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STEM TEAM PLACES 6TH IN NATIONAL COMPETITION

Berkeley Heights Public Schools

Students from Governor Livingston High School recently competed in the prestigious TEAMS STEM National Competition in Washington, D.C., earning an exceptional ranking of 6th place overall in a highly competitive field. TEAMS (Tests of Engineering Aptitude, Mathematics, and Science) is an annual STEM competition that challenges middle and high school students to apply their knowledge of math, science, and engineering to solve real-world problems. The competition marked the culmination of months of hard work by students in the Governor Livingston Technology Student Association (TSA) Engineering Club. The club entered seven teams in the state-level competition, and all seven earned qualifying scores to advance to nationals. Of those teams, eight students representing Team A and Team C traveled to Washington, D.C., to compete against some of the top STEM students from the United States, Germany, and Turkey.

Team C placed 6th overall and was recognized as a finalist in the Multiple-Choice Competition. The students who attended the national competition included Team A: Sahil

Bhandari (28), Sambhav Chaturvedi (29), Jayden Man (27), John Patti (27), and Team C: Tyler Kanarek (27), Jaslene Jen (27), Chris Yue (28), and Ivan Zubrinic (27).

Ms. Dawn Buchan, GLHS Teacher of Physics and Chemistry and Advisor for TSA, shared, "I am truly proud of the dedication, creativity, hard work, and of course deep scientific knowledge of the TSA Engineering Club this year, particularly the eight students who achieved great success at the TEAMS national competition. I look forward to working with them again next year and have no doubt they will continue to make the Governor Livingston community proud." Superintendent of Schools Dr. Kim Feltre added, "The extraordinary success of our Governor Livingston High School students at the National TEAMS STEM Competition is a powerful testament to their dedication, ingenuity, and collaborative spirit. We are incredibly proud of these young innovators and grateful to Ms. Dawn Buchan for her mentorship. This accomplishment continues to highlight Berkeley Heights' ongoing commitment to cultivating future leaders in science, technology, engineering, and mathematics."

Photo by Berkley Heights Public



(above) Governor Livingston High School Team placed 6th Nationally in Prestigious TEAMS STEM Competition.

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ATHLETICS HIGHLANDER GOLF OUTING

Berkeley Heights Public Schools

The second annual Governor Livingston High School Athletics Highlander Golf Outing, held on June 19, 2026, at Ashbrook Country Club in Scotch Plains, was a resounding success. The event brought together Governor Livingston alumni, families, friends, and community members for a day of golf, camaraderie, and support of Highlander athletics. In just its second year, the outing has quickly established itself as a popular tradition, growing from 70 participants in its first year to 130 in 2026, with tee sponsors at all 18 holes thanks to local businesses and families. Proceeds from the outing will directly enhance the experiences and opportunities available to student-athletes at Governor Livingston High School.

"The day was a huge success thanks to the amazing work of our volunteer committee, and the incredible support of our alumni association, the Highlander Booster Club, the Berkeley Heights and Mountainside PAL organizations, and everyone in our community," said CJ Hendricks, Governor Livingston Athletic Director. "It was a great day of building Highlander pride, strengthening our community, and the funds raised will support special projects and help enhance the experience for our student-athletes at Governor

Livingston High School."

This year's outing featured several special touches, including a traditional Highlander bagpiper send-off before tee-off by Governor Livingston High School alumnus and fencing coach Kevin Jow, as well as a welcome to the first tee from "The Voice of the Highlanders," Denis Smalley, who announced each golfer as they began their round. Volunteers from the Highlander Booster Club, led by President Annie Basille and Vice President Anne Woodard, along with members of the Governor Livingston Alumni Association, including Co-President Sharon Brodian, helped organize the 50/50 raffle, merchandise sales, silent auction, and other fundraising activities. The silent auction featured prizes including a Jaxson Dart Meet and Greet Experience, a 2026 USA Men's Hockey Team commemorative masterpiece, and a trip to Mexico.

Hendricks concluded, "Thanks to the commitment and generosity of our sponsors, donors, golfers, and supporters, the outing was not only a memorable day on the course but also an important fundraiser for our athletic programs. I am happy to report that we exceeded last year's fundraising total, raising approximately \$7,800, and I hope we can continue to grow this event each year."

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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
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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
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7TH ANNUAL MARCH TO YORKTOWN DAY RETURNS TO WESTFIELD ON AUG 16

The Washington-Rochambeau Trail Alliance of New Jersey invites the public to experience the sights, sounds, and stories of the American Revolution at the 7th Annual March to Yorktown Day on Sunday, August 16, 2026, from 12:00 p.m. to 4:00 p.m. at Washington-Rochambeau Trail Park, 201 Mountain Avenue, Westfield, New Jersey.

This America250 family-focused community event commemorates the historic 1781 march of the American and French armies through New Jersey on their way to Yorktown, Virginia. The allied victory at Yorktown proved decisive in securing American independence.

The event will begin with a 12:00pm Opening Ceremony featuring the formal dedication of Washington-Rochambeau Trail Park, along with remarks by local dignitaries and invited guests. Located along the congressionally designated Washington-Rochambeau Revolutionary Route National Historic Trail, the park commemorates Westfield's place in the historic march to Yorktown and provides a permanent place for residents and visitors to learn about the community's Revolutionary War heritage.

Visitors can step back in time at a Revolutionary War militia encampment, where reenactors will demonstrate military camp life and historic cooking techniques. Musket firing demonstrations will bring the sounds of the Revolution to life, while historical organizations will host informational tables highlighting New Jersey's rich Revolutionary War history.

A special program at 2:00pm, will feature nationally renowned historian Robert A. Selig, Ph.D., a leading scholar of the Washington-

Rochambeau Revolutionary Route and the American and French armies' march to Yorktown. Dr. Selig will share the history and significance of the 1781 campaign and New Jersey's important role in the journey that helped secure American independence.

Children and families can enjoy activities designed to introduce young people to Revolutionary War history in an engaging and memorable way courtesy of many local history organizations. Food trucks will also be on site throughout the afternoon.

One of the highlights of the day will be the symbolic March to Yorktown, commemorating the journey undertaken by thousands of American and French soldiers in 1781. Participants will march to Westfield's historic Revolutionary War burial grounds, where a wreath-laying ceremony and musket salute will honor Revolutionary War patriots and those who sacrificed for American independence.

The 7th Annual March to Yorktown Day brings together reenactors, historians, historical organizations, community partners, families,

and visitors for an afternoon of living history, education, and remembrance during the nation's 250th anniversary year.

The event is organized by the Washington-Rochambeau Trail Alliance of New Jersey, a nonprofit organization dedicated to preserving, promoting, and interpreting New Jersey's role in the Washington-Rochambeau Revolutionary Route and the historic march that helped secure American independence.

In the event of severe weather, the program will be moved indoors to the Town of Westfield Community Room, 425 East Broad Street, Westfield. Weather-related updates will be announced prior to the event on the WRTA-NJ Facebook page and Town of Westfield Nixel.

Sponsors include: PNC Bank, Westfield Inn, Chez Catherine, Apricot, Westfield Tobacco and the West Fields Chapter Sons of the American Revolution.

For more information, contact Julie Diddell, Executive Director of the Washington-Rochambeau Trail Alliance of New Jersey, at 908-917-4706.

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2026 PROJECT GRADUATION WAS A HUGE SUCCESS

Submitted by Jovan Siconolfi

More than 180 members of the Class of 2026 enjoyed a safe, fun-filled night at Funplex in East Hanover, NJ. The event ran from 8:30 p.m. to 1:30 a.m. and provided our graduates with an unforgettable celebration to mark this important milestone.

A dedicated team of 15 volunteers assisted with registration and bag checks at Governor Livingston before the seniors departed. Our wonderful chaperones then helped load five buses and accompanied the students to and from Funplex. Without their support, this event would not have been possible. We would like to thank:

Tracy Gardner, Christa Cerullo, Jenn Silva, GiGi Del Cueto, Liliana Bussin, Tina Barter, Kristine Jordan, Jess Schwartz, Ly Kim, Jordan Hyman, Annie Basile, and all of our amazing volunteers who helped make the evening a success.

Students enjoyed a wide variety of food, activities, and attractions throughout the night, including Splashplex water slides, video games, rides, bumper cars, bowling, go-karts, laser tag, and much more. Beach towels and gift card prizes were also awarded throughout the evening.

A special thank you goes to Mountainside



Courtesy Photo

EMTs Domenico Deluca and Otabek Khudaybergenov and, Berkeley Heights EMT's Maya Sternberg and Katherine Gupta who were on hand throughout the night, as well as Shaun Bendyk of the Mountainside Police Department and Danny Schaefer of the Berkeley Heights Police Department. We are incredibly grateful for their support and dedication to keeping our students safe.

Project Graduation would also like to thank the Berkeley Heights Board of Education, Ms. Berry, Mr. Dagounis, and the entire Governor Livingston staff for their continued support. We are also grateful to our local businesses for their generous donations, including 18 dozen donuts donated by the Berkeley Heights Dunkin' Donuts

on Springfield Avenue. A special thank you goes to First Group and their outstanding team of bus drivers and staff for providing safe transportation throughout the evening.

Parents of freshmen, sophomores, and juniors: Please consider getting involved with Project Graduation in the future!

Project Graduation supports several events throughout the year, including the Senior Breakfast, Prom Fashion Show, Senior Picnic, graduation parking and seating raffles, graduation lawn sign sales, and the Project Graduation celebration itself.

If you are interested in getting involved, please reach out to Project Graduation Coordinators Catia Salerno and Jovan Siconolfi.



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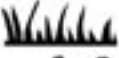
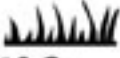
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THE SUMMER SIDEWALK SALE IS BACK AFTER MORE THAN A DECADE

Shoppers, get ready to stroll and save. Summit Downtown, Inc. (SDI) is thrilled to announce the return of the Summit Summer Sidewalk Sale, reviving a beloved community tradition for the first time in over a decade. The highly anticipated three-day shopping event will take place from Thursday, August 27 through Saturday, August 29, 2026, running from 10:00 a.m. to 7:00 p.m. each day.

Downtown Summit retailers will offer sidewalk sales featuring end-of-summer discounts, special promotions, and new merchandise. Shoppers can browse deals outside participating stores and continue shopping inside for additional savings and promotions. "We are incredibly excited to bring back the Summer Sidewalk Sale," said Nancy Adams, Executive Director of Summit Downtown, Inc. "For many, this event is a nostalgic part of our downtown's history. Reviving it after more than a decade is a wonderful way to celebrate our vibrant retail community, support our local businesses, and offer residents and visitors a great weekend of shopping."

To ensure smooth traffic flow and accessibility throughout the downtown district, no streets will be closed for the event. Shoppers are encouraged to explore the entire downtown to discover sales from a wide variety of participating boutiques, specialty shops, and local favorites. Standard parking rates and

regulations will remain in effect in all municipal lots and garages during the three-day event.

While the full list of participating businesses will be finalized closer to the event dates, shoppers are encouraged to follow Summit Downtown on social media for live, on-site content, sneak peeks of exclusive merchandise,

and real-time deal announcements throughout the weekend.

For more information about the Summit Summer Sidewalk Sale and a growing list of participating retailers, please visit SummitDowntown.org or follow @SummitDowntown on all social channels.

NATIONAL NIGHT OUT AUGUST 4 AT BOROUGH HALL

Borough of Mountainside

Mark your calendars for Tuesday, August 4, from 6 - 9 p.m. and join us at Borough Hall for an evening of fun, food, and community at National Night Out!

National Night Out is an annual event that brings residents together with local police, fire, and EMS to strengthen community partnerships and promote neighborhood safety. It's a great opportunity to meet the people who serve our community while enjoying a fun-filled evening with family, friends, and neighbors.

This year's event will feature: Live music from a DJ, Bounce house, Obstacle course, Dunk tank, Petting zoo, FREE hamburgers and hot dogs, popcorn and bottled water, Giveaways and more!

Whether you're coming for the food, the fun, or the chance to connect with your neighbors and first responders, there's something for everyone. We hope you'll join us for this exciting evening as we celebrate the spirit of community and work together to keep our neighborhood safe and strong.

A special thank you to our incredible sponsors for their generous support. Their commitment to our community helps make National Night Out possible each year. We are truly grateful for their partnership and dedication to making this event a memorable experience for Mountainside residents.

**SUMMIT SUMMER
SIDEWALK SALE**

sale sale sale

Shop Small

August 27-29 • 10 AM-7 PM

Thurs 27 Fri 28 Sat 29

**See Summthing Sizzling:
Summer Sidewalk Deals in Summit**

**Summit
DOWNTOWN**
summitdowntown.org

A graphic for the Summit Summer Sidewalk Sale. It features the title "SUMMIT SUMMER SIDEWALK SALE" in large, bold, stylized letters. Below the title, there are three panels, each with the word "sale" written in a cursive, hand-drawn style. Underneath these panels, there are three shopping bags with handles, also in a hand-drawn style. To the left of the date information is a small sign that says "Shop Small" with a heart symbol. The date and time "August 27-29 • 10 AM-7 PM" are prominently displayed in the center. Below this, the days of the week "Thurs 27", "Fri 28", and "Sat 29" are listed in rounded boxes. At the bottom, the text "See Summthing Sizzling: Summer Sidewalk Deals in Summit" is written in a bold, sans-serif font. On the right side, there is a QR code and the Summit Downtown logo with the website "summitdowntown.org".

**SIXTH ANNUAL
Tee It Up for Our House
GOLF OUTING**

Join the Our House Family for a fantastic day of golf at **Canoe Brook Country Club** followed by an extended **19th Hole Cocktail Hour** in the **1901 Tavern**.

MONDAY // OCTOBER 19, 2026

Scan the QR Code, text **TeeItUpforOH26** to 76278 or visit **TeeItUpforOH26.givesmart.com** for more information and to secure your spot today. For questions, contact Michele at 908.464.8008 x172.

A graphic for the "Sixth Annual Tee It Up for Our House Golf Outing". It features a circular logo on the left with a house icon and the text "OUR HOUSE EST. 1960". The main title "SIXTH ANNUAL Tee It Up for Our House GOLF OUTING" is in a mix of bold sans-serif and cursive fonts. Below the title, the event details are written: "Join the Our House Family for a fantastic day of golf at Canoe Brook Country Club followed by an extended 19th Hole Cocktail Hour in the 1901 Tavern." The date "MONDAY // OCTOBER 19, 2026" is in a dark rounded rectangle. At the bottom, there are three small photos: a person at a golf cart, a group of people standing together, and a couple smiling. Below these photos is a QR code and contact information: "Scan the QR Code, text TeeItUpforOH26 to 76278 or visit TeeItUpforOH26.givesmart.com for more information and to secure your spot today. For questions, contact Michele at 908.464.8008 x172." Another QR code is in the bottom right corner.

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RAHWAY DAY!

Saturday , October 17th, 2026

RAHWAY REC CENTER

275 E. Milton Ave, Rahway NJ 07065

11:00 AM to 3:00 PM



CHAMBER OPENS REGISTRATION FOR RAHWAY DAY

The Rahway Chamber of Commerce is now accepting registrations from businesses, nonprofit organizations and community groups interested in participating in Rahway Day 2026, one of the city's signature community events.

Scheduled for Saturday, Oct. 17, from 11 a.m. to 3 p.m., Rahway Day will once again transform the Rahway Recreation Center, 275 E. Milton Ave., into a vibrant community gathering featuring local businesses, organizations, live entertainment, family activities, food trucks and more. Admission is free and open to the public.

Held under the Chamber's "Think Rahway First" initiative, Rahway Day connects residents with the businesses, organizations and services that help make Rahway a thriving place to live, work and play.

"Rahway Day is one of my favorite events because it brings together everything that makes our community special," said Chamber President Heidi Loder-Rosal. "Whether you're discovering a local business, supporting a nonprofit or enjoying the day with family and friends, Rahway Day is a celebration of the people and organizations that make Rahway such a wonderful community."

This year's event will feature pumpkin painting for children ages 12 and under, pickleball clinics,

karate demonstrations, yoga, live performances by Rahway High School students and local dance groups, hourly door prizes, a selfie station, a 360-degree photo booth, Touch-a-Truck activities, an antique police vehicle and a variety of local food trucks.

Businesses, nonprofit organizations and community groups are invited to reserve exhibit space and explore sponsorship opportunities. Rahway Day provides a unique opportunity to connect with hundreds of residents while showcasing products, services and community resources.

Registration and sponsorship information is available at rahwaychamberofcommerce.com or by contacting Chamber President Heidi Loder-Rosal at contact@rahwaychamberofcommerce.com or (848) 236-5027.

ABOUT THE RAHWAY CHAMBER OF COMMERCE

The Rahway Chamber of Commerce supports local businesses while fostering a vibrant, connected community through advocacy, networking and events. Signature programs such as Rahway Day strengthen relationships among businesses, organizations and residents while encouraging everyone to Think Rahway First.

SAVE THE DATE!

September 26, 2026



18th Annual GARDEN STATE 3K/5K Walk/Run FOR PULMONARY FIBROSIS

Registration: 9am
Race Starts 9:30 am

Loantaka Brook Park

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across from 548 South St.
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Proceeds will benefit the Pulmonary Fibrosis Foundation, research for the cure, and the Garden State Pulmonary Fibrosis Support Group.



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ANSWERING SUICIDE PREVENTION & CRISIS CALLS

Caring Contact

Caring Contact, an award-winning volunteer-staffed hotline that answers 988 Suicide and Crisis Lifeline calls—primarily from callers in seven counties in Central and Northern New Jersey—has seen a dramatic rise in the number of calls coming in over the last two years. In 2025 they answered 25,700 calls, the most in their 50-year history, and the call rates have risen over 70% in 2026.

“Every 988 call represents someone bravely reaching out in a moment of profound need. The increase in calls tells us that more people know help is available—and that when compassionate, trained Listeners answer, it can make a lifesaving difference,” explains Mary Claire Givelber, Executive Director, Caring Contact.

THE GOOD NEWS — IT’S WORKING

The rising rates of Callers correlates to a 2026 JAMA study, that after the launch of the national 988 Suicide and Crisis Lifeline in 2022, suicide deaths among adolescents and young adults (ages 15–34) dropped 11% compared to projected rates from 2022–2024.* The largest declines were seen in states with the highest 988 call volumes.

At Caring Contact, they see evidence of this every day. Recently a teen Caller coping with anxiety and loneliness said, “Thank you very much for talking to me. I think I’m going to talk some things over with my parents about how I’ve been feeling. I spoke with you guys, and it made me realize that I’m not alone.”

AS THE CALL RATES RISE, SO DOES THE NEED FOR TRAINED VOLUNTEER LISTENERS

Twice a year Caring Contact offers an intensive 9-week in-person & hybrid training class to prepare volunteer Listeners to offer nonjudgemental, empathetic Listening to Callers experiencing crisis and thoughts of suicide. Once trained, volunteers provide 9 hours a month of Lifeline listening. Become a volunteer 988

Listener—applications are open for fall training, September 15th through November 17th, 2026, on Tuesday nights, alternating between in-person classrooms in Scotch Plains and remote classes, with one full weekend of ASIST training. To be considered, fill out an application at CaringContact.org/training.

LISTENING IS A REWARDING VOLUNTEER EXPERIENCE

A recent survey of Caring Contact volunteer Listeners found that 100% of respondents feel that “their work is making a difference” and that the “training prepared them well” for this opportunity. A Listener recently said, “It is a rich experience that allows you to make a direct impact on your life, support others and be a part of a diverse and vibrant community with like-minded values anchored on deep compassion and care for others.”

In addition, Listeners report that the Active Listening skills they’ve learned also transfer to leadership roles, at work and with family and friends. “It’s the greatest gift a person can give to another. To be with them without trying to change them. To listen with empathy helps others feel less alone. To not be judged but to be accepted for feeling whatever one is feeling. It’s uncommon for people to be able to say what they need to say and have someone listen without judging them. Again, such a gift,” reports a Caring Contact Listener.

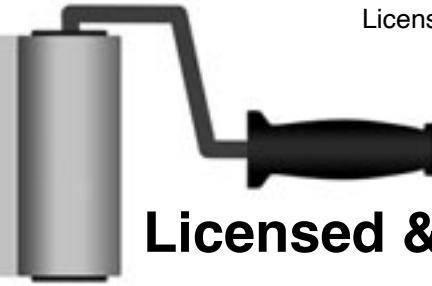
“My time with this organization has been life changing.” – Caring Contact Volunteer Listener BECOME A VOLUNTEER 988 LISTENER— APPLICATIONS ARE OPEN FOR FALL TRAINING

Training: September 15th through November 17th, 2026, on Tuesday nights, alternating between in-person classrooms in Scotch Plains and remote classes, with one full weekend of ASIST training. To be considered, fill out an application at CaringContact.org/training



(above) Volunteers from New York and New Jersey who completed Caring Contact’s 988 Suicide & Crisis Lifeline Training and are now interns answering calls. They join about 100 experienced Listeners that answer the confidential, free, 24/7 Lifeline for Caring Contact. — June 2026

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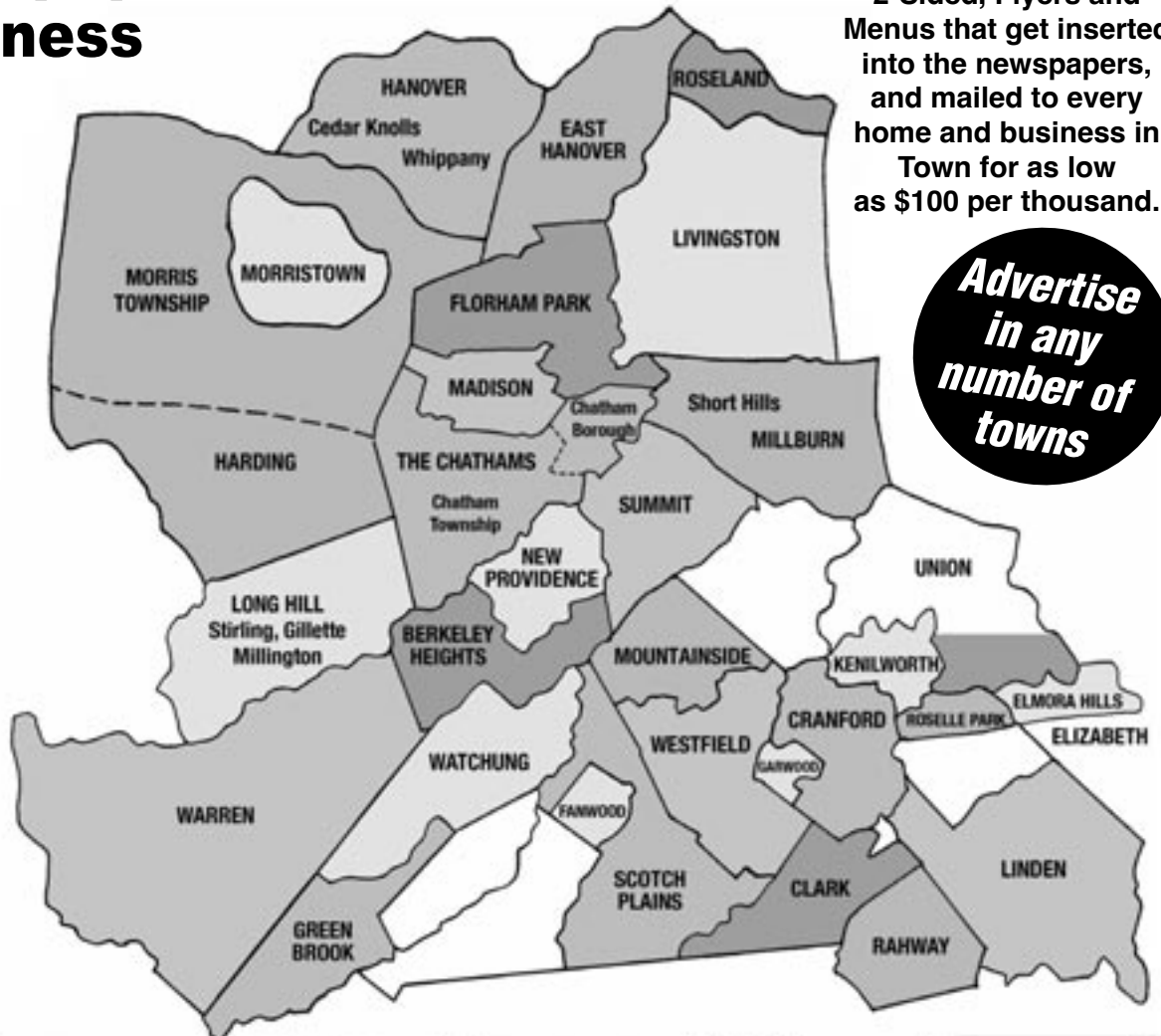
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4 Units	3.25"x8" or 6.5"x4"	240	560	900	1000	1300	1600	1700	1800	1900	2000	2100
6 Units	6.5"x6.25" or 10"x4"	320	760	1200	1400	1600	1800	2000	2200	2400	2600	2800
9 HALF PAGE	6.5"x9" or 10"x7"	360	860	1300	1600	1900	2200	2400	2600	2800	3000	3200
12 Units	6.5"x14"	400	960	1400	1800	2100	2400	2700	3000	3300	3600	3900
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AUGUST 2026 PROGRAMS AT MOUNTAINSIDE LIBRARY

1 Constitution Plaza, Mountainside, NJ 07092

Our Summer Reading program is still in full swing and accepting registrations. The library will be closed on Saturdays in July and August.

Baby Bounce Storytime

Wednesday, August 12th at 9:45am

Ages 0-18mos: This program is designed for babies in arms and features engaging, age appropriate stories and activities. This program will have about 25 minutes of structured storytime followed by 30 minutes of bonding time for babies and caregivers.

Stories and Songs

Monday, August 3rd & 10th at 4pm

Ages 3-6: Join us for Stories and Songs story time! This program is for children ages 3-6 and features longer engaging stories, song & dance, and simple instruments! All children must be accompanied by a grownup. This event does not require registration.

Toddler Tales

Tuesday, August 4th & 11th at 10:30am

his program is designed for children ages 18 months-3 years and features fun, engaging stories and songs. All children must be accompanied by a grownup. You do not need to register for this program.

Family Storytime

Thursday, August 6th & 13th at 1pm

Ages 0-5: Join us Thursdays at 1:00 PM for our Family Story Time! This program is designed for children ages 0-5 and features fun, engaging stories and songs. All children must be accompanied by a grownup. You do not need to register for this program.

Story Explorers (Pre-K)

Monday, August 24th at 10:30am

Story Explorers is a program for Pre-K aged kids where they will read a story and do an accompanying activity that could be a craft, game, or something else exciting! Registration for this program is encouraged and all attendees must be accompanied by an adult.

Intro to Baton Twirling (Ages 4-5)

Monday, August 3rd at 11am

Join us at the Mountainside Library to learn about the unique skill of baton twirling. This time slot is for 4-5 year olds. Registration for participants begins 7/13/2026.

Intro to Baton Twirling (Ages 6 plus)

Monday, August 3rd at 12pm

Join us at the Mountainside Library to learn about the unique skill of baton twirling . This time slot is for 6 year olds plus. Registration for participants begins 7/13/2026.

Creature Comfort: Read to a Therapy Animal

Monday, August 3rd at 6:30pm

Gain reading confidence by reading to a therapy animal! Age Range: all readers and families are welcome. Adult Supervision: Adults must accompany children under 7. Time: Each registration is for a 12-minute time slot. Registration: one registration fills one time slot for an individual reader or a family. Youth Services Librarian, Becca will reach out to you with your time slot.

Relief Carving Workshop for Adults Unearth a Story Summer Reading Program

Tuesday, August 4th at 3pm.

Immerse yourself in a calming, hands-on sculptural experience as you carve beautiful motifs into a plaster surface. Explore the art of low-relief carving - where forms gently rise from a flat base - and discover depth, line, and texture in a creative, meditative way!.Leave with a finished carved piece that's uniquely yours. Workshop presented by Smriti Sangal from Culture Chauraha. Register in advance is required as space is limited.

Miss Jolie Bubbly Beats

Wednesday, August 5th at 10:30am

Join Miss Jolie for music, movement, and BUBBLES at the Mountainside Public Library! Kids of all ages are welcome. Online registration begins 7/15. All attendees including adults must register.

Mah Jongg Open Play

Wed, Aug 5th, 13th, 19th and 26th at 12-3 pm
Come play American Mah Jongg. Bring friends or come yourself and find new partners. Instruction is not provided so you must have a working knowledge of the game. We provide the sets but bring your own 2026 card. Registration not required.

UKF Presents: Kids' Introductory Martial Arts

Thursday, August 6th at 11am

This class is suited for kids ages 3+. Andrew will teach kids about basic warm-ups and staying safe. Kids will enjoy fun coordination games and drills! Registration for this event opens 7/16.

Mountainside Book Club

Thursday, August 6th at 6:30pm

Join us to discuss this month's book "Portrait of Dorian Gray" by Oscar Wilde. Books are available for pick-up at the library. No registration required.

Friday Afternoon Movies

August 7th, 14th, 21st & 28th.

August 28th includes a film discussion) 1pm:
For more information check the website.

Registration is not required.

Drop-In Craft For Kids

Every Friday while supplies last

Craft can be taken home or completed in the library - scissor, glue, and coloring implements are all you need.

Middle School Movie Night

Monday, August 10th at 5:30pm

Join us at the Mountainside Public Library for an evening Middle School Movie Night! Enjoy light snacks and refreshments during the movie. Registration is encouraged, but walk-ins are always welcome!

Kids' August Craft (Ages 4+)

Wednesday, August 12th at 4pm

Join us at the Mountainside Library for a fun early summer craft: cave drawing!
August 12th at 4:00 PM, for kids ages 4+.
Registration required for children only. Each child must be accompanied by an adult.

Exploration Stations: Sensory Play (Ages 1-4.5)

Friday, August 14th at 10am

Fun, interactive exploration of sight, sound, touch and imagination with summer themes.

Participants will move through 10 themed stations each with 2-3 engaging activities. Age Range: 12 months to 4½ years. Adult Supervision: Adults must accompany their child at all times. Registration: Required for children only. Registration begins 7/25.

Dinosaurs Rock! (NEW DATE)

Monday, August 17th at 2pm

Unearth this prehistoric program at the Mountainside Public Library! See and touch artifacts like skulls and fossils on our Community Room that you would normally only see in museums! Previous registrants will receive priority registration.

Ana's World of Minis: Darla and Friends

Wednesday, August 19th at 11am

Darla the mini highland park cow with her barn mates, two sheep named Rosie and Poppie.

Middle School Craft

Wednesday, August 19th at 4pm

Join us at the Mountainside Public Library for a Middle School Craft! Registration begins 7/29.

Kids Open-Door Activity

Monday, August 31st at 11am

Drop-in anytime between 11:00AM-12:30PM for an open-ended activity with Miss Bella! No registration required.

NATIONAL NIGHT OUT AUGUST 4

Borough of Mountainside

Mark your calendars for Tuesday, August 4, from 6 - 9 p.m. and join us at Borough Hall for an evening of fun, food, and community at National Night Out!

National Night Out is an annual event that brings residents together with local police, fire, and EMS to strengthen community partnerships and promote neighborhood safety. It's a great opportunity to meet the people who serve our community while enjoying a fun-filled evening with family, friends, and neighbors.

This year's event will feature: Live music from a DJ, Bounce house, Obstacle course, Dunk tank, Petting zoo, FREE hamburgers and hot dogs, popcorn and bottled water, Giveaways and more!

Whether you're coming for the food, the fun, or the chance to connect with your neighbors and first responders, there's something for everyone. We hope you'll join us for this exciting evening as we celebrate the spirit of community and work together to keep our neighborhood safe and strong.

A special thank you to our incredible sponsors for their generous support. Their commitment to our community helps make National Night Out possible each year. We are truly grateful for their partnership and dedication to making this event a memorable experience for Mountainside residents.



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Stay updated on the
Mountainside market
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2025
FIVE STAR
REAL ESTATE AGENT



2015
EXCELLENCE
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PLATINUM



Marvelous Mountainside

•
Call Diane for her creative expertise in staging your home for sale.

•
Diane can help you to choose smart repairs that are cost effective
that will show your home in the best condition it can be in.

•
Diane has extensive knowledge in properly pricing homes for high
interest from buyers which will provide optimum showing activity
and a record breaking sales price for the seller in today's market.



11 Mountainview Mountainside
SOLD 1,710,000.00



294 Mountain Avenue Springfield
SOLD 695,000.00



10 Tree Top Drive Springfield SOLD 850,000.00

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

Please call me to discuss your unique market strategy.



DIANE KONTRA
REAL ESTATE