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## STIRLING VOLUNTEER FIRE CO. AWARDS FIREFIGHTERS

Submitted by Firefighter Frank Reilly

At this year's annual Firefighters awards dinner Stirling Vol. Fire Company President Nick Pepe was the master of ceremonies and announced the two most prestigious firefighter awards. They are awarded to firefighters who dedicated exceptional time and expertise to the Fire Co. Firefighter of the Year award to Frank Liberato and the President's outstanding service award to Randy Wojtech.

Pepe then presented special recognition awards to two non-firefighters for their extraordinary assistance to the firefighters for their administrative work, April Zangari for on-going administrative assistance to the Fire Chief and Lori Falzarano for her work with the Firefighter's Relief Association.

Special recognition was given to firefighters for their "Years of Service" to the Fire Company.

- 60 Years of service to George Armenti
- 30 Years of service to past Fire Chief Steve Remington
- 25 Years of service to past Fire Chief Al Gallo

The above three received an award and a resounding Thank You standing ovation.

- 20 Years to Jordan Nigro
- 10 Years to Dan Murphy

A special award was presented to past Fire Chief Al Gallo who retired from that position at the end of last year. President Pepe highlighted Chief Gallo's 25 years of service and dedication to the Fire Company. It is the custom of the Fire Company to honor an out-going Fire Chief since it is a very challenging and time-consuming job that requires considerable firefighting expertise and administration talents. That you Al for your exceptional dedication!



(above) George Armenti (60 year member) with Fire Chief Al Gallo (25 years) photo taken Memorial Day 2025.

## FIREFIGHTER'S PANCAKE BREAKFAST A SUCCESS

Stirling Volunteer Fire Co. firefighters extend a hearty thank you to the more than 200 attendees of their March 1st Pancake Breakfast fund raiser. It was a big success and those who enjoyed the breakfast left the firehouse thanking the firefighters for their dedication, outstanding breakfast, and for this community outreach event. They overwhelmingly said the food was excellent and the service in taking orders and delivery of breakfast was fast and courteous.

Special thanks go to the breakfast sponsors: Angie's Delicatessen of Gillette for donating the eggs (60 dozen) and breakfast potatoes, Starbucks of Gillette for donating coffee, cups, sweeteners, etc, the Kenilworth Diner for pancake mix, and the Millington Station Café for condiments. Also, thanks to the Long Hill Township's Boy Scout Troop 56, the Long Hill Twp Girl Scouts, and firefighter wives for helping as servers and busing the tables promptly. Working alongside the firefighters they made this a success.



(above) George Armenti gets instructions from Chief Steve Remington at a large building fire in subzero weather a few years ago.

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# Long Hill LEADER

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Long Hill Leader is published by Renna Media. 3,500 newspapers are printed monthly and mailed to every business and resident in Long Hill, NJ. Although great care has been taken to ensure the information contained within is accurate, Renna Media assumes no liability for errors or omissions.

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## SEND US YOUR NEWS

Do you have a community service that you need help publicizing? Did you or someone you know accomplish something amazing? We are interested in hearing about your latest achievement (honor, award, etc.), send us your news! **Email: editor@rennamedia.com**

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## ELKS TOWNWIDE GARAGE SALE - MAY 2

Saturday, May 2, 2026, 8am - 3pm, RAIN OR SHINE

## 4TH ANNUAL CRAFT FAIR - MAY 9TH

The 4th Annual Stirling Elks Lodge Craft Fair to be held on Saturday, May 9th from 10 a.m. to 3 p.m. Just in time for Mother's Day! Over 40 vendors will be in attendance. Come shop for Mother's Day gift, graduation gifts and more. Pottery, Ceramics, Linens, Handpainted glassware, sea glass items, kitchenware, holiday

and outdoor decor, gift baskets, jewelry soaps and so much more. Donation Drop-Off (Stirling Elks Lodge): Monday, May 11, 4-8 p.m.; Tuesday, May 12, 9 a.m.-12 p.m.; and Friday, May 15, 9 a.m.-12 p.m. and 4-8 p.m.

For more information, please contact [longhillmom@gmail.com](mailto:longhillmom@gmail.com).

## CHILDRENS' CLOTHING SWAP SEEK DONATIONS

### Moms Club of Long Hill

The Moms Club of Long Hill will host a community clothing swap at the Stirling Elks Lodge, 1138 Valley Road, Stirling. The event is open to the public.

The club is accepting donations of gently used children's clothing, shoes, toys, and books for children of all ages, from infant through teen. For safety reasons, car seats, cribs, recalled items, and damaged goods will not be accepted.

The Clothing Swap will take place on Saturday, May 16, from 10 a.m. to 2 p.m. Admission is \$5 per family (waived for anyone experiencing financial hardship) and allows participants to take home as many items as they can carry. Payment will be accepted via cash or Venmo.

Donation Drop-Off (Stirling Elks Lodge): Monday, May 11, 4-8 p.m.; Tuesday, May 12, 9 a.m.-12 p.m.; and Friday, May 15, 9 a.m.-12 p.m. and 4-8 p.m.

For more information, please contact [longhillmom@gmail.com](mailto:longhillmom@gmail.com).



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# THE BEATLES

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**JUNE 27, 7:30 PM**

An Early and Latter Beatles Tribute

# THE STRANGE "PILL" A BERKELEY HEIGHTS GYM IS GIVING THEIR CLIENTS OVER 40 — AND WHY THEY SWEAR IT'S MAKING THEM FEEL 6 - 26 YEARS YOUNGER

The "pill" isn't a pill at all. It's a barbell. A set of dumbbells. A kettlebell that feels impossibly heavy on day one and strangely light eight weeks later. And the gym is Gabriele Fitness in Berkeley Heights — guilty as charged — because what they've been doing with their 40+ year old clients really does feel like cheating.

Here's what nobody tells you about life after 40: the exhaustion, the stiffness in your lower back when you stand up from the car, the weight that seems to settle around your middle no matter what you eat, the flight of stairs that leaves you slightly winded — none of that is "just getting older." It's the predictable result of losing muscle. After forty, adults lose roughly 1% of their muscle mass every single year if they don't fight for it. Every month you wait, a little more slips away. By sixty, that compounds into something that feels a lot like aging but is actually something much more fixable.

Lifting weights reverses it. When clients start training, the first thing they notice isn't the number on the scale — though that changes too. The first thing they feel is vitality. They start sleeping deeply through the night. They feel strong and see muscles they didn't know they had. Posture improves. The nagging knee and back pain quiets down because the muscles are finally doing their job. Blood pressure numbers their doctors have been nagging them about for years finally start to move. Energy returns — the kind of energy that makes you volunteer to chase the grandkids around the yard instead of watching from the porch.

The science is almost unfair. Strength training rebuilds the muscle that protects your joints. It revs a slowing metabolism. It triggers the hormones that govern mood and sleep. It rebuilds bone density and sharpens the mind. One behavior, dozens of benefits — stacking on top of each other, week after week.

Most people over 40 come in with something — a bad shoulder, a tweaky knee, a

back that went out once and never quite forgave them. That's normal, and it's not a reason to stay on the sidelines. A good program works around those things, not through them. The movements get adjusted, the load gets scaled, and the body gets stronger in the positions it actually lives in. What usually happens over a few months is the opposite of what people expect walking in: the aches they'd written off as permanent start to quiet down.

Here's what separates Gabriele Fitness from the other guys: our clients are busy. They don't have time to figure out what they should be doing in the gym, and they shouldn't have to. They want to show up, have someone tell them exactly what to do, and know it's safe, effective, and dialed in to meet them right where they are that day.

People training on their own or grinding through large group cardio classes don't get that. They either get a workout built for the masses, or they don't get the accountability they need to keep showing up. Neither is what adults over 40 need. They need programming built around their schedules, their training histories, their goals, and the joints they've been using for four or five decades. Every minute of every session is watched by a coach — which means every exercise has a purpose, and every workout has them leaving feeling better than when they walked in.

That's why they keep showing up. Not because they love working out — most of them didn't when they started. They keep showing up because they can feel it working. Because the "pill" is real. Because five, ten, sometimes fifteen years seem to peel off their bodies in the process — and for the next two weeks, we're letting 13 new people feel it for themselves, free.

Don't take our word for it. The faces below belong to accountants and teachers and grandparents and business owners — your neighbors, basically. Read what they say in their own words, then decide if it's your turn.



I feel better at 40 than I did at 26!



I feel better at 58 than I did at 45!



I feel better at 56 than I did at 47!



I feel better at 41 than I did at 35!



I feel better at 56 than I did at 35!



I feel better at 57 than I did at 45!



I feel better at 47 than I did at 40!



I feel better at 50 than I did at 40!



I feel better at 72 than I did at 60!



I feel better at 46 than I did at 38!



I feel better at 51 than I did at 25!

**GABRIELE FITNESS HAS OPENED 13 SPOTS FOR LOCAL RESIDENTS TO EXPERIENCE THEIR PERSONAL TRAINING PROGRAM...FREE FOR 14 DAYS. OFFER EXPIRES MAY 6TH!**

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# WARREN LIONS CLUB EXPO WILL BE HERE SOON!

4 Days of extravaganza, June 10th to 13th, 2026, with a grand Fireworks Show on Fri, Jun 12th

Before you know it, the Warren Lions EXPO will be in town. We are less than 2 months away. The EXPO is the biggest social and commercial event, 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.

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.

Our Event sponsor is NextHome Realty. We are also supported with Corporate sponsorship from Goddard School Basking Ridge, Mira Vie, Lightbridge Academy, Warren Oral Surgery, Atlantic Health Warren Pavilion, Temple Har Shalom and Orchard Academy, Lawrence Law Firm, and Warren Hills Orthodontics.

### 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 throughout New Jersey.

### THE LIONS CLUB OF WARREN TOWNSHIP

When caring people come together, roll up their sleeves and take actions to make their community better, it's a beautiful thing and an incredible feeling for everyone involved. That's Lions. Being a Lion is about leading by example, building relationships and improving the world through kindness.

Lions Clubs International is made up of 1.4 million members in 50,000 clubs who bring hands and hearts to the communities we serve in nearly every country on earth. Our Lions and Leos help hundreds of millions of people every year.

Lions Clubs International Foundation (LCIF) provides grants that empower the service of our members. Since its inception in 1968, LCIF has awarded more than US\$1.3 billion in grant

funding.

The Warren Lions Club currently has more than 100 active members from the Township as well as surrounding communities. Members include business and professional leaders who provide humanitarian services, encourage high ethical standards in all vocations, and help build goodwill and bonding in the communities.

All funds raised by the Lions Club of Warren Township are used to support a wide variety of community service organizations and projects. The Club holds dinner meetings every second and fourth Wednesdays of the month from September through June and occasionally feature speakers, donation recipients and special guests that inform and entertain. The Club encourages all members to help set the direction of our Club, participate in leadership roles, and identify causes to support and the Club's priorities, while fostering camaraderie and advancing our mission.

### OUR MISSION AND MOTTO

To empower volunteers to serve their communities, meet humanitarian needs, encourage peace, and promote international understanding through Lions clubs.

Our motto: "WE SERVE."

Our Vision: To be the global leader in community and humanitarian service.

To learn more about us, please visit our Warren Lions Club website [www.warrenlionsclub.org](http://www.warrenlionsclub.org) and our social media page [www.facebook.com/warrenlionsclub.org](http://www.facebook.com/warrenlionsclub.org)

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**EXPO 2026**

The Lions Club of Warren Township proudly presents our 58th Lions Expo! Calling all families and thrill-seekers! Get ready for a few nights of non-stop fun, laughter, and excitement at our annual Lions Expo!

**JUNE 10-13 6:00 PM - 10:00 PM**

EXPO ADMISSION \$2.00  
KIDS UNDER 5 ARE FREE  
PAY ONE PRICE WRISTBANDS AVAILABLE EVERY NIGHT.  
WRISTBANDS OR TICKETS REQUIRED FOR ALL RIDES.

EXPO ADMISSION, WRISTBANDS, RIDES, GAMES, AND OTHER PURCHASES SUPPORT OUR CHARITABLE INITIATIVES, LOCAL ORGANIZATIONS, YOUTH PROGRAMS, AND EVENTS THROUGH THE WARREN LIONS CLUB.

**WARREN TOWNSHIP MUNICIPAL GROUNDS**  
46 MOUNTAIN BLVD, WARREN, NJ

The Warren Lions Expo will feature rides, games, food, vendors & entertainment with a FIREWORKS display FRIDAY night!

10,000 PEOPLE ATTEND EXPO EVERY YEAR!  
For information & sponsor opportunities, call Anthony Franchini at (908) 334-9304. or visit the Warren Township Lions Club online at [www.WarrenLionsClub.org](http://www.WarrenLionsClub.org)

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## CONCERT FEATURES RENOWNED SLOVAK GUITARIST

The New Jersey Festival Orchestra (NJFO) concludes its season with *One Thousand and One Nights*, presented in collaboration with the Slovak American Cultural Center (S-ACC). Showcasing international artistry and cultural exchange, the program features acclaimed Slovak guitarist Karol Samuelčík as guest soloist.

Performances will take place on Saturday, May 30, 2026 at 7:00 pm at The Presbyterian Church in Westfield, and Sunday, May 31, 2026



(above) Slovak Guitarist Karol Samuelčík

at 2:30 pm at the Sieminski Theater in Basking Ridge.

At the heart of the program, Samuelčík brings his artistry to Joaquín Rodrigo's *Fantasia para un gentilhombre*, a work inspired by Spanish baroque dance traditions and celebrated for its elegance, lyricism, and expressive vitality.

"The Slovak-American Cultural Center is thrilled to partner—again—with the NJFO to introduce world-renowned guitarist Karol Samuelčík to American audiences," writes S-ACC Board Member and longtime NJFO supporter Tanya Pulver. "Performing Joaquín Rodrigo's celebrated *Fantasia para un gentilhombre*, Samuelčík promises to enchant

listeners, pairing the concerto's historic elegance with his signature vibrant energy and technical brilliance."

Born in Banská Bystrica, Slovakia, Samuelčík trained at the Academy of Music and Performing Arts in Bratislava, graduating with the institution's highest honor, the Prize of the Rector. He has performed throughout Europe, Asia, and the Americas, appearing with leading orchestras and in renowned venues including London's Purcell Room and Shenzhen Concert Hall. A prizewinner of numerous international competitions, he is also an educator at the Academy in Bratislava, a recording artist, and a respected scholar, having published a landmark work on guitar technique in 2022.

The program culminates in Nikolai Rimsky-Korsakov's *Scheherazade*, a cornerstone of the orchestral repertoire inspired by the legendary tales of *One Thousand and One Nights*. With sweeping melodies and vivid orchestral color, the work evokes a world of distant voyages, mystery, and imagination, bringing these timeless stories to life.

Blending international collaboration with evocative repertoire, *One Thousand and One Nights* offers a richly imagined and memorable close to NJFO's season.

Tickets are available at [njfestivalorchestra.org/concerts](http://njfestivalorchestra.org/concerts) or by calling (908) 232-9400.

Student discounts are available.

## OPERA AT FLORHAM INTERNATIONAL COMPETITION SUNDAY, MAY 17, 2026 AT 2:00 PM

Opera lovers won't want to miss this thrilling opportunity to experience the next generation of Opera stars before they take the world stage. Opera at Florham proudly announces its 36th Annual International Vocal Competition, a celebrated event that continues to attract exceptional talent from around the world. Established in 1987 in honor of the organization's benefactor and co-founder, Violetta DuPont, the competition reflects her visionary leadership and 25 years of unwavering dedication to the arts.

Each year, hundreds of aspiring Opera singers apply, with a select group advancing to live semi-final auditions in New York City. Finalists then compete before a distinguished panel of industry leaders, offering audiences a rare chance to witness rising artists at a pivotal moment in their careers.

Singers will compete for substantial prize money, including Grand Prizes of \$5,000, \$3,000, and \$1,500, along with encouragement awards recognizing exceptional promise. This directly aligns with Opera at Florham's mission to support and elevate young, up-and-coming Opera singers as they launch their professional careers.

This year's final competition will take place on Sunday, May 17, 2026 at 2:00 pm in Lenfell Hall at the Mansion at Fairleigh Dickinson University, located at 285 Madison Avenue,

Madison, NJ, 07940.

Join us for an afternoon of extraordinary vocal artistry and the excitement of the international Opera competition firsthand.

Don't miss this year's International Vocal Competition, because you will ...

- Hear world-class voices at the start of their professional journeys
- Experience the energy and drama of live competition
- Discover tomorrow's Opera stars before they headline major stages
- Enjoy an afternoon of extraordinary artistry in an intimate setting
- Support emerging talent in the performing arts

Tickets available online at [operaatflorham.org](http://operaatflorham.org)

General Admission: \$30

Students (25 & under): \$10

FDU Students (25 & under): FREE

### OPERA TALK: THE OPERATIC HARP SUNDAY, MAY 3, 2026 - 2PM

Also, consider joining us on Sunday, May 3, 2026 at Hartman Lounge at The Mansion for Opera Talk: The Operatic Harp, given by Opera Lecturer Lou Barrella. 2:00 pm, Tickets \$10 at the door or online.

Opera at Florham has been northern New Jersey's leading Opera company since its founding in 1982.

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## CELEBRATING AMERICA 250 BY WELCOMING NEW CITIZENS

Members of Elizabeth Snyder-Continental Chapter of the Daughters of the American Revolution (DAR) recently took part in a naturalization ceremony at Montgomery Lower Middle School in Skillman. As students looked on, 26 individuals took the Oath of Allegiance.

“It was an awesome experience,” said DAR Chapter Regent Nancy Stoll. “When you see people celebrating becoming American citizens, it reminds us to not take our own citizenship and freedoms for granted.” DAR members greeted the new citizens and presented them with gift bags.

The DAR has a long history of providing support to those seeking citizenship. More than 12 million copies of the “DAR Manual for Citizenship,” published in several languages, have been distributed; the Manual is now available online.

Elizabeth Snyder-Continental Chapter supplied

sewing machines and fabric for a DAR-sponsored occupational therapy program at Ellis Island in the first half of the 20th century. In the 1980s, members were involved in a naturalization ceremony on Ellis Island and in the creation of a DAR room in the National Museum of Immigration. In recent years, chapter members have attended naturalization ceremonies in Princeton, Elizabeth and Somerville.

The DAR is a nonprofit, nonpolitical, service organization. Any woman, 18 and over, who is descended from a man or woman who aided American independence during the Revolutionary War may join the DAR.

Elizabeth Snyder-Continental Chapter serves areas of Somerset, Middlesex and Union counties. Women interested in joining are invited to attend meetings and events. Contact the chapter at [ESCchapterDAR@gmail.com](mailto:ESCchapterDAR@gmail.com).



(above, l-r) Clara Barbaz, Marti Kalko, 5th grade teacher and organizer of the event Michael Warvolis, Regent Nancy Stoll, and Beth Kavanaugh.

Courtesy Photo

Welcome

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# LONG HILL LIBRARY MAY PROGRAMS

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## CHILDREN, TEEN PROGRAMS:

### Storytime (Ages 2-6)

Mon, Tues, Thur, & Fri - 10:30am

Join us for a themed storytime and craft. This interactive program builds early literacy skills through books, movement, and activities.

### Rhyme Time Storytime (Ages 0-2)

Wednesdays at 10:30am

Enjoy 20 minutes of songs, fingerplays, and simple stories.

### Hackaneers Coding Club (Grades 3-8)

Saturdays at 1pm

Beginner-friendly coding club led by high school coding instructors. No experience needed! Please bring an iPad or laptop.

### Family Book Day

May 2 all day

A celebration of books and the connection they bring. Storytimes all day long + free books.

### May the Fourth: Star Wars Day Celebration

May 4 from 3-5pm

A stellar round-up of Star Wars activities for all ages! Costumes are encouraged!

### Library Chef for Kids and Teens

May 6 and 13 at 6pm

online on the Library Chef platform

Virtual classes that teach basic kitchen safety and cooking skills, while demonstrating how to make delicious recipes. This month's recipes include Turkey Tacos (Ages 10+ on 5/6) and Shepherd's Salad (Ages 5-9 on 5/13). Classes are recorded and available to view anytime.

### Music & Movement: Spring into Song (Ages 0-5)

May 8 at 10:30am

Join Ms. Michelle from MP Music for a fun music & movement class that includes instruments, props, bubbles!

### Creative Movement (ages 18mo-4yrs)

May 15 at 10:30am

Dance and movement activities with stories in between presented by Starstruck Dance Studio of Gillette, NJ.

### Read to a Dog Storytime with Creature Comfort

May 16 at 10:30am

Join us for Storytime with a therapy dog from Creature Comfort. Listen to a few stories and hang out with the dogs.

### Kids Book Club (Ages 8-12)

May 20 at 4:15pm

Come join our book club where we'll discuss this month's book, do an activity, and share a snack. Books may be picked up in the Children's Room.

### Virtual Author Talk: Elizabeth Lim

May 20 at 7:00pm online

Inspired by the classic, romantic tale of Beauty and the Beast, bestselling author Elizabeth Lim features a cursed dragon lord and a plot to bring down the gods in her latest spellbinding work, A Forgery of Fate.

### Comic Book Club (Ages 5-12)

May 27 at 3:30pm

Calling all graphic novel, manga, and comic book fans! Join us after school to read, draw, and create. Follow fun tutorials, design your own comics, share favorite books, and enjoy snacks along the way.

### Udder to Butter (Grades K-6)

May 27 at 4:30pm

Learn all about Jersey cows and the science behind making butter. Churn your own butter to try with bread or crackers.

### Live Raptor visit from the Raptor Trust

May 30 at 11am

Meet and greet a live ambassador raptor and learn what makes raptors special, from their similar adaptations to their unique features.

## ADULT PROGRAMS:

### Heartfulness Meditation

Wednesdays at 6:30pm

Heartfulness meditation is a simple yet profound practice that helps individuals achieve a deeper sense of relaxation.

### Spring Photo Fundraiser

May 2 from 9:00am-7:00pm

Capture beautiful memories while supporting the library. Book a 30-minute photo session at the library and Kantor Park. No sitting fee, just pay for the photos you love! Spots are limited.

### Mindful Movement

May 2 at 11:30am

Join us for an hour-long gentle movement class, focusing on breathing, stretching and light aerobic exercise.

### From Great Estates to Public Gardens: Rutgers Master Gardeners

May 4 at 6:15pm online

Learn about the hundreds of public gardens – from pocket size to multi-acre arboretums - just a short driving distance from Morris County.

### Kaffee und Kuchen

May 8 at 3:00pm

Stop by the library for coffee, cake, and conversations about books! If you like, come with one or two book recommendations.

### Black Sailors of the Revolution:

#### A USA 250 History Talk

May 9 at 11:30am

Reenactor Leon Brooks offers an exploration of the social history of seafaring during the Revolutionary era and the vital but frequently hidden contributions of Black crew members.

### The Peale Family: America's Old Masters

May 12 at 7:00pm online

Mallory Mortillaro examines one of the most influential family dynasties in early American History, highlighting their many contributions to American culture.

### Gladius Concert

May 16 at 12:00pm

Join us for a concert by Gladius, an award-winning composer and "accomplished classical/flamenco style guitarist" who soulfully "shreds on the electric."

### The Dog Days of Summer

May 20 at 7:00pm online

Explore the strange origins of a range of English language idioms and sayings, from "breaking the ice" to "a wild goose chase!"

### Crossroads of the Revolution:

#### The War of Independence in New Jersey

May 23 at 11:00am

Celebrating the USA 250th Anniversary, Patricia Wells shares New Jersey's essential role in the War of Independence.

Long Hill Township

# MEMORIAL Day


Monday, May 25TH, 2026

## REMEMBER AND HONOR

Parade begins 9:30am at Main Ave. & Mercer St. and proceeds north to Central School

Observance at Central School  
Please join us!

Local groups--Please contact the Long Hill Parks & Recreation Dept. for more information about joining the parade.  
Recreation@longhillnj.gov  
908.647.8000 x219, x267



## FLEA MARKET AND BAKE SALE - MAY 2ND

The Gillette Community Chapel will be having an indoor flea market and bake sale on May 2, 2026 at the church at 123 Summit Ave., Gillette from 9 a.m. until 3 p.m.

The event is rain or shine with 2 floors of all kinds of treasures. Proceeds benefit missions, charitable organizations and children in the Dominican Republic through Handfuls of Hope.

Visit us on Facebook @GiletteChapel, or contact by phone 908-647-2573.

## ARM PAIN

*You Don't Have To Live With It!*

That "searing, burning pain" in your arm and shoulder . . . that "achy, numbing" feeling in your forearm... that "tingling" and loss of strength in your hand... It interferes with your ability to use the computer, play golf, garden... to have **FUN IN LIFE!**

Arm pain, hand and arm numbness, and tingling down the arm may actually be caused by a pinched neck nerve even though you have **NO** neck pain - Or something as simple as tendinitis of your shoulder and forearm.

Dr. Murphy is an expert at finding the **CAUSE** of your arm pain and numbness and **CORRECTING IT... WITHOUT THE USE OF DRUGS OR SURGERY.**

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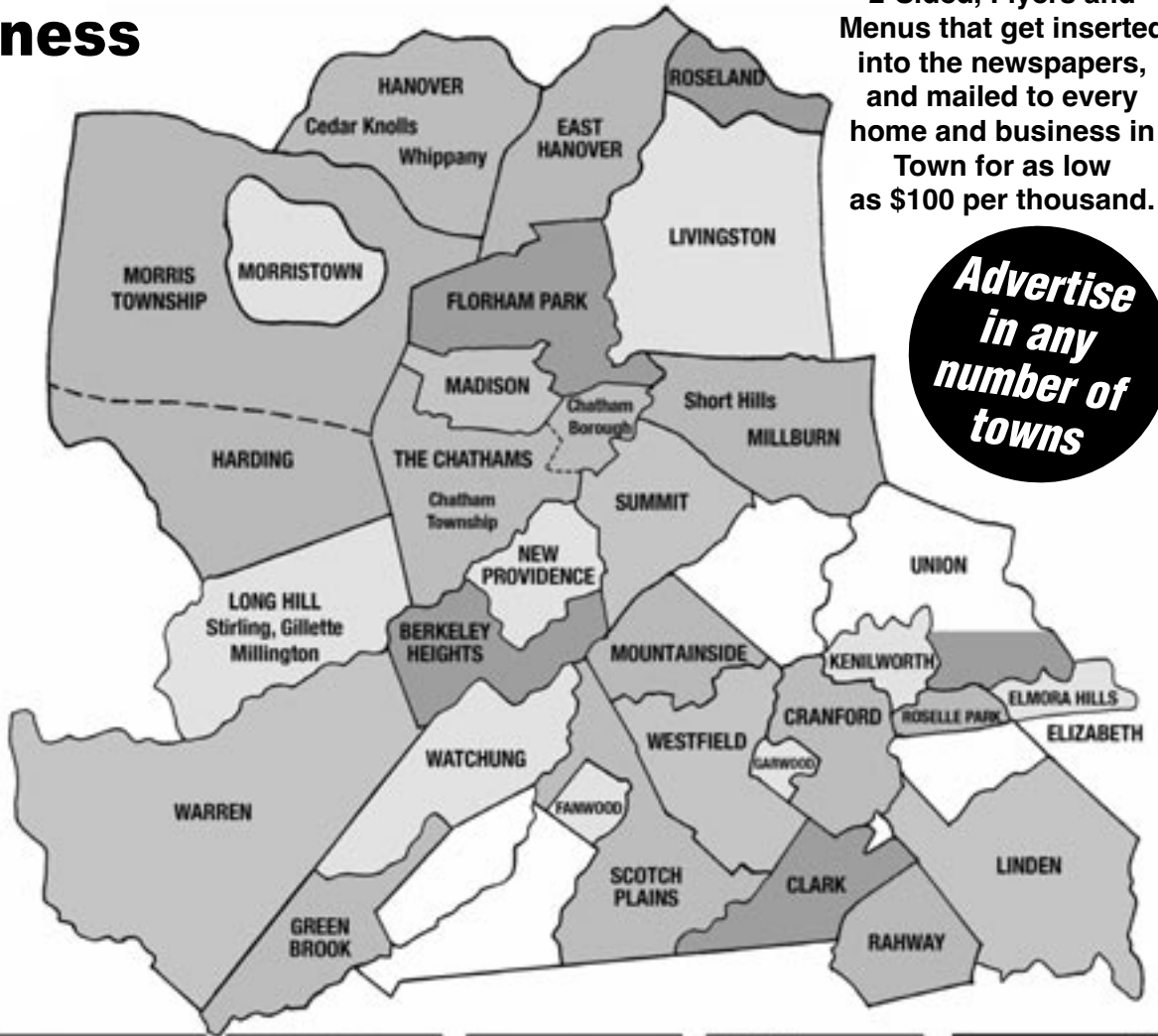
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Section of Elizabeth, NJ

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

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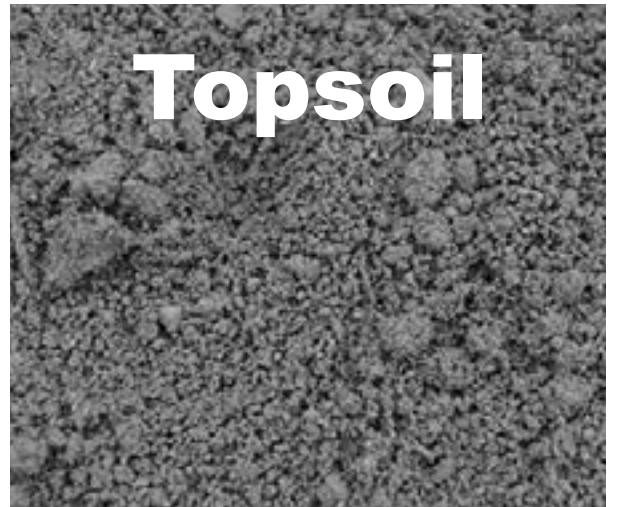
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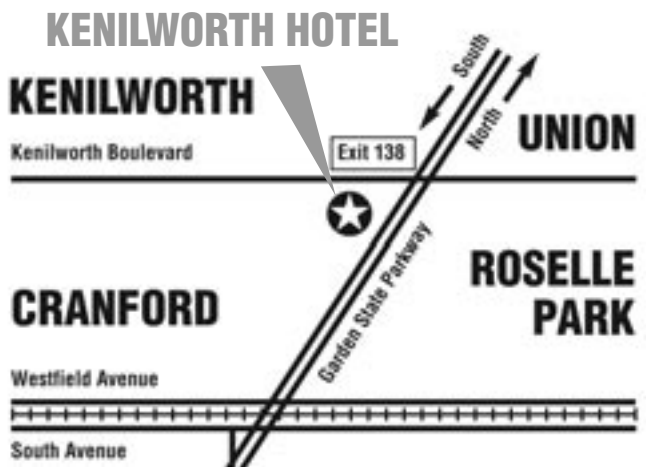
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