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LOCAL STUDENT SCHOLARSHIP RECIPIENTS

Summit College Club Foundation

The Summit College Club Foundation marked the close of its 2025–2026 year by honoring six exceptional high school senior women from Summit and surrounding communities at its annual scholarship reception. Held on Sunday, June 7th, in Memorial Hall of St. Teresa of Avila Church in Summit, the Foundation awarded nearly \$30,000 in scholarships. This year's awardees, chosen from a highly competitive, record-breaking pool of applicants who are graduating from one of eight local high schools in Berkeley Heights, Chatham, Millburn, Mountainside, New Providence, Springfield, and Summit will attend four-year colleges and universities in the fall to further pursue their academic and future career interests.

The Summit College Club Foundation scholarship recipients were chosen for their outstanding academic performance, exceptional leadership qualities, and significant contributions to their communities. This year's scholarship awardees were Lillian Arts from Governor Livingston High School, Julia Gumney from Summit High School, Abigail Han from Oak Knoll School of the Holy Child, Jungmin Allison Kim from Summit High School, Anna Rice from Chatham High School, and Bella Pires Silva from Jonathon Dayton High School.

In addition to their stellar academic records, these young women had amassed an extraordinary range of achievements both at school and in their communities. Among them were AP Scholars, a Wakeman Scholar, a Scholastic Writing Award winner, and several who had conducted research at the university level. They also included captains of varsity sports teams, leaders of school clubs and student government, founders and fundraisers for community organizations, EMT's and hospital volunteers, as well as extraordinarily talented dancers and musicians. The Summit College Club is proud to honor them with scholarships and looks forward to following their continued success in the years ahead.

The awards ceremony commenced with Summit College Club co-Presidents Hedy Tucky and Karen Kaplan welcoming guests and offering



(above, l-r) The Summit College Club Foundation awarded nearly \$30,000 in scholarships during the reception. Scholarship recipients were Bella Pires Silva, Lillian Arts, Julia Gumny, Anna Rice, and Jungmin Allison Kim. (Abigail Han is not pictured).

Courtesy Photo

a brief history of the Club.

The ceremony also featured reflections from 2025 scholarship recipient Samantha Rose, who just completed her freshman year at Duke University. Samantha spoke about her college experiences and how the scholarship she'd received made it possible to pursue her dream of medical research and opened opportunities that might otherwise have been out of reach.

Emma Vachal, a 2025 scholarship recipient currently attending Brown University, sent a message about her recent experience at the National Conference for College Women Student Leaders, which she attended with support from the Summit College Club. In her message, Emma expressed her gratitude to the organization for the opportunity to attend the conference. She highlighted the valuable insights she'd gained from the conference workshops and activities, which focused on building and enhancing leadership skills.

The Summit College Club Foundation's scholarship program reflects the Summit College Club's longstanding mission of advancing equity for women and girls by helping to cover a portion of their college costs. Since the Club's inception in 1920, it has awarded more than \$1.1 million in scholarship funds, an enduring legacy of investing in the future of talented young women.

Summit College Club is a branch of the American Association of University Women (AAUW), an organization that promotes equity for women and girls through education, research, and advocacy. For more information about the Summit College Club, visit us on Facebook, on the web at summitcollegeclub.org, or reach us by email at summitcollegeclub@gmail.com.



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**C.A.R. PROJECT SUPPORTS
EQUINE THERAPY FOR VETS**

Submitted by Holly Dunbar
The Children of the American Revolution (C.A.R.) is the nation's oldest and largest nonpolitical patriotic youth organization. A new C.A.R. state project that will aid veterans has been announced. The goal of "Operation Horse" is to raise \$2,000 during the next year to fund equine-assisted therapy for two N.J. veterans



(above) The Man o' War Project has helped to develop a standardized protocol for delivering equine-assisted therapy to treat PTSD.

Courtesy photos

with Post Traumatic Stress Disorder (PTSD). The therapy is offered through the Man o' War Project of Columbia University Irving Medical Center.
The mission of the Man o' War Project is two-fold. Equine-assisted therapy is used to treat veterans with PTSD while medical staff evaluate the program to develop best practices for administering equine-assisted therapy. This research can have far-reaching benefits for treating veterans and all who suffer with PTSD.
C.A.R. membership is open to girls and boys from birth through age 21 who are descended from a person who aided the cause of independence during the American Revolution.
New Jersey has nine C.A.R. groups known as societies. Activities offered on an age-appropriate basis help members learn about American history, government, community service and more. Members also gain valuable leadership experience conducting meetings and serving as delegates at state and national conferences.
Pis-Cat-A-Qua Society C.A.R., hosted by the Elizabeth Snyder-Continental Chapter of the Daughters of the American Revolution in Green Brook, is seeking new members. For more information, contact ESCchapterDAR@gmail.com or visit nscar.org.



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GLP-1 FAILED THIS NEW PROVIDENCE MOM...BUT THEN SHE DROPPED 80 POUNDS AND RAN HER FIRST 5K.

There's something nobody tells you when you start GLP-1. The medication can help you eat less. It can move the scale. For a lot of people, it's a genuine tool that opens a door that felt permanently closed.

But it can also quietly take something you can't afford to lose. Research shows that for many people, 25 to 40 percent of the weight lost on a GLP-1 isn't fat at all — it's muscle. The very tissue that keeps you strong, steady on your feet, and independent as you age.

So here's what Cristina Montero learned the hard way: The medication is not the transformation. It's just the beginning of one — if you do the other parts right.

Cristina is 52, a mom from New Providence, and she's down nearly 80 pounds. Her inflammation markers (the culprit for almost every disease) are finally normal. She runs, carries five-gallon water jugs up the stairs and crossed the finish line of her first 5K without walking a single step.

But she'll be the first to tell you: the shot alone didn't do that. This is her story... and if you're over 40 and currently taking GLP-1, or thinking about it, it may be the most important thing you read this year.

GLP-1 WASN'T ENOUGH ON ITS OWN

Before she started this journey, Cristina was ashamed... and she hid under her clothes.

"I knew how I felt and looked was my fault but I needed help," she said. "I always had an excuse for why I couldn't walk, exercise, or take the stairs. I felt tired and achy often. My doctors would tell me to lose weight and I'd say sure, I'm trying — but never really started. I functioned, yes. But I never realized how much my body missed feeling really great."

The frustrations ran deep. Looking in the mirror and hating how her clothes fit. Her chest size felt unmanageable, leading to upper back pain every single day. After gaining close to 100 pounds during her son's pregnancy, her health had taken a serious turn — arthritis in her knees, autoimmune issues, hypertension, and chronic inflammation that no medication seemed to touch.

"My energy — well, if I was in the middle of the mall and they only had stairs, I'd look for an elevator or just sit and wait," she said. "I was so out of shape for the last 25 years. Always tired, almost every morning waking up with a new pain."

There were moments that were quietly humiliating — the ones she didn't talk about much. If something fell on the floor, she had to ask her kids or husband to pick it up because kneeling caused excruciating knee pain. There were times her back spasms were so severe she got stuck on the floor.

She tried everything. The 3-day tuna diet. Nutrisystem. A staple in her ear. Atkins. Weight Watchers. Paleo. Gluten-free. 21 Day Fix. Factor. Orangetheory. Private trainers. Get In Shape Women. Zumba. Some of them worked temporarily. None of them lasted.

"I was successful in some of them but it never lasted," she said. "I'd start to lose a little weight, then go back to normal habits — and always gain it back and more."

Then came GLP-1.

The first time she tried it, she thought the injection alone would do the work. No meaningful diet changes. No exercise. Just the medication.

"That failed miserably," she said plainly. "Injecting and continuing to eat normal junk didn't move the scale like I expected. It only made me feel sick."

She stopped GLP-1. A few months later she tried again... this time with a completely different mindset. This time, she was mentally ready to include something she'd always avoided: A fitness program with people that knew what they heck they were doing.

THE CONVERSATION THAT CHANGED THE PLAN

Cristina's son, Andres, had been talking to her for years about what lasting change actually requires. When Cristina restarted her GLP-1 journey he helped her understand something that most people on the medication never hear: the drug can reduce your appetite and help with weight loss, but without weight training, a significant portion of what you lose won't be fat — it'll be muscle. As much as 25 to 40 percent of it, according to the research.

And muscle isn't just about looking toned. It's the tissue that protects your bones, keeps you strong, and decides whether the next twenty years of your life are spent independent or needing help. Lose muscle and everything gets harder. Your metabolism slows. You feel weak.

"My son opened my eyes to incorporate weight training and cardio," she said. "That was the piece I'd always been missing."

NOT THIS



THIS



That's when she walked into Gabriele Fitness, a small personal training gym in Berkeley Heights that had a 19 year stellar reputation for helping adults over 40 get in the best shape of their lives. As trainers that always stay on the cutting edge... they knew exactly how to help someone taking GLP-1 maximize their results.

WALKING INTO GABRIELE FITNESS FOR THE FIRST TIME

She arrived embarrassed, scared but quietly hopeful. Like many adults over 40 she was afraid of making her knee pain even worse and was convinced she wouldn't be able to do most of the exercises. And after years of fitness programs that hadn't worked, she was bracing herself to be disappointed again.

What she found was something different than anything she'd experienced before.

She started two days a week. The coaches didn't hand her a generic program and wish her luck. When her knee barked, they modified it. When her back felt it, they adjusted in real time — often before she said a word...because they were watching her face, her movement, the subtle signals her body was sending. And every session was building the one thing the medication couldn't give her back: strength.

"They know when to push and how much," she said. "They recognize when it's an off day and work with me to keep me moving. No more excuses."

For the first time in 25 years of trying, she didn't feel lost in a gym and instead was filled with hope.

WHAT HAPPENS WHEN GLP 1 AND PERSONAL TRAINING WORK TOGETHER

Once the training clicked alongside everything else, the results that had been stalled for months began to move — and they didn't stop.

Nearly 80 pounds gone. Inflammation markers, elevated for over a decade despite multiple medications, are finally normal. Her doctors, who had been telling her for years to lose weight, are looking at her bloodwork with something close to disbelief.

"Years of taking so many meds could have been avoided with a prescription to a gym with a great group of caring personal trainers"

But the numbers only tell part of the story.

"My clothes fit better and I actually don't hide under them anymore," she said. "I've lost inches throughout my entire body. Occasionally when I'm with my husband and kids, I love showing them how I notice a muscle — how my quads are actually forming. It truly is amazing. It's a change I never thought I'd see."

She's simply a happier person. After she posted a picture recently, a friend reached out to congratulate her for looking so happy and confident — and then told her she'd motivated her to start as well.

"I feel more confident in my clothes and in my own persona," Cristina said. When people see me in person, they tell me I look like a completely different person. A happy and confident woman."

She can kneel now without pain. The woman who used to ask her kids to pick things up off the floor because she couldn't bend down now carries five-gallon water jugs in each hand up the stairs. She hops into her husband's truck without struggling. She wears three-inch stiletto heels. She walks into any store she wants and does a celebration dance in the fitting room when things fit.

These aren't just cosmetic wins. They're the quiet markers of a body that's going to stay strong and independent for decades — getting off the floor on your own, carrying the load, catching

yourself when you stumble. That's what muscle buys you, and it's the one thing no injection can.

And this past September, she stood at the starting line of a 5K, knowing she never had run that far in her life. She was nervous and worried she wouldn't make it.

She crushed it, and didn't stop once. Not even on the hill. "Crossing that finish line without stopping was one of the proudest moments of my life," she said

A PERSONAL MESSAGE FROM CRISTINA TO ANYONE ON GLP-1 — OR THINKING ABOUT IT

"GLP-1 is a tool. But it's not the secret fix the media is making it out to be. I learned that the hard way the first time around. The gym — real coaching, real structure, real accountability — is what made everything actually work.

I'm not getting any younger, and I want to live long enough to see my grandkids. Most importantly, I don't want to be a burden to anyone. That's what finally got me serious.

Get Started before you feel ready. You don't need to know what you're doing or get in shape on your own BEFORE you hire a trainer... that's what they're for. Just show up and the right gym will take it from there. For me, it's Gabriele Fitness and that one decision changed everything for me. You'll start to feel better than you have in years. Slow and steady works, if you stay consistent.

We all start nervous. Stop waiting for the perfect time and just get up and start."

For Those Who See Themselves... or are worried about someone that would resonate with Cristina's Story — Read This:

Gabriele Fitness has opened 13 spots for local residents to experience their personal training program FREE for 14 days. You'll get 14 days to experience what Cristina found when the missing piece finally clicked into place.

This offer expires soon and is limited to 13 people. To get the full details and see if any spots are still available, scan below or call 908-464-4441



Scan the code or go to refer.gabrielefitness.com/cristina or Call us at (908) 293-9666

P.S. Many people reading this article will be inspired by Cristina 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 19 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. Because living longer only matters if you stay strong enough to enjoy it.

If you're still hesitant, the link below shares 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.

<https://gabrielefitness.com/results/>

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...



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WORLD LANGUAGE EXCELLENCE RECOGNIZED ACROSS BHPS

Berkeley Heights Public Schools

Students throughout Berkeley Heights Public School District recently distinguished themselves through outstanding achievement in world language education, earning recognition at both the high school and middle school levels.

Forty-six Governor Livingston High School students were awarded the Seal of Biliteracy, a prestigious recognition from the New Jersey Department of Education for demonstrating proficiency in English and at least one additional language. Among the languages in which students earned recognition were American Sign Language, French, Spanish, and Ukrainian. District leaders noted that these accomplishments reflect the strength of the district's world language program and its commitment to

providing students with valuable credentials for college and future careers.

At Columbia Middle School, twenty-six students participated in the National Spanish Exam, one of the largest Spanish-language academic competitions in the United States. Eighth graders Davi Coelho do Nascimento and Elizabeth Amaya each earned First Place in the State in their respective categories, marking the first time Columbia Middle School has had two state first-place winners. Educators praised the students' hard work, dedication, and commitment to language learning, noting that these achievements reflect the district's emphasis on communication skills, cultural understanding, and preparing students to succeed in an increasingly connected and global society.

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POLICE CARRY THE TORCH FOR SPECIAL OLYMPICS

Berkeley Heights police officers joined other officers from across the state in the 42nd Annual Law Enforcement Torch Run to benefit Special Olympics New Jersey. Over 3,000 police officers took to their local streets to raise funds and awareness for this incredible organization.

ABOUT THE ANNUAL LAW ENFORCEMENT TORCH RUN FOR SPECIAL OLYMPICS NEW JERSEY:

Torch Run began in New Jersey in 1984 as a way to raise funds and awareness for Special Olympics New Jersey. The run is a day-long event, split into 26 legs (or starting points) with some legs beginning as early as 4:45 a.m. The run travels through more than 300 towns, covering 750 miles on-foot. About 3,000 runners participated in 2025. Representing over 450

police departments. To learn more, visit NJTorchRun.org.

LETR WHO WE ARE

The Law Enforcement Torch Run® (LETR), initiated in 1981 by Wichita Police Chief Richard LaMunyon, has grown into a worldwide movement. What began as a humble initiative has

transformed into a global beacon of hope and unity, driven by the collective efforts of law enforcement volunteers. Known as Guardians of the Flame, these dedicated individuals join hands with Special Olympics athletes to champion the cause of acceptance and inclusion for individuals with intellectual disabilities. The essence of LETR lies in its community-centric approach. Law enforcement members from various levels, including federal, national, state, provincial, local, and even military sectors, come together to support this noble cause. Their collaboration extends beyond mere participation; it signifies a commitment to fostering a society where everyone, irrespective of their abilities, is embraced and celebrated.



(above) Officers from New Providence Police Department, Berkeley Heights Police Department, and Long Hill Township Police Department. Courtesy Photo



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STUDENT-ATHLETES HONORED AT BANQUET

Berkeley Heights Public Schools

The Governor Livingston Highlander Booster Club held its 66th Annual Senior Athletic Banquet on Wednesday, May 27, honoring this year's Senior Athletes and Student Managers. At this annual event all senior athletes are recognized for their commitment to athletics and academics, and a few are selected for scholarships and awards.

Congratulations to all of our GL senior student-athletes who received scholarship awards in recognition of their unwavering commitment, dedication, and contributions to Governor Livingston High School athletics.

The Michael Suchena Scholarship Award, named for Michael Suchena, the first Athletic Director of GLHS, is given to one male and one female senior student athlete that typifies the best in sportsmanship and the ideals of leadership and fair play on and off the field. It was awarded to Max DiDonato & Kyra Polizzi.

The Andrew Quek Scholarship Award , given to a Student Athlete Team Manager who has shown outstanding commitment over the years, was awarded to Braeden Tripp.

10 recipients (5 male & 5 female) received the Highlander Booster Club Scholarship. They were:

- Michael Basile • Rylee Conover
- Jake Couto • Michael Healy
- Abby Kim • Dominic Labisi
- Corrine Morrison • Lily Sandholm
- Sean Seccamanie • Ava Vincent.

KINDNESS COMES TO LIFE THROUGH COLLABORATION

Berkeley Heights Public Schools

First grade students from William Woodruff Elementary School recently completed a collaborative project with fine art students from Governor Livingston High School inspired by The Adventures of Beekle. The project invited first graders to design “Kindness Critters”, imaginative companions created to offer comfort, encouragement, and positivity during difficult moments. Each student completed a packet describing their critter’s name, appearance, special abilities, favorite activities, and colors, along with illustrations to help bring their vision to life. The first graders’ ideas were then shared with GLHS Art Teacher Michelle Harpster and her fine arts students, who transformed the

original designs into drawings, pop-ups, clay sculptures, and textile works.

The high school students visited William Woodruff Elementary School to personally deliver the completed Kindness Critters and spend time with the first graders, who met the artists and participated in a Q&A session about the creative process. Educators described the project as more than an art assignment, emphasizing creativity, kindness, connection, and mentorship through art. The collaboration highlighted the impact of creativity, empathy, and cross-grade collaboration, helping build meaningful connections between the district’s youngest learners and high school artists while creating a lasting foundation of kindness, belonging, and community connection.



(above) GL high school students visited William Woodruff Elementary School.

Photo by BHPS



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OPERA AT FLORHAM ANNOUNCES NEW SEASON

Opera at Florham is delighted to unveil its 2026–2027 season, offering audiences an exciting journey through beloved Operas, festive traditions, legendary performers, and emerging vocal talent.

The season opens on **Sunday, July 19, 2026**, with a special celebration of **America's 250th Anniversary** featuring a repertoire honoring the great American Opera singers whose artistry has shaped the nation's musical heritage. Come see this special performance at The Mansion at Fairleigh Dickinson University (285 Madison Ave, Madison, NJ 07940).

On **September 13, 2026**, audiences will be transported to Paris with **La Vie en Bohème**, an engaging exploration of Puccini's beloved masterpiece and the captivating lives of four struggling artists and the women who transform their world. At The Mansion at Fairleigh Dickinson University

The magic continues on **November 8, 2026**, with **Fantasy in Opera** at **The Church of Saint Philomena in Livingston** (386 South Livingston

Avenue, Livingston, NJ 07039), showcasing enchanting selections from Operas filled with wonder, imagination, and the supernatural.

The holiday season arrives on **December 6, 2026**, with the annual **Holiday Spectacular: Jingle Jingle and Mingle Mingle All the Way**, a joyful musical celebration at St. Margaret of Scotland R.C. Church in Morristown (6 Sussex Ave, Morristown, NJ 07960). This performance is at 3:00 pm.

On **February 14, 2027**, Opera at Florham presents **Operatic Villains You Love to Hate**. A Valentine's Day program featuring some of Opera's most memorable and delightfully wicked characters. Back at our home at The Mansion at Fairleigh Dickinson University, Madison, New Jersey.

The spring season continues on **April 4, 2027**, with **An Afternoon with the Šebec Tenors: A Tribute to Luciano Pavarotti**. Acclaimed tenor Christian Šebec joins his sons, Zachary and Eric, for an unforgettable afternoon celebrating the legendary tenor through Operatic favorites and family harmony. At The Mansion at Fairleigh Dickinson University, Madison, New Jersey.

The season concludes on **May 23, 2027**, with the **37th Annual International Vocal Competition in Honor of Violetta Dupont**, where audiences can experience the extraordinary talent of tomorrow's Opera stars as they compete for top honors. At The Mansion at Fairleigh Dickinson University, Madison, New Jersey.

Opera at Florham invites music lovers of all ages to join us for a season filled with passion, artistry, storytelling, and unforgettable performances.

Tickets are \$35 for General Admission, with discounted tickets available for students. **Become a season sponsor for just \$180!** All 7 concerts for less than the price of 6! Over a 25% discount! Visit operaatflorham.org for tickets and more information.

Founded in 1982, **Opera at Florham** is northern New Jersey's premier Opera company, presenting annual concerts, the International Vocal Competition, and Opera Talk educational series.

Opera at Florham Celebrates America's 250th Anniversary

SUNDAY, JULY 19, 2026
2:00 PM

FAIRLEIGH DICKINSON UNIVERSITY
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Tickets & Information
operaatflorham.org
973-443-8620
info@operaatflorham.org

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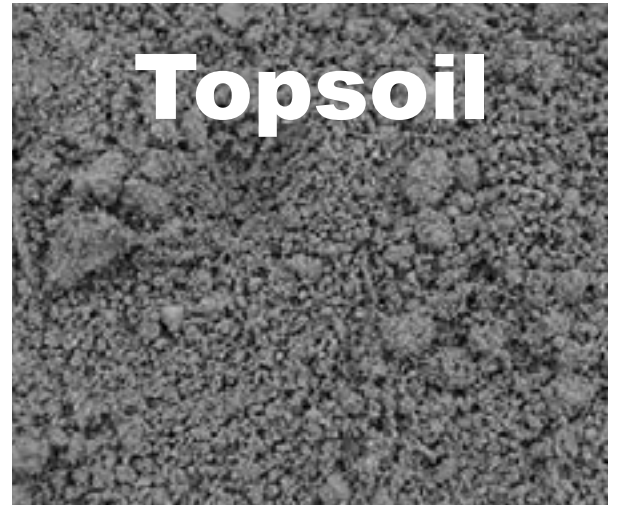
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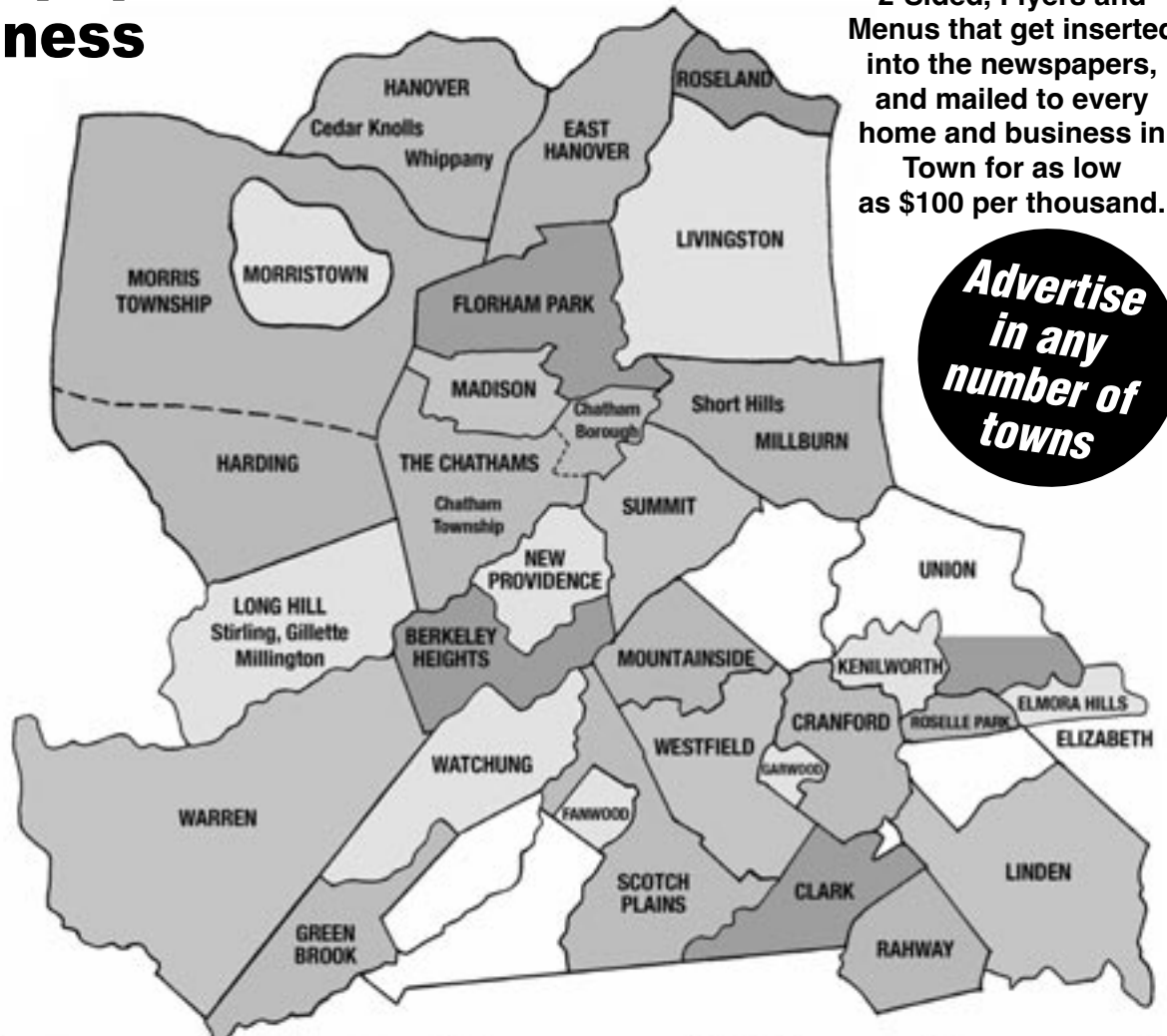
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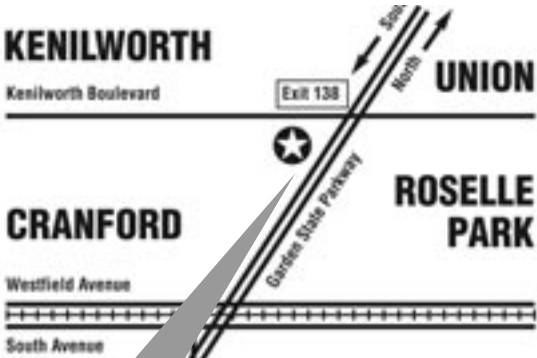
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