

# CRANFORD MONTHLY<sub>NJ</sub>

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## CRANFORD RESIDENTS HONORED BY NJ VETERANS NETWORK

On Veterans Day the New Jersey Veterans Network hosted its first team awards ceremony at the Union VFW. Over 50 contributors (team members) were honored during a ceremony that practiced social distancing protocol, including 6 from Cranford: Joseph Montes, Cranford resident and owner of The Red Cadillac restaurant in Union; Joe O'Neill, owner of Benner's Auto Body in Cranford; Paul Carvalho, Cranford resident and owner of Paul's Garage in Union; Tina Renna, Cranford resident and publisher of Cranford Monthly; Colonel Andrew Burns (Ret) Commander VFW Post 335; and Jay Boxwell, past Commander of VFW Post 335 in Cranford.

The New Jersey Veterans Network is a volunteer mobile outreach team that aggressively seeks out veterans and their families members in need.

In the last few years the NVN has saved over a dozen lives, donated 20 cars, 400 business suits, and during covid the team provided over 3,000 meals and thousands of PPE items for disabled veterans and active servicemen.

The Team is fully backed by the NJ VFW, NJ American Legion, NJ PBA, NJ FOP, NJ FMBA, multiple service groups, and several elected state officials.

Former VFW State Commander Barbara Hagemann presented over 30 NJ VFW Award Commendations.

NJVN President Michael Boll presented all the members in attendance with NJVN team plaques in recognition of their contributions. Each member also received proclamations

from the New Jersey Senate and Assembly.

Congressmen Tom Malinowski presented the Presidents Volunteer Service Award with a Gold Medal and a Congressional Commendation to the team's executive board including Michael Boll, Sara Abraham, Frank Schupp, Bob Johnsen, and Leo Graf. Frank Schupp was presented an American Flag that was flown over the Capital Building in his honor. Schupp is the mobile outreach program director. He was awarded for his outstanding work mentoring veterans during Covid and organizing an effort to feed over 3,000 veterans.

### ABOUT NEW JERSEY VETERANS NETWORK

We are a group of veterans and volunteers dedicated to helping our veterans and their families live better lives. Our team is raising awareness of our veterans needs by organizing public speaking engagements, meeting with business and political leaders across the state and sponsoring fundraising events. Our mission is to identify veterans and connect them with resources and programs designed to meet their unique set of needs. To ensure that every single one of our veterans, who have sacrificed so much for this great country, receives the resources that they require and deserve.

If you are interested in joining our team, would like us to speak at your event, or contributing to our mission, call 973-332-1556 or email [mdbollio@optonline.net](mailto:mdbollio@optonline.net). To learn more visit [njvn.org](http://njvn.org).

*(continued on page 2)*



*(above) On Veterans Day the New Jersey Veterans Network hosted its first team awards ceremony at the Union VFW. Over 50 contributors were honored during a ceremony that practiced social distancing protocol.*

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## 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!

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## VETERANS NETWORK HONOREES (continued from page 1)



(above, left) Jay Boxwell, past Commander of VFW Post 335 in Cranford, is a NJVN liaison for the NJ VFW. Jay has assisted with numerous charity events and functions.



(above, middle) Colonel Andrew Burns (Ret) is the Commander VFW Post 335 in Cranford, Drew has assisted the team with numerous VA claims and speaks at ceremonies and other events.



(above, right) Joe O'Neill, owner of Benner's Auto Body in Cranford, is a NJVN board member. He has donated over 16 new cars to disabled veterans and repaired many other cars for them. Joe has set also chaired many fundraising events and assists the team with races.



(above, left) Tina Renna, Renna Media, is the publisher of 21 community newspaper including the Cranford Monthly. Tina was honored for helping NJVN with community outreach, resulting in veterans reaching out to the organization for help, and for community members to get involved in helping them.



(above, middle) Joseph Montes, owner of The Red Cadillac restaurant in Union, was honored for feeding veterans. He has provided food for veterans shelters and homes, and events. Monthly he welcomes veterans to his restaurant for NJVN program 'Feed A Hero' program.



(above, right) Paul Carvalho, owner of Paul's Garage in Union, has donated and repaired numerous cars for disabled veterans. Paul has also hosted a few fundraisers and charity events for the team.

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# CRANFORD KNIGHTS OF COLUMBUS DONATES GOLF OUTING PROCEEDS

Submitted by John Doolan

On Tuesday, October 20 at their General Meeting, the Cranford Knights of Columbus donated \$5,000 to Cranford High School Student Maeve Boger O’Bryan and her family to help with the purchase of a therapy dog to manage her Type I Diabetes. The donation came from proceeds of the Council’s 2020 Annual Golf Outing.

The Cranford Knights of Columbus is a Catholic Fraternal Organization dedicated to our Four Core Principles, Charity, Unity, Fraternity and Patriotism. The Cranford Council supports many charities and civic causes locally, state-wide, and nationally and is committed to be a viable part of our Community.

For information about joining the Council, please contact our Membership Chair Joe Kilroy at 908-578-4315 or visit the Council web site at [cranfordknights.org](http://cranfordknights.org).



(above) Grand Knight Jim Feehan, presenting the check; Maeve; her parents, Gretchen and Tom; Brother Rich Pierce, who introduced our Council to Maeve and her cause; Golf Outing Chair and Past Grand Knight John Doolan; Deputy Grand Knight Jerry Conheeney; and Council Chaplain Monsignor Timothy Shugrue.



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After graduating from medical school, Dr Somma served his internship in Internal Medicine at Trinitas Regional Medical Center. He then completed his residency in Internal Medicine at Seton Hall Post Graduate School of Medicine, where he was elected Chief Resident of Internal Medicine in his final year.

Dr. Somma has been in practice in Union and Middlesex counties for over 20 years, with an emphasis on excellence and compassion for his patients. He has served as the physician for the Elizabeth Fire Department, the Board of Health of Hillside and has served the Board of Education for Woodbridge NJ. He was granted the Humanitarian of the Year Award by Trinitas Health Foundation in May 2014, for his dedication to the community and his outstanding service to the goals of the Foundation.

Dr. Somma has special interests in various fields of Internal Medicine, including diabetes, obesity, cardiovascular diseases and arthritis/rheumatology. He has represented to major pharmaceutical companies, such as Schering-Plough and Pfizer, in a consulting and educational role for his peers. Dr. Somma has been a clinical educator for Seton Hall’s Physician Assistant Program as an Associate Professor of Medicine for their Internal Medicine program.

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# CRANFORD VFW “PARKS” ITS VETERANS DAY BREAKFAST



(above) World War II veteran Peter Klein, and General Jonathan Moyer.

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*Submitted by Past Commander Jim D’Arcy*

Celebrating their annual Veterans Day Breakfast was a problem this year for Cranford VFW Post #335. The membership just did not want to be indoors with the Covid numbers increasing as they are. So, looking to keep the tradition alive and with the help of the weatherman, out into the parking lot of the Post Home went the celebration.

It was a sparkling 70-degree Sunday morning as the Post Color Guard marched in to open the event to a proper Covid masked and spaced crowd at 11:00 a.m. on the 8th of November. In normal years this annual breakfast affair has drawn standing room only crowds in the Post hall. This year only danish and coffee fed the Vets, but the many speakers were there as usual, as State Senator Thomas Kean, Union County Freeholder Bette Jane Kowalski and Cranford Mayor Patrick Giblin all warmly addressed the Veterans under the fall colors of the surrounding foliage. Also in attendance was Cranford Police Chief Ryan Greco, Fire Chief Daniel Czeh and former Mayor and current Committeeman Thomas Hannen and former Mayor Barbara Bilger.

The days featured speaker was Brigadier General Jonathan Moyer, currently the Deputy

Commanding General of the 335th Signal Command in East Point, Georgia. Moyer talked about the history of Veterans Day, while detailing its roots in Armistice Day which marked the end of World War I, but also brought the veterans current on the state of affairs in our military today. General Moyer is a resident of Medford, NJ.

While the crowd was smaller than usual, there still was quite a turnout of veterans representing almost 80 years of American conflicts. Representing World War II was Cranford’s own, 98-year-old Peter Kline, a venerable D-Day medic who stood to a wonderful applause when called on. From the Korean War, post member and noted bomber pilot, 92-year-old Arthur Snyder was recognized as were many Viet Nam, Iraq, Afghanistan, and Gulf War Veterans. The veterans of Cranford have never let anything affect the comradery and good will that this annual event always fosters and this year’s “parking lot” celebration was certainly no different.

The Cranford VFW Post #335 was named after Captain Newell Rodney Fiske, Cranford’s first casualty of World War I and has been in service to the veterans of the greater Cranford area since 1920, over 100 years.

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## CHS CHOIR INVITES ALUMNI TO PERFORM VIRTUAL HALLELUJAH CHORUS

In the midst of extremely challenging times, the Cranford High School Choral program adapts and continues to create musical art. The singing of the “Hallelujah Chorus” from Handel’s Messiah is a long-standing tradition at the CHS Winter Choral Concert. Normally, CHS Choir alumni are invited onstage to perform with the current students, providing a grand finale to the performance. While the pandemic will prevent an in-person concert from occurring, the CHS Concert Choir would still like to honor the tradition and invite alumni to submit videos to

create a virtual choir of the Hallelujah Chorus. Any Cranford High School Choir alumni are invited to participate. Videos will need to be submitted by Friday, December 11. Detailed directions, accompaniment track, and sheet music are posted on [cranfordmusic.org](http://cranfordmusic.org). The CHS

Concert Choir hopes all choir alumni consider participating in the modified tradition, singing the Hallelujah Chorus. Contact Anthony Rafaniello, Director of Choral Activities, with any questions at [rafaniello@cranfordschools.org](mailto:rafaniello@cranfordschools.org) or 908-709-6312.

## CHS MADRIGALS TO HOST “CAROLING NIGHTS”

The Cranford High School Madrigal Choir will present a series of “Caroling Nights” outside under the music tents next to the auditorium at Cranford High School. On six evenings in December, the students will offer brief, half-hour performances featuring the Madrigals’ traditional carols and holiday songs. For more information, specific dates, and to register to attend one of the performances, visit [cranfordmusic.org](http://cranfordmusic.org).

A fixture in the community during the holiday season, the CHS Madrigal Choir normally presents more than twenty performances between Thanksgiving and the end of the calendar year. However, due to the pandemic and restrictions on indoor gatherings and singing, most of those performances will not take place. Determined to find a way to share their music with the community, the students have decided to bundle up and present holiday music outside. While other area school districts have been unable to engage students in normal rehearsals and performances, thanks to a great deal of planning, as well as donations from the Cranford Schools Friends of Performing Arts and the Cranford

Fund for Educational Excellence, the music students at Cranford High School have been able to rehearse outdoors under canopy tents since the beginning of the school year. The protocols and precautions put in place allowed the Performing Arts Department to present a modified, live-streamed version of the annual Opening Gala Concert in October, which is available to view online. The Madrigal Choir “Caroling Nights” will be another opportunity for the students to showcase their musical work and serve the community through music.

Attendance at the Cranford High School Madrigal Choir’s “Caroling Nights” will be limited to a 50-person maximum. There is no fee for admission, but a free-will donation will be taken to benefit the Cranford High School Choral Program and Cranford Family Care. Patrons must register ahead of time at [cranfordmusic.org](http://cranfordmusic.org) where more information and guidelines can be found. Other inquiries can be directed to Anthony Rafaniello, Director of Choral Activities by calling 908-709-6312 or email [rafaniello@cranfordschools.org](mailto:rafaniello@cranfordschools.org).

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# RELIEF FROM CHRONIC KNEE PAIN

FDA Approved Treatment to Avoid Surgery

## DON'T BLAME THE ARROW FOR MISSING THE TARGET

Just like tens of millions of other Americans, you were looking for relief from your chronic knee pain. You thought Viscosupplementation injections might be the answer, but the results were disappointing and painful. Don't assume the treatment wasn't right. That could very well be like blaming the arrow for its path to the target when the problem might be the archer. If you didn't get the pain relief you were hoping for, chances are your injection treatment was off target. Unlike blind injections or even ultrasound targeted treatments found elsewhere, **Northeast Spine & Wellness Center** uses diagnostic fluoroscopy to make sure the area that needs treated is the exact area where the injection goes. This is the most advanced method of delivering this pain relieving treatment with 95% accuracy to give you the results you're looking for. The use of Fluoroscopy guided injections sets **Northeast Spine & Wellness Center** apart. The end result is you living pain free from your chronic knee pain. You can avoid the lengthy and painful road of knee replacement surgery. You can avoid the endless trial and error assortment of potentially addictive prescription medications. This treatment, using fluoroscopy guided injections has seen a success rate of above 85% in those suffering from knee pain related to osteoarthritis, and that includes people with bone on bone involvement. You've suffered from chronic knee pain long enough. Call **Northeast Spine & Wellness Center** now for a RISK FREE consultation.



### If Knee Surgery Sounds Scary, It Should

Have you have been told you are facing knee replacement surgery? Have you been told about all the downsides you could be facing? First and foremost, there are NO guarantees that knee replacement surgery will be the answer to your pain, but let's look further:

- Surgery is costly, regardless of the percentage of services covered by insurance.
- Surgery requires lost time from work and typically requires a regimen of rehabilitation and medications.
- With surgery, there is always a risk for unwelcomed complications. And you could be back to where you started, or worse.
- Medications will be required for relief from surgery and you have been down that road before. Addictions to these pain medications can cause potential side effects, something you do not want to experience.
- Rehabilitation can take years.

### Consider This Alternative To Surgery

**Northeast Spine & Wellness Center** offers you a real opportunity and a painless way to say goodbye to your knee pain without any surgery. Here are just a few of the important benefits you should consider?

- Diagnostic fluoroscopy accurately targets the pain, unlike blind injections.
- Guided fluoroscopic injections are virtually pain free, unlike blind injections.
- No lost time from work or family.
- No expensive or time consuming rehabilitation.
- No potentially addictive prescription medications.
- Recovery time is almost instant, not months or years.

### How Does This New Treatment Work?

Relief begins almost as fast as it takes to pronounce the treatment. It's called Viscosupplementation Therapy. To begin with, it starts with **Northeast Spine & Wellness Center** investing in the use of diagnostic fluoroscopy. This enables them to target the exact location of your knee pain with pinpoint accuracy. What follows is a simple injection that causes little to no pain, especially when compared to what you may be living with daily. That explains what you will see on the surface of this revolutionary treatment. What's taking place below the surface is how and where the natural healing process takes place. The injection of a Hyaluronic acid called Hyalgan. This gel-like substance was approved by the FDA in 1996. Hyalgan is a natural substance that mimics the synovial fluid that is already produced by your body in your joints. Osteoarthritis sufferers in particular see a reduction in this much needed synovial fluid in their knee joints. Without that cushioning layer of protection, the cartilage in your knee can begin to wear away leading to the rubbing of bone on bone. Through Viscosupplementation Therapy, this natural substance immediately goes to work reducing the swelling and inflammation in the joint and adding a coating layer of protection. Think about Dorothy taking the oil can to The Tin Man. You'll begin to feel that same kind of relief and quite possibly feel like you're ready for a dance down the yellow brick road to recovery yourself. And with a success rate of over 85% in alleviating pain associated with osteoarthritis, it's easy to see why this treatment is so readily covered by Medicare and by most major insurance providers. Diagnostic fluoroscopy to target the pain, Viscosupplementation Therapy to relieve the pain. Simple, fast and no surgery!

### Do you Suffer from any of these Symptoms?

There are a number of reasons why you developed Osteoarthritis pain. It can develop with age or because of heredity. It could be from repetitive stress from a job or some glory days in athletics. Of course your concern is with the symptoms you face daily and how to make them end, hopefully without surgery or the use of potentially addictive medications. **Northeast Spine & Wellness Center** understands the symptoms you have been living with and can help. If you have any of the symptoms below, please call us today. Relief is a phone call away.

- **Pain** - Whether it's a sharp aching or maybe a burning sensation, the pain can range from irritating to debilitating.
- **Swelling** - This can cause tenderness and soreness to the entire knee area, making walking or going up and down stairs painful, getting in and out of bed or bathtubs difficult and dangerous just name a few activities affected by swelling.
- **Stiffness** - Getting up out of bed or after sitting for a period of time gets more and more difficult. This loss of mobility can be more than a hindrance. It can be dangerous if you need to move quickly.
- **Loss of muscle strength** - This can lead to balance issues and the strong possibility of falling.
- **Joint deformity** - Not just unsightly, but painful as well.
- **Creaking Joints** - Can be painful and a sign of more discomfort to come.
- **Sleepless nights** - Losing sleep over your suffering is not just irritating, but potentially dangerous because of so many other health concerns that can be affected by loss of sound sleep.

### Let Me Show You Targeted Relief From Your Knee Pain

Every day, I see patients suffering from knee pain due to arthritis, osteoarthritis, sports injuries or other conditions. Many have been told that they are in need of knee replacement surgery. Other patients say they have been prescribed various prescription medications to deal with the pain.

Something else I see almost every day, are patients that have tried viscosupplementation knee injections elsewhere and found it to be a painful and ineffective experience because the injections were not administered using fluoroscopic guidance. Instead of using the incredibly accurate diagnostic fluoroscopy we use at **Northeast Spine & Wellness Center** these patients experienced a blind injection technique, which can be as inaccurate as playing pin the tail on the donkey.

Once I am able to explain to my patients about the pin point accuracy of using diagnostic fluoroscopy and the amazing results viscosupplementation can provide, they are thrilled to get started. They are even more thrilled when they feel the relief. Please contact **Northeast Spine & Wellness Center** today to schedule your RISK FREE consultation.

Call 732-827-0800

Scot Paris MD, FACS



### Here's what our patients have to say

"I'm dancing without pain. I can move with no problem whatsoever. I can go up and down steps with no pain."

- Patricia G.

"Over 85% relief for the first time in 15 years, suffering with knee pain. My life is getting back to normal."

- Perry O.

"After only four visits, I have absolutely no pain! The staff is 'top-notch.'"

- Quentin L.

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## FIRE DEPARTMENT TOYS FOR TOTS

The Coronavirus Pandemic has affected countless businesses, families and resulted in millions of parent's unemployed and in need of assistance. The Cranford Fire Department will be collecting toys for the Marine Corps Reserve Toys for Tots Program in hopes of offering toys to families in need. Drop-off will be different this year, as pandemic related restrictions will prevent people from entering Cranford Fire Headquarters.

"The Cranford Fire Department is committed to giving back," said Fire Chief Daniel Czeh. "We will not let this global pandemic prevent us from getting toys to as many children as possible. We ask that the community support our Toys for Tots initiative while following safety protocols to help us put smiles on the faces of less fortunate children and parents in need."

Toy drop-off at Fire Headquarters will be accepted on weekends only from Thanksgiving Weekend until the weekend before Christmas. A drop off bin will be located near the front door of Fire Headquarters at 7 Springfield Ave. All donated toys will be brought inside constantly during the drop-off dates by the duty shift. Even though the bin will be located outside, we still ask that face coverings be worn dropping off toys.

All toys must be unwrapped. Used toys will not be accepted due to safety protocols.

### DROP OFF DATES ARE AS FOLLOW:

- 11/27, 11/28, 11/29 – Drop-off: 8 a.m. – 8 p.m.
- 12/5 & 12/6 – Drop-off: 8 a.m. – 8 p.m.
- 12/12 & 12/13 – Drop-off: 8 a.m. – 8 p.m.
- 12/19 & 12/20 – Drop-off: 8 a.m. – 8 p.m.

Toys will not be accepted after 12/20.

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## CRANFORDPOLY PRE-ORDERS

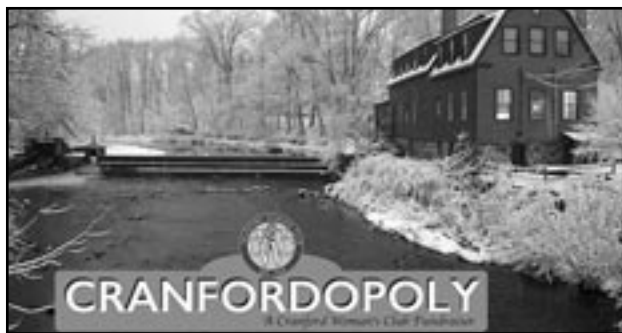
Cranford Woman's Club continues to find innovative ways to fundraise during these unprecedented times. Their current fundraiser is called Cranfordopoly.

Cranfordopoly has been a community effort to bring to market. Residents and business owners contributed by purchasing space on the game board. The game will look like a Monopoly board game but with many of our beloved Cranford businesses.

The goal is to have the games available for distribution in mid December. However, a date can not be guaranteed due to the uncertainty around COVID-19.

Cranfordopoly is sure to become a beautiful and sought after keepsake. Do not miss your opportunity to purchase one now. Once they sell out they will be gone forever.

Please visit [www.cranfordwc.com](http://www.cranfordwc.com) to pre-order yours today.



## CRANFORD PUBLIC LIBRARY PLANNING AHEAD

*Submitted by Michael Maziekien, Library Director*

At the Cranford Public Library, we share many of your concerns, questions, and frustrations with the circumstances surrounding us. As such, we field quite a few questions about our phased reopening plans, as well as those of other New Jersey libraries and industries. Each library is governed by its own trustees and administration, and reopening plans vary accordingly; while we work constantly to coordinate best practices and new standards of service among libraries, in the end, we must establish our own priorities to maintain the health of the community we serve. In developing our plans for restoration of services, we strive to center health and safety at all times.

At this time, with cases rapidly rising, and numerous libraries around the state closing after publicly disclosing positive tests for the coronavirus, we do not have a date for the full restoration of access to the library building and services. We are as eager to return to normalcy as you - fielding, pulling, processing and bagging

thousands of requests is a time consuming process, as is handling over two hundred new online registrations for Cranford students - but the safety of our patrons and staff remains our priority. We hope in the meantime you will take advantage of our "Grab and Go" service, our limited browsing hours, our mobile tablet/internet kits, our digital media collections and databases, our online events, and new services as they are implemented. We appreciate your patience, your feedback, and your comments, as we look forward to better days ahead.

### MORE TO COME...

As always, I'll close with a reminder to visit our Online Resources page to access ebooks (through our eLibraryNJ and hoopla digital libraries), newspapers, and other digital databases, and stay tuned to the Cranford Public Library Facebook and Instagram pages for more library info. We hope you're staying safe, healthy and educated, and we look forward to seeing you soon.

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# COUNTY COLLEGE VIRTUAL CASINO NIGHTS

CRANFORD MONTHLY • Page 11 • December 2020

Over a hundred guests from around New Jersey and beyond joined together in the Owl's Nest Casino at the Union County College Foundation's Virtual Casino Night. This two-night event held on October 29 and 30, raised nearly \$150,000 in support of its mission to accelerate the pace of student success.

Union County College student Antonio Mena, of Cranford, addressed the attendees on each night of the event. He expressed that, "Without your support, I would not be here today. I received multiple scholarships from the Union County College Foundation, thanks to donors like you. The financial relief from those scholarships has made my parents so grateful. I can now continue my education and follow my

dreams."

The Virtual Casino Night took the place of the Foundation's traditional Scholarship Gala, which is held annually each Fall. Thanks to the generosity and support of key community and business leaders over the last five years, the Foundation has had a generational impact on the Union County community by funding nearly \$6 million in direct scholarship and grant support and further the core mission of the College, to provide students with a high-quality and affordable education.

For information about the Foundation's annual events, please contact the Executive Director of the Foundation Doug Rouse at [douglas.rouse@ucc.edu](mailto:douglas.rouse@ucc.edu) or (908) 709-7505.



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## PATRICK AND AMANDA HOGAN AUTHOR CHILDREN'S BOOK



(above) Husband and wife Patrick and Amanda Hogan wrote the illustrated children's book *Wrestling the Alphabet*, an introduction to the ABCs for future wrestlers.

Cranford school alumni Patrick Hogan and wife Amanda Hogan wrote a children's book titled *Wrestling the Alphabet*. The book, written for wrestling fans young and old, is the perfect introduction to the ABCs for future wrestlers. Each letter features a wrestling legend, for example J is for Jordan Burroughs and M is for Helen Maroulis.

Hogan got his inspiration for the book after seeing an advertisement online. As he explains, "several months ago I came upon a Facebook ad for an ABC book for WWE wrestling. Although I'm not interested in WWE wrestling, I thought it was a cool idea and I began to search for

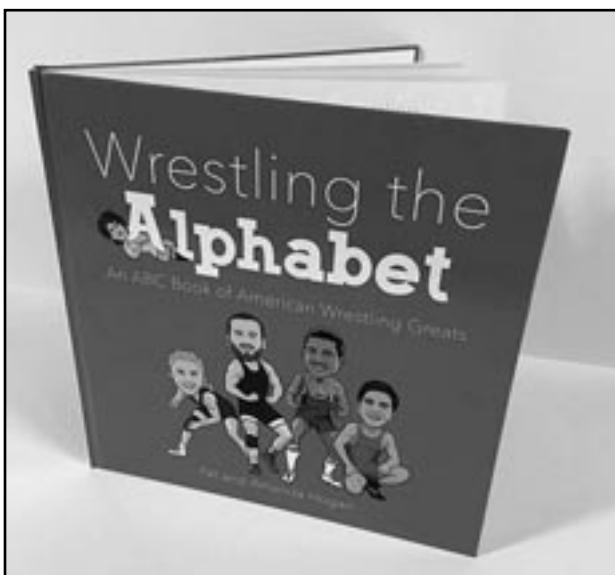
children's books about wrestling. Although there were a few, there weren't any books about specific wrestlers or heroes in the sport. It was then I knew that we had to make this book a reality."

Both big kids and adults alike can enjoy a dive into the achievements and styles of some of the most significant American wrestlers from history and today. The book is written at an upper elementary grade school level, but has dynamic and vivid images so it's perfect for kids of all ages. Also available are a coloring book and poster for sale.

You can find the book at [wrestlingthealphabet.com](http://wrestlingthealphabet.com) or on Instagram and Facebook at [WrestlingtheAlphabet](https://www.facebook.com/WrestlingtheAlphabet).

A portion of all *Wrestling the Alphabet* sales will be donated to Beat the Streets NYC. There's also an option to purchase a book at half price to be donated to the kids at BTS.

Pat Hogan wrestled in Cranford from 2nd grade through high school. He was a three time Region 3 Champion, two time District 11 Champion and two time Union County Champion, and senior year went 32-0 and was the 171lbs NJ State Champion. He worked as a teacher and coach for several years, before moving into law enforcement and now a real estate agent for Corcoran in NYC. Amanda and Pat started dating in high school and she has been a teacher for 10 years.



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## CDC THEATRE AWARDED OUTSTANDING PRODUCTION OF A MUSICAL

The NJACT 2020 Perry Awards were held virtually on October 25 and CDC Theatre in Cranford garnered three awards for its fall production of CHESS.

The NJ Association of Community Theatres is

a non-profit dedicated to honoring achievements by artists of all disciplines involved in the performance and production of community theatre in New Jersey

Edgar Hildago was awarded Outstanding

Director of a Musical, Cassandra Lindeblad was recognized as Outstanding Supporting Actress in a Musical, and the show was awarded

Outstanding Production of a Musical with Liz Howard, Producer and Edgar Hidalgo, Director.



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## WHEELIE GOOD PIEROGI VISITS CRANFORD

On November 9th Wheelie Good Pierogi, located in Rahway, sold out during a pop-up event held in front of Sub-Ology in Cranford.



## CONSIDER GIVING A UNIQUELY CRANFORD GIFT

Submitted by Julie Carroll, Cranford Family Care Association

As we approach the holiday season, it's traditional to look back on memories made in the year gone by and look forward to the new opportunities that the new year will bring. It's an understatement to say that no one could have expected what 2020 was to bring. While it was difficult for all of us, it was particularly difficult for those who suffered illness, the loss of employment or worse, the loss of a loved one. Despite the difficult times, and a significant increase in the number of families needing assistance, there was still an outpouring of love and support that we couldn't have anticipated in such a tough environment. Perhaps we should have. Cranford is truly a special town and one of the constants over the years has been the support of the Cranford community. This year was no different – in fact, the people of Cranford have stepped up their normal level of support to help those in need and we are very grateful.

In this season of giving, please consider a uniquely Cranford gift – a donation to Cranford Family Care. Your donation will be used to help a Cranford family in crisis – whether it be

financial support to pay bills such as rent or utilities, or simply food to feed families.

As we reach the end of the year, please consider CFC as you make those last minute charitable donations, whether it is for tax deductions, or perhaps just want to “pay it forward”. Keep in mind, that since CFC is a 501(c)(3) organization, many employers may match your contribution, increasing its impact. Donations can be delivered by hand or mail to Cranford Family Care Association at 61 Myrtle Street. While monetary donations help us to direct to where there is the greatest need, donations of food, supermarket gift cards or even gift cards from local Cranford restaurants are always appreciated (in addition to helping a family in need, you would also be helping a local Cranford business that has also suffered in this pandemic). Please be sure to provide your contact information, including email, so that we know where to send your receipt.

We wish all of you and your families the very best of the holiday season, and thank you once again!

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## WINTER WONDERLAND TOUR OF THE TOWN 2020

Cranford High School Project Graduation 2021 is hosting a Winter Wonderland Tour of the Town on December 4 & 5, 2020. The drive-thru tour will feature themed displays, twinkling lights, and beautifully decorated homes. Lighted Scenes, caroling, holiday cheer & more! Follow your way through Cranford to get into the

holiday spirit.

Price is \$25 per car which includes a map of participating homes, popcorn, two cups of hot cocoa, an entry for a prize raffle, and a letter from Santa.

All tickets are pre-sale. For tickets, please visit [tinyurl.com/CHSPG21WWRegistration](http://tinyurl.com/CHSPG21WWRegistration).

To pay, please use Venmo @CHSPG2021 or mail a check made payable to CHS PTSA Project Graduation to CHS, PTSA PG21, Winter Wonderland, 38 Roselle Ave., Cranford, NJ 07016.

We will be collecting canned and boxed goods to donate to Cranford Family Care.

## VFW TO HOLD PEARL HARBOR DAY SERVICES

On Monday, December 7th at 9:00 a.m., Cranford VFW Post #335 will hold an outdoor memorial service in remembrance of the attack on Pearl Harbor on December 7, 1941 which ignited the beginning of WW II.

The service is open to the public and will be held at the VFW Post Memorial Home at 479 South Ave. E. in Cranford. The program will last approximately a half hour. In the event of inclement weather, the ceremony will be moved

indoors at the Post. Proper Covid pandemic policies will be followed including mandatory masks and distancing.

Featured at the service will be the VFW Color Guard, and a Navy bugler, as well as a taped recorded playing of Franklin Delano Roosevelt's famous "date which will live in infamy" radio address.

For additional info, please call 908-482-0132 or email [jimdrc@verizon.net](mailto:jimdrc@verizon.net).

## CRITICAL BLOOD DRIVE SET FOR DEC. 8TH

Cranford's VFW Post #335 has announced it will be holding another very special blood drive, on Tuesday, December 8, 2020, from 2 – 8 p.m. at the Cranford Community Center, 220 Walnut Ave., in the gym. The ample size of the gym gives more than adequate spacing between donors as required under CCD guidelines.

VFW Chairperson, Joseph DelGrippe stressed the need for Cranford residents to take part in this important township-wide event. "The current shortage is greater than we have

seen in a long, long time. The pandemic seems to have put a hold on people donating and we can't let that happen in Cranford. Please come out once again and do your part."

Please note that appointments are encouraged. Sign up online at: [smarturl.it/NJBS\\_Drive](http://smarturl.it/NJBS_Drive).

Use sponsor code 70780.

You can also call or text Genevieve at 732-672-5281.

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## NEW BUSINESSES JOIN DOWNTOWN CRANFORD COMMUNITY

*Submitted by Downtown Business & Economic Development*

Though many things have changed in the past few months, one thing that's remained constant is that people continue to seek out Cranford as where they want to open their new business. A number of new businesses have opened their doors in Downtown Cranford recently and more will be opening in the next few weeks.

These businesses have recently opened their doors and been welcomed with open arms to the Downtown Cranford community.

**Ani Ramen:** ramen restaurant,  
109 Walnut Ave. • [aniramen.com](http://aniramen.com)

**Heal & Glow:** infrared spa,  
2 Eastman Street • [healnglow.com](http://healnglow.com)

**Hickory & Hill General Store:**  
home decor and gifts,  
21 North Ave. West • [hickoryhillgeneralstore.com](http://hickoryhillgeneralstore.com)

**i bubble tea & cafe:** bubble tea,  
109 Walnut Ave.

**Max & Luna:** baby and kid boutique,  
10 Alden Street • [maxlunashop.com](http://maxlunashop.com)

**Sapore di Italia:** Italian restaurant,  
101 North Union Ave. • [saporediitalia.net](http://saporediitalia.net)

**Tomasello Winery:** NJ winery tasting room  
that also offers small bites,  
109 Walnut Ave. • [tomasellowinery.com](http://tomasellowinery.com)

**Woof Gang Bakery:** pet supplies and grooming,  
4 South Union Ave. • [woofgangbakery.com](http://woofgangbakery.com)

**Yumpanadas:**  
empanadas and Haitian cuisine restaurant,  
101 Miln Street • [facebook.com/Yumpanadas](https://facebook.com/Yumpanadas)

As the Downtown Cranford office looks ahead, we also have additional businesses that are planning to open in the upcoming weeks.

**Agave:** Mexican restaurant,  
117 N. Union Ave.

**Fettle Market:** to-go market serving organic,  
gluten free and healthy food,  
34 North Avenue West • [fettleandfare.com](http://fettleandfare.com)

**Papa Ganache:** vegan bakery,  
106 North Union Ave. • [papaganache.com](http://papaganache.com)

Our thanks to these business owners for investing in Cranford.

Visit [downtowncranford.org](http://downtowncranford.org) to view information about these new businesses, as well as a full business directory for the downtown area.

You can also follow Downtown Cranford on Facebook and Instagram to stay up-to-date on everything happening in Downtown Cranford.



(above) Alex Zhang, owner of i bubble tea & cafe, wears his grand opening ribbon as a sash.

### BOY SCOUT CHRISTMAS WREATH

Cranford's Boy Scout Troop 80  
will kick off its annual  
Christmas decoration fundraiser  
starting Friday, November 21st  
10AM – 3PM.

Scouts will be outside of the  
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(above) Cranford Mayor Patrick Giblin assisted Owner Adriano Nery, wife Paula and son Davi cut the ribbon to Sapore Di Italia, formerly Emma's.

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## NOVEMBER HAD SEVEN RIBBON CUTTING CEREMONIES DOWNTOWN

Cranford Mayor Patrick Giblin presided over seven Grand Opening Ribbon Cutting ceremonies in the month of November. The businesses are some of the twelve new businesses opening up in the Cranford Downtown are.

The events were coordinated by Caren Demyen, acting Director of the

city's Downtown Business & Economic Development agency.

The mayor was joined by Deputy Mayor Kathleen Miller Prunty and Township committee member Jean Maisonneuve, and Demyen, who welcomed the owners to the community.

Visit [downtowncranford.org](http://downtowncranford.org) for more info on downtown happenings.



*(above) Owner Marissa Maranhao cuts ribbon to Yumpanadas, an empanadas and Haitian cuisine restaurant.*



*(above) Owner Kelli Paterno cuts the ribbon to Hickory & Hill General Store, assisted by mom Gail Paterno and Heather Cejovic.*



*(above) Owners Michelle Hannen and Sherry Butrico, he mom, cut the ribbon opening Woof Gang, joined by husband Tom and son Thomas, and Mayor Giblin's dog Chewie.*



*(above) Owner Erica Gomez cuts the ribbon to Heal and Glow she was joined by parents Otto and Linda and boyfriend Michael.*



*(above) Owner Cori Ardent cuts the ribbon of her baby and kid boutique Max & Luna. Manager Irena Sopranzetti is holding Max.*



*(above) Management and staff of Ani Ramen with Mayor Patrick Giblin at Grand Opening ceremony.*

Photos of these events can be found on the Cranford Monthly page on [facebook.com](https://www.facebook.com/cranfordmonthly). Feel free to "Like," "Tag," and "Share."



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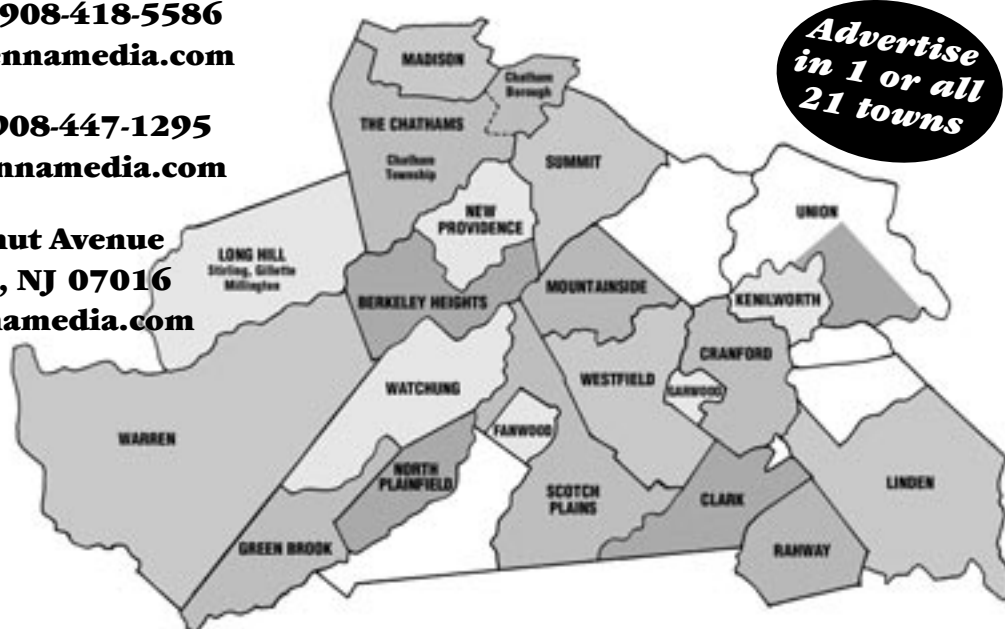
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<b>Berkeley Heights</b> COMMUNITY NEWS Qty: 4,800 Mailed to every home and business. Zip: 07922	<b>THE CHATHAMS</b> NJ Qty: 7,400 Mailed to every home and business. Zip: 07928	<b>Clark Monthly</b> Qty: 6,700 Mailed to every home and business. Zip: 07066	<b>CRANFORD MONTHLY</b> NJ Qty: 9,800 Mailed to every home and business. Zip: 07016	<b>Fanwood Post</b> NJ Qty: 3,000 Mailed to every home and business. Zip: 07023	<b>Garwood Times</b> NJ Qty: 2,200 Mailed to every home and business. Zip: 07027	<b>Green Brook Gazette</b> NJ Qty: 3,000 Mailed to every home and business. Zip: 08812
<b>KENILWORTH</b> NJ Qty: 3,600 Mailed to every home and business. Zip: 07033	<b>LIFE in LINDEN</b> NJ Qty: 17,400 Mailed to every home and business. Zip: 07036	<b>Long Hill LEADER</b> NJ Qty: 3,600 Mailed to every home and business in Gillette, Millington and Sirling. Zips: 07933, 07946, 07980	<b>MADISON MONTHLY</b> NJ Qty: 6,300 Mailed to every home and business. Zip: 07940	<b>MOUNTAIN SIDE VIEW</b> NJ Qty: 2,900 Mailed to every home and business. Zip: 07092	<b>New Providence NEWS</b> NJ Qty: 4,900 Mailed to every home and business. Zip: 07974	<b>The PRIDE of North Plainfield</b> NJ Qty: 8,300 Mailed to every home and business. Zips: 07060, 07062, 07063
<b>OUR TOWN Rahway</b> NJ Qty: 12,400 Mailed to every home and business. Zip: 07065	<b>Scotch Plains</b> NJ Qty: 9,600 Mailed to every home and business. Zip: 07076	<b>Summit 3 Times</b> NJ Qty: 9,600 Mailed to every home and business. Zip: 07901	<b>Spirit of UNION</b> NJ Qty: 5,500 5,000 mailed to homes and businesses. Zip: 07083	<b>WARREN MONTHLY</b> NJ Qty: 6,200 Mailed to every home and business. Zip: 07059	<b>Watchung Post</b> NJ Qty: 2,800 Mailed to every home and business. Zip: 07069	<b>Westfield MONTHLY</b> NJ Qty: 11,800 Mailed to every home and business. Zip: 07090

### NEWSPAPER AD RATES

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

Units	Size	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 ANY 18 NEWSPAPERS	RATE FOR ALL 21 NEWSPAPERS
1 Unit (Business card)	3.25" x 2"	\$60	\$150	\$250	\$350	\$400	\$450	\$500	\$550
2 Units	6.5" x 2" or 3.25" x 4"	\$100	\$250	\$400	\$500	\$600	\$700	\$800	\$900
4 Units	3.25" x 8" or 6.5" x 4"	\$180	\$450	\$700	\$900	\$1100	\$1300	\$1500	\$1700
6 Units	6.5" x 6.25" or 10" x 4"	\$240	\$600	\$900	\$1200	\$1400	\$1600	\$1800	\$2000
9 HALF PAGE	6.5" x 9" or 10" x 7"	\$320	\$800	\$1000	\$1300	\$1600	\$1900	\$2200	\$2400
12 Units	10" x 8"	\$360	\$900	\$1200	\$1500	\$1800	\$2100	\$2400	\$2700
18 FULL PAGE	10" x 14"	\$400	\$1000	\$1400	\$1800	\$2200	\$2500	\$2800	\$3000
2 PAGE SPREAD	21" x 14"	\$700							
BACK PAGE	10" x 14"	\$500							
FRONT PAGE BANNER	8.25" x 2"	\$320							
FRONT PAGE BOX	1.5" x 4.5"	\$240							

Back cover, front page banner and front box reserved on first come, first served basis. Current advertiser has right of first refusal.

### PREPAY FOR 6 MONTHS AND GET 1 FREE

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Visit [RennaMedia.com](http://RennaMedia.com) for online publications. Photo albums, video and advertising opportunities.

# Howdy Partners!

## Online Marketing is like the Wild West

Too many carpetbaggers are exploiting business owners, making empty promises that don't materialize.

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](mailto:walter@www-online-enterprises.com)

He does a great job analysing and making recommendations.

It is only \$250 and can save you time, money and headaches.

Thank you. - Joe Renna

## Full Service Online Marketing



### Online Marketing Items

- Website ads and Social Media Posts, Classified ads .....\$20 per item  
- Special bulk price.....Block of 20 items \$100  
Including: Press releases / Classified Ads  
Web Page / Calendar Event / Monthly Banner ads

#### Extra Boost:

- Blast your online ad or press release to a targeted market: .....\$100
- National Press Release Distribution  
to 300 to 500 news outlets .....Budget choice from \$300 to \$500.

### Website / SEO services

- Website Audit/Analysis and recommendation plan: .....\$250
- 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

**Do not commit to a service unless you have a solid marketing plan and budget.**

Your plan should work on paper before you spend dime one. Don't waste money just trying something. There is no magic bullet.  
**Call Joe for a free consultation.**

**Call Joe Renna 908-447-1295**

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Cranford, NJ 07016

- Email inquiries to:

[info@rennamedia.com](mailto:info@rennamedia.com)



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