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New Providence NEWS

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LIBRARY'S DIGITAL ARCHIVES KEEPS GROWING

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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BACKPACKS AND SCHOOL SUPPLIES COLLECTION

Faith Lutheran Church

For the eighteenth consecutive year, Faith Lutheran Church in New Providence is collecting new backpacks and school supplies to be shared with area partners to support kids and families.

Thousands of children have received backpacks from Faith over the years thanks to the generous response from members of the congregation and community. Backpacks have been shared through schools, non-profit organizations, and churches in Plainfield, Jersey City, Newark, and Elizabeth.

By providing them with the basics, we can help set kids up for academic success.

THERE ARE SEVERAL WAYS TO HELP.

- You can purchase a new backpack of your choice and fill it with the following new school supplies: one pack of pens; one pack of pencils; one notebook; one box of 24 crayons; one package of construction paper; one pair of safety scissors; one glue stick; one ruler; one small pencil sharpener; one toothbrush; one tube of toothpaste.
- You can drop off a new backpack or any of the above individual supplies and we will fill a backpack. Items can be dropped off at Faith Lutheran in the marked bin found underneath the sheltered alcove by the doors at the bottom of the parking lot.
- You can mail a financial gift made payable to Faith Lutheran Church with "backpacks" in the memo line of your check and we will shop for you.

The deadline for this year is Sunday, August 23rd, to ensure that the collection will be distributed before school begins in September.

The Rev. Jane McCready serves as the pastor of Faith Lutheran Church, located at 524 South Street, New Providence, NJ, 07974. Faith worships on Sundays at 8:00 a.m. and 10:00 a.m. with livestreaming available on our website, Facebook, and YouTube. We practice an open Communion table, and all are welcome. For more information visit online at famfaith.org or call 908-464-5177.

(above) Faith Lutheran Church in New Providence is collecting new backpacks and school supplies to be shared with area partners to support kids and families.

Courtesy Photo

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[1]Rate effective as of July 21, 2026. Rates are subject to change without notice. Early withdrawal subject to penalty. Fees may reduce earnings on the account. The 13-Month Certificate will renew into the closest available standard term at maturity. Federally insured by NCUA.

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Garden Communities.com

SUMMIT SUMMER SIDEWALK SALE

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.

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.

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DECORSO COMMUNITY CENTER PROGRAMS FOR SENIORS

The DeCorso Community Center, home of the New Providence Senior Citizens Club, provides opportunities for residents 55+ to socialize, exercise, and learn by participating in daily programs, creative activities, and community service with their peers. The Center is open Monday-Friday from 9:30 a.m. - 2:30 p.m. Most programs are free of charge, but some require advance registration. The New Providence Senior Citizens Club holds weekly meetings on Wednesdays at 11:00 a.m. with guest speakers, performances, or "special" bingo. For the latest newsletter and calendar please visit newprov.us/278/Seniors, or call the Center at (908) 665-0046.

Senior Citizens Luncheon

h***Wed, Aug 5, 12:00-2:00pm***

osted by the New Providence Community Pool

Zumba classes

Thurs, Aug 6 and 13, 9:30am

Join us for a fun, low-impact workout that combines easy-to-follow dance moves with upbeat music. Improve your balance, flexibility, and cardiovascular health while enjoying a welcoming and social atmosphere. No dance experience is needed.

Bus to Blue Star

Thurs, Aug 6, 10:00am

Breakfast Before Bingo

Fri, Aug 7, 10:30am

Club Meeting, Birthdays, and Special Bingo

Wed, Aug 12, 11:00am

Mason Jar Lantern Craft

Thurs, Aug 13, 11:30am

Club Meeting & A Musical Conversation

Wed, Aug 19, 11:00am

Join us for a Club meeting and a special Musical Conversation with the Discovery Orchestra. In this presentation, Discovery Orchestra staff member and violinist Michael Avagliano, joined by orchestra member Evelyn Estava and Executive Director Rick Kaller on piano, will explore the famous "Bach Double", the Concerto for Two Violins by J. S. Bach. The presentation will include a live performance and interactive audience experience.

Painting with Veronica

Thurs, Aug 20, 11:30am

Book Club

(The Frozen River by Ariel Lawhon)

Tues, Aug 25, 11:00am

Club Meeting & NP Fire Department presentation followed by Bingo

Wed, Aug 26, 11:00am

TOWN WIDE GARAGE SALE

MOUNTAINSIDE PAL

Saturday, September 19, 2026

9am - 2pm (rain or shine)

Application Deadline:

September 14th 5pm

Email J.Ruban@verizon.net for registration link

LIBRARY AUGUST EVENTS

Community Art Show

Come see the work on exhibit this summer in the Annual Community Art Show "America the Beautiful" in the Conti room and on the walls of the quiet area.

Teens Teaching: Electronics

Aug 1 from 1:00 to 2:30 pm

August 1, 8, 15, and 22.

Learn basic electronics and programming using Arduino Nano microcontrollers. Students will explore STEM concepts through fun, hands-on projects while developing teamwork, problem solving, and creativity. Grades 4-10. Registration required.This program meets

Register for English Classes

Aug 3 - 5

Free class for non-native speakers on Monday mornings. Fall semester (September - December). Contact Anita Alvarado for registration at aalvarado@literacynj.org or (908) 486-1777 ext. 402

Mahjong Open Play

Aug 3, 10, 17, 24 from 2:00 to 4:00 pm

Open play is for those who already know how to play. Bring your own mah-jongg sets and cards. This is a self-led group.

Knit Night/ Stay & Crochet

August 3, 20 at 7:00 pm to 8:30 pm

Bring your knitting or crochet work-in- progress to this stitching meetup.

Movie: Is This Thing On?

Aug 4 from 1:00 to 3:00 pm

In this R-rated comedy/drama, Alex (Will Arnett) faces middle age and an impending divorce, seeking new purpose in the New York comedy scene.

Virtual Author Talk

The Legacy of Julia Child

Aug 4 from 2:00 to 3:00 pm

Join us as we delve into the cooking icon with Smithsonian curator and public historian Paula J. Johnson, author of Julia Child's Kitchen. Registration required.

Mahjong Open Play

Aug 4, 11, 18 from 6:00 to 8:00 pm

Open play is for those who already know how to play. Bring your own mah-jongg sets and cards. This is a self-led group.

Between Two Worlds - The Klezmer Project

Aug 6 from 7:00 to 9:00 pm

In this hybrid documentary/comedy drama, a Jewish wedding cameraman falls in love with a klezmer clarinetist and pretends to be making a documentary to spend time with her.

Board Games at the Brewery

Aug 6 from 7:30 to 9:30 pm

Buy a drink at United Brewing (140 Spring St) and Mark and Elizabeth will teach you this month's game. Ages 21+

Batter Up: Let's Talk Baseball

Aug 10 from 6:30 to 8:30 pm

Discuss teams, players, and other issues of the sport with other baseball fans.

Books & Bagels

Aug 11 from 10:30 am to 11:30 am

We take turns talking about books we've read and enjoy bagels from Bagel Cafe. A book club with no assigned reading!

Teen Dungeons & Dragons

Aug 11 from 2:00 to 4:30 pm

All materials will be provided. Students should be able to attend all three sessions. Registration required. Aug 11, 12 and 13.

5th-8th Grade Summer Party

Aug 11 from 3:00 to 4:30 pm

Students in grades 5-8 please join us for outdoor games and food.

Virtual Author Talk

Live Aware, Not in Fear

Aug 13 from 2:00 to 3:00 pm

Learn how to stay sharp, ready, and safe in your daily life. Registration required.

Evening Book Club

Aug 13 from 7:30 to 8:30 pm

We'll discuss Little Heathens by Mildred Kalish. A memoir of growing up on an Iowa farm in the throes of the Great Depression.

Audiobook Walking Club

Aug 14 from 9:00 to 9:30 am

We'll walk 1.5 miles in the neighborhood near the library. Listen to an audiobook on your phone with earbuds while we walk, or just enjoy the views.

Paint a Book Brick

Aug 15 at 10:30 am

Paint a brick to look like a book, for your garden. Come back anytime to keep painting after the initial layer of paint has dried.

Morning Book Club

Aug 18 from 10:30 to 11:30 am

We'll discuss Lovely One: A Memoir by Ketanji Jackson Brown, the first Black female Supreme Court justice. Copies at the front desk.

Movie: Michael

Aug 18 from 1:00 to 3:15 pm

This PG-13 musical biopic tells the story of Michael Jackson's life from the discovery of his extraordinary talent as the lead of the Jackson Five, to the visionary artist who became the biggest entertainer in the world. Michael is played by his nephew Jaafar Jackson.

Watch Party: Scheming Wives and High-Stakes Hilarity

Aug 19 from 3:00 to 4:00 pm

Come watch a recording of the library's interview with TV producer Sue Hincenbergs about her novel The Retirement Plan. The only thing standing between three best friends and a sunny beachfront retirement condo .... are their husbands.

Silent Book Club

Aug 24 from 7:00 to 7:45 pm

BYO Book. We read together in quiet camaraderie in the library armchairs.

Haunting Chapters Book Club

Aug 25 from 7:00 to 8:00 pm

We'll discuss Jackal by Erin E. Adams. A Black girl goes missing in the woods outside her white Rust Belt town. Copies at the front desk.

Virtual Author Talk

Bestselling Author Lucy Foley

Aug 27 from 2:00 to 3:00 pm

Join us for a thrilling conversation with acclaimed author Lucy Foley as we delve into her brand-new Miss Marple mystery, Murder at the Grand Alpine Hotel. Registration required.

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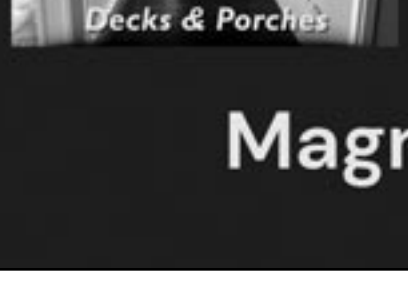

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LINC FOUNDERS HONORED

(above, l-r) Co-founders of LINC Program, Abigail and Aiden created a program focused on tackling overlooked food insecurity and providing meaningful support to families in need around New Providence.

Courtesy Photo

Linking Initiative for Neighborhood Change

Aidan Barth and Abigail Franco, the visionary co-founders of the LINC Program, have been named recipients of the 2026 Russ Berrie Gen Z Making a Difference Award. The prestigious honor was presented during a ceremony on May 8, 2026, at Ramapo College of New Jersey, marking the 30th and final year of the program's history of celebrating New Jersey's unsung heroes.

Barth and Franco established LINC (Linking Initiative for Neighborhood Change) in 2022 to combat resource inequity through a unique intergenerational model. By uniting volunteers of all ages, the duo has successfully tackled food insecurity and provided critical support to underserved families. Their flagship initiative, a community resource pantry in New Providence, serves as a vital hub for distributing food, hygiene products, and clothing to those in need.The Russ Berrie Foundation selected the pair from a competitive pool of young leaders, recognizing their ability to turn community-focused ideas into impactful action. As part of the award's final cohort, Barth and Franco represent a new generation of leadership dedicated to strengthening the social fabric of New Jersey.

"Aidan and Abigail created a program focused on tackling overlooked food insecurity and providing meaningful support to families," the Foundation noted in its honoree spotlight. Their work continues to expand, linking statewide partnerships with local grassroots service.

To learn more about their mission or to support their pantry, visit the LINC Program website.

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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.

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 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.

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
THE GAZEBO
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Morristown, NJ

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

There's something nobody tells you when you start GLP-1.

The medication can help you eat less. It can move the scale. For a lot of people, it's a genuine tool that opens a door that felt permanently closed.

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

So here's what Cristina Montero learned the hard way:

The medication is not the transformation. It's just the beginning of one — if you do the other parts right.

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

But she'll be the first to tell you: the shot alone didn't do that.

This is her story… and if you're over 40 and currently taking GLP-1, or thinking about it, it may be the most important thing you read this year.

GLP-1 WASN'T ENOUGH ON ITS OWN

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

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

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

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

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

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

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

Then came GLP-1.

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

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

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

THE CONVERSATION THAT CHANGED THE PLAN

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

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

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

NOT THIS **THIS**

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

WALKING INTO GABRIELE FITNESS FOR THE FIRST TIME

She arrived embarrassed, scared but quietly hopeful.

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

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

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

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

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

WHAT HAPPENS WHEN GLP 1 AND PERSONAL TRAINING WORK TOGETHER

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

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

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

But the numbers only tell part of the story.

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

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

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

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

These aren't just cosmetic wins. They're the quiet markers of a body that's going to stay strong and independent for decades — getting off the floor on your own, carrying the load, catching yourself when you stumble. That's what muscle buys you, and it's the one thing no injection can.

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

She crushed it, and didn't stop once. Not even on the hill.

"Crossing that finish line without stopping was one of the proudest moments of my life," she said

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

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

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

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

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

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

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

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

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

P.S. Many people reading this article will be inspired by Cristina yet still feel hesitant to try the program. With anything new, there's always uncertainty — especially with something like a new fitness routine. But if you're not working out right now, or you've been inconsistent (like most people) you've read the exact article you needed to read today because…

Gabriele Fitness has helped thousands of people in this community over the past 19 years. For some, the program has had a life-changing effect, and many members have stayed for nearly two decades.

A large number of them are now in the best shape of their lives (…and 2 decades older) — but they all started in the same place as anyone reading this and considering starting their fitness journey. Because living longer only matters if you stay strong enough to enjoy it.

If you're still hesitant, the link below shares an ocean of success stories from people just like you… who've transformed their lives… and in some cases, the lives of everyone in their family. This is powerful stuff.

https://gabrielefitness.com/results/

To get the full details about the Free Personal Training Program and to see if any of the 13 spots are still available scan below…

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FLAG RETIREMENT CEREMONY

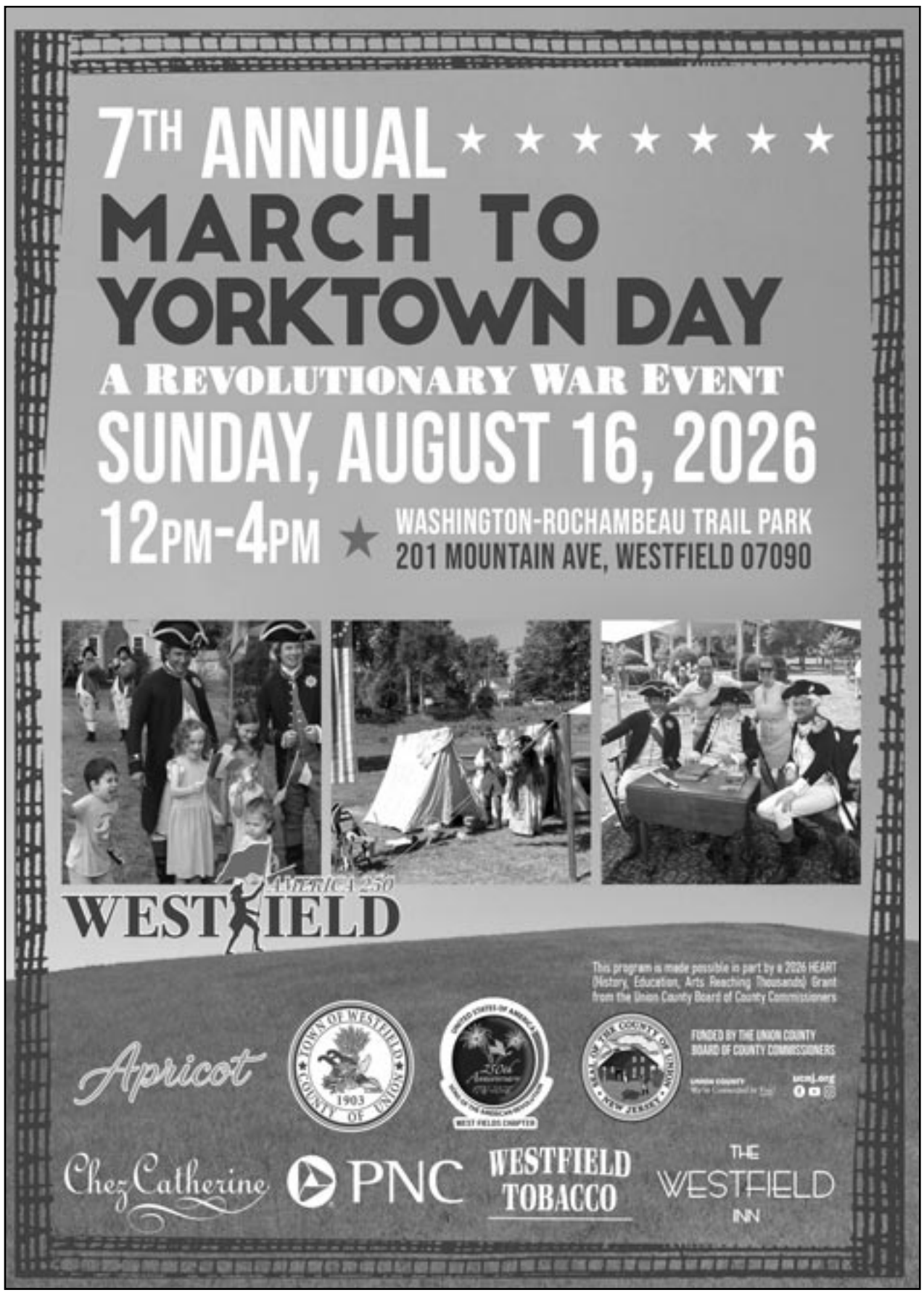
Courtesy Photo

The American Legion Post 433 Annual Flag Retirement Ceremony in Honor of Flag Day was held on June 16th in New Providence.

This annual observance—which is not an official federal holiday—commemorates the date in 1777 when the Second Continental Congress officially adopted the Stars and Stripes as the national flag of the United States. It also kicks off National Flag Week, an established period where Americans reflect on the nation's symbols and freedoms. - The White House

When an American flag is tattered or worn beyond repair, it should be disposed of respectfully according to the U.S. Flag Code. The code dictates it should be destroyed in a dignified way, preferably by burning. The American Legion passed a resolution about flag retirement ceremonies in 1937, and they've been an important ritual ever since. According to the resolution, "The approved method of disposing of unserviceable flags has long been that they be destroyed by burning."

You can deposit worn flags all year at the New Providence American Legion Post 433 collection box located on Elkwood Avenue.



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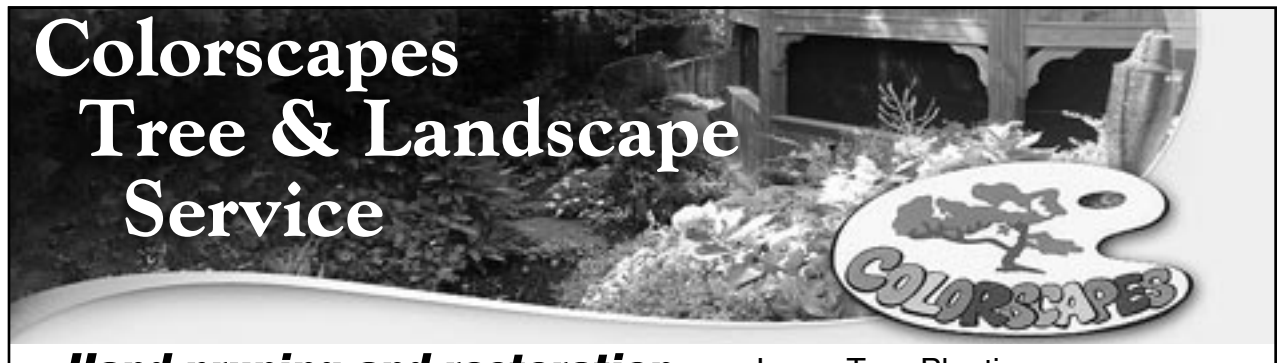

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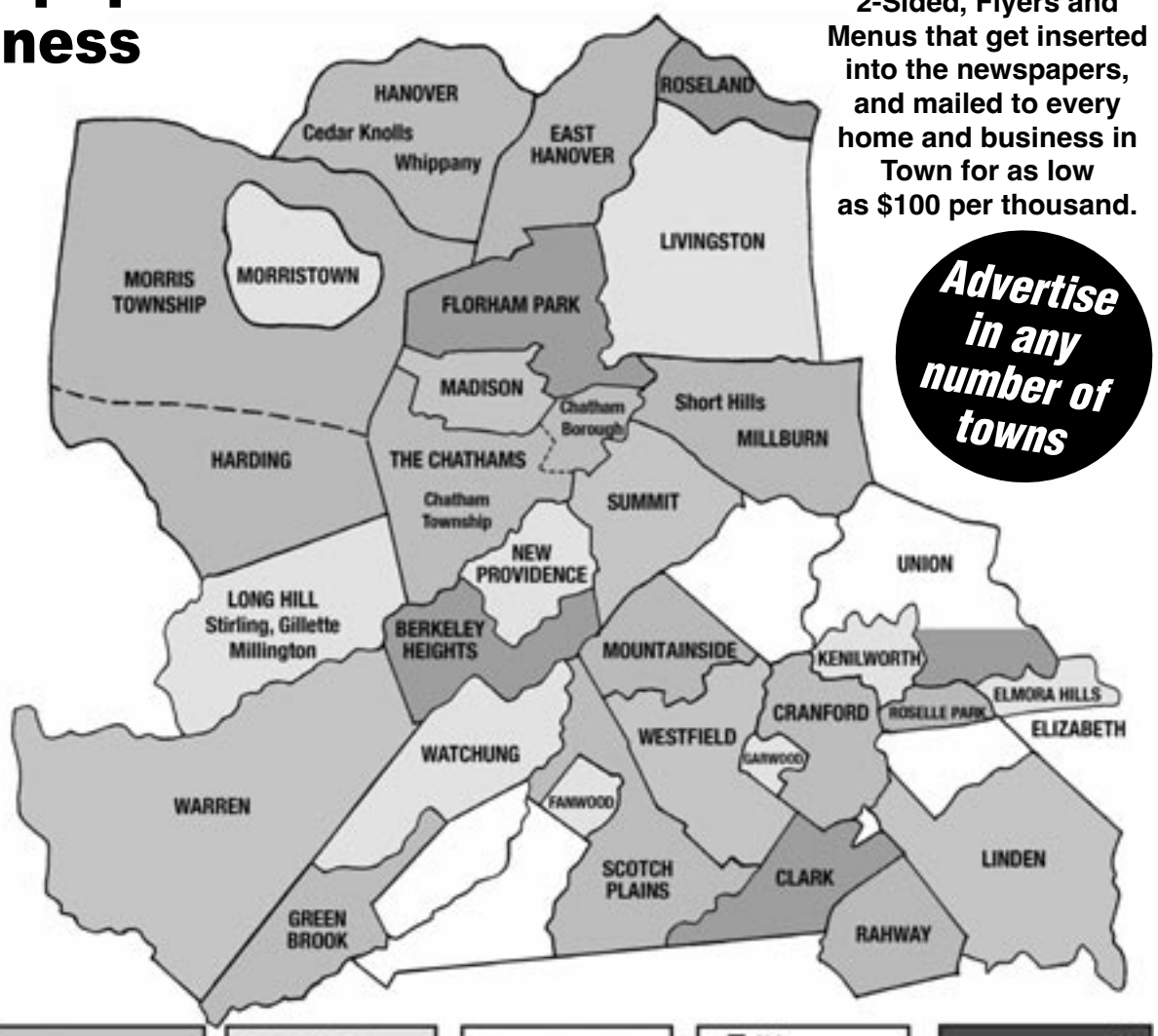

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Scotch Plains NJ What's Happening Monthly
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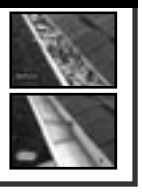

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