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Published by Renna Media Issue 93 • June 2023

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NATURE CLUB WRAPS UP THE SEASON



Photo by Berkeley Heights Public Schools

(above) Members of Mountain Park Elementary School's Nature Club

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Berkeley Heights Public Schools

Mountain Park Elementary School's Nature Club held their final meeting of the 2022-2023 school year on Monday, April 17th. Participants gathered together with club leaders Mrs. Masri (fourth grade teacher), and parent volunteers Mrs. Campbell and Mrs. Santore who guided MP students, their families and community volunteers who worked together to beautify the courtyard, an outdoor learning space for all students.

With Earth Day around the corner at the time, students cleared weeds and turned the soil in the courtyard's planting boxes. Beet, snap pea, radish, lettuce, and herb seeds were planted. Once matured, the vegetables and herbs harvested Students also planted marigold and sunflower seeds among the garden's perennials. During the meeting, students also planted flower seeds in individual pots to bring home. Students selected from sunflower, marigold, and zinnia seeds. Students were encouraged to present their plants to a loved one for Mother's Day. Much was accomplished during the productive and fun afternoon that the Club worked together.

In addition, Mrs. Masri and Mrs. Campbell recently applied for a grant through Union County, Union County Kids Dig In! School Garden Grant and Mountain Park Elementary School was awarded \$500 to enhance the courtyard's learning environment!

The Nature Club, led by Mrs. Masri, will continue in the will be donated to St. Joseph's food pantry in Elizabeth. Fall. Students and volunteers are always welcome.







Berkeley Heights

Renna Media LLC, Publishers 202 Walnut Ave., Cranford, NJ 07016

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VOLUNTEER OPPORTUNITY - ADOPT-A-SIGN PROGRAM

Berkeley Heights Downtown Beautification Committee

Is your family, business, organization, or club looking for a fun and rewarding way to get involved in our local community? Are you short on time but long on civic spirit? If so, the Adopta-Sign program may be the perfect activity for you.

Each Spring, small groups of volunteers work independently to help make Berkeley Heights prettier and more welcoming by planting and maintaining a small flower bed beneath one of 20 welcome and park signs.

Everyone is welcome to take part in the Adopta-Sign program. In previous years, participants ranged from Girl Scout Troops and businesses to neighborhood associations and families. Adopting a sign encourages teamwork as volunteers clean the signs, plant the beds, and keep them looking good through periodic weeding and watering as needed. Most groups replant in the Fall using seasonal plants and decorations.

The DPW has already mulched the beds, so they are ready to be adopted. And it's easy to sign up and get more details. Simply contact the Downtown Beautification Committee, who has been managing this initiative for five years, at DBC@bhtwp.com, to choose an available site for

Is your family, business, organization, or club your group. Find more information about Adoptoking for a fun and rewarding way to get a-Sign guidelines here.

A big THANK YOU to those who adopted signs in 2022:

Connell Company, D'Silvia Family, Girl Scout Troop 40950, Junior Girl Scout Troop 40906, Edward Jones – Kevin Mack, Financial Advisor, JL Franchino Masonry, Kingsley Family, Lawrence - DiLullo Family, Moms Club of Berkeley Heights, Ortega Family, Pappas Family, The Rotary Club.



(above) Welcome sign Veterans Memorial Park



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SENIOR DAY TRIP

The Berkeley Heights Seniors are sponsoring a trip to Resorts Casino in Atlantic City on Monday, June 19. The bus leaves the parking lot at Town Hall, 29 Park Avenue at 8:30 a.m. and returns 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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- If you ever doubt the legitimacy of a call from PSE&G, especially if payment is demanded, hang up and call us directly.

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• Threaten to close your account if you do not

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If anyone comes to your door looking like, or claiming to be, a PSE&G employee, ask for ID. All PSE&G employees must carry ID and present it when requested. If you are not convinced, do not let the person in your house. Call us at 1-800-436-PSEG (7734). A Customer Service Representative will gladly verify if a technician has been dispatched to your location.

THINGS TO KNOW:

- If the person at your door gives you a different phone number to verify his/her presence, do not call it. Only call 1-800-436-PSEG (7734).
- PSE&G will never send employees to your home or small business offering cash refunds on deposits or utility charges. We will only either credit your account or mail a check to your service address.





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155 Overhill Way	4	3.2	2	\$1,249,900	\$1,215,000	23
9 Peacock Ln	4	3.1	2	\$1,216,045	\$1,209,045	111
48 Whitney Dr	4	2.1	2	\$795,000	\$900,000	8
36 Putnam Ave	3	2.0	2	\$689,000	\$675,000	72
16 Berkeley Sq	3	2.1	1	\$559,000	\$605,000	13





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PINWHEELS FOR CHILD ABUSE PREVENTION MONTH



(above) Parishioners at the Church of the Little Flower adopted 'Pinwheels for Child Abuse Prevention Month' in April. Donations were collected for Covenant House in Newark, which services homeless and trafficked youth. A representative from Covenant House, Zarida Brokenborough, received a \$800 check. She is pictured with pastor Fr. JC Merino and staff from Little Flower.

Courtesy photo

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ETHAN WONG, MAY STUDENT OF THE MONTH

Berkeley Heights Public Schools

In an effort to showcase our students in BHPS who have excelled either in academics, leadership, community, or have shown excellent growth in any of those areas, the district is hosting a "Superintendent's Student of the Month". For May, Governor Livingston High



(above) Ethan with Superintendent of Schools Dr. Melissa Varley and GLHS Principal Rob Nixon.

School honors senior Ethan Wong.

Ethan is an accomplished student-athlete who has achieved much in his time at Governor Livingston High School. A member of National Honor Society, where he is the Vice President of Tutoring, Ethan is additionally a member of the Athletic Honor Society, as well as Science and French National Honor Societies. He is also a member of Interact Club and the Technology Student Association at GLHS. This past year, following his experience successfully applying to the United States Naval Academy, Ethan began the Service Academy Interest Club at GLHS in hopes of sharing information related to the benefits of attending a service academy, to share information about application requirements, and to develop a support system for future students who are interested in attending a service

Ethan is a 2022 recipient of the Johns Hopkins Book Award for intellectual and moral aspiration, scholarly promise, and strength of character. This past year Ethan was appointed as GLHS' sole representative to the Junior Board of the Overlook Foundation where he met monthly with the team during the school year and personally raised over \$1,000 for renovations to the Overlook Medical Center's maternity center. Photo by Berkeley Heights Public Schools Ethan also attended the Mandarin Learning

Center (Chinese Culture University) in July 2017, a 3-week Chinese study abroad program.

Ethan is a decorated swimmer and has been swimming competitively with the Summit YMCA Swim Team since 2013 and is currently their Senior Captain. At GLHS, Ethan is the Captain of the Varsity Swim Team and a 4-year Varsity Letter Winner. He is the 2023 Union Country Champion in the 100 Butterfly, and held the title of County Champion in the 100 Breaststroke in 2022. Ethan was a member of the Varsity Lacrosse Team for three seasons and is currently on the Varsity Track and Field Team. His passion for swimming has led him to offer countless hours as a Volunteer Coach for the 8 & under team at Summit YMCA Swim Team (Sept. 2021-Present). Ethan works in the summers as an Assistant Coach for the swim team at the Berkeley Heights Community Pool and as a lifeguard.

Ethan is proud of the hard work that led him to be a high achiever at GLHS, noting that it was not always easy and that he particularly found Calculus challenging at the beginning but that with hard work, extra help and diligence he succeeded.

Ethan looks forward to continuing his studies at the Naval Academy in Annapolis, Maryland where he will focus on quantitative economics.

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ARBOR DAY POETRY CONTEST WINNERS

Berkeley Heights Public Schools

Students from Mountain Park Elementary School participated in the 2023 Union County Arbor Day Poetry Contest. One poem was selected from each class and submitted into the countywide competition. Amaya Gonzalez, a fourth-grade student at Mountain Park School in Mrs. Corcoran's class received second place honors with her poem titled A Swaying Beauty. Julia Ruiz from Mrs. Saravay's and Mrs. Gillespie's class received third place in fifth grade with her poem entitled Trees, and Anna Morozovych from Mrs. Burga's class received first place for fifth grade with her poem entitled Trees Are Everything. Students were recognized and received their award at a Board of Commissioners meeting in Elizabeth on Thursday, April 27th.



(above) Amaya Gonzalez, second place honors; Julia Ruiz, third place honors; Anna Morozovych, first place honors.

Photo by Berkeley Heights Public Schools

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Berkeley Heights Downtown Beautification Committee



Here's your chance to make our town blossom this Spring and Summer.

Your neighborhood group, business, or family is invited to sponsor one of the 14 flower baskets installed along Springfield Avenue. Each large basket mounted to lamp poles is filled with flowers shortly after Mother's Day, adding charm and beauty throughout the warm weather months.

This program, called Fill-a-Basket, is now in its sixth year. The Downtown Beautification Committee manages it with help from the Township DPW, and Hall's Garden Center & Florist plants the baskets free of charge.

To sponsor a basket at \$200 each, contact the Downtown Beautification Committee at dbc@bhtwp.com.

The volunteers of DBC extend a big "thank you" to the businesses, clubs, and families that sponsored one or more of the Fall/Winter seasonal greenery baskets this past year.





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THE WARREN LIONS CLUB EXPO IS BACK! - JUNE 14-17, 2023

Warren Township municipal field (46 Mountain Boulevard), is a classic carnival of family fun over four days, 6-10pm between 14 and 17 June, 2023. There will be amusement rides, games of

Welcome to the **Warren Lions Club** lunicipal Grounds FREE Sponsored by 6:00 pm 10:00 pm Please call Anthony Franchini at 908-334-9304

The Lions EXPO 2023, to be held at the chance, fireworks, food vendors and an exposition of local businesses. This will be the 55th Annual EXPO, the flagship event of the Warren Lions Club.

> Our Event sponsor is NextHome Premier. The Corporate sponsors are Lightbridge Academy, The Orchard Academy and Temple Har Shalom. We will also have a spectacular Fireworks, which concludes the EXPO on Saturday, 10pm.

> The Lions EXPO attracts approximately 10,000 people over the four days and has become the premier family fun event in Warren Township and the surrounding communities.

> The EXPO will have a pay-one-price wristband every night this year. We will be holding a Giant 50/50 cash raffle with the drawing on Saturday June 17th, resulting in a multi-thousand-dollar payout to a single winner. The winner need not be present. Tickets will be available for purchase throughout the Expo dates for \$5 each.

> "Hosting the EXPO has been a tradition for us, it's our resolve to spread the smiles on people's faces, especially after the difficult couple of years we all have endured" said Mark Ramos, the 2023 EXPO chairperson of the Warren Township Lions Club.

LOCAL BUSINESS EXPOSITION

The EXPO is an excellent platform for local businesses to showcase their services and connect directly with customers through the purchase of a \$500 Exclusive Game sponsor sign or a \$150 non-exclusive ride sponsor sign displayed at the Expo for the 4-day duration.

"Interacting with potential customers at a high profile community event can greatly boost a company's image and customer base," noted Anthony Franchini, the Warren Lions Club Treasurer. "Community members deeply appreciate those businesses that demonstrate their local support through events like this."

We are still accepting a very limited number of applications for tent vendors to sell or promote their business to the thousands of people in attendance at the LIONS EXPO. For information on becoming a tent vendor at the 2023 Lions

EXPO, please contact Anthony Franchini at 908-334-9304.

All proceed from the Lions EXPO are donated back to community organizations and sight and hearing foundations throughout New Jersey.

ABOUT THE LIONS CLUB OF WARREN TOWNSHIP

When caring people join together, roll up their sleeves and take action to make their community better, it's a beautiful thing—and an incredible feeling for everyone involved. That's Lions. Being a Lion is about leading by example, building relationships and improving the world through kindness. The service of Lions reaches around the planet. Serving in over 200 countries and geographic areas, our 48,000 clubs and 1.4 million members are helping others and making communities better.

The Warren Lions Club currently has more than 100 active members from Warren Township and surrounding communities. Members include business and professional leaders who provide humanitarian service, encourage high ethical standards in all vocations, and help build goodwill and bonding in the communities. All funds raised by the Lions Club of Warren Township are used to support a wide variety of community service organizations and projects. The Club holds dinner meetings every second and fourth Wednesday of the month from September through June and occasionally feature speakers, donation recipients and special guests that inform and entertain. The Club encourages all members to help set the direction of our Club, participate in leadership roles, and identify causes to support and the Club's priorities, while fostering camaraderie and advancing our mission.

OUR MISSION AND MOTTO

To empower volunteers to serve their communities, meet humanitarian needs, encourage peace, and promote international understanding through Lions clubs. Our motto: "WE SERVE." Our Vision: To be the global leader in community and humanitarian service.

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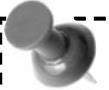
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ATTENTION PARENTS OF KIDS AGES 6-18



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	Run Faster
☐ Drink AT LEAST 4 Water bottles	□ Do 10 hill sprints
☐ Have a fruit or veggie with each meal	☐ Perform 15 Broad Jumps
☐ Have nuts instead of chips as a snack	☐ Sprint for 50 yards
☐ Have a source of protein in each meal	☐ Perform single leg jumps
☐ Take a multivitamin	☐ Perform High Knee Marches
\square Limit sweets to only one serving	Build Confidence
Get stronger	☐ Do something outside of your comfort zone
☐ Perform 50 bodyweight squats	☐ Read a book
☐ Perform 50 pushups	☐ Practice or spend time on your hobbies
☐ Perform a plank for 60 seconds 3 times	☐ Learn a new skill
☐ Perform 25 vertical jumps	☐ Work towards a new Goal
☐ Get at least 8 hours of sleep a night	Be More Active
Be Happier	☐ Walk during TV show commercials
☐ Get at least 30 minutes of exercise	☐ Schedule exercise time
\square Do a morning routine that you enjoy	☐ Whenever you see a commercial
☐ Write 5 things that you are grateful for	for a car company, perform 10 squats
☐ Adopt a Growth Mindset	\square Find a buddy, and exercise with them
☐ Listen to music whenever you can	☐ Try a new method of exercise every week
	(i.e. biking, running, lifting weights, etc.)

Do You Want
GRIT ATHLETE PERFORMANCE
to Help You with all of this?

Registration for Our Summer Program Is Now Open But Only 9 Spaces Remain

Early Bird Registration Expires June 19



Scan QR Code for cost, timeslots, and dates.

Attention Parents of Kids Ages 6-18

UPDATE: THE GRIT ATHLETE SUMMER PROGRAM HAS ONLY 9 SPACES REMAINING

We'll have your kids stronger, faster, and more confident...guaranteed.

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

GET MORE INFORMATION (STARTS JUNE 19TH)







Warning: The summer 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 summer session.

FUN WITH ROBOTS

Berkeley Heights Public Schools

Students in kindergarten through second grades at both Mary Kay McMillin and William Woodruff Early Childhood Centers had fun as they worked with computer teacher Mrs. Mary Niedenfuhr and STEAM teacher Mrs. Lisa Genua on projects using Code and Go Mouse Robots. Using computational thinking skills and engineering habits of mind, students worked collaboratively to move the robot from the starting line to the cheese at the finish line. First students planned, designed and built mazes. Then the students created code sequences to program the mice to go from the start to the "cheese". What a fun way to develop critical thinking skills!

Photo by Berkeley Heights Public Schools





Children 10 years old and younger Two (Weeks of June 19th and July 10th) For 4th, 5th, 6th 7th Grades Baketball Camp (Week of June 26th - 30th) For 4th to 9th Grade Shooting Camp (Week of July 2 - 7) At OLP New Providence 908-304-4690 www. jkbasketball.com

THE JUNE SPEAKERS PROGRAM

THE SUMMIT OLD GUARD

The Summit Old Guard was founded in Summit in 1930 and meets every Tuesday at the New Providence Presbyterian Church located at 1307 Springfield Ave. Our motto is "Come for the Programs. Stay for the Friends." and our June program theme is "Mostly from Brooklyn."

The leadoff speaker on June 6th is distinguished professor Arnold J. Levine who will speak on the Origins and Treatments of Cancer. Professor Levine is a professor emeritus at the Princeton Institute for Advanced Studies.

On June 13th, Judge David Hittner will review his life and experiences as a federal judge, including involvement with Enron litigation, and cases involving gerrymandering, redistricting, and financial fraud.

On June 20 we feature our own Old Guard member Merv Gersten who will talk about his career in traffic and transportation engineering and nearly lifelong hobby of model railroading.

The only June speaker not born in Brooklyn is Gordon Meth, who will review his career as a forensic engineer engaged around the nation as an expert in cases involving pedestrian and vehicle injuries and deaths. Mr. Meth will conclude the June series on Tuesday, June 27th.

Past speakers can be viewed on Facebook, but we encourage people to drop in on our meetings which take place at the church at 10:00 a.m. every Tuesday. "Come for the Speakers. Stay for the Friends." We look forward to meeting you.









(above, l-r) Gordon Meth, Professor Arnold Levine, Judge David Hittner, Mary Gersten







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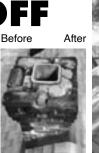




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FARMERS' MARKETS OPENING IN JUNE



The following Markets offer produce grown in New Jersey and sold by the farm that grows it and are designated Jersey Fresh.

Visit JerseyFarmersMarkets.com For more details.



BERNARDSVILLE

Saturdays - 9 am to 1 pm CHATHAM

Saturdays - 8 am to 1 pm

EAST ORANGE

Starting in 2023

HIGHLAND PARK

Fridays - 11 am to 5:30 pm **KEARNY**

Thursdays - Noon to 6 pm

KENILWORTH

Tuesdays - 10:30 amto 6:30 pm **MADISON**

Thursdays - 1 pm to 6 pm

MAPLEWOOD

Mondays - 2 pm to 7 pm

METUCHEN

Saturdays - 9 am to 2 pm

MONTGOMERY

Saturdays - 9 am to 1 pm

MORRISTOWN

Sundays - 8:30 am to 2 pm RIVERDALE

Tuesdays - 2:30 pm to 7 pm **ROSELLE PARK**

Wednesdays - 1 pm to 6 pm

SOUTH ORANGE

Wednesdays - 2 pm to 7 pm **SPRINGFIELD**

Mondays - 11 am to 6 pm



The New Jersey Council of Farmers and Communities (NJCFC) is a non-profit organization dedicated to developing and growing the network of community farmers' markets and farmers throughout northern and central New Jersey.

RE-"CYCLE" YOUR BIKES AND SEWING MACHINES

Bridge, NJ is having a used bike and sewing machine collection sponsored by Faith Lutheran Church at 524 South Street in New Providence on June 17, 2023 from 9:00 a.m. until 12:00 p.m. Anyone with an adult or child's bicycle in ridable or easily repairable condition is urged to donate that bike to this worthy cause. "Bikes for parts" or disassembled bicycles will not be accepted. Working portable sewing machines are also greatly appreciated and put to good use around the world. If you are unable to drop your donation off on the actual collection date, you may do so ahead of time by leaving your bicycle(s) in Faith Lutheran's lower lot next to the utility shed. If you are donating a sewing machine, please leave it underneath the sheltered alcove by the main doors at the bottom of the parking lot.

Every year, Americans buy 22 million new bicycles and discard millions of old ones, abandoning many more unused in basements, sheds, and garages. Most of these end up in our already overburdened landfills. Meanwhile, underprivileged people overseas need cheap, non-polluting transportation to get to jobs, markets, medical care and schools. Pedals for Progress has received, processed and donated

Pedals for Progress & Sewing Peace of High over 165,000 bicycles, 6,000 used sewing machines and millions of dollars in new spare parts to partner charities in 32 developing world countries. In 2022, deliveries were made to partners in Belize, Cameroon, Guatemala, Rwanda, Somalia, Togo and Uganda.

It costs approximately \$52 to collect, process, ship, rebuild and distribute each bicycle or sewing machine. A donation toward shipping costs is necessary with a suggested minimum \$20 per item. All cash and material donations are fully deductible, and a receipt will be provided on site. Pedals for Progress is a 501(c)(3) corporation and a registered charity in the states of NJ, NY, PA, CT, VT. Brochures explaining this innovative program will be available at the collection site.

P4P seeks donations of wrenches for their overseas shops. For detailed information about P4P's overseas projects and a current schedule of bicycle and sewing machine collections, or to make a donation, please visit their website at www.p4p.org.

Faith Lutheran Church is located at 524 South Street, New Providence, NJ. The Rev. Jane McCready is Pastor at Faith Lutheran Church. Visit online at famfaith.org to learn more about our worship schedule and ministry opportunities.

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BEREAVEMENT SUPPORT GROUP FOR PARENTS

The Church of the Little Flower, located at 310 Plainfield Ave., Berkeley Heights, NJ, is offering a bereavement support group for parents on Thursday, June 8, 7-8:30 p.m. The program is designed for parents who have suffered the loss of a child. It will be facilitated by Marianne Wilson, a parent who experienced child loss and is now the director of the Kimberly Anne Wilson Foundation. Pre-registration is required. Space is limited. Please register online littleflowerbh.org or call the parish center at 908-464-1585.









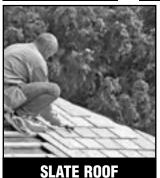




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FIRST RESPONDER "HERO MEDAL" 2023 RECIPIENTS

Submitted by Michael G Higgins

The Berkeley Heights Rotary Club recently honored local first responders with their Annual "Hero Medal" Reward. A brief ceremony was held at Rotary's recent business meeting at Delicious Heights on Wednesday May 10.

"Hero Medals" are presented by various Rotary Club throughout the country, and are intended to recognize those first responders who exemplify the Rotary's core value of service to others and to their community. This year's

(above, l-r) Joseph Savino, James Ramentol.

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recipients are:

Anthony Padovano joined the Berkeley Heights FD in 1988 and is a lifelong resident of Berkeley Heights, serving the Township in several capacities including the OEM (Office of Emergency Management) Coordinator and General Foreman in DPW.

Anthony has lived in BH for 50 years with wife Olga and has two adult daughters.

Daniel Schafer has been a Patrolman for the Berkeley Heights PD since 2017. He is a 2nd generation Police officer. His career path was inspired by his dad Tom, who served Berkeley Heights for 28 years.

Dan lives in Lebanon township and holds a degree in Criminal Justice from Monmouth University.

Berkeley Heights Volunteer Rescue Squad of each month at Delicious Heights at 12:15.

(BHVRS) for over 9 years, with 4 of those years as Squad President. He was instrumental in building a strong collaborative relationship between BHVRS and the township that ultimately improved the safety and well being of our citizens.

Joe is the owner of Adam's Fine Clothing in New Providence and has lived in Berkeley Heights for 23 years where he and his wife Maria have raised their four children.

With service as our primary goal, the Rotary is involved in many community efforts to promote good will and the betterment of others. Some recent events include our Annual Luminary Event held during December as well as our Pancake Breakfast in November.

The Berkeley Heights Rotary is alway seeking Joseph Savino has been a member of the new members and meets the 2nd and 4th Weds



(above, l-r) Anthony Padovano, Daniel Schafer, Joseph Savino.





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MULCH

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Brown Dyed	
Red Dyed	
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DECORATIVE STONE

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NEW JERSEY VETERANS NETWORK MEMORIAL DAY MESSAGE

Michael D. Boll, Director, NJVN

A few years ago, I was approached by a friend and veteran of mine who expressed how extremely depressed he was and that he wanted to take his own life. Initially, I was completely shocked because this guy seemed to be upbeat and happy all the time. Immediately, I asked him to come with me to a private office so we could talk about his awful situation. This was the first time in my life that I had a friend talk to me about suicide, and I knew I had to really do my best to help him get through this horrible ordeal. We spoke for a few hours and I listened closely to everything he said. I was able to convince him to immediately get some help and we went to the hospital. I stayed with him at the hospital and met with him when he was released. I did everything to show my friend that I had his back, and because of this he is alive today. This awful situation inspired me to do whatever I possibly can to help others in need, and shortly after the New Jersey Veteran's Network created our mobile outreach program.

In today's day and age, most of you have known a veteran or first responder who has taken their own life. We lose nearly 22 veterans and approximately 300 first responders every year to suicide. Even with all the awareness and new anti-suicide programs available, this number has not changed, and in some cases has

increased.

The VA hospitals with PTSD and mental health programs are packed with patients and unfortunately, the numbers continue to increase. More of our first responders are also seeking help and are utilizing some of the state programs being offered. So many people want to help and put an end to this crisis, but sadly there isn't a foolproof program available that will stop this ever-growing crisis from destroying our uniformed heroes and their family's lives.

For the last two years, our team has been working tirelessly with other charities to come up with a better solution to help prevent this epidemic from continuing. Personally, we believe our Mobile Outreach Team is really making a difference and everyday it helps our uniformed heroes live a better way of life.

The first thing we learned as a team is that we must lose our ego and seek out other groups and organizations that are looking to save lives. Then we find the right volunteers who are committed and dedicated to being a men-tor to a person in crisis. Volunteers are ex- tremely valuable because they want to be there, and they usually care more than the people who get paid for their services.

To date, we have been able to change and save countless lives because of the in- credible commitment from the volunteers and other supporting groups. In the next few months we are excited to be launching the "Uniformed Heroes Project," which is a statewide peer support/mentorship program for veterans, first responders, and active duty military. This project is a collaboration between the NJ VFW, NJ American Legion, NJ FMBA, PFANJ, NJSPBA, NJ FOP, NJ MAVA, NJ legistrators, other military/first responder organizations. The Uniformed Heroes Project will provide peer support training throughout the state for volunteers and host numerous recreational therapy events for our heroes in need.

ABOUT NEW JERSEY VETERANS NETWORK

We are a group of veterans and volunteers dedicated to helping our veterans and their families live better lives. Our mission is to identify veterans and connect them with resources and programs designed to meet their unique set of needs. Help us save Vets! We are always looking for volunteers, with various skills, to join the team.

If you are a veteran or family member that's in need of assistance; or are interested in volunteering, would like us to speak at your event, or contribute to our mission, call 973-332-1556 or email njvn1775@gmail.com To learn more about the team please check out our website njvn.org (accomplishments). Help us save Vets!



(above) New Jersey Veterans Network veterans and volunteers at a recent Memorial Day Parade.





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SALEM ROADHOUSE CAFÉ JUNE SHOW

The Salem Roadhouse Café presents the Stephen Fuller Quintet, Saturday, June 10, 2023. The doors open at 7:15 p.m., the show starts at 8 p.m. Admission is \$20 and includes show, snacks, non-alcoholic beverages, and dessert. The venue is located in the basement of Townley Presbyterian Church, 829 Salem Rd, Union, NJ. The Roadhouse operates as a non-profit that raises funds for several carefully chosen local charities.

Stephen Fuller's deep rich voice and soulful renditions have long made him a favorite with sophisticated audiences around the world, performing in Israel, Jamaica, Costa Rica and The US Virgin Islands. In addition to his overseas engagements, Fuller has also performed in renowned New York City and New Jersey venues and has opened for both Stevie Wonder and Bill Withers while attending Colgate University.

Stephen will perform at the Roadhouse with his quintet. Last year he did a total calypso show which got the audience totally involved and

thrilled. Stephen has always been top notch entertainment. This show he's working on some special treats for us.

As always, the Salem Roadhouse Café is live, intimate, up front, and personal. All ages are welcome.

ABOUT SALEM ROADHOUSE CAFÉ

It's not "church music." It's music music. Folks who've come to the Salem Roadhouse Café know that it's a clean, safe place for people who enjoy listening to live music — in a world otherwise filled with clubs and bars. The Roadhouse has always offered its stage to local and independent mainstream musicians. Jazz, rock, folk, and other groups have performed. What's the common thread? They're all great musicians playing the kind of music people like to hear. There's no message, just music.

The Roadhouse started in 2008 by members of Townley Presbyterian Church with a grant from the Presbytery of Elizabeth. Hey — that's why we're located where we are, 829 Salem Rd,

Union, NJ. The Roadhouse operates as a non-profit that raises funds for several carefully chosen local charities. That's its social mission.

But the many musicians who've played the Salem Roadhouse Café see it as a solid performance venue. They love it because of its special intimacy and great audiences. They say people here "really listen." Ask any of the musicians you meet here — they love to play the Roadhouse, and they want to come back often.

The Salem Roadhouse Café has raised funds for many carefully chosen charities. They include: The Presbytery of Elizabeth E-port Center, Center For Hope Hospice, Community Food Bank, Monarch Housing, Angel Paws Animal Rescue, National MS Society, Haiti Disaster Relief, Hurricane Sandy Disaster Relief, The Union County YWCA Domestic Violence Program, Making It Possible To End Homelessness, Camp Johnsonburg, The Music Institute, and others. Many thousands of dollars have been raised for these deserving charities.

FREE SUMMER CONCERTS IN THE PARK LINEUP:

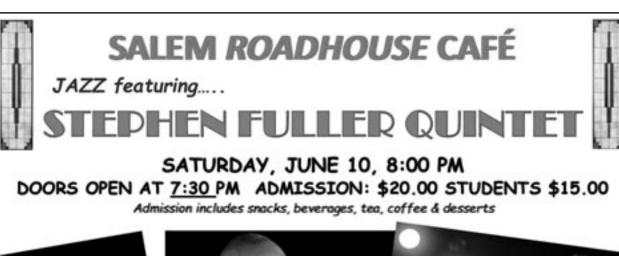
June 21 Twilight Disciples 7:00 -8:30 p.m. Veterans' Memorial Park

June 28
Lost in Place
7:00 -8:30 p.m.
Veterans' Memorial Park

July 12
The Benjamins
7:00 -8:30 p.m.
Veterans' Memorial Park

July 19
The Nines
7:00 -8:30 p.m.
The Park, Connell Drive

July 26
Super Trans Am
7:00 -8:30 p.m.
The Park, Connell Drive





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This show he's working on some special treats for us.

Original artwork will be on display at the ROADHOUSE GALLERY OF FINE ARTS

> 2022 Show proceeds will benefit Townley Church Missions

All shows are featured on UNION TV34's "UNION AFTER DARK" nightly music series
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RECYCLE FOR SIGHT



The New Providence Lions Club is collecting used eyeglasses to be recycled for needy people.

When collected, these glasses are sorted and sterilized and are then donated to a charity and/or medical organizations that provides free eye exams and eyeglasses to needy people in the countries they serve.

To date the New Providence Lions have collected and donated 1,315 pairs of glasses to the Lions Eyeglass Recycling Center in West Trenton, New Jersey.

"These donated eyeglasses will bring sight to many people" commented Peter DeSarno, Lions Club member and collection coordinator.

The Lions Eyeglass drop off box is located in front of the New Providence Memorial Library, 377 Elkwood Avenue, New Providence.

Being a Lion empowers you to help others in a way that no one person could alone. The Lions are dedicated to helping others. Lions make a difference! Learn more at nplions.org.

CHATHAM FISHAWACK FESTIVAL SATURDAY, JUNE 10, 2023 10:00 am to 4:00 pm

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"Find Your Voice" BHPL's 2023 **Summer Reading Program for all ages**

Sign-ups begin for children, tweens/teens & adults on Saturday, June 17 and the program ends Friday, August 18.

CHILDREN'S STORY TIMES AND PROGRAMS:

Shake, Rattle & Read for ages 3 - 5 Wednesdays, June 7 - 28 at 9:30 am **Fun with Friends Story Time** for ages 0- 24 months

Thursdays, June 1 - 29 at 9:30 am **Yoga Story Time with Pam Nixon**

Tuesday, June 6 at 10:30 am for ages 3 - 5 **Good Tyme String Band**

Tuesday, June 13 at 10:30 am

Sing & Sign Story Time with Danielle Neri

Sunday, June 18 from 3 - 3:30 pm **Summer Fun Activities with Stephanie Zecca**

Tuesday, June 20, 10:30 - 11 am **Super Hero Magic with Kid Spidey**

Wednesday, June 21, 2 - 2:45 pm

Sing-along with Patty of Sound Stage Music Tuesday, June 27, 2 pm

> **LEGO Play for ages 4 and up** Tuesday, June 28 from 2 - 4 pm

Magic of Reading with Brian Richards Thursday, June 29, 10 - 10:45 am

TWEEN/TEEN PROGRAMS:

"Find Your Voice"

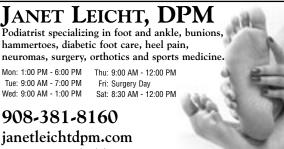
begins June 17 and ends August 18 Sign up for the Summer Reading Program. In addition to reading, stop by each week to receive and complete the latest "Find Your Voice" challenge - there will be 9 creative challenges in total!

ADULT PROGRAMS:

Book Group

Friday, 6/2 at 10:30 am and Tuesday, June 13 at 7:15 pm. June's book group selection is The Stationery Shop by Marjan Kamali. Please stop by in person, call the library or email reference@bhplnj.org if you would like to join the book club.

BHPL Music Series: Bluegrass Music Friday, June 23, 7 pm



369 Springfield Avenue Berkelev Heights, NJ 07922

Marketing Toolbox

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

NEWSPAPER ADVERTS

We mail 160,000 newspapers to every home and business in 24 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 \$45 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 160,000 NEWSPAPERS MONTHLY!

Tina Renna 908-418-5586 · tinarenna@rennamedia.com Joe Renna 908-447-1295 · joerenna@rennamedia.com 202 Walnut Avenue, Cranford, NJ 07016















Qty: 4,700 Zip:07922

Qty: 7,500 Zip:07928

Qty: 6,700 Zip: 07066

Qty: 9,900 Zip:07016

Qty: 5,400 Zip: 07208 Section of Elizabeth, NI

Qty: 3,000 Zip: 07023



Qty: 5,500 Zip:07932



Qty: 2,500 Zip:07027



Qty: 3,000 Zip: 08812



Qty: 3,500 Qty: 17,900 Zip: 07033



Qty: 3,500 Zips: 07933. Zip: 07036 07946,07980





New Providence NEWS™



DOSELLE PARK MONTHLY



Qty: 6,300 Zip: 07940

Qty: 2,900 Zip: 07092

Qty: 5,100

Qty: 13,000 Zip: 07065

Qty: 5,600 Zip: 07204

WHAT'S HAPPENING M O N T H L Y Qty: 9,400

Zip: 07076







WARREN MONTHLY &

Watchung Post NJ



Qty: 8,200 Zips: 07041 07078

Qty: 9,600 Zip: 07901

Qty: 6,800 Zip: 07083 (partial)

\$240

Qty: 6,200 Zip: 07059

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

Qty: 2,700 Zin: 07069

Qty: 11,800 Zip: 07090

NEW	SPA	PER	AD	RATE

PATER	WEDADED AT DATE	2.42				1.1.1.1.1.1.1.1.1.1.1.1.1.1.1.1.1.1.1.1.						
Unit	WSPAPER AD RATI		Size	1 TOWN	3 TOWNS	6 TOWNS	9 TOWNS	12 TORNS	15 TOWNS	18 TOWNS	21 TOWNS	24 TOWNS
1	Unit (Business card)	3.25° x	2"	\$60	\$150	\$250	\$350	\$400	\$450	\$500	\$550	\$600
2	Units 6.5° x 2° or 3	5.25° x	4"	\$100	\$250	\$400	\$500	\$600	5700	\$800	\$900	\$1000
4	Units 3.25° x 8° or	6.5° x	4"	\$180	\$450	\$700	\$900	\$1100	\$1300	\$1500	\$1700	\$1900
6	Units 6.5' x 6.25' or	10° x	4"	\$240	\$600	\$900	\$1200	\$1400	\$1600	\$1800	\$2000	\$2200
9	HALF PAGE 65'x9' or	10° x	7"	\$320	\$800	\$1000	\$1300	\$1600	\$1900	\$2200	\$2400	\$2700
12	Units	10° x	8°	\$360	\$900	\$1200	\$1500	\$1800	\$2100	\$2400	\$2700	\$3000
18	FULL PAGE	10° x	14"	\$400	\$1000	\$1400	\$1800	\$2200	\$2500	\$2800	\$3000	\$3400
2-P	AGE SPREAD	21" x	14"	\$700								
BACK PAGE 10° x 14°				\$500	PREPAY 6 MONTHS AND GET 1 MORE FREE							
FRO	ONT PAGE BANNER 8	3.25° x	2*	\$320	100000							200
FRO	ONT PAGE BOX	1.5° x	4.5"	\$240	PKE	PAI L	4 MUN	11115	LAD G	EI 3 N	IUKE	FREE

ck cover, front page baraser and front box reserved on first-c first-served basis. Current advertiser has right of first refusal

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

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

8-447-1295 ennaMedia.com Block of 20

Block of 20 for \$200 Single post is \$20



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

FLYERS - \$45 PER THOUSAND

8.5" x 11" / Full color / 2 sided / 60lb gloss coated stock Tri-fold add \$10 per thousand. Minimum order \$450

LARGE MENUS - PRINTING - \$85 PER THOUSAND For quantities more than 50,000 cost is \$55 per thousand.

11"x17" / Full color /2 sided / 60lb gloss coated stock. Min. order \$850 Includes folding (quarter fold or tri-fold, with or without coupons tab)

INSERTED AND MAILED TO EVERY HOME AND BUSINESS \$60 per thousand. (as low as \$30 per thousand depending on quanttiy.)
Minimum order \$400

Joe Renna at 908-447-1295



\$45 PER 1,000

MENUS \$85
PER 1,000

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

Call Walter at 201-478-7408 email: wwwinnj@gmail.com

WEBSITE AUDIT/ANALYSIS AND RECOMMENDATION PLAN

ONE TIME FLAT FEE \$250

• 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.

Call for a consultation if you do not have a website or if need a new one.
Call Walter at 201-478-7408 email: wwwinnj@gmail.com





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Fully Insured: Workers' Comp & Liability NJHIC# 13VH6449500



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Our floor-to-ceiling renovating team... is in the Neighbothood?



ROOFING

Roof Replacement Gutter Installation



CEMENT/STONE

Masonry Hardscaping



PAINTING

Interior & Exterior Deck Refinishing Floor Refinishing



RENOVATIONS

Additions Attic & Basement Remodel Kitchen & Bath Remodel



CARPENTRY

Deck Building Millwork Floor Installation Cabinet Installation



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