

# Berkeley Heights

COMMUNITY NEWS NJ

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IN BERKELEY HEIGHTS

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## SAVOR SEPTEMBER DURING RESTAURANT MONTH

The tastiest event of the year is back! Start making your plans to take advantage of Berkeley Heights Restaurant Month, running from September 1 — 30. You'll enjoy special offers from 23 establishments with options ranging from fine dining to casual and quick-serve restaurants. This beloved annual event attracts diners of all ages for breakfast, lunch, and dinner. It's your chance to:

- Venture out to new places (some new restaurants have opened this year)
- Try new dishes and special meals at your favorite eateries
- Make family dinnertime easy and delicious on busy weekdays
- Encourage fun get-togethers with friends or co-workers as the summer ends
- Urge teens to head downtown after school and enjoy something new

Jeanne Kingsley, founder and chair of the Downtown Beautification Committee, which manages the event, said: "We are so fortunate to have a robust restaurant scene in Berkeley Heights —one that attracts many diners from surrounding towns. Whether you are looking for a special meal or to get a good deal on wine for a BYOB meal, you'll enjoy delicious finds all over town. We're grateful to the staff of every participating establishment who are working hard to make local dining easy and affordable during this seventh annual Berkeley Heights Restaurant Month. Find the information you need to ensure you get the most value and fun out of Restaurant Month at [experiencebh.com](http://experiencebh.com), including menus and specials. And 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.

### AS OF THIS WRITING, THESE ARE THE 23 PARTICIPATING ESTABLISHMENTS:

- Amerigo Cucina ItaloAmericana
- Bubbakoo's Burrito's
- Cafe Vincotto
- Charkoal BBQ and Café
- Clemente's Pizzeria
- Cousins Deli
- Craft Bagel Company
- Delicious Heights
- DiMaio's Cucina
- Domino's Pizza
- Fuschia Bowls
- Goodman's Deli and Restaurant
- Grain and Cane
- Hop Hing
- La Rosa Chicken & Grill
- Lupa Ristorante
- Nagoya Sushi Restaurant & Tiki • Bar
- Neelam Fine Indian Cuisine
- Patria Station Cafe
- Proud Thai Cookery
- Two Fields Bakery
- Trap Rock Restaurant & Brewery
- Vine Republic

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# 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](mailto:editor@rennamedia.com)**

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# “WHAT DO YOU SEEK?”

Are you tired of running after what the world has to offer: money, fame, fortune? Are you seeking peace of mind, heart, and soul?

Explore answers to the ancient question, the first question that Jesus asked his followers, “What do you seek?”

Come to the 7-part Zoom series, “Beta: The Search,” hosted by Immaculate Heart of Mary Parish of Scotch Plains, NJ.

This series is free to all. It runs 7 consecutive Wednesday evenings on Zoom, from Wednesday October 2, 2024, until November 13, 2024, beginning at 7:30 p.m. until 9:00 p.m.

You will gather with other seekers, watch a 30-minute video on life’s big questions, and then engage in small group discussion. This series is for all seekers; young, old, single, married, faithful, atheist, and agnostic.

There is no cost to participate but spots are limited so please register early. Just bring yourself and a desire for frank discussion, a willingness to participate and a commitment to attend. You will need a computer or smartphone capable of Zoom sessions.

To register go onto [IHMparish.net](http://IHMparish.net), scan the QR code or call Immaculate Heart of Mary Parish at 908-889-2100 with any questions you may have.

Beta: The Search returns on  
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7 Episode Series on  
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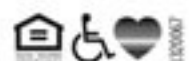
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— Marge V., A community resident

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# SLOW DOWN AND MOVE OVER: E-RIDER SAFETY CAMPAIGN

Summer is approaching, which means more of our community's kids will be on the roads with their e-bikes, e-scooters, 'traditional' bikes and scooters, and walking across our busy streets.

The Township & Berkeley Heights Police remind everyone to "Slow Down and Move Over," as more kids (and adults) will soon be sharing the roads with drivers. Follow the #25x4 rule! Please DO NOT drive distracted; looking away from the road for even a second can be catastrophic.

Parents, talk about safety with your kids. They MUST be aware of their surroundings and follow proper safety signage, lights, only cross at crosswalks, and be sure to follow all other traffic and pedestrian safety rules. The "e-rides" go much faster than traditional scooters and bikes; we implore you to emphasize to your children they cannot just ride through intersections, or assume cars will stop for them if they are crossing anywhere other than a crosswalk. Even at crosswalks, they must wait to cross until they are sure the car(s) is stopping. We need YOUR help to help keep our kids – and drivers .

As electric bikes and scooters increase in

popularity, we are asking all drivers to slow down and remember the new NJ Safe Passing Law (the "25x4 rule"): with pedestrians present, slow down to 25 mph or allow for at least 4ft of space between the driver and any pedestrian or bike rider.

Berkeley Heights is encouraging these points for a safer travel environment for all road users:

### DRIVERS

- Share the road with e-bikes and e-scooters – these are our community's kids!
- #25x4 – pass anyone not in a motor vehicle at 25MPH or at least 4' away. It's the law!
- Leave earlier: more time, means less rushing
- Distracted driving risks lives; don't do it!
- Slow down and follow the speed limit.
- Be particularly careful at intersections; e-scooters and e-bikes go much faster than you may be used to.

### BIKE, E-SCOOTER AND E-BIKE RIDERS

- Always wear a helmet! It's required of riders

17 years and younger and reduces chances of head injury if in a crash

- See and hear what's going on around you
- Walk your e-ride through an intersection at the crosswalk
- Increase your visibility: wear bright clothing, reflective tape and use lights
- Slow down and yield to pedestrians on the sidewalks
- E-riders must travel in the same direction of traffic
- E-riders must obey all traffic lights, signals, and signs posted on the roadway
- Always use lights at night, preferably on the front and front of your e-ride

"Parents: please emphasize road safety rules with your children. They need to understand the terrible potential consequences if they do not follow proper road rules or ride without caution around town. Please help us protect your children!"

**Help Us Keep Kids Safe**

**Got an e-Ride?**

If you have an e-Scooter or e-Bike, follow these rules of the road for YOUR safety!

- Wear a helmet
- Walk your e-Ride at intersections & crosswalks
- Increase your visibility: bright clothing, reflective tape and lights
- Obey all traffic lights, signals, and signs posted on the roadway
- Slow down and yield to pedestrians on the sidewalks
- See and hear what's going on around you



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## GIRLS WIN FLAG FOOTBALL CHAMPIONSHIP

Submitted by Keith Applegate

The New Jersey Suburban Youth Football League (NJSYFL) opened the door to girls to play flag football with games commencing in Spring 2024. The 12U Berkeley Heights teams were named the Blitzers, Bombers and Pink Panthers. The 14U Berkeley Heights team were

aptly named - the Lady Highlanders.

An all-Berkeley Heights championship showdown on June 8th to determine which Berkeley Heights team was to wear the first 12U Flag Football crown. The Pink Panthers won the game 6-0 and were awarded the First NJSYFL Girls Flag Football trophy.



(above) The Inaugural 2024 NJSYFL Girls Flag Football Champion Berkeley Heights Pink Panthers are: Addison Aballo, Amaya Gonzalez, Anaya Saleem, Anna Parcels, Catherine Cordo, Dylan Davis, Kate Mantes, Katelyn Reynolds, Mackenzie Applegate, Mackenzie Terhune, Madison Dunn, Maya Miller, Penelope Ortega, Quinn Duhn and Sophia Katsoupas. Head Coach Al Terhune and Assistant Coach Keith Applegate.

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## ELKS FAMILY FUN DAY TO HELP HOMELESS VETS

The NJ Elks East Central District is proud to announce the 2nd Annual Family Fun Day event on September 28, 2024 from noon to 6pm at the Stirling Elks Lodge at 1138 Valley Road in Stirling. This event aims to bring the community together for a day of food, fun, and entertainment for all ages to help support a crucial cause.

Included with entry, all attendees will enjoy a delicious pig roast, grilled burgers, hotdogs, pulled pork, sausage & peppers, sandwiches, sides, desserts, water, soda, beer, wine, sangria, and more. Kids' activities will include DJ Mr. Socks, contests, games, a bounce house, magic performances, a fire truck, and more. Adults and teens can participate in a professionally run cornhole tournament, a golf pitching contest, volleyball, and bocce ball. Additionally, the event will feature a special rendition of the National Anthem, a NJ State Police helicopter, World War II vehicles, bagpipers, a dunk tank, 50/50s, a Silent Auction, and a paratrooper parachuting the American Flag into the event.

Admission is \$25 (donation) for adults. Children under 12 are free.

There are thousands of homeless veterans in New Jersey which is a tragic reality that the NJ Elks are determined to change. Over the past five years, the New Jersey Elks have successfully helped to move over 2,400 homeless veterans into homes, providing them with a fresh start and

a sense of stability.

The Elks National Veterans Service Committee operates on a 100% volunteer basis, ensuring that all proceeds from this event will go directly towards improving the lives of our American heroes who have fallen on tough times. In addition, they are actively seeking sponsors and donors to support their efforts and their public relations committee will work hard to acknowledge them through several sponsorship packages.

Donations and advanced ticket purchases can be made at: <http://donate.njelks-eed.org> or mailed to Elks ECD Veterans Committee, 87 Harrison Ave., Colonia, NJ 07067. Checks should be made payable to: ECD Veterans Committee, with 'homeless vets' in the memo. (If a 501(c)(3) receipt is needed, please make checks payable to: NJSEA, with 'homeless vets' in the memo).

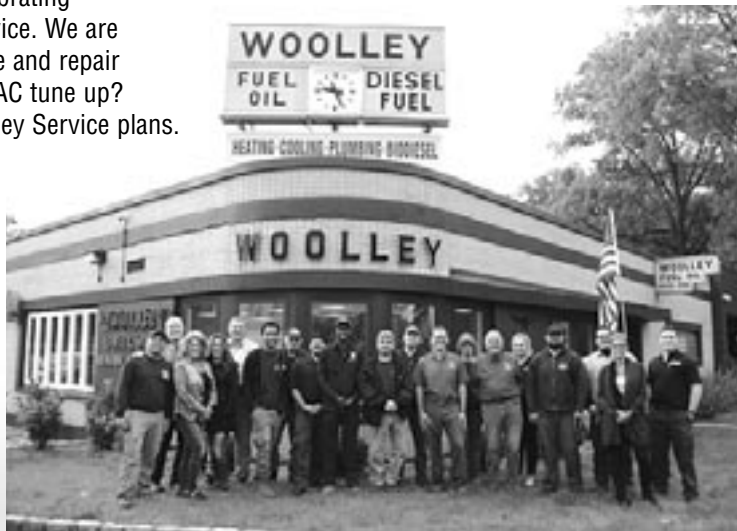
For sponsorship interest or more information about this event, please contact Apollo Hrehorovich at [funday@njelks-eed.org](mailto:funday@njelks-eed.org), call or text 732-540-0062, or visit <http://funday.njelks-eed.org>.

Elks pledge "So long as there are Veterans, the Benevolent and Protective Order of Elks will never forget them."

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Ages 13-18

Civic Chorale of New Jersey  
Sept. 10th & 17th - 7:30 to 9:00 p.m.  
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**SUNMERRY BAKERY'S INVITE TO NEXT EVENT - 9/14**

Sunmerry Bakery's latest event was a tremendous success, receiving enthusiastic praise from both the community and the mayor. The event was lively and featured an array of delicious samples from their diverse menu.

Located at 299 US-22 Highway in Green Brook, this Taiwanese bakery, founded in Tokyo in 1946, now operates over 10 locations in California and 3 in New Jersey. Renowned for its distinctive blend of Taiwanese and Japanese flavors, the bakery also caters to local tastes, with all offerings made using real butter for a touch of added quality.

Mayor Jim Van Arsdale attended the event and toured Sunmerry's central kitchen, where the bakery's fresh daily-baked bread is created! With popular items like classic croissants, BBQ Pork Bolo, and Golden Lava Roll, Sunmerry Bakery has quickly become a local favorite.

Beyond their delectable offerings, Sunmerry

Bakery takes pride in its recent support of local causes and events. They are always eager to back community initiatives, so organizations in need of support are encouraged to reach out.

**EXCITING NEWS:** In light of the enthusiastic feedback from their most recent event, Sunmerry will host a special back-to-school event on **September 14th, 2024**, at their Green Brook store.



Scan the QR code to RSVP and receive **FREE** pastries, drinks, and other delicious food samples on that day!

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**STEVE** - My results were both amazing and motivating! It's such a welcoming space. I was worried about not being able to keep up. But that's never been an issue at all. I've never felt rushed even if my pace was slower than those around me. I really love this aspect of the experience. I'm so glad to be part of this community.

**“LIFE CHANGING FOR ME.”**



**DENNIS** - Life changing for me. Great and entertaining trainers. Can't say enough positive things about GFP. Even now, in 2024, the experience at GFP continues to get better. The trainers do a great job helping each and everyone achieve their goals and consistently improve. The gym members support each other. I look forward to every session.

**“I AM STRONGER THAN I HAVE BEEN IN 30 YEARS.”**



**DEBBIE** - Been working out at Gabriele for a few years and absolutely LOVE the training. Coaches are extremely knowledgeable and correct any form issues and continuously challenge us. If I experience any pain, they will alter exercise to keep me safe. I am stronger than I have been in 30 years. They are fun, motivating and have built a great community at GFP.

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- **Personalized and Simple Nutrition Help:** Our coaches are going to sit down with you to map out everything so you know exactly what to eat and when to eat it, which means you'll start making progress immediately.
- **Unlimited Cardio Sessions:** You'll get Unlimited Access to our 'Fat Blast' Sessions that will help get your body buzzing and your blood flowing to help shed those calories and fat!
- **Free Nutrition Guide:** We are going to give you a ton of references and guides including recipes and guidelines to help you along the way which means you'll get lean and love your food at the same time!

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**ABOUT GABRIELE FITNESS:** Gabriele Fitness is a personal training gym that helps people lose weight, gain energy, and live a more active life without the use of fad diets or workouts that beat up their body. They've helped thousands of men and women in the Berkeley Heights Area to transform their health and life for the past 17 years. As leaders in the fitness industry they present their methods to trainers and gyms around the world.

# LIBRARY SEPTEMBER PROGRAMS

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Monday - Thursday: 9 AM - 9 PM; Friday, Saturday: 9 AM - 5 PM; Sunday: 2 - 5 PM



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## ALL AGES PROGRAMS

**Hippo Scavenger Hunt**

September 1-30

**Family Fun Friday "Flower Fairies"**

Friday, September 20 at 3:30 pm

**Library Birthday Party**

Saturday, September 21 from 9 am - 5 pm

Crafts, stories music, history, refreshments!

**Jigsaw Puzzle Exchange**

Saturday, September 28 from 10 am - 2 pm

## CHILDREN'S PROGRAMS

**Lego Play**

Friday, September 6 at 3:30 pm

**Drop In Craft**

Saturday, September 7 at 10 am

**Family Games**

Saturday, September 28 at 10 am

## WEEKLY DROP-IN PROGRAMS:

**Crafternoon**

Mondays, September 9, 16, 23 & 30

at 3:30 pm

**Toddler Explorations**

Tuesdays, September 3, 10, 17 & 24

at 10 am

**Toddler Storytime**

Wednesdays, September 4, 11, 18 & 25

at 10 am

**Block Party**

Thursdays, September 5, 12, 19, & 26

at 10 am

**Play Pals**

Fridays, September 6, 13, 20 & 27 at 10 am

## TWEENS & TEENS PROGRAMS

**Tinker Tuesday Crafts (ages 10 & up)**

at 7 pm:

September 3 - Mason Jar Stencils

September 10 - Recycled Book Pumpkin

**Switch It Up**

Thursday, September 19 at 6:30 pm

**Teen Book Club**

Tuesday, September 24 at 6:30 pm

Everything, Everything

**Bubble Tea**

Thursday, September 26 at 6:30 pm

## ADULT PROGRAMS

**Tinker Tuesday Crafts**

Tuesday, September 3 & 10 at 7 pm

**Pins & Needles Crafting Group**

Sunday, September 8 at 2:30 pm

**Coffee & Conversation Group**

Wednesdays, September 11 & 25 at 1:00 pm

**Silent Reads**

Friday, September 13 at 11 am &

Monday, September 30 at 7 pm

**Tech Help Weekend:**

September 14 from 10 am - 12 noon &

September 15 from 2-4 pm

**Armchair Traveler "Southern California"**

Tuesday, September 24 at 7 pm

**Friday Movie Matinee**

"Are You There God, It's Me Margaret"

Friday, September 27 at 11:30 am

## BOOK GROUPS:

**The Morning Book Group**

Friday, September 6 at 10:30 am

The Paris Daughter

**The Evening Book Group**

Tuesday, September 10 at 7 pm

Remarkably Bright Creatures

**Mayor's Book Club**

Thursday, September 12 at 7 pm

The New Happy

**Joy of Cookbooking**

Monday, September 16 at 6:30 pm

Make It Quick

**Books Speak Volumes**

Thursday, September 19 at 7 pm

Isaac's Storm

## VIRTUAL AUTHOR TALKS

register at /libraryc.org/bhplnj

**Capturing the Human Drama Through History with Garrett Graff**

Tuesday, September 10 at 2 pm

**Living with an Expansive Mind in a Distracted World—with Nate Klemp, PhD**

Wednesday, September 18 at 2 pm

**A Deep Dive in Character Development with Global Sensation Liane Moriarty**

Saturday, September 21 at 7 pm



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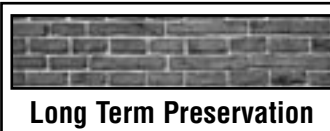
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# WHARTON SCHOOL ANNOUNCES NEW COURSES FOR THE 2024-25 SEASON

The Wharton Performing Arts School (PAS) is pleased to announce it will offer an array of new classes this season for students of all ages and all abilities. In addition to musical theater, drama, and group instrumental classes, as well as private lessons for instruments and voice, PAS welcomes the community to explore the following new additions to its curriculum:

**Play Creation Workshop for Ages 7-11:** Designed to ignite the imagination of its young participants with the opportunity to create their own play, students will be guided through a series of improvisation games and exercises to develop characters, settings, and plot. Class activities will culminate in an original, scripted show to rehearse and perform.

**RCM Pathways to Music Theory for Ages 6-9:** Pathways to Music Theory is a great way to supplement your young child's first years of private lesson study on any instrument. Learn the building blocks of music through the Royal Conservatory of Music's renowned Celebrate Theory program.

**Dance for Theater Actors for Ages 7-13:** Over the course of ten weeks, this class teaches students the fundamentals of various theater dance styles as well as tools and techniques for auditioning and building choreography. Dance for Theater Actors will explore different genres, learn choreography built especially for the students, and build their own number with the help of the instructor. The class will culminate in a final showcase where students will perform the new choreography they have learned and their own original piece.

**Staging Shakespeare: Scenes and Monologues for Ages 11-16:** This six-week acting class will take students on an exploration of William Shakespeare's most brilliant characters and plays. Through targeted lessons, acting exercises, and scene work, students will learn about Shakespearean speech, character development, and how to hone their stage presence. Participants will showcase their newfound talents by performing iconic scenes and monologues from Shakespeare's most beloved plays at the conclusion of the course.

**Adult Group Voice Class:** Everyone can sing! Adults are invited to learn the fundamentals of singing, including posture, breathing, vowel shaping, voice registration, and communicating through song. Whether a novice or seasoned vocalist looking to brush up your skills, this group voice class will provide the tools for healthy and beautiful singing in a fun and supportive environment.

The PAS fall semester begins on September 8, 2024. For more information, contact Student Services at (908) 790-0700 or visit WhartonArts.org.

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 over 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 nearly 550 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. From Pathways classes for young children to Lifelong Learning programs for adults, the Wharton Performing Arts School has a robust musical theater and drama program and offers both private and group classes for instruments and voice for all ages and all abilities. 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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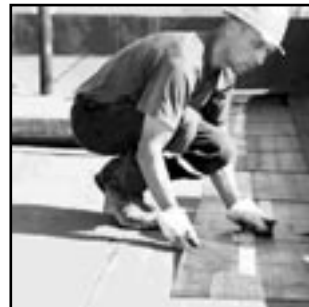
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## LITTLE FLOWER GOLF OUTING – SEPT. 30TH

The Church of the Little Flower annual golf outing will be held on September 30th at Fox Hollow Gold Club, Branchburg, NJ. On-line registration is available at [littleflowerbh.org](http://littleflowerbh.org).

The proceeds from this year's Outing will aid in maintaining and enhancing our church and funding our ministry work in the community.

This year, a portion of the Little Flower Golf Outing proceeds will be in support of charitable contributions and/or scholarships associated with Annie's Foundation on this 5th year anniversary of her passing.

The Annabelle Forever Young Foundation, Inc. was created in memory of Annabelle "Annie" Helen Young, who lived her short life in our

community of Berkeley Heights. The daughter of Laura and Paul Young, and sister of Henry, Annie died suddenly when she suffered a sudden brain hemorrhage on May 4, 2019, at 8 years old. Annie was an enthusiastic, thoughtful, entertaining, courageous, and fun-loving girl who brought immense joy to people and pets of all ages in our community. She loved playing basketball and softball in Berkeley Heights, and she cherished the friendships she developed while wearing #19 on her jersey. The Annabelle Forever Young Foundation was created by the Young family and close friends just days after her passing to honor her life, her dreams, and her legacy.

## SIEMINSKI THEATER FALL LINEUP

The Sieminski Theater is thrilled to announce its vibrant fall lineup featuring TAKE3, NJ Festival Orchestra's Picture This! Imagery In Music!, the ultimate throwback with 80's Revolution, the hilarious Off-Broadway hit musical Disenchanted!, and Gunhild Carling, Sweden's Queen of Swing. These diverse shows are sure to deliver something unforgettable for every theatergoer.

### SUNDAY, SEPTEMBER 15 - TAKE3

The genre-defying trio, TAKE3 kicks off the season on Sunday, September 15, at 2:30 PM. With a flair for the wild and unexpected,

### SUNDAY, SEPTEMBER 29

#### - NEW JERSEY FESTIVAL ORCHESTRA

Up next, New Jersey Festival Orchestra presents Picture This! Imagery In Music! on Sunday, September 29, at 2:30 PM. NJ Festival Orchestra leaps into life with music based on pictures, emotions and mythical stories born from our fertile, yet sometimes 'fantastical' imagination.

### SATURDAY, OCTOBER 12 - 80'S REVOLUTION

To kick off October, join us on Saturday, October 12, at 7:30 PM, as 80's Revolution takes you on a journey back to the era of neon colors, innovative and memorable fashion, and iconic movie classics. But most of all – the best music

in history.

### SATURDAY, OCTOBER 19 - DISENCHANTED!

Then, get ready for a night of laughter and fun on Saturday, October 19 at 7:30 PM with Disenchanted!, the national tour of the hilarious Off-Broadway musical hit!

### SATURDAY, OCTOBER 26 - GUNHILD CARLING

Rounding out the lineup, experience the dazzling performance of Gunhild Carling, Sweden's Queen of Swing on Saturday, October 26, at 7:30 PM.

More information and video clips of many of these upcoming shows can be found on our website at [www.sieminskitheater.org](http://www.sieminskitheater.org).

Tickets are available online at [www.sieminskitheater.org](http://www.sieminskitheater.org) or by phone at 908-580-3892.

Tickets range from \$35.00 to \$85.00 depending on the show with discounts available for students and seniors. The theater is located at 8000 Fellowship Road, Basking Ridge on the campus of Fellowship Village.

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<b>Short Hills MILLBURN MONTHLY</b> NJ Qty: 8,200 Zips: 07041, 07078	<b>Summit Times</b> NJ Qty: 9,600 Zip: 07901	<b>Spirit of UNION</b> NJ Qty: 6,800 Zip: 07083 (partial)	<b>WARREN MONTHLY</b> NJ Qty: 6,200 Zip: 07059	<b>Watchung Post</b> NJ Qty: 2,700 Zip: 07069	<b>Westfield MONTHLY</b> NJ Qty: 11,800 Zip: 07090

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