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COUGARS BASEBALL TEAM WINS LAST DANCE TOURNAMENT COLDWELL BANKER

While the Cranford Cougars boys baseball season may have been cut short due to the Coronavirus Pandemic, the team still has a reason to celebrate. The Cougars recently competed in and won the first ever Last Dance NJ Baseball Tournament.

The Last Dance NJ Baseball Tournament was a competition created by coach Mike Murray of St. Joe's in Metuchen. The idea was to bring student-athletes together from across New Jersey to compete for the title of State Champions. The tournament featured 222 teams and over 4,000 total players from North and South Jersey, facing off throughout July 2020.

The Cougars battled their way through the tournament

defeating the Bergen Catholic Crusaders to claim the North. The final game was to be played against the Jackson Jaguars of Jackson Memorial High School, on July 31st, at Arm and Hammer Park, in Trenton.

After getting off to a hot start, the Cougars would go on to defeat the Jags in 5 innings, with a score of 12 - 2. With the win Cranford became the first team to win the Last Dance Tournament, and also the first ever Statewide Baseball Champs.

A great job was done by the boys team, leaving the players with a good memory of their time on the Cougars Baseball Team.

Congratulations to the whole team on this historic win!

Complete roster an photos on page 11.

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

















CHAMPIONSHIP CELEBRATION PHOTO ALBUM



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Non-Emergency First Aid908-272-2222
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Clerk908-709-7210
Court Administrator908-709-7242
Downtown Business &
Economic Development908-709-7208

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TV 35	

SEND US YOUR NEWS

Did you or someone you know accomplish something amazing? We are interested in hearing about your latest achievement (accomplishment, honor, award, etc.). Do you have an event that you need help publicizing? Then send Cranford Monthly your news!

Call: 908-858-4012 Fax: 908-709-0530 Email: editor@rennamedia.com

> Advertise in this NewSpaper 9,800 papers are printed monthly and mailed to every household and business in Cranford.

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

JOURNEY TOWARD WHOLENESS IN THE TIME OF COVID-19 TOOLS FOR NAVIGATING THROUGH GRIEF

If you have been feeling exhausted, confused, frustrated and anxious lately. If you have been wondering what happened to the world as you knew it, when this pandemic would be over and what it would take to awaken from the nightmare we collectively share. If you have experienced intense emotional reactions that seem out of control, then you have entered the community of those who grieve. Some of us have experienced recent loss, some are re-experiencing ungrieved losses from the past and all of us are profoundly affected by the innumerable losses resulting from the pandemic.

Although we are all grieving, not all of us realize it. However, we can all benefit from learning about the process we are experiencing, and from learning tools for navigating through grief. A Journey Toward Wholeness Seminar offers help in Healing the Grieving Heart. There is no charge to participate. Since we respect social distancing, the seminar is currently offered for six weeks on a Zoom platform. It is sponsored by the First Presbyterian Church of Cranford in memory of Dr. Bruce Williams who co-created the program 20 years ago.

The co-leaders of the program, Patti Williams, RN and Virginia Waters, Ph.D. have both professional and personal training and experience in the field of grief and loss and are joined by a team of trained facilitators who also provide support as well as lead small breakout groups for individuals with like losses.

When: September 20 – October 25, 2020, 6:30 PM - 8:30 PM for six consecutive weeks.

Where: Meet us on Zoom. A meeting link will be provided upon registration.

Who: We welcome everyone who has had a loss of any kind in the past or in the present. We also welcome anyone who has previously taken this Seminar to return for a refresher.

To register for this free program, call Patti Williams at 908-709-1341. All are welcome.

For more information about the program, visit firstprescranford.org/journey-to-wholeness-

healing-the-grieving-heart/ ABOUT THE FIRST PRESBYTERIAN CHURCH OF CRANFORD

As the body of Christ empowered by the Holy Spirit, the First Presbyterian Church of Cranford (FPCC), 11 Springfield Ave., Cranford, seeks to live God's Word and inspire others to embrace Jesus' commandment to love one another as the Lord loves us. Learn more at firstprescranford.org.





Project Home of Cranford assists families who are danger of losing their homes due to crisis situations. Since 1988 Cranford residents have been contributing to Project Home, a 501(c)(3) non-profit organization. Our fundraising dollars are distributed by Cranford Family Care, which screens and qualifies Cranford residents for assistance so they may remain in our community.

bella cape SALON BY GO

GO BACK TO SCHOOL IN STYLE Kick off your school year with Bella Capelli! This year, we will be offering all teachers the following specials:

10% off all Golor Services Buy One Product Get One 50% Off

Create new beginnings and new hair this school year at Bella Capelli!

Just-Off-The-Beach Golden Glow Norvell airbrush tan uses a blend of botanicals with naturally derived and organic ingredients to hydrate the skin! That's why professional tanning artists rate Norvell #1.

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DRIVE-THRU FOOD COLLECTION SET FOR SEPTEMBER 26

Submitted by Susan Caruso Green

Many people in our area have lost their jobs due to COVID-19. Some of our neighbors aren't worried about haircuts and vacations, but how to pay the rent and put food on the table. The need is great.

Cranford United Methodist Church invites you to join us in helping those who need a helping hand. We are planning a Feed Our Neighbors food drive on Saturday September 26 from 10 a.m. -2 p.m.

We will have volunteers in the church parking lot (next to the library) to accept drive-thru drop offs of bagged nonperishable food items. You place your bags in your trunk, drive up, pop your truck and volunteers will remove them - no contact needed! Donations will be directed to Cranford Family Care and St. Joseph's Social Services in Elizabeth, as needed.

Only bags of nonperishable items can be accepted. Here are some suggestions:

Canned stew; fruit: cups, pouches, or cans; canned vegetables; granola bars, nuts, or trail mix; shelf stable milk; snacks or crackers; pasta or rice; pasta sauce; tea or coffee (instant or regular); canned corn or beans; mac and cheese; cereal; tuna; peanut butter; jam or jelly; ketchup, mustard, relish, pickles; drink mixes. Please double bag.

Donations of food will be accepted at: Cranford United Methodist Church parking lot (next to Cranford Library), 201 Lincoln Ave. East, Cranford (corner of Walnut Ave. and Lincoln Ave.).

Can't make that date? There are covered bins placed outside the church parking lot entrance where donations can be dropped anytime. Your generosity can change lives. Many thanks.



(above) Cranford United Methodist Church is hosting a Feed Our Neighbors Food Drive on September 26 from 10 a.m. – 2 p.m.



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Expires 9/30/20.

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Expires 9/30/20.

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Expires 9/30/20.

Expires 9/30/20.

KOC GOLF OUTING FRI., SEPTEMBER 18TH

The Cranford Knights of Columbus Council 6226 will be holding its 16th Annual Golf Outing on Friday, September 18th at Galloping Hill Golf Club in Kenilworth, NJ. This year, we will be making a special donation to Maeve Boger-O'Bryan better known as the GlucaGirl to help her to purchase a specialized service dog to help manage her Type I diabetes.

There will be a shotgun start at 1:00 p.m. The cost per Golfer is \$145 which includes 18 holes of golf, all cart and green fees, prizes, lunch, and refreshments at Galloping Hill Golf Center. For additional information to play or Sponsorship opportunities, please contact John Doolan, at 908-451-8947 or via E-mail at jdoolan@verizon.net or visit the Council web site at www.cranfordknights.org.



SEPTEMBER IS SUICIDE PREVENTION MONTH

During September mental health advocates, prevention organizations, survivors, allies, and community members unite to promote suicide prevention awareness.

Caring Contact is working locally to change the conversation from suicide to suicide prevention, to actions that can promote healing, help and give hope.

"National Suicide Prevention Month is an important time each year to refocus on supporting our loved ones, friends and colleagues who may be struggling emotionally," said Janet Sarkos, Caring Contact's Executive Director. "Awareness events, fundraising initiatives and community conversations are all excellent ways to get involved and are key components to ensuring resources are available and accessible for all. Awareness is especially important now as we have seen an increase in calls since the Covid-19 pandemic began in mid-March."

Caring Contact encourages individuals to embrace the campaign of #BeThe1To. #BeThe1To is the National Suicide Prevention Lifeline's message for National Suicide Prevention Month and beyond which helps spread the word about actions we can all take to prevent suicide.

Caring Contact is a local, award-winning, volunteer-staffed crisis hotline and listening community serving central and northern New

Jersey. As a member agency of the National Suicide Prevention Lifeline and the International Council for Helplines, Caring Contact compassionately serves those in emotional distress and educates local communities about the power of personal connection. In 2019, hotline volunteers responded to nearly 13,000 calls through the caring and crisis line. For more information please visit caringcontact.org. If you, or someone you know, is in crisis, please call 800-273-8255.



(above) Caring Contact, with support from Northfield Bank, is offering Awareness Coffee Sleeves in area coffee shops to help raise awareness about suicide during National Suicide Prevention Month.

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ZAKIYA ATKINSON NAMED SUPERVISOR OF FINE AND PERFORMING ARTS

The Cranford Board of Education is pleased to announce Zakiya Atkinson as the new Supervisor of Fine and Performing Arts. Ms. Atkinson was selected after an extensive search process which included multiple interviews with the selection committee; reviews of work samples; and a very thorough reference check.

Ms. Zakiya Atkinson began her career in K-12 education as a dance teacher and dance program director in the Performing Arts Academy at Memorial High School in West New York, NJ. During those ten years, she served as a district Performing Arts Facilitator, developed curricula, participated in county and state arts initiatives, directed performances, facilitated social justice education, and collaborated with district leaders and staff on performing arts and STEAM programming.

Ms. Zakiya Atkinson earned her MA in Dance

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Education from New York University, BA in Festival, the Body Politic Laboratory at Gibney Communications & Theatre from Temple University, and a Certificate in Holocaust & Genocide Education from Saint Elizabeth University. She is the founder of Zaman Dance Theatre Collective and the Essex County Metro West Dance Festival. Ms. Zakiya Atkinson has served on the faculties at William Paterson University, New York University, and Bronx Community College. She has also been the recipient of awards and fellowships from the National Education Association, Bates Dance

(NYC), and the National Endowment for the Humanities. Ms. Zakiva Atkinson is a doctoral student and an Arnhold Fellowship recipient in the Dance Education program at Teachers College, Columbia University.

Zakiya Atkinson is excited to be named the new Fine and Performing Arts Supervisor for the Cranford Public School District. She is eager to collaborate with staff, students, parents, and community members to continue the cultivation of artistic literacy in the district.

ST MICHAEL SCHOOL ACCEPTING NEW STUDENTS

Saint Michael School in Cranford, celebrating over 90 years of academic excellence, is a faithbased environment focused on the spiritual, personal, and academic formation of all students.

The Early Childhood program offers Pre K3 & Pre K4 (Full & Half Day) and Full Day academically based Kindergarten. Primary, elementary, and middle school curriculums prepare students for success in high school and beyond. The controlled class size ensures a focused academic environment. Before and After Care programs are available daily on site.

Saint Michael School is a member of the National Catholic Education Association (NCEA) and accredited by the Middle States

Association Commission on Elementary Schools.

For the 2020-2021 academic year, Saint Michael School will offer the choice for in person instruction or remote instruction. The school week for the first trimester will consist of full days (8:15 a.m. - 2:45 p.m.) Monday through Thursday. Fridays during the first trimester will be single session days ending at 12:15 p.m. After Care will be offered on all five days of the week

Limited spots are available in all grades. If you'd like to learn more about Saint Michael School and all we have to offer, please contact the school's office at (908) 276-9425 or saint.michael@verizon.net.







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Dr. M. W Optometric	Physician	Wed: Closed Thur: 10am to 6pm Fri: 10am to 6pm Sat: 9am to 2pm
omoru	J/270M00062400 Iedicare Iedicaid	Sun: Closed Late appointments are available by request.
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SPOTTED LANTERNFLY SEE IT, REPORT IT!

Cranford residents are seeing these bugs in their yards and even inside the house. While not dangerous to humans or pets, the Spotted Lantern **SPOTTED LANTERNFIY WHAT TO DO:** Fly can be devastating to trees and plants.

that you should report the site to the New Jersey Department of Agriculture. You can contact them through the

NJ Spotted Lanternfly Hotline



at 1-833-223-2840

or by email at SLF-plantindustry@ag.nj.gov.

If you see egg masses, scrape them off, double If you see a Spotted Lanternfly or egg masses bag and throw away. You can also place the eggs into alcohol, bleach or hand sanitizer to kill them.

- Collect a specimen: Specimens of any life stage can be turned in to the New Jersey Department of Agriculture's lab for verification.
- Take a picture: With your GPS function turned on your smartphone or a camera with GPS, take a photograph of ANY life stage (including egg masses). Submit picture to: SLF-plantindustry@ag.nj.gov

Report a site: If you can't take a specimen or photograph, call and leave a message detailing the sighting location/address and your contact information. NJ Spotted Lanternfly Hotline at 1-833-223-2840 (BADBUG0)





alscarpentry11@aol.com





Please call if you do not see your insurance plan listed.

Office: 908-233-5555 **209 Central Avenue** Westfield, NJ 07090

We live in Cranford and have raised our families here. Our homebuyers and sellers give us 5 star reviews for client satisfaction across the board! We'll do our best for you, too.



*Properties listed/sold through the Garden State MLS

CRANFORD REAL ESTATE 194 properties have sold in Cranford so far this year. Another 82 are Under Contract!* Please reach out to any one of us for a Complimentary Market Analysis or to begin your search for a home.



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CRANFORD BASEBALL 29020 CHAMPS FEATURED ON CRANFORD AREA HAPPENINGS FACEBOOK PAGE

Submitted by Barbara Zeckman, Coldwell Banker Realty



JAKE DIOLERICO #2 Second Base CHS Serior County College of Morris



JACK JAROZ #7 Pitcher CHS Senior Indiana University



JOSH COOPER #13 Centerfield CHS Senior







MICHAEL FANELLI #56 Third Base CHS Senior United States Marines



PARKER MELCHIORRE #24 Right Field CHS Senior University of Maryland



MICHAEL MURPHY #15 Centerfield CHS Senior Montclair State University



COLIN JAROS (1) #11 Short Stop/ Second Base CHS Senior University of Scranton

RYAN JAROS #3 Third Base CHS Freshman



AIDAN FLICK **#33** First Base CHS Senior University of Stranton



LUCCA LIMEIRA Catcher CHS Sophomore

#16

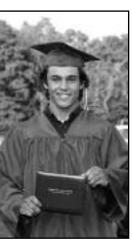


MARCUS JOHNSON #4 Loft Field CHS Junior

463



BHENNAN QUINCINES First Base CHS Senior UCFire Academy



CHRISTIAN ESPOSITO θ6 Pitcher CHS Senior Johnson and Wales



ROBBIE SALVATORE #21 Pitcher CHS Junior



RYAN NICHOLAS #28 Pitcher CHS Sophomore



GARRETT LYNCH #23 Outfield/ DH CHS Junior



AIDAN RILEY #34 Pitcher CHS Junior



ANDREW TOTO #15 Bilcher CHS Senior University of Colorado,



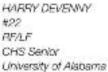
NOLAN SPURR 115 Catcher CHS Junior



WILL GALLAGHER #8 Pitcher/ Short Stop CHS Sophornore



LUKE PACHKOWSKI West Chester University



DANIEL ABRAHAMSEN #39 Plicher CHS Sophomore



DOMINIC FALLONE A 27 First Base/ Designated Hitter CHS Junior



JAKE CHAPMAN #14 Right Field CHS Junior



JOE CARREA #36 Pilcher CHS Junior



#17 Second Base CHS Senior



ABOUT CRANFORD AREA HAPPENINGS ON FACEBOOK

Cranford Area Happenings was launched in 2016. It is "everything Cranford"! We want to share information that will be of interest about our community and our neighbors. If you have had a good experience at any of our businesses or know of an upcoming event or an achievement that can be shared about someone in town please let us know! As a Realtor, I also look forward to sharing real estate information about our town, home improvement and decorating tips and any topics you ask about. Thanks for following this page....it's your community! - Barbara Zeckman

GIRLS SCOUTS JUNIOR TROOP 40772 SPREAD AN IMPORTANT MESSAGE

Submitted by Kerry Rokicki

Sometimes a simple reminder can make a big impact. The Girl Scouts of Junior Troop 40722 put that concept into action when they tied hundreds of colorful bows to the bridge railing on Springfield Avenue in Cranford. The center banner reads, "TIES THAT BIND" #CRANFORD STRONG". The eye-catching display is meant to remind residents and passersby that a key to overcoming the COVID 19 pandemic is to stay united in our efforts and to stay connected even when social distancing is required.

"Our troop wanted to spread some joy to the community during the pandemic," explained volunteer troop leader Tracee Blanton. "We tied nearly 1,100 brightly colored ribbons to unite our community. One of the girls said that it felt really good to work on a project that would have such a positive impact. And the feedback from the community has been so great. We were able to raise people's spirits and that has been very moving for the girls and for us too."

Girl Scout Junior Troop 40722 consists of fifth graders who attend Livingston Avenue School in Cranford. They are Callie Blanton, Adelaide Yurcisin, Clare Shuler, Claudia Cook, Meghan Wukovits, Riley Greco, Alexis Jankowski, Riley McKeon, Sara Phillips, Sadie Pizzella, and Molly Moore. The troop is led by Ms. Blanton and Andrea Yurcisin. Girl Scout Junior Troop 40722 is part of the Girl Scouts of Cranford Service Unit 48. The bridge is located across from Girl Scout Park which is across from the Cranford Canoe Club closest to the intersection of Springfield and Orange Avenues.

The Girl Scouts of Cranford boasts over 1,139 Girl Scout Members in 71 troops and Juliette's making it one of the largest non-profit organizations in town. The Cranford Service Unit is a part of the Girl Scouts Heart of New Jersey (GSHNJ) Council which is part of the Girl Scouts of the USA. If your family is interested in learning more about local Girl Scouts or to find out more information on the Girls Scouts of Cranford, please visit cranfordgirlscouts.com.





JUDGE ISENHOUR ADMINISTERS OATH TO THREE CRANFORD RESIDENTS SWORN IN AS ADVOCATES FOR LOCAL FOSTER YOUTH

Submitted by Gretchen Boger-O'Bryan Shortly before Covid-19 emerged, took hold and shelter-in-place orders were ordered, Court Appointed Special Advocates (CASA) of Union County trained 18 volunteers to serve as child advocates for youth removed from home due to abuse, neglect or abandonment. It is the only organization serving as extra eyes and ears for family law judges in an effort to protect best interests of youth in foster care.

While gathered inside a courtroom at Union County's Family Courthouse, class members simultaneously raised their right hand as Judge Thomas K. Isenhour administered their oath before thanking them for committing to our community's vulnerable youth and emphasizing the value of volunteerism.

Among the new advocates are Cranford's Marty and Susan Shulman, and Fernando

training together. Said Susan, "As soon as I attended a CASA information session, I realized this volunteer opportunity is special. As I've met all the wonderful people who give their time and hearts to change the lives of children, I'm even more inspired for this journey. It's important, serious and I am certain will prove worthwhile." Marty added, "I spent my professional life in academia; advising teaching, and mentoring undergraduate students. Now, in retirement, I'd like to work one-to-one to support and advocate for a child in foster care. I predict this will be equally rewarding and fulfilling."

After a final step of court observation, advocates are assigned to foster youth by court order, which provides access to the youth, foster parents, doctors, caseworkers, therapists

Porras. The Shulmans chose to complete and teachers to determine outstanding needs or training together. Said Susan, "As soon as I concerns. Advocates regularly report and make attended a CASA information session, I recommendations to the judge.

Volunteers with varied backgrounds make successful advocates and this class, ranging from their 20s to 70s, is no exception. Each brings diverse experiences, including having been a foster youth themselves, immigrants, nonparents and parents, retirees, homemakers, full- and part-time employees. Professional backgrounds include education, business owners, law and academia. Most had no prior knowledge of the foster system.

There are approximately 500 Union County youth from birth to age 21 in foster care, and more than 200 still need a CASA volunteer. Is that you? Contact Courtney

at cgreen@casaofunioncounty.org to learn more.



(above, l-r) Joining Judge Thomas K. Isenhour, center, are Union County's newest child advocates. They are, front row, Jade McEvoy of Elizabeth, Mollie Yang of Mountainside, Karen Lange of Westfield, Mike Loeloff of Summit, Fernando Porras of Cranford, Judge Isenhour, Teresa Pupo of Elizabeth, Martin and Susan Shulman of Cranford, and Angela Williams of Roselle; back row, Lisa Kalichman of South Orange, Christine Holloway of Scotch Plains, Towanna Garba of Roselle, Renee Finan of Clark, Christine Carroll of Warren, Suzanne Carreno-Powers of New Providence, Bob Bridgeman of Westfield, Meg Berry of Rahway and Janice Beckmen of Summit.



Christian B. Breskin 4/27/1992 - 8/22/2017



In tears we saw you sinking and watched you fade away, Our hearts were broken, we wanted you to stay.

But when we saw you sleeping, so peaceful and free from pain.

It broke our hearts to lose you, But you did not go alone, for part of us went with you.

It's been three years Christian since you left us. We miss everything about you my handsome son.

You saved many lives as an organ donor and parts of you are living on in others.

We all miss and love you!

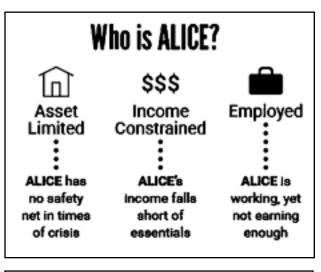
Love Mom, Joella and Gina

UNITED WAY KICKS OFF VIRTUAL SCHOOL SUPPLIES DRIVE

Need for school supplies even greater due to the pandemic

United Way of Northern New Jersey is seeking help from volunteers and donations of new school supplies for its annual United Way Tools for School drive, which provides students with the basic tools needed for learning in any classroom — either in school or virtually from home.

Children still will need basic school supplies, no matter how instruction will be delivered due to the pandemic. The drive seeks to benefit more





than 10,000 elementary and middle school children of ALICE (Asset Limited, Income Constrained, Employed) workers and those in poverty throughout the northern New Jersey region.

Through a partnership between United Way and YouGiveGoods.com, donors can make an online purchase of supplies that will be delivered automatically to United Way or a partner school. Donations can be made by visiting www.UnitedWayNNJ.org/ToolsforSchool.

Based on needs expressed by local educators, United Way is collecting the following school supplies: hand sanitizer, masks, backpacks, lunch boxes, binders, three-ring notebooks, book covers, filler paper, pocket folders, composition and spiral notebooks, index cards, calculators, pencils, pencil cases, pencil sharpeners, erasers, pens, highlighters, crayons, markers, colored pencils, construction paper, glue, rulers, and scissors.

In addition, school nurses have asked for personal care items such as toothbrushes, deodorant, and kindergarten and first grade-aged children's underwear and socks. Gift cards that can be used to purchase items such as shoes and clothing are also appreciated.

United Way Tools for School seeks to alleviate the budget strains on families who already were struggling to afford basics such as housing and food even before the COVID-19 pandemic hit.

"ALICE essential workers need our help now more than ever," said Kiran Handa Gaudioso, CEO of United Way of Northern New Jersey. "United Way Tools for School offers companies, groups, clubs, places of worship, families and individuals a safe way to help neighbors facing unprecedented levels of need."

For more information about making donations, holding a United Way Tools for School drive, visit www.UnitedWayNNJ.org/ToolsforSchool, email Lisa.Galonardo@UnitedWayNNJ.org or call 973.993.1160, x503.





COVID-19: TIPS FOR OLDER RESIDENTS ON DEALING WITH PANDEMIC ISOLATION

Submitted by NewBridge Services

While the COVID-19 pandemic continues to impact our communities, physical distancing remains the order of the day — especially for older adults.

But socializing is a basic human need, and studies show it contributes to better physical and emotional health. Isolation, on the other hand, is linked to depression, anxiety, cognitive decline, a weakened immune system, and high blood pressure, among other maladies.

Seniors must seek out ways to connect with others while minimizing their exposure to the coronavirus.

Michelle Borden, CEO of Parsippany based NewBridge Services, a nonprofit that offers counseling services, housing and educational programs in North Jersey, offers the following advice:

USE TECHNOLOGY

Video conferencing, using FaceTime, Zoom and other programs on smartphones, tablets or computers, has become a popular way to "gather" with family and friends. Getting started on the programs may be challenging for seniors new to technology; call a tech-savvy neighbor, friend or family member to coach you through the process.

Phones, whether 'smart' or landline, are also excellent for staying in touch; some people feel more comfortable conversing without being on camera. People can call in to join a Zoom conversation. Movie buffs with Netflix accounts can set up 'watch parties' using a free Google Chrome extension, which can be downloaded at netflixparty.com.

THE ART OF THE LETTER

If tech is not your thing, consider making connections the way people have for centuries: through letter-writing. Handwriting (or typing) letters allows you to process thoughts and feelings and create a bond with the recipient. Mailing or delivering 'thinking of you' cards is a thoughtful way to remind recipients they are not forgotten.

JOIN AN ONLINE CLASS OR GROUP

Many social groups, including religious communities, are hosting online gatherings. An organization called Senior Planet offers free access to virtual exercise classes. Online learning opportunities also abound. Platforms such as coursera.org and edX.org offer both free and fee options. Courses, which may be live-streamed, self-paced, or some combination, are taught by university professors.

The Osher Lifelong Learning Center at Rutgers University is running more than 30 online courses during its summer session, and registration will begin soon for the fall. Anyone age 50 and over can study areas of interest with no assignments or grades.

The Virtual Senior Center run by the nonprofit Selfhelp Community Services is an online community of seniors who take courses, enjoy

cultural experiences and discuss topics of interest in real time over their home computers and tablets. While volunteer opportunities are harder to come by during the pandemic, some organizations are seeking virtual helpers. The nonprofit Points of Light maintains a list of virtual volunteer opportunities.

GET TOGETHER IN PERSON

Seniors can socialize in person, as long as you take precautions. Walking, running or biking with a friend is a great way to stay both fit and connected. Keep at least a six-foot distance, and wear a mask if you're unable to maintain that distance. Some senior citizen groups offer fitness classes either outdoors or indoors, with participants well spaced and other safety measures in place.

Picnicking with a couple of friends or family members is a fun way to spend the day, but be sure to wear masks when not eating. Use hand sanitizer, especially if you're sharing any utensils. **STRUGGLING?**

The pandemic is taking a toll on us all. To get through it, we have to make self-care part of our daily routine, and that includes staying connected with others. If you are struggling, contact NewBridge Services at 973-316-9333 to schedule a telehealth counseling session.

The Institute on Aging has a Friendship Line at 1-800-971-0016 that is both a crisis intervention hotline and a nonemergency warmline for emotional support.



CRANFORD HISTORICAL SOCIETY UPDATE

Submitted by Margaret Gerlach, President We hope everyone is taking the proper precautions and wearing a mask so we can conquer this pandemic. We would like to continue to hear from you in how this pandemic has affected your lives in more ways than one. We thank those who have sent in stories and pictures on how this pandemic has impacted their life functions. These pictures will be saved for our Archives file so future generations can see how we all handled this pandemic.

For those who have lost a loved one due to the pandemic or any other circumstance we would like to extend our deepest sympathy.

The Crane-Phillips House Museum has been closed since March 1 and will remain closed for all our programs and Sunday Museum Tours until it is safe to reopen.

We will not be participating in Four Centuries

in a Weekend this year due to the pandemic.

Our Hanson House Office hours are Tuesdays, Wednesdays and Thursdays from 9:30 a.m. to 11:30 a.m. only due to the pandemic. Anyone wishing to do research or drop off items for our Archives department, please do so during these hours only and while wearing a mask.

All our programs such as "Someone Must Wash the Dishes" and Trains Thru Cranford are postponed until it is safe to do so along with our two garage sales and our Kitchen and Garden Tour Fundraisers until 2021.

If you would like to become a member of the Cranford Historical Society you will find our membership form on our website, Facebook and Instagram page.

If you need any info please call our office at 908-276-0082 or email us at canfordhistoricalsociety@verizon.net.

TOWNSHIP COMMITTEE CANDIDATES' FORUM

The Cranford Jaycees and the Union Area League of Women Voters are proud to host the Annual Township Committee Candidates' Forum on Thursday, September 24, 2020 at 8:00 p.m.

There are two three year term committee positions on the ballot this year. The candidates this year are Republicans Gina Black and Chrissa Stulpin, and Democrats Brian Andrews and Jason Gareis. This forum is an opportunity for candidates to present their platforms and answer

questions regarding topics of interest to the Cranford community.

In the interest of safety, this event will occur without a live audience in 2020. The forum will be broadcast live on Cranford TV35, and will be rebroadcast on later dates as well.

As in years past, questions will be solicited from the public for consideration of topics to be discussed. Questions can be submitted via e-mail to cranfordcandidateforum@gmail.com.

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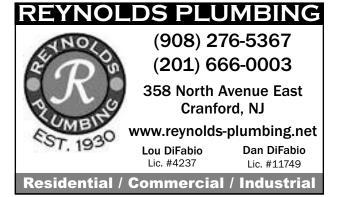
Too many businesses are stuck in contracts with no return on investments, no way to check if the work is getting done, and needing to invest more to make things right.

The following is a guide to Renna Media services and costs that you can compare to your present provider.

I highly recommend doing an independent audit of your website!

Contact Walter Watson at walter@www-online-enterprises.com

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- Website creation/update:.....\$2,400 (Cost for average website: 12 pages, contact form, SEO friendly, responsive design)
- Website Hosting:\$300 per year Includes website hosting, software updates, monthly website content updates
- SEO Services:average cost \$1,000 \$2,000 per month Custom tailored solutions: Google Ranking, Local SEO, Social Marketing

Video advertising

Production:

- Product placement \$250
- 30-second commercial \$500
- 3-minute spot \$1,000
- 30-minute show \$1,500
- 3-hour shoot \$2,000

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