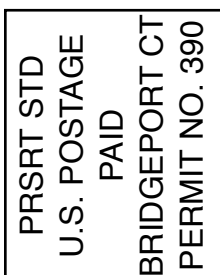


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Issue 80 • May 2022



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Berkeley Heights News

MEMORIAL DAY PARADE - MAY 30

Honoring our military and all those who were lost in service to our nation is a special tradition in Berkeley Heights! After a 2-year hiatus due to COVID-19, we are excited to have a return of the Annual Memorial Day Parade on Monday, May 30th - led by the members of VFW Post #6259. We would also encourage any veteran, whether they are a member of the VFW or not, to march with them on that day. Marchers will gather on Locust Avenue, east of Snyder Avenue near the Rescue Squad Building at 8:45 a.m. The Parade will start at 9:30 a.m. taking its route down Snyder Avenue, west on Springfield, south on Plainfield Avenue ending at Veterans Memorial Park.
Spectators will be introduced to Hometown Heroes Banners lining the way to the Park. The Banners are part of the Veterans Memorial Park Operation: We Remember Program.
The Memorial Day Program is sponsored by the Berkeley Heights Recreation Department and made possible by the collaboration of volunteers of the Berkeley Heights Special Events Committee, the Veterans Memorial Park Committee, and VFW Post #6259. Marching units will include the volunteer Fire Department and Rescue Squad, along with the Berkeley Heights Town Council. A special treat is always the Governor Livingston Regional High School Marching Band. It is a day of friendship and

community spirit that brings citizens of all ages together to honor those who have given the ultimate sacrifice for our freedom. Activities at the park will include VFW Post #6259 leading a memorial service honoring of the fallen – along with commemorative presentations and musical performances. Refreshments will follow.
With the return of the parade, we would like any organized group within the township to join us in marching alongside our veterans. For more info, on how to participate in the parade or to volunteer on the day, please contact the Recreation Department at 908-464-0550.
This year, donations are welcome to support the services and programs of VFW Post #6259. Volunteers will be on site to share how residents can help support our local Veterans.

AC DAY TRIP - MAY 16

The Berkeley Heights Seniors are sponsoring a trip to Resorts Casino in Atlantic City on Monday, May 16. We will leave from the Berkeley Heights Town Hall on Park Avenue at 8:30 a.m. and return at approximately 7:15 p.m. The cost is \$35 which includes bus transportation and a \$20 voucher for slot play. For further information or reservations, call Ramona at 908-647-3295.

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Dr. Mindy Ok earned her Doctor of Dental Medicine degree from the University of Pennsylvania School of Dental Medicine, one of the top dental schools in the country. Dr. Ok strives to provide every patient with a thorough and relaxing visit.

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“UNDER THE “C” SEA” IS THEME FOR RELAY FOR LIFE – MAY 21

American Cancer Society

The American Cancer Society Relay For Life of Berkeley Heights invites the communities of Berkeley Heights, Mountainside, New Providence and Summit to join the movement to honor and remember loved ones and fight back for lifesaving change on Saturday May 21st, 2022 (noon to midnight) at The Grove at Connell Park – 200 Connell Dr, Berkeley Heights, NJ). There is no cost to attend the event and this year's event theme is “Under the “C” Sea” and will be featuring music and entertainment by Thoro

Entertainment along with games, food, and activities for all!

Community volunteers are the backbone of this movement which includes cancer survivors, caregivers, local citizens, and participants who believe that the future can be free from cancer and own the power to make that change.

Funds raised help the American Cancer Society attack cancer in dozens of ways, each of them critical to achieving a world without cancer – from developing breakthrough therapies to building supportive communities, from providing empowering resources to deploying activists to raise awareness.

There are many ways to get involved!

Join the Relay For Life of Berkeley Heights! – Sign up to join an as a participant, cancer survivor, existing team or start a new team at RelayForLife.org/BerkeleyHeightsNJ

Get your business involved! – Being involved in Relay For Life events supports your community Relay For Life event and provides your employees and customers, an opportunity to participate in the fight against cancer. For information on sponsorship opportunities or how you can get your business involved, contact Vicky Allen, Senior Development Manager at vicky.allen@cancer.org / 732-825-6958.

Invite someone or attend our Survivor Brunch! – Are you a cancer survivor or know someone who is? We'd like to celebrate you at our Survivor Brunch taking place on the day of Relay - Saturday, 5/21 @ 11 a.m. at The Grove - Connell

Corporate Park. For more details and to RSVP please contact Maureen Pergola (973) 727-1101 / maureenpergola1@gmail.com.

Donate! - If you can't participate in this year's event, you can still help save lives by making a event donation. Every dollar fuels the American Cancer Society's fight against cancer. Visit RelayForLife.org/BerkeleyHeightsNJ to make a donation today.

Dedicate a Luminaria Bag for a loved one! – Luminarias honor every life touched by cancer. For a \$10 donation, you can dedicate them to a loved one lost, someone currently battling, or anyone who's overcome it. Our Luminaria Ceremony begins after dusk and participants will see the Luminarias decorated with names and sometimes messages to the people they're dedicated to. To dedicate a Luminaria Bag go to: <https://tinyurl.com/LuminariaBH2022>.

Volunteer! – We are always looking for volunteers to join our Leadership Team, or just help out on the day of the event! Contact Vicky Allen for information on how you can volunteer; vicky.allen@cancer.org / 732-825-6958.

Founded by Dr. Gordy Klatt in Tacoma, Washington, in 1985, the Relay For Life movement unites communities across the globe to celebrate people who have been touched by cancer, remember loved ones lost, and take action for lifesaving change.

To learn more about Relay For Life of Berkeley Heights, visit RelayForLife.org/BerkeleyHeightsNJ



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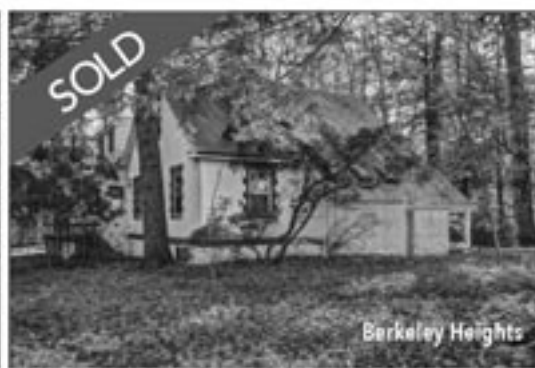
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LOCAL CLERGY ISSUE STATEMENT ON UKRAINE

The Clergy Association of New Providence and Berkeley Heights has issued a statement on the war in Ukraine. The statement follows:

"We believe that God is grieved by the events unfolding in Ukraine. Human division wounds the heart of God, and no division is greater than war. Furthermore, the senseless acts of suffering, violence, and killing are an assault on the dignity of the people of Ukraine as the created children of God.

"We do not condemn the people of Russia, but we do condemn the actions of their political and military leaders. And whereas, we do not wish to become political, we support the efforts of the United States to fortify Ukrainian defenses and alleviate the suffering of their people.

"In the face of the evil we are witnessing, we are tempted to despair believing that we can do nothing. But people of faith have two weapons of peace we can wield: Prayer and Justice.




"We believe that fervent prayer changes the world. We call upon all people of goodwill to pray for peace. Pray for the people of Ukraine that they might endure this time of tribulation. Pray for the people of Russia that they will have fortitude to stand for truth and right. Pray that God will turn the hearts of the Russian leadership.

"We are also people of justice, and justice does not happen alone. God calls us to work for justice, and justice begets peace. To that end, we call upon people of goodwill to give generously to support refugees and those who are suffering. Show support for your neighbors, especially as they differ from you. Where you are able, engage in acts of service to all humanity. Affirm love in all you do.


"This statement comes with our sincere gratitude for all you do to make our communities part of God's reign of peace."

The statement has been signed by:
The Clergy and Religious Leaders of Berkeley Heights and New Providence,

- The Rev'd Dr. Daniel C. Gunn
St. Andrew's Episcopal Church
- Rev. Matthew Dooley
Roman Catholic Church of the Little Flower
- Fr. Andy Prachar
Roman Catholic Church of the Little Flower
- Dr. M. Ali Chaudry
Islamic Society of Basking Ridge
- The Rev'd Andrew Calandriello
St. Andrew's Episcopal Church
- The Rev'd George Betz
Westminster Presbyterian Church
- Sunil Abrol
Baha'i Group of New Providence
- The Rev'd Jane McCready
Faith Lutheran Church
- The Rev'd Markus Vaga
Faith Lutheran Church
- The Rev'd Victor Franco
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HIGHLANDERS ICE HOCKEY TEAM WINS FIRST EVER STATE CHAMPIONSHIP

Governor Livingston/New Providence claimed their first ever State Championship on Monday, March 7th, 2022 at the Prudential Center.

The Highlanders beat top-seeded Morris Knolls/Hills in the NJSIAA Public C final with a score of 2-0, thanks to a strong defensive

performance.

The Berkeley Heights and New Providence communities came together to support their win as the Highlanders concluded their historic season with a record of 18-6-1.



Photo by Berkeley Heights Public Schools



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HOME FOR GOOD CELEBRATES 10,000TH ADOPTION

Home for Good Dog Rescue

At Home for Good Dog Rescue, we recently celebrated an incredible milestone - Saving 10,000 dogs from the brink of death in just 11 short years. Each rescued dog is unique and has its own special "tail" to tell. Meet Remy and learn into his miraculous journey as he becomes our 10,000th adoption. This poor soul lived the entirety of his 7-year life confined to an outdoor wire pen with no human contact, love and affection, playtime, or snuggles. His human captors failed him miserably, and his forlorn eyes truly reflected a lifetime of cruelty, mistrust, and hopelessness.

Since his perilous rescue by Home for Good in 2021, we've seen his transformation from just 'existing' without proper nutrition, medical care, or being protected from the harshness of the

outside elements, to knowing what it's like to be loved, sleep in a warm plush bed, enjoy tasty treats, and receive endless cuddles. Remarkably, Remy has no remnants of the extreme cruelty that he endured, and from which he survived.

Home for Good Dog Rescue is 100% foster-based and this is why. With the help of his canine foster siblings, he began to gain confidence and how to trust. Prior to his rescue, Remy had never felt the gentle hand of a human. Through the patience and perseverance of his foster family, Remy has developed into the devoted dog he is today. He is affectionate, playful, and eager to please.

For more information on how you can become a foster family for a deserving pup like Remy, please visit

homeforgooddogrescue.org/foster

ABOUT:

Home for Good Dog Rescue is 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 them life-saving medical care at our property in Aiken, South Carolina, transport them to our rescue in 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.



(above) Remy (center) is pictured with his new forever family.

Courtesy photo



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31 IDEAS TO HELP KIDS EAT BETTER, RUN FASTER, GET STRONGER AND BECOME THE BEST VERSION OF THEMSELVES

Cut This Page Out and Put on Your Refrigerator



Eat Better

- ☐ Drink AT LEAST 4 Water bottles
- ☐ Have a fruit or veggie with each meal
- ☐ Have nuts instead of chips as a snack
- ☐ Have a source of protein in each meal
- ☐ Take a multivitamin
- ☐ Limit sweets to only one serving

Get stronger

- ☐ Perform 50 bodyweight squats
- ☐ Perform 50 pushups
- ☐ Perform a plank for 60 seconds 3 times
- ☐ Perform 25 vertical jumps
- ☐ Get at least 8 hours of sleep a night

Be Happier

- ☐ Get at least 30 minutes of exercise
- ☐ Do a morning routine that you enjoy
- ☐ Write 5 things that you are grateful for
- ☐ Adopt a Growth Mindset
- ☐ Listen to music whenever you can

Run Faster

- ☐ Do 10 hill sprints
- ☐ Perform 15 Broad Jumps
- ☐ Sprint for 50 yards
- ☐ Perform single leg jumps
- ☐ Perform High Knee Marches

Build Confidence

- ☐ Do something outside of your comfort zone
- ☐ Read a book
- ☐ Practice or spend time on your hobbies
- ☐ Learn a new skill
- ☐ Work towards a new Goal

Be More Active

- ☐ Walk during TV show commercials
- ☐ Schedule exercise time
- ☐ Whenever you see a commercial for a car company, perform 10 squats
- ☐ Find a buddy, and exercise with them
- ☐ Try a new method of exercise every week (i.e. biking, running, lifting weights, etc.)

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**Covid 19 brought an average weight gain of 29 pounds
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**"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. When I joined the challenge 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.

**"I STARTED TO FEEL IMPROVEMENT
AS QUICKLY AS 1-2 WEEKS INTO JOINING"**



Tom: Before joining GFP I never really maintained consistent strength training. At GFP it's easy to build momentum, and I started to feel improvement as quickly as 1-2 weeks into joining. The challenge showed me how rapidly progress can occur if you pair nutrition guidance with regular workouts. More importantly it helped me build lasting habits that have made me consistently healthier.

**"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.

"MY RESULTS INSPIRED ME TO KEEP GOING"



Cathy: My fitness routine had gone off track, and some of my old injuries had started to bother me. I missed working out regularly, but I was lacking direction and the right motivation to get restarted. The trainers helped me get back on track with both my fitness and nutrition. I soon started to see results, which inspired me to keep it going.

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APPLICATIONS DUE JUNE 1 FOR POLICE YOUTH ACADEMY 2022

The Police Youth Academy is an educational program developed by the Berkeley Heights Police Department focusing on the township's young residents. This program is designed to provide positive interaction between the children of our community and the officers who serve them. The Academy emphasizes professionalism, teamwork, respect, and integrity in a disciplined learning environment. Instructors will cover military drill, physical training, self-defense training, classroom activities, and host presentations from various law enforcement agencies. The Police Youth Academy will also provide male and female participants with insight on a career in law enforcement.

DATES AND TIMES OF THE PROGRAM ARE:

- July 11- 15 - Grades 2 – 4; 10 a.m. – 1 p.m.
- July 18 – 22 - Grades 5 – 7; 9 a.m. – 3 p.m.
- July 25 – 29 - Grades 5 – 8; 9 a.m. – 3 p.m.

The Youth Academy is open to any Berkeley Heights student currently enrolled in grades 2 through 8. Also, all applicants must have their parents/guardians sign all waivers, and obtain a medical release note from their physician. All application jackets must be completed and returned by June 1, 2022. Application can be obtained by visiting the Berkeley Heights Police Department. Registration fee is \$40, checks made payable to Township of Berkeley Heights. Applications are available online bhpolice.org.

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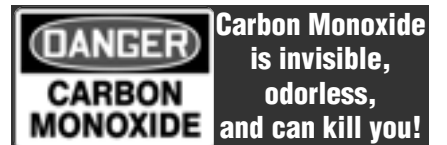
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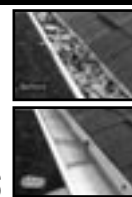
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VOLUNTEERS SHOW LOVE AND SUPPORT

NJ Sharing Network

National Volunteer Week, held in April, is an opportunity to thank all volunteers who dedicate their time and talent to help others. Locally, dozens of volunteers from throughout New Jersey recently crocheted and knitted over 900 shawls and blankets to express love and support for families of deceased organ and tissue donors. Their caring efforts are part of NJ Sharing Network's Wrapped in Love Program.

A team of volunteers came together at NJ Sharing Network's headquarters in New Providence to package the donations and add personalized messages of support before distributing to organ and tissue donor families.

Marilyn Esnes of Berkeley Heights is a NJ Sharing Network Wrapped in Love volunteer who understands the positive impact a handmade shawl or blanket can bring to donor families.

"As the caregiver of a lung transplant recipient, my husband, I understand the difficult decision a loved one must make to give the gift of life to others," said Esnes. "At the time I was sitting in the waiting room at the hospital for my husband's life-saving transplant, I kept thinking of my husband and praying for the medical staff but also for the donor family. While I was very worried and scared, I thought of the family who made that decision to donate organs and what they were going through. My heart ached for them and what they must have been going through. I was so appreciative of their generosity and love. When I learned of NJ Sharing Network's Wrapped in Love Program, I volunteered right away to help alleviate someone's pain."

Carolyn Welsh, Vice President and Chief Operating Officer of NJ Sharing Network, is inspired by the overwhelming expressions of support of NJ Sharing Network's volunteers.

"We applaud the compassionate efforts of our Wrapped in Love volunteers who selflessly offer their time and talent to support donor families," said Welsh. "Our volunteers continue to provide comfort to families after suffering the loss of a loved one when it is needed most."

For more information about NJ Sharing

Network's Wrapped in Love Program, please call 908-516-5687

or email lcolasurdo@njsharingnetwork.org.

Currently, there are over 100,000 Americans – nearly 4,000 of whom live in New Jersey – waiting for a life-saving transplant, according to United Network for Organ Sharing (UNOS). One organ and tissue donor can save eight lives and enhance the lives of over 75 others.

New Jersey's caring spirit is providing hope for the future. According to NJ Sharing Network, last year, 233 generous individuals in New Jersey gave the gift of life, an all-time high for a single year. In addition, 42,112 eye and tissue donations healed and enhanced the quality of life for those in need.

Organ and tissue donor registrations in the Garden State continue to increase thanks to strong community education and outreach efforts and expanded ways to register. New Jersey donor

registration jumped 8.3% in 2021, and the state ranks 5th in the nation on the Donate Life America National Registry. New Jerseyans can register in any of the following options: Online at www.NJSharingNetwork.org/Register; through the iPhone Health App; In person at your local Motor Vehicle Agency.

To learn more, get involved and register as an organ and tissue donor, visit NJSharingNetwork.org.

ABOUT NJ SHARING NETWORK

Currently celebrating its 35th anniversary, NJ Sharing Network is the federally designated non-profit organization responsible for recovering donated organs and tissue and providing hope for those waiting for a life-saving transplant. With headquarters in New Providence, NJ, NJ Sharing Network has been recognized by NJBIZ as one of the state's "Best Places to Work" for four consecutive years.



(above) Adlinna Liang; Marilyn Esnes; Divya Tellakula; Grace Wamsteker; Janet Vigeland; Arlene Kaplan; Lisa Colasurdo, Coordinator for NJ Sharing Network's Wrapped in Love Program; Janet Crowe; Noreen Reilly; Dede Duffy; Nancy Michael; Cathy Rooney; and Carol Kessler.

Photo by NJ Sharing Network

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SHINING STARS TO PRESENT “GREATEST HITS” - MAY 14TH

The Shining Stars are back! Celebrating 10 years on the stage, the talented special needs cast will be presenting “The Greatest Hits” — covering many of the memorable performances over the past decade.

The outdoor show will take place on the campus of Woodbridge High School, located at 1 Samuel Lupo Way, Woodbridge, on Saturday,

May 14, 2022 at 5 p.m. There will be food trucks, a tricky tray and a 50/50 raffle.

“It’s hard to believe it’s been ten years, but it’s been an incredible journey,” noted Shining Stars Network Founder and Show Director Sally Curci. “We continue to be inspired by our performers every day. Their passion, dedication and talent is what makes our shows come to life.”

The Shining Stars have performed in front of audiences of 1,000 or more, with cast members from seven different counties performing over the years. The Cranford-based organization still has many Cranford residents, but is open to anyone who wants to experience the performing arts.

“We’re all about inclusion and opportunity while building self-esteem and creating friendships,” said Shining Stars Network Founder and President Mike Curci. “There have been so many incredible performances over the years and we can’t wait to see our stars shine on stage once again.”

Tickets are available by going to ShiningStarsNetwork.org and clicking on the “purchase tickets” page. General admission

tickets are \$15 in advance, \$20 at the show. Please bring a folding chair or blanket. Seating boxes are first-come, first-served. Gates open at 4 p.m. Plenty of on-site parking is available. Rain date is May 21st. Any cancellation will be noted at ShiningStarsNetwork.org.

SHINING STARS NETWORK is a non-profit organization based in Cranford, N.J. founded by Sally and Mike Curci that shines the light on the special needs community by creating opportunities in the performing arts, with the goal of building self-confidence and self-esteem while enjoying the experience of performing on stage. In addition, their Shining Stars Ambassadors basketball team travels to play local first responders and organizations while building friendship and understanding. Now entering its 6th year, Camp Shine (for ages 10-20 years) and The Shining Stars Summer Workshop (21 and over performers) are two-week intensive programs open to everyone, including those with developmental disabilities, that will take place August 15-26, 2022. For more information on Shining Stars Network or any of their programs, please visit ShiningStarsNetwork.org or send your email to ShiningStarsNetwork@gmail.com.

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(above) Shining Stars, a special needs performing arts group, takes the stage on May 14th. For more information visit ShiningStarsNetwork.org.

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CREATING THINKING CLASSROOMS

Berkeley Heights Public Schools

It is no surprise that math can be an extremely difficult subject for any student. It is not because students can't learn the concepts, but rather, students have a difficult time being told how to do it, memorizing how to do it, and then having to implement it.

For many years it has been all about memorizing rather than thinking, believes Dr. Peter Liljedahl, professor of mathematics education. Having spent 15 years researching how to get students to "think" rather than memorize to help create the ideal setting for deep mathematics learning to occur, Dr. Liljedahl created the concept of "Thinking Classrooms."

After observing a local school district who had implemented "Thinking Classrooms," Nicole Manganelli, mathematics teacher at GLHS, was so inspired with what she saw that she brought the concept back to her GL students.

"The next day my supervisor, Drew Ziobro, had my room covered in white boards so I could begin the process with my students," Manganelli said. "It was so interesting to watch the transformation. Students were really engaged. There is something about vertical learning that just makes it easier."

Unfortunately, just as quickly as Manganelli began transitioning to a "Thinking Classroom," the district was closed due to Covid-19. However, that did not deter her from researching as much

as she could about this learning strategy and fully implementing it once students returned to school.

"This is the first year we have really been able to use this method consistently," Manganelli said.

When students walk into class, they pick a card and are randomly placed into groups of three. The groups change daily and are not based on ability. Students are then presented with questions that they need to solve at the white board.

Manganelli is constantly walking the classroom and observing what the students are doing. If she sees they are stuck on something she provides them with "thinking questions" rather than telling them what their mistake was or how they should solve the problem. This method allows them to become more independent and to work together to problem solve.

"Before 'Thinking Classrooms,' students would learn a concept and, in a day, or week it was gone. So many students when they got to high school had no recollection of the concepts they had learned. Not because they didn't learn it, but because they didn't remember it," said Manganelli. "By working in small groups and discovering the concepts on the white boards, they are learning them and thinking through them, rather than just mimicking what they are being told."

Following the time at the white boards, the class comes back together to discuss what they learned and identify what is important for them

individually to remember.

"It's amazing to walk around the classroom and listen to them talking and 'thinking' about math. It's something I have never heard before. And the students and I agree that we much prefer this way of learning rather than sitting at a desk," added Manganelli."

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Italian Conversation Class

Thursdays, May 5 & 19, 7:00 - 8:00 pm

Come learn Italian with Carmen DelGuerico-Evans. Classes will be held in the library's Conference Room and no advance registration is required.

Book Group

Friday, May 6 at 10:30 am

Tuesday, May 10 at 7:15 pm

April's book group selection is A Woman Is No Man by Etaf Rum. Please stop by in person, call the library or email reference@bhplnj.org if you have questions or would like to join the book club.

Stories of the Wild West

Wednesday, June 8 at 7:00 pm

Save the date for: Stories of the Wild West, a Zoom presentation by professional storyteller Judy England-McCarthy.

On Saturday, May 7, from 9 a.m. to 12 noon, Faith Lutheran Church, 524 South Street in New Providence, will again be collecting second-hand bikes for use by adults and children in third world countries. The collection is being conducted on behalf of Pedals for Progress, an organization which annually recycles 6,000 bicycles for persons in developing countries. Anyone with a bicycle in repairable condition is urged to donate to this worthy cause. Bikes may be dropped off at the parking lot next to the church. On that day, members of Faith will repair and process the bikes for shipment by P4P.

Since 2002, Faith Lutheran has been collecting bikes for P4P. In 2021, five hundred sixty-four bikes were collected from persons and organizations in New Providence, Berkeley Heights, Mountainside, Westfield, Chatham, Warren, Scotch Plains and Fanwood. The collection by Faith occurs throughout the year. The range of towns was aided by articles published in Renna Media publications.

Every year affluent Americans buy 22 million new bicycles and discard millions of old ones, abandoning many more in basements, sheds and

garages. Most of these end up in our already overburdened landfills.

P4P ships its reconditioned bikes to persons in need of countries in Latin America, Africa and Asia. The bikes provide reliable transportation to commute to work, transport produce to market, access health care and other services. Steady employment for adults is vital to the development and success of these economies.

P4P reports that the cost of shipping bikes has increased significantly in recent years and now presents a substantial financial burden to P4P. Last year, Faith contributed \$3,000 toward the shipment of the bikes. Persons donating bikes gave \$1,273 toward shipment. P4P is asking persons to donate \$15 toward the shipping costs, if they are financially comfortable doing so. Donation or not, Faith welcomes all bikes in repairable condition.

Since 2016, the chairperson of Faith's Pedal for Progress ministry has been Casey Walsh of Bridgewater, a long-time member of the church.

The pastor of Faith is Rev. Jane McCready. Visit online at famfaith.org or call the church office at 908-464-5177. The address is 524 South Street, New Providence. Courtesy photos



2021 Pedals for Progress volunteers.

(above, l-r) Pedals for Progress organization; Alan and Gary, Faith; Bill Bradley of New Providence, Casey Walsh of Bridgewater, Sally Reier of Union, Diana Bjorge of Berkeley Heights, Ky Luu, formerly of Fanwood, now South Carolina, Linda Fuller of Berkeley Heights.

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BOY SCOUT CHESS TOURNAMENT RETURNS AFTER TWO YEAR HIATUS

After a two year hiatus due to Covid-19 restrictions the Boy Scouts Annual Chess Tournament in Cranford was back in full swing held on March 26, 2022 at the Cranford Community Center. The event was hosted by the newly configured Pioneer District or the Boy Scouts of America and Sponsored by Renna Media. Tom Andrea, Advisor, Patriots Path Council Chess Club and District Chairman Steve Flood organized the event.

First place winner was Paul Mild of Bound Brook who finished with a perfect score of 4.0, winning all four of his games. Second and third place winners with a score of 3.5, were Paul Rinaldi and Sander Merrick, both from Florham Park.

Thirty contestants participated in the tournament that is organized by Joe Renna of Renna Media, and Tournament Director John Moldovan. This tournament also met the 6a requirement for earning a Chess merit badge.

The Patriot Path Council Chess Club is open to all scouts and potential scouts and is free to join. Currently the club is playing monthly, Saturday morning online chess tournaments, usually the fourth Saturday of the month. There is a signup form to join the club that can be found on their website at 247scouting.com.



(above) Brayden Agro of Berkeley Heights participated in Boy Scouts Chess Tournament.

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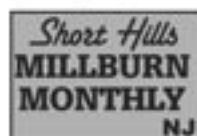
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**Covid 19 brought an average weight gain of 29 pounds
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**“MY ACHES AND PAINS HAVE MOSTLY GONE AWAY,
AND I DEFINITELY HAVE MORE ENERGY”**



David: The pandemic negatively impacted how dedicated I was to working out and the type of food I ate. When I joined the challenge 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.

**“I STARTED TO FEEL IMPROVEMENT
AS QUICKLY AS 1-2 WEEKS INTO JOINING”**



Tom: Before joining GFP I never really maintained consistent strength training. At GFP it's easy to build momentum, and I started to feel improvement as quickly as 1-2 weeks into joining. The challenge showed me how rapidly progress can occur if you pair nutrition guidance with regular workouts. More importantly it helped me build lasting habits that have made me consistently healthier.

**“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.

“MY RESULTS INSPIRED ME TO KEEP GOING”



Cathy: My fitness routine had gone off track, and some of my old injuries had started to bother me. I missed working out regularly, but I was lacking direction and the right motivation to get restarted. The trainers helped me get back on track with both my fitness and nutrition. I soon started to see results, which inspired me to keep it going.

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