

# Summit NJ Times

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## NEW FIRST AID SQUAD OFFICERS INSTALLED

### Summit Volunteer First Aid Squad

The Summit Volunteer First Aid Squad is pleased to announce its 2022 Leadership team. Mayor Nora Radest paid a visit to the Squad building to administer the Oath of Office.

The Squad's new President is Kevin Caropreso who previously served as Vice President. Prior to joining the Squad after moving to Summit in 2017, he served for 35 years at the Montgomery First Aid Squad, and then Hillsboro Rescue Squad, and was also a member of the Point Pleasant First Aid Squad where he had a vacation home. John Buscaino who previously served as President and Training Lieutenant is the new Vice President. Nora Burd assumes the role of Corresponding Secretary. Treasurer Bob Mendes and Recording Secretary Rob McGrath return in their respective roles.

John Staunton assumes the role of Chief, a position he first held in the 1990's (then called Captain) and again in 2013-14. An active member since 1983, John has served in

numerous positions including 5 terms as President. George Shepherd, a former Maintenance Lieutenant is the new Deputy Chief. Paul Raynolds assumes the role of Maintenance Lieutenant. Training Lieutenant Robert Endress, Equipment Lieutenant John Christmann, Personnel Lieutenant Kerry Witcher and Records Lieutenant Mel Harari are all continuing in their positions.

Squad Trustees include: Laura Benevento, Beverly Brown, and Fred Schwarzmann.

Last year Squad members answered 2,221 emergency calls.

The all-volunteer First Aid Squad, responds to emergency calls 24/7, is entirely funded through private donations and does not bill for service. The Squad is always looking for new volunteers to join its ranks. All needed training, uniforms and equipment is provided. For information on becoming a volunteer, or donating to the squad please call 908-277-9479, or visit their web site [summitems.org](http://summitems.org).



(above) 2022 Officers and Trustees after they took the oath of office administered by Summit Mayor Nora Radest.  
Last year Squad members answered 2,221 emergency calls.

Photo by Bob Flanagan

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

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## SEND US YOUR NEWS

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

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## VENDORS SOUGHT FOR SUMMER FARMERS MARKET

Summit Downtown, Inc.

The Summit Summer Farmers Market will open on April 24, 2022. The market will be open every Sunday until November 20th from 8 a.m. – 1 p.m. Additionally, the market will be open on December, 4th, 11th, and 18th from 8 a.m. – 12 p.m., which all fall on Sundays. The market will again be located at Park & Shop Lot #1, at the corner of DeForest Avenue and Woodland Avenue.

Anyone interested in applying to be a vendor at the Summit Farmers Market for the 2022

season will find all information, applications, and other required documents on the SDI website at:

[summitdowntown.org/events/farmers-market](http://summitdowntown.org/events/farmers-market). To find all the required forms and due dates on the website, scroll down to “Vendor Info”, then click on to the applicant tab that fits your needs the best.

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



(above) Anyone interested in applying to be a vendor at the Summit Farmers Market for the 2022 season will find all information, applications, and other required documents on the SDI website at [summitdowntown.org/events/farmers-market](http://summitdowntown.org/events/farmers-market).

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

Thank you Spring Grove for a wonderful and pleasant stay.

**Charles Sherrick**  
★★★★★

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

Thank you Spring Grove.

**Chrissy Sloan**  
★★★★★

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

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## REEVES-REED ARBORETUM EMBRACING THE WONDERS OF WINTER

No need for the winter blues! Reeves-Reed Arboretum in Summit is embracing the wonders of winter with their upcoming programs for children, families, and adults.

Weekly programs Oaks and Acorns (ages 3-5 with an adult), Homeschool Happenings (for homeschooled students ages 6-10), and Arboretum Afternoons (ages 5-8) are offering winter topics including arctic animals, migration, and hibernation and include nature hikes on the grounds. The very popular Kids Can Cook classes (ages 5-10) will include heart-warming comfort foods and treats for Valentine's Day.

For the adults, you can learn how to identify trees this winter – at the Arboretum and in your own backyard. Need to warm up on a chilly morning or afternoon? Head over to the Arboretum and savor a deliciously warm cup of tea or freshly brewed coffee along with scrumptious scones and croissants as The Secret Tea Room returns this month, including new coffee workshops!

And for the sweetest wonder of winter, attend Reeves-Reed Arboretum's Maple Sugaring Fest on Sunday, March 6, 1-4 pm! The day's activities will include learning how to tap maple trees, turning sap into maple syrup, and other fun maple-themed activities.

Reeves-Reed Arboretum is a non-profit public garden located at 165 Hobart Avenue in Summit, New Jersey. The Arboretum grounds are open to the public 365 days a year. Winter hours are 9 a.m. – 4 p.m. daily. A suggested donation of \$5 per person can be deposited in any of the donation boxes on the grounds. For more

information and to register for winter programs, visit [reeves-reedarboretum.org](http://reeves-reedarboretum.org).

Celebrating over 40 years as a historic public garden and education resource, Reeves-Reed Arboretum engages, educate, and enriches the public through horticulture and environmental education, and the care and utilization of the gardens and estate. Open 7 days a week, the

Arboretum is listed on both the National and New Jersey State Historic Registers. Funding for RRA has been made possible in part by the NJ Historical Commission, a division of the Department of State, through a grant administered by the Union County Office of Cultural & Heritage Affairs, Dept. of Parks & Community Renewal.



(above) A Maple Sugaring Fest will be held on Sunday, March 6.

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## SAGE ELDERCARE CLOSES RESALE SHOP

SAGE Eldercare, a Summit-based healthcare agency focused on social and medical assistance to the elderly, has closed its Resale Shop at its Chatham Road location in Summit, NJ. The Resale Shop has operated since 1959 in various locations and has served to help fund SAGE's core services. With a dedicated sales team led by Rose Rittweger, SAGE Resale has been an important part of the community for many years. Changing market conditions and the increase in social media-based marketplaces have impacted the viability of the Resale Shop. "We are grateful for everyone who for so many years have supported SAGE through the Resale Shop" stated Adam Psichos, President of the SAGE board of trustees. He invited those who wish to continue supporting SAGE's mission through donations of direct financial support for the elderly to visit SAGE's website:

[sageeldercare.networkforgood.com/projects/32504-sage-eldercare-s-annual-fund](https://sageeldercare.networkforgood.com/projects/32504-sage-eldercare-s-annual-fund)

Please visit SAGE's website for information concerning limited hours of operation, and clearance sale information.

During the pandemic, demand for SAGE's core services, including the Meals on Wheels Program, Home Care and Adult Medical Day Care Programs have required increased financial support and attention. "The situation has increased the demand for all our services," said Galina Muller, Director of Finance and Administration at SAGE, "and we continue to focus on creative ways to meet the demand for the community and those most in need."

SAGE continues to operate its Furniture Repair shop at its headquarters. The Furniture Restoration Workshop offers fine quality furniture restoration at exceptional prices. The Workshop has a reputation throughout Union County and beyond for its fine reweaving of caned and rushed chairs.

"SAGE also offers numerous other social programs for the elderly in the community including eldercare counseling and guidance, grocery shopping, Medicare advice and assistance, as well as many more," said Ms. Muller, "and we plan to expand our reach and impact in the months and years ahead."

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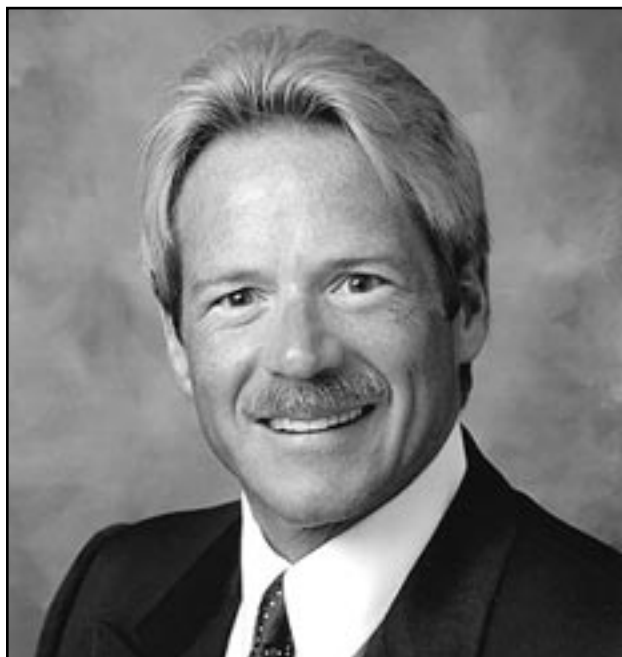
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## SUBURBAN CHIROPRACTIC CELEBRATES 37 YEARS OF SERVICE



(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](http://drmurphy.com).

## SUMMIT EMS RESPONSES – DECEMBER 2021

Summit's EMS Volunteers closed out a very busy 2021 by answering 179 emergency calls in December. These included 100 medical emergencies: 10 falls; 20 motor vehicle accidents, including one on a highway, one into a tree and two overturned vehicle accidents; 16 traumatic injuries, including one assault; four cases of overdose or poisoning; four allergic reactions; five responses to a medical alarm, two pedestrians struck by a vehicle, and one woman in active labor. Squad Volunteers also provided 9 "lift assists" to patients who did not require transport to a hospital and six non-emergency ambulance transports of Summit residents.

In December, 17 emergency calls were answered by an off-duty "back-up crew" of volunteers responding from home or work when the on-duty crew is busy. There were also 17 emergency responses by Summit to provide mutual aid assistance to 6 neighboring towns. 14 patients transported to a hospital by Squad members also received advanced life support care from hospital-based paramedics who accompanied the Squad's ambulance.

The Squad answers calls for help 24-hours a

day and at a variety of locations. December responses included 83 to a patient's home or apartment; 25 for accidents or medical emergencies on roads or highways; five in public buildings; one in a public park; ten at a local business; one at a school; and nine to a health care professional's office. There were also four medical incidents on sidewalks; three in parking lots; nine at Summit's Train Station; 16 at a local behavioral health facility; seven to an assisted living facility; and five on the grounds of Overlook Medical Center.

The Squad answered a total of 2,221 emergency calls in 2021, with the duty crew clearing from the final call at 11:59 p.m. on New Year's Eve.

The all-volunteer First Aid Squad, responds to emergency calls 24/7, is entirely funded through private donations and does not bill for service. The Squad is always looking for new volunteers to join its ranks. All needed training, uniforms and equipment is provided. For information on becoming a volunteer, or donating to the squad please call 908-277-9479, or visit their web site [summitems.org](http://summitems.org)

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# wonder

# 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.**

## CASA KIDS ARE THE BOMB IN FEBRUARY

### CASA of Union County

As many share a card of appreciation, friendship or romance this month for Valentine's Day, CASA of Union County – the only nonprofit tapped by the Union County courts to advocate for area youth in the child welfare system – has kicked off a campaign to share the same warm and fuzzies with the child-victims from our own community it serves each day.

Says Executive Director Mariel S. Hufnagel, "There's so much going on in the world right now, and so much on everyone's shoulders. But for those in the child-welfare system at no fault of their own, the burdens are even heavier and, sadly, the support is often less. Just as we rally around our own loved ones from time to time to ensure they feel special, we want to ensure local children involved in the child welfare system also get to feel the love this month! With each order, one of our dedicated volunteer advocates will be able to make a special delivery to share your gift with their youth. Let's show these kids that they live in a community that cares for them. It's as easy as heading to our website and choosing how many kids' cups you want to fill during this month of love."

Order a hot cocoa bomb for a foster youth or foster sibling set by logging on to [casaoofunioncounty.org/CASA-Kids-Are-The-Bomb](https://casaoofunioncounty.org/CASA-Kids-Are-The-Bomb) now through Friday, February 4, for distribution the following week. One cocoa bomb is just \$10; additional quantities are reduced.

CASA of Union County aims to raise awareness about Union County youth in the child welfare system as well as the need for community volunteers to train as advocates to protect their best interests. Funds raised not only provide foster youth a surprise sweet treat when their advocate next visits, but also support the recruitment and training efforts involved in maintaining a corps of trained volunteer advocates serving as extra eyes and ears for local judges and a voice for their assigned youth.

With the ambitious goal of being able to provide an advocate for every youth that needs one, the organization remains steadfast in efforts to ensure its work continues, even amid the pandemic. Last year, CASA volunteers donated more than 7,000 hours to serve 339 child-victims and 99.7 percent of all court recommendations were accepted by judges.

For details on how you can become an advocate and Change a Child's Story for a lifetime, and other ways to support the agency's efforts, contact Lucia at [info@casaoofunioncounty.org](mailto:info@casaoofunioncounty.org).

## 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](https://suvchw.org).



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

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## THE WORLD COULD USE A LITTLE MORE GRACE

By Mary Kane Tarashuk

In the 70's, when I was a wide-eyed kindergartener at Brayton School, I had a fascination with a building that stood adjacent to the school. This building was ominous and foreboding to my five-year-old self, its windows dark and sinister.

The mystery shrouded inside Cornog Field House at Soldiers Memorial Field stayed with me for decades. My thirties and forties were spent parking on Myrtle Avenue and glancing over at the structure, still amused by my childhood fears, as I pulled my chair out of the trunk to head to a baseball or softball game.

This life-long mystery was finally revealed just a few weeks ago. It happened by chance (or divine intervention). I wanted to drop off a food donation, to somehow "give back" to the community that raised me. I found GRACE while clicking around the Internet. Cornog Field House was identified as the drop-off location.

It's embarrassing to admit that I still felt a little fearful approaching the building that first Thursday morning. It wasn't the fear that I'd had



as a child, the fear that some evil was lurking inside. It was the fear that my small contribution of oatmeal, body wash, and mac 'n cheese just wasn't enough.

With each step toward the bustling crowd, self-doubt began to dissipate. Smiling eyes greeted me from behind masks as I stepped over the threshold. It was then that I became aware of a very different feeling. It took a moment to recognize it. It was grace.

I have yet to encounter a definition for grace that can truly capture its enormity. But to witness grace in action, to feel its humble presence touch your heart, is something that can never be defined. But grace does exist. She greeted me at the door of Cornog Field House in the form of a masked stranger whose name is Amanda Block. Block is the founder of GRACE.

I would learn in the weeks that followed, that I'd walked into something much bigger than I'd imagined, that this tiny woman had created something that was making a huge impact. What started in 2016, as a series of Family Game Nights has grown into an organization that feeds between 400 and 500 local families each week.

GRACE stands for Giving and Receiving Assistance for our Community's Essentials. It is also the name of Block's daughter, who often works beside her. Early on a Thursday, you'll find Amanda, along with fifteen to twenty other volunteers, bustling about in some sort of organized chaos.

To the right of the entrance, a mountain of partially filled, reusable shopping bags is piled against the wall, primed for an unintended avalanche. Past the precarious pile, a doorway leads to a smaller room where volunteers pick through crates full of fresh produce, delivered earlier via the Community Food Bank of New

Jersey. Four hundred twenty-five half gallons of milk had already been dropped off by Springhouse Dairy, as well as four hundred dozen eggs from Pugliese Farms.

A volunteer named Amy holds a head of cauliflower in her hand, gently removing any bruised parts. I asked her how she got involved with GRACE "I was doing a lot of sitting around when the pandemic started. I guess I was just feeling fortunate that I was able to actually go to the grocery store," she explains. "I came here to help. I had no idea what I was walking into."

By the end of the morning, the avalanche of bags is transformed into the fifty pounds of weekly essentials each family will receive that evening, when cars line up around the corner in a now familiar procession of grace in action.

But grace doesn't just happen on Thursdays. Each week, a lot happens out of the public eye. "It has become much more than produce, milk, bread, and eggs," Block explains. Partnerships with Summit Schools, Literacy New Jersey, local restaurants and businesses, and a multitude of charitable foundations help identify the specific needs of the community. Block ticks off a short list of accomplishments. "Medical and dental check-ups, immigration advocacy, heavy boots for construction work, a costume for a school's Halloween party." The list is never-ending and always evolving.

There seems to be no limit to what Block thinks is possible. "GRACE is the assurance that together we will weather life's storms and become healthier, happier, and more secure because of our community," she beams. Then she flits away to greet someone else walking through the same door I'd walked through, just weeks before.

So, what can we, as a community, do to help? Perhaps Block, herself, is best-suited to answer that. "What GRACE needs from the community is the community itself. Volunteers are the force that keep our operations going."

To learn more about being part of GRACE in action, visit [www.gracegivingreceiving.org/](http://www.gracegivingreceiving.org/)



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# FIREFIGHTER MICHAEL COOK RETIRES AFTER 42 YEARS OF SERVICE

Summit Times • Page 15 • February 2022

The City of Summit Fire Department announced the retirement of Firefighter Michael E. Cook on January 17, 2022. Cook is one of the longest-serving firefighters in Summit history, after 42 years of service with the department.

Michael Cook was hired as a volunteer firefighter by the Summit Fire Department on November 8, 1978 and was later hired as a firefighter on December 1, 1980. He was the first African American firefighter to be hired by the department.

Cook has been recognized by the fire department for his outstanding performance at a variety of emergency calls throughout Summit and the surrounding communities. He participated in fire prevention open houses, firehouse tours, fire safety presentations at Summit public schools, and many other community events. Cook also served on the Firefighters Mutual Benevolent Association (FMBA) Bereavement Committee, and received a Medal of Valor Award from the Two Hundred Club of Union County in 1988. Michael Cook lives in Summit with his wife and children.

“Michael Cook will continue to be part of the Summit Fire Department family,” says Summit Fire Chief Eric Evers. “We are thankful for his service to our community over his long tenure with the department, and will miss his presence among our team. We wish him the best in his retirement.”



*(above) Firefighter Michael E. Cook retired on January 17, 2022 after 42 years of service to the City of Summit.*

Photo by City of Summit

## OLD GUARD FEBRUARY ZOOM MEETINGS

The Summit Old Guard continues to present its programs via Zoom this year.

**Cindy Gelormini**

*February 1*

Cindy Gelormini will discuss how her life revolves round the care for a special needs child. She advocates for help for families with autistic children with a series of podcasts, and a YouTube Channel.

**Virginia Long**

*February 8*

Virginia Long, a retired New Jersey Supreme Court justice, will talk about her participation in various cases and how the court interprets these cases.

**Graceanne Taylor**

*February 15*

Graceanne Taylor, a marine scientist, and coordinator of ‘Save Barnegat Bay’ will talk about the public programs to preserve the bay.

**County Prosecutor’s Office Discussion**

*February 15*

There will be a discussion of the County Prosecutor’s Office presented by William A. Daniel the Union County Prosecutor.

All programs are virtual, access can be had via [info@summitoldguard@summitoldguard.org](mailto:info@summitoldguard@summitoldguard.org). Please visit [summitoldguard.org](http://summitoldguard.org) for more information.

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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 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

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## SNOW AND COLD WEATHER SAFETY

### City of Summit

With the low temperatures and snow that come with New Jersey winters, please keep these safety tips in mind:

Never leave space heaters unattended or running overnight. Space heaters should also be plugged directly into a wall. Do not use an extension cord or power strip as they can overheat and cause a fire.

After a significant snowfall, please clear snow from fire hydrants located on residential properties. Clear snow from furnace vents and other utility vents, including dryers, to prevent blocked vents from causing carbon monoxide to

build up in your home. Even if snow accumulation hasn't reached your vents, blowing and drifting snow can be enough to create a problem. As a precaution, also use a carbon monoxide detector and make sure the batteries are working.

When it's snowing or icy outside, take caution while driving and take it slow: slower speed, slower acceleration, slower steering, and slower braking. To report a power outage, call JCP&L at 1-888-LIGHTSS (1-888-544-4877). During extreme cold weather, locate a warming center at [nj211.org/njcodeblue](http://nj211.org/njcodeblue).

## HOMETOWN HEROES

Enrollment is now open for the 2022 Hometown Heroes Program. The deadline to apply is March 31, 2022. This will be the fifth year for the successful program that displays banners with the names, images and dates of service of active military and veterans on city streets from mid-May through mid-August.

Information on application requirements and how to apply is available at [cityofsummit.org/hometownheroes](http://cityofsummit.org/hometownheroes).

## SHARE YOUR THOUGHTS WITH MAYOR RADEST

Do you have a question, comment, or concern? Here is your chance to ask Mayor Radest! The next Meet the Mayor event is on Saturday, February 12 from 11 a.m. to 12:30 p.m. at Batavia Cafe, located at 356 Springfield Avenue. Residents are welcome to stop by and chat with Mayor Radest.

If you are unable to visit with the mayor on Saturday, February 12, Mayor Radest holds office hours at City Hall on 512 Springfield Avenue on Mondays from 10 a.m. to 12 p.m. and Wednesdays from 10:30 a.m. to 12:30 p.m. All residents are welcome to stop by and chat with Mayor Radest and share their thoughts and ideas, no appointment necessary. At this time, all persons entering City Hall are required to wear a mask.



## NJ STATEWIDE BAG BAN BEGINNING MAY 4

A statewide ban on single-use carryout bags and polystyrene foam food service products will go into effect on May 4, 2022. The law prohibits all New Jersey stores, food service businesses, and grocery stores from selling single-use plastic carryout bags. In addition, grocery stores larger than 2,500 square feet may not provide or sell single-use paper carryout bags, and instead must provide or sell only reusable carryout bags.

The new law also prohibits all persons and food service businesses from selling any polystyrene foam food service product or selling any food served in a polystyrene foam food service product.

For more information, visit the City of Summit website: [cityofsummit.org/stateban](http://cityofsummit.org/stateban).

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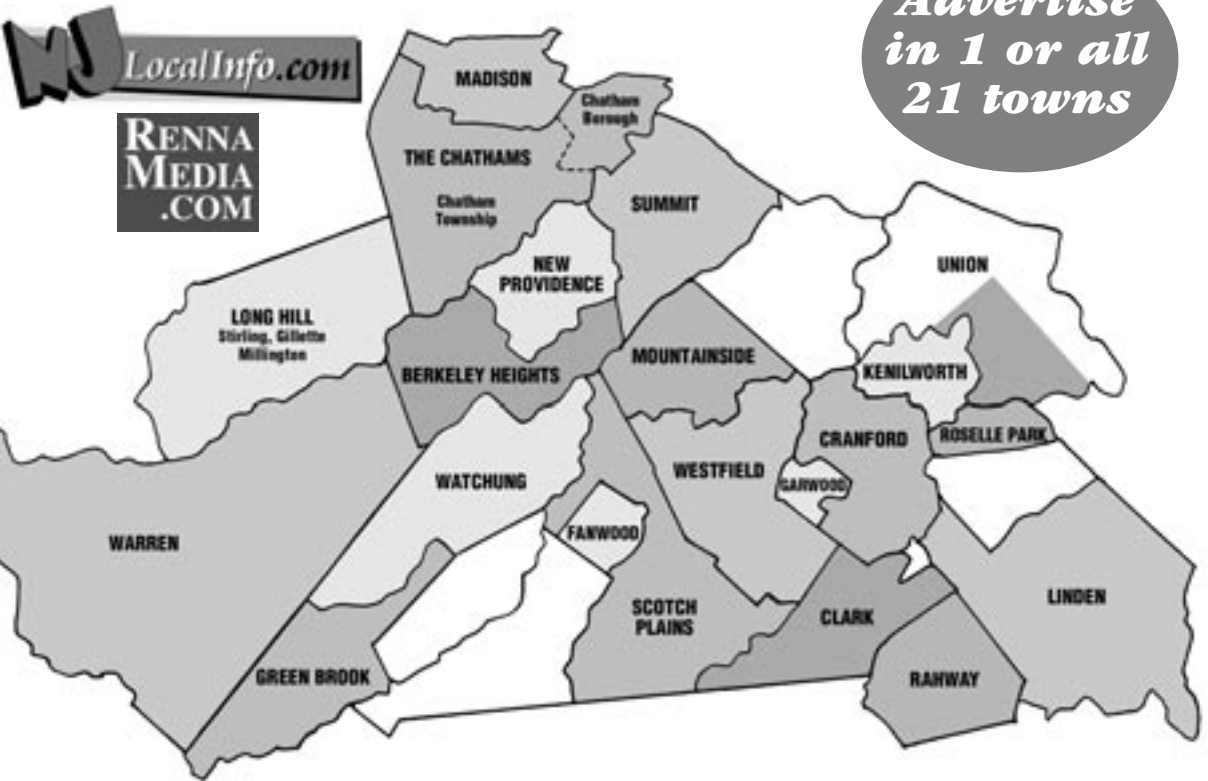
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## FEBRUARY 14 IS NATIONAL ORGAN DONOR DAY

### 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) Cranford's Emma Rothman Celebrated 10 Years with Heart Transplant in 2021.

Photo courtesy of NJ Sharing Network

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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"

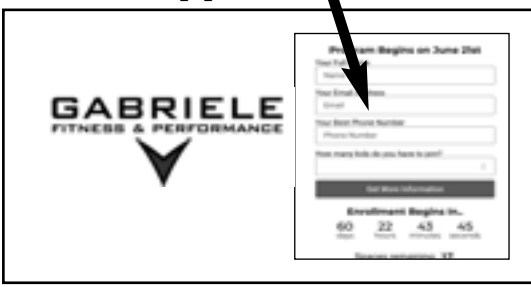
Kristy: Before GFP I had never been to the gym before, but the trainers helped me learn how to work out effectively. I started working out six days a week, and I really saw results. Those results kept me motivated to continue coming back. GFP has given me my confidence back. I feel good in my body again.

## 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](http://www.gabrielefitness.com)

**ABOUT GABRIELE FITNESS:** Gabriele Fitness is a personal training gym that helps people aged 40+ lose weight, gain energy and live a more active life without the use of fad diets or workouts that beat up their body. They've helped thousands of men and women in Berkeley Heights Area to transform their health and life for the past 13 years. As leaders in the fitness industry, they present their methods to trainers and gyms around the globe.