

PRESCHOOLERS LEARN A NEW WAY TO COMMUNICATE

Berkeley Heights Public Schools

At Mary Kay McMillin Early Childhood Center, students in Ms. Marconi's pre-school class have been enjoying a unique and engaging learning experience through a special partnership with the Governor Livingston High School Deaf and Hard of Hearing Program.

In collaboration with Mrs. Gauthier, Teacher of the Deaf at Governor Livingston High School, and her students, preschoolers are learning to sign words connected to their classroom curriculum. Ms. Marconi and Ms. Fagan, a paraprofessional who practices American Sign Language (ASL), share vocabulary words with the high school students. In return, the GLHS students create and send back videos demonstrating how to sign those words, helping the preschoolers learn a new way to communicate. Then, the preschool class sends Mrs. Gauthier and her students handmade thank you cards made by the pre-school students. While there is no specific plan yet, the hope is that the two groups of students will have an opportunity to meet in person before the end of the school year.

In addition to supporting early language development, the partnership also fosters connection between younger and older students, and introduces the preschoolers to a new language and way of communicating.

"This has been such a fun and meaningful experience for our students. They are not only learning new signs, but also gaining an understanding of Deaf culture and the many ways people communicate," shared Ms. Marconi.

Mr. James Finley, Principal at Mary Kay McMillin Early Childhood Center concluded, "I am so impressed by Ms. Marconi, Ms. Fagan, and their class. Their willingness to seek out and create this opportunity for their students is a testament to their teaching and the classroom environment they are creating. I thank Ms. Gauthier and her students for helping to make this experience possible."

Governor Livingston High School's Deaf and Hard of Hearing Program is open to qualifying students throughout the state of NJ. The program was established in 1977 and is approaching fifty years of service to students who are Deaf and Hard of Hearing. It offers exceptional opportunities to qualifying deaf and hearing-impaired students within the Berkeley Heights School District, as well as other students who attend from neighboring districts through a tuition-based program. The mission of the program is to empower Deaf and Hard of Hearing high school students to achieve their full potential by providing a supportive, inclusive, and accessible learning environment. Additional information can also be found at NJDeafProgram.com.



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42ND ANNUAL QUILT SHOW - APRIL 11



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Harvest Quilters of Central NJ will present their 42nd annual Quilt Show on Saturday, April 11, 2026. Sharing the Quilts 42 will be held at the Willow Grove Presbyterian Church, 1961 Raritan Road, Scotch Plains, NJ from 9 a.m. to 5 p.m. Admission is \$8 for adults and \$3 for children under twelve.

At 10:30 a.m., Katherine Evans will present "My Journey - Stitching Together an International Community of Quilters." Evans' talk will cover her years living in Brazil, Costa Rica and Mexico from 2007 to 2025. She'll highlight her outreach to local women who together developed sewing and design skills creating one-of-a-kind group quilts, many of which will be on display.

Wendy Sheridan of Rahway will be recognized as 2026's Featured Quilter.

Sheridan is an award-winning multidisciplinary artist whose work spans fiber, watercolor, ink, and acrylics. With a lifetime of experience in fabric and fiber arts, she has created quilts, housewares, and costumes, serving as costume mistress for the Union County Academy for the Performing Arts from 2008–2012.

Her fiber art installation "What We Did This Summer," in collaboration with Lauren Reidy, has been on display at the New Jersey Transit Rahway station in the fall/winter of 2025-2026. "I love bold color, an explosion of color shows up in all my art forms," said Sheridan, a retired electrical engineer and technical writer.



(above) *Featured Quilter, Wendy Sheridan of Rahway*

Courtesy Photo

Local charities will benefit from drawings for a traditional queen-sized quilt with a modern flair, gift cards and craft themed gift baskets.

In addition to viewing a full array of modern, traditional, art and wall-hanging quilts, attendees can participate in viewer's choice awards, kid's crafting table and vendor sales area.

A tearoom offering lunch, snacks, homemade baked goods, and beverages will benefit Willow Grove Church programs.

For additional information, please contact harvestquilters.com or with questions email: harvestquiltersnj@gmail.com.



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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...



SEEKING HIGH-VOICED HARMONY SINGERS

Hickory Tree Chorus

Love singing a cappella harmony? The award-winning Hickory Tree Chorus is seeking singers in the high, medium, and low ranges (but all voices are welcome)!

Performing in communities throughout northern and central New Jersey, the chorus enjoys singing recognizable popular songs - arranged in rich four-part harmony.

Fresh off their top-scoring performance at the 2025 Sweet Adelines Region 15 competition, the chorus has earned a coveted spot in the Harmony Classic at the 78th Annual Sweet Adelines International Competition in Columbus, Ohio, October 2026. Now, they're building their sound for the world stage.

Open auditions will be held in Stirling between 6:30-7:00 p.m. on Wednesday evenings from

March 4 until April 8, 2026, and will take less than 10 minutes (flexible scheduling is available). Singers are asked to perform a brief a cappella song of their choice. No experience required, just a love of singing and a desire to grow.

For details and to schedule your audition, email us at info@hickorytreechorus.org or call 908-337-8810.



(above) Hickory Tree is an award-winning women's chorus dedicated to advancing the musical art form of four-part a cappella harmony sung in the barbershop style. We are dynamic, diverse women, passionate about music, performance, fun & friendship. Our musical journey of ringing chords and sparkling overtones drives personal growth and relationships that last a lifetime. As a chapter of Sweet Adelines International Organization, The Hickory Tree Chorus has been entertaining audiences in the New Jersey area since 1968. We believe every voice counts and encourage women singers of all ages colors, ethnicities, and orientations to visit us and share our joy of music.

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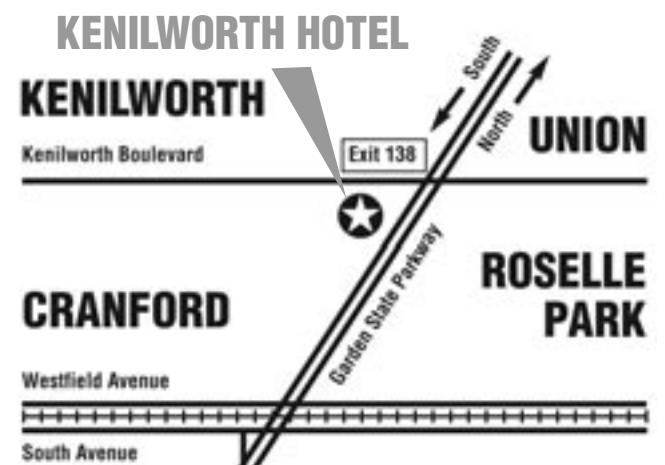
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ROTARY CLUB INDUCTS NEW MEMBER

The Rotary Club of Mountainside is pleased to announce the induction of Marlene Perez-Santalla into its growing membership. A Mountainside resident and Realtor Associate with Compass, Marlene brings a strong commitment to community and professional excellence.

Ray Freaney, Past District Governor, did the honors. “Our club continues to grow with individuals who are passionate about service and community involvement,” said Club President Rose Marie Sinisi. “Marlene’s professional background and dedication to helping others make her a wonderful addition to our Rotary family.”

The Rotary Club of Mountainside welcomes community members who are interested in fellowship, leadership and service projects that make a meaningful impact both locally and globally.

The club meets Thursdays at 12:00 p.m. at Mosaico, except for the third Thursday of each month when members gather at 5:30 p.m. at an alternate location announced in advance.

For information about membership or to confirm meeting details, contact Rose Marie Sinisi at rotaryrose@yahoo.com or 908-625-7097.

MOBILE MEALS ANNUAL APPEAL

Mobile Meals of Westfield’s new President, Solange Bueno, continues the non-profit organization’s annual appeal solicitation to raise capital from supporters and organization volunteers to help fund the food program for those individuals unable to prepare or shop for food for themselves. Mobile Meals has served the communities of Clark, Cranford, Fanwood, Garwood, Mountainside, Scotch Plains and Westfield in providing hot, affordable, prepared meals delivered to client residences since 1968. The non-profit receives no government funding and relies on contributions from donors and grants to sustain the cost of food and operations.

Mobile Meals of Westfield continues to seek donations from the community now. A \$55 donation will provide lunch and dinner for one person for one week. A \$220 donation provides lunch and dinner for 20 people. Donations in any amount are most sincerely appreciated.

For anyone interested in donating to Mobile Meals of Westfield, please call 908-233-6146, or visit mobilemealsofwestfield.org/donate, or scan this QR code.



AMERICA 250 – MOUNTAINSIDE CELEBRATION

In 2026, the United States will mark a historic milestone — the 250th Anniversary of the signing of the Declaration of Independence on July 4, 2026.

Mountainside is proud to join communities across the nation in commemorating this extraordinary moment in American history.

Throughout this year, a series of special events and programs will take place right here in Mountainside, coordinated by the Mountainside Historic Committee, Mountainside Public Library, our civic organizations, Mountainside Borough leadership, and in partnership with our schools and local history programs.

America 250 is an opportunity to:

- Reflect on our nation’s founding principles
- Celebrate the history and spirit of our community
- Engage students and families in meaningful

educational programs

- Honor those who have contributed to our local and national story


We will be sharing a calendar of upcoming events, activities, and ways to participate.


We are also seeking resident volunteers who would like to help plan, organize, and support this once-in-a-generation celebration. If you are passionate about history, community service, event planning, education, or simply want to get involved — we would love to hear from you!

Let’s come together as a community to make America 250 in Mountainside a celebration to remember.

Stay tuned for more details — and thank you for your continued community spirit!

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MEMBERS BRING HEART, STYLE AND SERVICE TO THE COMMUNITY

Westfield Service League

The Westfield Service League continues to prove that community service can be as joyful as it is meaningful. While local grants each year are made possible through our thriving Thrift & Consignment Shops, our members' impact stretches far beyond our storefronts.

This past year, our volunteers brought smiles and style to Cranford Senior Housing with a lively fashion show and pop-up boutique. Residents enjoyed a front-row seat as our members modeled curated looks — fun, fashionable and all from our Shops. The boutique allowed seniors to browse beautiful, affordable pieces right in their community, making the afternoon entertaining and empowering.

Our outreach didn't stop there. Members gathered much-needed items for Sir Henry's Closet at Rutgers Basic Needs Center, before closing for the summer. These clothes and accessories help college students access essentials that support their well-being and academic success and extend our mission of care to young adults building their futures.

In addition, volunteers delivered Mobile Meals each week to homebound seniors, as well as worked the Westfield Food Pantry each month to those experiencing food insecurity.

So whether we're hosting events, stocking shelves, delivering meals or uplifting individuals, we take pride in strengthening our community through hands-on service.

To learn more about the Westfield Service League, visit our website at: thewestfieldserviceleague.org. Or visit us at 114 Elmer Street in Westfield. We are open Tuesday - Friday, 9:30-4 and Saturday, 10-4.

Follow us on Instagram, Facebook and TikTok for special offers, promotions and events. Proudly servicing the community since 1932.



Courtesy Photo



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"ALWAYS READY FOR CHILDREN" ACCREDITATION

The Mountainside Rescue Squad is proud to announce that we have been awarded the New Jersey Department of Health's "Always Ready for Children" accreditation. We are the 5th EMS agency in the state to earn this accreditation and the second volunteer agency to do so. This accreditation reflects our commitment to providing the highest level of care to our pediatric patients through training, preparation, and strong

clinical standards.

A special thank you to EMT Brianna Boxwell, who led this effort and worked closely with our medical director, state partners, and squad members and leadership to bring this accreditation to completion. We're also proud to share that Brianna will be serving as our Pediatric Emergency Care Coordinator (PECC). This achievement was made possible through the

dedication of our squad members and leadership and the support of our medical director and town council. This is the standard we hold ourselves to and this accreditation proves it.

Eric D. Pastore

Chief/EMT

Mountainside Rescue Squad

Union County Deputy EMS

Coordinator #5304



(above) EMT Brianna Boxwell (holding the "Always Ready for Children" accreditation certificate), surrounded by Squad members, Valerie Wass from Mountainside Borough Council, RWJBH Medical Director, EMS Physician, and our RWJBH liason, and NJ OEMS officials.

Courtesy Photos



(above, l-r) Chief Eric D. Pastore, NJ OEMS Fatima Manzoor, EMT Brianna Boxwell

RESCUE SQUAD IS IN NEED OF VOLUNTEERS

The Mountainside Rescue Squad is in need of Mountainside residents, over the age of 18, willing to help their fellow neighbor. We pay for all training and no experience is necessary. If you or someone you know has ever considered

joining please give us a call at 908-233-6338 or email us at squad@ems22.com, and we will answer any questions you may have. If you're ready to join, please fill out an application at www.ems22.com/join.

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WHAT IS THE SECRET TO LONGEVITY?

Flintlocks BSA, Inc.

Studies show that generous people live longer; and that frequent social interaction is important for longevity. Combine them and what do you get? The Flintlocks! On Thursday, February 19, 2026 they celebrated birthdays of two of their members Joe Schott at 104, and George Van Dyke, 90. Another member who is 95 was too shy. Generosity, social interaction, staying active, and doing some good in the world, help with longevity.

The Flintlocks are volunteers who get together every week to have fun and provide manpower to support Scouting. They are not associated with firearms. The name comes from an old device which is still useful, implying that they are old guys who are still useful. They maintain 3 scout camps and two scout shops, have built new buildings, repair older ones, and provide volunteer manpower for scouting activities. By keeping the camps in good shape, it enables the youth to have good experiences with outdoor activities.

The Flintlocks celebrated their 38th year anniversary of service this year. They provide approximately 6,000 hours of volunteer skilled labor at the camps and council activities every year. The Flintlocks BSA, Inc. is a 501c3 consisting of 28 retired scouters who support the Patriot's Path Council (PPC) of Scouting America, (formerly Boy Scouts of America). The PPC serves 11,800 scouts in over 300 scouting

units in five counties of northern New Jersey.

The Boy Scouts of America changed their name to Scouting America to reflect the fact that they opened membership to all youth in 2019. There are over 176,000 females in the program, and 8,000 young women have achieved the rank of Eagle Scout to date. The purpose of including girls was to include entire families in the program. The Scouting program focuses on developing good citizens, ethical conduct, learning useful skills and hobbies, exploring careers, and making lifelong friends. The website for the Patriots' Path Council is ppcbbsa.org.

Cub Scouts consist of all girl Packs or all boy Packs which include children in kindergarten through 5th grade. Scouts consist of all girl Troops or all boy Troops from 5th grade through age 18. Three additional programs are coed, and go from age 14 up to age 21: Sea Scouts – which focus on learning to run ships; Explorers- which focus on specific careers; and Venture Crew - which go on high adventure trips. To find a scout unit near you, go to the website beascout.org.

The Flintlocks meet every Thursday from 8 a.m. to 2 p.m. at Camp Winnebago, 102 Timberbrook Road, Rockaway, NJ. Guests are always welcome.

Their Facebook page show photos of their activities. Google "Flintlocks88". If interested, contact Secretary Dr. Michael Hart drmhart@yahoo.com.

Help Us Refill WHAT THEY'VE GIVEN.

Our veterans spent years filling our nation's cup with courage, service, and sacrifice, and now that cup is running low. With this campaign, we're asking our community to help refill it.

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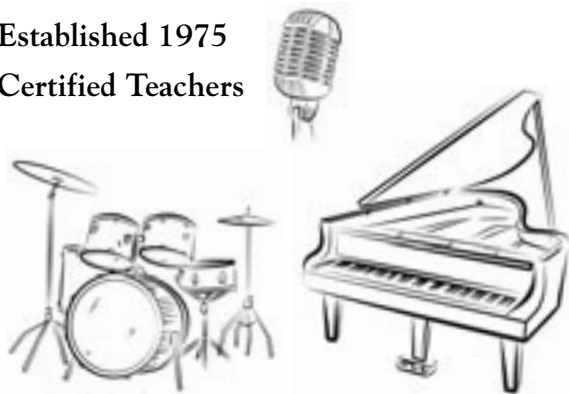
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(above) The Flintlocks volunteer group recently celebrated two birthdays: Joe Schott sitting behind the cake is 104, and George Van Dyke sitting next to him (with beard), is 90 years old. The Flintlocks range in age from 63 to 104, with the average age 75. Guests are always welcome.

Courtesy Photo

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INTERGENERATIONAL ORCHESTRA PRESENTS FREE CONCERT

The New Jersey Intergenerational Orchestra (NJIO) invites the public to a free concert celebrating music has inspired national pride on Sunday, May 3rd at 3pm at the Crescent Avenue Presbyterian Church in Plainfield, NJ.

NJIO's three orchestras (Prelude, Intermezzo, and Symphony) will present music by Mozart, Grieg, Vaughn Williams, and more, culminating in Sibelius's Symphony no.2.

NJIO concerts provide a relaxed concert atmosphere: no dress code, assigned seating, ticketing, or shushing. To ensure all audience

members feel comfortable, NJIO offers a Concert Comfort Station in the concert lobby where attendees can borrow additional cushions, fidget toys, coloring pages and crayons, and large print program books.

This concert is the final performance for NJIO's 2025-2026 season. Information on NJIO's summer education programs is available now at www.njio.org/summer and an announcement about the 2026-2027 concert season will be available in July.

This free concert is made possible by funds from the New Jersey State Council on the Arts, a partner agency of the National Endowment for the Arts, and our season sponsors: the Frank and Lydia Bergen Foundation, the Plainfield Foundation, The Henry S. and Agnes M. Truzack Foundation, Standish Foundation, and many other generous supporters. NJIO is a proud participating organization in the Families First Discovery Pass Program, a program of the NJ Departments of Health and Human Services.

EVENT DETAILS:

NJIO's Spring Concert: "The National Spirit"
Sunday, May 3rd, 2026 at 3pm
Crescent Avenue Presbyterian Church
 716 Watchung Ave, Plainfield, NJ 07060
Admission: Free, no tickets required

NJIO is committed to ensuring that its programs and concerts are accessible. For more information regarding the concert or to inquire about patron services, please contact NJIO at info@njio.org, or visit NJIO's website www.njio.org

ABOUT NJ INTERGENERATIONAL ORCHESTRA:

New Jersey Intergenerational Orchestra, now in its 32nd season, creates accessible opportunities for people of all ages and stages of life to joyfully participate in classical music. Recognized nationally as an Intergenerational Program of Distinction by Generations United, NJIO welcomes new members of all ages and abilities to one of its orchestras, depending on space availability – no audition required!

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 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

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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 4:30 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.

All are welcome! For questions about book donations, sales, volunteering, or the Summit College Club and its scholarships, please email summitcollegeclub@gmail.com or go to summitcollegeclub.org.

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FINISHING THE HAT: THE MUSIC OF SONDHEIM AT THE SIEMINSKI THEATER APRIL 19

The Actors Studio of New Jersey and The Sieminski Theater proudly present *Finishing the Hat: The Music of Sondheim*, a spectacular tribute to the legendary composer and lyricist Stephen Sondheim. This exciting collaboration marks the first producing partnership between the two acclaimed arts organizations, joining forces to pay tribute to one of musical theater's most influential voices.

Performances will take place Saturday, April 18 at 7:30 PM and Sunday, April 19 at 2:30 PM at The Sieminski Theater in Basking Ridge, New Jersey. Tickets on sale and available through the Sieminski Theater website at

SieminskiTheater.org

or box office at 908-580-3892

Finishing the Hat: The Music of Sondheim is an unforgettable musical journey through Sondheim's unparalleled body of work, featuring songs from his most celebrated musicals, including *Company*, *Into the Woods*, *Merrily We Roll Along*, *Sweeney Todd*, *Follies*, *A Little Night Music*, *Sunday in the Park with George*, and *A Funny Thing Happened on the Way to the Forum*, among others. Audiences will experience the brilliance, complexity, and emotional depth of Sondheim's music and lyrics in a performance that honors his timeless artistry and profound impact on the art form.

"Collaborating on this production is a thrilling opportunity to bring together two creative forces dedicated to enriching the performing arts in

New Jersey," said Michael Restaino, Artistic Director of The Actors Studio of New Jersey. "Sondheim's music reminds us of the beauty and intricacy of storytelling through song - something we are proud to share with audiences at The Sieminski Theater."

ABOUT THE SIEMINSKI THEATER:

Bringing a professional performing arts venue with a diverse lineup of entertainment to Basking Ridge and the surrounding communities makes the Sieminski Theater and Somerset County an artistic and cultural destination. Enjoy a newly expanded performance schedule from American Theater Group, Light Opera of New Jersey, New Jersey Festival Orchestra, Trilogy Repertory, The Actors Studio of New Jersey and countless national touring groups. Our intimate, award-winning non-profit venue features technical amenities that rival any Broadway theater. Visit us at www.sieminskitheater.org to view our upcoming entertainment schedule, where any seat is the best seat in the house.

ABOUT THE ACTORS STUDIO OF NEW JERSEY

The Actors Studio of New Jersey is a nonprofit professional theater company dedicated to fostering excellence in the performing arts through powerful storytelling, dynamic productions, and arts education. The Actors Studio of New Jersey is committed to producing high-quality theatrical experiences that celebrate creativity, accessibility, and community engagement.

ORCHESTRA PERFORMS ONE THOUSAND AND ONE NIGHTS

The New Jersey Festival Orchestra brings its season to a close with *One Thousand and One Nights*, an evening shaped by storytelling, imagination, and the vivid orchestral palette of two beloved works. Performances will take place on Saturday, May 30, at 7:00 pm at The Presbyterian Church in Westfield, and Sunday, May 31, at 2:30 pm at the Sieminski Theater in Basking Ridge.

The program pairs the elegance of Joaquín Rodrigo with the sweeping narrative of Nikolai Rimsky-Korsakov, inviting audiences into a world where music and myth intertwine. At its center is internationally acclaimed Slovak guitarist Karol Samuelčík, whose appearance is presented in collaboration with the Slovak American Cultural Center.

Samuelčík takes the stage in Rodrigo's *Fantasia para un gentilhombre*, a work that draws from Spanish baroque dances and unfolds with graceful lyricism and rhythmic vitality.

A seasoned international performer, Samuelčík has appeared across Europe, Asia, and the Americas, with engagements at venues including London's Purcell Room and Shenzhen Concert Hall.

The program culminates in Rimsky-Korsakov's *Scheherazade*, a work long associated with the fantastical tales of *One Thousand and One Nights*. Though the composer ultimately removed explicit programmatic titles, the music retains its narrative spirit; waves swell and recede, melodies shimmer and twist, and the orchestra becomes a storyteller in its own right. Echoes of distant voyages, whispered secrets, and unfolding drama emerge through richly layered textures and luminous orchestration.

Tickets are available at

www.njfestivalorchestra.org/concerts

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Student discounts are available to high school and college students.

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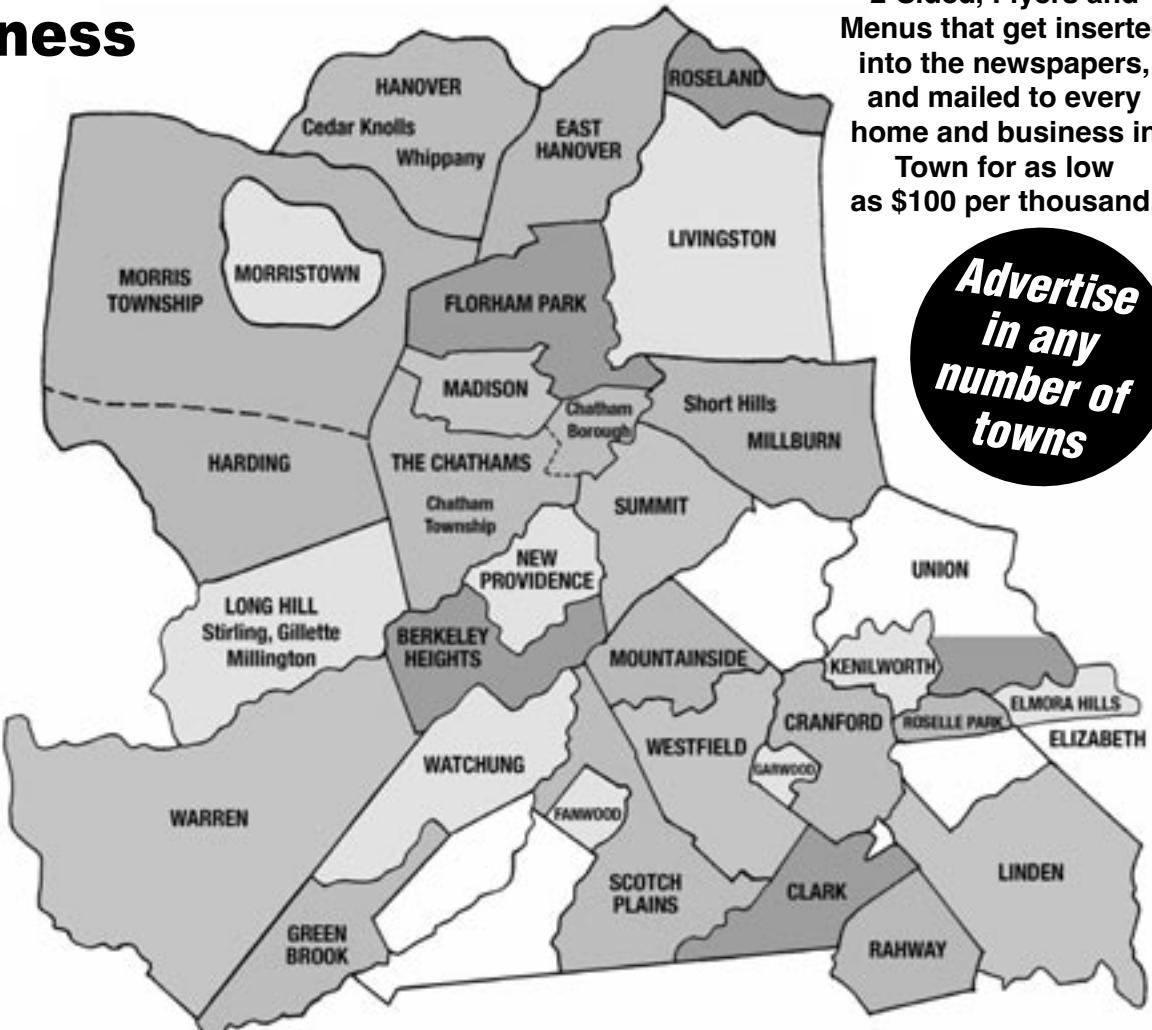
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A DIFFERENT APPROACH TO STRENGTH TRAINING.

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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Marvelous Mountainside

NOW is the time! **Spring is Here!**

**Spring is the perfect time to get your home ready to list.
Many buyers are out there looking to move
into their new forever home!**

*Call Diane for her guidance in preparing your home for the market!
Her team of local and experienced experts will guide you in smart
repairs and or STAGING to make your home SHINE above the rest.*

Testamonal:

Diane Kontra is extremely knowledgeable, professional and very dedicated. She walked me through each process of selling my home. She staged our house beautifully. I didn't have to worry about a thing as she just led me in each step. She helped us in so many ways beyond my imagination. I was so overwhelmed with all of it and Diane just had a way to make me feel that it would all work out and be ok. The thought of packing up my home of 20 years was enough to send me in a whirlwind not to mention the stress of selling. But Diane, never crumbled, she took it all with a grain of salt and just calmly offered her help and there she was packing up my house with me. This woman works so hard and deserves a great deal of recognition. I don't know what I would have done without her, Thank you Diane Kontra!

- ★★★★★ Local knowledge
- ★★★★★ Process expertise
- ★★★★★ Responsiveness
- ★★★★★ Negotiation skills



10 Tree Top Drive Springfield
Stellar Location with outstanding Views, Begin your Story here.

“Selling Mountainside & Springfield One Yard at a Time!”

Please call me to discuss your unique market strategy.



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