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Published by Renna Media, LLC. On-line at RennaMedia.com

Issue 126 • March 2026

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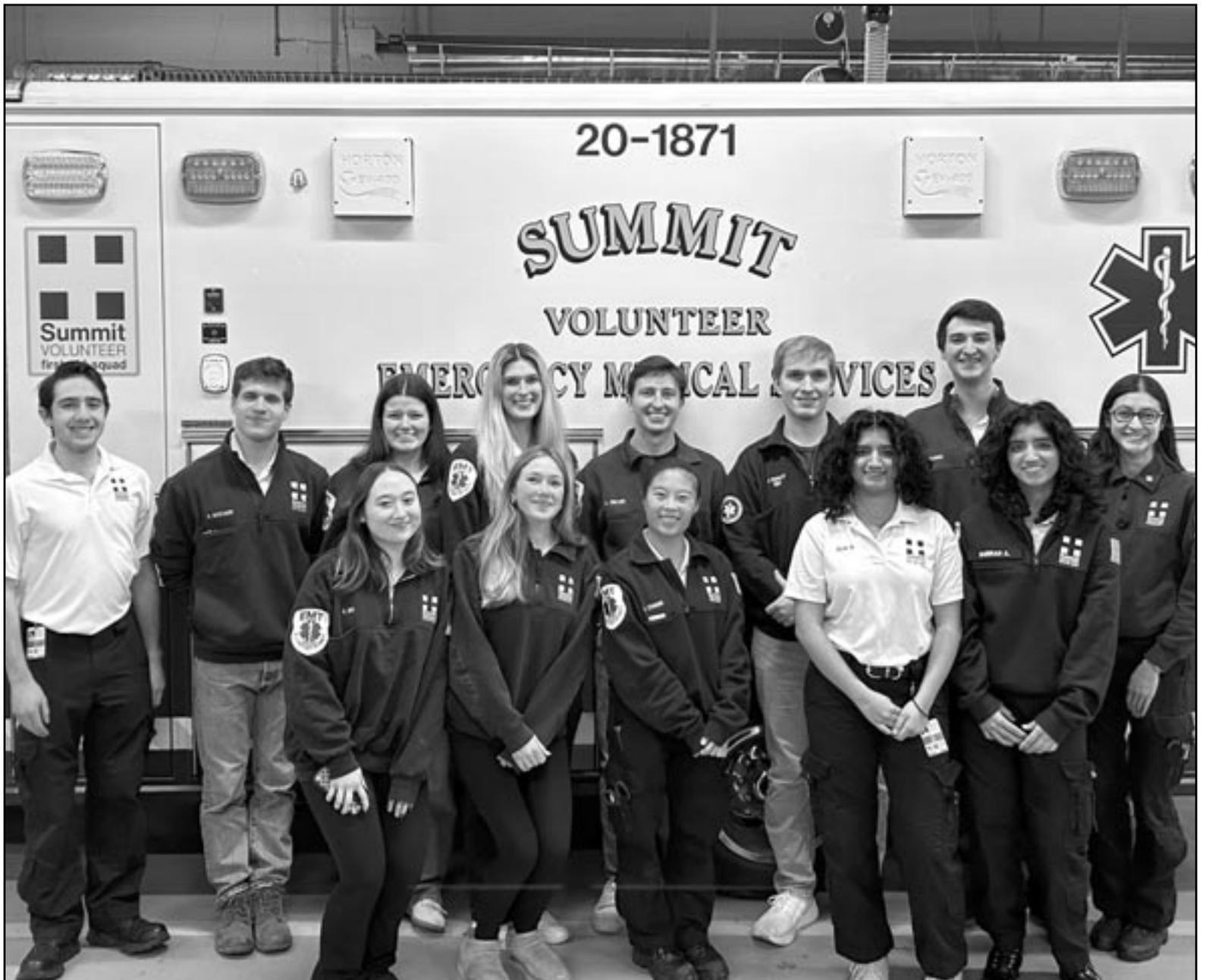
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Summit Volunteer First Aid Squad

Summit EMS is proud to have among our volunteer base a group of highly motivated, curious students in various stages of pursuing pre-health careers, including nursing, nurse practitioners, and doctors. Many have chosen to take gap years between undergraduate work and medical school and have spent their gap year volunteering with us. Hands on, patient-focused EMS work has proven to be very valuable when pursuing a career in the health fields. Many of our pre-health

students started with us in our junior program! We are very proud of their contributions to the town of Summit and look forward to their contributions to our world.

Summit EMS is always looking for new volunteers - consider joining us in the new year! No prior training is required—we provide all of the training. EMT certification is required for anyone looking to complete a gap year with us. Check out volunteer opportunities on our website at summitems.org.



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VIOLIST BRETT DEUBNER TO PERFORM FREE CONCERT - MARCH 15TH

The Summit Symphony Orchestra, celebrating 88 years of free concerts in Summit, continues its 2025-26 season with a concert on Sunday, March 15 at 2:00 p.m., at Summit High School, 125 Kent Place Boulevard, Summit. Admission to all Summit Symphony concerts is free.

Music Director Michael Avagliano will lead the orchestra in performances of Nimrod from Enigma Variations by Elgar, Amy Beach's Symphony No. 2, "Gaelic" and Concerto for Viola by Richard Danielpour featuring renowned soloist Brett Deubner.

American violist Brett Deubner has established himself as one of the foremost violists of his generation. As a sought-after soloist, he has performed with orchestras on five continents. Deubner has redefined the role of "solo artist" and given the viola a new standing in the world of classical music through his virtuosity and commitment to championing new music. Brett Deubner makes his home in the New York Metropolitan area where he is currently on the string faculty of the Aaron Copland School of Music at Queens College in New York.

The Summit Symphony has been providing free orchestral concerts for the Summit area since 1938. For more information about this concert and about the Summit Symphony Orchestra, please visit our website summitsymphony.org



(above) Music Director Michael Avagliano will lead the orchestra in performances of Nimrod from Enigma Variations by Elgar, Amy Beach's Symphony No. 2, "Gaelic" and Concerto for Viola by Richard Danielpour featuring renowned soloist Brett Deubner.

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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.



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

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.


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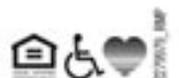
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NJ FESTIVAL ORCHESTRA PRESENTS “MUSIC FOR A MATADOR

An Operatic Gala Inspired by Bizet’s Carmen

The New Jersey Festival Orchestra (NJFO) invites patrons and music lovers to “Music for a Matador,” an unforgettable operatic fundraising gala featuring highlights from Bizet’s Carmen. The event will take place Friday, April 10, 2026, from 6:00–10:00 PM at The Gran Centurions in Clark, NJ.

The evening will showcase electrifying

excerpts from Bizet’s iconic opera, narrated by Maestro David Wroe and brought to life by NJFO musicians alongside acclaimed guest artists. Featured performers include Lisa Marie Rogali as Carmen, Dane Suarez as Don José, Sara LeMesh as Micaëla, and SeungHyeon Baek as Escamillo. Guests can expect an immersive operatic experience filled with drama, romance,

and unforgettable musical moments.

In addition to the performance, attendees will enjoy a beautifully curated dinner and have the opportunity to participate in both live and silent auctions, featuring exclusive experiences, gifts, and collectibles.

Proceeds from “Music for a Matador” support NJFO’s ongoing education and community outreach programs, including Listening is Healing, which brings live classical music to hospitals, rehabilitation centers, and community settings. Recently, NJFO has expanded this program to Overlook Medical Center in Summit, NJ, offering patients and staff moments of reflection, calm, and inspiration through music. Funds raised at the Gala help sustain these programs and ensure that NJFO’s artistry and educational initiatives remain accessible to communities across New Jersey.

“Music for a Matador” offers a unique blend of operatic performance and gala celebration, providing patrons with an evening that is both culturally enriching and socially impactful. Sponsors and guests play a vital role in sustaining NJFO’s mission to bring world-class music to audiences of all ages and backgrounds.

For tickets, sponsorships, or more info, visit www.njfestivalorchestra.org/gala-2026 or email info@njfestivalorchestra.org.

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FUN ON TAP AT MAPLE SUGARING FESTIVAL AT REEVES-REED ARBORETUM

Spring is on its way—and the sap is flowing! Reeves-Reed Arboretum invites families and nature lovers of all ages to celebrate one of the sweetest signs of the season at their annual Maple Sugaring Fest on Sunday, March 1, 2026, from 1:00 to 4:00 p.m.

Ever wondered how tree sap turns into syrup for your pancakes? (Hint: it takes a LOT of sap - about forty gallons to make just one gallon of syrup!) During this fun-filled afternoon, guests will discover how maple trees wake up from winter, why chilly nights and sunny days are perfect for sap-collecting, and how people have been making maple syrup for hundreds of years.

WHAT'S IN STORE:

MAPLE SUGARING CHALLENGE

Put your maple smarts to the test with a hands-on challenge spread throughout the Arboretum. Can you spot a maple tree? Guess how long it takes to boil sap into syrup? You might just surprise yourself!

NATURE WALKS & TREE TALES

Take a stroll through the Arboretum's woodlands and learn how to identify maple trees, why sugar maples are extra sweet, and the role of sugaring in our region's history.

TASTINGS, TREATS & WARM-UPS

Sample different grades of maple syrup (light, dark, and everything in between!), sip hot beverages, enjoy maple-inspired goodies, browse crafts from local vendors, and take part in children's activities designed for curious young explorers.

ADMISSION INFORMATION

Admission is \$12 per person. Reeves-Reed Arboretum Members and children under three are free. Tickets are available online at reeves-reedarboretum.org.

This is a rain-or-shine event, so bundle up, pull on your boots, and get ready for an outdoor adventure. Bring the whole family, your sense of wonder, and your sweet tooth for an afternoon full of learning, laughter, and maple magic!

ABOUT REEVES-REED ARBORETUM

Reeves-Reed Arboretum is a nonprofit public arboretum dedicated to fostering a deeper connection between people and nature through conservation, education, and community engagement. Located at 165 Hobart Avenue in Summit, the Arboretum's gardens, grounds, and woodland trails are open to the public 365 days a year, offering beauty and inspiration in every season. For more information, visit reeves-reedarboretum.org.

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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...



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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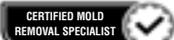
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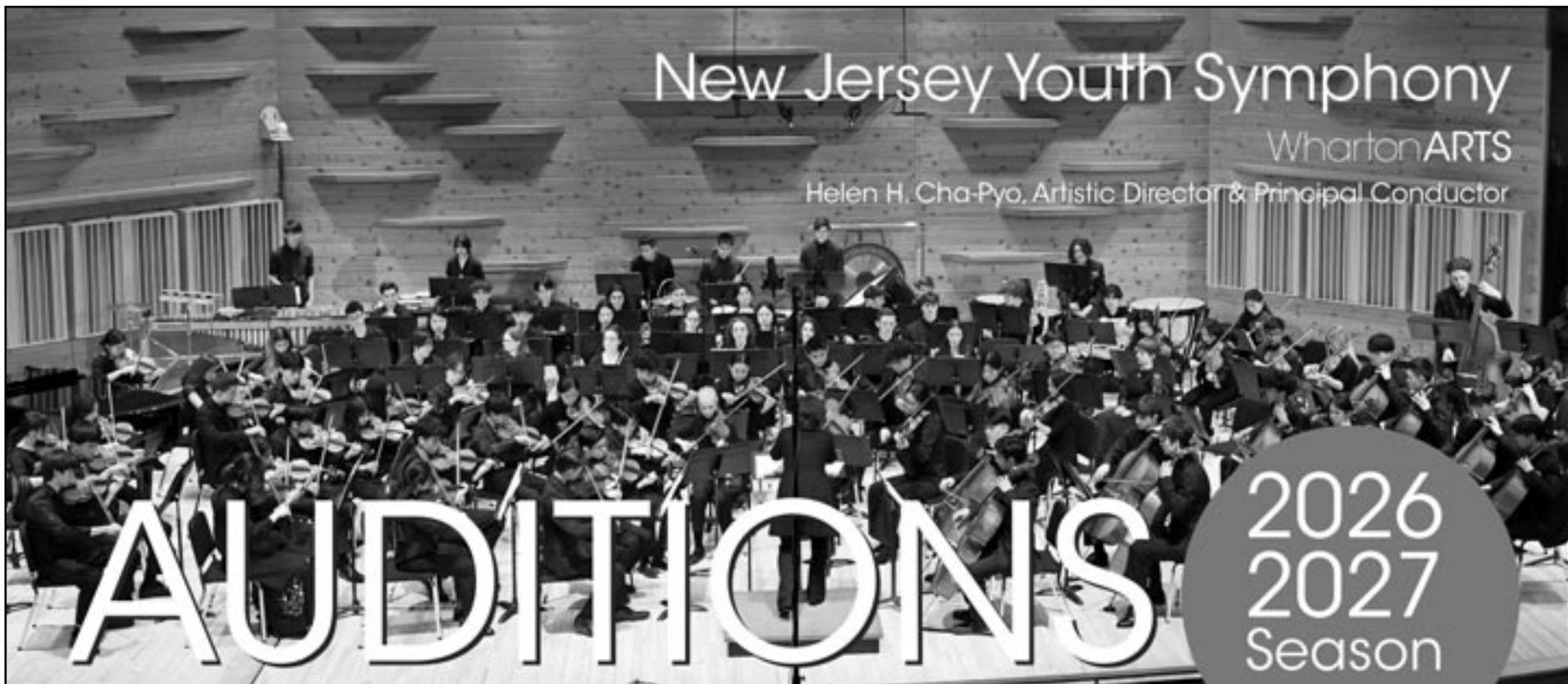


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Level 3 & 4 May 21

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Level 3 & 4 May 17

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Level 5 & 6 May 19, 20 or 21

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COMMUNITY CAME TOGETHER TO CELEBRATES CULTURE AND HISTORY

City of Summit

The City of Summit has enjoyed a full slate of community celebrations in February, bringing residents of all ages together through history, culture, and the arts.



(above) Children gathered at the Summit Community Center for a spirited Boston Tea Party and ceremoniously “tossed” tea into a pool of water, and enjoyed a proper tea party together.

Photos by City of Summit

On Friday, February 6, seniors and children gathered at the Summit Community Center for a spirited Boston Tea Party. IDEAS students from Washington Elementary School wrote short readers and performed for the group, while participants built popsicle stick boats, ceremoniously “tossed” tea into a pool of water, and enjoyed a proper tea party together.

On Saturday, February 7, a Lunar New Year celebration was held at the Summit Free Public Library and the YMCA, where hundreds gathered for performances, food, art activities, and to ring in the Year of the Fire Horse together.

The week of programming continued on Monday, February 9, at the Summit Community Center with a Black History Month celebration featuring music, dancing, and a live reading of a play written by IDEAS students from Jefferson

Elementary School highlighting the role of Black soldiers during the Revolutionary War.

Even more events are on the horizon as Summit prepares to commemorate America’s 250th anniversary, including Revolutionary Trail Day on April 18. The day will include a lecture on women and the Revolution at Twin Maples, an afternoon on the Village Green featuring music, including fife and drums, plays written by IDEAS students from Brayton and Lincoln-Hubbard elementary schools, crafts, reenactors, educational programming on the role of spies in the Revolution, and more. The event will conclude with a lecture on Summit history at the Summit Free Public Library.

For more information, please visit cityofsummit.org.



(above) A Lunar New Year celebration was held at the Summit Free Public Library and the YMCA, where hundreds gathered for performances, food, art activities, and to ring in the Year of the Fire Horse together.

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City of Summit

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Rechargeable batteries contain dangerous heavy metals, which can leach into soil and groundwater when dumped into landfills. They can also explode when incinerated or compressed, causing dangerous fires in garbage trucks and trash/recycling facilities.

To properly dispose of your rechargeable batteries, bring them to the City of Summit Transfer Station and place them on the electronics recycling shelf on the upper level. Do not throw them in the trash pit or your household trash.

By following these guidelines, we can protect our environment and the health and safety of our sanitation and recycling employees. Visit cityofsummit.org/rac for more information on other recycling initiatives and guidelines.

WOMEN'S HISTORY MONTH EVENT - MAR 9

City of Summit

The City of Summit is hosting its third annual Women's History Month event on Monday, March 9, 2026, from 12:30 to 3:30 p.m. at the Summit Community Center, located at 100 Morris Ave. The free event is open to all members of the public.

The event will begin with a luncheon and feature several activities lead by local business owners and entrepreneurs. Summit residents of all ages are invited to attend and bring any family members, friends, or other important women in their lives. All attendees are encouraged to bring a photo of a woman who has inspired them and share their chosen photo and individual with the group and place their photo on the Wall of Inspiration.

This event is free and open to all residents; pre-registration is required through CivicRec, via email to dguidajr@cityofsummit.org, or by phone at 908-277-2932. Please contact the Department of Community Programs at 908-277-2932 with any questions.

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EMARI MILES HONORED FOR HER ART

Summit Public Schools

Summit High School student Emari Miles received a "Gold Key" from the Scholastic Art Competition for her work titled, Corn-rows of Freedom. The Alliance for Young Artists & Writers states that her "work was recognized by a panel of creative professionals for its outstanding merit in originality, skill, and the emergence of your personal voice and vision." Emari is currently a student in Ms. Kelly Wright's AP 2D Art course. Congratulations to Emari and a big thank you to Ms. Wright for her guidance and support.

Courtesy Photo



BLANKETS FOR BABIES

The Christ Child Society of Summit (CCS) held its annual Blankets for Babies in St. Teresa's Lower Memorial Hall on January 15th. Seventy-three volunteers assembled to cut, pin, sew, iron and fringe over 200 fleece baby blankets. These blankets will be included in the layettes provided to families at the HealthStart clinics at Overlook and Morristown hospitals.

CCS is a group of dedicated volunteers from all faiths and backgrounds that are joined with the purpose to help under-resourced children and their families. Donations and volunteers are always greatly appreciated. Opportunities for both can be found on our website: christchildsummit.org





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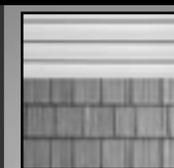
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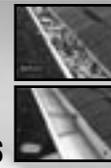
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LIBRARY GETS \$10K GIFT FROM CARNEGIE CORP

The Summit Free Public Library received a \$10,000 gift from Carnegie Corporation of New York, the foundation established by Andrew Carnegie. The award is part of Carnegie Libraries 250, an initiative celebrating the upcoming 250th anniversary of the Declaration of Independence and honoring the roughly 1,280 Carnegie Libraries still serving their communities across the United States.

Scottish immigrant Andrew Carnegie funded the construction of 1,681 free public libraries nationwide between 1886 and 1917, with 36 Carnegie libraries built in New Jersey. Approximately 750 of them continue to use their original buildings, while others have moved to new establishments. In 1911, Summit's Carnegie library was built on land donated by the Bonnel family. The original plaque from the Carnegie building still stands outside the present-day library.

"We are deeply grateful to the Carnegie Corporation of New York for this generous gift, which honors our history as a Carnegie library," said Amy Behr-Shields, Library Director. "As we celebrate America250, we are reminded of Andrew Carnegie's enduring belief in libraries as



(above) Summit Free Public Library's original 1911 Carnegie building

cornerstones of democracy, education, and opportunity, and his championing of the free public library movement of the late 19th century. Libraries - then and now - are places where community comes together, and we are honored to carry that legacy forward."

The Summit Library received this gift in January 2026 and will use it to benefit the Summit community and further its mission to inform, enrich, and inspire. Patrons are invited to share their Summit Free Public Library photos, stories, and community celebrations at carnegielibraries.org

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CYBER CRIMES PRESENTATION - MAR 25

The Summit Police Department will host a "Cyber Crimes" presentation to be given by a representative from the FBI on Wednesday, March 25, from 7 - 8 p.m. in Council Chamber at Summit City Hall. The presentation will focus on

the latest cyber crime trends and how individuals can protect themselves. This event is free and open to the public. With any questions, please contact the Summit Police Department's Community Policing Unit at 908-598-2113.

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SUMMIT PUBLIC LIBRARY MARCH PROGRAMS

Registration is required and programs are held in-person at the Summit Library unless otherwise noted: 75 Maple St., Summit NJ. To register or to see a complete list of events, visit www.summitlibrary.org.

ADULT PROGRAMS

Virtual Author Talk with Michael Perry

Wed, 3/4, 2:00–3:00 PM

Online. Bestselling author and humorist Michael Perry discusses his memoir Population: 485, followed by a live Q&A.

High-Impact Presentations: Spontaneous Public Speaking

Wed, 3/4, 7:00–8:15 PM

Learn techniques to overcome fear and speak confidently in public with leadership expert Dr. Roger Flax.

Concert: Ellen LaFurn

Sun, 3/8, 2:00–3:00 PM

Jazz vocalist Ellen LaFurn performs songs by 20th-century women songwriters and singers.

How to Network, Interview, and Get the Job You Want

Tue, 3/10, 7:00–8:30 PM

Practical strategies for job searching, interviewing, and professional networking.

Seed Starting

Tue, 3/17, 7:00–8:00 PM

Online. Learn the basics of starting seeds at home, including choosing varieties, supplies, heat sources, and transplanting tips with Anthony Bracco of Bracco Farms.

Volunteer Fair

Sun, 3/22, 1:30–4:30 PM

Meet over 25 local nonprofit organizations and explore volunteer opportunities in the community.

Stay Safe in the Age of AI Scams

Tue, 3/24, 7:00–8:30 PM

Learn how to recognize AI-driven scams and protect your online accounts from fraud and phishing.

Youth & Families Programs

Top 10 Mistakes Students Make on College Application Essays

Mon, 3/2, 7:00–8:00 PM

Online. Learn what admissions officers look for and what to avoid when writing college essays. Registration required. For grades 9–12 and adults.

MUSH with Sophia, the Sled Dog

Sat, 3/14, 2:00–3:00 PM

Meet an Alaskan husky and learn about sled dogs, mushing, and the legacy of the Serum Run. For all ages.

Next Gen Debaters

Thursdays, 3/5–5/21, 6:00–8:00 PM

Learn debate and public speaking with the Summit High School Speech & Debate Team. Build research, critical thinking, and leadership skills. For grades 6–8.

Family Team Kahoot

Thu, 3/19, 5:30–6:30 PM

Family trivia night with questions for all ages, prizes, and refreshments. For families of all ages.

Maker Fest

Sat, 3/21, 2:00–4:00 PM

Celebrate NJ Makers Day with LEGO building, robots, STEM art, and hands-on activities.

For all ages.

Baby Time: Music and Movement

Fri, 3/27, 10:30–11:30 AM

Songs, dancing, stretching, and musical play for little ones. For ages 12 months – 4 years.

Dungeons & Dragons Campaign

Mon, 3/30; Wed, 4/1; Fri, 4/3, 6:00–8:00 PM

Join an ongoing D&D campaign led by Mr. Craig. Registration required; attend as many sessions as possible. For grades 6–12.



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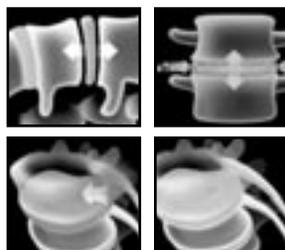
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HIGH SCHOOL SPEECH AND DEBATE TEAM EXCELS AT TOURNAMENT

Summit Public Schools

The Summit High School Speech and Debate team had a busy and successful January! The team placed Second Overall at the Hunterdon Central High School Tournament on January 10, and Second Overall out of 60 schools at the Ridge High School Tournament on January 24, 2026

RIDGE HIGH SCHOOL TOURNAMENT RESULTS: DRAMATIC INTERPRETATION

2nd Laetitia Hubert
Semis Ollie Henderson-Charilas

DUO INTERPRETATION

1st Maddie Robb and Maia Seum
2nd Ainsley Valerio and Rory Gingeleskie

HUMOROUS INTERPRETATION

1st Emily Vegter
6th Reid Whitley

IMPROMPTU SPEAKING

3rd Maya Tung
Semis Jenna Shulman

IMPROVISATIONAL ACTING

1st Ainsley Valerio
2nd Evan Markowitz

INFORMATIVE SPEAKING

1st Ollie Henderson-Charilas
3rd Alex Gottstein
5th Maya Tung
Top Non-Advancing Novice:
Georgie Stevenson

ORAL INTERPRETATION

1st Zoe Gianni

ORIGINAL ORATORY

3rd Jenna Shulman
Semis Doga Demir

JV PARLIAMENTARY

6th Zooney Smith and Ruby Aldape

NOVICE PUBLIC FORUM

4th Daniel Levington and Neev Patel
5th Fiona Kelder and Rishnt Kona

RADIO SPEAKING

2nd Rory Gingeleskie
3rd Ben Strauss
4th Bettina Pangilinan

HUNTERDON CENTRAL TOURNAMENT RESULTS:

** Fully Qualified for TOC

JV PARLIAMENTARY DEBATE

1st Ruby Aldape and Zooney Smith

DECLAMATION

6th Sammy Fishkoff

DRAMATIC INTERPRETATION

5th Ollie Henderson**
6th Grace Gouveia*

Semi-Finalists:

Callie Cukierman, Skyler Grosswald-Wilson

DUO INTERPRETATION

1st Maia Seum and Maddie Robb**
2nd Rory Gingeleskie and Ainsley Valerio**
6th Rebecca Barraza and Rosie Darves

HUMOROUS INTERPRETATION

1st Ben Strauss**
2nd Reid Whitley**
6th Maddie Robb
Top Non-Advancing Novice Chelsea Teng

IMPROMPTU SPEAKING

5th Maya Tung
Semi-finalist Jenna Shulman

IMPROVISATIONAL ACTING

3rd Evan Markowitz
5th Alex Gottstein

INFORMATIVE SPEAKING

2nd Ollie Henderson**
5th Alex Gottstein
Top Non-Advancing Novice:
Georgie Stevenson

ORAL INTERPRETATION

2nd Zoe Gianni **
Semi-Finalist Callie Cukierman

ORIGINAL ORATORY

3rd Jenna Shulman**
5th Owen Siegel **

PROGRAM ORAL INTERPRETATION

4th Zoe Gianni

NOVICE PUBLIC FORUM DEBATE

2nd Daniel Mazo and Fayzan Khan
3rd Neev Patel and Justin Shen
4th Rishant Kona and Fiona Kelder

JV PUBLIC FORUM DEBATE

4th Nate Abbott and Daniel Qu

VARSITY PUBLIC FORUM DEBATE

5th Iris Liang and Eleri Davies



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MARCH SPEAKERS PROGRAM FOR THE SUMMIT AREA OLD GUARD

The Summit Area Old Guard is a social, educational, and recreational organization that serves men of retirement age. We meet Tuesdays, 9:30am, at the New Providence Presbyterian Church located at 1307 Springfield Ave – we encourage visitation, and all are welcome. Our motto is “Come for the Programs. Stay for the Friends.” The organization was founded in 1930. Website address is www.summitoldguard.org.

In March, we will have five speakers:

MARCH 3, STEVE BONDY

On March 3rd, Steve Bondy, the recently retired US Ambassador to Bahrain will speak about the role of the Foreign Service in advancing US policies internationally, describe his 34-year career with the State Department, and, as a career Middle East specialist, discuss topics, conflicts and trends that are strategic to the interests of the United States in the region. Among other achievements, Steve led 6,000 employees and contractors as COO at the U.S. Embassy in Afghanistan; worked to reconcile armed militias fighting U.S. and local forces in Iraq; assisted Jordan and Israel to negotiate their 1994 peace agreement; created the 2023 U.S.-Bahrain Comprehensive Security Integration and Prosperity Agreement and also confronted

Iranian interference and aggression throughout the region.

MARCH 10, RICK HARTLEY

Next, on March 10th, Rick Hartley, local bridge teacher and author, will talk about the many facets of bridge. He'll describe his own journey into the land of bridge, highlight celebrities who play bridge with some interesting quotes, discuss the many personal benefits to playing bridge, describe a scandal in an otherwise honorable game, provide an overview of how to play the game, explain why it might be the only “perfect” card game, and where you can learn to play this fascinating game.

MARCH 17, ANAT SHMULOVICH

On Saint Patrick's Day, March 17th, Anat Shmulovich will be interviewed about her book, “Where the Night Train Ends: How I Survived Russia, Ukraine and the Loss of the Man I Loved”. The book is a personal memoir of her youth in the Soviet Union describing her passion for advancing her education in music as well as the personal challenges and sacrifices she and her family made along the way. It also describes the experience of life in the Soviet Union in the 1960s and the repression and antisemitism experienced by Anat and her family. She will

discuss issues raised in the book and read passages that highlight important milestones in her life: “Many people change careers or pursuits multiple times. On the contrary, I haven't changed careers my entire life. All my life I either taught or played piano, and my only pursuit was to get better in what I do. I feel I haven't worked a day in my life”.

MARCH 24, MATTHEW WUNDER & SAM KEANE

March 24th will feature Matthew Wunder and Samantha (Sam) Keane who will speak on several investment, tax and estate planning topics. Matthew, a certified financial manager, is a partner at Park Avenue Capital, an investment advisory firm associated with Northwestern Mutual, and Sam is an account manager and also a certified financial planner. They will discuss investment strategies deployed by Park Avenue Capital that are designed to produce attractive after-tax returns with reduced risk for their clients, as well as providing insightful tax, retirement and estate management strategies.

MARCH 31ST, LARRY O'GORMAN

Finally, on March 31st, we will hear from Larry O'Gorman, a Fellow at Nokia Bell Labs Research in Murray Hill, NJ. His current work areas include efficient AI and multimedia analytics. He has also taught multimedia security at Cooper Union and New York University. Larry will describe how technology has contributed to the creation of visual art from the time of Experiments in Art and Technology (E.A.T.) in the 1960s to today's era of generative AI (artificial intelligence). Over this period, the artist's role has evolved from solitary creator to orchestrator of immersive viewer experiences to one where the “brushwork” has been ceded to artificial intelligence. Larry will show a sampling of the interactive artworks starting with the Experiments in Art and Technology that involved New York artists working with Bell Labs engineers in the 1960s, and up to present day. With this increasing use of AI technologies, we will ask the question: whose creation is this – human or machine?



(above, l-r) Steve Bondy, Rick Hartley, Anat Shmulovich, Sam Keane, O'Gorman

Men of a Certain Age: Inside the "Well-Oiled Machine" of the Old Guard

A RITUAL OF FELLOWSHIP

The Old Guard's Tuesday sessions, located at 1307 Springfield Avenue, follow a time-honored rhythm. The 9:30 a.m. coffee hour is followed by a prompt 10:00 a.m. start, beginning with a tradition that is increasingly rare in modern civic life: communal singing.

The meetings serve as a hub for a wide-ranging network of sub-clubs. Before the main event, announcements detail a dizzying array of "ancillary activities," including a Technology Users Group, a Book Club, and a "Timely Topics" discussion circle. For those looking to stay active, the group coordinates golf, bocce, and walking groups, while social calendars are rounded out by occasional New York City theater trips, an annual picnic, and the popular "Ladies Day" luncheon.

THE "MEAT" OF THE PROGRAM

After a few jokes—which members admit range from "pretty good" to "not", the meeting moves to its centerpiece: the featured speaker.

With over 4,000 presentations logged since its inception, the Old Guard is a "well-oiled machine" that consistently punches above its

weight. The membership, primarily composed of well-educated professional retirees, leverages its deep connections to secure an exceptional array of presenters. The podium has been graced by Nobel laureates, professional athletes, entertainers, and politicians at every level of government, alongside world-class scientists and business leaders. Occasionally, our own members will step up to relate special events or professional experiences that are just as riveting as the guest experts.

OPEN DOORS FOR NEW MEMBERS

Despite its name and storied history, the Old Guard remains remarkably accessible. The group prides itself on being a welcoming space for any "man of a certain age" looking for intellectual stimulation and social connection.

The organization's invitation to the public is simple: drop by on Tuesday morning around 9:30 a.m., introduce yourself to a greeter, and see if the culture fits. As their long-standing motto suggests, the draw may be the high-level lectures, but the lasting impact is the community. "Come for the Programs," the motto reads. "Stay for the Friends."

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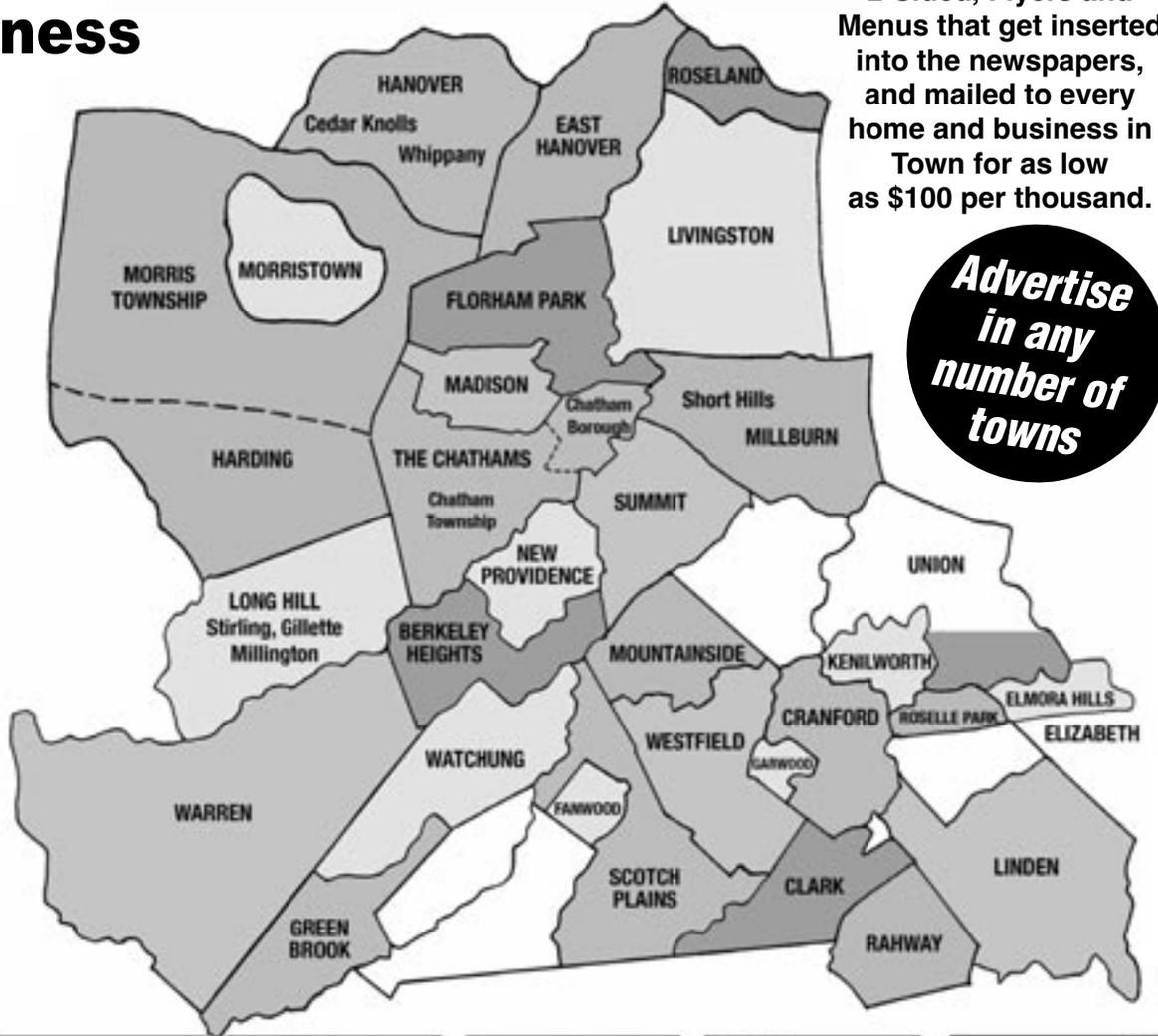
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YOU HAVE A BUSY LIFE. WHEN WAS THE LAST TIME YOU HIT "PAUSE"?

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 HAVE OTHER MEN WHO HAVE ATTENDED CORNERSTONE EXPERIENCED?

- "It gave me a chance to connect with God." David D.
- "Cornerstone helps me to realize that we are all in this together, and we are not so different from one another." John O.
- "Cornerstone helped me see all the times God's grace has been bestowed on me and my family." Jim B.
- "I was initially uncomfortable about attending but I am so glad I took that first step to renew my faith. It was such a satisfying experience and was exactly what I needed to refocus my life priorities." Colm K.
- "Cornerstone helped me to make new friends and put some of my troubles in perspective since they are shared by others." Glenn R.

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. There will also be ample time to interact with others who are looking to grow spiritually.

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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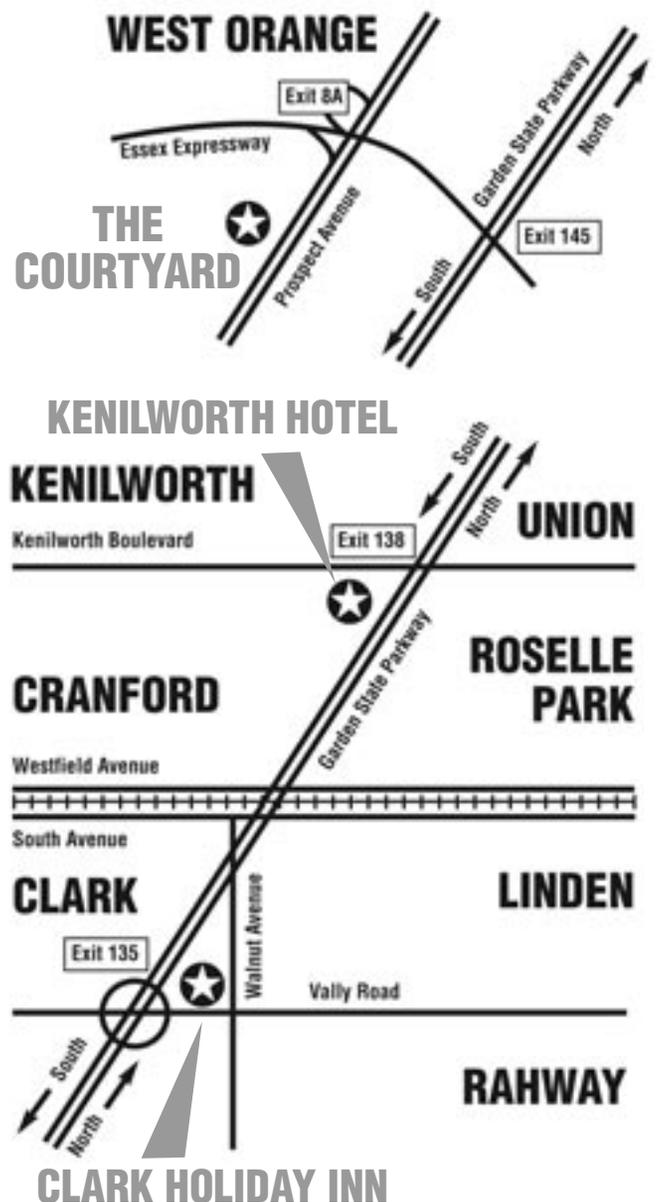
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