MAILED FREE TO EVERY HOME
AND BUSINESS IN WATCHUNG

Watchung Post NJ

Watchung's Hometown Newspaper

Published by Renna Media, On-line at **RennaMedia.com**

ISSUE 165 • AUGUST 2026

GROW YOUR BUSINESS

Place your ad in this space and be in every mailbox in town!

CALL FOR DETAILS
908-418-5586

PRSRT STD
U.S. POSTAGE
PAID
LANCANSTER, PA
PERMIT NO. 1325

ECRWSS

**********ECRWSSEDDM****

POSTAL CUSTOMER
WATCHUNG, NJ 07069

HABITAT FOR HUMANITY PARTNERS WITH VOTECH STUDENTS

SCVTHS

Somerset County Vocational and Technical High School (SCVTHS) Carpentry students continued their partnership with the Raritan Valley Habitat for Humanity by assisting in the construction of a new home.

Habitat's Construction Team and local volunteers have been working on the modular duplex that was delivered to a site on James Street in Whitehouse Station in early February. When completed, the units will be sold to new homeowners, and will provide safe, affordable homes for two families.

Students Nick DeSan of Bound Brook, Logan Rice of Branchburg, Kyle Tobar of Manville, Ben Canuso of Manville, Antonio DiMonte of Bridgewater, George Bittman of Bridgewater, and Ryan Phelan of Hillsborough, along with Carpentry Instructor Dan LaRue, worked on the project. The SCVTHS team installed flooring, shelving, and a ramp, and prepped a crawl space under the homes for the installation of a sump pump.

"We are incredibly grateful for our partnership with Raritan Valley Habitat for Humanity, which provides our students with meaningful, real-world learning experiences while helping them develop valuable career skills," said Rob Carrig, SCVTHS Supervisor of Career and Technical Education. "Beyond the hands-on training, our students find tremendous pride and fulfillment in giving back to the community."

For more information about Somerset County Vocational and Technical Schools, please visit scvths.org. To find out more about Raritan Valley Habitat for Humanity, please visit rvhabitat.org.

(above, l-r) SCVTHS staff and students joined Raritan Valley Habitat for Humanity at a worksite in Whitehouse Station. Pictured are Ryan Phelan of Hillsborough, Antonio DiMonte of Bridgewater, Ben Canuso of Manville, Logan Rice of Branchburg, Nick DeSan of Bound Brook, Kyle Tobar of Manville, George Bittman of Bridgewater, SCVTHS Carpentry Instructor Dan LaRue, and SCVTHS Supervisor of CTE Robert Carrig.

Photo by SCVTHS

Watchung Post

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

Watchung Post is published by Renna Media. 2,700 newspapers are printed monthly and mailed to every business and resident in Watchung, NJ. Although great care has been taken to ensure the information contained within is accurate, Renna Media assumes no liability for errors or omissions.

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

SEND US YOUR NEWS

Do you have a community service that you need help publicizing? Did you or someone you know accomplish something amazing? We are interested in hearing about your latest achievement (accomplishment, honor, award, etc.), send us your news!

Email: editor@rennamedia.com

ADVERTISING

Joe Renna: 908-447-1295

joerenna@rennamedia.com

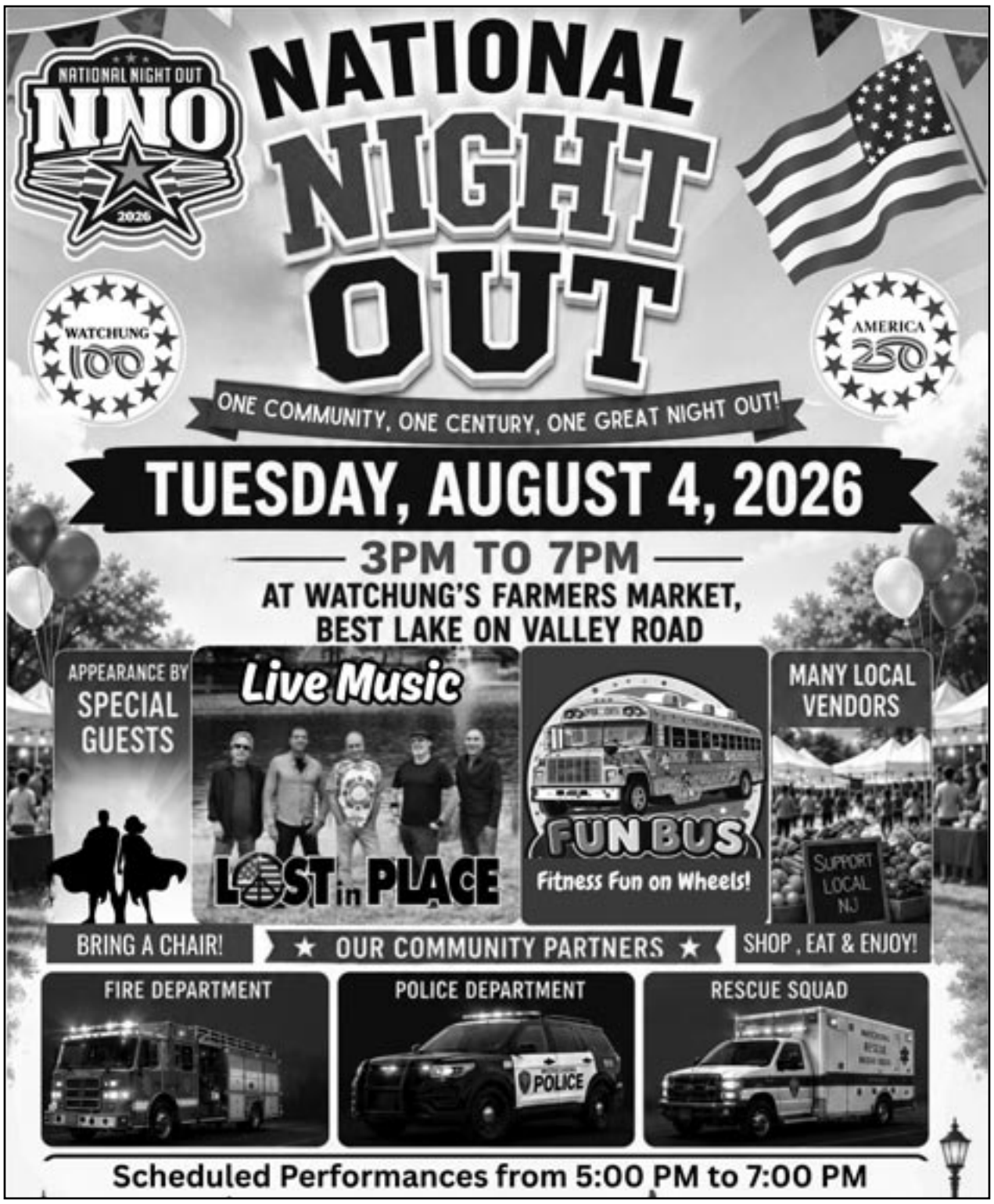
Find us on online: rennamedia.com
facebook.com/ Watchung Post

NATIONAL NIGHT OUT AUGUST 4

Borough of Watchung

oin Us for National Night Out on Tuesday, August 4, 2026, from 3 - 7 p.m. at the Watchung Farmers' Market in the Best Lake parking lot on Valley Road for a fun-filled celebration!

Meet members of the Watchung Police Department, Fire Department, Rescue Squad, and other community partners while enjoying fresh local produce, delicious food, unique vendors, and live entertainment. National Night Out is a great opportunity to connect with your neighbors, strengthen community partnerships, and celebrate all that makes Watchung a wonderful place to live.



Courtesy Photo

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…

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

JONA STA ROMANA GRADUATES WEST POINT

United States Military Academy West Point

Cadet Joseph Edward Sta Romana, son of Joe and Jona Sta Romana of Watchung, N.J., graduated from the U.S. Military Academy on Saturday, May 23, 2026.

Sta Romana graduated from International School Bangkok in 2021. While at West Point, he concentrated his studies in Management. He was commissioned as a second lieutenant in the U.S. Army within the Logistics branch and will report to Camp Casey, Korea for his first assignment.

The U.S. Military Academy's mission is "to build, educate, train, and inspire the Corps of Cadets to be commissioned leaders of character committed to the Army Values and ready for a lifetime of service to the Army and Nation.

ABOUT WEST POINT

The U. S. Military Academy at West Point is a four-year, co-educational, federal, liberal arts college located 50 miles north of New York City. It was founded in 1802 as America's first college of engineering and continues today as the world's premier leader-development institution, consistently ranked among top colleges in the country. Its mission remains constant--to build, educate, train, and inspire the Corps of Cadets to be commissioned leaders of character committed to the Army Values and ready for a lifetime of service to the Army and Nation. For more information visit westpoint.edu.

(above) 2nd Lieutenant Jona Sta Romanaand family

Courtesy Photo

BRINK'S CONTRACTING
BUILDERS • REMODELING • RENOVATIONS • REPAIRS
ENVIRONMENTAL SERVICES

Call for a Free Estimate (862) 451-9666
WWW.BrinksContractingServices.com
HIC# 13VH11745400

Follow Us On
FACEBOOK
RENNA MEDIA

Zita's
High Quality Ice Cream - Made on Site
CUSTOM MADE CAKES
zitasicecream.com
1790 Springfield Ave. 908-464.1511
New Providence, NJ 07974
OPEN EVERY DAY
Sun-Thur: 11:30am-10pm / Fri-Sat: 11:30am-10:30pm

Ice Cream Truck Available For Parties
$1.00 OFF ANY SALE OF $10
With this coupon. Expires 8/31/26. - WAT

LAWRENCE LAW
DIVORCE & FAMILY LAWYERS
We're proud to serve
Watchung!
lawlawfirm.com
Call (908) 645-1000 to schedule your consultation today!
Jeralyn Lawrence, Esq.

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

THE ENCLAVE AT DEWY MEADOWS

SPACIOUS ONE-, TWO-, AND THREE-BEDROOM APARTMENTS NOW AVAILABLE

Experience The Enclave at Dewy Meadows, a new residential village in Basking Ridge featuring luxury rental apartments, retail shops and restaurants, and unsurpassed lifestyle amenities. Designed around a picturesque village green with a classic clocktower and gazebo, The Enclave at Dewy Meadows offers a dazzling selection of spacious, light-filled one-, two-, and three-bedroom apartments along with nature trails, a heated outdoor pool, a state-of-the-art fitness center, EV charging stations and a lavish community clubhouse. With top-ranked schools and an easy NYC commute, The Enclave at Dewy Meadows in Basking Ridge is the perfect place to call home.

Now Leasing!

LIVE WHERE AMENITIES ARE INCLUDED
AT NO EXTRA CHARGE

Two months free on a new 20-month lease plus up to a $1,000 move in credit.
Limited time offer on select apartments. Call today for details!

LEARN MORE

908.224.4915 | EnclaveatDeweyMeadowsNJ.com

All renderings, amenities, existing or future views and photos depicted or otherwise described herein are proposed and conceptual only, and are based upon preliminary development plans, which are subject to withdrawal, revisions, and other changes without notice.

Garden Communities

SOMERSET COUNTY 4-H FAIR OFFERS FREE SUMMERTIME FUN

Somerset County 4-H Association

"4-H Celebrates America's 250th Birthday" is the theme of this year's Somerset County 4-H Fair, August 5-7 at North Branch Park in Bridgewater. The Fair is open 10 a.m. to 10 p.m. and offers acres of exhibits, animals, activities, and entertainment. Admission and parking are free.

Fairgoers can see competitions and exhibits for a variety of 4-H projects including sheep, cows, rabbits, Seeing Eye puppies, and robotics, model trains, remote control cars, arts & crafts, archery, and more.

When you visit, be sure to bring your appetite. The 4-H Fair's legendary Food Tent offers all your favorite summertime foods and treats.

4-H is the Youth Development Program of our nation's Cooperative Extension System and USDA. It is one of America's oldest and largest youth organizations with six million members. 4-H empowers young people with the skills that they need to succeed in life by completing hands-on projects in areas such as science, health, agriculture, the arts and civic engagement.

The annual fair is presented by the Somerset County 4-H Association whose mission is to support the 4-H Youth Development Program of Somerset County. In addition to hosting the fair, the Association owns and maintains the Ted Blum 4-H Center, offers scholarships and provides monetary and volunteer support for programs and events. Learn more at 4HisTops.org.

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.

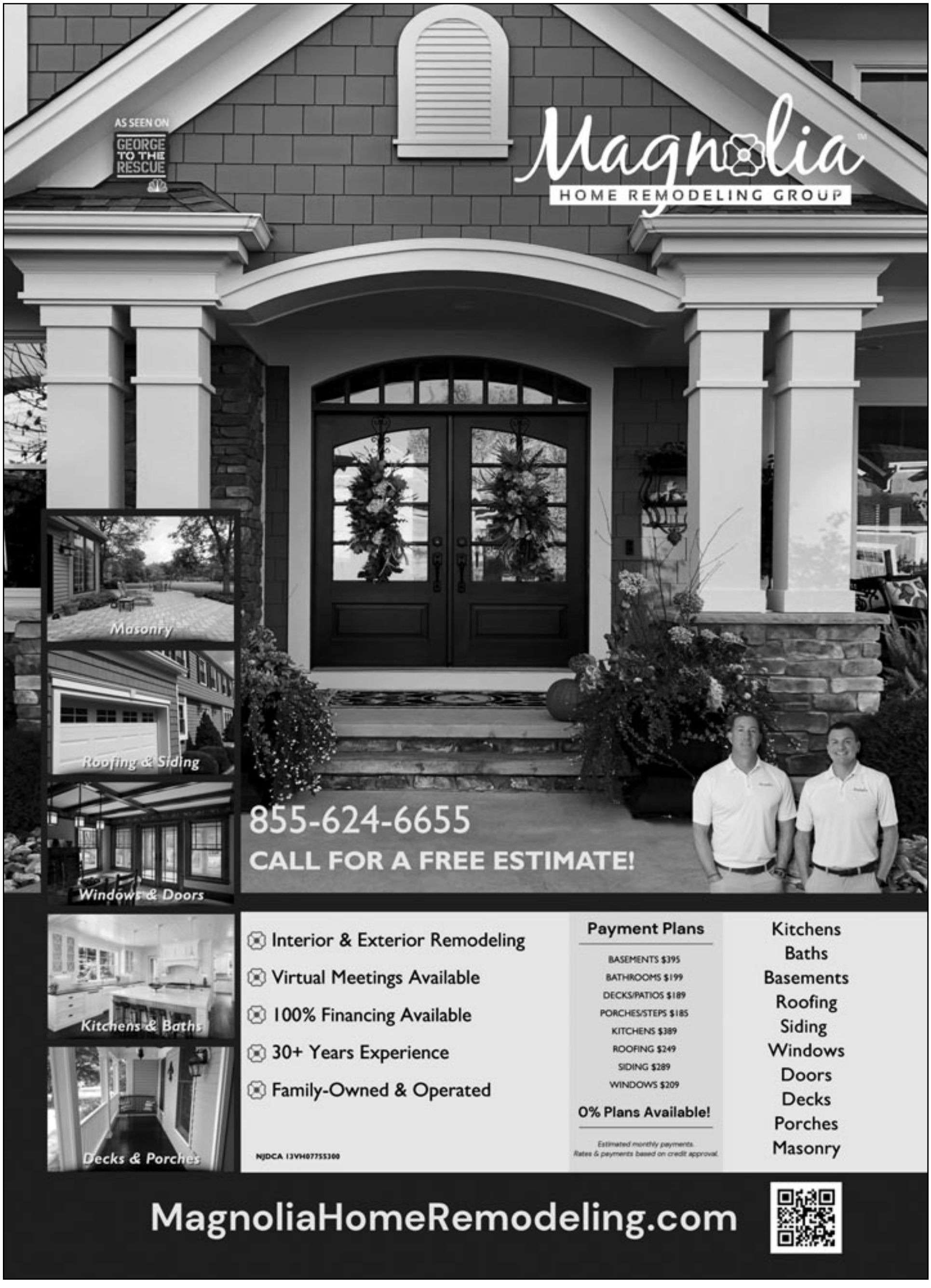
The 7th Annual March to Yorktown Day brings together reenactors, historians, historical organizations, community partners, families, and visitors for an afternoon of living history, education, and remembrance during the nation's 250th anniversary year.

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.


AS SEEN ON
GEORGE TO THE RESCUE
Magnolia
HOME REMODELING GROUP
Masonry
Roofing & Siding
Windows & Doors
Kitchens & Baths
Decks & Porches
855-624-6655
CALL FOR A FREE ESTIMATE!
Interior & Exterior Remodeling
Virtual Meetings Available
100% Financing Available
30+ Years Experience
Family-Owned & Operated
NJDCA 13VH07755300
Payment Plans
BASEMENTS $395
BATHROOMS $199
DECKS/PATIOS $189
PORCHES/STEPS $185
KITCHENS $389
ROOFING $249
SIDING $289
WINDOWS $209
0% Plans Available!
Estimated monthly payments.
Rates & payments based on credit approval.
Kitchens
Baths
Basements
Roofing
Siding
Windows
Doors
Decks
Porches
Masonry
MagnoliaHomeRemodeling.com

WATCHUNG LIBRARY AUGUST 2026 EVENTS

The following programs are hosted at SCLSNJ's Watchung Library, located at 20 Stirling Rd. unless otherwise noted. Some programs require registration. Visit SCLSNJ.org to register today. For additional assistance, call (908) 845-8400. To discover all SCLSNJ has to offer, visit SCLSNJ.org or connect with SCLSNJ on Facebook, Instagram, X or YouTube.

FAMILIES WITH CHILDREN

Spin the Wheel Wednesday

Wednesdays, August 5, 12, 19, 10:30 a.m. 5:30 p.m.

BIRTH TO 3 YRS (W/CAREGIVER)

Baby/Toddler Storytime

Monday, August 3, 10:30 - 11:00 a.m.

Introduce your child to the beginnings of storytime in this interactive program featuring rhymes, movement, songs, and stories.

BIRTH - 5 YRS & CAREGIVERS

Music with Miss Donna

Monday, August 24, 10:30 - 11:00 a.m.

Wilson Memorial Church. Enjoy music, fingerplays, and playing instruments.

AGES K-4

Read to a Therapy Dog

Tuesday, August 18, 4:30 - 5:30 p.m.

Practice your reading skills by reading a story to a certified therapy dog. Registration is required .

GRADES K - 5

Paint and Snack: Unbirthday Celebration

Tuesday, August 11, 4:30 - 5:15 p.m.

Learn to paint step-by-step using watercolors. Pre-packaged snacks and drinks will be served.

LEGO® Challenge

Wednesday, August 12, 4:30 - 5:00 p.m.

Pencil Case Stamping

Friday, August 21, 4:30 - 5:15 p.m.

Explore art and decorate a pencil case using acrylic paints and stamps. Dress for mess.

STEAM: Ice Cream Science

Tuesday, August 25, 4:30 - 5:15 p.m.

Explore the science behind ice cream. Discover more about physical changes, freezing points, and emulsion. Whole milk, sugar, pure vanilla extract, salt, sprinkles, and ice will be used.

GRADES 6 - 12

Teen Volunteer Afternoon: Letters to Community Helpers

Thursday, August 6, 13, 20 4:30 - 5:30 p.m.

Help the library out for an hour. Attendees will earn one hour of service time.

FAMILIES WITH CHILDREN

Family Storytime: Move and Groove

Monday, August 10, 10:30 - 11:00 a.m.

Discover songs, stories, and movement in this active storytime.

Family Storytime: Yoga

Monday, August 17, 10:30 - 11:00 a.m.

Discover songs, stories, and yoga poses in this active storytime.

Dig Into Magic

Wednesday, August 19, 3:00 - 3:45 p.m.

Wilson Memorial Church

Join magical storyteller Conrad Cologne in a laughter-filled and interactive adventure. Dig into the world of dinosaurs and archaeology while discovering magic hidden inside a story!

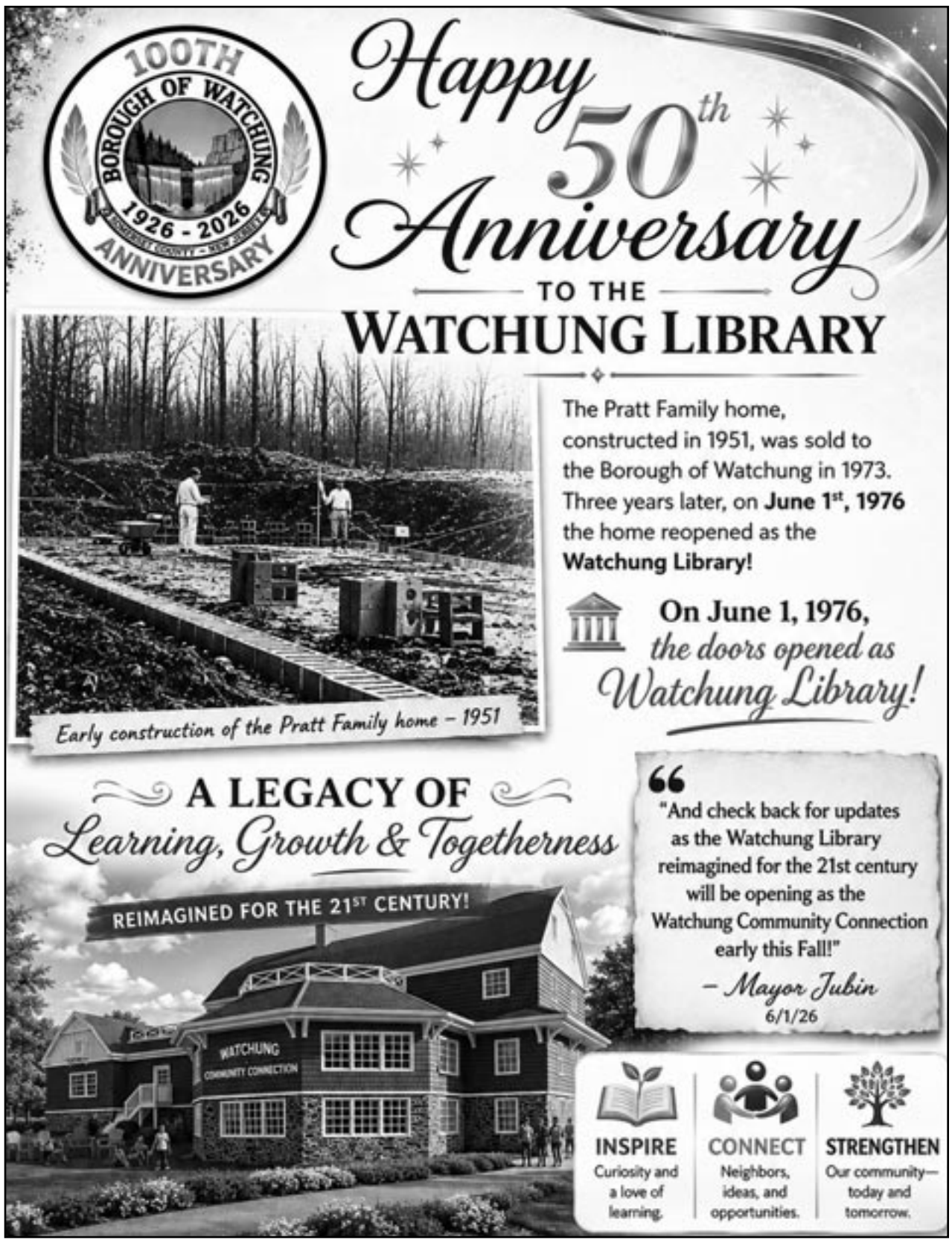
ADULT

Adult Book Discussion

Thursday, August 13, 6:30 - 7:45 p.m.

"Mailman: My Wild Ride Delivering the Mail in Appalachia and Finally Finding Home "

Hosted at Wilson Memorial Church



SAM'S LANDSCAPING
COMPLETE PROPERTY CARE
CUSTOMER SERVICE - OUR BUSINESS;
LANDSCAPING - OUR SPECIALTY!
GIVE YOURSELF A BREAK THIS LAWN SEASON!
WEEKLY LAWN SERVICE
PLANTING HARDSCAPING
TOPSOIL GARDEN PREP
MULCH SOD CLEANUPS
FREE ESTIMATES
SAMSLANDSCAPING.COM
YOUR LOCAL HARDSCAPING EXPERTS
PATIOS PAVERS
WALKWAYS RETAINING WALLS
DRIVEWAYS AND MORE
TEXT OR CALL 908-441-7302

GOT RUBBISH
SAME DAY SERVICE!
We save you time and money.
973-604-6340
www.Got-Rubbish.co
Licensed & Insured
Upfront Pricing
WE DO ALL THE LIFTING, LOADING & HAULING AWAY!
We remove things you don't need like old furniture, household items, appliances, yard waste, construction debris & more.
INTERIOR AND EXTERIOR DEMOLITION:
We take Down
Sheds, pools, decks, garages, etc.
2 MEN PLUS A PICK UP TRUCK
SPECIAL: $129 Exclusions Apply.

MURSELI PRO CONSTRUCTION

908-361-6372

- All Work Guaranteed
- 24/7 Emergency Service
- 15% Senior Discount
- Major Credit Cards
- NJ Lic. 13VH08570100

Family Owned & Operated For 20 Years

FOUNDATION

- NEW FUNDATIONS
- REPAIRS
- WATERPROOFING

MASONRY

- DRIVEWAYS
- STEPS
- BRICK & BLOCK
- SIDEWALKS
- REPAIR

ROOFING

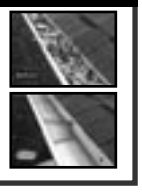
- RE-ROOF
- NEW ROOF
- ROOF REPAIRS
- SHINGLES
- FLAT ROOF

CHIMNEY

- CLEANING
- RE-LINE
- REPAIRS
- REBUILD
- CAPPING

GUTTERS

- CLEANING
- INSTALLATION
- SCREENING
- REPAIRS
- REPLACEMENTS



COMPLETE SET OF STEPS

Brick, Limestone & Concrete

With coupon. Cannot be combined with any other offer. Some restrictions apply. Expires 8/31/26.

$700 OFF FULL BATHROOM REMODELING

- Demolition
- Plumbing & Electrical
- Modifying the layout.
- Installing new tiles cabinetry, countertops toilets, and lighting

With coupon. Cannot be combined with any other offer. Some restrictions apply. Expires 8/31/26.

HomeAdvisor
You Home Improvement Connection

SUPER SERVICE AWARD

Like us on facebook

GAF MasterElite
FACTORY CERTIFIED WEATHER STOPPER® ROOFING CONTRACTOR

Save $1,000 ON ROOF REPLACEMENT

With coupon. Cannot be combined with any other offer. Some restrictions apply. Expires 8/31/26.

Spring Special CHIMNEY LINER $1,300

With coupon. Cannot be combined with any other offer. Some restrictions apply. Expires 8/31/26.

DANGER CARBON MONOXIDE — Carbon Monoxide is invisible, odorless, and can kill you!

$600 OFF NEW SIDING JOB

With coupon. Cannot be combined with any other offer. Some restrictions apply. Expires 8/31/26.

$350 OFF ANY CHIMNEY REPAIR of $1,000 or more

With coupon. Cannot be combined with any other offer. Some restrictions apply. Expires 8/31/26.

$350 OFF ANY ROOF REPAIR of $1,000 or more

With coupon. Cannot be combined with any other offer. Some restrictions apply. Expires 8/31/26.

$400 OFF ANY FOUNDATION JOB of $2,000 or more

With coupon. Cannot be combined with any other offer. Some restrictions apply. Expires 8/31/26.

$150 GUTTERS CLEANING (any Average House)

With coupon. Cannot be combined with any other offer. Some restrictions apply. Expires 8/31/26.

RENNA MEDIA NEWSPAPERS RATE SHEET

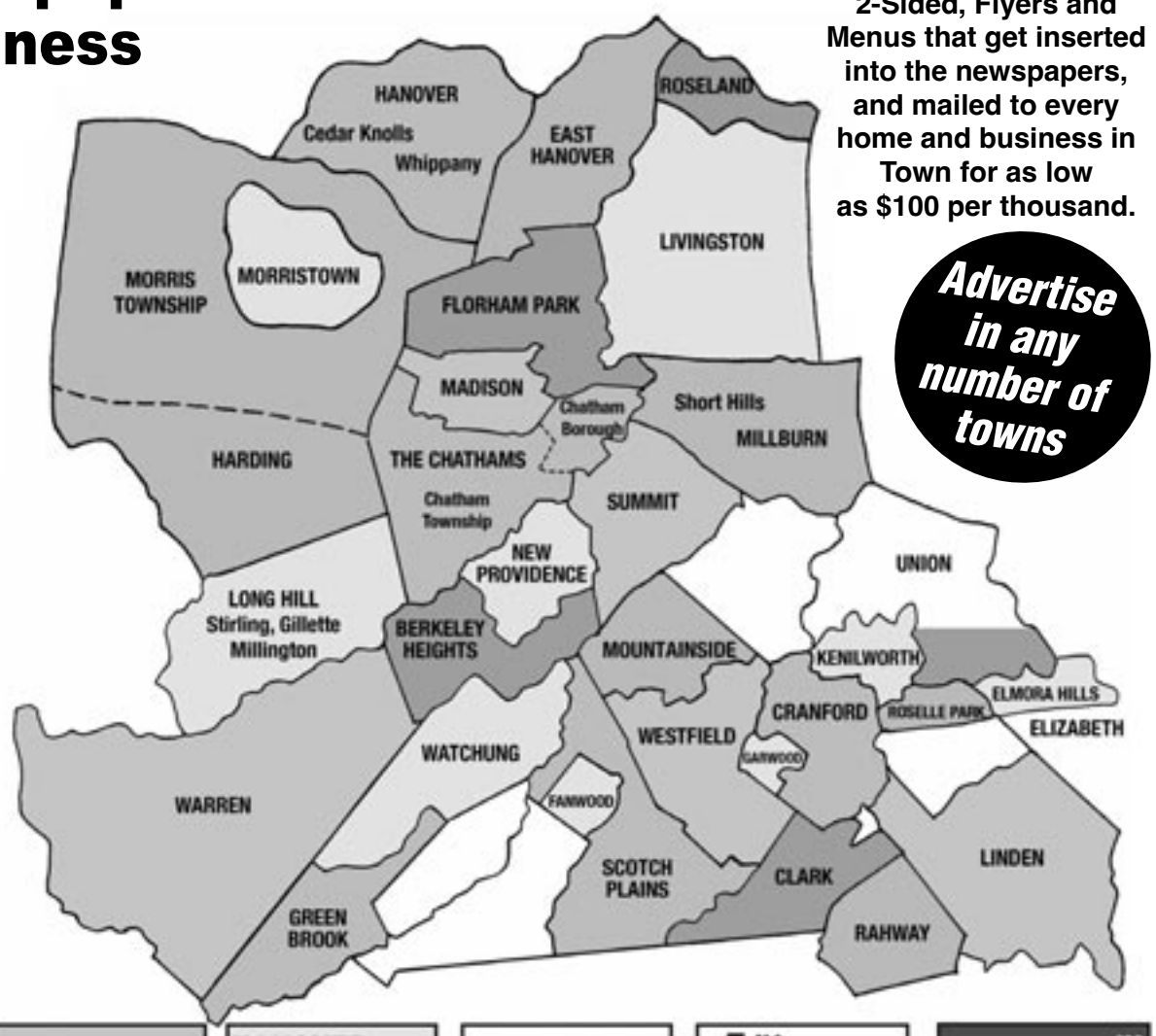
We Mail 200,000 Newspapers to Every Home & Business in 30 Towns!

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

Call today for FREE consult on marketing and business plans.

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

Advertise in any number of towns



RENNAMEDIA.COM

Berkeley Heights NJ COMMUNITY NEWS
Qty: 5,000
Zip: 07922

The Chathams NJ
Qty: 7,600
Zip: 07928

Clark Monthly
Qty: 6,800
Zip: 07066

Cranford Monthly NJ
Qty: 9,900
Zip: 07016

East Hanover View NJ
Qty: 4,700
Zip: 07936

Elmora Hills ELIZABETH, NJ
Qty: 5,400
Zip: 07208
Section of Elizabeth, NJ

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 Gazette NJ
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

Long Hill Leader NJ
Qty: 3,500
Zips: 07933, 07946, 07980

Madison Monthly NJ
Qty: 6,300
Zip: 07940

Short Hills Millburn Monthly NJ
Qty: 8,200
Zips: 07041, 07078

Morris Township Times NJ
Qty: 13,500
Zip: 07960, Harding 07976

Morristown Monthly NJ
Qty: 7,000
Zip: 07960

Mountainside View NJ
Qty: 3,000
Zip: 07092

New Providence News NJ
Qty: 5,100
Zip: 07974

Our Town Rahway, NJ
Qty: 13,100
Zip: 07065

Life in Roseland NJ
Qty: 3,000
Zip: 07068

Roselle Park Monthly
Qty: 5,600
Zip: 07204

Scotch Plains NJ WHAT'S HAPPENING MONTHLY
Qty: 9,600
Zip: 07076

Summit NJ Times
Qty: 9,600
Zip: 07901

Spirit of NJ Union
Qty: 7,800
Zip: 07083 (partial)

Warren Monthly NJ
Qty: 6,500
Zip: 07059

Watchung Post NJ
Qty: 2,700
Zip: 07069

Westfield NJ Monthly
Qty: 12,000
Zip: 07090

NEWSPAPER AD RATES

Units (wide x High)	Size	1 TOWN	3 TOWNS	6 TOWNS	9 TOWNS	12 TOWNS	15 TOWNS	18 TOWNS	21 TOWNS	24 TOWNS	27 TOWNS	30 TOWNS
1 Unit (Business card)	3.25"x2"0	100	260	360	460	560	600	660	700	800	900	1000
2 Units	6.5"x2" or 3.25"x4"	150	360	560	600	700	800	900	1000	1100	1200	1300
4 Units	3.25"x8" or 6.5"x4"	240	560	900	1000	1300	1600	1700	1800	1900	2000	2100
6 Units	6.5"x6.25" or 10"x4"	320	760	1200	1400	1600	1800	2000	2200	2400	2600	2800
9 HALF PAGE	6.5"x9" or 10"x7"	360	860	1300	1600	1900	2200	2400	2600	2800	3000	3200
12 Units	6.5"x14"	400	960	1400	1800	2100	2400	2700	3000	3300	3600	3900
18 FULL PAGE	10"x14"	500	1200	1800	2200	2500	2800	3000	3300	3600	3900	4300
2-PAGE SPREAD	(2) 10"x14"	800										
BACK PAGE	10"x14"	600										
FRONT PAGE BANNER	8.25"x2"	360										
FRONT PAGE BOX	1.5"x4.5"	320										

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

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

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

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

Make Checks payable to Renna Media • Venmo • Zelle •

License #13VH11554200

MY HANDYMAN & CONTRACTOR

Licensed & Insured

QUALITY HOME IMPROVEMENTS AT AFFORDABLE PRICES FROM SMALL PROJECTS TO FULL INDOOR REMODELING

• Kitchen & Bathrooms • Basement Finishing & Waterproofing
• Painting • Electric • Plumbing • Masonry • Windows • Siding
• Vinyl Plank & Tile Flooring Installed • Sheetrock & Taping

View our Google Reviews.

4.9 ★★★★★ Google Read Reviews

QUALITY EPOXY GARAGE FLOORS

FREE ESTIMATES!

NO UP CHARGE FOR USING CREDIT CARD

MasterCard VISA AMERICAN EXPRESS DISCOVER

Financing Available

Duke says "Adopt, Don't Shop."

Pet friendly - We support animal rescues

732-331-9572

SUMMER SPECIAL: DECKS
Designed • Built • Repaired • Stained

www.MyHandymanAndPainter.com

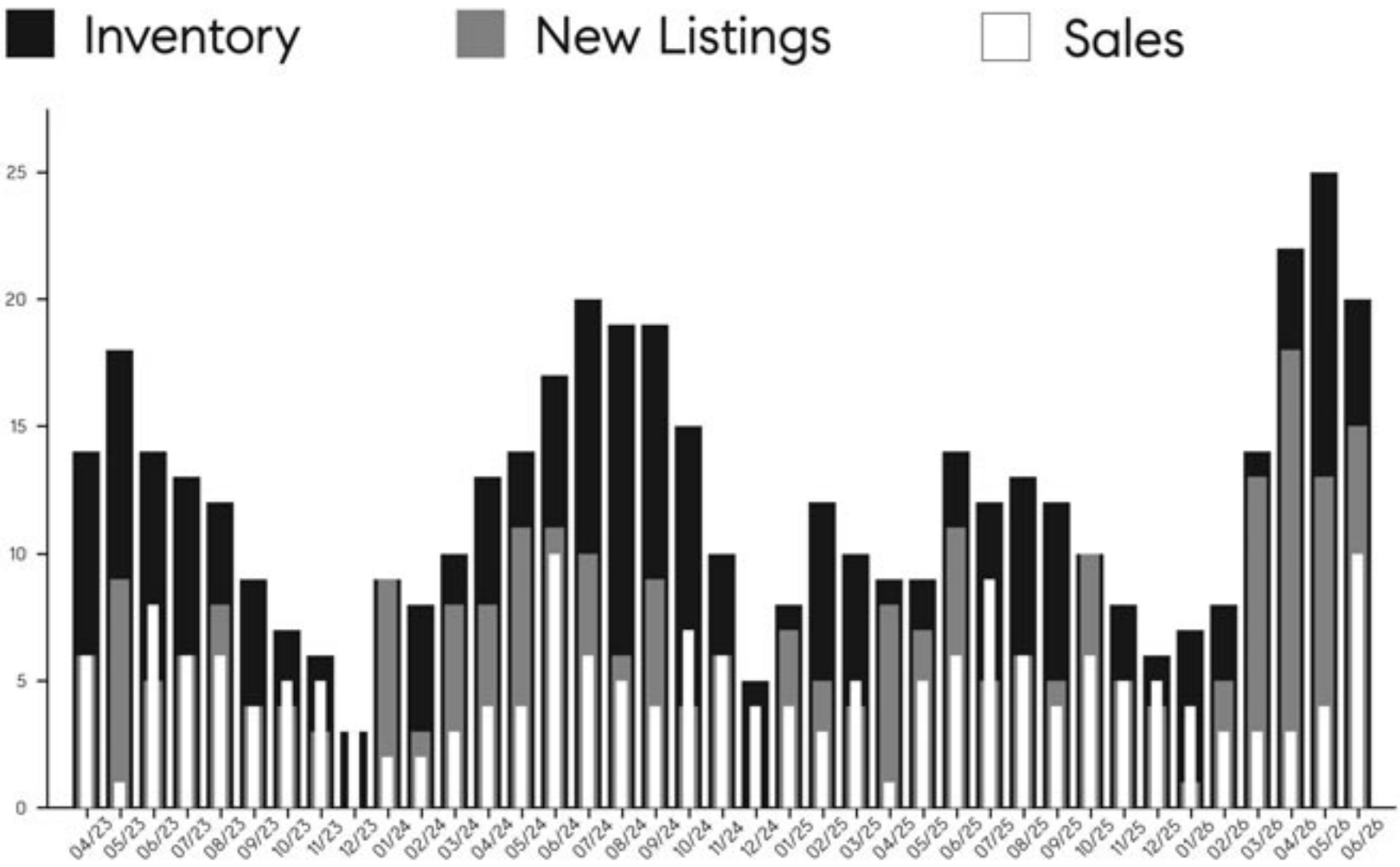
MY HANDYMAN & PAINTER LLC., 100 WALNUT AVE, SUITE 210, CLARK NJ 07066

The Most Successful Listing Strategy Starts With The Knowledge of Your Local Market.

CHERIE BERGER TEAM

Watchung June 2026: Inventory, New Listings & Sales

This view of your local market combines monthly inventory of properties for sale along with new listings and sales. The graph shows the basic annual seasonality of the market, as well as the relationship between these items. The number of new listings in June 2026 was 15, a change of 15% from 13 last month and 36% from 11 in June 2025.



Call the Cherie Berger Team to understand the current market and develop the best pricing strategy!

Ashley Berger Freitas
Licensed RE Salesperson
ashley.freitas@compass.com
M 908.432.9818
O 732.454.3007

Cherie Berger
Licensed RE Salesperson
cherie.berger@compass.com
M 908.410.0931

Steven Berger
Licensed RE Salesperson
steven.berger@compass.com
M 908.256.0307

Karla Quacquarini
Licensed RE Salesperson
karla.quacquarini@compass.com
M 908.285.3813

Josh Grundfest
Licensed RE Salesperson
josh.grundfest@compass.com
M 908.698.7665

The Cherie Berger Team is a team of licensed real estate salespersons affiliated with Compass. Compass is a licensed real estate broker and abides by equal housing opportunity laws. Based on information from Garden State MLS, LLC for the period of January 2018 through June 2026. Due to MLS reporting methods and allowable reporting policy, this data is only informational and may not be completely accurate. Data maintained by the MLS may not reflect all real estate activity in the market.

COMPASS