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GL TEAM PLACES 6TH NATIONALLY IN PRESTIGIOUS TEAMS



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

Photo by Berkley Heights Public

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."

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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.

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THREE SCOUTS EARN EAGLE SCOUT HONORS

Scouting America Troop 280

Three local young women of Troop 280 were recognized for achieving the rank of Eagle Scout, the highest rank a scout can earn with Scouting America, during a Court of Honor ceremony held on June 4th, at Gloria Dei Church in Chatham, New Jersey. Troop 280, founded in 2019, is one of the first all-female Scouting America troops.

The Eagle Scout rank represents years of dedication, leadership, community service, and personal growth. A key requirement is the completion of a major service project that addresses a community need and demonstrates leadership by organizing and directing volunteers. Scouts must also earn a minimum of 21 merit badges, all three Scouts earning well beyond this number.

Gabby Kaplan, a rising Senior at Chatham High School, designed and built a meditation labyrinth for Temple Sinai in Summit, NJ, creating a peaceful outdoor space for reflection, mindfulness, and spiritual connection. The labyrinth provides congregants and visitors with an opportunity for walking meditation and quiet contemplation.

Julia Kirsch, a graduating senior at Governor Livingston High School in Berkeley Heights, NJ, partnered with St. Hubert's Animal Welfare Center in Madison, NJ to design and construct agility equipment for rescue dogs. The new obstacles provide enrichment, exercise, and training opportunities that support the dogs' well-being while they await adoption.

Grace Nemetz, a graduating senior at Ridge High School in Basking Ridge, NJ, completed a project at Lord Stirling Park's Discovery Garden, where she built a wooden deck and installed an interactive educational exhibit. The spinning-block panel encourages visitors to match local predators with their prey, helping children and families learn about wildlife and ecosystem relationships through hands-on exploration.

Scouting America Troop 280 meets on Thursday evenings at Gloria Dei Church in Chatham, NJ. Interested girls can reach out to newmembers@scoutsbsa280.org.



(above, l-r) Eagle Scouts Gabby Kaplan, Julia Kirsch, and Grace Nemetz were celebrated at a Court of Honor ceremony held on June 4th.

Courtesy Photo

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UPDATE ON LIBRARY’S DIGITAL ARCHIVES

New Providence Memorial Library

New Providence Memorial Library recently added newspaper issues from 1969 and 1975-76 to its digital archives, in partnership with the New Providence Historical Society. The New Providence Archives are online at newprovidence.historyarchives.online and can also be found on the library’s website under the Research tab.

The latest additions were from the Independent Press, which specifically covered New Providence and Berkeley Heights. “We are grateful to the New Providence Historical Society for preserving this treasure trove of 1960s and 1970s history for so many years,” said Stacey Maisch, director of the New Providence Memorial Library.

The latest batch of digitized newspapers were discovered in the attic of the Salt Box Museum on Springfield Avenue in 2024, by Rick Anderson, the President of the New Providence Historical Society. Anderson spends most Tuesday mornings volunteering in the Historical Society’s archives room at the Library, which is when he shared his discovery with reference librarian Ellen Zander.

“Rick’s discovery was especially exciting because the NP Library lost some older issues of the Independent Press during the 1992 library fire, and these years are also missing from neighboring libraries as well,” said Zander.

In 2024 Zander had rediscovered another local newspaper, dating to the early 1950s, in the library’s collection. Because of their fragile condition, these issues of The Berkeley Heights-New Providence Dispatch from 1950-52 had been stored in large envelopes, hidden among much newer newspapers. “When I took The Dispatch out of its envelopes I could see it was starting to flake and the pages were separating from each other at the fold,” Zander said.

The library’s deteriorating 1950s newspapers and the 1960s and 70s papers from the Salt Box were shown to a patron who then anonymously

donated \$5,000 to the Historical Society specifically for digitization.

“Thanks to that generous donation, a significant amount of local history was digitized and made searchable via the New Providence Archives,” said Maisch, the library’s director. In a single year, the New Providence Archives’ newspaper pages more than tripled. And by next year, all the newspapers found at the Salt Box Museum will finally be available online.

Many more issues of the Independent Press from the library’s collection remain to be digitized and made available online. The New Providence Historical Society gratefully accepts donations to help the library with digitization projects. If you are interested in making a donation, please contact the New Providence Historical Society.



(above, l-r) Ellen Zander, Reference Librarian; Stacey Maisch, New Providence Library Director; Rick Anderson, President of the New Providence Historical Society holding Independent Press issues digitized for the NP Library Archives this spring: 1969,1974-1976. The paper specifically covered New Providence and Berkeley Heights news.

Courtesy Photo

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AED EQUIPMENT AND INSTALLATION AT COLUMBIA MIDDLE SCHOOL

The Aliver Foundation

Before the school year ended, the Rotary Club of Berkeley Heights joined Columbia Middle School students, Berkeley Heights School District staff, Board of Education members, and representatives of The Aliver Foundation to celebrate the placement of lifesaving outdoor AED equipment near the school’s softball field.

The highly visible, bright yellow outdoor AED equipment and its installation were fully funded by the Rotary Club of Berkeley Heights. The all-weather, climate-controlled, secure-access enclosure is designed to protect the AED from temperature extremes, weather, tampering, and theft so it is available when needed.

Sudden cardiac arrest can happen to anyone, at

any age, and often without warning. The national survival rate for out-of-hospital cardiac arrest remains approximately 8 percent. Immediate CPR and rapid access to an AED can make a critical difference during the minutes before professional emergency responders arrive.

“We are incredibly grateful to the Rotary Club of Berkeley Heights for investing in the safety of students, families, athletes, staff, and everyone who uses this outdoor recreation space,” said Jill A. Pall, a cardiac arrest survivor and Founder and President of The Aliver Foundation. “This equipment is intentionally designed to stand out so it can be spotted quickly during an emergency, while also protecting the AED inside and helping ensure it is ready when someone’s life depends

on it.”

The Aliver Foundation is an all-volunteer 501(c)(3) nonprofit organization working to place outdoor AED equipment in recreation spaces while providing educational opportunities and resources to individuals and communities. Every dollar raised by the organization is used to purchase lifesaving outdoor AED equipment.

Once the foundation raises \$2,500, it can engage with another community to place an outdoor AED equipment bundle. Donations can be made on: thealiverfoundation.org. Communities interested in bringing highly visible, all-weather, climate-controlled outdoor AED equipment to a park or recreation space may contact info@thealiverfoundation.org.



(above) Members of the Rotary Club of Berkeley Heights, Columbia Middle School students, Berkeley Heights School District staff, Board of Education members, and representatives from The Aliver Foundation

Courtesy Photo

RECYCLE YOUR EYEGLASSES

New Providence Lions Club

Located in front of the New Providence Library, 377 Elkwood Ave., there is a collection receptacle for unused eyeglass.

The New Providence Lion’s Club recycles the glasses, and they are sent to underserved communities. Since January 0f 2022 over 8,000 pairs of glasses have been collected.



Courtesy Photo



SIXTH ANNUAL

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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 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



Courtesy Photo

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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MONDAY, AUGUST 10

11:30-1:30

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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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MOUNTAINSIDE PAL

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MARCH TO
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SUNDAY, AUGUST 16, 2026
12PM-4PM ★ **WASHINGTON-ROCHAMBEAU TRAIL PARK**
201 MOUNTAIN AVE, WESTFIELD 07090





WESTFIELD

This program is made possible in part by a 2026 HEART (History, Education, Arts Reaching Thousands) Grant from the Union County Board of County Commissioners.






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GRACE SQUARE FOOT GARDEN PROGRAM

Junior League of Summit

Reeves-Reed Arboretum has received a \$3,970 grant from the Junior League of Summit to expand the Square Foot Garden initiative at GRACE, a Summit-based nonprofit serving individuals and families experiencing food insecurity.

The Square Foot Garden program is a collaborative effort between Reeves-Reed Arboretum and GRACE, combining food production, community volunteerism, and gardening education to support local families in need. The grant will help double the number of vegetables grown in the garden, increasing access to fresh, nutritious produce while expanding educational opportunities for participants.

"We are deeply grateful to the Junior League of Summit for supporting this important initiative," said Althea Llewellyn, Reeves-Reed Arboretum's Director of Education. "The Square Foot Garden program provides fresh produce to local families while teaching community members practical gardening skills they can use at home."

Funding from the grant will support the expansion of garden production and educational programming at the GRACE garden site. Project objectives include:

- Cleaning and preparing two additional square foot garden beds with the help of local Summit elementary school scouts, parents, and community volunteers.
- Planting and harvesting multiple crops throughout the growing season, including tomatoes, radishes, garlic, lettuce, cilantro, herbs, and other fast-growing vegetables.
- Conducting 16 educational workshops, each approximately 15 minutes in length, focused on teaching participants how to grow vegetables from seedlings at home.
- Providing free vegetable seedlings to workshop participants interested in starting their own gardens.

Based on projected garden yields and produce donations, Reeves-Reed Arboretum estimates that between 1,000 and 1,500 individuals will benefit from fresh vegetables and herbs harvested



Courtesy Photo

through the program. Beyond providing nutritious food, the initiative encourages self-sufficiency by teaching participants how to grow vegetables at home while fostering healthy eating habits and greater awareness of sustainable food systems.

The project also engages local volunteers, including youth and families, in meaningful community service while building stronger community connections and increasing awareness of local food insecurity.

Through partnerships such as this, Reeves-Reed Arboretum continues to connect people with nature while strengthening community food access, environmental stewardship, and hands-on learning opportunities for residents of all ages.

Visit reeves-reedarboretum.org for more information.

ABOUT JUNIOR LEAGUE OF SUMMIT

The Junior League of Summit is an organization of women whose mission is to advance women's leadership for meaningful community impact through volunteer action, collaboration, and training. Its purpose is exclusively educational and charitable. For more information, visit summit.jl.org.

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Resumes: Axtia Inc,
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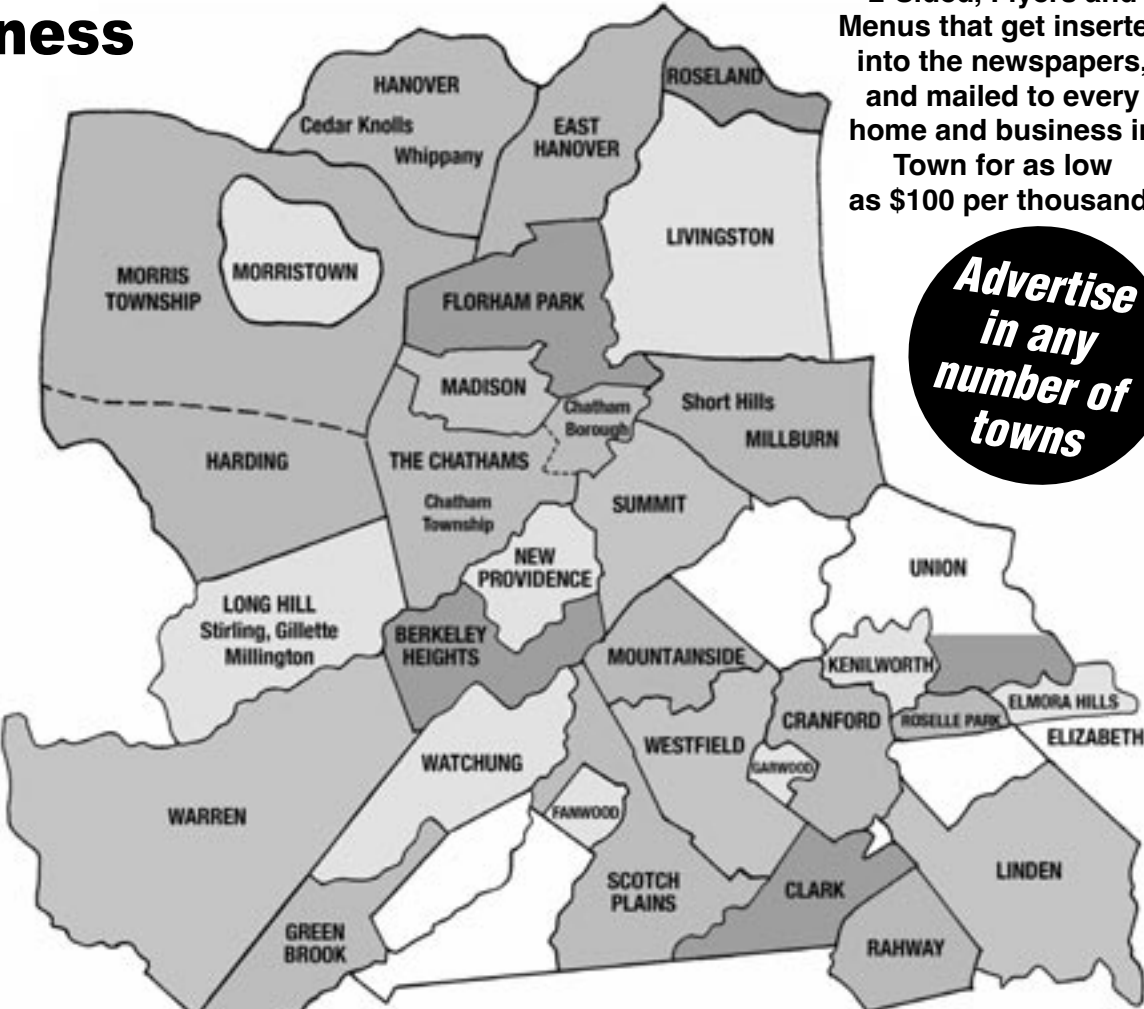
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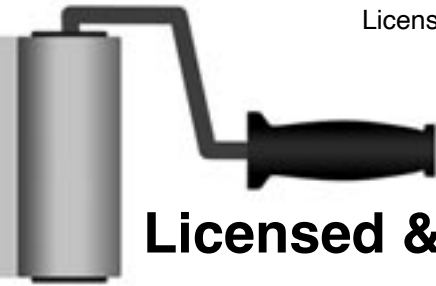
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