

# New Providence NEWS

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Issue 126 • March 2026

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## LION'S CLUB EASTER EGG HUNT - MARCH 28

The New Providence Lions will be hosting their 57th annual Easter Egg Hunt on Saturday, March 28, 2026, at Oakwood Park in New Providence. The hunt is open to all New Providence Newborns, Pre-Schoolers, Kindergarteners, First and Second Graders.

According to New Providence Lions Club President John F.X. Keane, "As we celebrate our 57th year, the New Providence Lions Club will again host our borough's Easter Egg Hunt, a joyous occasion for generations of our kids and their parents. Since 1969, our traditional Easter Egg Hunt celebration at Oakwood Park has provided a great opportunity for families to meet each other and to mingle with our great New Providence police, fire and rescue squad responders, who bring their equipment to entertain the kids. It is a piece of the New Providence experience and history that we feel blessed to give back to our community. This year, we'll again be entertained by the illusions of local magician Michael Gray. We're all looking forward to having a good time with the children and their families."

The Hunt will take place Rain or Shine, with festivities beginning at 9:00 a.m. near Oakwood Park's Picnic area, accessed from Woodbine Circle and Roessner Place. At that time, Lions volunteers will be collecting food for the food pantry at Our Lady of Peace (OLP) R.C. Church, handing out balloons, lollipops and pencils to the kids, entertainment will be provided by Michael Gray, and New Providence EMS, Fire and Police Departments will be on hand with their vehicles for viewing, dressed in their Superhero costumes to pose with children and their families. The Easter Bunny will arrive at 9:15 a.m. to greet the families as a prelude to the actual Easter Egg Hunt, which will begin at 9:30 a.m. sharp with nearly 2000 colored eggs to be found. Children who find the special Gold or Silver eggs will receive large chocolate bunnies and gift baskets as special prizes. The event is free, though donations are gratefully accepted, 100% of which are used to fund other services and scholarships for the New Providence community.

Families should plan on arriving at least 15 minutes before the 9:30 a.m. start of the Hunt, and later arrivals may have to park curbside on nearby streets. The Lions ask that parents be courteous and respectful to residents near the Roessner Place entrance to the park, and consider carpooling with friends.

### PLEASE HELP THE LIONS FEED THE HUNGRY!

As in recent years, the Lions will be conducting a food drive to support local families in need. Attendees are asked to bring cans or boxes of non-perishable food, which the Lions will collect and donate to the Our Lady of Peace R. C. Church Food Pantry in New Providence.

So bring your baskets to Oakwood Park and join the New Providence Lions Club on March 28th at the Easter Egg Hunt!

The New Providence Lions Club donates back to the community every dollar it collects. Being a Lion empowers you to help others in a way that no one person could alone. The Lions are dedicated to helping others. For more information please email [info@nplions.org](mailto:info@nplions.org)

Lions make a difference!

### New Providence Lions Club

Pre-School, Kindergarten  
 1st & 2nd Graders

## 57th Annual Easter Egg Hunt

**FREE RAIN OR SHINE**

**Saturday, March 28, 2026**  
 Festivities Begin at 9:00 AM  
**Oakwood Park**

**Easter Bunny Arrives 9:15**

Meet New Providence's Super Heroes  
 Fire, Police, EMS

MAGIC By Michael Gray

Food Donations for OLP Food Pantry will be collected  
 Sponsored By New Providence Lions Club  
 For more information [www.nplions.org](http://www.nplions.org)

NEW PROVIDENCE HIGH SCHOOL PARENT-TEACHER-STUDENT ASSOCIATION  
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## Bright Lights, Big City

**2026 Tricky Tray & Fashion Show**  
 Saturday, March 28th  
 5:30pm Baskets & Bites • 7pm Fashion Show

**\$20 GENERAL ADMISSION**  
**\$10 STUDENT/SENIOR/CHILD ADMISSION**  
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New Providence News is published by Renna Media. 5,100 newspapers are printed monthly and mailed to every business and resident in New Providence, NJ. Although great care has been taken to ensure the information contained within is accurate, Renna Media assumes no liability for errors or omissions.

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# 2026 EMS RESCUE SQUAD LEADERSHIP TEAM



Submitted by Mayor Al Moran

Please join us in welcoming our 2026 EMS New Providence Rescue Squad leadership team. Congratulations and thank you to all our dedicated members. We are so grateful for your continued good service to our community

- President: Sandy Davies
- Vice President: Kathryn Barfield
- Treasurer: Emma Ardolic
- Secretary: Mary Ellen Stokes
- Chief: Alex Pereira
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Courtesy Photo

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# DECORSO COMMUNITY CENTER UPCOMING EVENTS FOR SENIORS

Please call (908) 665-0046 or e-mail [decorsocenter@newprov.us](mailto:decorsocenter@newprov.us) to register



(above) NP Seniors enjoyed making Valentine's origami

Courtesy Photo

The DeCorso Community Center, which serves as the home for the New Providence Senior Citizens Club, provides opportunities for senior residents to socialize, exercise and participate in programs and activities with their peers.

The Center's hours are Monday-Friday from 9:30 a.m. - 2:30 p.m. The New Providence Senior Citizens Club holds weekly meetings on Wednesdays at 11:00 a.m. with special presentations, performances, or "special" bingo. For program details and a full calendar please visit [newprov.us/278/Seniors](http://newprov.us/278/Seniors).

**Club Meeting, Birthdays  
& NPHS Musical preview,  
followed by bingo**

*Wednesday, March 4, 11:00am*

**Painting with Veronica**

*Thursday  
March 5 at 11:30am*

Register in advance (space is limited)

**Pizza Bingo**

*Friday, March 6 at 11:00am*

FREE pizza provided by Spring Grove

**Club Meeting & Special Bingo**

*Wednesday, March 11, 11:00am*

**Club Meeting & Samba**

*Wednesday, March 18, 11:00am*

With Spring Grove

**Stretch class**

*Friday, March 20 at 10:00am*

With Vitality Health before bingo

**Sandwich Making Service Project**

*Monday, March 23 at 12:00pm*

**Club Meeting & Liberty Hall Museum  
presentation on Women's Suffrage**

*Wednesday, March 25, 11:00am,*

**Craft**

*Thursday, March 26 at 11:30am*

Register in advance (space is limited)

**Borough Council members  
before bingo**

*Friday, March 20 at 10:00am*

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*—Hugo F., A community resident*

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# CLINT "CAP" PAZDERA INDUCTED INTO HALL OF FAME

*New Providence School District*

On Sunday, January 11th New Providence High School Coach Clint "Cap" Pazdera was officially inducted into the NJ Scholastic Coaches Association Hall of Fame.

Coach Pazdera has been the NPHS Varsity Girls Basketball Head Coach for 20 years with a 418-131 record. In addition, he was also the Varsity Golf Head and Assistant Coach for 12 years, as well as Assistant Coach for Varsity B Soccer and Varsity Softball for a period of time.

In his coaching career, Coach Pazdera has led varsity teams to 14 division/conference championships, 7 sectional state titles, 3 Union County Tournament Championships, 5 group championships, 4 Group 1 State Championships and 1 Group 2 State Championship in 2023.

Cap is just the 9th New Providence coach to be inducted into this prestigious club!



Photo by New Providence School District

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## PIONEER PETE AT BOROUGH HALL ON GROUNDHOG DAY



(above) On Ground Hog Day Mayor Al Morgan got the word from Pioneer Pete at Borough Hall that New Providence has 6 more weeks of winter ahead, better bundle up!

## 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](http://stbartholomewchurch.org/mens-cornerstone) or Immaculate Heart of Mary at [ihmparish.net](http://ihmparish.net). You may also reach out to the co-directors: Jim Brennan 908-337-6874, [jpbrennan1946@gmail.com](mailto:jpbrennan1946@gmail.com); Jose Montero 201-310-4278, [josergomezmontero@hotmail.com](mailto:josergomezmontero@hotmail.com); or Pat Cetera 908-230-7282, [ceteras4@verizon.net](mailto:ceteras4@verizon.net).

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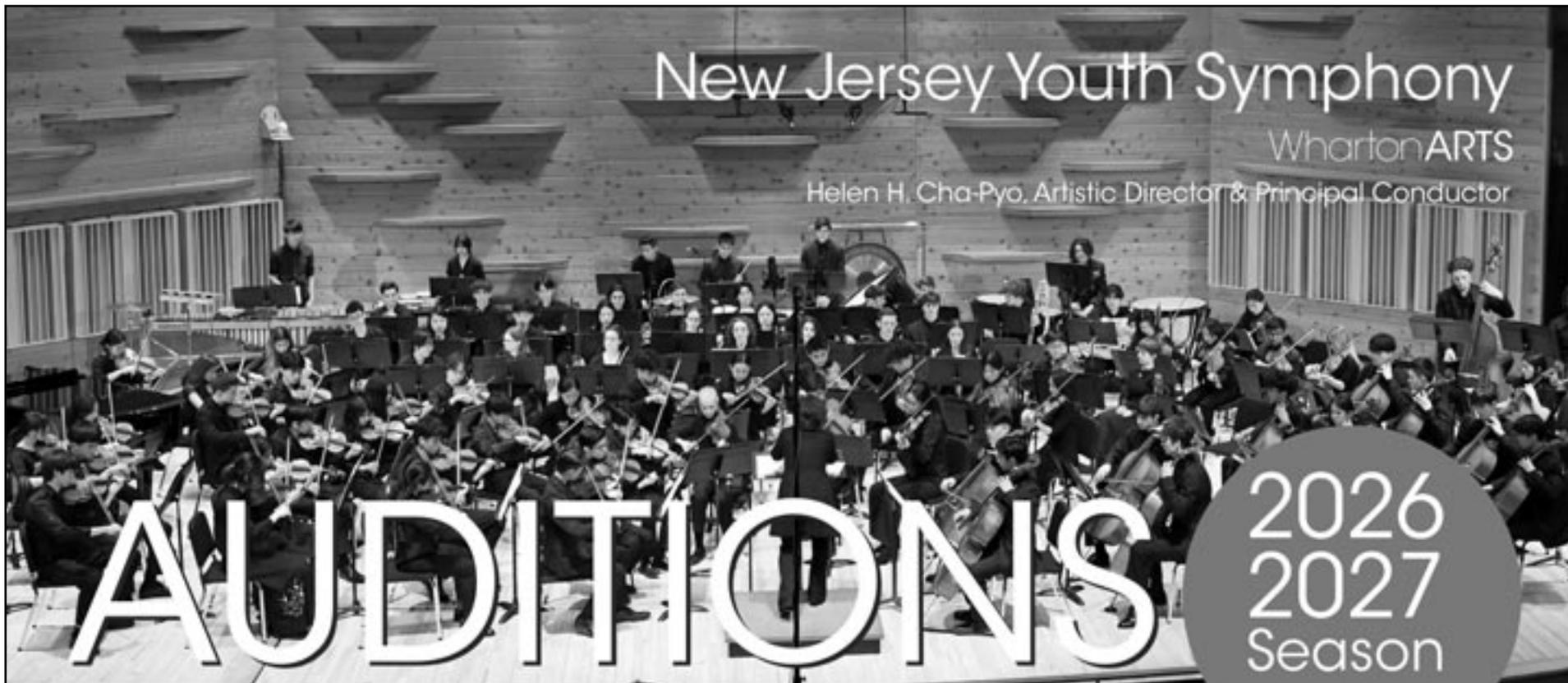


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# New Jersey Youth Symphony

WhartonARTS

Helen H. Cha-Pyo, Artistic Director & Principal Conductor



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\*At 60 Locust Avenue, Berkeley Heights

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**All Instruments**  
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## PERCUSSION

All Levels May 26

## HARP & PIANO

Level 5 & 6 May 18



All auditions will take place at 570 Central Avenue, New Providence, NJ, unless otherwise noted.

For questions, email us at [info@njys.org](mailto:info@njys.org) or call (908) 771-5544.

Chamber Music Program  
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# New Jersey Youth Chorus

WhartonARTS

Helen H. Cha-Pyo, Artistic Director



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**NJYC.org**



Questions?

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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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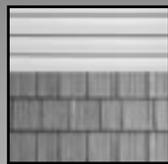
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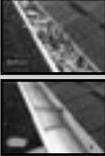
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# AN UNFORGETTABLE NIGHT OF MUSIC TO TRANSFORM YOUNG LIVES

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](http://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.

"Early therapy can change the entire trajectory of a child's life," says Dr. Marcoff. "But for many families, access is the greatest barrier."

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 by achieving critical developmental milestones.

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, transforming his future.

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](http://www.therayouth.org).

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(above) Dr. Irina Marcoff providing physical therapy to a young patient at the Arlene S. Chasek clinic in Elizabeth NJ.

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## MARCH EVENTS AT THE LIBRARY

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Monday, Tuesday, Thursday: 10:00 AM - 8:30 PM;  
Wednesday, Friday, Saturday: 10:00 AM - 5:00 PM; Sunday: 1:00 PM - 5:00 PM

### Intro to Dungeons & Dragons

March 1, 8, 15, 22 from 2:00 - 3:30 pm

An introduction to Dungeons & Dragons for students in grades 4 - 6. Students must be able to attend all four sessions. Registration required.

### Knit Night/ Stay & Crochet

March 2 & 19 at 7:00 pm to 8:30 pm

Bring your knitting and crochet works-in-progress to this stitching meetup.

### Movie Matinee: Wicked: for Good

March 3 at 1:00 pm to 3:30 pm

Elphaba, now demonized as The Wicked Witch of the West, lives in exile while Glinda has become the symbol of Goodness for all of Oz. This PG-rated fantasy/drama.

### Roma Words, Roma Worlds

March 5 at 7:00 pm to 8:00 pm

This book club discusses works by authors of Romani descent. This month's selection is Twiggy Woman by Oein DeBhairduin, a collection of ghost stories rooted in the oral tradition of the Irish Traveller community.

Copies at the desk.

### Teen Coloring Afternoon

March 8 at 1:30 pm - 2:30 pm

Join us for a cozy afternoon of coloring and pizza. Registration required.

### When Baseball Was Still Topps

March 9 at 7:00 pm - 8:00 pm

Longtime New York Times editor Phil Coffin will discuss his books: When Baseball Was Still Topps: Portraits of the Game in 1959 and A Baseball Book of Days: Thirty-One Moments That Transformed the Game.

### Batter Up: Let's Talk Baseball

March 9 at 8:00 pm - 8:30 pm

Stay after Phil Coffin's presentation to discuss teams, players, and issues of the sport. To join via zoom, register online.

### Books and Bagels

March 10 at 10:30 am - 11:30 am

A book club with no assigned reading. Join for a free bagel from NP Bagel Cafe and tell us about the books you've enjoyed reading recently.

### Sleep Expert Michelle Carr

March 11 at 2:00 pm - 3:00 pm

Unlock the hidden power of dreams in this virtual interview with the author of Nightmare Obscura. Register online.

### Watch Party: David Brooks

March 11 from 3:00 to 4:00 pm

The recording of our interview with David Brooks, author of How to Know a Person: The Art of Seeing Others Deeply will be screened.

### Between Two Worlds:

March 12 at 7:00 pm to 8:00 pm

Join the director of the Yiddish Book Center's Wexler Oral History Project for this virtual program. She'll share video clips from interviews with actors who began their careers on the Eastern European stage, American actors who got their start in Yiddish theater & more.

### Bestselling Author Kate Quinn

March 12 at 7:00 pm to 8:00 pm

Kate Quinn will discuss her new novel The Astral Library in this virtual interview.

Register online.

### Evening Book Club

March 12 at 7:30 pm to 8:30 pm

We'll discuss Astor: the Rise and Fall of an American Fortune by Anderson Cooper.

Copies at the front desk.

### The FrostKings in Concert

March 15 at 3:00 pm to 4:00 pm

The FrostKings are an R&B, swing, and blues band, equally at home playing swinging shuffles, slow blues or boogies.

### Between Two Worlds: Morning Book Club

March 17 at 10:30 am - 11:30 am

We'll discuss Tevye the Dairyman by Sholem Aleichem as part of the Yiddish Book Center's Public Libraries Program, in partnership with the ALA. Light refreshments will be served.

### Movie Matinee: Rental Family

March 17 at 1:00 pm to 3:30 pm

Rental Family follows an American actor (Brendan Fraser) in Tokyo who lands an unusual gig. This PG-13 comedy/drama is in Japanese and English with subtitles.

### Bedazzle a Book

March 21 at 10:30 am to 12 pm

Bring a book and bedazzle its title or other focal point of the cover with rhinestones.

Registration required.

### Mushroom Mania

March 23 at 6:30 to 7:30 pm

Retired educator Dorothy Smullen will explore the life cycle of mushrooms. Sponsored by the NP Garden Club, with meeting afterwards.

### Silent Book Club

March 23 at 7:00 pm to 7:45 pm

BYO Book - it's an introverted happy hour. Gather at the armchairs in the Quiet Zone to read together in quiet camaraderie. Stay afterward for an optional chat.

### Cookbook Club

March 24 at 1:00 pm to 2:00 pm

Most participants prepare and bring a dish to share, as well as the recipe. Email your recipe to [info@newprovlibrary.org](mailto:info@newprovlibrary.org) by March 23.

### Haunting Chapters Book Club

March 24 at 7:00 pm - 8:00 pm

The horror book club will discuss Certain Dark Things by Silvia Moreno-Garcia. Copies of the book are at the front desk.

### Between Two Worlds: Letters from Rifka

March 29 at 3:00 pm - 4:00 pm

Lucille Avrutin escaped Russian pogroms as an 8 year old girl, emigrating to NYC via Belgium in 1921. Storyteller Alice Avrutin-Yellin will retell true stories from her mother's life (fictionalized in the classic book Letters from Rifka by Karen Hesse) in a presentation accompanied by photographs and maps.

# 14TH ANNUAL GOOD SCOUT AWARDS RECEPTION

Scouting America, Patriots' Path Council, will honor local citizens at the 14th annual New Providence Good Scout Awards reception to be held Thursday, March 5th, at 6:30 p.m. at The Primavera Regency in Stirling. This year's honorees are Moin Ahmed, Nimit Suri, Rick Anderson, Matt Cumiskey, Barbara Mitry Dabney, LINC Program, Stacey Maisch, and Sgt. Chad Wilson (ret.). The evening will include a reception food stations, dessert, networking, awards presentation, and fellowship.

The event recognizes outstanding citizens for their community service, as evidenced by their leadership and interests within the New Providence community, and for their embodiment of the values of the century old Scout Oath and Law in their personal and professional lives. The event chair is past Good Scout Award honoree, Joe Eberle of Weichert Realtors. Joe invites everyone in town for this special occasion, "This is not only a special night for the honorees, but also an evening where the community comes together to celebrate their passion for service to others."

## MOIN AHMED AND NIMIT SURI

Moin Ahmed and Nimit Suri are the foundational leaders of the New Providence Cricket Club, an organization that has transformed a local pastime into a thriving community pillar.

## RICK ANDERSON

Rick Anderson joined the New Providence Historical Society after moving to town in 1978. He held the office of vice president beginning in 2014, transitioning to president in 2020; taking part in just about all the events and activities. He joined the New Providence Amateur Radio Club in 2025, now celebrating its 60th. Rick joined the New Providence Garden Club in 2012. Rick is also an active volunteer at in St. Andrew's Episcopal Church.

## MATTHEW CUMISKEY

Matthew Cumiskey is serving his third three-year term as a Councilman for the Borough of New Providence.

## BARBARA DABNEY

Barbara Dabney has been an active member of New Providence Cub Scout Pack 363 since 2019. She also volunteers with the AWR PTA and supports and volunteers at organizations like Moms Helping Moms and the NJ Food Bank.

## THE LINC PROGRAM INC.

The LINC Program Inc. was founded in 2022 with the goal of fighting food and resource insecurity across New Jersey, supporting the needs of the underserved and providing them with necessary resources to live nutritious lives.

## STACEY MAISCH

Stacey Maisch is the current Director of the New Providence Memorial Library, and has been a New Providence resident and community volunteer for 20 years. Over the years, Stacey has volunteered as a Vacation Bible School teacher and child care volunteer at the Presbyterian Church, served in multiple leadership roles with the Salt Brook PTA over 11 years, and coached and managed teams with New Providence PAL. She also dedicated more than 12 years to scouting, serving twice as Cub Scout Den Leader with Pack 263 and later working with Boy Scout Troop 1, where she served on Eagle Scout Boards of Review and as Committee Chair.

## CHAD WILSON

Chad Wilson is a dedicated public servant whose career spans military service and more than two decades in law enforcement. Following his military service, Chad continued his dedication to public safety with the New Providence Police Department.

New Providence is a part of the Patriots' Path Council, which serves more than 17,000 youth and volunteers in over 290 Scouting units in communities throughout Morris, Middlesex, Somerset, Sussex, and Union counties.

For more information on Scouting, attending the event, and sponsoring the program journal, contact Jennifer Volz, senior development director, at 973-765-9322, ext. 249, and/or [jennifer.volz@scouting.org](mailto:jennifer.volz@scouting.org). Information also available at [ppscouting.org/special-events](http://ppscouting.org/special-events)

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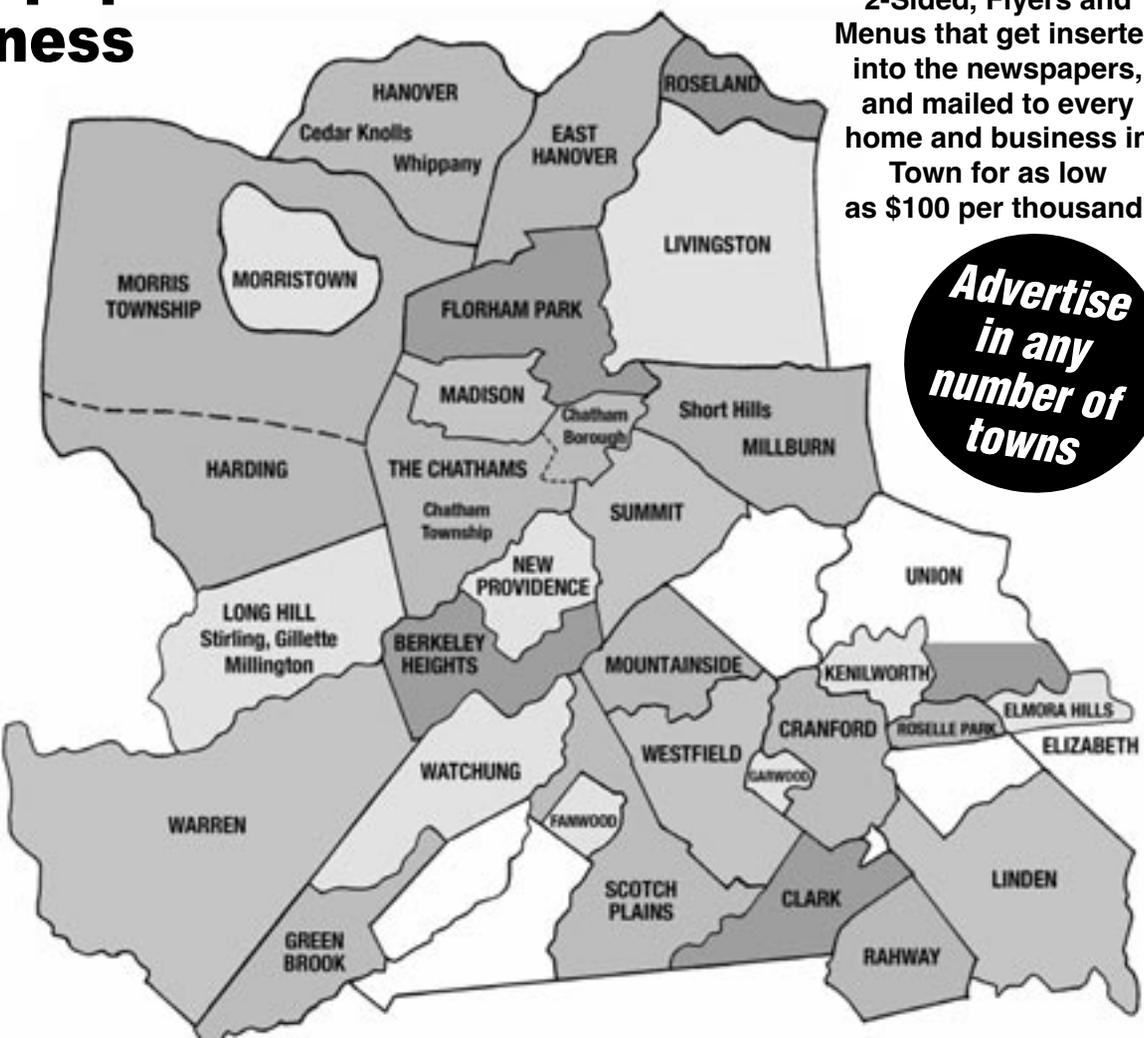
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# SHE WAS A 48-YEAR-OLD MOM FROM BERKELEY HEIGHTS... TERRIFIED TO WEAR A LITTLE BLACK DRESS AT HER DAUGHTER'S WEDDING - UNTIL THIS HAPPENED

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](http://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...



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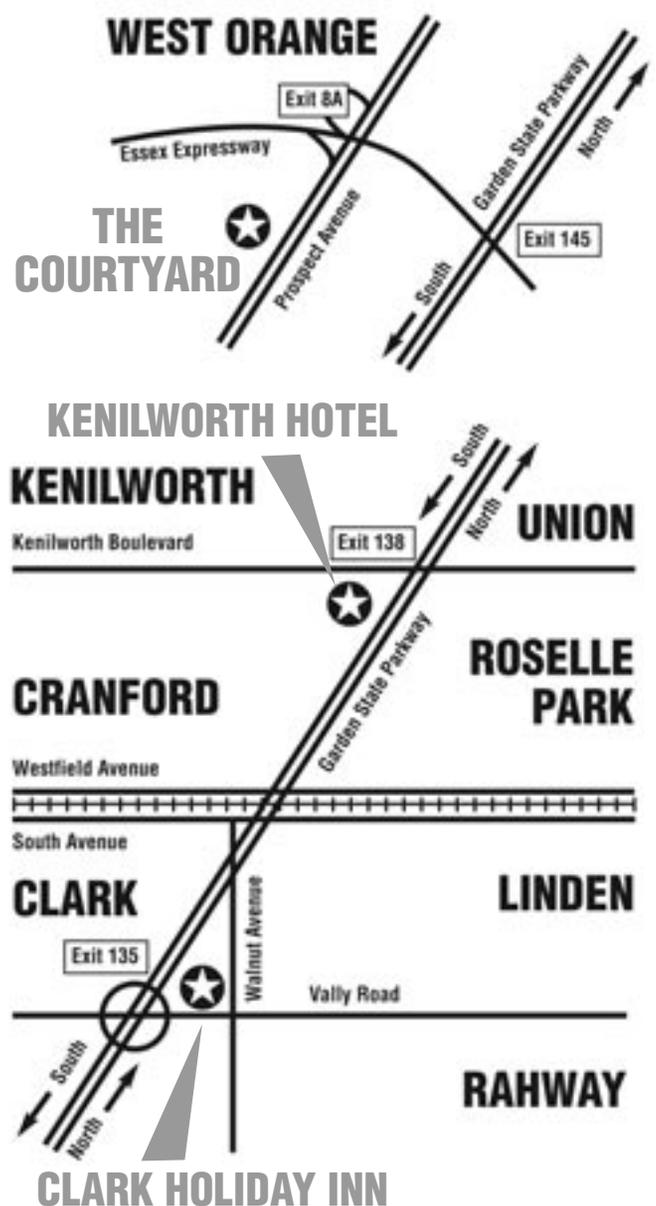
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