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JUDY SUMMERS DONATES LIFE SAVING KIDNEY

New Jersey Sharing Network

March is National Kidney Month, a time to raise awareness about kidney health and the urgent need for lifesaving organ and tissue donation. According to the National Kidney Foundation, 37 million Americans are living with kidney disease, and nearly 90,000 people are currently waiting for a lifesaving kidney transplant.

For Dr. Faith Krausman of Montclair, those statistics became personal on July 7, 2015, when she received a lifesaving kidney transplant.

"I am alive and thriving because someone said yes to organ donation," said Dr. Krausman. "Whether through living donation or by registering now as an organ and tissue donor to one day leave the gift of life as your legacy, that single decision can save lives. If sharing my story inspires even one person to register as a donor, it's worth it."

In 1990, Dr. Krausman, a veterinarian, was diagnosed with polycystic kidney disease (PKD), a genetic condition that gradually led to kidney failure. As her kidney function declined, she became increasingly fatigued but continued working and staying active while preparing for transplant.

Facing the reality that she would soon need a kidney; Dr. Krausman shared a heartfelt letter titled "I Need a Kidney" with her close friends and book group. Among the book group members was Judy Summers of Short Hills, a devoted math tutor, mother, and grandmother known for her generosity in supporting numerous charitable causes. True to her nature, Judy quietly sought evaluation for living kidney donation and was soon identified as the transplant match Dr. Krausman needed.

"When Judy told me she was going to be my donor, I was overwhelmed," said Dr. Krausman. "I am so grateful it's beyond words. Every single day I feel blessed to have this gift of life."

The transplant surgery was successful, and her new kidney worked immediately. Within months, she returned to veterinary medicine - and soon after, to running, biking, yoga, and performing music.

In fact, the transplant opened an unexpected new chapter. Dr. Krausman returned to college to pursue a degree in Jazz Studies and saxophone performance, graduating in May 2023. Today, in addition to treating animals throughout the region, she maintains an active musical career performing in jazz ensembles.

"The goal of transplant is to give you your life back," she said. "I wasn't restricted. I was restored."

Dr. Krausman and Judy celebrate their "kidney-versary" each July with a special dinner and participate annually in NJ Sharing Network's 5K Celebration of Life. Their team's name, "Keeping the Faith," reflects both gratitude and hope.

Judy has often said that seeing Dr. Krausman thrive is the greatest reward. As Dr. Krausman shares, "She tells me that giving me her kidney and watching me live my life fully makes her happier than any gift I could ever buy her."

By sharing her story during National Kidney Month, Dr. Krausman hopes more people will register as organ and tissue donors and consider living donation.

"One person's decision can change everything," she said. "You only need one kidney to live - but you can give someone else an entire future."

For more information, visit NJ Sharing Network's website at NJSharingNetwork.org.



(above, l-r) Faith Krausman and her living kidney donor Judy Summers

Photos by NJ Sharing Network



(above) Montclair Veterinarian Dr. Faith Krausman

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**Short Hills NJ
MILLBURN MONTHLY**

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EVENTS TO CELEBRATES ARBOR DAY - APRIL 24

The Township of Millburn Shade Tree Advisory Board is pleased to announce two special events for tree-loving residents on Friday, April 24, 2026, celebrating both Arbor Day and the nation's upcoming 250th anniversary through community tree planting and environmental stewardship.

Celebrate Arbor Day with a long-standing township tradition: the annual free giveaway of tree saplings from 8:30 a.m.–10:30 a.m. at the Department of Public Works yard, 345 Essex Street. Residents are invited to pick up young trees to plant at home and contribute to the township's healthy tree canopy.

There will also be a special ceremonial tree planting celebrating America's 250th anniversary held at the corner of Whittingham Terrace and Ridgewood Road in Taylor Park at 4 p.m.. Township officials and members of the Shade Tree Advisory Board will plant 13 trees representing the original 13 American colonies, symbolizing both the nation's founding and Millburn's commitment to environmental stewardship.

This commemorative planting is made possible through the 2025 William J. Porter Community Tree Project Award, a \$2,500 grant sponsored by the New Jersey Shade Tree Federation. The grant will fund the planting of 13 high-quality native trees in Taylor Park as part of a larger reforestation effort.

These events highlight Millburn Township's

continued dedication to environmental stewardship, community involvement, and maintaining a strong, diverse tree canopy for future generations.

Millburn Township has been recognized by the Arbor Day Foundation as a "Tree City USA" community for 47 consecutive years, meeting national standards for sound urban forestry management and demonstrating the township's long-standing commitment to protecting and expanding its tree canopy.



**Tree sapling giveaway
Event to
Celebrate the
Arbor Day**

FRIDAY, APRIL 24
From 8:30-10:30
DPW Town Yard:
345 Essex st, Millburn NJ 07041

A limited number of saplings will be available to residents. Saplings will be distributed on a first come, first serve basis while supplies last.

For More Info: Call the Forester (973) 564-7034



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WELCOME SPRING AT 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. 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.

THE FORTNIGHTLY CLUB OF SUMMIT

Spring High Tea

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214 SPRINGFIELD AVENUE, SUMMIT
Friday, April 3, 2026
11-12:30 P.M. or 2-3:30 P.M.

MEMBERS \$50
NON-MEMBERS \$60

www.fortnightlyclub.org





(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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THE OTHER CALLS: AN EMT'S PERSPECTIVE ON TEEN MENTAL HEALTH

By Emilie C. Whitley, EMT, Millburn
Short Hills Volunteer First Aid Squad

There are some calls that make an EMT's heart sink. When the tones ring out for a suicide threat, that's one of them. When we respond, there may be no fracture or laceration, but the psychological wounds we encounter are undeniable. They reveal themselves as severe anxiety or panic attacks, suicidal thoughts, emotional breakdowns, or substance use tied to emotional distress.

As EMTs, we find ourselves considering why we are seeing our teenagers and young people struggle this way. Some of it may stem from the lingering effects of the pandemic, which disrupted social development during critically formative years. At the same time, we live in a high-performing community where academic and extracurricular success often carry enormous weight. Viewed through the amplifying lens of social media, those pressures can become overwhelming. Teens also have a remarkable ability to hide what is brewing beneath the surface, appearing to manage everything just fine until suddenly they can't.

Fortunately, there are often signs that parents, families, and friends can look for. Recognizing them early can help stall the emotional bleeding before a crisis unfolds. Behavioral changes might include withdrawing from family or friends, losing interest in activities they once enjoyed, avoiding school or social events, or spending excessive time alone. Emotional signals may

appear as sudden mood swings, increased irritability, prolonged sadness, or expressions of feeling overwhelmed or trapped. You might also notice changes in appetite or sleep, declining academic performance, or a loss of motivation reflected in statements like, "I can't be bothered anymore," or "Nothing matters."

Sometimes it's not a parent who calls 911, it's a friend. Teens often confide in one another before adults. Red flags that should prompt immediate action include talking about wanting to die, researching ways to harm themselves, giving away meaningful possessions, sudden calmness after intense distress, self-harm, or isolation combined with statements of hopelessness. If you're a friend and you hear these things, tell a trusted adult or call 911. Silence does not protect someone in crisis. As EMTs, we often arrive at moments when the

pressure has already burst. We hear teens say they felt they had no one to talk to, and families wishing they had recognized the signs sooner.

As a community, we must continue reducing the stigma surrounding mental health. Talk openly. Ask questions. Listen without judgment. Normalize conversations about emotional struggles. Don't hesitate to seek help early through school counselors, pediatricians, therapists, or by calling or texting 988, the Suicide & Crisis Lifeline, which provides 24/7 free and confidential support for people in distress. When a situation feels urgent, calling 911 is always appropriate.

We're all busy, and it's easy to look past subtle warning signs. But if your instincts tell you something isn't right with your child or someone you care about, pay attention. Acting early can make all the difference.

ABOUT THE MILLBURN-SHORT HILLS VOLUNTEER FIRST AID SQUAD

The Millburn-Short Hills Volunteer First Aid Squad is a 501(c)(3) nonprofit, staffed entirely by volunteers, providing 24/7 emergency medical services at no cost to patients. Community support funds training, equipment, and operations that keep our ambulances ready to respond.

HOW TO HELP

To learn more about volunteering, training, or making a tax-deductible gift, please visit our website or contact the Squad.



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Springfield (2 Edison Pl., Springfield, NJ / By Appointment Only)



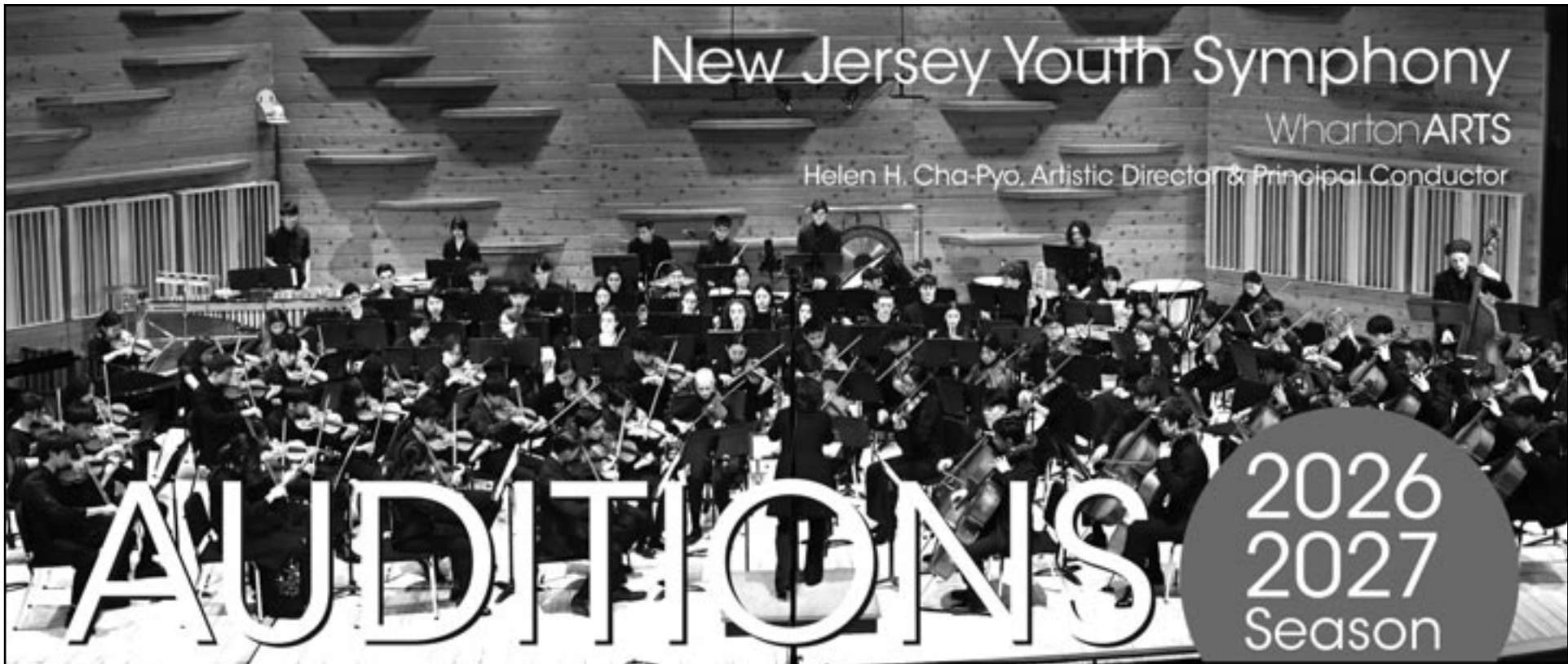
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Level 3 & 4 May 21

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Level 3 & 4 May 17

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Level 3 & 4 May 15 or 16
Level 5 & 6 May 19, 20 or 21

Viola
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Level 3 & 4 May 13 or 14
Level 5 & 6 May 26 or 27

*At 60 Locust Avenue,
Berkeley Heights

Cello & Bass

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Level 3 & 4 May 13 or 14
Level 5 & 6 May 26 or 27

JAZZ

All Instruments
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HARP & PIANO

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

For questions, email us at info@njys.org
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Chamber Music Program
Information Available at

NJYS.org



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FAITH Lutheran Church
 524 South Street - New Providence - NJ
 famfaith.org - 908-464-5177 - The Rev. Jane McCready, Pastor

Passion/Palm Sunday - March 29
 8:00 a.m. Spoken Liturgy with Eucharist
 8:45 a.m. Sunday School, Youth & Adult Forum
 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

Livestream available on www.famfaith.org
 Facebook at Faith Lutheran, New Providence
 and YouTube at FLCNJAV
 We practice an open Communion table. All are welcome.

LEGACIES WRITING CONTEST - DEADLINE APR 20

Essex county

Essex County Division of Senior Services invite Essex seniors ages 60 and older to submit an original story focusing on a special person, life-changing experience, or significant period of their life to the 2026 Essex County Legacies Writing Contest. The deadline is Monday, April 20th.

“Our senior citizens have led interesting lives and I am always impressed by the stories that are submitted. Our Legacies Contest is an opportunity for our older residents to remember their past and share their experiences with family, friends, and the younger generation,” County Executive DiVincenzo said. “It’s never too early to begin collecting your thoughts and writing your drafts. I encourage all our seniors to start working on their entries now,” he added.

THE CONTEST RULES ARE AS FOLLOWS:

- Writers must be Essex County residents who are 60 years of age or older.
- Entries should be original stories focusing on a special person, a life-altering experience, or a significant period in your life.
- The suggested maximum length is 1,500 words.
- Stories must be typed or legibly hand-written on 8.5-by-11-inch paper.
- Entries must have a cover page with the story’s title, the author’s name, date of birth,

address, and telephone number.

- The story title with no identifying information should appear on the first page of the story text. All identifying information about the author is removed when stories are judged by the review committee.
- Seniors may submit only one entry.
- Previously published stories may not be submitted.
- Seniors should keep a copy of the story. Entries will not be returned.
- The deadline for entries is Monday, April 20th. Late entries will not be accepted.
- Stories should be sent to the following:
 Essex County Division of Senior Services
 Attn: Doreatha Wertz
 465 Dr. Martin Luther King, Jr. Blvd., Ste 102
 Newark, NJ 07102
 Or e-mailed to dwertz@seniors.essexcountynj.org

All writers who submit stories will be invited to the Division of Senior Services Legacies Award Ceremony in May. Awards will be presented to the authors of the winning and honorable mention stories. These stories will be posted on the Essex County website at essexcountynj.org.

For a complete list of contest rules or for more information, please visit essexcountynj.org or call the Essex County Division of Senior Services at 973-395-8381.

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Helen H. Cha-Pyo, Artistic Director

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Auditions are held in a relaxed
and supportive setting.



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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.



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...



THE POWER OF WOMEN WHO SHOW UP


The Woman's Club of upper Montclair, located at 200 Cooper Ave, Montclair, NJ, will host A Gathering of Women for Conversation, Connection, and Change on Thursday, April, 16 2026 at 7-9 pm. Join CASA for Children of Essex County for a special evening celebrating the power of women to lead, inspire, and create change.

Author Grace L. Williams will join us for a conversation about her book Give Her Credit: The Untold Story of a Women's Bank That Empowered a Generation, followed by a panel discussion highlighting women's leadership, and the collective impact women have in strengthening families and communities. Guests will enjoy an evening of conversation, connection, and celebration of women who show up to lead forward.

The program will also include a special acknowledgment of the Junior League of Montclair - Newark for their visionary role in helping establish CASA Essex more than 40 years ago.

Admission is \$40 and includes a copy of the book. Register at casaessex.org/power.

Email lmcasaessex@gmail.com for more information.





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LIBRARY PROGRAMS

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ADULTS PROGRAMS

Lenore Raphael Trio

Sunday April 12 2:30-4pm

Internationally acclaimed jazz pianist and Steinway artist Lenore Raphael. She will perform great jazz standards with bassist Hillard Greene and guitarist Rodney Jones.

Birding Walk through Taylor Park

Saturday April 18, 9:30am

Our very own Taylor Park is home to an incredible range of birds. Over the past two years, bird-watcher Sydney Shaw has spotted 95 different species there. Let's see what we can find together!

Poetry Reading: Alicia Ostriker & Atar Hadari

Sunday April 19, 2:30-4pm

To celebrate National Poetry Month, the library welcomes former New York State Poet Alicia Ostriker, author of *The Holy & Broken Bliss*, and Atar Hadari, author of *Arik and Company*.

FAMILY PROGRAMS

101 Dalmatians Musical

Saturday April 18, 3-4pm

Grades K-5. Join us for 101 Dalmatians Musical KIDS, a 45-minute show performed by Paper Mill's Children's Theater on Tour students.

Registration required.

The Amazing World of Honeybees

with Reeves-Reed Arboretum

Friday April 24, 4-5pm

Ages 5-12. Learn how bees help us maintain a healthy ecosystem! In this hands-on program with Reeves-Reed Arboretum, we'll explore the roles of bees in the hive, the ways they communicate, and more! Registration required.

TEENS & TWEENS PROGRAMS

Practice SAT

Saturday April 18, 10am-1pm

Get a better sense of what to expect on the official SAT Exam day. FULL-LENGTH DIGITAL practice test and will take approx. 2.5 hours to complete. Registration required.

College Prep 101

Monday April 20, 7-8pm, Virtual

Ready, set, College! Let us help you navigate with Michael Cohen, Director of Instruction at CollegeWise.

RESOURCE OF THE MONTH:

New York Times

Get access to the newspaper The New York Times, wherever you are. Millburn cardholders must request access from the Library.

YOUTH FISHING DERBY - APRIL 11

The Newark Bait and Fly Casting Club's Annual Youth Fishing Derby will be held on Saturday, April 11, 2026 at Echo Lake Park in Westfield, NJ. The event is free for children under 16, and \$10 for adults who wish to participate. Monies from this derby is used for stocking in 2027 and adult prizes. Sign up will start at 6:30 a.m. and will end around 2 p.m. Prizes will be awarded at 1 p.m. to all children present. Grand prizes and Adult prizes will be awarded at our June meeting. Sign up can be in-person at the lake, on line at nbfcc.org.

Newark Bait and Fly Casting Club was founded in 1907 and is one of the oldest clubs in

the nation. As a 501(c)3 we provide outings to support veterans, adults and children as well as people with disabilities which focus on environmental education, fishing knowledge and practice. We are always looking for new members, donations and volunteers if anyone would like to get involved. Our monthly meetings are held at the Kenilworth VFW, located at 33 S. 21st. Street, Kenilworth, NJ, On the first Tuesday of each month at 7 p.m. (except July & August). There is no fee for attending a meeting. For more information visit nbfcc.org or contact Bob Jones bjonesjrj@hotmail.com or 908-403-0787.

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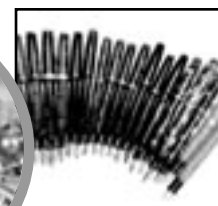
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OPERA AT FLORHAM PRESENTS REVENGE, ROMANCE & REVELRY

Sunday, April 12th, 2026 at 2:00 pm

Opera at Florham proudly presents *Revenge, Romance & Revelry: Scenes from Die Fledermaus*, an afternoon concert on Sunday, April 12th, 2026 at 2:00 PM at Lenfell Hall, The Mansion at Fairleigh Dickinson University (285 Madison Ave, Madison, NJ 07940).

This performance features a stellar cast: Soprano Abby Brodnick as Adele, Soprano Molly Dunn as Rosalinde, Mezzo Soprano Victoria Falcone as Prince Orlofsky, Tenor Eric Šebek as Alfred, and Heldentenor Tom Walters as Eisenstein.

WHY YOU CAN'T MISS IT

Revenge, Romance & Revelry: Scenes from Die Fledermaus presents highlights from Johann Strauss II's beloved Operetta, taking audiences back in time with a farce filled with love, laughter, wit, disguises, and deception amidst a glamorous masquerade ball. This concert is performed in the elegant, intimate setting of Lenfell Hall at The Mansion on the campus of Fairleigh Dickinson University, a stunningly perfect setting for a piece filled with such glamour.

Experience an enchanting Sunday afternoon performance filled with witty dialogue, alluring melodies, and a cast of captivating performers who bring the story to life right in front of your eyes – an afternoon you won't want to miss!

Tickets are \$30 for General Admission, with discounted tickets available for students. Visit operaatflorham.org for tickets and more information.

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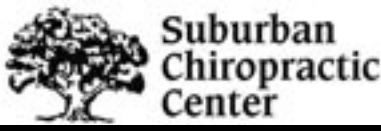
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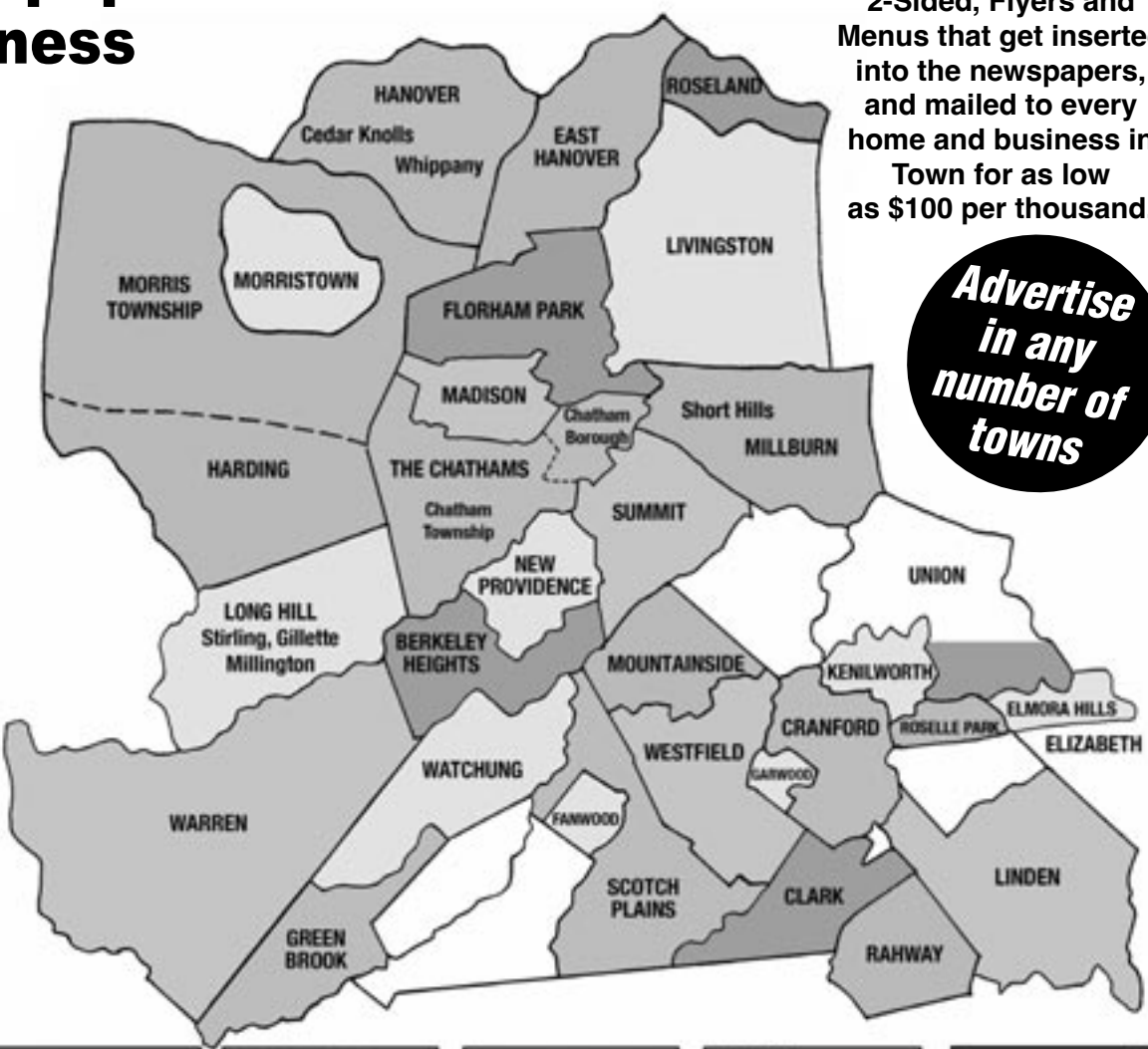
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STUDENTS ATTEND SPIRIT OF AMERICA YOUTH LEADERSHIP CONFERENCE

Sons of American Legion Squadron 140 - Millburn

Ten students from Millburn and surrounding communities recently participated in the Spirit of America Youth Leadership Program, a three-day leadership conference held February 26–28, 2026 at the Freedoms Foundation at Valley Forge. The students were nominated by Daniel Cannon, Commander of the Sons of the American Legion Squadron 140 – Guy R. Bosworth, and attended the program through sponsorship from the Military Order of World Wars (MOWW) – Philadelphia Chapter.

The students represented a combination of Scouting America Troop 19, chartered by St. Rose of Lima Church in Short Hills, and interns from the Millburn-Short Hills Historical Society, many of whom have contributed to local community service initiatives in recent years, including the community’s Millburn 250 program commemorating the upcoming 250th anniversary of the United States.

The Spirit of America program brings together high school students from across the region to explore American history, leadership, and civic responsibility. Throughout the weekend, participants engaged in workshops, mock congressional debates, and tours of historic sites including Valley Forge and Philadelphia, connecting the ideals of the Constitution with modern leadership challenges.

Students attending the program included

Charisma Akimwande, Sara Abraham-Winkler, Aditi Banerjee, Elena Katz, Justin Lambert, Ivy Paschkes, Isabella Rupprecht, Saanvi Saxena, Shaurya Tanna, and Shradha Vatsa.

Participants said the experience offered new perspectives on leadership and citizenship. Shaurya Tanna said the program changed his view of leadership. “The program challenged my idea that leadership is about one person directing others while everyone else simply follows. It made me realize that leadership is about bringing together everyone’s opinions and organizing them to produce the best possible outcome.”

Aditi Banerjee said the program deepened her understanding of the Constitution. “The experiences showed how the Constitution can be interpreted in different ways and how those interpretations shape political debates. It made me realize why citizens should reflect on different perspectives.”

Ivy Paschkes said the program reshaped her understanding of leadership. “It showed me that leadership is not only about leading others, but also about working together and being willing to learn from others.”

Reflecting on her biggest takeaway from the weekend, Isabella Rupprecht said the program highlighted the importance of thoughtful communication in leadership. “There are better ways to communicate with people who aren’t content with the direction or position of a group. The manner in which you speak to them can

make a positive impact on the path forward.”

Saanvi Saxena reflected on the responsibilities of citizenship. “American citizenship is a profound honor, and it is our responsibility to remain engaged in our communities.”

Justin Lambert said a keynote address from former Navy SEAL Captain Ryan Peters left a lasting impression. “His story encouraged us to seek out difficult opportunities and view challenges as chances to grow, even if that means learning through failure.”

Shradha Vatsa said she most enjoyed the collaborative learning environment. “The part of the program I enjoyed the most was the interactive workshops and discussions with other students. I liked hearing different viewpoints and working together to solve problems.”

Elena Katz encouraged other students to take part in the program in the future. “It’s a great experience if you are passionate about history. We were able to debate the Constitution, complete interactive stations, and visit historic sites like Valley Forge and Philadelphia.”

Daniel Cannon praised the students’ dedication to service and leadership. “These students represent the very best of our community,” he said. “Through their involvement in Scouting America and the Millburn Historical Society, they have already demonstrated a commitment to leadership, service, and preserving our nation’s history. The Spirit of America program provides them with an opportunity to deepen their understanding of citizenship and return home prepared to lead and inspire others.”



(above, l-r) Selected attendees from Millburn and surrounding communities are pictured at the Freedoms Foundation at Valley Forge during the Spirit of America Youth Leadership Program. Top row: Ivy Paschkes, Shradha Vatsa, Elena Katz, Charisma Akimwande, Sara Abraham-Winkler, Saanvi Saxena, Isabella Rupprecht. Bottom row: Shaurya Tanna, Justin Lambert, and Aditi Banerjee. Courtesy Photo

CASTING CALL
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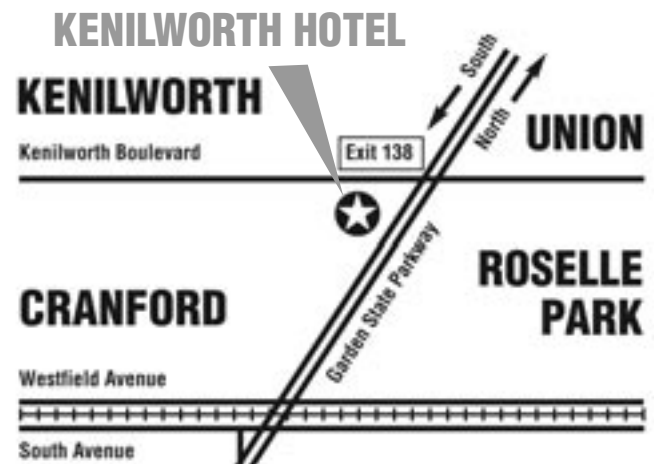
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