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TIMOTHY CHUNG WINS BRONZE IN ARCHERY NATIONALS

By: Edir Coronado

Archery is a unique sport that challenges its competitors to have extreme focus and precision when attempting to shoot an arrow. Timothy Chung from Berkeley Heights, 16, has a passion for archery, made evident when he competed in the U.S. National Target Championships, U.S. Open and Easton JOAD Nationals from July 13th through the 17th, taking home the Bronze medal.

This year Alabama had the pleasure of hosting the US Open for adults, and Easton JOAD Nationals for youth, which attracted thousands of archers from around the world, one of them being Timothy Chung. Chung draws his inspiration from his family, who have a heavy military background. His father, YI Chung, would often take his son to the shooting range to shoot rifles and from these trips he began making the connection to archery. Soon after Chung's interest in archery began to grow, he initiated a search for a coach who could help him achieve Olympic style status in the world of archery. He found this with Coach John Nyberg.

Chung explains that every archer during practice has the ability to accomplish the perfect shot, but the true test of skills is established during competition. With the mental stress that is surrounding the athlete, from the droves of people watching their every move, to one's own insecurities that they might possibly miss their mark, mental preparedness is essential in order to dominate in this sport. Personally, Chung practices every day, although he admits that his competitors have the edge and practice more hours than he



does, but he finds his competitive edge investing time on his mental focus. He found guidance in the book, *With Winning in Mind*, by Lanny Bassham. Chung uses the technique and information found in this book to give him the kind of cerebral concentration that would allow him to dominate his competition.

This year Chung missed his opportunity to make the Olympics, something he regrets, but isn't discouraged. He still has his eyes set on achieving his dreams of representing his country in the Olympics one day. Chung remains humble and focused stating, "While I am grateful for the success, the medal doesn't change anything: I am still very passionate of the sport."

DAUGHTERS OF THE AMERICAN REVOLUTION



The Daughters of the American Revolution (DAR) is a women's volunteer service organization dedicated to historic preservation, education and patriotism. For membership in the DAR a woman must prove her lineal descent from a patriot of the American Revolution. DAR volunteers are always willing to provide guidance and assistance with your search for ancestors.

The Crane's Ford chapter was organized in March of 1944 in Cranford. Meetings are held from October to June each year.

For more information the Crane's Ford chapter Registrar, Patti Campanelli, can be reached by email at patushkat@aol.com or visit the National DAR at www.dar.org.

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ANIMAL RESCUE GROUP HAS MANY WONDERFUL CATS & KITTENS SEARCHING FOR LOVING HOMES

Summit Animal Rescue Association announces the organization's consistent scheduled Adoption Events held at Pet Valu Gillette and Pet Valu Garwood. The purpose of these events are to generate awareness about Summit Animal Rescue Association and to help many homeless animals find loving and caring homes. As well as to raise funds for the animals in order to continue our mission.

Our scheduled adoptions are: Gillette, each Saturday from 12 pm to 5pm and Garwood Saturdays from 10 am to 2pm and Sundays 11 am to 3 pm. We also make appointments to meet at Pet Supply Plus in Berkeley Heights by calling 908-464-1203.

Our adoption package includes a wonderful kitten or two, a free bag of food with each adoption, medical history, and a package of goodies.

Please stop by our Kitten Palooza on July 10 from 11 am to 3 pm at the Pet Valu in Garwood. Lots of beautiful kittens and adoption incentives!

We are always looking for foster families. If

you can help please call 908-578-4354.

Summit Animal Rescue Association, Inc (SARA) is a non-profit 501(c)(3) charitable organization located in Berkeley Heights NJ. Their mission is to rescue cats, dogs, or any animal in need, give them medical attention, rehabilitate them, and provide a temporary, loving environment until permanent homes are found.

In addition, SARA assists NJ residents with low-cost resources to spay and neuter feral cats in order to reduce the number of unwanted kittens in shelters. SARA has a proven track record for saving lives. Through tireless efforts they have found homes for over 6,000 animals since they began over 13 years ago. SARA's entire staff is made up of volunteers, working in tandem with veterinarians who assist with discounted rates. 100% of all donations raised go directly to the care and feeding of the animals saved.

More information about SARA can be found on the organization's website at www.sararescue.petfinder.com.



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BERKELEY HEIGHTS PUBLIC LIBRARY

Singing About the Animals Music and Wildlife

Tuesday, Aug 16: 10:30-11:15 am
Clean Communities Grant Program

FILM - rated PG

August 18: 3 p.m.

Minions Disney Pictures

Book Blast

August 12: 3:30 - 4:30 pm

Ages 8-12

Discussion and snacks

Family Fun - stories & crafts

Monday, August 15: 6:30 - 7:15

for all ages

Story Fun

Tuesday, August 16: 10:30 - 11:00 am

ages 2 - 5

Mother Goose Playtime

Thursday, August 18: 9:30 am

For ages 0 - 24 months

Chess & Board Games

August 16: 4 - 5 pm

all ages

Legos

Wednesday, August 17: 3 - 4 pm

ages 5 - 10

Story Time for

Tuesdays, August 16: 10:30 - 11 am,

Ages 2 to 5

Mother Goose Time

Thursdays, August 9th-18th: 9:30 - 10 am

ages 0-24 months

Get On Your Mark, Get Set, Read

June 22 - August 15

Summer Reading Program for ages 1-14

SHAKESPEARE THEATRE OF NEW JERSEY PERFORMS TWELFTH NIGHT AT LIBRARY

By: Edir Coronado

Berkeley Heights Township will be visited by the Shakespeare Theatre of New Jersey in the Berkeley Heights Public Library on August 12th at 7:00 p.m., where a live performance of a condensed version of William Shakespeare's play, *The Twelfth Night*, will be brought to life by some of New Jersey's most eloquent actors.

The Twelfth Night is a light hearted comedy where twin sister and brother, Viola and Sebastian, have been shipwrecked and believe the other has drowned. The play takes off from there, Viola dresses as a boy named Cesario in order to work for Duke Ursino.

The Shakespeare Theatre of New Jersey is one of 25 professional theatres in the state and the only theatre dedicated to Shakespeare's Canon.

The Shakespeare Theatre of New Jersey currently reaches over 100,000 adults and children annually, a feat they take pride in and see as important for the educational nourishment of New Jersey and society as a whole. This group strives to maintain the relevance of Shakespeare and the classics relevance through its production and educational programs, by enlightening modern audiences, achieved in part by bringing their production to the public.

The Shakespeare production will be held in the library's parking lot, behind the children's room, so bring your lawn chair, in case rain threatens the evening, a notice will be posted on the door of the children's room informing all of the new location of the performance.

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BERKELEY HEIGHTS SENIOR TRIPS TO ATLANTIC CITY

By: Edir Coronado

The ever popular senior citizen bus trip to Atlantic City is still going strong and is more popular than ever, especially in these summer months when people would much rather be outside enjoying the summer weather than indoors. For the past 14 years Ramona Radbmacher, 2nd vice president and Program Chairwoman, has put together this special monthly event to provide community members a chance to enjoy all the attractions that Atlantic City has to offer.

The trip is approximately two hours long, during the ride to Atlantic City patrons are granted first class treatment. The Senior Center has secured Vanderhoof Bus Services, providing brand new plush seating, with plenty of leg room, accommodating up to 56 individual passengers. During the 2 hour ride passengers are entertained by a movie, or may choose to conserve their energy by taking a nap before the fun filled day ahead.

Once the commuters reach their destination, they are free to enjoy the scenery, take their chances at the casino, enjoy the beaches and

boardwalk. If the traveler decided to try their luck at the casino, the trip includes a \$25 coupon for slot play. The sightseer could also grab a bite to eat, courtesy of the Senior Center, by way of a \$10 food voucher, also included in the ticket.

The amount of people that have attended the senior citizen trip has remained steady ranging from 35 to 55 people, during the summer months, when it is most popular, people have been turned away because of lack seating space. The winter is when the numbers dwindle, but those cold winter months still produce 35 participants. This is due to the amazing experience that is provided and how often the trip is made accessible. While the trip was designed for seniors any one can participate and all are welcome from any town.

The next trip to Atlantic City is on Monday August 22nd, trips are every third Monday of the month. The bus leaves at 8:30 a.m. and returns at 7:30 p.m. It is important to call and reserve your seat, especially during these summer months, or you risk the chance of being turned away. For more information or to make a reservation please call 908-647-3295.



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MOTHER LAUNCHES LOCAL AUTISM SEARCH DIRECTORY

Officially launched this past April, NeedQuest.com is an innovative take on something that's become quite familiar in the 21st century: the online local search directory.

However, what sets NeedQuest apart from other similar websites is two-fold. In addition to being a community-building site that directly connects parents of special needs children in the greater Westfield area with reputable service providers located right in their backyards, this new website is also founded by a local parent of a special needs child.

"My 14 year-old son, Jack, was diagnosed at age three with an autism spectrum disorder," says

Leslie Crowe, Founder of NeedQuest LLC. "At that time, I was told by our public school district in Brooklyn to locate a Special Education Itinerant Teacher (SEIT) on my own. It was quite a jarring experience because I didn't know where to begin! The internet? The yellow pages? Our pediatrician? I really had no idea."

For Crowe and her son Jack, it took four more months before they could find an appropriate professional. Thereafter, locating an appropriate school for Jack took another three years. Over time, as Jack grew, so did his needs. From therapy to after school programs, summer camps and more, the list of concerns that Crowe found

herself combing the Internet in search of answers for, as well as her own anxiety and despair steadily increased.

"I know there are a lot of special needs parents looking for resources for their children," Crowe says. "However, I could not fathom that there wasn't a more efficient tool to navigate the Internet while searching for local providers to meet our children's needs. Eventually, after years of personal frustration, in 2015 I founded NeedQuest.com and committed myself to filling this void for the special needs community."

When it comes to affirming the need for Crowe's mission, the numbers don't lie.

According to the 2012 National Survey of Children with Special Health Care Needs (NSCSN), nearly 14 percent of children under 18 years of age in the United States, or approximately 10.2 million children overall, were estimated to have special health care needs. In New Jersey, the same study uncovered that out of the state's 1.5 million school-aged children, the number of children reported to have a disability is 4.5 percent, or 67,772 children overall.

32 percent of parents spend more than 40 hours per week with their special needs child or the amount of time equal to a second full-time job.

As such, helping her fellow special needs parents ease these kinds of concerns has become a driving force for Crowe.

"Parents are looking for services and providers at a time in their lives when they have the least amount of energy," she emphasizes. "With NeedQuest, we're aiming to be a catalyst for change when it comes to northern New Jersey special needs search - and hopefully, we'll make everyone's life, both parents and providers a little easier."



(above) Jack and Leslie Crowe

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Photos from this and other events can be found online at rennamedia.com and on the Berkeley Heights Community News page on [facebook.com](https://www.facebook.com).

The Mt. Carmel Feast was held on July 13-16 in Berkeley Heights. The annual event featured local entertainment and a variety of foods including Italian specialties. There were rides for children and a spectacular fireworks display on July 15th. July 16 is the feast day of Our Lady of Mount Carmel and a processional parade through the town with the statue of the Blessed Mother was the

highlight of the day as the statue was carried through town with a band providing Italian-American music. Event chairman Pail Ippolito had this to say “On behalf of the committee I’d like to thank our event sponsors, Investors savings and Chimney Rock Inn for a very successful event. The fireworks were spectacular and a special thank you to the community for their support.”



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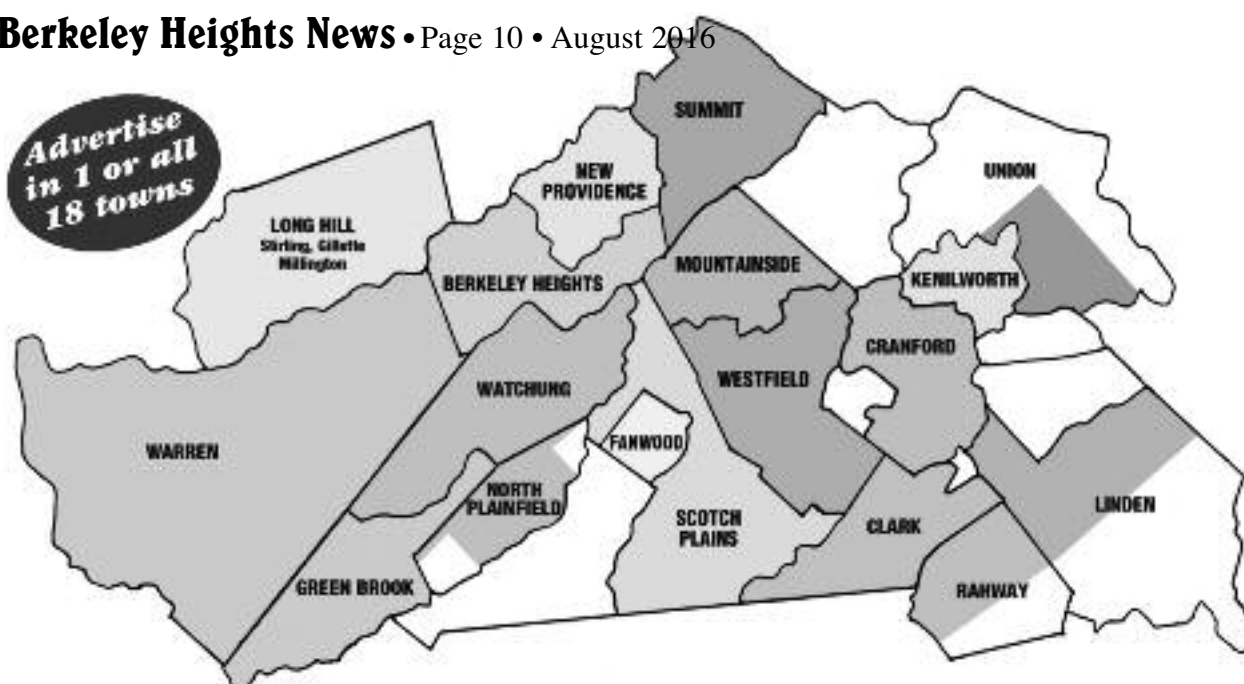
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5,000 mailed to
homes and businesses.
Zip: 07083



Qty: 6,200
Mailed to every home
and business.
Zip: 07059



Qty: 3,000
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and business.
Zip: 07069



Qty: 11,800
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Artwork included in ad price.

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Units	Size							
1 Unit - Business card	3.25" x 2"	\$60	\$150	\$250	\$340	\$400	\$450	\$500
2 Units	3.25" x 4"	\$100	\$250	\$400	\$500	\$600	\$700	\$800
4 Units	6.5" x 4"	\$180	\$450	\$700	\$950	\$1100	\$1300	\$1500
6 Units	10" x 4"	\$240	\$600	\$900	\$1250	\$1400	\$1650	\$1900
9 HALF PAGE	10" x 6"	\$320	\$800	\$1000	\$1350	\$1500	\$1800	\$2100
12 Units	10" x 8"	\$360	\$900	\$1200	\$1550	\$1800	\$2150	\$2500
18 FULL PAGE	10" x 14"	\$400	\$1000	\$1400	\$1750	\$2000	\$2400	\$2800
FRONT PAGE BANNER	8.25" x 2"	\$320						
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WHAT WILL YOU LOOK LIKE IN 40 DAYS?



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Today's
Most Popular **3** vs. **NUTRIMOST**
Weight Loss Programs

- | | | |
|---|---------------------------------|---|
| ✗ | State of the Art NRF Technology | ✓ |
| ✗ | Fat Burning | ✓ |
| ✗ | Targets Abdominal Fat | ✓ |
| ✗ | Resets Metabolism | ✓ |
| ✗ | Resets Weight Set Point | ✓ |
| ✗ | No Hunger | ✓ |
| ✗ | Doctor Supervised | ✓ |

LOSE 20-45lbs IN JUST 40 DAYS
GUARANTEED!

SIGNUP
REGISTER FOR A
CONSULTATION



TECHNOLOGY HAS GIVEN US THE ABILITY TO FIND OUT WHY YOU ARE STORING FAT AND HOW TO GET RID OF IT!

A "one-size-fits-all" weight loss program will only take you so far (and after many months of hunger and a boatload of cash).

Targeting your specific hormone makeup is the key to fast and effective weight loss. Our NRF Technology essentially takes your hormonal fingerprint to determine the exact ingredients you need to bring your body into an optimal state of fat burning. And beyond the initial weight loss, restoring balance with the system actually resets your metabolism and weight set point so that you **keep the weight off** after you lose it.

➔ **\$72⁵⁰** ←
a \$99 value

BODY COMPOSITION ANALYSIS

A complete assessment and teaching of your current body composition in comparison to where you should be. This analysis includes your body fat percentage and mass, visceral fat rating, body water percentage, metabolic age and other important metrics.

& FAT LOSS CONSULTATION

A personally integrated session with a NRF Technology Specialist to discuss how this revolutionary technology can help you naturally detox and heal your body, restore balance to your hormones and neurotransmitters, and reset your metabolism.

CALL 908.279.7740 OR VISIT CENTRALJERSEYHEALTH.COM



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Perfect for Special Occasions!



COUPON

**\$1.00 OFF your purchase
of \$20.00 OR MORE**



BER8

Excludes garden center and fish purchases. Limit 1 offer per customer per day. Not to be combined with other offer. Offer expires 9/15/16.

COUPON

FRESH SHRIMP

BER8

\$9⁹⁹

1lb 16/20 size



By the pound only. Limit 1 lb per customer per coupon per day. Not to be combined with other offer. Offers good thru 9/15/16.

COUPON

**BOAR'S HEAD OVEN GOLD
TURKEY BREAST**

BER8

\$7⁹⁹
1lb



Must purchase 1 lb. Limit 1 lb. per coupon. Coupon may not be combined with other offers. Limit 1 offer and coupon per day. Offer expires 9/15/16.

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BER8

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