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## RICHARD NELSON RECEIVES LEGACY OF RESPONSE AWARD

### Chatham Emergency Squad

One of the amazing strengths of the all-volunteer Chatham Emergency Squad is its ability to efficiently respond to multiple emergency dispatches simultaneously. Not many volunteer squads can get three fully staffed ambulances out without delay. CES is able to do this because of the dedication of its off-duty members who are willing to drop what they're doing and respond to calls. Although many CES members respond to some calls, several members carry an outsized share of the call volume.

It's been 14 years since the Chatham Emergency Squad created an award to recognize exemplary service. The Dick Richards Award of Excellence was created in 2012 in memory of an extraordinary member who displayed tremendous commitment to CES and its mission. Today's Board of Trustees recognized that it was time for the creation of a new award - one that would recognize members who, over a long arc of time, consistently respond to calls beyond their regularly scheduled shifts.

As Captain Bryan McGookin described, the Legacy of Response Award recognizes the member who demonstrates an exceptional and sustained commitment to field response no matter the circumstances; consistently helps ensure that all calls are answered and all shifts are covered; regularly responds to scramble calls, helping guarantee that no call goes unanswered; steps forward without being prompted when additional support is needed; and serves as a dependable and collaborative partner in the field.

At the March 9th Membership Business Meeting, the inaugural Legacy of Response Award was presented to Richard Nelson, a 31-year CES veteran who rides on the Monday Night Crew. He had no idea the recognition was coming and was visibly moved by the moment and by the standing ovation and applause he so greatly deserves. Richard closed his brief, extemporaneous remarks by saying "It's a privilege to be able to do this. It's a privilege to work alongside all of you... As I say, it's the best angels of our nature that brings us into this field."

From his first year of eligibility, Richard has earned or exceeded the 100 Length Of Service Award (LOSAP) points which members earn by riding their scheduled shifts; volunteering for extra shifts or non-response events such as fairs, festivals, sports events, etc; and for responding to calls that come in when they are off duty. Those 3100 LOSAP points are a true testament to Richard's ongoing, consistent commitment to the mission of CES.

After the announcement that Richard would receive this award, he was surprised again when he was told that this award will be called the Richard Nelson Legacy of Response Award. He has certainly earned the honor! In Richard's 31 years of service, he has delivered babies, successfully performed CPR, calmed patients in desperate situations, stabilized broken bones, and handled untold other medical emergencies. As his long-time night shift partner, Christine Grobert said, "in every case, he has been there to share his calm, caring and compassionate self with every patient he's encountered."

In addition to his laudatory commitment to responding to 911 calls, whether on duty or off, Richard has also held a number of leadership positions including President in 2007 and 2008 and has been the face of CES at



(above, l-r) Nicole DiMaggio, CES President, Richard Nelson, and Bryan McGookin, CES Captain



(above) Richard Nelson celebratory cake honoring his Legacy of Response Award.

Courtesy photos

countless special events. The CES membership is proud to have Richard Nelson on our team.

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# THE CHATHAMS NJ

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## JACK SCHUNDLER WINS NEW YORK U14 ALPINE SLALOM STATE CHAMPIONSHIP

Jack Schundler, 13, a Chatham Middle School 8th Grader, won the Slalom title at the New York U14 Alpine Skiing State Championships on March 8, 2026, at Holimont Ski Resort in Ellicottville, New York.

Competing against top U14 racers from across New York, Schundler posted the fastest combined time, winning by a 3.5 second margin, in the technical slalom discipline to claim the state championship.

Schundler trains with the Winter4Kids Alpine Race Team. The victory caps a strong season of racing and reflects years of training and dedication to alpine ski racing.

Jack's combined performance across Super-G, Giant Slalom and Slalom positions him atop the championship rankings, making him New York's top selection for the team of 12 boys that will move on to the U14 Eastern Region Championships.



(above) Jack Schundler of Chatham races at the New York U14 New York State Championships.

Photo by Phil Lodico

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## FIRST ANNUAL YOUTH DAY OF SERVICE - APRIL 26

The Grove Project will host its First Annual Youth Day of Service on Sunday, April 26, 2026, bringing together children, teens, and adults from across the community for a town-wide morning of meaningful volunteerism in honor of National Youth Service Day.

This inaugural event - the first of its kind in the area - is expected to engage 500 volunteers, generating donations and service projects that will impact nearly 2,000 local individuals and families in need. The Day of Service is co-created by The Grove Project founders, Katie Hearn and Tricia Jessen, and their High School Leadership Council, a selected group of students committed to deepening their service and civic engagement through a year-long leadership program. The event serves as the Council's signature initiative, reflecting months of collaboration, nonprofit partnership-building, and project development.

### **PARTICIPANTS WILL TAKE PART IN FOUR DISTINCT SERVICE INITIATIVES SUPPORTING:**

#### • **Food Insecurity - Benefiting Nourish.NJ**

Volunteers will pack up to 400 nutrient-dense, shelf-stable meal kits using a recipe developed by the High School Leadership Council. The meals will go directly to families served by Nourish.NJ in Morristown and Dover.

#### • **Homelessness - Benefiting Help4All**

Youth volunteers will assemble "gap bags" for individuals experiencing homelessness - particularly "rough sleepers" living unsheltered. These kits will include essential snacks and toiletry items such as deodorant, body wipes.

#### • **Grief Support - Benefiting Good Grief**

Volunteers will assemble up to 400 meaningful craft kits to be used at Good Grief's annual 5K event, helping families honor loved ones who have passed away.

#### • **Animal Welfare**

**Benefiting The Seeing Eye and St. Hubert's**  
Participants will create dog toys and assemble essential supply kits to support volunteer puppy raisers for The Seeing Eye. The project will also include an interactive awareness component to help participants better understand the experience of visual impairment.

### **REGISTRATION & SPONSORSHIP**

To register, learn more, or inquire about sponsorship opportunities, visit [thegroveproject.com](http://thegroveproject.com) or email [info@thegroveproject.com](mailto:info@thegroveproject.com).

### **A MISSION ROOTED IN YOUTH WELL-BEING**

Founded in 2021 by therapist Katie Holtzman Hearn and professional counselor Tricia Jessen, The Grove Project was created in response to the social and emotional challenges young people face today. The organization connects youth ages 5-18 with meaningful, age-appropriate volunteer experiences that build empathy, confidence, resilience, and a strong sense of belonging. Since its founding, The Grove Project has engaged more than 437 youth in service-learning workshops and community initiatives. Through programs like the High School Leadership Council, participants not only serve - they lead.



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## WELCOME SPRING WITH A HIGH TEA AT AN ELEGANT ESTATE

All are invited to a Spring High Tea at the historic Twin Maples Estate in Summit on Friday, April 3 to benefit historic preservation. The event consists of two seatings at 11 a.m. and 2 p.m., offering the perfect opportunity to gather family, daughters, grandmothers and friends in an

elegant atmosphere with live music. The tea is coming direct from Fortnum and Mason, London and will be accompanied by classic English savories and sweets. Tickets are available at [www.fortnightlyclub.org](http://www.fortnightlyclub.org). There is a gluten free option and Twin Maples is ADA accessible.

Membership is available via the website. Most recently, the Club held an exciting Murder at the Speakeasy Mystery featuring the Without A Cue Productions theater group and a three-course dinner.

On Saturday, April 18 the Club will participate in Summit's 'Revolution Road', celebrating the 250th Anniversary of the American Revolution by hosting a free lecture on 'Women and the American Revolution' at 10 a.m. at Twin Maples. Other upcoming events include a Spring planted container demonstration on April 15, a Broadway theater and lunch trip to see 'Ragtime' on April 29 and a Mah Jongg 'Sips and Apps' Party on May 7, featuring open play and lessons.

The Fortnightly Club preserves Twin Maples, offers annual scholarships and supports education, the arts and volunteerism. Twin Maples rentals are available for celebratory occasions. Inquiries are welcome at [fortnightlyclubtwinmaples@gmail.com](mailto:fortnightlyclubtwinmaples@gmail.com).

**THE FORTNIGHTLY CLUB OF SUMMIT**

# Spring High Tea

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(above, l-r) Ellen Leonard of Summit, Liese Kant of Short Hills, Joyce Zemsky of Westfield



(above) Twin Maples Estate, Summit, N.J.



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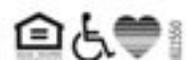
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# COLLEGE CLUB BOOK SALE APRIL 15TH THROUGH APRIL 19TH

The annual Summit College Club Book Sale will take place from Wednesday, April 15th, through Sunday, April 19th, at the American Legion Post #433, 357 Elkwood Avenue, New Providence, NJ (next to the library).

Donations of books, audiobooks, CDs, DVDs, and LPs in good condition will be accepted at American Legion Post #433 from Friday, April 10th, through Monday, April 13th, from 9 a.m. to 7 p.m. This is an opportunity for

anyone who wishes to contribute items to the sale. Please note that textbooks, manuals, magazines, encyclopedias, VHS tapes, and damaged items will not be accepted.

Preview Day is Wednesday, April 15th, from 9 a.m. to 2 p.m. For a \$25 admission fee, book dealers, collectors, and all book lovers will receive early access to the books.

Admission to the sale is free from Thursday, April 16th, through Sunday, April 19th. For customers' convenience, the sale has weekday, weekend, and evening hours:

**Thursday & Friday, April 16th & 17th**

9 a.m. to 8 p.m.

**Saturday, April 18th**

9 a.m. to 7 p.m.

**Sunday, April 19th (Bag Day)**

10 a.m. to 4 p.m.

More than 20,000 hardcover and softcover books, along with audiobooks, CDs, DVDs, and LPs, as well as jigsaw puzzles, will be available in good to excellent condition. The books will be carefully sorted into categories, including fiction, history, biography, children's books, science fiction, art, hobbies, travel, science, gardening, sports, cookbooks, and many more. Most items will be priced between 50 cents and two dollars. Collectible and coffee table books will also be attractively priced. On the final day of the sale, Sunday, April 19th, shoppers can purchase an entire bag of books for just \$5 or

\$10, depending on the bag size.

The Book Sale is a vital community event and the primary fundraiser for the Summit College Club each year. Proceeds are used to provide college scholarships to deserving young women from local high schools who will be attending a 4-year college, and to women returning to a local community college after a break in their education. Since its inception, the Summit College Club Foundation has awarded hundreds of scholarships totaling over \$1 million, reinvesting those funds in the community.

Thanks to the generosity and interest of the local community, our book sale has thrived, even with the growing popularity of online alternatives to books and print media. Community members contribute by donating books and other media, as well as volunteering their time. The Summit College Club is grateful for these volunteers who help with various tasks, including receiving and sorting books before the sale, assisting customers during the event, organizing the book sections, and cleaning up afterward. If you would like to volunteer, please fill out the "Volunteer with Us" form at [summitcollegeclub.org/booksale](http://summitcollegeclub.org/booksale).

All are welcome! For questions about book donations, sales, volunteering, or the Summit College Club and its scholarships, please email [summitcollegeclub@gmail.com](mailto:summitcollegeclub@gmail.com) or go to [summitcollegeclub.org](http://summitcollegeclub.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.



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

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

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.



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

"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.

## 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.

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...



# A DIFFERENT APPROACH TO STRENGTH TRAINING.

## *THINK MOVEMENTS, NOT MUSCLES.*

Preserving your muscle mass and strength is crucial if you want to enjoy an active life. It's what allows you to go skiing with the kids, travel with your spouse, and join the family hike without hesitating or having to worry about your pesky (insert troubled body part here).

Unfortunately for us humans, muscle mass starts to plummet after age 30. You can lose 4-6lbs of muscle tissue every decade if you aren't building strength training into your fitness routine.

That's a Christmas ham's-worth of muscle, gone by the time you're 40. And a family-sized Thanksgiving turkey of muscle that has vanished by your 60th birthday.

Muscle loss is inevitable, UNLESS you're doing something to prevent it. This is where strength training comes in.

With over 600 muscles in the body, it would be impossible to come up with an exercise routine that worked each of them individually. So instead of thinking "what muscles should I be working?" think more along the lines of "what movements should I be working?"

To maintain strength throughout your whole body, you should be addressing these 5 movements in every workout- Squatting, hinging (bending at the hips), upper body pushing, upper body pulling, and core.

**Squatting:** working on your squat will make it easier for you to sit down on the toilet, get up off the couch, and take a knee to talk to your grandkids. Squatting works the muscles in your feet, shins, knees, thighs and hips, as well as requiring a strong core. Work on full depth squatting or lunging so you can keep your mobility and work dozens of muscles at the same time. Examples: bodyweight squats, lunges, side lunges, single leg squats.

**Hinging:** hinging primarily works your bum and back of your legs. Keeping strength in this area will make it easy to push the lawnmower, hike uphill, pick up boxes in the basement and climb stairs like



a champ. Examples: deadlifts, glute bridges, hamstring curls.

**Upper body pushing:** using your upper body to push something away (or push yourself away from something) requires dozens of muscles in your arms and shoulders and also calls for a strong core. Ask anyone who has struggled to get their suitcase in the overhead compartment of a plane, upper body strength disappears fast if you aren't working on it. Examples: push ups, overhead presses, medicine ball chest passes.

**Upper body pulling:** this is the most challenging movement to work on outside of a gym setting, and it's probably the one we need most to improve posture and back/shoulder health. Pulling works the muscles in the arms and back, will help you avoid shoulder pain, and may even make you look taller to your friends (because of your improved posture).

Examples: rows, chin ups/chin up variations, vertical hang.

**Core:** a strong core is the foundation of creating strong movements. All strong movements go through a strong, stable core. If your core is weak, all other movements will be weak as well. Like they say, "you can't shoot a cannon from a canoe." Maintaining core strength means you'll have better spine health, less back pain, and the potential to improve strength across your entire body. Examples: planks, side planks, suitcase carries.

Check these 5 boxes with every workout and you'll be well on your way to keeping your muscle mass, maintaining your freedom, and being the happiest, healthiest, most active version of yourself.

**If you want to incorporate more strength training into your routine, but you aren't sure how to do it, scan the QR code and you'll receive a FREE:**

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## MISSING PAINTING SOUGHT

The Chatham Historical Society is looking for a missing painting. This painting, “Chatham Ovens, New Jersey,” was created by Connecticut artist David R. Wagner, who passed away on December 6, 2025. His family is now working to document his full body of work—and they believe this artwork may be in the Chatham area.

The subject of the painting is rooted in one of our town’s most fascinating Revolutionary War stories. In the summer of 1781, George Washington ordered the construction of bread ovens in Chatham as part of a strategic ruse. The ovens were meant to signal that Continental troops were preparing to remain in the area for an attack on New York. Instead, while the bread baked overnight, Washington quietly marched his troops out of town under cover of darkness—gaining a crucial advantage that led to the victory at Yorktown and, ultimately, the beginning of the end of the Revolutionary War.

Today, you can read about this clever maneuver at the kiosk in Shepard Kollock Park. But somewhere, this painted tribute to that moment in Chatham history may be hanging in a living room, hallway, or office nearby.

If you recognize this painting - or know who might own, it - please reach out to the Chatham Historical Society at

[Chathamjhistory@gmail.com](mailto:Chathamjhistory@gmail.com).

The information will help complete the artist’s provenance records and honor his legacy.

If found, the Wagner estate would like to create a high-resolution digital version of the painting so they can create fine-art giclée prints to add to the full collection of the artist’s Washington-Rochambeau Revolutionary Route collection (view all his paintings at [davidrwagner.com](http://davidrwagner.com)).

Let’s see if our community can help bring this story full circle.

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## Morris Authors Day

Sat., Apr. 18, 10:30 a.m. - 2:30 p.m.

Authors living in or writing about Morris County. Drop-in children's activities.

### Birds of the Great Swamp

Tue., Apr. 7, 7:00-8:30 p.m.

View images of many of the birds found there and discuss their ornithology.

### The Life & Times of the Continental Soldier

Tue., Apr. 14, 7:00-8:00 p.m.

Re-enactor John Dwyer shares stories of life, during the War of Independence.

### George Washington and His Spies

Tue., Apr. 28, 7:00-8:00 p.m.

Anne and Ridley Enslow return for another entertaining presentation, this time about spies – from both sides of the war – during the American Revolution. No registration.

## TEENS & ADULTS

### Spanish Conversation

Thu., Apr. 23, 3:30-4:30 p.m.

Practice your Spanish language proficiency in a small group environment. No registration.

## ADULTS

### Writers Circle

Wed., Apr. 1, 6:30-8:30 p.m.

Join for experience, tips on writing, reading, editing, and revising your work, whether poetry, prose, or long story. No registration.

### Friday Afternoon Movies @ 1:45 p.m.

4/10: "F1: The Movie"

4/17: "Munich"

No registration needed.

### Tuesday Book Club

Tue., Apr. 14, 2:00-3:00 p.m.

This month we're talking about Narn i chin Hurin: The Tale of the Children of Hurin by J.R.R. Tolkien. No registration.

### Mystery Book Club

Mon., Apr. 20, 7:00-8:00 p.m.

This month's book: Murder Crossed Her Mind by Stephen Spotswood. No registration.

### Medieval Literature Book Club

Wed., Apr. 29, 6:30-7:30 p.m.

This month we're talking about The Mabinogion. Recommended Translation by Sioned Davies (2007).

## CHILDREN:

### LEGO Club

Sat., Apr. 4, 10:00 a.m.-12:00 p.m.

Your creations will be displayed in the Children's Room. For ages 4-12.

### Preschool Storytime & Music

Tue., Apr. 7, 14 & 21, 10:00-10:30 a.m.

w/Mr. Laurence: Stories, fingerplays and music

For ages 2-5. No registration.

### Focus on the American Revolution

Tue., Apr. 7, 3:00-3:50 p.m.

Author Rob Skead shares fun facts about the American Revolution. For grades 3-8.

### American Revolution – 1776

Thu., Apr. 9, 3:00-3:45 p.m.

An interactive, educational play recounting the times that led to the War of Independence. For ages 6 & up. Registration required.

### Paws for Reading

Thu., Apr. 16, 3:30-4:30 p.m.

Read to a very patient therapy dog from Creature Comfort Pet Therapy! For ages 5-12. Registration required.

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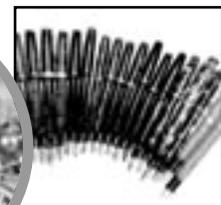
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Senior Center of the Chathams, 58 Meyersville Road, Chatham, Mon through Fri from 9 a.m. to 3 p.m.

For more information call 973-635-4565 or visit [chathamseiorcenter.org](http://chathamseiorcenter.org).

### Alzheimer's NJ Caregiver Support Group

Thursday, April 2, 10:30 AM

This group provides families and caregivers with the emotional support and education they need to better understand Alzheimer's Disease and other forms of dementia. A trained facilitator guides the group.

### Grapefruit, Greens & Your Prescriptions

Wednesday, April 8, 1:00 PM

What Every Senior Needs to Know - Did you know that certain everyday foods like grapefruit, leafy greens, high fiber cereals or even herbal teas can change how your medications work? If you take prescriptions for blood pressure, diabetes, thyroid, or heart health, this talk is for you. Registered Dietitian Nutritionist, Raksha Shah will explain food and medication interactions. Learn which combinations require caution, which myths to ignore, and how to confidently eat well while protecting your health.

### Free Health Screenings

by Cooperman Barnabas Medical Center

Thursday, April 9, 10:00 AM

This program begins with a healthy lifestyle presentation about nutrition, exercise, sleep, stress management, and how they affect your cardiovascular system. Free health screenings of blood pressure, stroke, diabetes, cholesterol risk assessments, and balance Evolution of

Human & Civil Rights Worldwide

Wednesday, April 15, 12:00 PM

This presentation explores the global struggle for freedom, equality, and justice across time.

From movements that challenged slavery, expanded voting rights, and fought discrimination, you'll learn how individuals and societies have worked to secure human dignity through the pursuit of liberty and civil rights around the world

### Rethinking Aging

Wednesday, April 22, 12:00 PM

Join Julie Reich, Executive Director of the Chatham Senior Center, who will talk about

rethinking aging and reshaping how we see one another. Her presentation challenges common aging stereotypes, highlights the diverse contributions of older adults, and inspires more inclusive, respectful perspectives across all generations.

### Classic Movie & Discussion

Thursday, April 23, 11:00 AM

A classic film is shown and discussed by the viewers.

### Community Paper Shred

Saturday, April 25, 9AM-Noon

Chatham Middle School, 480 Main Street. Open to the public. Takes place rain or shine. Visit [chathamseiorcenter.org](http://chathamseiorcenter.org) for information.

### Understanding Medicare

Monday, April 27, 1:00 PM

This presentation provides information on Medicare Part A & B, Medigap, Prescription Drug Plans, Medicare Advantage Plans, and NJ SAVE, a program to help qualified individuals save money on Medicare premiums, drug costs, and living expenses.



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**Holy Thursday - April 2**  
12 noon Spoken Liturgy with Eucharist  
7:30 p.m. Liturgy with Rite of First Holy Communion

**Good Friday - April 3**  
12 noon Community Ecumenical Service  
7:30 p.m. Service of Tenebrae

**Holy Saturday - April 4**  
A Day of Silence, Prayer & Meditation

**Easter Celebration - April 5**  
7:00 a.m. Memorial Garden Liturgy  
8:00 a.m. Spoken Liturgy with Eucharist  
10:00 a.m. Festival Liturgy with Eucharist

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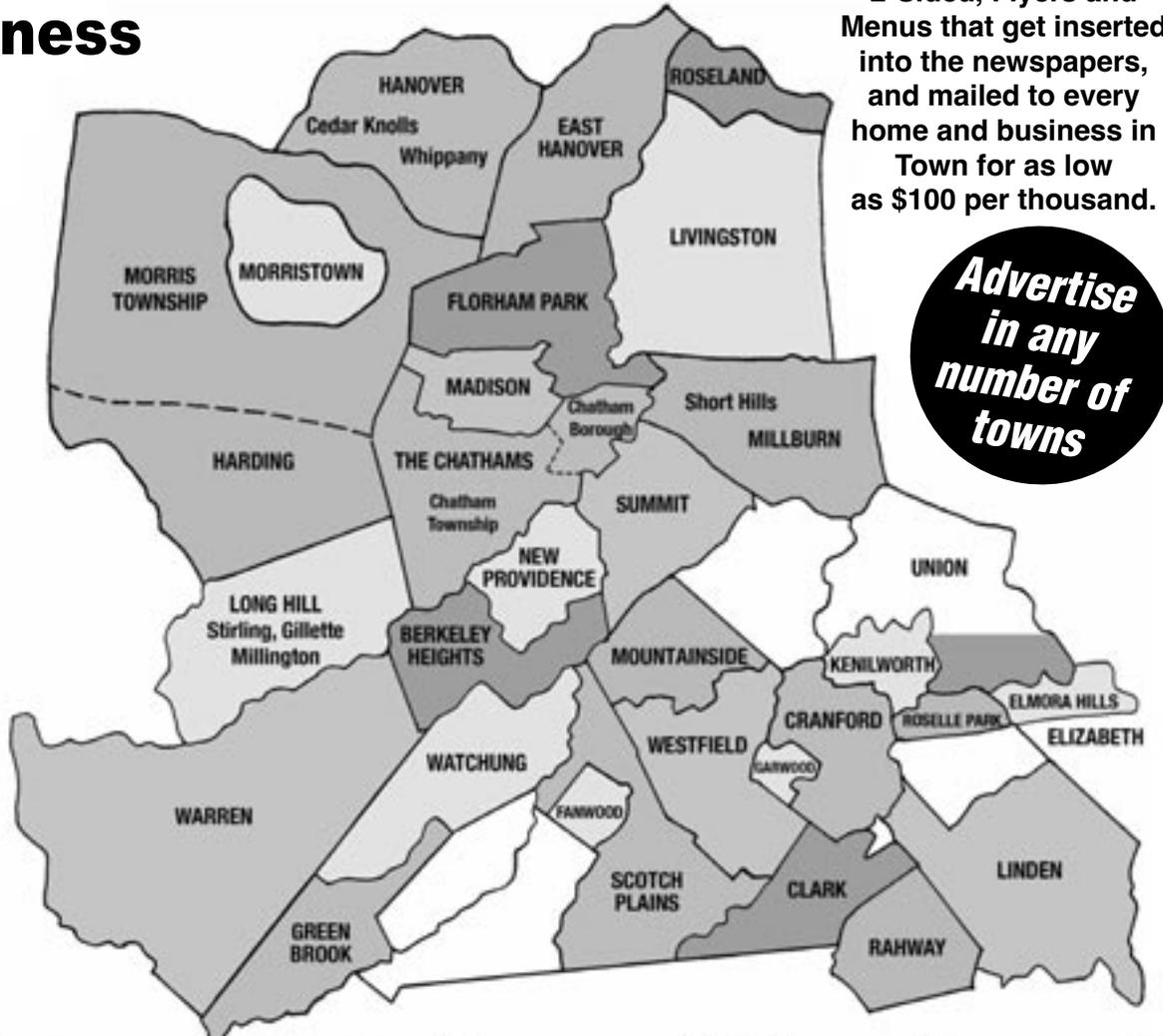
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Qty: 7,800  
Zip: 07083 (partial)

**WARREN NJ**  
MONTHLY

Qty: 6,500  
Zip: 07059

**Watchung NJ**  
Post

Qty: 2,700  
Zip: 07069

**Westfield NJ**  
MONTHLY

Qty: 12,000  
Zip: 07090

NEWSPAPER AD RATES		1 TOWN	3 TOWNS	6 TOWNS	9 TOWNS	12 TOWNS	15 TOWNS	18 TOWNS	21 TOWNS	24 TOWNS	27 TOWNS	30 TOWNS
Units (wide x High)	Size											
1 Unit (Business card)	3.25"x2"0	100	260	360	460	560	600	660	700	800	900	1000
2 Units	6.5"x2" or 3.25"x4"	150	360	560	600	700	800	900	1000	1100	1200	1300
4 Units	3.25"x8" or 6.5"x4"	240	560	900	1000	1300	1600	1700	1800	1900	2000	2100
6 Units	6.5"x6.25" or 10"x4"	320	760	1200	1400	1600	1800	2000	2200	2400	2600	2800
9 HALF PAGE	6.5"x9" or 10"x7"	360	860	1300	1600	1900	2200	2400	2600	2800	3000	3200
12 Units	6.5"x14"	400	960	1400	1800	2100	2400	2700	3000	3300	3600	3900
18 FULL PAGE	10"x14"	500	1200	1800	2200	2500	2800	3000	3300	3600	3900	4300
2-PAGE SPREAD	(2) 10"x14"	800										
BACK PAGE	10"x14"	600										
FRONT PAGE BANNER	8.25"x2"	360										
FRONT PAGE BOX	1.5"x4.5"	320										

**PREPAY 6 MONTHS AND GET 1 MORE FREE  
PREPAY 12 MONTHS AND GET 3 MORE FREE**

Rates are per month. Artwork included in price. Newspapers are black on white.

Back cover, Front Page Banner and Front Box reserved on first-come, first-served basis. Current advertiser has right of first refusal.

Rates effective November 1, 2024. Subject to change. See RennaMedia.com for most up to date pricing.

Make Checks payable to Renna Media • Venmo • Zelle •

# STUDENTS COLLECT 6,267 FOOD ITEMS DURING ANNUAL SOUPER BOWL



(above) Chatham Middle School 6th Graders from Dr. Hrdina's Math Class took part in their annual Souper Bowl. Students donated 6,267 items. The students sorted the items and brought them to The Chatham United Methodist Church's Food Pantry.

Courtesy Photo



10 Hamilton Street  
Bound Brook, NJ  
732-469-7700  
BrookArts.org

Scan for Tickets!



GENE DINAPOLI PRESENTS

SUNDAY  
APRIL 26  
3:00 PM

SWINGING WITH  
**THE RAT PACK**  
DINO, SAMMY, SINATRA & MARILYN

**APRIL 11**

**Angels Among Us**  
with Medium Gail Lionetti

*Brook Orchestra*  
THOMAS VACCA, CONDUCTOR  
**LUDWIG VAN BEETHOVEN**  
Overture Fidelio  
**GEORGES BIZET**  
L'Arsienne Suite #1  
**PYOTR ILYICH TCHAIKOVSKY**  
Symphony #4 in F Minor  
3 PM

**APRIL 12**

Brook Arts Center  
10 Hamilton St., Bound Brook, NJ  
Tickets brookarts.org

**HAROLD LLOYD**

12  
Anniversary  
Release

**APRIL 18**

**GIRL SHY**

*Classic Seger*  
BOB SEGER EXPERIENCE

**APRIL 25**

# ESTATES ROADSHOW BUYING EVENTS

**Gold Is At An All Time High NOW IS THE TIME TO SELL**

## GOLD EXCEEDS \$4,000 PER OUNCE!!!



**BUYING ALL GOLD**

- Gold Necklaces
- Gold Earrings
- Gold Rings
- Gold Bracelets
- Gold Pendants
- Gold Charms
- Gold Watches

**BUYING ALL COINS**

- Gold Coins
- Gold Eagles
- Proof Sets
- Kreugerrands
- Buffalos
- US Silver Coins Pre-64
- Morgan/Peace Dollars

**BUYING ALL STERLING SILVER**

- Silverware
- Trays
- 925 Jewelry
- All Sterling Silver

**WATCHES**

- Rolex
- Cartier
- Patek Philippe
- Pocket Watches

**BUYING ALL DIAMONDS**

- Wedding Rings
- Loose Diamonds
- Diamond Jewelry
- Engagement Rings

## EstatesRoadshow.com

### 4 WEEKS OF SHOWS AT 4 LOCATIONS!

**MONDAY TO FRIDAY 10am to 5pm**



### WEST ORANGE COURTYARD

**APRIL 6 to 10**

**APRIL 20 to 24**

8 Rooney Circle,  
West Orange, NJ



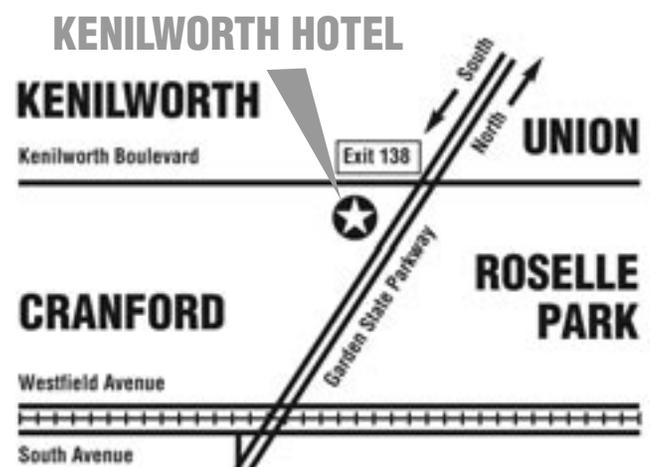
### KENILWORTH HOTEL

**APRIL 6 to 10**

**APRIL 20 to 24**

**APRIL 27 to MAY 1**

60 S 31st Street  
Kenilworth, NJ



**ADD 20% TOWARD YOUR SALE WITH THIS COUPON!**

\* Limit 1 Per Customer. Visit us at a show with this coupon for more details. This Coupon must be presented at the start of the transaction. Other restrictions may apply. All prices subject to market fluctuation. Offers Subject to Condition & Presentation. Please Bring All Appropriate Boxes & Paper Work.

**SHOWS ALSO IN PARAMUS AND SECAUCUS**

**APRIL 27 to May 1 & APRIL 13 to 17, 10am - 5pm**  
**Courtyard Paramus, 320 NJ-17, Paramus, NJ 07652**

**APRIL 14 to 17, 10am - 5pm**  
**Hilton Garden Inn Secaucus/Meadowlands**  
875 Route 3, East Service Road, Secaucus, NJ 07094

**No Appointment Necessary. • FREE Appraisals • FREE Admission**

**Speak to the company's owner: Marshall Smoller: 609-781-6559**