# Summit Times

Published by Renna Media Issue 13 • October 2016

HALLOWEEN PARADE SATURDAY OCT. 22ND 3 PM

Rain or Shine
Assembles
@ 25 Deforest Ave.
FREE ADMISSION
All are welcome!
Entertainment
continues until 5 pm
• Ghoulish Goodies

Spook-tacular Entertainment
 Chilling Costume Contest
 HALLOWEEN EDITION OF
 SCREEN ON THE GREEN
 FRIDAY, OCTOBER 28

(Rain? 10/29)

FAMILY DANCE PARTY begins at 6:00PM

- Movie at Dark
   Food Trucks: Pizza Vita
- Cider/Coffee/Hot Chocolate from Arts and Crafts Coffee Bar (Grand Summit Hotel)
  - Movie Maleficent
     Bonfires

3E 11 575

PHSKI SID
S. POSTAGI
PAID
PHILA PA 191

AL PATRON AIT, NJ 07901

# **SUMMIT FAMILY AQUATIC CENTER HOSTS DOGGY DIP**

The City of Summit has a new tradition and it involves our beloved furry friends, dogs. Dogs aren't the only ones that need to take a dip in the pool to cool off from the lingering heat left over from our scorching summer. After the pool has been officially closed to people, for one-day the Summit Family Aquatic Center opens its doors for dogs to swim, run, and interact with other neighborhood dogs or dogs in the surrounding neighborhoods. The pool is closed after Labor Day and last year the Summit Community Programs organized the event, which was well received by the community. The pool welcomed 75 dogs and their human companions in 2015 and because of how well the program worked this year 105 dogs were invited.

The times are split into three sections, with a time slot of about 45 minutes. The categories are small, medium, and large sized dogs. Unfortunately, due to the size of the pool the number of dogs allowed will not increase.

For more programs like this in Summit please visit summitcommunityprograms.com.





Photos from this and other events can be found online at rennamedia.com and on the Summit Times page on facebook.com Feel free to "Like", "Tag" and "Share".



# **CALL TODAY TO ADVERTISE IN THE NEXT ISSUE**

Call Tina today to reserve the space in this or other Renna Media publications.

Each month 9,600 newspapers are printed. and mailed free to evry home and business in Summit.

Reserve space in the next issue. Call Tina today at 908-418-5586 or email info@rennamedia.com

908-580-1100

# Summit LTimes

Summit Times is published by Renna Media. 9,600 newspapers are printed monthly and mailed to every home and business in Summit.

Although great care has been taken to ensure the information contained within is accurate, Renna Media assumes no liability for errors or

© 2016 Contents of this newspaper cannot be reproduced without written consent from Renna

# **PROMOTE YOUR** COMMUNITY EVENT

Community service organizations, schools and sports teams are encouraged to submit news of upcoming events or highlights and photos from recent events.

**Organizations who are** interested in submitting content, please email Editor@rennamedia.com

Summit Times is online at www.rennamedia.com like us on facebook.com/ **Summit Times** 







# JERSEY FineWINES

# **BEER • SPIRITS**

The Village Shopping Center (Next to Acme)

1260 Springfield Ave. #14-17, New Providence, NJ

Monday - Thursday 10am to 9pm • Friday • Saturday 9am to 10pm • Sunday 12:30pm to 8pm



908-473-9100

Order online at and Pick up at store JerseyFineWine.com



# VISIT OUR WEBSITE FOR WINE LISTING

- FINE & RARE WINES
- TOP 20 UNDER \$20
- HIGHLY REVIEWED
- NEW ARRIVALS

# EXPERIENCE OUR WINE TASTEING MACHINE

- TASTE 8 DIFFERENT WINES EVERY DAY
- SELECT FROM A TOTAL 24 DIFFERENT WINES

# 7 THINGS YOU MUST **KNOW BEFORE PUTTING YOUR HOME UP FOR SALE**

Summit NJ - A new report has just been released which reveals 7 costly mistakes that most homeowners make when selling their home, and a 9 Step System that can help you sell your home fast and for the most amount of money.

This industry report shows clearly how the traditional ways of selling homes have become increasingly less and less effective in today's market. The fact of the matter is that fully three quarters of homesellers don't get what they want for their homes and become disillusioned and - worse - financially disadvantaged when they put their homes on the market.

As this report uncovers, most homesellers make 7 deadly mistakes that cost them literally thousands of dollars. The good news is that each and every one of these mistakes is entirely preventable. In answer to this issue, industry insiders have prepared a free special report entitled "The 9 Step System to Get Your Home Sold Fast and For Top Dollar".

To order a FREE Special Report, visit www.njhomesellermistakes.com or to hear a brief recorded message about how to order your FREE copy of this report call toll-free 1-888-243-5861 and enter 2006. You can call any time, 24 hours a day, 7 days a week.

Get your free special report NOW to find out how you can get the most money for your home.

This report is courtesy of All Towne Realty Realtor. Not intended to solicit buyers or sellers currently under contract. Copyright ©2014.

# **JEFFERSON SCHOOL INVITES COMMUNITY TO FALL FESTIVAL**

Ashwood Ave., invites the community to a funfilled festival on Saturday, October 22, 11 am to 3 pm, rain or shine. There will be raffles, music, pumpkin decorating, arts and crafts, games, and international food. Admission is free with a small charge for activities, as it is a Jefferson School PTO fundraiser. There will be raffles of an extensive collection of kid-themed baskets and

Jefferson School of Summit, located at 110 prizes offered in a silent auction such as local restaurant gift cards and spa packages. Fall Festival favorite activities will be offered, including: petting zoo, pony rides, photo booth, pumpkin patch, sand art, bounce house, dunk tank, cake walk, bake sale, soccer goal shoot out, basketball and football throws, confetti eggs, hair and face painting, bowling, putting green, and more.





(above) Families with kids of all ages enjoy the annual Jefferson Fall Festival, including the cake walk, face painting, pumpkin decorating, and more. Photos by Jen Hinger





# HIBACHI GBILL

supreme buffet

Serving
LOBSTER or CRAB LEGS
with other Special Items
Every Holiday

10% DISCOUNT
Seniors 60+, Military,
Police, College Students
Hibachi Grill Supreme Buffet (Show ID)

For more information, please call

908-490-1600

Fax: 908-490-1601

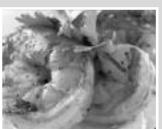
www.hibachigrillandbuffetnj.com BLUE STAR SHOPPING CENTER



Large Parking Lot to Accommodate our Customers

1701 U.S. Highway 22 West • Watchung











# **MONDAY - THURSDAY**

Lunch 11am · 3:30pm	Dinner 3:30pm -10:00pm
Adult\$7.99	Adult\$11.59
Kids 7-10\$5.99	Kids 7-10\$6.99
Kids 3-6\$3.99	Kids 3-6\$5.99
2 & UnderFREE!	2 & UnderFREE!

# FRIDAY - SATURDAY

Lunch 11am · 3:30pm	Dinner 3:30pm - 10:30pm
Adult\$7.99	Adult\$11.59
Kids 7-10\$5.99	Kids 7-10\$6.99
Kids 3-6\$3.99	Kids 3-6\$5.99
2 & UnderFREE!	2 & UnderFREE!

# SUNDAY ALL DAY DINNER 11am · 10pm

Adult	\$11.59
Kids 7-10	\$6.99
Kids 3-6	
2 & Under	· ·

**GIFT CERTIFICATES AVAILABLE** 

# **SUSHI**

Fantastic range of freshly prepared sushi.

Most selection and top quality among all competitors.

It is far from the typical "buffet quality" sushi.

At HIBACHI, you don't sacrifice taste for price.

# BUFFET

Elegant, modern, fresh, executed with care and confidence. HIBACHI Grill Supreme Buffet brings together 250+ of fresh-made Asian dishes in eleven buffet bars.

# HIBACHI

Choose your favorite ingredients from dozens of seafood, meats and vegetables. Watch our chef preparing them in our special hibachi sauce to create a full-flavored dish.

**ASK US ABOUT CATERING YOUR NEXT EVENT!** 

We have a large party room available for birthday parties, office meetings & weddings.

# \$\frac{25}{adult BUFFET}

With purchase of a beverage per person
Watchung • 908-490-1600
Cash Only. Limit 4. Not valid with any other
offers or discounts. Expires 11/10/16.

# \$250 OFF 2 ADULT BUFFETS

With purchase of a beverage per person
Watchung • 908-490-1600
Cash Only. Limit 4. Not valid with any other
offers or discounts. Expires 11/10/16.

# \$10 OFF ANY ONE PARTY

Of \$100 or more. Monday - Thursday Only.
Watchung • 908-490-1600
Cash Only. Limit 4. Not valid with any other offers or discounts. Expires 11/10/16.

# \$500 OFF

With purchase of a beverage per person
Watchung • 908-490-1600
Cash Only. Limit 4. Not valid with any other
offers or discounts. Expires 11/10/16.

# **CIVIL AIR PATROL PROGRAM OF UNION COUNTY**

By: Edir Coronado

The Civil Air Patrol Cadet Program of Union County ended their action packed summer by providing a presentation to community members in the Scotch Plains Library. The Civil Air Patrol is a non-combatant organization, which is an auxiliary of the Air force, made up of civilian volunteers. Cadets had the opportunity to teach local students about aerospace concepts, as well as give hands-on training on how to use a flight simulator. The purpose of the event was to serve as an outreach program to display what the cadet program encompasses, hopefully sparking some interest among the student population in Scotch Plains and the surrounding towns within Union County.

The day was broken down into two sections. The cadets first presented a PowerPoint explaining topics, such as how wings create lift; which, according to NASA, is a subject that many internet sources, textbooks, and encyclopedias get wrong. The theory NASA uses is what the cadets explained in their presentation, the Bernoulli's principle. NASA also refers to an Isaac Newton theory, but explains that the Bernoulli's theory is correct, along with Newton's theory. Other topics covered in the first session included the axis of an airplane and also the parts of an airplane that control maneuvers.

The second portion of the program was dedicated to more hands-on instruction. Students at the library were instructed on how to use flight simulators. Two simulators were used in the demonstration. Attendees could practice how to take off, land, fly, and could also learn the different instruments on a plane and how they

The Civil Air Patrol Cadet Program of Union affect the planes movements. Afterwards, paper model rockets were displayed in order to teach basic principles of flight.

Jose and Ceri Vergara are in charge of the Civil Air Patrol. Ceri explains that the Civil Air Patrol began during World War II for the purpose of allowing civilians, who owned airplanes, to get involved. During the September 11th attacks, civilian airplanes were used for reconnaissance. The Civil Air Patrol Program has programs for

both adults and teenagers, ages 12-18. Currently, the Civil Air Patrol Program of Union County has 6 adult members, these members are in charge of providing education and scheduling activities for the group. The group meets Tuesdays from 7-9 p.m. at Chatham High School.

Jose and Ceri were inspired to join the Civil Air Patrol by their daughter, Veronica Vergara, who attends Union County Vocational Technical School in Scotch Plains. Currently, Veronica is the elder of the cadets and has taken over as





I finished the 40 days at the end of March, 28 pounds down. For the next 4 weeks I used the tools that I was taught by this wonderful staff to maintain my weight even while on vacation at an all inclusive resort. When given the green light, I was able to lose 10 more pounds on my 'own', but still using Nutrimost tools and support. I am 38 pounds down now and am thrilled to be feeling so much more energetic and healthy.

KATES.

NUTRINOST ™ Wellness & Weight Loss Creating Your MOST Beautiful Healthy Life.

# **NutriMost** Watchung

Web

NutriMostWatchung.com

Email

info@nutrimostwatchung.com

Phone 908-279-7740

Address

736 Mountain Blvd. Watchung, NJ 07069

"Aport loss among participants in the Nain-Mest program sales. Not-Mest quarantees 20 pounds of weight loss by the end of your entire program, or your program will be entended without cost while you do loss 20 pounds. If within 30 days you have not less at least 20 pounds, your Machinet office will refund a promote amount up to the entended of the program upon request. Restrictions apply. Most participants have an average of 12 by per years. Testimorish are from actual clients who completed the program and did not recovery any companisation for their encounters.

# YMCA RECEIVES \$2500 GRANT FOR FAMILY PROMISE MEMBERSHIPS

On August 30, 2016, the Summit Area YMCA received a generous gift of \$2,500 from the Affinity Federal Credit Union Foundation, which supports the Y in providing free memberships to participants in the Family Promise program staying at the Central Presbyterian Church each month.

As a charitable organization, the Y counts on the generosity of our community to ensure that no child, family, or adult is turned away from our programs and services because of their inability to pay. Financial assistance allows the Summit Area YMCA to provide a summer camp experience, swim lessons, or involvement in one of our sports leagues to every child and family who seeks the opportunity. In September of 2014, the Summit Area YMCA began providing financial assistance for memberships to individuals participating in the Family Promise Program in Summit, NJ.

Family Promise is a national organization based in Summit whose mission is to help homeless and low-income families achieve sustainable independence through a community-based response. The SAY began partnering with Family Promise in 1986, its first year of existence, to offer a hot shower as well as place for families to gather. Locally, homeless families find housing at various locations, rotating weekly. While families find themselves at the Central Presbyterian Church in Summit, the SAY provides them with short-term memberships so they can utilize our facilities and programs. Since starting this partnership a year and a half ago, we have given out 65 memberships, though only approximately 30 are active at any given time. The participants in this partnership range in age from 1 to 58.

The Summit Area YMCA is one of area's leading 501c3 organizations. Our programs and services are open to all through our financial assistance programs made possible through the generosity of our members, donors, staff and partners. To help us help others, please make your donation today at www.thesay.org.

(right) Erin Witherspoon; foundation development administrator Dr Lauretta A Farrell; AVP External Affairs Executive Director presenting check with Paul Kieltyka, CEO & President of the Summit Area YMCA and Terri Clinton, Executive Branch Director of the Summit YMCA.



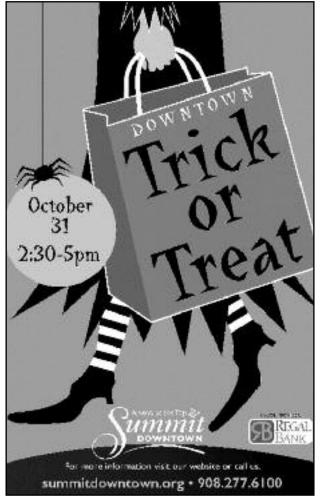






www.westfieldareachamber.com







# ATTEND OUR FREE SEMINAR EVERYTHING YOU NEED TO KNOW ABOUT DIVORCE

How will the new alimony and child support statutes impact you? Will the Court listen to your child's preference in determining custody? Can cohabitation affect your alimony? Do you need a prenuptial agreement? Find out.

The Law Firm of Dughi, Hewit & Domalewski, P.C. is pleased to announce that Mario C. Gurrieri, Esq., Chair of its Family Law Department, Richard A. Outhwaite, Esq., Kristin M. Capalbo, Esq., Jennifer L. Young, Esq., and Eva M. Uhrik, Esq. will present to the public a free seminar entitled, "Everything You Need To Know About Divorce" on Thursday, November 3, 2016 at Temple Emanu-El in Westfield, New Jersey and Saturday, November 5, 2016 at the Holiday Inn in Clark, New Jersey. Mr. Gurrieri, who has specialized in matrimonial law for over 43 years, and his group of other well-experienced attorneys, will review the law, explain the legal process and answer your questions concerning prenuptial agreements, separation, divorce, custody and parenting time, division of assets, alimony, child support, domestic violence, post-divorce Court review of changed

financial and child related circumstances, and how the current economic climate and new alimony and child support legislation will impact divorce and post-divorce matters.

Information will also be provided on Divorce Mediation, an alternative to the traditional contested proceeding. Divorce Mediation offers the potential for significant financial savings, while assuring that your rights are fully protected by avoiding the expense, stress and delay involved in Court proceedings.

If you are experiencing marital difficulties and contemplating divorce, or if you are simply curious about your rights in a separation or divorce, this free Seminar will be of value to you.

If you are already divorced, the Seminar may be of value in explaining post-divorce rights and obligations of former spouses.

All Attendees will be offered a FREE personal office consultation at a later date. Reservations Required (No last names needed)

CALL: (908) 272-0200

Refreshments will be served.

# **THURSDAY, NOVEMBER 3, 2016**

7:00 p.m. to 9:00 p.m.

# **TEMPLE EMANU-EL**

756 East Broad Street Westfield, New Jersey 07090 908-232-6770 www.tewnj.org

# **SATURDAY, NOVEMBER 5, 2016**

1:00 p.m. to 3:00 p.m.

# **HOLIDAY INN**

36 Valley Road, Clark New Jersey 07066 732-574-0100 www.hiclarknj.com





No Deposit / No Money Down until job is 100% completed

- Paving & Seal Coating Brick Pavers
- Please call
- Sidewalks
- Mr. Tom Magill 732-489-8454
- Steps.

pspavingnj.com

# LAW OFFICE OF DAVID C. BENDUSH, ESQ. www.berkeleyheightslawyer.com

- Over 28 years of experience
- Licensed New Jersey and U.S. Supreme Court
- Appointed by Superior Court of NJ Arbitrator and ESP Panelist



## Call or Email us today (908) 771-0550 Email: **acdenausn@msn.com**

Practice areas include:

- Matrimonial and Domestic Violence
- Chancery Litigation
- Real Estate Closings and Landlord & Tenant
- Trusts and Estates/Probate Litigation
- Personal Injury

# Offices at:

310 Springfield Avenue • Suite 10 Berkeley Heights, N.J.

34 North Main Street • 2nd Floor Marlboro, N.J. (by appointment only)

# **SUMMIT FREE PUBLIC LIBRARY**

75 Maple Street, Summit, NJ 07901 • (908) 273-0350 • www.summitlibrary.org

# "2016 Strategies to get found on Popular Search Engines"

Tuesday, October 18, 7:00-8:00 p.m.
Hands-on workshop with technology expert Nirupama
Mallavarupu.

Do you have a business? A nonprofit organization? We bet you already have a website and maybe a blog. But so do millions of other businesses and nonprofits like yours How can YOU stand out? Please bring your smartphone, tablet or laptop To register, please call: 908-273-0350, ext. 3.

# **Career Options for Older Adults**

Thursday, October 20, 2016, 10:30 - 11:30a.m. Are you in your 40'S 50'S, OR 60'S and looking for work? Maria Heidkamp, Director of the New Start Career Network at Rutgers University's Heldrich Center for Workforce Development will give this presentation. Launched in late 2015, this program is designed to provide a mix of free virtual and in-person assistance to help job seekers improve job search techniques, including resume-writing, mock interviews, information about job clubs, training, and other topics. Come with your questions to this free information session. To register, please call: 908-273-0350, ext. 3

# **MONDAYS AT THE MOVIES**

showings at 12:30 PM and 6:30 PM Monday, October 17, [drama]

Young and quirky Louisa "Lou" Clark (Emilia Clarke) moves from one job to the next to help her family make ends meet. Her cheerful attitude is put to the test when she becomes a caregiver for Will Traynor (Sam Claflin), a wealthy young banker left paralyzed from an accident two years earlier. Will's cynical outlook starts to change when Louisa shows him that life is worth living. As their bond deepens, their lives and hearts change in ways neither one could have imagined.

Rated PG-13. 110 minutes.

Monday, October 24, [drama]

Based on the incredible true story of Jesse Owens (Stephan James), the legendary athletic superstar whose

quest to become the greatest track and field athlete in history thrusts him onto the world stage of the 1936 Olympics, where he faces off against Adolf Hitler's vision of Aryan supremacy. This is an enthralling film about courage, determination, tolerance, and friendship, and an inspiring drama about one man's fight to become an Olympic legend.

Rated PG-13. 90 minutes.

# Monday, October 31

Greta Gerwig portrays Maggie Hardin, a thirtysomething New Yorker, who without success in finding
love, decides now is the time to have a child on her
own. But when she meets John Harding (Ethan Hawke),
an anthropology professor and struggling novelist,
Maggie falls in love for the first time, and adjusts her
plans for motherhood. Complicating matters, John is in
an unhappy marriage with Georgette Harding (Julianne
Moore), an ambitious academic. With some help from
Maggie's eccentric and hilarious best friends, she sets in
motion a new plan that intertwines their lives and
connects them in surprising and humorous ways.
Rated R. 98 minutes.

## FIlm: Schneider vs. Bax

Friday, October 14, 12:30 PM

Schneider, a hitman, gets a call from Mertens on the morning of his birthday. He has a last-minute assignment for Schneider who refuses the request because it is his birthday. Mertens insists that it is an important matter. When they meet in Mertens' office, Schneider is told that the target is Ramon Bax, a writer. He lives alone in a secluded place. "It's an easy job.

With a little luck you're back home before noon." Schneider accepts the assignment. What was promised to be a simple hit turns out to be more than expected. Not rated. in Dutch with English subtitles. 96 minutes.

# **Brown Bag Book Group**

Friday, October 21, 2016, 12:30pm - 01:30pm Lunchtime book group for seniors. Bring a bag lunch; beverages are provided. The group will be discussing "The Wright Brothers" by David McCullough.



We sell all types of fish and seafood 789 Route 22 W • North Plainfield, NJ 908-822-8888 • 908-822-0028

WE FRY ALL TYPES OF FISH AND SEAFOOD FREE STEAMING SERVICES with or without Seasoning \$300 OFF With purchase of \$30 or more. Can not be combined woth other offers.

1 per customer. Exp. 10/31/16



# CPC Weekday Nursery School and Kindergarten

Where we are dedicated to enhancing the development of the whole child. Learning through play, nurturing for success, well rounded early childhood experience! Come take a look, and leave with a smile!

# **FALL OPEN HOUSES**

**THURSDAY, NOV. 3rd** –Tours for all classes for children 2-5 years and our full day Kindergarten for 5-6 year olds from 9:15-10:45am

**THURSDAY, NOV. 3rd** – Evening sessing at 7:30 pm exclusively for our Kindergarten

**THURSDAY, NOV. 15th** – Tours for all classes for children 2-5 years old and our full day Kindergarten for 5-6 year olds from 9:15-10:45 am

70 Maple St., Summit, NJ 07901 908-273-0484 • cpcwnsk@verizon.net

# UPGRADE YOUR HEATING SYSTEM NOW AND GET A FIST FULL OF CASH!

# Up to \$ 2600 in rebates and tax credits

Up to \$1,200
in rebates\*
on Rheem High Efficiency
Central Air Conditioning

PREMIUM
HEATING OIL
ASK ABOUT OUR

ASK ABOUT OUR NEW ACCOUNT PROMOTIONS

**Includes FREE 5 Year Parts & Labor Guarantee.** 

\*Some model restrictions may apply.



0% Financing Available

FREE ESTIMATES

SAVE THIS COUPON

**Up to \$900** 

**NJ** Clean Energy

**Program and Utility Rebate** 

for the Purchase of High

**Efficiency Heat and AC** 

\$25 OFF ANY SERVICE CAL

May Not Be Used For Routine Maintenance With Coupon – No Expiration

NEW RHEEM HEATING OR AIR CONDITIONING SYSTEM

THEN TAKE
\$300 OFF

Exp: 11/30/16. May Not Be Combined With Other Offers.
\*Some expiration dates apply so don't delay





908-276-0900 or 1-888-480-0901
WWW.REEL-STRONG.COM

# **OCTOBER 2016 SAGE ELDERCARE CALENDAR OF EVENTS**

SAGE Eldercare, 290 Broad Street, Summit. To register or obtain more info, call 908.598.5548 or email education@sageeldercare.org.

Gentle Chair Yoga

steps to address the safety needs of a loved one with

## **Fun-to-be-Fit Exercise Class**

Friday, October 14 (meets weekly)

General exercise class for older adults designed to improve overall fitness for all levels. Meets weekly on Fridays. Cost is \$10 per class. 11:30 am – 12:30 pm,

## **Gentle Chair Yoga**

Monday, October 17 (meets twice weekly)

Class for older adults that deepens flexibility and strengthens personal body awareness. Meets weekly on Mondays and Wednesdays. Cost is \$10 per class. 11:30 am – 12:30 pm,

## **Fun-to-be-Fit Exercise Class**

Tuesday, October 18 (meets weekly)

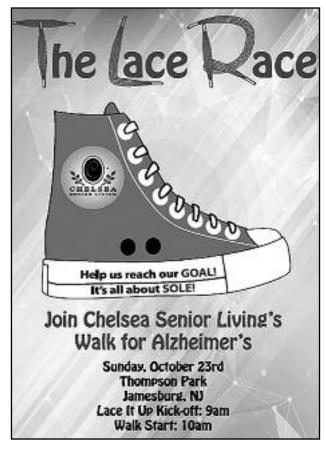
General exercise class for older adults designed to improve overall fitness for all levels. Meets weekly on Tuesdays. Cost is \$10 per class. 10:15 – 11:15 am,

# Tai Chi

Tuesday, October 18 (meets weekly)

Tai Chi is a series of precise flowing movements that develop balance, strength, flexibility, focus, endurance, and calmness. Meets weekly on Tuesdays.

Cost is \$10 per class. 11:30 am – 12:45 pm.





# Wednesday, October 19 (meets twice weekly) Class for older adults that deepens flexibility and strengthens personal body awareness. Meets weekly on

Mondays and Wednesdays. Cost is \$10 per class. 11:30 am – 12:30 pm.

# **Medication Safety and Polypharmacy**

Wednesday, October 19

Polypharmacy refers to the effects of taking multiple medications to manage a variety of health problems, such as diabetes and hypertension. This can become problematic when there are adverse drug reactions, drug interactions, and even increased costs. Join us for this important discussion with Prapti Bhatt, Pharmacist at Walgreens. Free. 1 – 2 pm.

# Medicare Open Enrollment: Time to Review Your Medicare Coverage

Thursday, October 20

Medicare annual open enrollment runs from October 15 – December 7. During this time, you can make changes to your Medicare coverage. Medicare SHIP counselors of Union County will highlight different Medicare plans, including Medicare Advantage plans and prescription drug plans. SAGE will also offer this program November 9 and November 30. Free. 12 – 1:30 pm.

## **Put Your Brain to Work:**

# 10 Brain-Smart Things You can Do at Your Desk

Thursday, October 20

Many of us want to improve our brain health, but aren't sure what exactly we need to do. Improving your brain fitness doesn't have to be complex, expensive or even time-consuming. There are plenty of things we can do to prime our minds while sitting right at our desks. Join Jill Smith, Ph.D., Total Brain Health, to learn 10 brain-smart things you can do right now to boost your brain power at work. Free. 7 – 8 pm.

# **Fun-to-be-Fit Exercise Class**

Friday, October 21 (meets weekly)

General exercise class for older adults designed to improve overall fitness for all levels. Meets weekly on Fridays. Cost is \$10 per class. 11:30 am – 12:30 pm.

# **Gentle Chair Yoga**

Monday, October 24 (meets twice weekly)

Class for older adults that deepens flexibility and strengthens personal body awareness. Meets weekly on Mondays and Wednesdays.

Cost is \$10 per class. 11:30 am – 12:30 pm.

# Safety Considerations in Alzheimer's Disease

Tuesday, October 25

During this month's Alzheimer's New Jersey Caregiver Support Group, we will be discussing how caregivers can anticipate potential safety risks and take proactive steps to address the safety needs of a loved one with Alzheimer's disease. This program offered by Alzheimer's New Jersey provides practical tips on fall prevention, home and medication safety, driving concerns, reducing the risk of wandering, and preparing for emergencies. Free. 10 – 11 am.

## **Fun-to-be-Fit Exercise Class**

Tuesday, October 25 (meets weekly)

General exercise class for older adults designed to improve overall fitness for all levels. Meets weekly on Tuesdays. Cost is \$10 per class. 10:15 – 11:15 am.

## Tai Chi

Tuesday, October 25 (meets weekly)

Tai Chi is a series of precise flowing movements that develop balance, strength, flexibility, focus, endurance, and calmness. Meets weekly on Tuesdays.

Cost is \$10 per class. 11:30 am – 12:45 pm,.

# **Total Brain Health Memory Classes**

Tuesday, October 25 (meets weekly)

Total Brain Healthy, a leading provider of memory and brain fitness training programs, will offer a series of training classes beginning September 13. Led by Dr. Jill Smith, licensed clinical psychologist, the classes are designed to teach how memory works and why we forget, plus simple and effective strategies for improving retention. Cost is \$50 for the series. 1 –2 pm.

## **Gentle Chair Yoga**

Wednesday, October 26 (meets twice weekly)
Class for older adults that deepens flexibility and
strengthens personal body awareness. Meets weekly on
Mondays and Wednesdays.

Cost is \$10 per class. 11:30 am – 12:30 pm.

# **Brown Bag Medication Review**

Wednesday, October 26

Am I supposed to take this medication with food? How will these two medicines interact with one another? These are some of the questions that can be answered at our Brown Bag Medication Review with Prapti Bhatt, Pharmacist at Walgreens. Bring the medications you are currently taking, as well as any questions you might have. Free. 1 – 2 pm.

# **Fun-to-be-Fit Exercise Class**

Friday, October 28 (meets weekly)

General exercise class for older adults designed to improve overall fitness for all levels. Meets weekly on Fridays. Cost is \$10 per class. 11:30 am – 12:30 pm.

# **Gentle Chair Yoga**

Monday, October 31 (meets twice weekly)
Class for older adults that deepens flexibility and strengthens personal body awareness. Meets weekly on Mondays and Wednesdays.

Cost is \$10 per class. 11:30 am – 12:30 pm,





# CITY OF SUMMIT POLICE

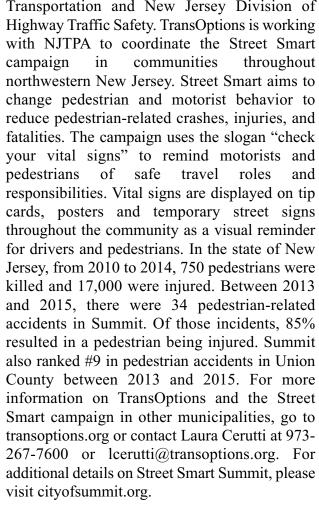
# STREET SMART PEDESTRIAN SAFETY PROGRAM

City of Summit Police announced its participation in Street Smart Summit, a pedestrian safety initiative focusing on outreach, education and enforcement designed to change unsafe behavior by pedestrians and drivers on our roadways. The Street Smart campaign is launched in early September to coincide with the start of back to school; it focuses on reducing accidents to prevent injury, while increasing compliance of life-saving traffic and pedestrian safety laws. The Summit Police Department partnered with TransOptions, a non-profit transportation group serving northern New Jersey, to deliver the program.

"Every time you get behind the wheel of a vehicle or cross the street, you need to be alert and ready to respond to the unexpected," explains Summit Police Chief Robert Weck. "The goal of the Street Smart campaign is to educate motorists and pedestrians on how to more safely share the road. It is our continuing priority to make Summit a safer community for walking, biking and driving."

Street Smart is a collaborative effort between the North Jersey Transportation Planning Authority (NJTPA), Federal Highway Administration, New Jersey Department of

Transportation and New Jersey Division of communities campaign pedestrians of safe travel roles visit cityofsummit.org.





Due to an unusually mild December last year our sales figures dipped for the 2015 – 16 fur season. This means we are taking a more aggressive start to our 2016 - 17 selling season. Our first sale will begin in October with a 40% markdown on all current inventory. As always, La Marque will continue to feature many one of a kind garments not available elsewhere. I'm also very excited to introduce our new accessory line. Scarves, flings, headbands, earmuffs and fur trimmed shearling gloves (\$40 -\$250!) in assorted colors that can be worn to enhance any garment in your wardrobe. We look forward to seeing you at the store!









cworldnp@yahoo.com







# **HEARING SOCIETY WEEKLY CLASSES**

organization serving people with impaired hearing, resumed its weekly sessions in speech (lip) reading. The class meets at the First Baptist Church of Westfield, 170 Elm Street, each Thursday, September through May, 10:30-11:45 a.m., unless otherwise announced. Coffee and light refreshments are served before each session.

The classes are under the direction of a skilled professional and provide strategies for coping with hearing loss, and techniques for improving communication abilities.

The sessions also serve as a support group for

The Hearing Society, a local not-for-profit Hearing Society members experiencing the problems associated with hearing loss, and include discussions concerning developments in the ever expanding technology of hearing enhancements now available. The members also enjoy occasional social gatherings throughout the year.

> Anyone in the greater Union County area who is interested in membership in the organization and would like to participate in its classes and activities may contact Alice Knecht at 908 688 8241 or alirobkn@aol.com for more information.

# FREE PEER SUPPORT GROUP FOR CHILDREN

Westfield Rainbows, a free peer support group for children ages 6-12, will begin its fall session from October 17 to December 5 on Monday evenings from 6:15-7:30 at Holy Trinity School in Westfield.

Westfield Rainbows is the local site for Rainbows, an international not-for-profit organization that assists children and their families, dealing with life-altering family disruptions, including loss through separation, divorce, death, illness or other painful transitions. Children from all economic, ethnic, and religious background from the region are welcomed.

The peer groups are led by trained, certified volunteers who employ age appropriate curriculum, such as journals, games, and activities for participants. These support groups provide grieving children with an opportunity to deal with and resolve feelings in a confidential, supportive and accepting environment. Since 1983, Rainbows has served over 1.9 million children. The organization has established sites in 49 states and 16 foreign countries. Each year Rainbows reaches over 160,000 children and youth at 41 sites in the United States and 2338 abroad.

To register contact Anne Koons MD at 908-233-2555, or email- ainbowshelp@gmail.com.

For information more visit www.westfieldrainbows.org.

# RESIDENTS ENCOURAGED TO VOLUNTEER ON CITY GOVERNMENT BOARDS AND COMMISSIONS

The City of Summit is actively seeking volunteers from the community to serve on several of its committees and commissions.

"There's nothing more fulfilling than realizing how much of an impact being a volunteer can make," explains Summit Mayor Nora Radest. "Getting involved in the community allows people to get to know other residents, try new activities or learn new skills while helping to make Summit a better place for us all to live and work."

Each November, the Mayor and Common

Council begin the annual process of reviewing volunteer applications and appointing new members. Terms vary from one to five years of service with an opportunity for re-appointment. The City keeps applications active for two years.

A complete list of Boards and Commissions is posted on the City of Summit website and can also be found on the back of the volunteer application. Please email completed applications to rlicatese@cityofsummit.org or mail to the City Clerk's Office at 512 Springfield Avenue, Summit, NJ 07901.





# SUMMIT LEAGUE OF WOMEN VOTERS HOLDS CANDIDATES FORUM

The public is cordially invited to attend the Summit League of Women Voters Candidates Forum on Saturday morning, October 15 at 9:30 in the Media Center at Summit High School.

The three candidates who are running for seats on Summit's Common Council will be present. Steve Bowman (R) is up against Greg Vartan (D) for the Ward II Council seat; Mike McTernan (R), incumbent, is running unopposed for the Ward I slot.

The event will follow LWV rules which means an out-of-town League Moderator will oversee the forum and only the contested seat candidates will be allowed to debate. Mr. McTernan will make an opening statement, but since he is unopposed, he will not participate in the debate. Mr. Bowman and Mr. Vartan will make opening statements and then respond to questions prepared in advance by the LWV and then solicited from the audience. They will be allowed to rebut each other's comments. The two contestants will then make closing statements.

Summit High School is located at 125 Kent Place Boulevard in Summit and there is ample free parking in the school lot. If you need to register to vote in the November Presidential Election, forms will be available at this event. (The last day to register for the November 8 election is October 18.) For additional information, visit www.lwv-bhnps.org.

# LET'S GET GROWING....AGAIN! SQUARE FOOT GARDENING PROGRAM EXPANDED TO INCLUDE ADULTS AND CHILDREN

Just because summer is over doesn't mean your gardening season has to end. Have you ever considered starting a vegetable garden but thought it would be too much work, take too much time, and take up too much space?

Come, let us show you how you can become a successful gardener and grow a bountiful harvest, even into the fall!

Reeves-Reed Arboretum, under the direction of Environmental Educator Althea Llewellyn, is offering an expanded version of Let's Get Growing!, the wonderful world of square foot gardening, with special sessions for adults as well as children. The program started in September and will run through November. Check out our

Emma Realtors

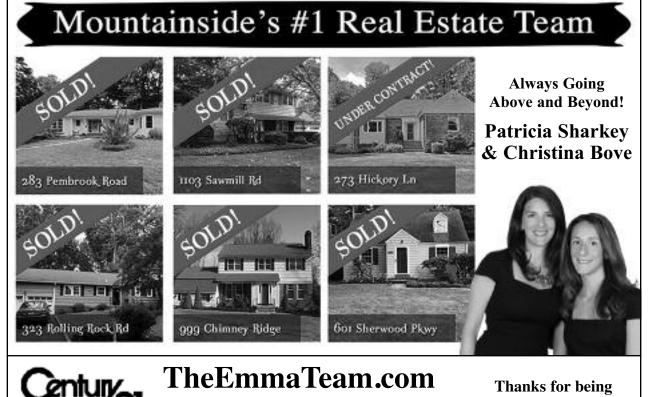
website for a full schedule of workshop topics and times that work for you. Sign up for one class, or join us each month as we cultivate wonder with the innovative square foot gardening method.

Square foot gardening is on a mission to change the world and make a difference locally. With this unique and simple system, you don't need tools or fertilizer, and once your garden is built, no weeds. And a special feature, everything in your square foot garden, whether vegetable, herb or flower, will be edible!

Visit www.reeves-reedarboretum.org for more information. Registration is required and space is limited







HEATING OIL • DIESEL
 HEATING & AIR CONDITIONING
 SALES & SERVICE • OIL TANKS

- Boilers
- Oil Tank Testing

Celebrating Our 70th Year

- Burners
- Oil Tank Removal
- Gas Conversions
- Oil Tank Installation
- Water Heaters
- Oil Tank Search

(908) 351-0313 www.tomassobrosenergy.com

Call or text:

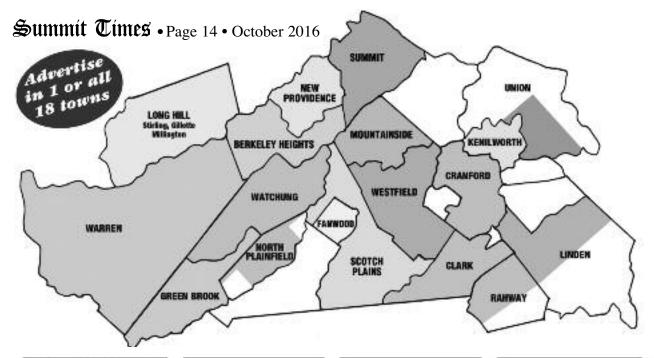
Patricia Sharkey (908) 230-1302 Christina Bove (908) 416-6364

73 Summit Ave Summit, NJ 07901 908-273-1900 info@theemmateam.com

so supportive and helpful... We made the right choice in hiring you!"

-Mountainside Home Seller

CENTURY 21® is a registered trademark owned by Century 21 Real Estate LLC. Equal Housing Opportunity. Each office is independently owned and operated. Information deemed reliable but not guaranteed.



# RENNA MEDIA NEWSPAPER RATE SHEET WE MAIL 100,000 NEWSPAPERS MONTHLY!

To place an ad call: Tina Renna at 908-418-5586 or Joe Renna at 908-447-1295

email: info@RennaMedia.com Fax: 908-709-9209

# Berkeley Heights III

Qty: 4,800 Mailed to every home and business. Zip: 07922



Qty: 6,500 Mailed to every home and business. Zip: 07066



Qty: 9,800 Mailed to every home and business. Zip: 07016



Qty: 3,000 Mailed to every home and business. Zip: 07023



Qty: 3,000 Mailed to every home and business. Zip: 08812



Qty: 3,600 Mailed to every home and business. Zip: 07033



Qty: 6,500 5,400 mailed to homes and businesses. Zip: 07036



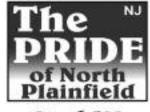
Qty: 3,600
Mailed to every home and business in Gillette, Millington and Stirling.
Zips: 07933,
07964, 07980



Qty: 2,800 Mailed to every home and business. Zip: 07092



Qty: 4,700
Mailed to every home and business.
Zip: 07974



Qty: 6,500 Mailed to every home and business in 07060. Zip: 07060



Qty: 5,500 4,100 mailed to homes and businesses. Zip: 07065



Qty: 9,500 Mailed to every home and business. Zip: 07076



Qty: 9,600 Mailed to every home and business. Zip: 07901



Qty: 5,500 5,000 mailed to homes and businesses. Zip: 07083



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



Qty: 3,000 Mailed to every home and business. Zip: 07069



Qty: 11,800 Mailed to every home and business. Zip: 07090

# Past issues can be found at RennaMedia.com

Arty	work included in ad price		RATE FOR ANY 1 NEWSPAPER	RATE FOR ANY 3 NEWSPAPERS	RATE FOR ANY 6 NEWSPAPERS	RATE FOR ANY 9 NEWSPAPERS	RATE FOR ANY 12 NEWSPAPERS	RATE FOR ANY 15 NEWSPAPERS	RATE FOR ALL 18 NEWSPAPERS
Units	<u> </u>	Size					0.000		(200)
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
_				1		-	-	-	-

FRONT PAGE BANNER BACK COVER 8.25" x 2" 10" x 14"

\$320 \$600

**PAY FOR 6 MONTHS AND GET 1 FREE** 



# CALL US ABOUT OUR FULL COLOR PRINTING SERVICES AND INSERTS. JOE 908-447-1295

# **FULL COLOR INSERTS - PRINTING PRICES (Per 1,000)**





\$45 per M

Up to 100,000 Full color / 2 sided 9pt stock / No bleed

Minimum run 5,000

B

8 1/2" x 11" FLYERS

Half-fold to 8 1/2" x 5 1/2"



\$35 per M

Up to 100,000 Full color /2 sided 60lb stock / No bleed 0

8 1/2" x 11" TRI-FOLD

3 3/4" x 8 1/2" Finish size



\$45 per M

Up to 100,000 Full color /2 sided 60lb stock / No bleed 1

11" x 17" BROCHURES

Quarter-fold to



\$68 per M -

Up to 25,000 \$51 per M over 25,000 Full color /2 sided 60lb stock / No bleed



11" x 17"

MENUS Tri-fold to

5.3/4" x 11" W/ COUPON



# ARTWORK PRICE FOR FLYERS, BROCHURES AND MENUS

STOCK DESIGNAND PRODUCTION \$600

Large library of stock layouts and images to choose from. Custom art and photography available at an hourly rate of \$120.

# **INSERTION RATES (Per 1,000)**

ANY 1 NEWSPAPER \$60 ANY 3 NEWSPAPERS \$55 ANY 6 NEWSPAPERS \$50

ANY 9 NEWSPAPERS \$45 ANY 12 NEWSPAPERS \$40 ANY 15 NEWSPAPERS \$35 ALL 18 NEWSPAPERS \$30

