette, NJ and Easton, PA, for 7 years and practiced solely in Gillette for another 5 years thereafter.

Eager to learn and grow more, Dr. Jennifer then went on to practice for more diversity in Hoboken, NJ focusing more on women and children helping many patients before, during and after their pregnancies, as well as children with developmental disabilities and sports related injuries. She then went on for even further diversity of specialty and experience joining a pain management practice working in tandem co-managing patients care with neurologists, orthopedists and pain management medical doctors and physical therapists in Jersey City with a vast multicultural patient base. With all the knowledge and experience in diversity Dr. Jennifer has gained and experienced, she is now back at Gillette Family Chiropractic Center, her roots, to share her culminated knowledge of 21 years with Gillette and surrounding communities and help her father again serve and help others where she grew up for another 44 years.



Dr. Paul R. Franz  
Dr. Jennifer L. Franz

### "We Take Chiropractic Care To The Next Level" Helping Families Feel Their Best Since 1978

Did you know your nervous system housed within your spine controls all the functions of your body?

Any interference of the nervous system caused by misalignments or subluxations of the spine can decrease function considerably that can negatively effect the many systems of the body including the immune system

Chiropractic specifically corrects the subluxations and allows the nervous system to function at its best and at its optimal potential

Our Advanced Techniques not only relieve pain, but also are preventative and help to balance your neuromuscular and body functions helping you achieve your best overall health and well being

#### CHIROPRACTIC IS PART OF A HEALTHY LIFESTYLE

- MOST INSURANCES COVER CHIROPRACTIC •
- DAY AND EVENING APPOINTMENTS •
- OPEN 6 DAYS A WEEK •

**Gillette Family Chiropractic Center**  
570 Mountain Avenue, Gillette, NJ 07933  
**(908) 647-5200 – (908) 500-0110**



**• COURAGE**  
**• CONCENTRATION**  
**• SELF-CONTROL**

*Providing children and adults the confidence and focus to succeed since 1982.*

**908-647-4194**  
**www.karate4peace.com**  
**630 Valley Road**  
**Gillette, NJ 07933**

**NOW ENROLLING**



# 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](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 spring program that starts on March 21. Visit [www.gritathletes.com](http://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

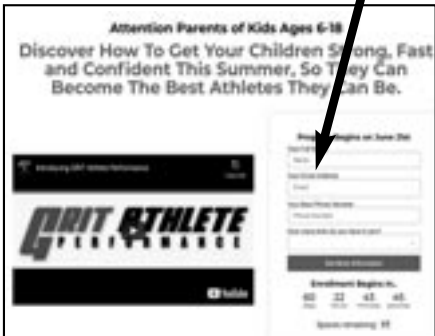
### STEP 1

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 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

Enter Your Info When You Get To This Page



### 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.**





# CHESS LESSONS

## International Master Yaacov Norowitz

- Group or private lessons
- Live or virtual options
- Classes for all Levels from beginners on up



Call or email Joe Renna:  
joerenna@rennamedia.com  
908-447-1295

For more info about lessons.

## BLOOD DONATIONS ARE CRITICALLY NEEDED

The American Red Cross is facing a national blood crisis – its worst blood shortage in more than a decade. Dangerously low blood supply levels are posing a concerning risk to patient care and forcing doctors to make difficult decisions about who receives blood transfusions and who will need to wait until more products become available.

Blood and platelet donations are critically needed to help prevent further delays in vital medical treatments, and donors of all blood types – especially type O – are urged to donate.

In recent weeks, the Red Cross had less than a one-day supply of critical blood types and has had to limit blood product distributions to hospitals. At times, as much as one-quarter of hospital blood needs are not being met.

The Red Cross continues to confront relentless challenges due to COVID-19, including about a 10% overall decline in the number of people donating blood as well as ongoing blood drive cancellations and staffing limitations. Additionally, the pandemic has contributed to a 62% drop in blood drives at schools and colleges.

“Winter weather across the country and the recent surge of COVID-19 cases are compounding the already-dire situation facing the blood supply,” said Dr. Baia Lasky, medical director for the Red Cross. “Please, if you are eligible, make an appointment to give blood or platelets in the days and weeks ahead to ensure no patient is forced to wait for critical care.”

The Red Cross urges donors to support patient care by making an appointment to give blood or platelets now for the weeks ahead. To schedule

an appointment, use the Red Cross Blood Donor App, visit RedCrossBlood.org or call 1-800-RED CROSS (1-800-733-2767).

Each Red Cross blood drive and donation center follows the highest standards of safety and infection control, and additional precautions – including face masks for donors and staff, regardless of vaccination status – have been implemented to help protect the health of all those in attendance. Donors are asked to schedule an appointment prior to arriving at the drive.

To donate blood, individuals need to bring a blood donor card or driver’s license or two other forms of identification that are required at check-in. Individuals who are 17 years of age in most states (16 with parental consent where allowed by state law), weigh at least 110 pounds and are in generally good health may be eligible to donate blood. High school students and other donors 18 years of age and younger also must meet certain height and weight requirements.

### VOLUNTEERS NEEDED

In addition to blood donors, the Red Cross also needs the help of volunteers to support critical blood collections across the country. Blood drive volunteers play an important role by greeting, registering, answering questions and providing information to blood donors throughout the donation process. Blood transportation specialists – another volunteer opportunity – provide a critical link between blood donors and blood recipients by delivering blood to hospitals in communities across the country. To volunteer to support Red Cross blood collections, visit redcross.org/volunteertoday.



**THERESA FILIPPONE**  
Sales Associate

*Top local agent  
for over 20 years!*

**908-581-9117 cell**  
**908-766-8354 office**



**Theresa.Filippone@cbmoves.com**  
**theresafilippone.cbintouch.com**



**Tony Catanzaro**  
**908-647-3434**

regencylandscape@gmail.com  
Fax: 908-454-4111

- Landscape Design
- Landscape Installation
- Masonry and Stonework
- Techo-Bloc Techo-Pro
- Tree and Shrub Moving
- Ponds and Water Features
- Landscape Maintenance

**www.regencylandscape.com**

www.facebook.com/pages/regency-landscape  
PO Box 224, Millington, New Jersey 07946

### WOOD FLOORS

Sand • Stain • Refinish • Repairs • Installation

### CARPET & RUGS

Clean • Stretch • Sanitize • Repairs • Bind

**RESTOREMYFLOORS.NET**

A DIVISION OF CARPET DOCTOR LLC.

**116 SUSSEX ST. WESTFIELD, NJ**

**908-913-4650**

Insured \* References \* Visa / MasterCard

**10% Discount** On labor only. Materials not included. Cannot be combined with other offers. Exp. 2/28/22.

## GALLUZZO BROTHERS

**Quality Dumpster Rental Services**

**COMMERCIAL  
& RESIDENTIAL**

**Short & Long term**

Municipal garbage removal & recycling services since 1998.



**973-424-9640**

galluzzobrothers@aol.com

**galluzzobrothers.com**

24-hour emergency service available.

# WIRED RITE ELECTRICAL SERVICE

**COMMERCIAL & RESIDENTIAL**

**ALL PHASES OF ELECTRICAL WORK**

- FIXTURES • OUTLETS • PANEL CHANGE
- SECURITY • HIGHHATS • CEILING FANS

**Senior  
Citizen  
Discount**

**24 Hour  
Emergency Service**

**Free  
Estimates**

**201-600-3530**



# “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 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.



(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

# HELP! I FOUND A WILD BIRD

The Raptor Trust is a 501(c)3 organization that provides free medical care to thousands of Injured and orphaned wild birds each year.

Located at 1390 White Bridge Road, Millington, NJ The Raptor Trust's outdoor aviary trail is open to the public Daily from 9 a.m. to 4 p.m. There is no charge and no reservation necessary for general admission. Donations are always appreciated.

The Raptor Trust is also offering private guided tours, virtual school programs, and outdoor field trips and scout programs through the winter months.

You can email [education@theraptortrust.org](mailto:education@theraptortrust.org) with any booking questions or find more information on our website at [TheRaptorTrust.org](http://TheRaptorTrust.org).

**BERKSHIRE  
HATHAWAY**  
HomeServices



**Roseann Serina**, Realtor Associate  
Residential/Relocation Specialist  
Long Hill Resident  
Office: 908-580-5000  
Cell: 908-229-2707  
[roseann.serina@bhhsnj.com](mailto:roseann.serina@bhhsnj.com)  
[BHHSNJ.com/roseann.serina](http://BHHSNJ.com/roseann.serina)  
[www.roseannserina.com](http://www.roseannserina.com)  
See my reviews on Zillow.



2020 Five Star Real Estate Agent  
as seen in New Jersey Monthly.



- Nearly 25 Years of Experience
- We Are Insured & Bonded
- License #10968

**ELECTRICAL CONTRACTORS**  
**YOUR AFFORDABLE ELECTRICIAN**

- ELECTRICAL RENOVATIONS (908) 604-8118
- GENERAL ELECTRICAL WORK BASKING RIDGE, NJ 07980
- LIGHTING FIXTURES (973) 377-9999
- CERTIFIED GENERATOR INSTALLATION MADISON, NJ 07940

5% SENIOR DISCOUNTS ARE AVAILABLE

# ARM PAIN

You Don't Have To Live With It!

That "searing, burning pain" in your arm and shoulder... that "achy, numbing" feeling in your forearm... that "tingling" and loss of strength in your hand... It interferes with your ability to use the computer, play golf, garden... to have FUN IN LIFE!

Arm pain, hand and arm numbness, and tingling down the arm may actually be caused by a pinched neck nerve even though you have NO neck pain - Or something as simple as tendinitis of your shoulder and forearm.

Dr. Murphy is an expert at finding the CAUSE of your arm pain and numbness and CORRECTING IT... WITHOUT THE USE OF DRUGS OR SURGERY.



**Dr. Joseph J. Murphy**  
Chiropractic Physician  
PAST PRESIDENT  
The NJ and Morris  
Chiropractic Societies  
EDITOR-IN-CHIEF  
The Column  
Palmer Graduate

"YOUR BETTER HEALTH IS OUR ONLY CONCERN!"



**Suburban  
Chiropractic  
Center**

**Celebrating  
Our  
37th Year!**

301 Main Street • Chatham  
973-635-0036 • [www.drjmurphy.com](http://www.drjmurphy.com)

# Marketing Toolbox

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

## NEWSPAPER ADVERTS

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

## FULL COLOR PRINTING

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

## DIRECT MAIL

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

## ONLINE MARKETING

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

## SOCIAL MEDIA

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

## WEBSITE AND SEO SERVICES

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

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

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

## RENNA MEDIA NEWSPAPER RATE SHEET

**WE MAIL 135,000 NEWSPAPERS MONTHLY!**

**Tina Renna 908-418-5586 • tinarennamedia.com**

**Joe Renna 908-447-1295 • joerenna@rennamedia.com**

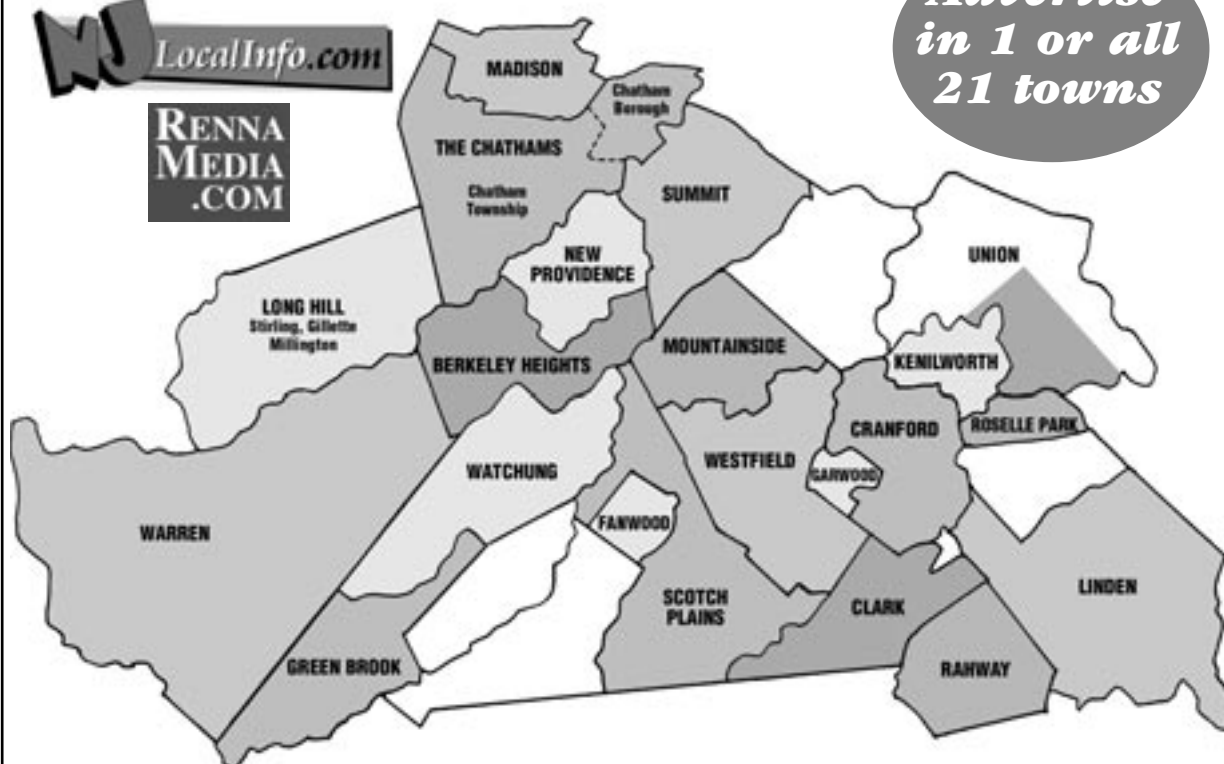
**202 Walnut Avenue, Cranford, NJ 07016**

**Call today for FREE consult on marketing and business plans.**

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



*Advertise  
in 1 or all  
21 towns*



<b>Berkeley Heights</b> COMMUNITY NEWS Qty: 4,800 Mailed to every home and business. Zip: 07922	<b>THE CHATHAMS</b> NJ Qty: 7,400 Mailed to every home and business. Zip: 07928	<b>Clark Monthly</b> Qty: 6,700 Mailed to every home and business. Zip: 07066	<b>CRANFORD MONTHLY</b> NJ Qty: 9,800 Mailed to every home and business. Zip: 07016	<b>Fanwood Post</b> NJ Qty: 3,000 Mailed to every home and business. Zip: 07023	<b>Garwood Times</b> NJ Qty: 2,200 Mailed to every home and business. Zip: 07037	<b>Green Brook Gazette</b> NJ Qty: 3,000 Mailed to every home and business. Zip: 08812
<b>KENILWORTH</b> NJ Qty: 3,600 Mailed to every home and business. Zip: 07033	<b>LIFE in LINDEN</b> NJ 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. Zip: 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> NJ 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> NJ Qty: 5,500 5,000 mailed to homes and businesses. Zip: 07083	<b>WARREN MONTHLY</b> NJ Qty: 6,200 Mailed to every home and business. Zip: 07059	<b>Watchung Post</b> NJ Qty: 2,800 Mailed to every home and business. Zip: 07069	<b>Westfield MONTHLY</b> NJ Qty: 11,800 Mailed to every home and business. Zip: 07090

### NEWSPAPER AD RATES

Rates are per month. Artwork included in price. Newspapers are black on white.

Units	Size	RATE FOR ANY 1 NEWSPAPER	RATE FOR ANY 3 NEWSPAPERS	RATE FOR ANY 6 NEWSPAPERS	RATE FOR ANY 9 NEWSPAPERS	RATE FOR ANY 12 NEWSPAPERS	RATE FOR ANY 15 NEWSPAPERS	RATE FOR ANY 18 NEWSPAPERS	RATE FOR ALL 21 NEWSPAPERS
1 Unit (Business card)	3.25" x 2"	\$60	\$150	\$250	\$350	\$400	\$450	\$500	\$550
2 Units	6.5" x 2" or 3.25" x 4"	\$100	\$250	\$400	\$500	\$600	\$700	\$800	\$900
4 Units	3.25" x 8" or 6.5" x 4"	\$180	\$450	\$700	\$900	\$1100	\$1300	\$1500	\$1700
6 Units	6.5" x 6.25" or 10" x 4"	\$240	\$600	\$900	\$1200	\$1400	\$1600	\$1800	\$2000
9 HALF PAGE	6.5" x 9" or 10" x 7"	\$320	\$800	\$1000	\$1300	\$1600	\$1900	\$2200	\$2400
12 Units	10" x 8"	\$360	\$900	\$1200	\$1500	\$1800	\$2100	\$2400	\$2700
18 FULL PAGE	10" x 14"	\$400	\$1000	\$1400	\$1800	\$2200	\$2500	\$2800	\$3000
2 PAGE SPREAD	21" x 14"	\$700							
BACK PAGE	10" x 14"	\$500							
FRONT PAGE BANNER	8.25" x 2"	\$320							
FRONT PAGE BOX	1.5" x 4.5"	\$240							

Back cover, front page banner and front box reserved on first come, first served basis. Current advertiser has right of first refusal.

**PREPAY 6 MONTHS AND GET 1 MORE FREE**  
**PREPAY 12 MONTHS AND GET 3 MORE FREE**

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

## REMEMBER THE MAINE!

*Morris County Documents Soldiers & Sailors of the "Splendid Little War" & More*

The February 15, 1898 explosion that sank the U.S.S. Maine in Havana Harbor, Cuba not only killed 268 of its crew, but also sparked hostilities between Spain and the United States, which had long supported revolts in Cuba and the Philippines to break from Spanish rule.

"Remember the Maine" became a call to arms in the Spanish-American War, and Morris County residents were among the heroes as well as casualties of a series of conflicts that began in Cuba and continued into the Philippines years later. Morris County's Office of Planning and Preservation has compiled a growing list of those soldiers and sailors and hopes to fill in many blanks on their history, as well as find others who served.

"This release demonstrates Morris County's continuing efforts to document her veterans' histories. What may only be a name of a veteran

today, in the future someone may be able to fill in that history," said Jan William, a historian at Planning and Preservation. "We have compiled many names and even some old news clippings on our local sailors and soldiers who served in those conflicts. However, we would also love to learn of others and find any supportive documents as well as old news clippings about them too. This was a notable and interesting era in our nation, as well as in Morris County, and we hope to document it as thoroughly as possible. We invite everyone to help us."

Contributions may be sent to jwilliams@co.morris.nj.us.

Further, to view the Spanish-American and Philippine Wars website, visit: morriscountynj.gov/Departments/Planning-and-Preservation/Cultural-Resources-Survey/Spanish-American-War.

It was on April 21, 1898, the United States declared war on Spain, marking the first military conflict wholly fought overseas by our nation. Quick victories by U.S. troops led Ambassador John Hay, who soon became Secretary of State, to dub the conflict, "A splendid little war."

By December 10, 1898, an armistice was signed that freed Cuba from Spain and left dominion of Puerto Rico, Guam, and the Philippines to the United States, triggering a second conflict known as The Philippine-American War. From February 1899 into 1902, American soldiers fought to suppress many of the same Filipino insurgents who had been revolting against Spain, losing far more troops in those battles than in its conflict with Spain.

### Full Color Flyers and Menus Printed and Mailed to Every Home and Business in Town!

#### MENUS - PRINTING - \$50 PER THOUSAND

Rate is for quantities of 25,000 or more.

For quantities less than 25,000 cost is \$68 per thousand.

11"x17" / Full color / 2 sided / 60lb gloss coated stock / Includes folding (quarter fold or tri-fold, with or without coupons tab)

#### FLYERS - \$35 PER THOUSAND

8.5" x 11" / Full color / 2 sided / 60lb gloss coated stock / Tri-fold add \$10 per thousand

INSERTED AND MAILED TO EVERY HOME AND BUSINESS \$60 per thousand. (as low as \$30 per thousand depending on quantity.)

Joe Renna at 908-447-1295

email: JoeRenna@RennaMedia.com



#### FLYERS

**\$35**  
PER 1,000

#### MENUS

**\$50**  
PER 1,000

### ONLINE ADS & PRESS RELEASES DRIVE LOCAL TRAFFIC TO YOUR WEBSITE

#### • GET UNLIMITED CLICKS

An alternative to expensive pay-per-click programs

#### • FREE AD DESIGN AND COPYWRITING

Advertising webpage includes many features including write-up, images, video, Google map, etc.

#### • POSTS ARE SHARED THROUGH SOCIAL MEDIA

Posts shared on multiple Facebook pages and twitter.

#### • PAID SEARCH ENGINE PROMOTIONS

Posts are promoted by industry, key words and location.

#### • TRACKABLE RESULTS

All ads include a live view counter.

Joe Renna at 908-447-1295

email: JoeRenna@RennaMedia.com

**\$10**  
PER POST

Block of 20 for \$200

Single post is \$20



### WEBSITE AUDIT/ANALYSIS AND RECOMMENDATION PLAN

#### • SEE WHAT IS WORKING AND NOT WORKING

Know where your web traffic is coming from and why.

#### • ELIMINATE / AVOID COSTLY SCHEMES

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

#### • INCREASE ONLINE MARKETING RESULTS

Recommendations include ways to increase traffic to your website

#### • NO OBLIGATION

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

**ONE TIME**  
**FLAT FEE**  
**\$250**

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

Joe Renna at 908-447-1295

email: JoeRenna@RennaMedia.com

### WEBSITE / SEO SERVICES

#### • STARTER WEBSITE: \$500

Basic static site that can be developed further

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

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

#### • WEBSITE HOSTING: \$300 PER YEAR

Includes website hosting, software updates, monthly website content updates

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

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

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

**STARTER**  
**WEBSITE**  
**\$500**

Joe Renna at 908-447-1295

email: JoeRenna@RennaMedia.com

### NEW JERSEY VETERANS NETWORK

#### Dedicated To Helping Veterans

#### And Their Families Live Better Lives

If you are a veteran, or family member, in need of assistance or comradeship, please contact us at NJVN1775@gmail.com or call 973-332-1556.

Visit online at NJVN.org

for more information about our services, and ways you can make a difference in a heroes life.

### Don't let your family memories fade away

## HOME MOVIES TRANSFERRED TO DIGITAL FILES & DVD

- Video Tape Transfers
- DVD & Flash Drive Duplication
- Audio Cassette to CD
- Reel to Reel Audio to CD
- LP to CD
- High Speed Photo & Slide Scanning
- Foreign Conversions

### VIDEO DATA SERVICES®

locally owned since 1984

**www.vdsnj.com**

**facebook.com/vdsnj**

**email: ira@vdsnj.com**

**908-964-4004**

**406 Chestnut St. • Union, NJ 07083**

# 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"**

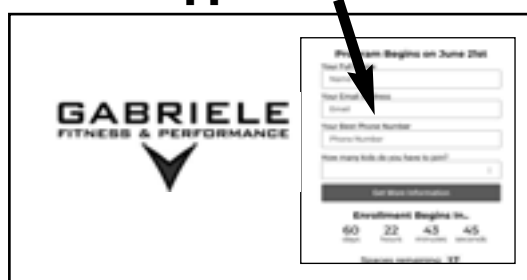
Kristy: Before GFP I had never been to the gym before, but the trainers helped me learn how to work out effectively. I started working out six days a week, and I really saw results. Those results kept me motivated to continue coming back. GFP has given me my confidence back. I feel good in my body again.

## 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.**



**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.

**[www.gabrielefitness.com](http://www.gabrielefitness.com)**