

# Fanwood Post NJ

Published by Renna Media

Issue 128 • July 2026

## FIRST RESPONDERS AWARDED SHIELD AWARDS

### Borough of Fanwood

Fanwood First Responders were honored at the annual Father Nelligan Chapter of the Knights of Columbus annual Shield Awards on April 28th, 2026. The ceremony recognizes First Responders from Fanwood and Scotch Plains, including police, fire, and EMS, for exemplary community service, dedication, and bravery.

Those Fanwood First Responders honored were Fanwood Police Sergeant Tyler Flowers, Captain Brian Downing of the Fanwood Rescue Squad, and Firefighter Sean Manette.

Police Sgt. Tyler Flowers, of the Detective Bureau, was instrumental in the investigation and arrest of a Fanwood resident on various charges including murder, aggravated arson, and burglary. Besides his investigative experience, Sgt. Flowers plays various roles in the department such as being the departmental ARRIVE Together Program (which pairs police officers with mental health screeners to address behavioral health crises, reducing arrests and injuries) coordinator, a firearms instructor, and a Police Crisis Intervention (CIT) Team certified officer.



(above) Firefighter Sean Manette and members of the Fanwood Fire Department.

Courtesy photos



(above, right) Police Sgt. Tyler Flowers with his Knights of Columbus Shield Award.



(above, l-r) Assistant Fire Chief Steve Szanto with Firefighter Sean Manette with Achievement Award.



(above, l-r) Captain Brian Downing of the Fanwood Rescue Squad with Squad President Patty Buckridee.



**Happy 4th of July!**  
Homeownership  
is a piece of the  
American  
Dream



Mary DePaola  
Broker Associate  
**Personal,  
Professional, Proven**  
Coldwell Banker Realty  
209 Central Avenue  
Westfield, NJ 07090  
Cell: 908-963-8673 (Best #)  
Office: 908-233-5555  
Mary.depaola@cbrealty.com

PRSR STD  
U.S. POSTAGE  
PAID  
LANCASTER, PA  
PERMIT NO. 1325

**ECRWSS**

\*\*\*\*\*ECRWSEDDM\*\*\*\*\*  
**POSTAL PATRON  
FANWOOD, NJ 07023**

**FULL COLOR FLYERS / BROCHURES / MENUS**

**PRINTING & MAILING TO  
EVERY HOME & BUSINESS**

**\$100  
per thousand**

Minimum of 10,000 Inserted in Renna Media Newspapers.  
PDF artwork supplied. Call for details and custom orders.



Call Joe Renna  
908-447-1295

# DAN KRANZ REPRESENTS IN TORCH RUN

## Borough of Fanwood

Fanwood Police Lt. Dan Kranz participated on in the 43rd annual Law Enforcement Torch Run on Friday, June 5, an annual fundraiser for the New Jersey Special Olympics. Police officers across New Jersey participate by carrying the torch from town to town, meeting up with fellow officers in different municipalities. The group Lt. Kranz was in also included officers from Scotch Plains, Westfield, Watchung and Union County police departments.

### ABOUT LAW ENFORCEMENT TORCH RUN®

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) Lt. Dan Kranz represents the Fanwood Police Department in Friday's Law Enforcement Torch Run as he and another officer run along Park Avenue in Scotch Plains.



Renna Media, LLC, Publishers  
202 Walnut Ave., Cranford, NJ 07016

Fanwood Post is published by Renna Media. 3,000 newspapers are printed monthly and mailed to every business and resident in Fanwood, NJ. Although great care has been taken to ensure the information contained within is accurate, Renna Media assumes no liability for errors or omissions.

©2026 Contents of this newspaper cannot be reproduced without written consent from Renna Media LLC.

### 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**

### ADVERTISING

Joe Renna: 908-447-1295  
joerenna@rennamedia.com



Find us on online: [rennamedia.com](http://rennamedia.com)  
[facebook.com/ Fanwood Post](https://facebook.com/FanwoodPost)



Grow Your Savings with a Guaranteed Rate

**4.02%<sup>1</sup> APY**  
**7-Month Certificate**

Go to [TheAtlanticFCU.com](http://TheAtlanticFCU.com), call us at 908-245-1750 or visit us at:

Union (1331 Magie Ave., Union)

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

East Orange (315 S. Harrison St., East Orange)



<sup>1</sup>APY = Annual Percentage Yield. Rate current as of June 17, 2026. Early withdrawal subject to penalty. Fees may reduce earnings on the account. \$500 minimum to open. Offered rates are subject to change without notice.

Federally Insured by NCUA.

**Act Now!**  
**Limited**  
**Time**  
**Offer**

# 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](https://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...



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

## FANWOOD CARES COLLECTIONS

Fanwood Green Team, as part of their “Fanwood Cares Collections” collected 532 bras in partnership with the Bra Recyclers which is a non profit organization that helps women in need by supplying bras as well reducing waste. We would like to thank our incredible partners: The Goddard School, Fanwood Eye Care and Charles Studio as well as the Fanwood community. The Fanwood Green Team is a group of volunteers who work with local government to advocate for the principles of sustainability and environmental stewardship. Contact Laura Lang at lauralang61@gmail.com to learn more about our initiatives or to join our team.



Courtesy Photo

## 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](http://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  
250<sup>th</sup> Anniversary

SUNDAY, JULY 19, 2026  
2:00 PM  
FAIRLEIGH DICKINSON  
UNIVERSITY  
THE MANSION, MADISON, NJ

\$35 GENERAL ADMISSION

Tickets & Information  
[operaatflorham.org](http://operaatflorham.org)  
973-443-8620  
[info@operaatflorham.org](mailto:info@operaatflorham.org)

OPERA AT FLORHAM IS A 501(C)(3) NON-PROFIT ORGANIZATION  
THIS EVENT IS NOT SPONSORED BY FAIRLEIGH DICKINSON UNIVERSITY.

**CASTING CALL**

**UGLY HOMES WANTED**

A television and streaming renovation project is seeking a limited number of homeowners in this area with outdated or distressed homes requiring substantial remodeling. This opportunity is for full-scale renovations only-not cosmetic repairs. Selected projects may qualify for professionally documented renovations, special project pricing, and potential homeowner compensation in exchange for filming participation and release.

**Call 833-375-1472**  
Ask for the TV Project Department  
Serious inquiries only.

JUST LISTED IN YOUR NEIGHBORHOOD

59 Shady Lane, Fanwood

4-bedroom, 1.5-bathroom expanded Cape with family room, partially finished basement, updated kitchen and baths, deck, and fenced, level yard.

Contact me for more details.

**Diana Chaves**  
Realtor® Associate  
(908) 873-6586  
[diana.chaves@cbmoves.com](mailto:diana.chaves@cbmoves.com)

**Coldwell Banker Realty**  
209 Central Avenue  
Westfield, NJ 07090  
Office (908) 233-5555

Read my reviews



AS SEEN ON

GEORGE TO THE RESCUE

# Magnolia™

HOME REMODELING GROUP



Masonry



Roofing & Siding



Windows & Doors



Kitchens & Baths



Decks & Porches

855-624-6655  
CALL FOR A FREE ESTIMATE!



- ☒ Interior & Exterior Remodeling
- ☒ Virtual Meetings Available
- ☒ 100% Financing Available
- ☒ 30+ Years Experience
- ☒ Family-Owned & Operated

NJDCA 13VH07755300

### Payment Plans

- BASEMENTS \$395
- BATHROOMS \$199
- DECKS/PATIOS \$189
- PORCHES/STEPS \$185
- KITCHENS \$389
- ROOFING \$249
- SIDING \$289
- WINDOWS \$209

0% Plans Available!

Estimated monthly payments.  
Rates & payments based on credit approval.

- Kitchens
- Baths
- Basements
- Roofing
- Siding
- Windows
- Doors
- Decks
- Porches
- Masonry

## MagnoliaHomeRemodeling.com



# \$50,000 IN GRANTS, STUDENT SCHOLARSHIPS AWARDED

Fanwood-Scotch Plains Service League

The Fanwood-Scotch Plains Service League (FSPSL) is pleased to announce that the organization recently awarded a combined total of \$50,000 in student scholarships and grants to 18 Union County community organizations. Included in the donations were awards to our local Scotch Plains and Fanwood libraries, rescue squads and firefighters; the Fanwood-Scotch Plains YMCA; Resolve Community Counseling Center; and the Center for Hope Hospice & Palliative Care.

Scholarships totaling \$17,000 were presented to six deserving high school seniors at the Scotch Plains-Fanwood High School Scholarship Awards Night on May 28. The following students were selected based on a combination of their academic records and service to the community:

- Tess Coffey, who will attend Boston College to study Management and prepare for a career in live events management, particularly within the music industry. Tess dedicated more than 750 volunteer hours at Mane Stream, a therapeutic horse program for children and adults.
- Isabella DeSanto, who will attend the University of New Hampshire to study Occupational Therapy, with an end goal of earning a Masters or Doctorate degree. She completed her Gold Girl Scout award and cites her time volunteering at Children's Specialized Hospital as the experience drawing her to work in Occupational Therapy.
- Samuel Duque Quintero, who will attend Rutgers University to pursue a degree in Finance. His goal is to apply his education toward building financial literacy programs for under-resourced Hispanic communities. Sam founded the Union Latina, a supportive structure for students navigating their immigration journey. Started as a small gathering, it now includes more than 160 student members.
- Griffin Hough, who will attend Indiana University with plans to pursue a degree in Finance with a minor in Mathematics. Amongst his many volunteer and leadership activities, Griffin cites working at the family soup kitchen housed at Immaculate Heart of Mary Church as his most rewarding experience.
- Benjamin Sohmer, who will attend the University of Georgia. Ben hopes to pursue a path in Business that considers not only profit, but also environmental and humanitarian costs. He dedicated his volunteer time to helping children with special needs learn how to play soccer and swim.
- Aanya Wright, who will attend Rutgers University to pursue a career in Business and Analytics. Having navigated serious health-related hardships, Aanya feels drawn to help others face their challenges. Throughout her high school years she has volunteered as a facilitator with Imagine, providing support for grieving children.

Congratulations to all of the scholarship winners and to everyone in the community who helps The FSPSL fulfill its mission to "Help Us

Help Others." All proceeds for grants and scholarships come from the generous giving of new and/or gently used items donated for sale to the FSPSL Thrift Shop at 1741 East Second Street. The store has been a staple in downtown Scotch Plains for decades, offering good quality, reasonably priced merchandise to customers in need of household goods, toys, clothing, and much more. As of 2026 the League has donated

more than \$1.6 million to local community organizations and students.

To learn more about the FSPSL, the types of donations accepted and volunteer opportunities, please call the store at 908-322-5420. You can also visit the Scotch Plains Thrift Shop web site [scotchplains thriftshop.weebly.com](http://scotchplains thriftshop.weebly.com), or search and follow the "Fanwood-Scotch Plains Service League" on Facebook.



(above) Christina Swaak, Chair of Scholarship Committee (center) is flanked by recipients of the League's 2026 scholarships. They are (l-r) Benjamin Sohmer, Tess Coffey, Isabella DeSanto, Aanya Wright, Griffen Hough and Samuel Duque Quintero.

Courtesy Photo

**Al's Carpentry Home Improvements** 

Bathrooms - Basements - Decks - Tile Additions- Doors/Windows - Molding - Drywall Kitchens - Roofing - Siding - Plumbing - Electrical Int. & Ext. Painting - Household Cleanouts

**Call: 908.451.2230**     
[alscarpentry11@aol.com](mailto:alscarpentry11@aol.com) Electrical Lic. # 14616 & Plumbing w #8660

**I BUY OLD MOTORCYCLES**  
**All Types - Running or Not**  
 Call or Text Glenn  
**732-556-7636**  
**Same Day Pick-up**  
**We Pay Cash**



**SAM'S LANDSCAPING**  
 COMPLETE PROPERTY CARE  
 CUSTOMER SERVICE - OUR BUSINESS;  
 LANDSCAPING - OUR SPECIALTY!

**GIVE YOURSELF A BREAK THIS LAWN SEASON!**

WEEKLY LAWN SERVICE  
 PLANTING HARDSCAPING  
 TOPSOIL GARDEN PREP  
 MULCH SOD CLEANUPS

**FREE ESTIMATES**

**SAMSLANDSCAPING.COM**  
 YOUR LOCAL HARDSCAPING EXPERTS

PATIOS WALKWAYS DRIVEWAYS  
 PAVERS RETAINING WALLS AND MORE

**TEXT OR CALL 908-441-7302**



**GOT RUBBISH SAME DAY SERVICE!** 

We save you time and money.  
**973-604-6340** Licensed & Insured  
**www.Got-Rubbish.co** Upfront Pricing

**WE DO ALL THE LIFTING, LOADING & HAULING AWAY!**  
 We remove things you don't need like old furniture, household items, appliances, yard waste, construction debris & more.  
**INTERIOR AND EXTERIOR DEMOLITION:**  
 We take Down  
 Sheds, pools, decks, garages, etc.

**2 MEN PLUS A PICK UP TRUCK SPECIAL: \$129**

# QUALITY EPOXY GARAGE FLOORS

## 732-633-3651

Licensed & Insured  
License #13VH11554200

Division of My Handyman & Painter LLC • 100 Walnut Ave. Suite 210, Clark NJ

- ✓ **WE GRIND YOUR FLOORS. THE PROPER START.**
- ✓ **WE USE SLOW CURING 2 PART EPOXY & NOT POLYUREA SO IT PENETRATES THE CONCRETE. THIS STOPS WATER PENETRATION FROM UNDER THE FLOOR. NO BUBBLING OR BLISTERING**
- ✓ **CHOICE OF 16 DIFFERENT DECORATIVE CHIPS.**
- ✓ **SLOW CURING POLYASPARTIC UV STABLE TOP COAT. HOT TIRES WILL NOT PEEL THE TOP COAT.**
- ✓ **WE TAKE OUR TIME AND DO THE JOB PROPERLY. ONCE ONLY.**

**CHAMPAGNE  
WORK AT  
BEER PRICES!**



**Financing Available**

*A Portion of sales goes to support animal rescues.*

# MY HANDYMAN & PAINTER LLC

## QUALITY HOME IMPROVEMENTS AT AFFORDABLE PRICES

- Vinyl Plank & Tile Flooring Installed
- Kitchen & Bathroom
- Sheetrock, Install & Repair
- Painting, Electric & Plumbing
- Windows, Siding & Masonry
- Basement Finishing & Waterproofing

**General  
Handyman  
Services**

View our Google Reviews.



## 732-331-9572

[www.MyHandymanAndPainter.com](http://www.MyHandymanAndPainter.com)



**Duke says  
"Adopt,  
Don't  
Shop."**

**Pet friendly  
- We support  
animal rescues**

Licensed & Insured  
License #13VH11554200



**SUMMER SPECIAL: DECKS**  
Designed • Built • Repaired • Stained

**INDOOR REMODELLING**  
**FREE ESTIMATES!**

**KITCHEN UPDATING**  
**BATHROOM RENOVATIONS**  
**SHEETROCK, PAINTING**  
**CROWN MOLDING, DOORS**

**NO UP CHARGE FOR USING CREDIT CARD**

MY HANDYMAN & PAINTER LLC., 100 WALNUT AVE, SUITE 210, CLARK NJ 07066



**WELCOME CENTER NOW OPEN**

*Introducing Benchmark at Scotch Plains*

**WARM. WELCOMING. WHERE YOU WANT TO LIVE.**

For nearly 30 years, Benchmark has set the standard for senior living in the Northeast with award-winning care and experiences built on meaningful connections. Our dedicated associates create lasting relationships that helps keep residents connected and engaged.

At Benchmark at Scotch Plains, opening later this year, a modern, maintenance-free lifestyle awaits, with thoughtfully designed amenities just minutes from shopping and local attractions.

**BENCHMARK**  
AT SCOTCH PLAINS

Independent Living • Assisted Living • Memory Care

Experience a new standard in senior living. Visit our Welcome Center or call 908.224.1886!

1814 Raritan Rd | Scotch Plains  
BenchmarkAtScotchPlains.com



**NJFO NEW JERSEY FESTIVAL ORCHESTRA**  
THE 1,000 CANDLES CONCERT EXPERIENCE

**STRANGER THINGS**

**BASKING RIDGE & WESTFIELD**

**JULY 25-26**



NJFESTIVALORCHESTRA.ORG (908) 232-9400

## BALANCE AWARENESS VIA ZOOM EVERY FRIDAY

### Scotch Plains Public Library

Yasmin Ofek will lead her Balance Awareness With Yasmin Ofek class every Friday in 2026 from 10 - 11 a.m. via Zoom. This is the third year that Yasmin has hosted this restorative and uplifting class, and it is a fun and healthy way to start the new year off right. Join in to discover a new approach to exercise.

All adults, and older adults in particular, are encouraged to take part in these classes, which are designed to address the loss of balance and strength that can occur as we age.

Yasmin Ofek's instruction emphasizes moving with awareness to allow your nervous system to discover easier, more efficient movement patterns. With her knowledge of anatomy and experience as a fitness trainer, Yasmin's classes can help you establish a better connection

between the brain and body, while also gently strengthening the muscles that keep your body upright.

All you'll need are a chair and sneakers to experience this gentle but effective approach to moving confidently throughout the lifespan. These classes have been wildly popular week after week and participants have expressed how much they enjoy and appreciate Yasmin's unique approach.

For more information or to register, go to [scotchplainslibrary.org](http://scotchplainslibrary.org), email [library@scotchplainslibrary.org](mailto:library@scotchplainslibrary.org), or call (908) 322-5007 x 204.

The Zoom link will be sent to your email, and we will send it again as a reminder before each week's class. Please register once to attend any classes in 2026.

## MLK PLANNING COMMITTEE NEEDS YOUR HELP

The SPF MLK Planning Committee is seeking community volunteers to help organize next year's Martin Luther King Jr. Day of Service.

The committee is seeking new members to assist with the development and execution of the annual event, which honors the civil rights leader's legacy through community action. Organizers are specifically seeking individuals with expertise in project registration and

management, fundraising, social media, and graphic design.

The opportunity is open to all community members, including high school students. Student volunteers are eligible to receive community service hours for their participation.

Those interested in joining the planning committee are encouraged to contact organizers via email at [spfdayofservice@gmail.com](mailto:spfdayofservice@gmail.com).

## NEW JERSEY FESTIVAL ORCHESTRA (NJFO) PRESENTS STRANGER THINGS: THE 1,000 CANDLES CONCERT EXPERIENCE

The New Jersey Festival Orchestra (NJFO) invites audiences to step into the world of Stranger Things this summer with Stranger Things: The 1,000 Candles Concert Experience, a one-of-a-kind candlelit event combining the excitement of live music, beloved television themes, and the unforgettable sounds of the 70s, 80s, and 90s.

Performed by a live string ensemble and narrated by Maestro David Wroe, this immersive concert experience celebrates the nostalgia and atmosphere of the hit Netflix series while showcasing iconic pop and rock classics that defined a generation. Audiences will hear music inspired by the show's haunting soundtrack alongside recognizable favorites from the decades that shaped its distinctive sound and style.

Illuminated by the warm glow of candlelight, the performance offers a unique blend of cinematic storytelling, nostalgia, and live music, creating an unforgettable evening for fans of Stranger Things, music lovers, and newcomers alike.

"This concert is designed to bring people together through music they know and love," said Maestro David Wroe. "Whether you're a

longtime fan of the series, grew up with the music of the 70s, 80s, and 90s, or are simply looking for a memorable night out, this experience offers something for everyone."

Perfect for family outings, date nights, multigenerational gatherings, and summer entertainment, Stranger Things: The 1,000 Candles Concert Experience welcomes audiences of all ages. To encourage younger attendees to experience live music, NJFO is offering \$25 student tickets for patrons age 21 and under.

*The concert will be presented in three performances:*

**Saturday, July 25, 2026**

at 5:00 PM and 7:00 PM

**The Presbyterian Church Chapel**

140 Mountain Avenue, Westfield, NJ

**Sunday, July 26, 2026 at 2:30 PM**

**Sieminski Theater**

8000 Fellowship Road, Basking Ridge, NJ

Seating is limited and advance ticket purchases are strongly recommended.

For tickets and additional information, visit [www.njfestivalorchestra.org](http://www.njfestivalorchestra.org) or call (908) 232-9400.

# JERSEY LANDSCAPE & GARDEN SUPPLY

**528 N. Michigan Ave. Kenilworth, NJ • 908-688-8333**

Hours: Monday - Saturday: 7:30 am - 5:00 pm • Sunday: Closed

We accommodate the trade as well as the do-it-yourselfers! We are always ready to assist.

**One of the Largest Displays of Cambridge Pavers in New Jersey!**

- Waterfalls • Fireplaces**  
**• Fire Pits • Walls • Walkways**  
**• Patios • Curbs**

**FREE DELIVERY**

5 yards or more. Union County only.



**Order online at:  
 JerseyLandscapeSupply.com**

**HARDSCAPE**

- Cement
- Cinder Block
- Belgium Block
- Curbing
- Bluestone Treads
- Diamond Blades
- Limestone Treads

**TOOLS**

- Mason Tools
- Landscape Tools

**DRAINAGE**

- Catch Basins
- All Sizes of PVC Pipe & DWV Fittings

**LAWN & GARDEN**

- Grass Seed
- Fertilizers
- Peat Moss
- Hay
- Polymeric Sand
- Paver Sealer
- Paver Cleaner

**SOIL**

Prices per yard

- Compost .....\$35
- Jersey Brown .....\$40

**MULCH**

- Black Dyed .....\$33
- Brown Dyed .....\$33
- Red Dyed .....\$35
- Hardwood .....\$24
- Playground .....\$35

**QUARRY BASE MATERIALS**

- Mason Sand.....\$60
- 3/4 Clean Stone .....\$60
- Stone Dust .....\$40
- QP.....\$50

**DECORATIVE STONE**

- 3/8 Riverbed / Pea Gravel.....\$70
- 1 Riverbed.....\$115
- 1 1/2-3 Riverbed .....\$99
- 3/4 Red Stone.....\$84
- 3/4 Goose Egg.....\$125
- 2-4 Goose Egg.....\$135
- 3/4 Arctic White.....\$120

Prices subject to change without notice.



Now Stocking  
 Rain Bird  
 Irrigation Supplies



**Shop for All  
 Your Lawn Sprinkler  
 Needs!**

# RENNA MEDIA NEWSPAPERS RATE SHEET

**We Mail 200,000 Newspapers to Every Home & Business in 30 Towns!**

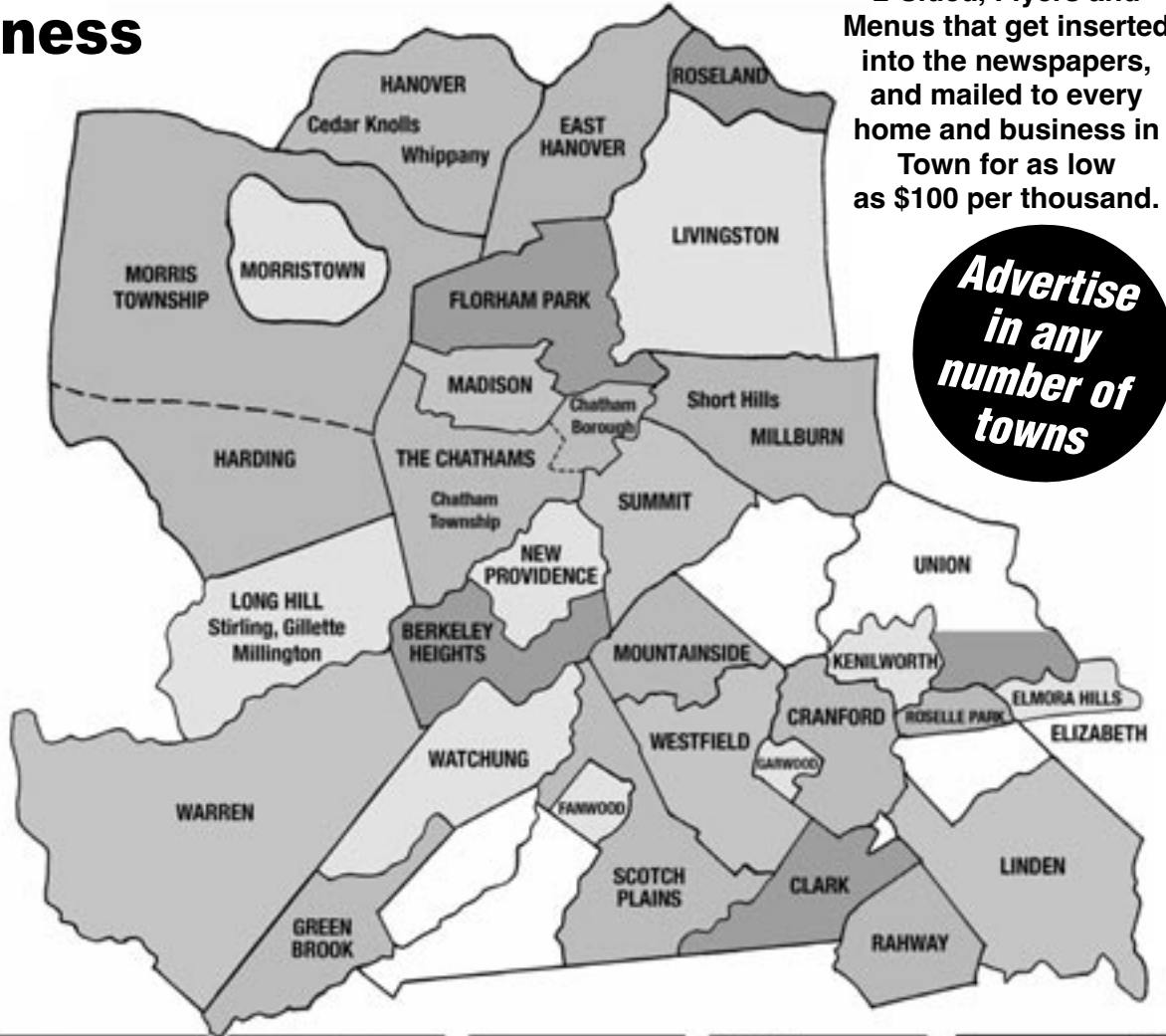
We print Full Color 2-Sided, Flyers and Menus that get inserted into the newspapers, and mailed to every home and business in Town for as low as \$100 per thousand.

**Joe Renna 908-447-1295**  
joerenna@rennamedia.com

Call today for FREE consult on marketing and business plans.

**RENNA MEDIA.COM**

**Advertise in any number of towns**



<b>Berkeley Heights</b> COMMUNITY NEWS Qty: 5,000 Zip: 07922	<b>THE CHATHAMS</b> NJ Qty: 7,600 Zip: 07928	<b>Clark Monthly</b> NJ Qty: 6,800 Zip: 07066
<b>CRANFORD MONTHLY</b> NJ Qty: 9,900 Zip: 07016	<b>East Hanover View</b> NJ Qty: 4,700 Zip: 07936	<b>Elmora Hills</b> ELIZABETH, NJ Qty: 5,400 Zip: 07208 <small>Section of Elizabeth, NJ</small>

<b>Fanwood Post</b> NJ Qty: 3,000 Zip: 07023	<b>Florham Park Press</b> NJ Qty: 6,000 Zip: 07932	<b>Garwood Times</b> NJ Qty: 2,500 Zip: 07027	<b>Green Brook Gazette</b> NJ Qty: 3,300 Zip: 08812	<b>HANOVER TOWNSHIP PRESS</b> NJ CEDAR KNOLLS WHIPPANY Qty: 6,100 Zips: 07927, 07981	<b>BUSINESS • LIFE KENILWORTH</b> NJ Qty: 3,500 Zip: 07033	<b>NJ LIFE in LINDEN</b> NJ Qty: 18,000 Zip: 07036	<b>Livingston Monthly</b> NJ Qty: 12,100 Zip: 07039
<b>Long Hill LEADER</b> NJ Qty: 3,500 Zips: 07933, 07946, 07980	<b>MADISON MONTHLY</b> NJ Qty: 6,300 Zip: 07940	<b>Short Hills MILLBURN MONTHLY</b> NJ Qty: 8,200 Zips: 07041, 07078	<b>MORRIS TOWNSHIP TIMES</b> NJ Qty: 13,500 Zip: 07960, Harding 07976	<b>MORRISTOWN MONTHLY</b> NJ Qty: 7,000 Zip: 07960	<b>MOUNTAINSIDE VIEW</b> NJ Qty: 3,000 Zip: 07092	<b>New Providence NEWS</b> NJ Qty: 5,100 Zip: 07974	<b>OUR TOWN Rahway, NJ</b> NJ Qty: 13,100 Zip: 07065
<b>Life in Roseland</b> NJ Qty: 3,000 Zip: 07068	<b>ROSELLE PARK MONTHLY</b> NJ Qty: 5,600 Zip: 07204	<b>Scotch Plains</b> NJ WHAT'S HAPPENING MONTHLY Qty: 9,600 Zip: 07076	<b>Summit &amp; Times</b> NJ Qty: 9,600 Zip: 07901	<b>Spirit of UNION</b> NJ Qty: 7,800 Zip: 07083 (partial)	<b>WARREN MONTHLY</b> NJ Qty: 6,500 Zip: 07059	<b>Watchung Post</b> NJ Qty: 2,700 Zip: 07069	<b>Westfield MONTHLY</b> NJ Qty: 12,000 Zip: 07090

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										
BACK PAGE	10"x14"	600										
FRONT PAGE BANNER	8.25"x2"	360										
FRONT PAGE BOX	1.5"x4.5"	320										

**PREPAY 6 MONTHS AND GET 1 MORE FREE  
PREPAY 12 MONTHS AND GET 3 MORE FREE**

Rates are per month. Artwork included in price. Newspapers are black on white.

Back cover, Front Page Banner and Front Box reserved on first-come, first-served basis. Current advertiser has right of first refusal.

Rates effective November 1, 2024. Subject to change. See RennaMedia.com for most up to date pricing.

Make Checks payable to Renna Media • Venmo • Zelle •

# PASSING THE TORCH AT 250: HOW NORTH JERSEY'S NEWEST ENLISTEES CARRY AMERICA'S LEGACY FORWARD

*Martha Papson Garcia, Ed.D. (U.S. Army)  
Director of Veterans Services, ROTC Liaison,  
Fairleigh Dickinson University*

Veteran organizations often serve as the backbone of community support for those who have served in the military. Yet, one group is uniquely transforming how America honors its newest service members—before they even don the uniform. While traditional groups like the Veterans of Foreign Wars (VFW) and the American Legion focus primarily on veterans returning from conflict, Our Community Salutes (OCS) dedicates its mission entirely to the next generation of patriots: high school seniors stepping into the U.S. Armed Forces.

As communities across the nation prepared for Fourth of July celebrations and looked forward to America's milestone 250th birthday, the work of Our Community Salutes of North Jersey stood as a powerful reminder of what local support truly meant.

Founded in 2009 by educator and Army veteran Dr. Kenneth Hartman, OCS was created to fill an important gap in community recognition. While college-bound seniors receive enthusiastic decision-day applause and student-athletes draw local headlines for signing with sports teams, military enlistees often quietly slip away to basic training without public acknowledgment. Our Community Salutes ensures these young men and women are the first to hear a collective "thank you" from their hometown.

The organization operates on a three-pronged

support model. For enlistees, public recognition ceremonies provide resources, mentorship, and a sense of pride to ease their transition into active duty. For families, educational tools, community connections, and peer networks that help parents and siblings navigate the military journey. For communities, a collaborative platform uniting local business leaders, veterans, educators, and elected officials to honor local defenders.

Each spring, the North Jersey chapter of OCS brings this essential mission into focus. Recently, the group hosted its 10th Annual Enlistee Recognition Ceremony at Fairleigh Dickinson University's Florham Campus in Madison, New Jersey.

At this high-profile event, more than 90 high school seniors from across northern New Jersey were honored as they committed to enlist in the Army, Marine Corps, Navy, Air Force, Coast Guard, or National Guard. Surrounded by active-duty military leaders, veterans, local dignitaries, and emotional families, these young patriots received a formal send-off recognizing their induction into the elite "less than 1% club" of Americans who wear the uniform. To further support families, OCS introduced programs like OCS Connect, designed specifically to build community for those at home during their loved ones' military journey.

As America approaches its Semiquincentennial—its 250th birthday—the thread connecting these North Jersey enlistees, today's veterans, and the original patriots of the

Revolutionary War becomes profound. It is an unbroken chain of everyday citizens choosing extraordinary sacrifice.

In 1776, the Continental Army was built by farmers, blacksmiths, and tradesmen who swapped civilian tools for muskets to defend the ideal of freedom. Many marched through northern New Jersey, known as the "Crossroads of the Revolution," enduring hardships such as brutal winters in Morris and Bergen counties. Today's veterans have inherited the responsibility of maintaining peace through decades of global conflict. Now, these high school enlistees—stepping onto the same historic Jersey soil—carry forward that legacy by voluntarily safeguarding American liberty. Just as only about 3% of colonists fought for independence, today's service members represent a committed minority protecting the majority.

Many historical battles that were won long ago are celebrated on the Fourth of July. But organizations like Our Community Salutes remind us that freedom is an active, ongoing relay race. By honoring the new generation of military enlistees, OCS ensures that the legacy of American liberty remains vibrant.

The act of honoring veterans isn't just about looking back - it is an investment in the future of the nation. Through grassroots support and community recognition, these young patriots receive a powerful message: their sacrifice is valued, their service is celebrated, and their legacy is America's ongoing story.



*(above) Our Community Salutes of North Jersey 2026, High School Enlistees*

# ESTATES ROADSHOW BUYING EVENTS

**Gold Is At An All Time High NOW IS THE TIME TO SELL**

## GOLD EXCEEDS \$4,000 PER OUNCE!!!



**BUYING ALL GOLD**

- Gold Necklaces
- Gold Earrings
- Gold Rings
- Gold Bracelets
- Gold Pendants
- Gold Charms
- Gold Watches

**BUYING ALL COINS**

- Gold Coins
- Gold Eagles
- Proof Sets
- Kreugerrands
- Buffalos
- US Silver Coins Pre-64
- Morgan/Peace Dollars

**BUYING ALL STERLING SILVER**

- Silverware
- Trays
- 925 Jewelry
- All Sterling Silver

**WATCHES**

- Rolex
- Cartier
- Patek Philippe
- Pocket Watches

**BUYING ALL DIAMONDS**

- Wedding Rings
- Loose Diamonds
- Diamond Jewelry
- Engagement Rings

## EstatesRoadshow.com

**ADD 20% TOWARD YOUR SALE WITH THIS COUPON!**

\* Limit 1 Per Customer. Visit us at a show with this coupon for more details. This Coupon must be presented at the start of the transaction. Other restrictions may apply. All prices subject to market fluctuation. Offers Subject to Condition & Presentation. Please Bring All Appropriate Boxes & Paper Work.



*Highest Cash Offer on the Spot!*

**Don't Miss Out! We Pay the Most! Instant Verbal Quotes!**

## FOUR WEEKS IN THREE LOCATIONS IN JULY

**June 29 thru July 3  
July 27 thru July 31  
CLARK HOLIDAY INN**

36 Valley Rd, Clark, NJ 07066

**10am to 5pm**

**July 6 thru July 10  
July 20 thru July 24  
KENILWORTH HOTEL**

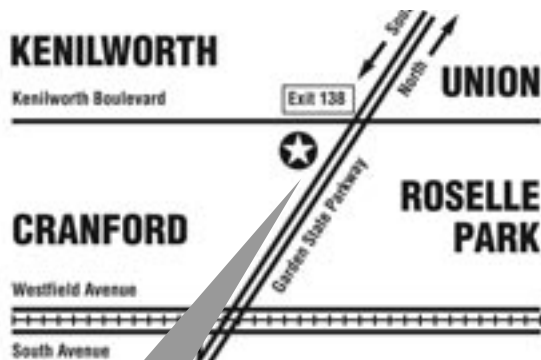
60 S 31st St, Kenilworth, NJ 07033

**10am to 5pm**

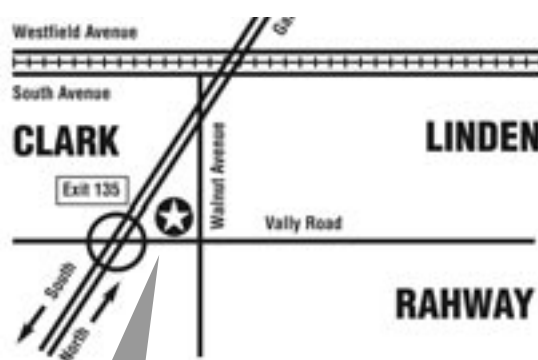
**June 20 thru July 24  
EMBASSY SUITES  
by HILTON PARSIPPANY**

909 ParsIPPany Blvd, ParsIPPany, NJ 07054

**10am to 5pm**



**KENILWORTH HOTEL**



**CLARK HOLIDAY INN**



**EMBASSY SUITES**

**No Appointment Necessary. • FREE Appraisals • FREE Admission**

**Speak to the company's owner: Marshall Smoller: 609-781-6559**