

# Summit NJ Times

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**Denise Torsiello**

C: 908.230.9214

Denise.Torsiello@foxroach.com  
[www.DeniseTorsiello.com](http://www.DeniseTorsiello.com)



**Karen M. Canniffe**

C: 908.625.4891

Karen.Canniffe@foxroach.com  
[www.KarenCanniffe.com](http://www.KarenCanniffe.com)

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**ECRWSS**

## BOY SCOUTS CELEBRATE WINTER COURT OF HONOR

*Submitted by Deepti Kona*

Summit Boy Scout Troop 67 held its Winter Court of Honor on Sunday, February 1, 2026, at St. Teresa of Avila Church in Summit. The highlight of the evening was the recognition of four Scouts - Xavier Tolentino, Phoenix Rydzewski, Alex Seymour, and Ryan Seymour - who were awarded the Eagle Scout rank, the highest achievement in Scouting. Each Scout completed rigorous requirements, including earning numerous merit badges, demonstrating leadership within the troop, and finally planning and completing a community service project.

Phoenix Rydzewski completed a service project to support GRACE (Giving and Receiving Assistance for our Community's Essentials), a nonprofit organization in Summit that provides food and essential supplies to local families in need. Phoenix transformed an underused and difficult-to-access storage space at the Cornog Field House into a functional area that allows the organization to better store and organize donated goods. By expanding GRACE's storage capacity, the project helps the organization more effectively manage donations and serve the more than 700 families who rely on its support.

Xavier Tolentino's Eagle Scout Service Project involved building three long garden boxes for Lincoln-Hubbard Elementary School. The boxes will be used by students during their plant life cycle unit this spring to grow plants and observe their development throughout the season.

As part of his Eagle Scout Service Project, Alex Seymour



(above, l-r) Eagle Scouts Derek Shen, Xavier Tolentino, Alex Seymour, Ryan Seymour and Phoenix Rydzewski

worked with the New Jersey National Guard Historian to update and renovate the Heritage Room at the Westfield Armory to include more recent service history. His project highlighted the Guard's current activities, creating a living display that today's service members can appreciate and relate to while honoring those who have served in New Jersey.

Ryan Seymour built two cello racks for the Brayton Elementary School music program in Summit. With the help of fellow Scouts and volunteers, he led the planning and construction of the racks, providing safe and organized storage for students' instruments and supporting the school's music program.



(above) Summit Boy Scouts Troop 67

Courtesy photos

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# MEMORIAL DAY PARADE - MAY 25

## City of Summit

Join the City of Summit for its annual Memorial Day parade and ceremony on Monday, May 25, 2026, to honor the men and women who have lost their lives in military service to our country.

The parade will leave from 25 Deforest Avenue at 10AM and proceed to the Village Green, led by members of the Summit American Legion Post #322. All Summit civic, non-profit, and school groups are encouraged to participate and march along with veterans in the parade.

To register your organization to march in the parade, contact David Guida

at [dguidajr@cityofsummit.org](mailto:dguidajr@cityofsummit.org)  
or 908-277-2932.

The Summit High School marching band, Summit Police Department, Summit Fire Department, Summit Volunteer First Aid Squad,

and scout troops will also march in the parade. Spectators are encouraged to gather on Deforest Avenue, Beechwood Road, Union Place, and along Maple Street to watch the parade proceed to the Village Green.

The ceremony on the Village Green will feature music from the Summit High School marching band, a rifle salute and wreath-laying, a special performance of Taps, remarks from Summit Mayor Elizabeth Fagan, and readings from local students. All veterans who attend the ceremony will receive a 2026 commemorative coin in recognition of, and appreciation for, their service. Free hot dogs and cold drinks will be served on the Village Green courtesy of the Summit Elks Lodge and Summit PAL.

More information is available at [cityofsummit.org](http://cityofsummit.org).

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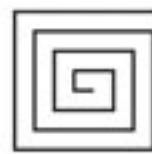


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## Q&A ON E-BIKE AND E-SCOOTER SAFETY

### City of Summit

The City of Summit recently hosted a live Facebook Q&A session focused on e-bike and e-scooter safety, featuring Summit Police Officer David Kotiga and Paul Mickiewicz, Program Manager for the New Jersey Bike and Walk Coalition. The discussion was geared toward parents who have purchased or are considering purchasing e-scooters or e-bikes for their children.

Mickiewicz stressed the importance of helmets, noting “it’s not a matter of if they will fall, but when,” underscoring that a properly fitted helmet can be the difference between a minor accident and a serious injury.

During the session, Kotiga and Mickiewicz addressed the dangers of modifying or swapping out batteries for more speed, differences between buying e-bikes online versus in a certified store, the speed potential of e-bikes and the differences between Class I, II, and III models, unsafe behaviors observed locally among both children and adults riding e-bikes and e-scooters, and state helmet laws and local ordinances.

In spring 2025, the Summit Common Council passed a new ordinance regulating e-bikes and e-scooters in town. E-bikes and e-scooters are prohibited on all sidewalks in Summit. Traditional bicycles are not permitted on sidewalks in the Central Retail Business District, and officials urge children to walk their bikes on those sidewalks for safety. Helmets are required by New Jersey state law for all riders under the age of 17.

Officer Kotiga emphasized that enforcement of the ordinance is active and ongoing: “Police are enforcing the ordinance and traffic laws, and we will impound e-bikes and e-scooters when the rider is in violation. Parents have to come pick up a minor’s e-vehicle after 24 hours,” he said. Kotiga also appealed directly to parents to make sure they go over safety regulations with their children and to avoid purchasing more powerful batteries that alter a bike’s classification and speed.

As part of Summit’s ongoing effort to enhance safety education and encourage safe behaviors, Officer Kotiga will also be presenting an assembly on e-bike safety for all middle school students on October 3.

The discussion also highlighted the new Union County executive order prohibiting e-vehicles in county parks, including Briant Park in Summit.

Mickiewicz strongly recommended that all

young riders complete the Teen E-Bike Training Course, a program designed to build responsible riding habits and improve road safety.

“The safety of our youth is a top priority,” said Officer Kotiga. “Parents play a critical role in making sure their children not only wear helmets but also understand the rules of the road and the risks involved with these powerful devices.”

The City of Summit and Summit Police Department will continue to share resources and educational opportunities to help parents and children make safe decisions when using e-bikes and e-scooters.

The Q&A can be viewed on the City of Summit YouTube channel and Facebook page.

For more information, visit [cityofsummit.org/bikesafety](http://cityofsummit.org/bikesafety) or follow the City of Summit and Summit Police Department on Facebook for upcoming safety events and updates.

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## ROSEMARY LICATESE HONORED FOR 35 YEARS OF SERVICE

### City of Summit

During the March 3, 2026 meeting of the Summit Common Council, City Clerk Rosemary Licatase was honored for her remarkable 35 years of dedicated service to the City of Summit.

Mayor Elizabeth Fagan presented Licatase with a proclamation recognizing her decades of commitment to the city and its residents. The recognition came as a surprise to Licatase during the meeting.

“Under Clerk Licatase’s leadership, the Office of the City Clerk operates with excellence, enriched by her institutional knowledge and genuine passion for her work,” Mayor Fagan read from the proclamation.

Licatase thanked the Mayor, Council, and members of the community following the presentation.

“Thank you all so much. I love this town dearly, and I just love being the clerk in Summit, and I hope I make you all proud,” Licatase said.

The City of Summit thanks Clerk Licatase for her many years of dedicated service and continued contributions to the community.

Learn more about Clerk Licatase’s background and service to Summit: on YouTube



(above) Summit's Clerk Rosemary Licatase and Mayor Elizabeth Fagan

Photo by City of Summit



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## SUMMIT DOWNTOWN IS BRINGING THE HEAT THIS SUMMER: FAMILY FUN NIGHT, LIVE MUSIC, & EPIC WATCH PARTIES KICK OFF JUNE!

Get ready, Summit! The ultimate summer kickoff is officially here, and Summit Downtown, Inc. (SDI) is rolling out a season of unforgettable community celebrations. The energy downtown is about to reach an all-time high, starting with the return of the beloved Family Fun Night on Thursday, June 4th, followed immediately by the brand new and once in a lifetime Summit Downtown Welcomes the World watch party series and the return of everyone's favorite live music weekly event, Summit Street Sounds.

### **FAMILY FUN NIGHT: THURSDAY, JUNE 4TH, 4-8 PM**

Imagine Bank Street and Beechwood Road converted into a giant, pedestrian-only playground. Presented by the event's exclusive Community Catalyst sponsor, Atlantic Health Overlook Medical Center, Family Fun Night is taking over the Bank Street parking lot and Beechwood Road (from Springfield Avenue to Union Place) for four hours of non-stop, free entertainment for all ages, but especially for kids!

The streets will be absolutely packed with activities, sights, and sounds. Here is a sneak peek at what to expect:

- **Epic Entertainment:** A Main Stage at the top of Beechwood will anchor the party, featuring live performances, the undeniable beats of crowd-favorite DJ Mr. Socks and more!
- **Wild Sights & Magic:** Get up close and personal with the incredible animals of the Eyes of the Wild exhibit and the Red Valley River petting zoo or prepare to have your mind blown by Mr. Magico's magic show.
- **Interactive Fun:** Kids (and kids at heart!) can jump into the mobile gaming truck, design their look with face painters, grab a creation from multiple balloon artists, and snap the perfect memory at the photo booth.
- **Bubbles & Sweets:** Don't miss the massive bubble truck, generously sponsored in-part by The Connection, and be sure to grab some free, freshly spun cotton candy courtesy of Sweet nothings!

No block party is complete without incredible food. Come hungry, because a vibrant fleet of local food trucks will be lining Bank Street. Confirmed vendors include Pizza Vita, Puras Paletas, Pretzel Boy, and Anita's Baked Wonders, with even more local favorites jumping on board soon! Of course, everyone is encouraged to grab dinner after enjoying the fun at one of the amazing restaurant choices in downtown Summit.

This wonderful evening is made possible by the incredible support of SDI's Local Legend tier sponsors who are dedicated to making Summit shine: Brownie Points Bakery, Lois Schneider Realtor, JAG Physical Therapy, Wealth Enhancement Group, and Jeff Lake Camp!

### **SUMMIT DOWNTOWN WELCOMES THE WORLD: JUNE 11TH & JULY 19TH FROM 2-6PM**

The energy doesn't stop after Family Fun Night! The following week, on Thursday, June 11th, SDI invites soccer fanatics and casual fans alike to the Bank Street Parking Lot for Summit Downtown Welcomes the World. SDI is bringing the stadium energy right to the heart of the downtown Summit with a festive outdoor watch party!

Starting at 2:00 PM, the lot will be enhanced and turned into the ultimate community tailgate. A giant screen will light up for a highly anticipated 3:00 PM opening match featuring Mexico taking on South Africa. Grab a spot, wear your team colors, and enjoy amazing food from local downtown partners like Pizza Vita, TacoRia, Good Mood Burgers & Shakes, and Brownie Points Bakery. SDI is also working to lock in a dedicated Beer and Wine Garden to complete the ultimate game-day vibe! Save the date for the next massive watch party on Sunday, July 19th, for the Championship Finale!

### **SUMMIT STREET SOUNDS: THURSDAYS & FRIDAYS IN JUNE & JULY**

If that isn't enough excitement, the soundtrack to your summer is officially queued up! Summit Street Sounds is back for its Summer Edition, bringing live music to Summit's downtown streets every Thursday and Friday evening throughout June and July. With over 80 total performances scheduled across the summer season, every Thursday & Friday sunset stroll,

al fresco dinner, or evening shopping trip will be accompanied by top-tier local musicians spanning a variety of genres. Find out who is performing by checking out the schedule on the SDI website!

### **THE SUMMIT FARMERS MARKET IS NOW OPEN!**

Finally, the wait is over! Your Sunday mornings just got a whole lot fresher! The Summit Farmers Market is officially open for the season! Running every single Sunday from 8:00 AM to 1:00 PM through December 20th, it is your ultimate weekly destination for the absolute best local produce, artisanal baked goods, and community vibes. Make it a weekend tradition and come support the amazing regional farmers and makers!

For the latest updates on these events, parking maps, and a complete directory of downtown businesses, visit :  
[summitdowntown.org](http://summitdowntown.org).

### **ABOUT SUMMIT DOWNTOWN, INC.**

Summit Downtown, Inc. (SDI) is a nonprofit organization dedicated to promoting and supporting Summit's vibrant downtown community. Through events, marketing, and partnership with local businesses, SDI works to make Summit a welcoming destination for shopping, dining, and community experiences.

For more information on all upcoming events, visit [www.SummitDowntown.org](http://www.SummitDowntown.org), or follow @SummitDowntown on social media.

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# STUDENTS TAKE EDUCATIONAL JOURNEY TO COLUMBIA

## Summit Public Schools

Thirty Summit High School students recently returned from an incredible, full-immersion trip to Colombia. This educational journey was a powerful blend of cultural, historical, and environmental learning.

Our students strengthened their Spanish skills by engaging directly with local communities, from exploring the natural wonders of the Cocora Valley and Majagua Island to diving into history at Cartagena's Old Town and Santa Marta's historic center. They experienced vibrant cultural traditions with salsa and Bambuco dance, and gained a deeper appreciation for Colombia's diverse heritage.

From analyzing art in Medellín to learning about global impact at a coffee plantation, this experience was truly transformative, building confidence, independence, and a broader global perspective.



Photos by Summit Public Schools

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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

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.

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

## 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.

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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.

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**KITS OF CARE: PERSONAL ESSENTIALS FOR BRIDGES OUTREACH**

*Submitted by Sara Wilson*

In a powerful demonstration of service and advocacy in action, the State Public Affairs Committee (SPAC) of the Junior Leagues of New Jersey partnered with the Junior League of Summit (JLS) and Bridges Outreach to host a meaningful “Kits of Care” service project during JLS’s April General Membership Meeting.

The initiative brought Junior League of Summit members together to assemble hygiene kits filled with essential personal care items for individuals experiencing homelessness—providing both immediate relief and a message of dignity and compassion to some of the community’s most vulnerable residents.

The event featured special guest Patti Stenzel, Director of Development and Communications for Bridges Outreach, who shared insight into the organization’s critical work supporting unhoused individuals across New Jersey and New York.

This collaboration reflects SPAC’s dual commitment to advocacy and direct service. While continuing its statewide efforts to combat human trafficking and advance policies that support underserved populations, SPAC is also taking tangible action to meet urgent community needs.

“This initiative represents the heart of our mission—where advocacy meets action,” said Victoria Williams, Chair of SPAC. “By partnering with Bridges Outreach and the Junior League of Summit, we are not only raising awareness of critical issues like human trafficking, but also providing immediate, meaningful support to the underserved.”

The Kits of Care project is part of a broader statewide initiative uniting all eight Junior Leagues of New Jersey under a shared vision:

“8 NJ Leagues. One Mission. Collective Impact.” Through collaboration, the Leagues continue to amplify their reach and deepen their impact across communities.

Bridges Outreach, a respected nonprofit organization, is dedicated to ending homelessness through volunteer-driven outreach, bridging the gap between housed and unhoused communities with compassion and essential resources.

Together, SPAC, the Junior League of Summit, and Bridges Outreach are demonstrating that when organizations unite with purpose, the impact is both immediate and lasting.

**About SPAC**

The State Public Affairs Committee (SPAC) of the Junior Leagues of New Jersey advocates for legislation and initiatives that improve the lives of women and children, with a focus on underserved communities.

**ABOUT THE JUNIOR LEAGUE OF SUMMIT**

The Junior League of Summit is an organization of women committed to advancing women’s leadership for meaningful community impact through volunteer action, collaboration, and training.

**ABOUT BRIDGES OUTREACH**

Bridges Outreach is a nonprofit organization dedicated to assisting individuals experiencing homelessness through outreach, volunteer engagement, and the provision of essential resources.

**SUPPORT the JLS**

**100K Diaper Drive Project**

The Junior League of Summit is launching its **THIRD** annual 100K Diaper Project, with the goal of collecting 100,000 diapers for **Moms Helping Moms.**



1. Donate diapers at one of 38 community organizations hosting diaper drives throughout the area. **New and opened boxes accepted!**

2. Contribute to the League’s virtual drive by making a monetary donation.  
<https://tinyurl.com/mr6fjr3y>



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# COMING UP AT CONTINUO ARTS

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LEE & PAT RESNICK LECTURE SERIES  
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## MAY 14, 6:30 PM - AN EVENING WITH COMPOSER MARK HAYES

Learn about the process behind the composition of his recently premiered work, *Psalmos*. Hear *Psalmos* in concert two days later on May 16, 7:30 PM, at Lawton C. Johnson Summit Middle School.



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# CONTINUO ARTS FOUNDATION CELEBRATES 20 YEARS

*Launches New Institute for Lifelong Learning*

The Continuo Arts Foundation proudly celebrates its 20th anniversary season, marking two decades of transformative musical, educational, and artistic excellence. Since its founding, Continuo Arts has provided world-class opportunities for singers and musicians of all ages, impacting thousands of individuals, families, and communities through performances, education, and shared artistic experiences.

From local concerts to world premieres at Carnegie Hall and other prestigious venues around the world, the Continuo Arts Foundation has built a legacy of artistic distinction and meaningful community engagement. Its programs bring people together across generations, fostering growth, creativity, and a lifelong appreciation for the arts.

In this milestone year, Continuo Arts expands its mission with the launch of the Institute for Lifelong Learning, a dynamic initiative designed to broaden access to education and artistic enrichment. The Institute will feature four major branches:

- The Lee and Pat Resnick Lecture Series
- The Lily Yip Masterclass Series
- The Noni and Bruce MacPherson Center for Early Childhood Development
- The Suni Yara and Supra Barua Yara Workshops in Youth Readiness

Through these programs, the Institute will create inclusive opportunities for individuals and families to learn, grow, and actively invest in a positive future through the arts.

### 20TH ANNIVERSARY CELEBRATION CONCERT

**Date: May 16 Time: 7:30 PM Location: Summit Middle School**

Continuo Arts will present its first local concert of the anniversary season, featuring hundreds of singers, a professional live orchestra, and special guest composer-conductor Mark Hayes. The performance will include Psalms, Hayes' acclaimed work recently premiered at Carnegie Hall by the Continuo Arts Symphonic Chorus.

### INSTITUTE FOR LIFELONG LEARNING INAUGURAL EVENT

*Lee and Pat Resnick Lecture Series*

*Featuring: Mark Hayes*

*Date: May 14 Time: 6:30 PM*

*Location: Continuo Arts Foundation*

*36 Chatham Road, Summit, New Jersey*

This interactive lecture will explore Hayes' compositional process, featuring live demonstrations with singers and insight into musical techniques. The evening will conclude with an audience Q&A.

Admission: Free and open to the public

### ABOUT THE CONTINUO ARTS FOUNDATION

The Continuo Arts Foundation is dedicated to providing exceptional musical and educational experiences for individuals of all ages. Through performance, collaboration, and innovation, the organization continues to shape lives, strengthen communities, and inspire future generations.

## FANTASTIQUE - MAY 17

The Summit Symphony Orchestra will conclude its 2025–26 season on Sunday, May 17, 2026 at 2:00 p.m. at Summit High School, located at the corner of Kent Place Boulevard and Morris Avenue in Summit. The concert, titled "Fantastique," will feature Hector Berlioz's dramatic and imaginative Symphonie Fantastique, alongside performances by the winners of the orchestra's Young Artist Competition.

This season's Young Artist Competition winners—Valentina (Val) Chen, Alexander Fiszer, and Sophia Zhang—will be featured as soloists, showcasing the next generation of exceptional musical talent.

Under the direction of Music Director Michael Avagliano, the orchestra will bring Berlioz's vivid and programmatic masterpiece to life, taking audiences on a journey through passion, obsession, and dreamlike fantasy.

The Summit Symphony Orchestra has been providing free orchestral concerts to the Summit community since 1938. Admission to all concerts is free.

For more information about this concert and the Summit Symphony Orchestra, please visit [summitsymphony.org](http://summitsymphony.org).

**SUMMIT / SYMPHONY**      MICHAEL AVAGLIANO  
MUSIC DIRECTOR

## Young Artists Competition Winners 2026



**Alexander Fiszer**

**HAYDN**  
Cello Concerto  
No. 1 in C,  
1st movement



**Valentina Chen**

**TCHAIKOVSKY**  
Violin Concerto  
in D,  
1st movement



**Sophia Zhang**

**PROKOFIEV**  
Violin Concerto  
No. 2,  
1st movement

**BERLIOZ**  
*Symphonie  
Fantastique*

---

**MAY 17 SUNDAY 2 pm**

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# 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!




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## PAL FISHING DERBY - MAY 2 AND 3

City of Summit

The 2026 Police Athletic League (PAL) Fishing Derby will be held on Saturday, May 2, and Sunday, May 3, from 8 a.m. to 4 p.m. at the Summit Municipal Golf Course, located at 189 River Road.

The pond at the golf course will be fully stocked with more than 1000 rainbow trout, including 10 prize fish that are over 21 inches in length. Attendees are asked to bring a fishing rod and reel; bait and tackle will be available for purchase.

Admission to the fishing derby is free and all residents are invited to attend; Summit Municipal Golf Course membership is not required. The event will take place rain or shine.

The fishing derby is sponsored by the Summit PAL and Department of Community Programs. The Summit PAL will be providing free hot dogs and soda for all attendees.

For more information, please visit [summitcommunityprograms.com](http://summitcommunityprograms.com) or call 908-277-2932. To learn more about the PAL, please visit [summitpal.org](http://summitpal.org).

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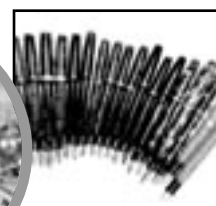
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# OPA! NJ GREEK FEST RETURNS TO WESTFIELD MAY 29-31



Pop Star Evangelia Turns Up the Excitement as Holy Trinity Greek Orthodox Church Hosts a Weekend Serving A Taste of Greece Right in Your Backyard

Area residents look forward each year to immersing themselves in the vibrant culture of Greece at NJ Greek Fest, hosted by Holy Trinity Greek Orthodox Church, Westfield. And this year, the event - known for delectable Greek cuisine, a Mega 50/50 raffle and many other family-friendly activities - turns up the excitement, welcoming the sensational Evangelia, the Greek-American pop star and Eurovision finalist.

Enjoyed by generations for over half a century at the church, located at 250 Gallows Hill Road in Westfield, the festival this year will take place from Friday, May 29 to Sunday, May 31. Free shuttle service will be provided from the nearby UCNJ parking lot. Highlights of this year's festivities include:

- The Greek-American Pop Star Evangelia, whose music blends modern pop with Greek sounds, returns to her Garden State roots for a live performance at the Saturday "Big Night Out." A variety of ticket options are available for the performance, including standing front stage single tickets, as well as high-top and front-row tables, both of the latter including food and drink. Tickets are selling fast, so secure your spot now for an unforgettable evening.
- Authentic Greek Cuisine: Indulge in mouthwatering gyros, souvlaki, spanakopita, baklava, loukoumades and other traditional homemade Greek delicacies.
- Kids' Activities: Keep the little ones entertained with games, face painting and other fun activities designed just for them.
- Mega 50/50 Raffle: Win up to \$10,000 in our Mega 50/50 Raffle. Purchase a raffle ticket for 7 chances to win up to half of the total amount collected from ticket sales. Only 1,000 tickets will be sold at \$50 each, maximizing your odds of winning!
- Church Tours: Tours of Holy Trinity Greek

Orthodox Church, founded in 1965, will be given during the festival. The tours of the church, currently under the spiritual guidance of Fr. Peter Delviziis, offer a glimpse into the sanctuary and Orthodox faith.

- Live Music and Dance Performances: Throughout the festival, enjoy live performances of Greek music and traditional dance, featuring vibrant costumes and energetic routines that celebrate Greece's rich cultural heritage.
- Marketplace: Responding to popular demand, event organizers will for the first time be offering NJ GreekFest merchandise such as sweatshirts, T-shirts and hats. Event guests also can browse the emporium offering Greek-themed arts, crafts, jewelry and souvenirs, perfect for taking home a piece of the southeastern European country.

"We are excited to welcome the community to our annual NJ Greek Fest, where everyone can experience the warmth and hospitality of Greece right here in Westfield," said Fr. Peter Delviziis, presiding priest of Holy Trinity Greek Orthodox Church. "It's a wonderful opportunity for people of all backgrounds to come together, enjoy delicious food and lively music, and celebrate our cultural traditions."

Admission to the festival is \$3. A portion of the festival proceeds will benefit Holy Trinity's community outreach programs.

Join us in celebrating Greek culture, heritage and community spirit at the annual Westfield Greek Festival. For more information and updates, please visit [njgreekfest.com](http://njgreekfest.com) and follow @njgreekfest on Instagram and Facebook.

About Holy Trinity Greek Orthodox Church: A cornerstone of the Westfield community and surrounding area, Holy Trinity, founded in 1966, is dedicated to enriching lives through faith, fellowship and service. Our annual NJ Greek Fest is one of the many ways we connect with our neighbors and celebrate our shared values.

For media inquiries, please contact: Jeannie Arida, Media Liaison, Holy Trinity Greek Orthodox Church, (908) 233-8533.

Westfield, NJ 

## GREEKFEST 26

Holy Trinity Greek Orthodox Church  
250 GALLOWS HILL ROAD, WESTFIELD

# May 29, 30, 31

Friday 5 pm - 11 pm	Saturday Noon - 11 pm	Sunday Noon - 6 pm
------------------------	--------------------------	-----------------------

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Big Night Out, SATURDAY, MAY 30 featuring  
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# BROOK ART CENTER FEATURES RAGETIME & FREDDIE MERCURY IN MAY

## PARAGON - MAY 3

The Paragon Ragtime Orchestra will turn the Brook Arts Center in Bound Brook back into a 1920s movie palace on Sunday, May 3rd. The 12-piece ensemble performs Charlie Chaplin's *The Gold Rush* live, with the film on the big screen and the orchestra playing the score from the pit. Showtime is 3 PM.

Paragon Ragtime Orchestra (PRO) is led by founder and conductor Rick Benjamin, who stumbled into his life's work in 1985 when he unearthed thousands of turn-of-the-century orchestra scores that had been packed away and forgotten. Since then, millions have heard the ensemble's recordings as the daily music on Main Street, U.S.A. at Disneyland, Disney World, and Disneyland Paris.

PRO and Benjamin were recently featured on Great Performances on PBS: "Now Hear This: Everyone Loves Joplin," which aired April 17 with host Scott Yoo tracing the life of ragtime's most famous composer. The Bound Brook performance brings the orchestra to New Jersey just weeks after that broadcast.

In *The Gold Rush*, Chaplin stars as the Little Tramp, a lone prospector braving the Klondike in search of fortune. Facing blizzards, hunger, and a cast of rough-and-tumble gold seekers, he relies on his wit, charm, and slapstick brilliance to survive the wilderness and win the girl.

The performance is part of the Brook's "Road

to 100," leading up to the theatre's centennial in 2027. The Brook opened in 1927, near the end of the silent era, as a vaudeville and movie house. This is exactly the kind of show it was built for. The only surviving vaudeville theatre in Somerset County, it is listed on the National and State Registers of Historic Places and is run entirely by volunteers.

Sunday, May 3 at the Brook Arts Center, 10 Hamilton Street, Bound Brook. Theatre organist Ian Fraser opens with a pre-show performance at 2:30 PM; showtime is 3:00 PM. Tickets are \$25 for adults and \$20 for seniors and students. Get yours at [brookart.org](http://brookart.org) or call 732-469-7700.

Paragon Ragtime Orchestra concerts are sponsored in part by the National Endowment for the Arts.

## MERCURY - MAY 15

Terry Barber is bringing his most requested tour to NJ and is available for interview. His recording of this material was considered for 8 Grammy nominations.

May 15, The Brook Arts Center, 8pm

Internationally acclaimed performing artist, Terry Barber who moved to NJ five years ago, has just signed an agreement for his most recent project, "3 Tenors of the Americas" to headline for the World Cup (FIFA) Festival in Mexico City in July.

In the meantime he is bringing his band from

Phoenix, NYC, and Chicago to share the best selling music of all time. "Mercury" has been touring the USA and Canada and is now headed for the historic Brook Theater in Bound Brook. Barber connected with Gail Woerner and Andrew Golden who are working to restore The Brook to its previous glory days.

The show not only features the hits of QUEEN live, but also helps the audience get to know legend, Freddie Mercury as Barber shares stories about him and his actual words.

"I am not impersonating this iconic artist who taught a generation how to Rock... But I believe my audience leaves with a better sense of the man, his triumphs, and tragedies," Barber explains about his most requested tour to date. "Like Mercury, my goal with this show is to entertain, of course. He cared deeply about the audience having a great time and this show is a party for all who attend, I hope. In short, We Will Rock You," Barber shares with a chuckle.

As a past member of the multiple Grammy award-winning group Chanticleer, American countertenor, Terry Barber has been a soloist at many of the world's best venues from the Metropolitan Opera to Moscow's Svetlanov Hall. He can be heard on recordings alongside artists from Madonna, Jewel, Chaka Khan and Cyndi Lauper to the London Philharmonic. Terry's recent album and tour, the music of Freddie Mercury was considered for 8 Grammy nominations.



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10 Hamilton Street  
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Terry Barber  
**MERCURY**  
The Music & Life of  
QUEEN's Freddie Mercury!  
**FRIDAY, MAY 15, 8 PM**



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*The Gold Rush*  
**FRIDAY  
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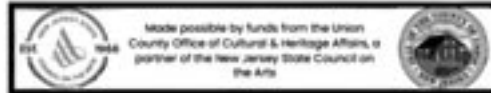


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# SUMMIT PUBLIC LIBRARY MAY PROGRAMS

Registration is required and programs are held in-person at the Summit Library unless otherwise noted: 75 Maple St., Summit NJ.  
To register or to see a complete list of events, visit [www.summitlibrary.org](http://www.summitlibrary.org).

## ADULTS PROGRAMS

### Concert: Pyrenesia

Sun, 5/3, 2:00–3:00 PM

An acoustic swing quartet blending original music with jazz, klezmer, and tango influences for an energetic, lively performance.

Registration not required.

### Great Decisions: Multilateral Institutions in a Changing World Order

Wed, 5/6, 1:00–3:00 PM

Explore the future of global cooperation amid rising nationalism and shifting power dynamics.

### Virtual Author Talk with Marjan Kamali

Thu, 5/7, 7:00–8:00 PM

Online. Author Marjan Kamali discusses her work, including *The Lion Women of Tehran*.

Live Q&A to follow.

### Come Meet Your Friends!

Fri, 5/8, 10:00 AM–12:00 PM

Enjoy coffee and meet members of the Friends of the Library while learning how their fundraising supports library programs.

Registration not required.

### Virtual Author Talk with Vivienne Ming

Tue, 5/12, 2:00–3:00 PM

Online. Vivienne Ming discusses her book *Robot-Proof*. Live Q&A to follow.

### Virtual Trivia Night

Fri, 5/15, 7:00–8:30 PM

Online. Test your knowledge in a fun trivia game hosted by Quizmaster Mary Piekarski. Play solo or in teams of up to four.

### Meet Benjamin Franklin

Sat, 5/16, 2:00–3:00 PM

Historical interpreter David Emerson portrays Benjamin Franklin and shares stories from his life, including the Constitutional Convention.

### Giant Donated Jewelry Sale

Sat, 5/16, 10:00 AM–5:00 PM

& Sun, 5/17, 1:00–4:00 PM

Shop a wide selection of donated jewelry, from costume to boutique pieces. Proceeds benefit the Library.

### Virtual Author Talk with Nir Eyal

Tue, 5/19, 2:00–3:00 PM

Author Nir Eyal discusses his upcoming work *Beyond Belief*.

Live Q&A to follow.

### Great Decisions: Ukraine and the Future of European Security

Wed, 5/20, 1:00–3:00 PM

Discuss NATO, U.S. involvement, and Europe's evolving security challenges.

## YOUTH & FAMILIES PROGRAMS

### Coding Club

Mondays, 5/4–5/18, 3:00–4:00 PM

Learn coding with Fiero Code, including block coding, Python, HTML, and CSS. Devices provided. For grades 3–8.

### Hamilton Sing-Along

Sat, 5/9, 1:30–4:30 PM

Watch the filmed Broadway hit *Hamilton*. Refreshments provided. Children under 13 must be accompanied by a parent. All ages.

### Revolutionary War Basics: Word Games

Fri, 5/15, 4:00–4:45 PM

Play Revolutionary War-themed Mad Libs for a chance to win prizes. Grades K–5.

### Chinese Corner: Wrapping Zongzi

Sun, 5/17, 2:30–3:30 PM

Learn about Dragon Boat Festival and make hands-on cultural activity. Grades K–5.

### Baby Time: Messy Craft Day

Fri, 5/29, 10:30–11:30 AM

Enjoy a fun, hands-on craft session where getting messy is part of the fun.

Dress accordingly! For ages 1–4.

## “THROUGH YOUR EYES” PHOTO CONTEST

### City of Summit

As part of the City of Summit's celebration of New Jersey Local Government Week, Summit residents are invited to enter the “Summit Through Your Eyes” Photo Contest and submit images of our city that showcase its beauty, uniqueness, and community spirit.

The contest is open to residents of all ages. Submissions will be accepted through Friday, May 15, 2026. Interested parties can submit up to three photos. Submissions should be sent to [pressoffice@cityofsummit.org](mailto:pressoffice@cityofsummit.org). Three winners will be announced on Friday, May 22, 2026.

After the contest ends, all eligible entries will be added to a photo album on the City of Summit Facebook page and the "Summit Through Your Eyes" landing page on the municipal website. Previous entries and winners are also available to view on the landing page.

### PHOTO CONTEST GUIDELINES:

The contest is open to all Summit residents. An individual may submit no more than three entries between April 6 and May 15, 2026. All entries must be photographs taken within the City of Summit.

Photos should be submitted by email to [pressoffice@cityofsummit.org](mailto:pressoffice@cityofsummit.org) with “Photo Contest Entry” in the subject line. Photos must be high resolution (no thumbnails) and either JPG or PNG format. Submissions must include your name and where each photo was taken within the City of Summit.

Photos must be appropriate for posting on a government website. Photos will not be eligible

for the contest if they contain any obscene, provocative, or other offensive or inappropriate content. Your submission of any photo(s) also ensures that you have permission to photograph any recognizable people in the photo.

By entering this contest, you give the City of Summit the right to use your photos for promotional materials, on its website, social media, and in other publications pertaining to the City of Summit, free of charge and without compensation.

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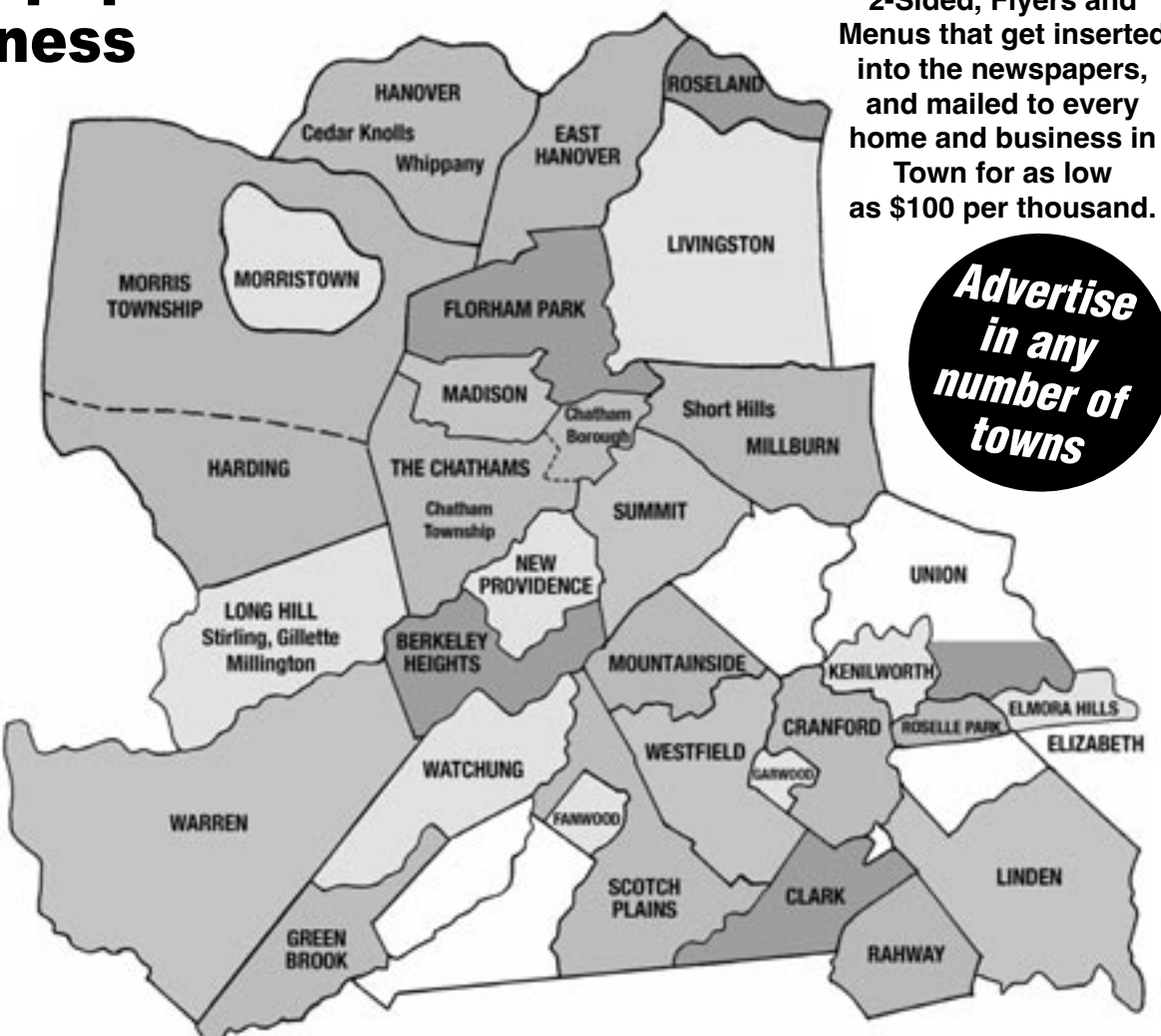
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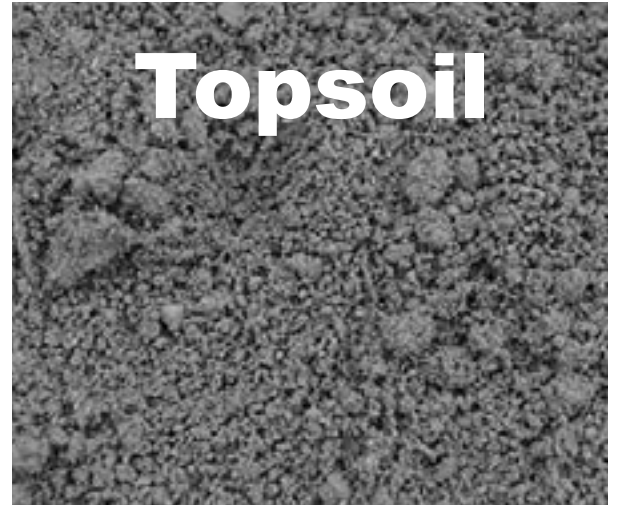
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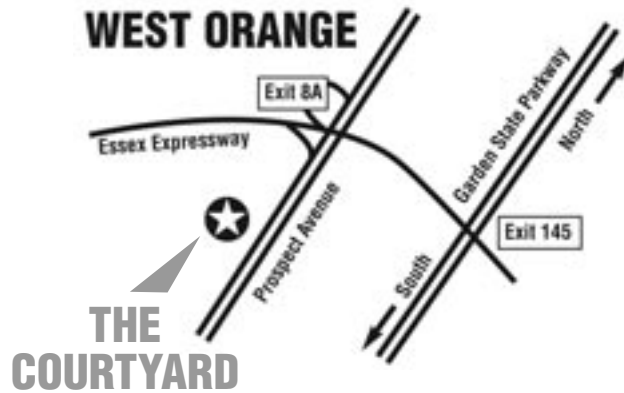
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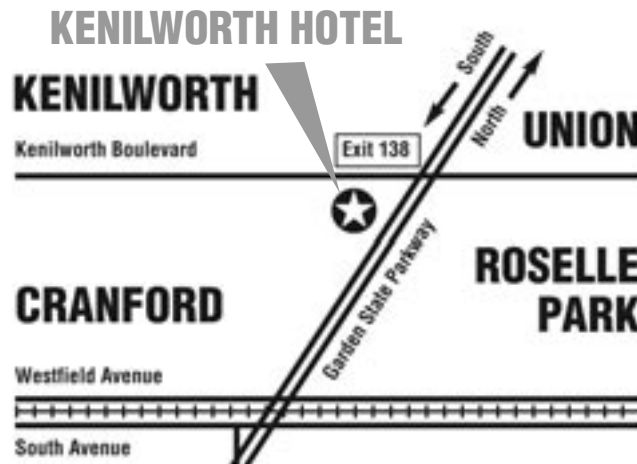


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