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MEYERSVILLE GRANGE SOUP & PASTA CONTEST - APRIL 10

Meyersville Grange 188 invites community members to our popular Soup and Pasta Contest to be held at The Grange Hall, 500 Meyersville Road, Gillette 07933, on Friday, April 10, 2026. The doors open at 6:15 p.m.

Bring your favorite recipe of a generous pot of soup, or a family-size portion of pasta, to enter in the contest. Everyone in attendance votes for their favorite entry. The top three (3) will receive a Certificate of Achievement and "Bragging Rights".

Enjoy live music by The Long Hill String Band while you enjoy your meal and converse with friends, family and neighbors.

Menu: All the Soup and Pasta you can taste, Rolls/Bread and Butter, Hot/iced Tea. Desserts (\$3) and Bottled Water (\$1) are available for purchase.

Admission: Adults \$10; Child under 12 \$5. Cooks who enter the contest are free.

We hope that you can join us!



(above) Feb. 13, 2026 winners: 3rd place, Deke Dening, 2nd place - Ed Gerech, 1st place - Greg O'Reilly

Courtesy Photo

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CALLING LOCAL BUSINESSES TO JOIN WARREN LIONS CLUB EXPO IN JUNE

The tough winter is still around but the beautiful spring will knock it down! Yes, it's that time of the year again, when the Warren Lions Club team picks up speed on EXPO readiness activities, it will be here in less than 3 months. The EXPO is the biggest social and commercial event in town, held every year from 2nd Wed to Sat of June (4 days), at the Warren Township municipal field (46 Mountain Boulevard).

The gathering is a classic CARNIVAL for all ages, family and friends, 6 to 10pm from Wednesday to Saturday. This year's EXPO, in its 58th occurrence, will be hosted from 10th to 13th June, 2026. There will be amusement rides, games of chance, fireworks, food vendors, and an exposition of local businesses and not-for-profits organizations. We will also have a spectacular Fireworks, to celebrate the local community, on Friday, 10pm.

The Lions EXPO attracts more than 10,000 people, over the four days, and has become the premier family & friends' melting pot, in the Warren Township and the neighboring communities.

Our sponsors are NextHome Realty, Goddard School Basking Ridge, Mira Vie, Lightbridge Academy, Atlantic Health, and Warren Hills Orthodontics.

In addition to the daily tickets, the EXPO has the pay-one-price wristbands every night. And

don't forget the Giant 50/50 cash raffle with the drawing on Saturday June 13th, resulting in thousands of dollars payout to a single winner. The winner need not be present at the drawing. Tickets will be available for purchase at the Expo, every night, for \$5 each.

LOCAL BUSINESS EXPOSITION

The EXPO is an excellent platform for local businesses to showcase their services and connect directly with customers through the purchase of a \$500 Exclusive Game sponsor sign or a \$150 non-exclusive ride sponsor sign, displayed at the Expo for the 4 days.

"Interacting with potential customers at a high profile community event can greatly boost a company's image and customer base," noted Anthony Franchini, the Warren Lions Club Treasurer. "Community members deeply appreciate those businesses that demonstrate their local support through events like this." said Mark Ramos, the EXPO Chairperson.

We have started accepting applications for tent vendors to sell or promote their businesses to the thousands of people in attendance at the gathering. For information on becoming a tent vendor at the 2026 Warren Lions EXPO, please contact Anthony Franchini at 908-334-9304.

All proceed from the Lions EXPO are donated back to the community organizations and sight and hearing foundations.



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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 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...



MATEO ELIZAGARAY BECOMES A CERTIFIED MARTIAL ARTS INSTRUCTOR



(above, l-r) Mateo Elizagaray, 14, of Stirling, being presented his certificate by Master Instructor Lydia Chu as proud parents look on.

Courtesy Photo

Mateo Elizagaray, 14, of Stirling, a student at Chu's Academy of Martial Arts became an internationally certified "Jo Kyo" (first level) instructor in the art of Soo Bahk Do Moo Duk Kwan, a traditional Korean martial art, on February 19th.

Mateo's achievement caps off a demanding journey through practical and classroom training in the Academy's Leadership Program and his rank advancement to first degree black belt. He has held instruction and leadership assignments both in the Gillette studio and at the HudsonWay Immersion School Afternoon Enrichment Program. At the HudsonWay sessions, his

studious assimilation of instruction technique was fully on display in his notably excellent touch at acclimating 3-5 year olds to a structured class and nuanced movement.

ABOUT CHU'S ACADEMY OF MARTIAL ARTS:

Chu's Academy of Martial Arts, located in Gillette, has been developing positive attributes in children since 1982. The Academy is led by co-owners Lydia Chu and Michelle Cavett, and Program Director Andrew Masini. Chu, Cavett and Masini are internationally certified master instructors in the Korean martial art of Soo Bahk Do Moo Duk Kwan. For more information, call or text 908-647-4194 or go to karate4peace.com



(above, l-r) Certified Jo Kyo instructors at Chu's Academy: Julia Barrance, 13, of Stirling, Amos Chang, 13, of Gillette, newly installed Mateo Elizagary, 14, of Stirling, Jacob Schlegel, 15, of Stirling and Vedika Ghosh, 16, of Berkeley Heights.



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VFW Post 6259 Berkeley Heights NJ

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FIREFIGHTER'S FOOD & TREATS AT THE STIRLING STREET FAIR

Don't miss the Stirling Firefighter's food, fire truck, and fire prevention give-aways at the northern end of Main Street at Somerset St. on April 26.

They will have their now famous Sausage & Peppers booth that also has hot dogs and beverages. Those enjoying their food will have tables and chairs to sit at and take a break.

They'll also have a fire engine on display in which children and adults may climb aboard and see what it's like to be a firefighter. Firefighters will tell them what its like being a volunteer firefighter and answer your questions about firefighting. If anyone would like to become a firefighter, they can assist you by telling you about the benefits of being a volunteer firefighter and the satisfaction of helping residents.

Free fire prevention books, hats, and more for children will be available.



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Rhyme Time Storytime (Ages 0-2)

Wednesdays at 10:30am

Enjoy 20 minutes of songs, fingerplays.

Hackaneers Coding Club (Grades 3-8)

Saturdays at 1pm

An engaging, beginner-friendly coding club.

Spring Break Movie Matinees

April 7 and 8 at 2pm, April 9 at 1pm

Join us for a screening of a popular movie!

Mary Poppins Jr

April 7 at 6:30pm

This musical is geared towards kids ages 4+.

Registration required.

Library Chef for Kids and Teens

April 8 and 15 at 6pm online

This month's recipes include Cucumber Tea Sandwiches (Ages 5-9 on 4/8) and Cranberry Orange Scones (Ages 10+ on 4/15).

My First Book Club (ages 5-8)

April 15 at 4:30pm

Books are provided and may be picked up .

Read to a Dog Storytime with Creature Comfort

April 18 at 10:30am

Listen to a stories and hang out with the dogs.

Kids Book Club (Ages 8-12)

April 22 at 4:15pm

Books can be picked up.

Comic Book Club (Ages 6-12)

April 29 at 4:00pm

Read, draw, and create. Kids ages 6-12 can follow fun tutorials, design their own comics.

ADULT PROGRAMS:

Walking Audiobook Club

April 7 at 4:00pm

Listen to an audiobook of your choosing, as we stroll around Kantor Park.

Library Chef + Spice Club

April 8, 15, and 22 online.

(4/8), Chicken Francese (4/15), and Meditation Basics (4/22). Classes are recorded.

Mary Cassat: An American in Paris

April 8 at 7:00pm online

Celebrating Mary Cassatt, a pioneering American Impressionist.

Baseball in 9 Innings

April 14 at 7:00pm online

Learn fun facts about the interesting and varied background and history of America's game.

The Great Swamp: History and Ecology

April 16 at 6:30pm

Why it continues to be ecologically important .

Concert: Randos

April 18 at 1:00pm

Spend an hour enjoying classic rock covers.

America: Songs of Patriotism, Praise, Protest

April 19 at 2:00pm

Alex Prizgintas who will explain and perform.

Mindful Movement

April 25 at 11:30am

Join us for an hour-long gentle movement class.

Marcel Duchamp

April 28 at 7:00pm online

Duchamp was inspired by elements of Cubism, Surrealism, and Pop Art..

Financial Planning Workshop

April 30 at 6:30pm

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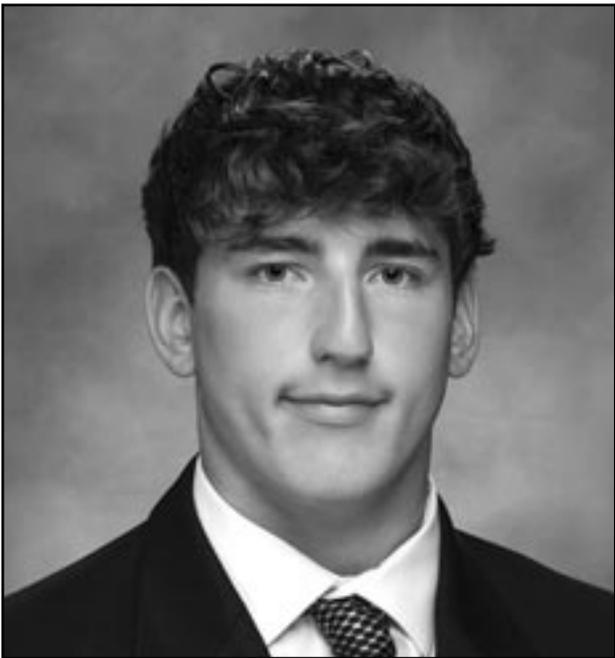
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(above) Jake Herring will attend the Virginia Military Institute on a ROTC Scholarship.

JAKE HERRING AWARDED ROTC SCHOLARSHIP

Watchung Hills Regional High School is proud to announce that senior Jake Herring has been awarded a highly competitive Reserve Officers' Training Corps (ROTC) scholarship valued at \$180,000, a significant achievement that reflects years of dedication, discipline, and leadership.

The ROTC scholarship selection process is rigorous, with candidates evaluated on academic achievement, physical fitness, leadership potential, and character. Jake distinguished himself in all areas, earning recognition for both his strong academic performance and his commitment to personal growth and service.

Early in his high school career, Jake took a proactive approach to preparing for this

opportunity. He researched the ROTC program and its expectations, setting clear academic and personal goals to become a competitive candidate.

Upon graduation, he plans to attend the Virginia Military Institute (VMI), where he will continue his education while participating in the ROTC program. As part of the scholarship requirements, he has committed to accepting a commission and serving as an active-duty member of the United States Marine Corps following the completion of his studies.

The WHRHS community congratulates Jake on this outstanding accomplishment and wishes him continued success as he prepares for a future of leadership and service.

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 8:00 a.m. Spoken Liturgy with Eucharist
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 10:00 a.m. Festival Liturgy with Eucharist

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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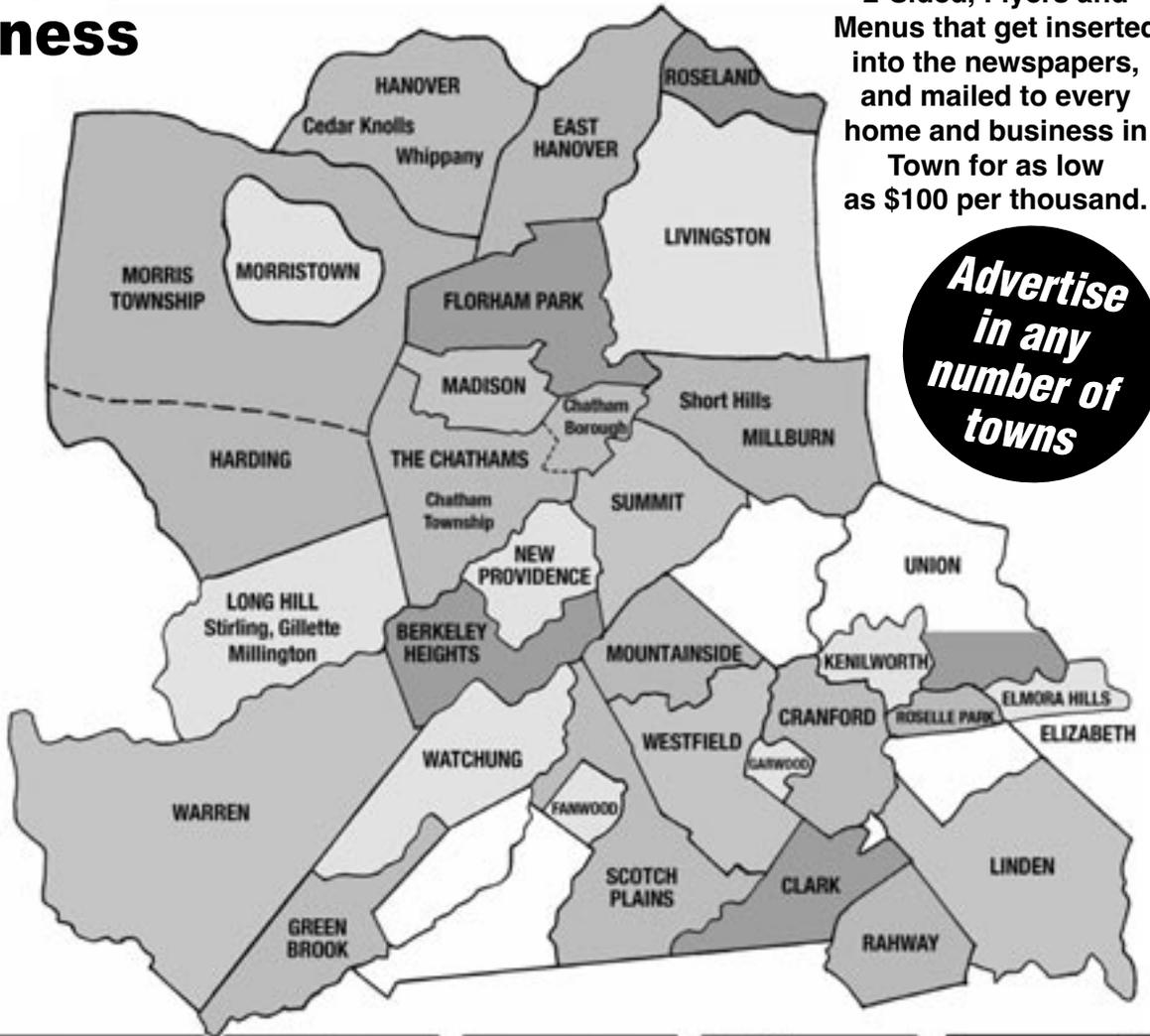
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A DIFFERENT APPROACH TO STRENGTH TRAINING.

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:

- 1-on-1 consultation with a certified personal trainer
- Personalized strength training program so you know the movements that are right for you, even if you have an injury, aches and pains, or limitations you need to work around
- 14 Days of unlimited sessions with a professional trainer who will teach you proper form and help you make quick progress

*Since we are a small personal training gym, Free 14 Day Memberships are limited to the first 13 people. Submit the interest form now if you are interested in adding strength training to your routine.



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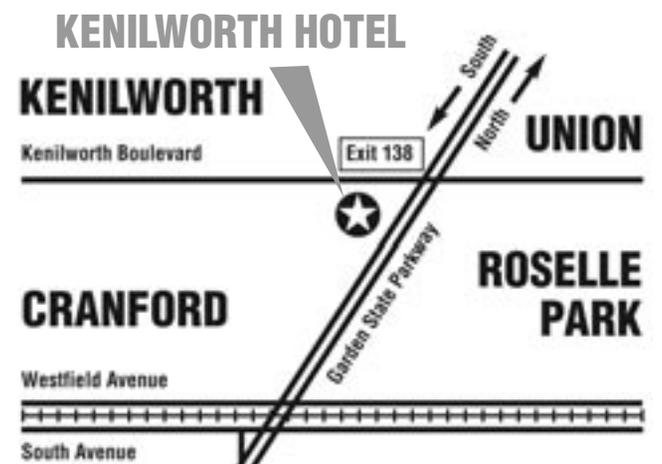
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