

Fanwood Post NJ

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5TH GREAT-GRANDDAUGHTER VISITS JONATHAN OSBORN HOME

Scotch Plains/Fanwood Historical Society

Members of the Scotch Plains/Fanwood Historical Society were delighted to welcome Dana Jo Osborn Morse, of Campbellsville, Kentucky to The Osborn Cannonball House Museum. She is the 5th great-granddaughter of Jonathan Osborn, the patriarch of the Osborn family and original owner of the home. The Osborns were a distinguished family who were instrumental in the early formation of Scotch Plains town and whose sons fought in the American Revolution.

Dana's 4th great-grandfather, John Baldwin Osborn (1754-1848), was a Revolutionary War hero and beloved Deacon of the Scotch Plains Baptist Church for 46 years.

Dana had never heard of the small town museum until her nephew, Aaron Osborn, began tracing their lineage online. It was there that he ran across an article about John Baldwin Osborn's Revolutionary War service and the story of the cannonball hitting his childhood home, now The Osborn Cannonball House Museum.

Dana and her husband enjoy visiting historical sites around the country, so when she learned that John Baldwin Osborn's childhood home still stood and was now a museum in Scotch Plains, NJ, she became extremely excited. On a recent trip with friend Brenna Nugent to Pennsylvania and the Jersey shore, she decided to take a detour to visit her ancestral home.

Docent, Renate Maroney guided Dana on a tour of the home and shared with her the rich 18th Century history of Scotch Plains, her ancestors, and their connection to America's Revolutionary War.

If you would like to visit The Osborn Cannonball House Museum, located at 1840 Front Street, Scotch Plains, NJ, it is open the first Sunday of each month (except January & February) and by appointment by calling 908-322-6700, Ext. 230.



(above, r-l) Dana Jo Osborn, and her friend Brenna Nugent, pose near an early 19th century painting of one of her ancestors, Aaron Osborn, by famous 19th century portrait artist Micah Williams.

Courtesy Photo

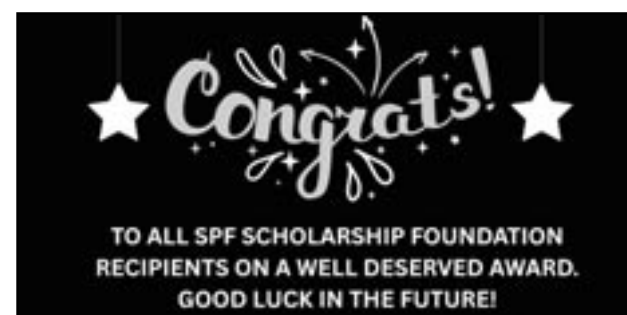
PARTNERSHIPS FULFILLED: \$256,400 IN SCHOLARSHIPS

The Scotch Plains-Fanwood Scholarship Foundation

The Scotch Plains-Fanwood Scholarship Foundation has continued to fulfill its mission of helping local students achieve their goals of a higher education by distributing 148 scholarships with over \$256,400 in scholarship aid to 133 deserving students at the end of the 2025-2026 school year.

Throughout the year, members of the Scotch Plains-Fanwood community generously contributed to the Foundation's "Dollars for Students Campaign," which distributed \$21,000 to various high school and college students who are residents of Scotch Plains or Fanwood and have demonstrated both impressive academic achievement and financial need.

"The dedication of our community and donors to supporting our mission is so inspiring," said Michelle Wyrwa, Foundation President. "The annual awards night is one of my favorite nights of the year and I am so impressed by the graduating seniors and college students who receive awards."



Congratulations to these outstanding scholars and our deepest thanks to all of our partners who have stood by us for over a half a century.

For further information, including a full list of recipients, please visit our website SPFScholarshipFoundation.org, or contact the Foundation's president, Michelle Wyrwa at spfscholarshipfoundation@gmail.com.

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

Submitted by Holly Dunbar

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



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

Courtesy photos

with Post Traumatic Stress Disorder (PTSD). The therapy is offered through the Man o' War Project of Columbia University Irving Medical Center.

The mission of the Man o' War Project is two-fold. Equine-assisted therapy is used to treat veterans with PTSD while medical staff evaluate the program to develop best practices for administering equine-assisted therapy. This research can have far-reaching benefits for treating veterans and all who suffer with PTSD.

C.A.R. membership is open to girls and boys from birth through age 21 who are descended from a person who aided the cause of independence during the American Revolution.

New Jersey has nine C.A.R. groups known as societies. Activities offered on an age-appropriate basis help members learn about American history, government, community service and more. Members also gain valuable leadership experience conducting meetings and serving as delegates at state and national conferences.

Pis-Cat-A-Qua Society C.A.R., hosted by the Elizabeth Snyder-Continental Chapter of the Daughters of the American Revolution in Green Brook, is seeking new members. For more information,

contact ESCchapterDAR@gmail.com or visit nscar.org.

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

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

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

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

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

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

GLP-1 WASN'T ENOUGH ON ITS OWN

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

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

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

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

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

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

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

Then came GLP-1. The first time she tried it, she thought the injection alone would do the work. No meaningful diet changes. No exercise. Just the medication.

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

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

THE CONVERSATION THAT CHANGED THE PLAN

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

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

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

NOT THIS



THIS



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

WALKING INTO GABRIELE FITNESS FOR THE FIRST TIME

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

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

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

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

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

WHAT HAPPENS WHEN GLP 1 AND PERSONAL TRAINING WORK TOGETHER

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

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

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

But the numbers only tell part of the story.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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



Scan the code or go to [refer.gabrielefitness.com/cristina](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...



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KICKOFF OF SUMMER'S PARTY IN THE PARK

Borough of Fanwood

A beautiful summer evening greeted a large turnout of Fanwood families who attended the kick off of summer's annual Party in the Park, and the first weekly summer movie night both held at LaGrande Park on June 25th.

Inflatables including a bouncy house and slide, a child's play challenge course along and a fitness fun wheel, presented by the Fanwood-Scotch Plains YMCA, and a scavenger hunt gave kids plenty of fun things to do during the party that ran from 6-8:30 p.m. followed by the movie. Adam Sackett of the Family Martial Arts Center in Scotch Plains returned to conduct a karate demonstration to the delight of the crowd.

The event featured music by DJ John DePalma of All Star Entertainment and plenty of food as members of the Fanwood Recreation Commission and volunteers dished out hot dogs, pizza and cold drinks. Bruce Zacharin of the Recreation Commission was the Master of Ceremonies, assisting Recreation Director Bob Budiansky.

The Party in the Park is the usual launch of the Fanwood summer movie series. Thursday's feature was Zootopia 2. There will be a movie scheduled outdoors in LaGrande Park every Tuesday night beginning at dusk through

August 11th.

Mayor Colleen Mahr, Councilwomen Patricia Walsh and Gina Berry were on hand to assist Recreation Commissioners in running the popular event along with the Department of Public Works crew, who kept the park clean, Fanwood Special Law Enforcement Officer Jack Ross and the Fanwood Volunteer Rescue Squad.



(above) Recreation Commissioner Neil Pierce grilling hot dogs for hungry children and their parents.

Photos by Paul J. Peyton



(above) The Trackless Train was popular with kids.

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UNICO SCHOLARSHIP WINNERS

Scotch Plains-Fanwood UNICO recognized their annual Memorial Scholarship and Brian Piccolo Scholarship winners at the May monthly chapter meeting. Congratulations go to Memorial Scholarship recipients Nikos Zoganas, Jake Martucci, Timothy DiMatteo, Lucas Cacciatore, and Evan Nizzardo, each of whom was awarded a \$2,500 scholarship. Additionally, Brian Piccolo Scholarship recipients Emily Roof and Bradley Pearce were each awarded \$500 scholarships.

ABOUT SCOTCH PLAINS-FANWOOD UNICO

The Scotch Plains-Fanwood Chapter of UNICO was chartered in 1973. Our chapter has raised and donated thousands of dollars annually to support scholarship programs, organizations, and individuals in the New Jersey area. Since 1974, we have co-sponsored the St. Barts/UNICO Italian Festival, which attracts thousands of visitors over Labor Day weekend. Our local chapter also has been recognized as “Volunteer of the Year” and has earned its place in our community for service to others and charitable contributions since its inception. For more information on Scotch-Plains Fanwood UNICO, visit unicospf.org or email spfunico@gmail.com.



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KNITTING COMFORT FOR MARINERS: A LOCAL EFFORT WITH GLOBAL REACH

Christmas at Sea

Joanne Bartosik is a 34-year resident of Scotch Plains, and, for the past eight years, has managed North America’s longest-running charity knitting program—Christmas at Sea (CAS)—under the auspices of the Seamen’s Church Institute, founded in 1834.

The origins of CAS trace back to the Women’s Council of the Seamen’s Benefit Society. Founded in 1898, the Council supplied seafarers with comfort bags while they were at sea during the Spanish-American War.

Over the course of the 20th century, the program’s mission—and its geographic reach—expanded. CAS began receiving donations from across the country, and gift bags were distributed annually around Christmastime, a tradition that continues today.

Today, the program engages more than 1,000 volunteers from across the United States and beyond, who create gifts opened by merchant mariners during the December holidays. These gifts express our deep appreciation for all they do to sustain our modern way of life. More than 90% of the goods we use every day arrive by sea, and we owe these professional men and women a great deal of gratitude for embracing such a demanding and often hazardous lifestyle.

CAS volunteers work year-round from home, or in knitting and crocheting groups based in churches, synagogues, libraries, schools, civic organizations, senior centers, clubs, and fiber shops. These dedicated individuals knit, crochet, and sew “ditty bags,” which serve as gift bags, using specially designed patterns that complement the safety gear worn aboard ships. Patterns are available for free download on our website.



(above) Joanne Bartosik, manager of North America’s longest-running charity knitting program—Christmas at Sea (CAS)—under the auspices of the Seamen’s Church Institute, founded in 1834.

Courtesy Photo

There are many ways to get involved, and CAS is not just for crafters. In the fall, we welcome groups who can dedicate a morning or afternoon to assembling gift bags and personalizing holiday cards. Seafarers often have limited access to personal care items, so donations of travel-size toiletries are always appreciated, along with nonperishable treats such as granola bars, gum, hot chocolate packets, and microwaveable popcorn. We also gladly accept leftover Halloween candy.

For more information, I invite you to visit our website: seamenschurch.org



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COMMUNITY FOUNDATION ACCEPTING GRANT APPLICATIONS FROM NONPROFITS

Eligible 501(c)(3) organizations are invited to apply for community grant funding through September 30.

The Fanwood Community Foundation (FCF) is pleased to announce that it is officially accepting grant applications for its current funding cycle. Local 501(c)(3) non-profit organizations that deliver essential programs, services, and support to the residents of Fanwood, New Jersey, are encouraged to submit their proposals.

The grant application period is open now and

will run through September 30.

Since its inception in 1998, the Fanwood Community Foundation has dedicated itself to enriching the quality of life across the borough by investing in local initiatives that address community needs. Funded through the generosity of local residents, families, and businesses, FCF provides vital financial support to community-focused initiatives spanning emergency services, youth development, social safety nets, and local health programs.

BUILDING ON A LEGACY OF LOCAL IMPACT

Past grant awards highlight the diverse range of projects FCF supports to strengthen the Fanwood community. Previous grant recipients include:

- **Fanwood Volunteer Fire Company:** Grant funding assisted in purchasing updated firefighting equipment to enhance emergency response capabilities.
- **Fanwood Rescue Squad:** Supported the acquisition of a new Automated External Defibrillator (AED) to assist all-volunteer emergency medical responders.
- **Fanwood-Scotch Plains YMCA:** Provided financial assistance to enable local Fanwood families and children to participate in vital Y memberships, youth activities, and childcare programs.
- **Caring Contact:** Funded volunteer listener recruitment and specialized suicide intervention training (ASIST) to support crisis response services.

- **Jam Kancer In The Kan:** Supported holiday gift distributions for Scotch Plains–Fanwood families navigating the emotional and financial strain of a cancer diagnosis.

- **Union County College Foundation:** Helped combat student food insecurity by stocking campus food pantries and funding meal assistance initiatives.

- **Wolves Basketball:** Funded essential equipment, occupational therapy support, and gym rentals for a local special-needs basketball program.

WHERE TO APPLY

Detailed guidelines and online application links can be accessed on the Foundation's official website under the Grants section at fanwoodcommunityfoundation.org/grants.

- **Questions & Support:** For inquiries regarding eligibility or the application process, organizations can reach out via email at fanwoodcommunityfoundation@gmail.com.

ABOUT THE FANWOOD COMMUNITY FOUNDATION

Founded in 1998 by Bob and Carol Kraus, Fred Chemidlin, and Ted Frankenbach, the Fanwood Community Foundation is a 501(c)(3) non-profit organization dedicated to fulfilling the charitable goals of donors while addressing the current and future needs of the Fanwood community. Managed by an all-volunteer Board of Trustees, FCF pools community donations and endows funds to provide impactful grants to local charitable organizations.

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COMMUNITY READING OF THE DECLARATION OF INDEPENDENCE

Borough of Fanwood

The Fanwood Memorial Library joined with hundreds of towns nationwide for a community read of the Declaration of Independence on July 8th, commemorating the first public reading of the historic document. The date marks the anniversary of July 8, 1776, when the Declaration of Independence was first read aloud at 6 pm to the people after its adoption by the Continental Congress. The event is part of Fanwood’s celebration of the 250th anniversary of the United States.

Mayor Mahr was one of four readers of the Declaration of Independence along with World War II Veteran Joe Schott, who recently celebrated his 105th birthday, Fanwood Historian Joan Skubish, and Jonathan Cole of Scouting America Troop 104. Community members also joined in the reading, which was displayed on a screen in the front of the library’s Community Room.

Following the reading, families took part in a

hands-on Boston Tea Party reenactment by making their own tea bags and tossing them into a makeshift "harbor."



(above) Fanwood Historian Joan Skubish hands copies of the Declaration of Independence to Thomas Jefferson, portrayed by David Bierman of the Historical Society of Scotch Plains and Fanwood.

Picture Courtesy of Borough of Fanwood.



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NATIONAL NIGHT OUT

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LaGrande Park, Fanwood

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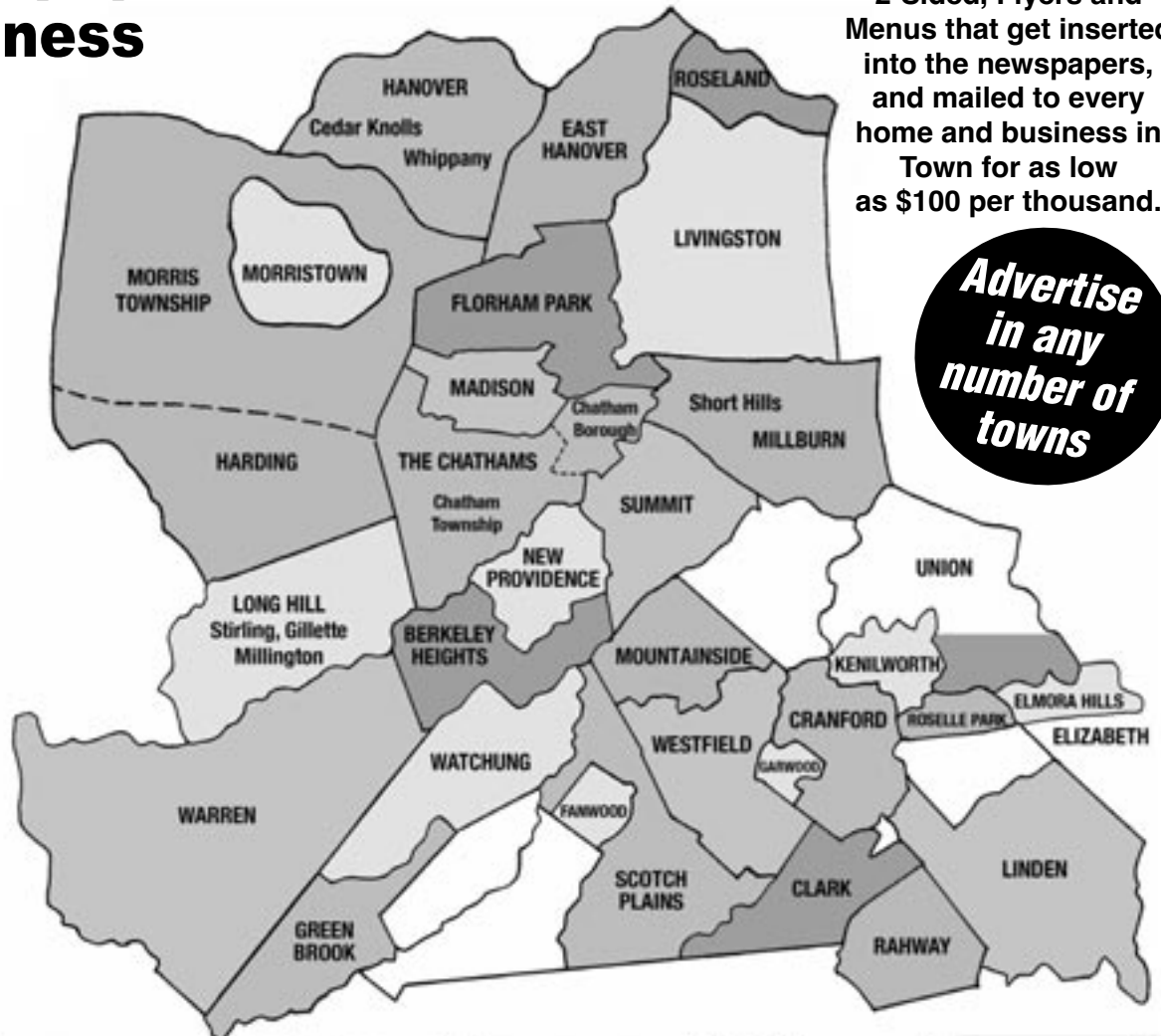
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Fanwood Post NJ Qty: 3,000 Zip: 07023	Florham Park Press NJ Qty: 6,000 Zip: 07932	Garwood NJ Times Qty: 2,500 Zip: 07027	Green Brook NJ Gazette Qty: 3,300 Zip: 08812	HANOVER TOWNSHIP PRESS NJ CEDAR KNOLLS WHIPPANY Qty: 6,100 Zips: 07927, 07981	BUSINESS • LIFE KENILWORTH NJ Qty: 3,500 Zip: 07033	NJ LIFE in LINDEN Qty: 18,000 Zip: 07036	Livingston Monthly NJ Qty: 12,100 Zip: 07039
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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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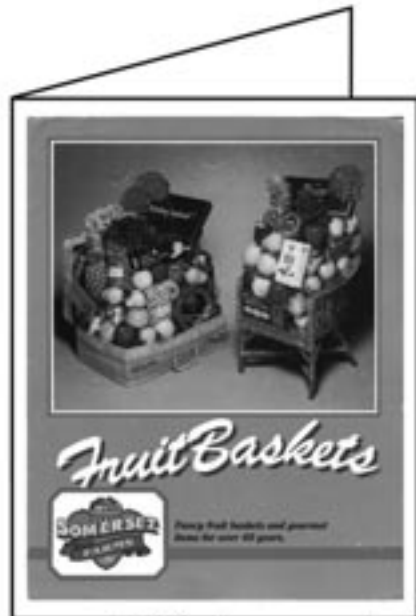


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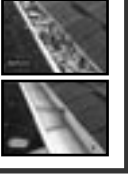
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