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RESCUE SQUAD INSTALLS 2026 OFFICERS



(above) Berkeley Heights Volunteer Rescue Squad 2026

Courtesy Photo

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ECRWSS

Berkeley Heights Volunteer Rescue Squad

The Berkeley Heights Volunteer Rescue Squad held the installation of its officers during a recent business meeting, marking the start of a new leadership term for the organization.

The ceremony recognized the volunteers who will lead the Squad as it continues its mission of providing emergency medical services to the Berkeley Heights community. The installation was conducted by Mayor Angie Devanney, who administered the oath of office and thanked members for their continued service.

The Squad also acknowledged the contributions of outgoing officers for their commitment and leadership.

The Berkeley Heights Volunteer Rescue Squad is a volunteer organization dedicated to delivering prompt, professional emergency medical care. Community members interested in supporting or joining the Squad are encouraged to learn more at bhvrs.org.

2026 Officers

Line Officers:

Chief- David Birnbaum
Deputy Chief- Steve Schickedanz
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2nd LT Compliance- Michele Young
2nd LT Vehicles- Benoit Minguet
2nd LT Equipment- Nicole Segalini

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SCIENCE OLYMPIAD TEAM HEADED FOR STATE FINALS TOURNAMENT

Berkeley Heights Public Schools

The Governor Livingston High School Science Olympiad team, a club at GLHS, recently competed at the highly competitive Union College of Union County, NJ regional Science Olympiad Competition. The team had one of their strongest performances ever, finishing in 8th place out of the 29 teams, and has qualified for the State Finals Tournament in March. The team additionally placed in the top 10 in 6 of the 12 events, including two first-place finishes.

Dr. Kelly Curtiss, District Supervisor and Director of STEAM, shared, "We are incredibly proud of our Science Olympiad students and the dedication, teamwork, and perseverance they demonstrated in this outstanding performance. Their success reflects the strength of our STEAM programs, the commitment of their advisors, and the passion our students bring to learning. Congratulations to the entire team on representing our school and district so well."



Photo by Berkeley Heights Public Schools

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AN UNFORGETTABLE NIGHT OF MUSIC TO TRANSFORM YOUNG LIVES

On March 21, Pegasus: The Orchestra will perform with the Chatham High School Chamber Choir in a dazzling benefit concert for the TheraYouth Foundation at the Dorothy Center for Performing Arts at Drew University. Led by accomplished conductor and pianist, Karén Hakobyan, the vibrant program includes Haydn's "Fire" Symphony and a rousing version of Gershwin's Rhapsody in Blue, both composed exclusively for this ensemble. GRAMMY-nominated cellist Sergey Antonov - hailed by The Washington Post as "destined for cello superstardom" - will bring his soaring tone and formidable technique to Saint-Saëns' Cello Concerto No.1. All proceeds support pediatric medical therapy for disadvantaged youth. Normally this ensemble performs in New York City theaters so tickets are a steal at \$41-\$61 and can be purchased at therayouth.org.

TERAYOUTH CELEBRATES THREE YEARS OF TRANSFORMING CHILDREN'S LIVES

In just three years, the TheraYouth Foundation has become a beacon of hope for families across New Jersey struggling to secure essential therapy services for their children.

Physical therapist Dr. Irina Marcoff, DPT, founded TheraYouth to address a troubling reality: too many children with treatable conditions were being left behind. Long waitlists for public Early Intervention and school-based services; a shortage of pediatric providers accepting Medicaid; and the high cost of private therapy (often exceeding \$125 per session); placed critical care out of reach for hundreds of families. At its Elizabeth, NJ clinic, TheraYouth provides affordable physical, occupational, and speech therapy to disadvantaged children, more than 90% of whom rely on Medicaid. Since its

inception, over 113 patients have "graduated" from therapy.

The impact of timely intervention is undeniable. One young patient, unable to crawl or walk due to congenitally weak neck muscles, faced the risk of permanent disability due to delays in care. After just four months of physical therapy at TheraYouth, he graduated from treatment, able to walk normally.

Unfortunately, demand continues to outpace resources with more than 400 children on TheraYouth's waitlist for services. The foundation operates entirely through donations, community partnerships, and fundraisers.

On March 21st, TheraYouth will host a benefit concert to raise vital funds for pediatric therapy services. Help transform the lives of New Jersey's most vulnerable children through buying a ticket, or through a donation at www.therayouth.org.

21 MARCH 2026
 Doors Open 3:30 PM
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[Therayouth.org/events](http://therayouth.org/events)

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HS ATHLETIC DEPT LAUNCHES PODCAST

Berkeley Heights Public Schools

Launched this past fall by the Governor Livingston High School Athletic Department, the Hangin' with a Highlander Podcast spotlights the amazing people of GLHS and BHPS.

Hosted by Athletic Director CJ Hendricks, the show already has 8 episodes streaming on Spotify, with a new batch dropping before Spring Break. The podcast features conversations with GLHS and BHPS community members who share their stories, passions, and the heart behind the Highlander spirit.

"The podcast's first season was very successful and was well-received by students, staff, and the broader community. Episodes featured interviews with members of the GLHS community and included coaches, teachers, and administrators, and it highlighted their unique roles and personal connections to the school and community. The podcast offered listeners a chance to get to know staff members beyond their titles/roles at GLHS and capture who they are as people."

WHEN WAS THE LAST TIME YOU HIT "PAUSE"?

The parishes of St. Bartholomew the Apostle, Immaculate Heart of Mary in Scotch Plains along with the Church of the Little Flower Berkley Heights and St. James the Apostle Springfield are inviting men of all ages to attend this year's Men's Cornerstone XVII retreat. It will be on Friday March 6th and Saturday March 7th and held at St. Bartholomew in Scotch Plains.

WHAT IS CORNERSTONE?

Cornerstone is an opportunity to hit the "pause button" in life and a chance to renew and strengthen your faith and grow in your experience in the Christian faith. It is led by a team of parishioners from various backgrounds and ages who themselves have experienced an increased presence of Christ in their lives.

WHY SHOULD I ATTEND CORNERSTONE?

You will have a unique opportunity to meet other men of the community and together listen, reflect, and share real life experiences. Taking the time to retreat from daily routine and stress is both a necessary and rewarding experience.

WHAT DOES "CORNERSTONE" MEAN?

The word "Cornerstone" describes Christ as the main foundation ("the cornerstone") of our lives. His presence within us allows us to live, grow, and become more loving and vibrant people of God.

What can I expect at Cornerstone? It will begin on Friday evening March 6th at 6 p.m. and end on Saturday evening March 7th after Mass and dinner. There will be talks, followed by small group discussions, time for quiet personal reflection, Reconciliation, and Eucharist.

REGISTRATION IS REQUIRED.

Please visit the web sites of either St. Bartholomew the Apostle at stbartholomewchurch.org/mens-cornerstone or Immaculate Heart of Mary at ihmparish.net. You may also reach out to the co-directors: Jim Brennan 908-337-6874, jpbrennan1946@gmail.com; Jose Montero 201-310-4278, josergomezmontero@hotmail.com; or Pat Cetera 908-230-7282, ceteras4@verizon.net.

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STUDENTS CELEBRATE THE GREAT KINDNESS CHALLENGE

Berkeley Heights Public Schools

Students and staff at Thomas P. Hughes Elementary School recently celebrated the Great Kindness Challenge. Now in its ninth year at Hughes, the school stepped up with a full week of engaging activities designed to promote kindness, connection, and positivity throughout

the school.

Ms. Elizabeth Bartlett, School Counselor, who led the coordination of the Great Kindness Challenge added, "Each year I look forward to the enthusiasm and creativity our students and staff bring to our weeklong celebration. Participating in the GKC has become a fun and special way for our students to learn firsthand

how empathy and small acts of kindness can have a big impact. These important tools are not just a weeklong practice at Hughes, they're woven into our school culture and are skills our students will hopefully carry with them as they grow. We are proud of our students and staff for proving that kindness is a tradition that never goes out of style!"



Photos by Berkeley Heights Public Schools

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SHE WAS A 48-YEAR-OLD MOM FROM BERKELEY HEIGHTS... TERRIFIED TO WEAR A LITTLE BLACK DRESS AT HER DAUGHTER'S WEDDING - UNTIL THIS HAPPENED

When guests gathered for a recent summer wedding in town, expectations were clear: a beautiful bride, proud parents, heartfelt speeches, and a lively dance floor.

What no one expected was that one of the most talked-about moments of the night would involve the bride's mother.

As Helen, 48, walked down the aisle in a fitted dress with a tastefully exposed back, heads turned. Conversations paused. By the time the reception was underway, it was clear this mother of the bride had made an impression few would forget.

It wasn't just that she looked great. She looked strong. Defined. Confident. Guests kept asking the same question throughout the night:

What does she do to look like that?

That question is how this story begins.

FROM TIRED, SOFT AND WEAK TO STRONG, LEAN AND CONFIDENT

A few years ago, Helen was not the woman people were buzzing about at a wedding. "I was tired all the time," Helen said. "My back hurt, my knees hurt, and I just felt older than I was.

I was in my late 40s, yes — but I felt like that was my whole identity."

Like many adults in their 40's 50s and 60s, Helen assumed aches, pains, and declining energy were simply the cost of aging. Exercise felt intimidating and confusing. Big gyms felt impersonal. Working out on her own felt unsafe.

"I didn't know what I should be doing, and I was afraid of hurting myself, so I just did nothing," she said.

A friend introduced her to a local personal training gym in Berkeley Heights, and she started with a free trial.

"I was so scared. I didn't walk in thinking I'd change my body," Helen said. "I was just hoping I could finally find a program that was right for me and do something for my health consistently."

THE UNKNOWN WORKOUT PLAN THAT CHANGED THE GAME

What Helen found was not a room full of treadmills and mirrors, but a personalized fitness program led by highly knowledgeable personal trainers who specialize in working with adults ages 40–60.

Helen didn't need anything extreme — she needed the right program and the right support.



(above) Helen flexing at one of their infamous 6 AM workouts at Gabriele Fitness

She started with two days per week. As her energy improved and her pain decreased, she gradually built up to three days per week. Each workout was done in a small-group setting, allowing for personalized coaching without the pressure or cost of one-on-one training.

"The accountability mattered," Helen said. "If I didn't show up, someone noticed. And if something hurt, they adjusted things immediately."

REDEFINING WHAT SOMEONE IN THEIR 40s CAN LOOK AND FEEL LIKE

Over time, the changes added up. Helen lost body fat. She gained muscle. More importantly, she gained confidence.

"I stopped thinking about what I couldn't do... and started thinking about what was next."

Years later, Helen is still a member and has even become a Grandma! She lifts weights people half her age shy away from. She moves pain-free. She keeps up with her grandchildren - and sometimes outpaces them.

So when her daughter's wedding approached, Helen didn't think twice about wearing the dress she loved.

"I didn't choose it to show off," she laughed. "I chose it because I felt good in my own skin."

The reaction at the wedding told the rest of the story.



(above) Helen turning every head as the mother of the bride

A LOCAL SECRET GETS PUBLIC

As word spread, one question kept coming up again and again:

What is the secret workout plan that's making her look that good?

The answer was simple: Gabriele Fitness — a small community personal training gym right in Berkeley Heights.

Helen's transformation didn't come from crash diets or marathon workouts. It came from consistency, expert coaching, and a supportive environment designed for real people — not fitness models.

FEELING BETTER AT 48 THAN SHE DID AT 28

Helen's story may have started with wedding buzz, but it's really about something deeper: what's possible when people stop accepting decline as inevitable.

"I wish I had started sooner because I feel better at 48 than I did at 28," Helen said. "But I'm grateful I started when I did."

A personal and confidential message from Helen to anyone on the fence about getting started.

"Ladies, having a personal trainer changed my life. Without a trainer, I never would have come close to looking and feeling this good. I tried so many times on my own and failed. I know it's hard to get started — I was scared myself. But if you find an amazing gym like I did (Gabriele Fitness), it changes everything.

The funny thing is, on the front door of the gym there's a sign that reads, 'You just did the hard part. We'll take it from here.' And I truly believe that if you find a place you trust, that genuinely cares about you, and you show up consistently, you'll get into the best shape of your life.

For me, being in great shape has made my entire life so much better. I'm happier, stronger, full of energy... and my workouts are the reason."

For those who see themselves in Helen — those who feel older, weak, tired, stressed, struggling to burn fat, and are secretly starting to believe their best years are behind them — Read This:

Gabriele Fitness has opened 13 spots for local residents to experience their personal training program...FREE for 14 days. The offer expires on April 1st and is available to only 13 people. To get the full details on the free program and see if any spots are still available, scan below...



P.S. Many people reading this article will be inspired by Helen... yet still feel hesitant to try the program. With anything new, there's always uncertainty — especially with something like a new fitness routine. But if you're not working out right now, or you've been inconsistent (like most people) you've read the exact article you needed to read today because...

Gabriele Fitness has helped thousands of people in this community over the past 18 years. For some, the program has had a life-changing effect, and many members have stayed for nearly two decades.

A large number of them are now in the best shape of their lives (...and 2 decades older) — but they all started in the same place as anyone reading this and considering starting their fitness journey.

If you're still hesitant, visit our website gabrielefitness.com/results for an ocean of success stories from people just like you... who've transformed their lives... and in some cases, the lives of everyone in their family. This is powerful stuff.

WHY GABRIELE FITNESS FOCUSES ONLY ON ADULTS OVER 40

Adults over 40 face a perfect storm of demands that make fitness more critical — and more challenging — than ever before. They're in the prime of their careers, often in leadership roles where the pressure is relentless and the hours are long.

They're raising children or supporting aging parents — sometimes both at the same time. Their stress levels are high, their metabolism is slowing down, and their bodies don't recover like they used to.

Yet this is precisely when they need their health and energy most — to perform at work, to be present for their families, to enjoy the success they've worked so hard to build, and to avoid the chronic diseases that affected their parents' generation.

The cruel irony is that when fitness matters most, it's also when finding time for it feels nearly impossible.

That's why adults over 40 don't need another generic gym membership. They need expert guidance designed specifically for their unique challenges, their busy schedules, and their refusal to accept that their best years are behind them.

To get the full details about the Free Personal Training Program and to see if any of the 13 spots are still available scan below...



BERKELEY HEIGHTS LIBRARY MARCH PROGRAMS

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FOR ALL AGES:

Family Movie: Mario

Sunday, March 8 at 2:30pm

Puzzle Swap

Sunday, March 29 from 2-4 pm

CHILDREN'S PROGRAMS:

MONDAYS

Baby Storytime

Mondays at 10am - March 2, 9, 16, 23 & 30.

Crafternoon: crafts

for ages 4-7 with caregiver

Mondays at 3:30pm - March 2, 9, 16, 23 & 30

TODDLER TUESDAYS

Tuesdays at 10am - March 3 (Art),

10 (Music), 17 (Sensory), 24 (Play)

Tummy Time

Tuesdays at 2pm - March 3, 10, 17, 24.

Evening Storytime

Tuesday, March 3 at 6pm.

Good Tyme Band

Tuesday, March 10 at 10:30am.

WEDNESDAYS

Family Storytime

Wednesdays at 10am - March 4, 11, 18 & 25.

Read to a Dog

Wednesday, March 18 at 3:30 pm.

THURSDAYS:

Block Party: (Build & play with blocks)

Thursdays at 10am - March 5, 12, 19 & 26.

Puzzles & Games

Thursdays at 3:30pm - March 5, 12, 19 & 26.

FRIDAYS:

Play Pals

Fridays at 10am - March 6, 13, 20, & 27.

Lego Play

Friday, March 6 & 20 at 3:30pm.

SATURDAY HANGOUTS

Saturdays at 10am - March 7 (Storytime), 14

(Play), 21 (Maker's Day), & 28 (Games).

Sundays: Floor Puzzles

March 1 at 2:30pm.

WEEKLY TEEN PROGRAM

Thursdays at 6pm - March 5, 19 & 26.

Tea & Teens

Wednesday, March 12 at 6pm.

ADULT PROGRAMS:

MONDAYS:

Joy of Cookbooking

March 16 at 6:30 pm.

Mah Jong Play

March 2, 9, 16, 23 & 30 at 7pm.

TUESDAYS:

Tinker Tuesday Crafts

Tuesdays at 7pm - March 3, & 10.

Evening Book Group: So Late in the Day:

stories of women and men

March 10 at 7pm.

WEDNESDAYS:

Adult Color and Build

Wednesdays at 1pm - March 4, & 18.

Coffee and Conversation

Wednesdays at 1pm - March 11 & 25.

THURSDAYS:

Mayor's Wellness Book Club: Atomic Habits

March 12 at 7pm.

Books Speak Volumes: Vanderbilt:

the rise and fall of an American dynasty

March 18 at 7pm, .

FRIDAYS:

Morning Book Group: Transatlantic

March 6 at 10:30am.

Movie Matinee: Small Things Like These

(rated PG-13), March 27 at 1pm.

SUNDAYS:

Pins & Needles

March 1 at 2pm.

Music Concert: Jongsun Lee, pianist

March 22 at 3pm.

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YOUTH SYMPHONY REHEARSALS FREE AND OPEN TO PUBLIC - MARCH 1-5



The New Jersey Youth Symphony (NJYS), a program of Wharton Arts, invites young musicians and their families to experience the excitement of ensemble music-making during the NJYS Open Rehearsals Week, taking place March 1-5, 2026.

Throughout the week, visitors are welcome to observe live rehearsals of any of NJYS's 15 ensembles, offering a rare behind-the-scenes look at how young musicians collaborate, learn, and grow under the guidance of NJYS's accomplished artistic staff. Open Rehearsals Week is designed for students in grades 2-11 who are curious about joining a youth orchestra or expanding their musical journey.

Attendees will have the opportunity to meet NJYS conductors, experience the rehearsal process firsthand, and explore how NJYS nurtures musical excellence, teamwork, and confidence in young performers.

Said Artistic Director and Principal Conductor Helen Cha-Pyo, "At the New Jersey Youth Symphony, we hold our students to the highest standards of musical excellence and artistry because they are capable of extraordinary things. At the same time, our core mission goes beyond performance. We want our students to experience the profound connection between music and life, and to understand the power of music as a force for service, empathy, and community building. Open Rehearsals Week is an open invitation to parents, educators, and students to step inside our rehearsal rooms, feel the joy of our community, and witness the 'serious fun' that happens when young people make music together with purpose,

passion, and heart."

NJYS is one of New Jersey's premier youth orchestra programs, serving talented young musicians from across the region through a comprehensive range of ensembles and educational experiences. Open Rehearsals Week reflects NJYS's commitment to access, education, and artistic excellence.

Attendance is free, but advance registration is encouraged. Registration and additional information available at NJYS.org.

ABOUT THE NEW JERSEY YOUTH SYMPHONY

The New Jersey Youth Symphony (NJYS), a program of Wharton Arts, provides exceptional orchestral and ensemble training to young musicians in grades 2-12. Through a wide range of ensembles, performances, and educational opportunities, NJYS fosters musical excellence, collaboration, and a lifelong appreciation for the 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 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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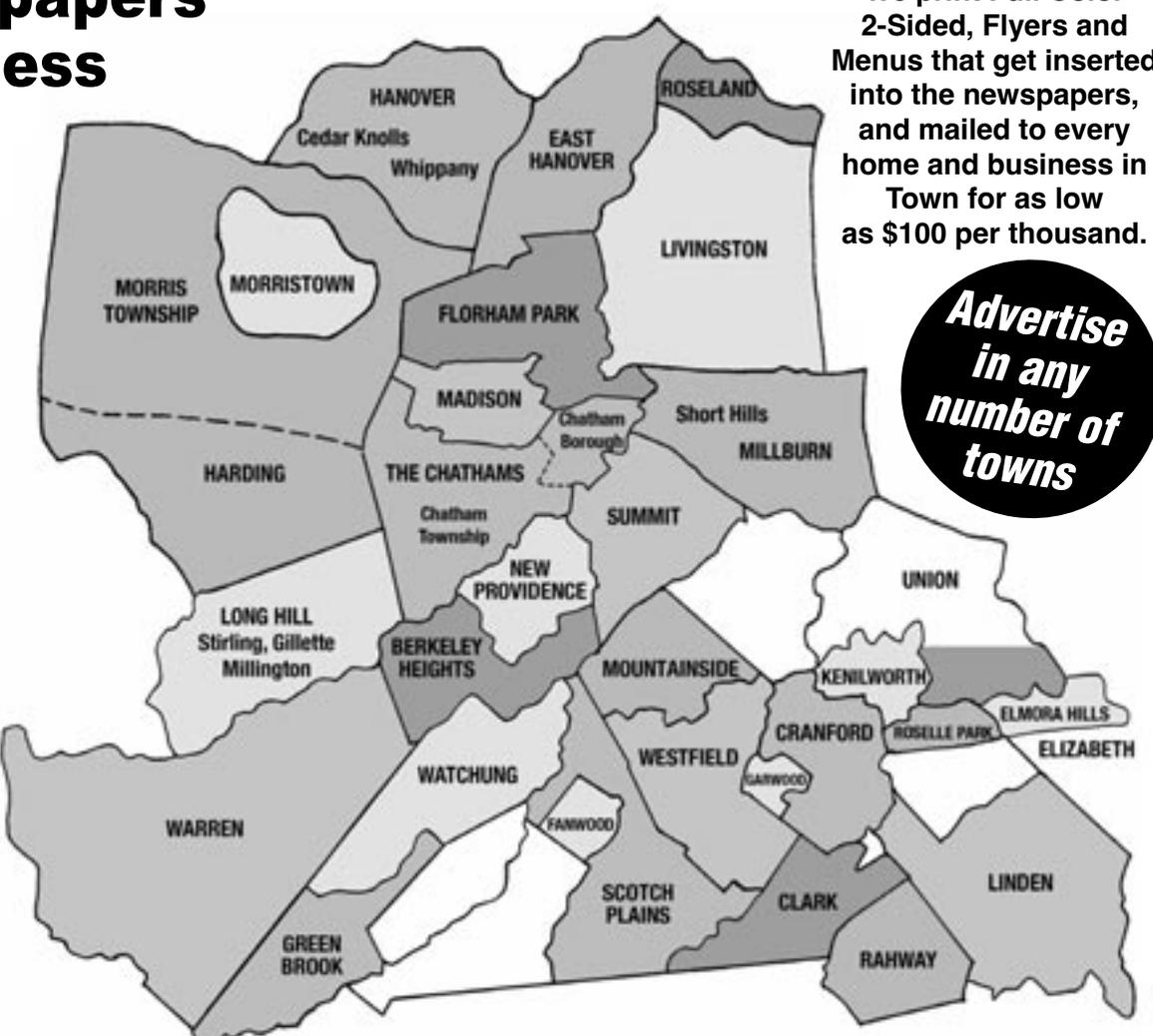
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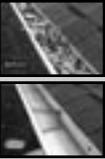
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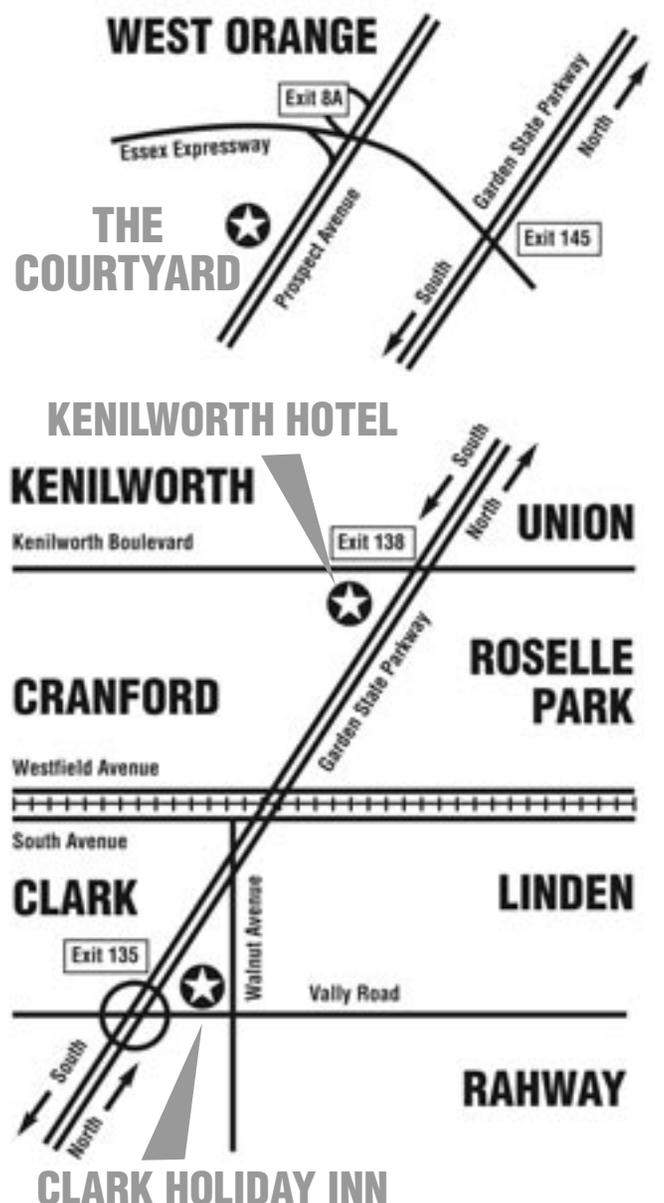
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