




Berkeley Heights

COMMUNITY NEWS NJ

MAILED FREE
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AND BUSINESS
IN BERKELEY HEIGHTS

Published by Renna Media

Issue 96 • September 2023

Kimberly Anne Wilson
FOUNDATION
**COLOR YOUR
WORLD
FUN RUN**
All proceeds bring mental
health resources to our
schools
SUNDAY OCT 1ST
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ENJOY RESTAURANT MONTH – SEPT. 1ST – 30TH

Berkeley Heights Downtown Beautification Committee

Get ready to take part in Berkeley Heights' most delicious event of the year: Berkeley Heights Restaurant Month. More than twenty eateries are participating again this year. Options range from fine dining to take-out and delivery.

Now in its seventh year, Restaurant Month attracts diners of all ages for breakfast, lunch, and dinner to its fine dining, casual, and quick-serve restaurants:

- Families looking for easy and delicious meals on busy weekdays.
- Friends and co-workers seeking new lunch or dinner options.
- Couples and adult groups of friends returning to a favorite restaurant for a special dinner.
- Teens headed downtown after school.

Jeanne Kingsley, President of the Berkeley Heights Town Council and founder of the Downtown Beautification Committee, which manages the event, said: "We are delighted that so many of our restaurants embrace the chance to create this special event for area residents. They produce fabulous food that has made Berkeley Heights a regional dining destination. We invite everyone in the area to check out these restaurants during this special month – you'll be glad you did."

Visit the event website at experiencebh.com for more information, including a full list of participating restaurants and their special deals and menus. You'll find everything you need to ensure you get the most value and fun out of this event. Follow the fun on social media at

@ExperienceBerkeleyHeights on Facebook
and [experience_berkeley_heights](https://www.instagram.com/experience_berkeley_heights) on Instagram.

Please share your photos with the tag #experiencebh.

SENIOR DAY TRIP SEPTEMBER 18

The Berkeley Heights Seniors are sponsoring a trip to Resorts Casino in Atlantic City on Monday, September 18. 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.

FLEA MARKET SEPT. 30

The Gillette Chapel will be holding its fall flea market and bake sale fundraiser on September 30, 2023, at the church at the corner of Lackawanna Blvd and Summit Ave in Gillette. The event is indoor from 9 a.m. – 3 p.m. rain or shine. There are 2 floors of all types of items to browse. Proceeds of the sale benefit missions, charitable organizations and help support children in the Dominican Republic through Handfuls of Hope. The church can be contacted at 908-647-2573 or at gillettecommchapel@gmail.com.

SEPTEMBER 1ST-30TH

MEET AROUND THE TABLE
BERKELEY HEIGHTS
RESTAURANT
month
#EXPERIENCEBH

DINE IN & TAKE OUT

LEARN ABOUT SPECIALS AT
EXPERIENCEBH.COM

PARTICIPATING RESTAURANTS:

- Bubbakoo's Burritos
- Charkoal BBQ and Café
- Café Vincotto
- Coffee Culture
- Craft Bagel Co.
- Cousins Deli
- Delicious Heights
- DiMaio's Cucina
- Domino's Pizza
- Goodman's Deli & Restaurant
- Grain and Cane
- Grazi's Kitchen
- Hop Hing Chinese Restaurant
- Pak American Halal Grill
- La Rosa Chicken & Grill
- Lupa Ristorante
- Marcello's Italian Restaurant & Brick Oven
- Nagoya Sushi Restaurant & Tiki Bar
- Neelam Fine Indian Cuisine
- Patria Station Café
- Proud Thai Cookery
- Strega Bistro
- Trap Rock Restaurant & Brewery
- Vine Republic

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SEPTEMBER SPEAKERS PROGRAM

Berkeley Heights
COMMUNITY NEWS NJ

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

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[facebook.com/ Berkeley Heights News](https://facebook.com/BerkeleyHeightsNews)

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.” September speakers include heavyweight boxer Gerry Cooney, Journalist and author Mark Di Ionno, John Staunton EMT and Trustee of the Summit First Aid Squad, and a timely presentation by two local experts on the history of the rapidly approaching World Series. Please join us. Our programs are free to the public, and we welcome you!

On Tuesday, September 5th, Mark Di Ionno Pulitzer Prize finalist writer of the Star-Ledger will speak about his several humanitarian relief trips to Ukraine, his travels there, and the people he met in Ukraine and in Poland. Di Ionno has also written on New Jersey’s Revolutionary War trails and history.

On September 12th, John Staunton will speak about his 38 years with the Summit Volunteer First Aid Squad, as an EMT and as trustee.



(above) Mark Di Ionno, (above) John Staunton, Gerry Cooney, John Cronin and John Nolan

Staunton will also explain the role of EMS services, how 9-1-1 works, and the 61-year history of the Summit Squad.

September 19th, Gerry Cooney will step into the ring. A member of the New Jersey Hall of Fame, many will recall his match with Larry Holmes in 1982. A boxer from 1977 to 1990 Gerry’s record was 28 – 3, with 24 wins by a knockout. In 2019 he wrote “Gentleman Gerry: A Contender in the Ring, a Champion in Recovery.”

Finally, just in time for the first pitch of the World Series, John Cronin and John Nolan will speak September 26, 2023 on the “Fall Classic,” contested since 1903. Both of these local baseball fans and experts will share their incredible knowledge and expertise.

Past speakers and much much more can be viewed at <https://SummitOldGuard.org> but we encourage people to drop in on our meetings which take place at the church at 10:00 AM every Tuesday. “Come for the Speakers. Stay for the Friends.” We look forward to meeting you.

It Pays to Go Ultra

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CHILDREN

(Ages 6-12)

**FREE
OPEN HOUSE!**

September 12th & 19th

4:30 - 5:45 p.m.

**CHILDREN'S CHOIR
OF NEW JERSEY**



YOUTH

(Ages 12-18)

**FREE OPEN
HOUSE!**

September

11th & 18th

7:30 - 9:00p.m.

**YOUTH CHOIR
OF NEW JERSEY**



SENIOR CITIZENS

**FREE OPEN
HOUSE!**

September

11th & 18th

2:00 - 3:00 p.m.

**SENIORS
SING!**



ADULTS

FREE

OPEN HOUSE!

September 12th & 19th

7:30 - 9:00 p.m.

**CIVIC CHORALE
OF NEW JERSEY**



All Open Houses Take Place At

The Continuo Arts Conservatory of Music

36 Chatham Road, Summit NJ (rear entrance)

908-264-5324 * continuoarts.com * info@continuoarts.org



Register with QR Code. Date: October 1st, 2023 • Time: 8:30 a.m. • Location: The Grove at The Park, 200 Connell Dr, Berkeley Heights
• Register at: KAWFoundation.org/events



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COLOR YOUR WORLD FUN RUN - OCTOBER 1ST

Lace up your running shoes and get ready to run or walk in this colorful and charitable event! The highly anticipated Color Your World Fun Run, benefiting the KAW Foundation, is scheduled to take place on October 1st at The Grove at The Park 200 Connell Drive, Berkeley Heights. This event promises a day of fitness, fun, and philanthropy that brings the community together in a burst of vibrant colors.

The Color Your World Fun Run is an experience like no other. Participants of all ages and fitness levels are invited to walk, run or jog on this 1.3-mile picturesque path, where they will be showered with an array of brilliant, eco-friendly colored powders. As participants make their way through the course, they become walking canvases of living art, reflecting the spirit of community that the event represents.

The KAW Foundation, a 501c3 charitable organization, is dedicated to bringing mental health resources, presentations, and programs to schools. All proceeds from the Color Your World Fun Run will directly contribute to the KAW Foundation's ongoing mission to bring mental health support to our school communities.

Participants are encouraged to register early to secure their spot and ensure they receive their free white t-shirt. All registered participants will receive a commemorative t-shirt, draw string bag, water bottle and an individual color packet

to make their run more colorful. The event will also feature DJ, food, vendors, giveaways, and other family-friendly activities, making it a perfect day out for the entire community.

The Color Your World Fun Run is made possible by the generous support of sponsors such as The Connell Company, JENCAP, Delicious Heights, Renewal by Anderson, Bridgehaven Financial Advisors, Lisa Kulback Group, Victoria Carter Group, Minding Your Mind, Jag-One Physical Therapy and Smith Chiropractic whose commitment to community engagement and well-being aligns seamlessly with the event's goals.

For more information and to register for the Color Your World Fun Run, please visit KAWFoundation.org/events or Scan QR code. Join us on October 1st as we come together to celebrate mental health, well-being, and the spirit of giving!

About the KAW Foundation: The KAW Foundation's mission is to provide in-school support to students who are struggling from mental health challenges due to today's environment. For more information, please visit www.KAWfoundation.org.

Sponsorship Contact: lindaj.Kaw@gmail.com
Note: The information provided in this press release is accurate as of the release date. Please refer to the event website.

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Berkeley Heights *Recent Sales*

For more information about the Berkeley Heights
market, contact us at 973.953.7777 or 973.615.6504.

ADDRESS	BEDS	BATHS	GARAGE	LIST PRICE	SALE PRICE	DAYS ON MARKET
8 Fickler Pl	5	5.1	2	\$1,575,000	\$1,575,000	9
12 Hawfinch Dr	4	3.1	2	\$1,266,559	\$1,262,309	110
80 Swenson Cir	4	2.1	2	\$1,075,000	\$1,106,000	9
165 Spring Ridge Dr	4	2.1	2	\$957,500	\$932,500	30
21 Canterbury Ln	4	3.0	1	\$749,000	\$860,000	7
564 Mountain Ave	4	2.1	1	\$699,900	\$785,000	27

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Source: GSMLS, listed properties sold 7/15/2023-8/15/2023. If your property is currently listed with another Realtor,
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WOMAN'S CLUB OF BERKELEY HEIGHTS

The Woman's Club of Berkeley Heights, a 501(c) (3) organization, is a member of the Greater Federation of Women's Clubs (GFWC) and the New Jersey State Federation of Women's Clubs (NJSFWC). This year we awarded two scholarships to two young ladies graduating from Governor Livingston High School. A \$1,000 scholarship was awarded to Katherine Zhou, and a \$750 scholarship was awarded to Lauren O'Rourke.

In addition to raising monies for scholarships the Woman's Club of Berkeley Heights also raised \$3,680 which was donated to these organizations: Berkeley Heights Rescue Squad, Berkeley Heights Fire Department, Berkeley Heights Public Library, Faith Lutheran Church, Family Promise, Silver Liming Foundation, Our House, St. Joseph Social Service Center, YWCA of Union County for its domestic violence shelter, and two projects sponsored by NJSFWC; Operation Holiday Stocking for our troops serving overseas and the Emmanuel Cancer Foundation serving families of children undergoing cancer treatment.

The Woman's Club of Berkeley Heights, which presently has a membership of 35, also sponsors a Creative Writing Contest for all the 4th and 5th graders in our schools; had a pinwheel garden at Town Hall during April in support of Prevent Child Abuse Awareness; provides Halloween candy bags for the children helped by St. Joseph's; collected socks for the veterans at Lyons Hospital; and supports each resident of Autumn Lake Healthcare by sending them a birthday card, providing treats for Valentine's Day and Easter, and making individual puzzle books.

Members enjoy playing bridge, mahjong, going out for lunch, etc.

We meet on the third Tuesday of the month at Faith Lutheran Church at 12 p.m. Our next meeting is September 19 which will include a "Meet and Great Ice Cream Social". If you are interested in learning more about us, contact our President, Phyllis McEnroe at 908-508-0440.

RONSTADT REVIEW AT SIEMINSKI THEATER

Don't miss your chance to see this amazing celebration of one of music's most versatile performers – Linda Ronstadt! Ronstadt Revue featuring Gesenia presents a premier celebration on October 29 at the Sieminski Theater in Basking Ridge, NJ. Showtime 7:30 pm. Tickets are available at www.sieminskitheater.org or 866-307-8532

RONSTADT REVUE is a 7-piece ensemble of world-class, professional musicians out of South Jersey/Philadelphia that covers the entire career of Linda Ronstadt (all genres including Spanish-language material). The group is led by the remarkable vocalist, Gesenia, who doesn't just channel Ronstadt's vibrant sound, she embodies her very spirit. Gesenia spent an entire year searching for just the right musicians to fully showcase Ronstadt's music, from country rock to mariachi to big band to pop-rock. And the result of her efforts is Ronstadt Revue — the world's finest Linda Ronstadt tribute show.

Each member of the band is a seasoned, talented musician fully dedicated to recreating the sounds and vibe of a Linda Ronstadt live performance from back in the day. But of course,

no Ronstadt tribute band can work without "that voice." And if you close your eyes, Gesenia will have you believing that Linda really is with us on the stage. This group is so authentic that it has racked up high praise from three of Linda Ronstadt's former band members: Dan Dugmore, John Beland, and Herb Steiner! Who has co-produced Ronstadt Revue's recently released (2022) album. Mr. Beland has appeared with the band in concert at selected shows across the country.

"Every time they play, I'm catapulted back to 1970 on the stage with Linda. This is a fabulous collection of musicians and Gesenia makes the hair on my arms stand up and tingle when she sings. The Ronstadt Revue is authentic. There are tribute bands and then there is this. Don't miss it!" – John Beland

The Sieminski Theater is in Basking Ridge, NJ in the heart of Somerset County. This venue is a beautiful intimate 256-seat state-of-the-art theater and is the ideal destination for experiencing quality entertainment. Tickets for all shows are available at www.sieminskitheater.org. or call 866-307-8532. or (908) 580-3892.



The Ultimate Celebration of Linda Ronstadt

RONSTADT REVUE

Featuring Gesenia

"Every time they play I'm catapulted back to 1970 on the stage with Linda" - John Beland

OCTOBER 29
7:30PM

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SEPTEMBER
LIBRARY EVENTS

29 Park Avenue, 2nd Floor
908-608-8603 • bhplnj.org
Monday - Thursday: 9 AM - 9 PM;
Friday, Saturday: 9 AM - 5 PM;
Sunday: 2 - 5 PM

CHILDREN'S STORY TIMES
AND PROGRAMS:

Shake, Rattle & Read for ages 3 - 5
Wednesdays, September 6 - 27 at 9:30 am
Fun with Friends Story Time
for ages 0- 24 months
Thursdays, September 7 - 28 at 9:30 am
Good Tyme String Band
Tuesday, September 12 at 10:30 am
Fun banjo sing-along for all ages
Read with Morrigan the Dog
Tuesday, September 12 at 3:30 pm
Yoga Story Time with Pam Nixon
Tuesday, September 19 at 10:30 am
for ages 3 - 6
Teen Book Club:
Tuesday, September 26 at 6:30 pm.
The discussion meeting for Gallant by V.E.
Schwab. See the library's website at
<https://bhplnj.org/teens/bhpl-teen-book-club/>
for more information.

ADULT PROGRAMS:

**BHPL Music Series: "Tony Bennett & Bill
Evans: the legendary recordings"**
Sunday, September 10 at 2:00 pm
With The Joel Zelnik Trio and Tony Corrao on
vocals, in the Council Chambers on the
entrance level
Book Group
Friday, September 8 at 10:30 am and
Tuesday, September 12 at 7:15 pm.
September's book group selection is The Only
Woman in the Room by Marie Benedict. Please
stop by in person, call the library or email
reference@bhplnj.org if you would like to join.
VIRTUAL AUTHOR TALKS
register at <https://libraryc.org/bhplnj>
Lidia Bastianich
Thursday, September 7 at 7:00 pm
Adam Alter
Wednesday, September 20 at 2:00 pm
Amor Towles
Wednesday, September 27 at 8:00 pm
Berkeley Heights Public Library Open House
Sunday, October 1st from 2 - 5 pm:

WOOFSTOCK SUMMER MUSIC FESTIVAL

HOME FOR GOOD DOG RESCUE

Join us for our epic Home for Good Dog
Rescue summer music festival event –
WOOFSTOCK! Mark your calendars for
Saturday, September 9th, and Sunday, September
10th, 2023. You don't want to miss this annual
bash at Brook Valley Farm, 336 Loantaka Way,
Chatham, NJ.

This is Home for Good's largest adoption day
of the year and is a blast for the whole family.
This event is pet-friendly, so be sure to bring your
beloved pup to join the fun! All Home for Good
Dog alum are invited to reunite with their siblings
and former foster families.

Live music will be rockin' on both days from
the popular band The Cliffs. Endless
entertainment includes food trucks, craft vendors,
beer and wine, prize raffles, children's activities,
and of course Dog Adoptions!

Gates open 11 a.m. Activities commence at 12
noon and conclude at 5 p.m.

Pre-registered tickets are \$30 for adults & \$12
for children (12 and under). Pre-registration will
close on Thursday, Sept. 7th at 6 p.m. Tickets at
door: \$35/adult.

To become a sponsor for Woofstock 2023,
please email development@hfgdr.org, or go to
this link: <https://bit.ly/38VjhQU>

To become a food or craft vendor at Woofstock
2023, please email volunteer@hfgdr.org

ABOUT HOME FOR GOOD DOG RESCUE

Home for Good Dog Rescue (HFGDR) is a
501(c)(3) non-profit organization headquartered
in Berkeley Heights, NJ. We rescue dogs from
high-kill shelters in the South, transport them to
our rescue, and give them a second chance at life.
As a uniquely 100-percent foster-based rescue,
we place each dog into a loving foster home until
adoption, and since our inception, we have
rescued over 10,000 dogs and given them loving
homes for good. For more information visit
homeforgooddogs.org.

Home for Good Dog Rescue presents
THE 14TH ANNUAL WOOFSTOCK
A TWO-DAY MUSIC FESTIVAL
2023 Saturday, Sep. 9th | 12PM \$30 per ADULT
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9 A.M. - 2 P.M.
MAP PICK UP AT THE LIBRARY - 8 AM SALE DAY
For more information
or to get a link to the sale application,
please e-mail mtsdnewcomers@gmail.com

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SUMMIT CHALLENGE

OCT. 15, 2023

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In support of



Cancer patients deal with a mountain of obstacles
while they are going through treatment.

Your participation will help Summit Health Cares Foundation provide valuable resources to help alleviate the stress and anxiety for patients and their families in New Jersey.



Why should you participate?

- ✓ Unite for a vital cause
- ✓ Challenge your limits
- ✓ Build lasting memories
- ✓ Fun for all fitness levels
- ✓ Raise funds and make a real impact

SCAN TO
SIGN UP
TODAY!



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[TakeTheSummitChallenge.com](https://www.TakeTheSummitChallenge.com)

Thank you to our sponsors:



WHARTON ARTS OF BERKELEY HEIGHTS AWARDED NEA GRANT



(above) Paterson Music Project All City Festival, held on January 28, 2023.

Courtesy photo

JANET LEICHT, DPM

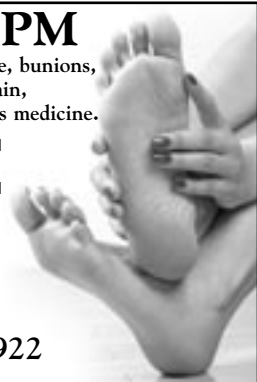
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Wharton Arts is New Jersey's largest independent non-profit performing arts education center, announced recently that the organization has been approved for a \$25,000 Grants for Arts Projects award from the National Endowment for the Arts (NEA) to support the Paterson Music Project's Saturday Community Music Program. The free Saturday Program will welcome young musicians from any public school in Paterson to participate in a city-wide orchestra, smaller ensembles, and private lessons during the 2023-2024 school year. Wharton Arts' project is among 1,130 projects across the country, totaling more than \$31 million, that were selected during this second round of Grants for Arts Projects fiscal year 2023 funding.

On Wednesday, May 24, 2023, the National Endowment for the Arts (NEA) announced more than \$103 million in recommended grants in the second major grant announcement of fiscal year 2023. Organizations in all 50 states and U.S. jurisdictions will carry out arts projects in three NEA funding categories: Grants for Arts Projects, Our Town, and State and Regional Partnerships.

"The National Endowment for the Arts is pleased to support a wide range of projects, demonstrating the many ways the arts enrich our lives and contribute to healthy and thriving communities," said NEA Chair Maria Rosario Jackson, PhD. "These organizations play an important role in advancing the creative vitality of our nation and helping to ensure that all people can benefit from arts, culture, and design."

About the National Endowment for the Arts
Established by Congress in 1965, the National Endowment for the Arts is the independent federal agency whose funding and support gives Americans the opportunity to participate in the arts, exercise their imaginations, and develop their creative capacities. Through partnerships with state arts agencies, local leaders, other federal agencies, and the philanthropic sector, the Arts Endowment supports arts learning, affirms and celebrates America's rich and diverse cultural

heritage, and extends its work to promote equal access to the arts in every community across America. To learn more, visit arts.gov.

ABOUT WHARTON ARTS

Wharton Arts' mission is to offer accessible, high quality performing arts education that sparks personal growth and builds inclusive communities. Wharton Arts' vision is for a transformative performing arts education in an inclusive community to be accessible for everyone. Wharton Arts is New Jersey's largest independent non-profit community performing arts education center serving nearly 2,000 students through a range of classes and ensembles. The 5 ensembles of the New Jersey Youth Chorus, an auditioned choral ensemble program for students in grades 3-12, encourage a love and appreciation of choral music while nurturing personal growth and creative development. The 15 ensembles of the New Jersey Youth Symphony, which serve over 500 students in grades 3-12 by audition, inspire young people to achieve musical excellence through high-level ensemble training and performance opportunities. Based in Paterson, the Paterson Music Project is an El Sistema-inspired program of Wharton Arts that uses music education as a vehicle for social action by empowering and inspiring young people to achieve their full potential through the community experience of ensemble learning and playing. With the belief in the positive and unifying influence of music and that performing arts education should be accessible to all people regardless of their ability to pay, Wharton Arts offers need-based scholarships.

Wharton Arts is located in Berkeley Heights, New Providence, and Paterson, NJ and reaches students from 12 counties. All of Wharton Arts' extraordinary teaching artists, faculty members, and conductors hold degrees in their teaching specialty and have been vetted and trained to enable our students to achieve their personal best.

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

Retired San Francisco 49ers QB Joe Montana, is arguably one of the greatest NFL players that has ever played football...when his son started playing football it would have made sense for him to help his son learn how to play Quarterback.

But that's not how it went. Joe Montana had to hire a quarterback coach to help his son be a better football player. Here's possibly the greatest NFL QB of all time, needing to hire someone else to help his son. It was not that Joe Montana was not equipped for the job...it was that his son needed a second voice to help him get to the next level.

Many parents who have much less knowledge, experience, and skills than Joe Montana are in the same boat in regards to helping their kids get stronger, faster, and more confident.

Most parents we've come across want their kids to eat healthier, be more active, and have a stronger mindset. But many have told us they need help.

Even with the constant reminders of telling their kids to eat more vegetables, get outside instead of watching TV, practice their sport more, get to bed earlier...they find that sometimes the message falls on deaf ears...and some backup would be helpful toward their vision of helping their kid be the best they can be.

Parents have told us that having us (the Grit Athlete Performance Coaches) as a second voice to help reinforce the habits they want for their kids...is changing the game.

Further...Our Grit Athlete Founder has over 20 years experience with training athletes himself...and certainly knows a LOT more about getting stronger and faster than the average parent...But has all 3 of his children (9, 8 and 6) enrolled in Grit year round...because he knows the power of that second voice.

And after they come through our program, parents tell how it's turbocharging their parenting. Here are some real-life examples that have been reported...

Before, parents struggled with getting kids to eat vegetables...now their kids are asking for more.

Before, parents struggled with getting their kids to get enough sleep...now their kids are getting to bed earlier on their own.

Before, parents struggled with getting their kids to watch less TV or play video games...now they are limiting these activities because they've learned they don't really help them become better athletes.

Before, parents struggled with helping their kids have more confidence...now their kids are doing things out of their comfort zone more often which is helping them believe in themselves which further improves self-esteem.

Before, parents had no clue how to help their kid get faster...now they are faster because they've learned that speed is a skill, and a few simple tweaks can make a kid faster immediately.

Before, parents could not get their kids to make their beds...now their kid makes their bed each morning on their own because they learned that making their bed

in the morning helps them have a better day.

Before, parents struggled with getting their kids to do even one good push-up...now they catch them in their room practicing on their own.

Before, parents wanted their kids to have more determination and grit when training new things...now they are staying calm under pressure and seeking out challenges instead of avoiding them.

Many times it's not about telling your kid to eat more vegetables or stop watching TV...but rather finding the right environment for them to be more successful.

Right in your backyard, there's a team of great coaches waiting to be second voices for your kids...so that all the things you're teaching as parents will be reinforced. But most importantly, the results you're after for your kids will actually become a reality. The Grit Athlete fall Sports Performance session runs September 5th until December 2nd in Berkeley Heights NJ, visit www.gritathletes.com to fill out an application for your child.

Grit Athlete Performance is a Sports Performance Training Company located in Berkeley Heights that helps kids ages 6-18 get strong, fast, and confident so they can have a bigger and better future. They have open registration for their fall program that starts on September 5th and runs til December 2nd.

Visit www.gritathletes.com to register for their fall session...or see below for more details...

**Do you want
GRIT ATHLETE PERFORMANCE
to help your child get faster, stronger,
and more confident?**

The Fall Program begins September 5th.

**Scan the QR code to see if
there is any availability left.**

The program ends December 2nd.



**Scan QR Code for cost,
timeslots, and dates.**

Attention Parents of Kids Ages 6-18

UPDATE: THE GRIT ATHLETE PERFORMANCE FALL PROGRAM HAS OPENED REGISTRATION!

Scan below to submit an application.

We'll have your kid 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...

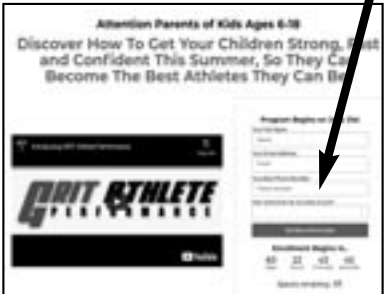
- "When my son started Grit he was quiet, shy, and had some difficulty with movements... Now he is confident in himself, has become more vocal, and is mastering the exercise he struggled with in the past."
- Jen O'Brien, Grit Athlete Parent
- "My son is more disciplined and confident in himself"
- Steve 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
- We saw a noticeable difference in his throwing - he could throw it further and faster! The training definitely paid off!"
- Dara, GRIT Athlete Parent

GET MORE INFORMATION (STARTED SEPTEMBER 5TH)

STEP 1
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STEP 2
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STEP 3
Coach Mike will call you and set you up



Warning: Our Fall season begins September 5th and we tend to sell out early. Please respond promptly so we can give you the best chance to grab a spot. Scan the QR Code and enter your information to find out more about the Fall Program.

DEBORA THEDINGA FEATURED IN ART SHOW

Opening Reception – Sept. 10

The Art League of the Chathams will feature its Fall Art Show with an opening reception, Sunday, September 10, 2023, from 2:00 to 4:00 p.m. in the Chatham Twp Municipal Building, located at 58 Meyersville Road. The reception is open to the public; refreshments will be served.

Member artists will adorn the walls of the strolling gallery with their works. Pleine Aire Art by six artists will be the focus in the Lundt-Glover Gallery. The French term, Pleine Aire Art means “out of doors” and refers to the practice of painting entire finished pictures out of doors.

Debora Thedinga of Berkeley Heights, NJ, inspired by the surroundings of her native NJ, has a wide variety of impressive landscapes. She is drawn to scenes with water: ocean beaches, and inlets, lakes, streams, and ponds with beautiful reflections and ripples. When Debora ventures beyond NJ, she often brings along her paints and an easel. Last year she took a mini pochade box to Italy and made small oil paintings of the view from her hotels in Venice, Florence, and Positano. Debora studied art at Rowan University, has taken classes at the Visual Arts Center of NJ and has participated in workshops around the country. Her awards include third place at the 2020 Lebanon/Califon Juried Art Show, Best in Show at the 2017 Cranford Paint Out in Cranford, NJ, and honorable mentions at the 2020 Medford Arts Great Outdoors Juried Exhibition and the 2016 Pascaack Tri-State Juried Exhibition. Debora is represented by Swain's Gallery in Plainfield, NJ. She is an active member of the National Oil and Acrylic Painters' Society (NOAPS), the Visual Arts Center of NJ, and the National Association of Women Artists, as well as the NJ Plein Air Painters (NJPA) and the Art League of the Chathams (ALC).

The Art League of the Chathams is open to new members-both artists and supporters. It offers a \$1,000 Rosemary Howlett scholarship for the Chatham HS senior who plans to study art as a career. For more information visit artleagueofthechathams.org.

UNITING COMMUNITIES THROUGH ACTS OF KINDNESS AND POSITIVITY

Junior League of Summit (JLS), a leading women's organization dedicated to making a positive impact in our communities, is thrilled to announce the celebration of the inaugural "Find the Good Day" on September 14th, 2023. This special day of unity and compassion aims to spread kindness, uplift others, and inspire positive change across Summit, Chatham, New Providence, Berkeley Heights and the surrounding area.

"Find the Good Day" is an opportunity for individuals, families, and organizations to come together as changemakers and create a ripple effect of positivity throughout our community. It is a day to reflect on the goodness within ourselves and find inspiration in the acts of kindness we've witnessed and participated in throughout the year.

JLS invites everyone to join in the festivities and make a difference on this significant day. Whether it's through acts of service, volunteer initiatives, or simply spreading positivity through kind gestures, every contribution has the power to create lasting change.

"As we approach 'Find the Good Day,' we are reminded of the profound impact we can have when we unite with hope and optimism," said Samantha Sheridan, Find the Good Day Chair. "Together, we can create a brighter, kinder world, one act of goodness at a time."

In the spirit of celebration, JLS encourages

participants to take photos and share them on social media. Tag Junior League of Summit and use the hashtags #FindTheGoodDay to be featured on our platforms. Let's highlight the dedication, passion, and hard work that goes into spreading kindness and positivity.

Find the Good Day serves as a reminder that acts of goodness can happen every day, and together, we can make a lasting impact on the lives of many. Join us on September 14, 2023 and let's ignite a chain of positivity that echoes far beyond this special day.

We invite everyone to stop by The Junior League of Summit Thrift Shop located at 37 DeForest Avenue in Summit, on Sunday, September 10, 2023 between 10am – 12pm (right across from the Farmer's Market) to learn more and pick-up free stickers and coloring pages!

For more information about JLS and "Find the Good Day," please visit <https://summit.jl.org/>. If you'd like to become a member and help us prepare for this day, please email communicationsvp@jlsunmit.org.



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A free spirituality seminar is being offered by Immaculate Heart of Mary Church in Scotch Plains, NJ. Meetings are weekly, and most are on Zoom.

Some of the most interesting and meaningful discussions occur when we talk about subjects that really matter to us. What is important to you? What fills you with joy? What do you seek in life? What do you believe? Alpha was created as an opportunity to examine important topics that ask us to reevaluate what we believe and why.

The four in-person meetings begin with a meal, followed by a short video on various Christian topics, small group discussions and conclude with some summary comments. The other meetings are conducted on Zoom. There are twelve meetings in total. While it seems as though only people with faith are the target audience, all are welcome whether a believer, an atheist, or an agnostic. Come and bring a friend.

Listening is critical to this format. It is as important to understand other points of view as much as to be understood. Dialogue is expected to be respectful not confrontational. No one is forced to talk if they simply choose to listen.

The comments of those who have done the Alpha Program offer the best reasons to “Try Alpha”:

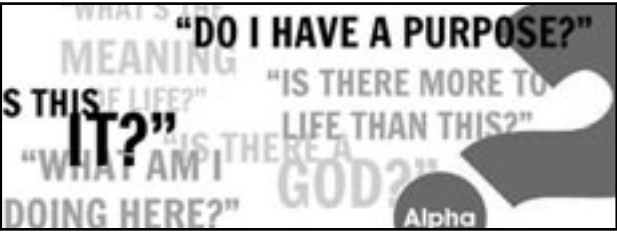
“I needed a spiritual tune up and I got it.” “It was a safe place to discuss deep topics of faith.” “I found a new energy and peace about my faith.”

“It gave me a sense of hope.” “I found my faith again.”

The next Alpha Program will begin on Monday, September 18, 2023 with a dinner at 7 p.m. in the Nazareth Center at Immaculate Heart of Mary (IHM) Church, 1571 S. Martine Avenue, Scotch Plains. Since most meetings will be on Zoom it will require access to a device for the Zoom meetings. Links and directions for Zoom will be provided to those who register. Participation is capped at 30 people. Sign up by visiting the IHM website: ihmparish.net. If you have any questions about Alpha, email: office@ihmparish.net or call: 908-889-2100.



(above) Immaculate Heart of Mary Church in Scotch Plains to host a free spirituality seminar. Registration is required, please visit ihmparish.net/alpha. If you have any questions about Alpha, email: office@ihmparish.net or call: 908-889-2100.



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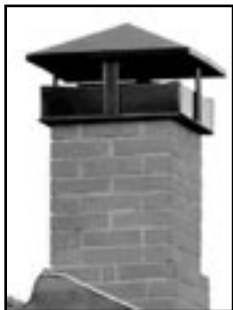
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(above) Kenilworth residents Suzanne and Kathleen Czarnecki, Kenilworth Library Senior Programming Library Assistant.



(above) Sister and brother from Kenilworth, Leah & Sean tried spinning for the first time.

FIBER ENTHUSIASTS GATHER TO SPIN A YARN

Kathleen Czarnecki, Kenilworth Public Library

When was the last time you walked into a library and saw a room filled with fiber artists spinning roving into yarn? Well... if you visit the Kenilworth Public Library the last Tuesday of each month that's exactly what you will see.

Fiber enthusiasts gathered from around New Jersey to take part in the library's newest program "Spin A Yarn". Participants brought spinning wheels, roving, spindles and enjoyed time crafting wool into yarn.

There aren't many places to go to gather as a group to enjoy this hobby, so staff at the Kenilworth Public Library decided to try to bring people together. The inaugural session was held in June and was a big success.

The most important part of this group is the gathering of a community of crafters who enjoy the same unique hobby, to share their knowledge

about the craft's techniques, and even the business end of it, with one another.

There are larger plans in store for this group. The future will hold a "fiber-tasting" session, where participants can learn about different types spinning fibers. We hope to offer hands-on technique workshops as well.

This program is free for adults. All are welcome. No registration is required. You don't need any experience to join us, we are happy to help show you how to spin fiber into yarn.

We meet the last Tuesday of each month, from 5 - 7:45 p.m.

Visit our website at kenilworthlibrary.org to view additional programs and services.

The Kenilworth Public Library is located at 548 Boulevard, Kenilworth, NJ. Our phone number is (908) 276-2451.



(above) Dee from Union



(above) Karen from Rahway



(above) Anne Choi of Bedminister, is the owner of Middle Brook Fiberworks.

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22ND ANNUAL GOLF EVENT – SEPT. 18TH

DRIVE FOR AUTISM FOUNDATION

The Drive for Autism Foundation is pleased to announce that its annual golf event, Drive for Autism XXII will be held at Royce Brook Golf Club in Hillsborough, NJ on September 18, 2023.

The Drive for Autism Golf Outing which has been held since 2002 has raised and distributed over \$851,000 to local school programs. Previous beneficiaries of grants were Morris Union Jointure Commission (New Providence, NJ), Salt Brook School (New Providence, NJ), AW Roberts School (New Providence, NJ), Union County Educational Services Foundation/Crossroads School (Westfield, NJ), Educational Partnership for Instructing Children, Paramus, NJ, Eden II/Genesis Programs (Staten Island, NY), Spectrum360 formally The Children's Institute (Verona, NJ), ECLC (Chatham, NJ) and Seton Foundation for Learning (Staten Island, N.Y.).

Grant recipients use money to fund health and fitness programs, social skills programs, educational curriculum and teacher training, a van for community trips and transportation to job training centers, laptop computers, computer touch screens, iPads, video projectors and educational toys and games

The golf event is the main fundraising function for the foundation. Single golfers and foursomes are welcome as well as, product donations and corporate sponsorships. To register online please go to birdease.com/DriveforAutismXXII

DRIVE FOR AUTISM GOLF OUTING 2023

The Drive for Autism XXII is scheduled for Monday Sept 18, 2023 at Royce Brook Golf Club in Hillsborough, New Jersey. The event consists of a morning round of golf followed by a barbeque. Special events include golf contests, raffles and a silent auction of sports memorabilia, game tickets and golf trips.

To register or for additional information please visit www.birdease.com/DriveForAutismXXII, call 908-451-8033

or email driveforautism@comcast.net.

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Units	Size	1 TOWN	3 TOWNS	6 TOWNS	9 TOWNS	12 TOWNS	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 3.25" x 4"	\$100	\$250	\$400	\$500	\$600	\$700	\$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	6.5" x 9" 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-PAGE SPREAD	21" x 14"	\$700								
BACK PAGE	10" x 14"	\$500								
FRONT PAGE BANNER	8.25" x 2"	\$320								
FRONT PAGE BOX	1.5" x 4.5"	\$240								

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