

CRANFORD MONTHLY_{NJ}

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POLICE PATROLMAN ROBERT F. HAND REMEMBERED

On February 11th the Cranford Police Department remembers Patrolman Robert F. Hand and the sacrifice that he made 46 years ago. On February 11, 1975 Patrolman Robert F. Hand was killed in the line of duty during a motor vehicle pursuit.

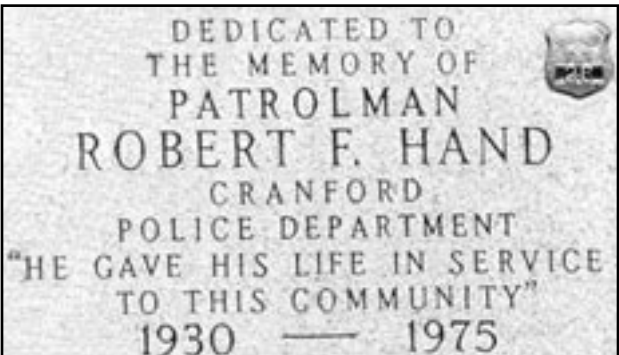
The car that Patrolman Hand was chasing was driven by an eighteen year old Rahway resident. The chase began in Cranford and continued onto Westfield Avenue in Clark, where the officer lost control of his car and crashed into the storefront of a glass and mirror shop. The eighteen year old driver of the car that Patrolman Hand was chasing was arrested in Rahway several minutes after the crash. Patrolman Hand was taken to Rahway Hospital where he was pronounced dead. Patrolman Hand left behind a wife and four young children.

Patrolman Hand will always be remembered as a servant leader who had deep ties to our community. His was nicknamed 'The Senator' because he was known to stop and talk to all of the store owners, shoppers, and everyone else who he saw on his beat. His peers would joke that it would take him half of his shift to walk just one block because of his desire to help people and start conversations with everyone he saw.

Patrolman Hand was an Air Force veteran who served in the Korean Conflict and he received an honorable discharge in 1950. He was sworn in as a Cranford Patrolman in 1956 and received numerous commendations during his 19-year career. In 1968 he was issued a commendation for breaking up a large scale narcotics ring that resulted in the arrest of 10 drug dealers, and in 1969 he was commended for arresting a child sex offender.

Patrolman Hand was active in the Cranford Elks Lodge and VFW Post 335 and had been elected by his fellow officers to serve as president of the Cranford P.B.A.

For the week starting February 11, 2021 uniformed Cranford officers wear black mourning bands across their badges in remembrance of their fallen brother. In addition, all police cars display a memorial badge in his honor all year.



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Non-Emergency Fire.....	908-709-7360
Non-Emergency First Aid.....	908-272-2222
Administrator	908-709-7205
Attorney	908-709-7200
Building and Construction.....	908-709-7213
Clerk.....	908-709-7210
Court Administrator	908-709-7242
Downtown Business & Economic Development	908-709-7208
Library	908-709-7272
Engineer	908-709-7219
Health Inspector.....	908-709-7225
Judge	908-709-7242
Prosecutor	908-709-7242
Public Defender	908-709-7242
Public Works.....	908-709-7217
Recreation & Parks.....	908-709-7283
Recycling	908-709-7217
Registrar.....	908-709-7238
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Tax Assessor.....	908-709-7211
TV 35	908-709-3995

SEND US YOUR NEWS

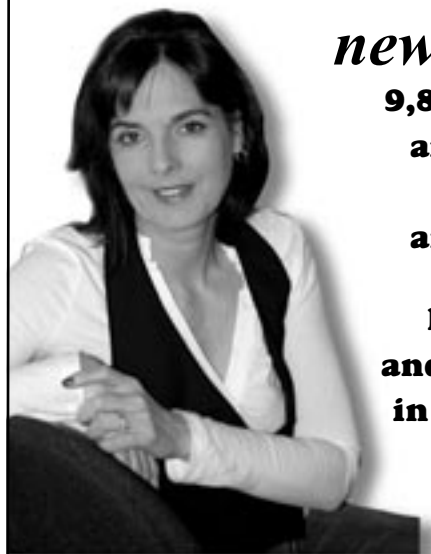
Did you or someone you know accomplish something amazing? We are interested in hearing about your latest achievement (accomplishment, honor, award, etc.). Do you have an event that you need help publicizing? Then send Cranford Monthly your news!

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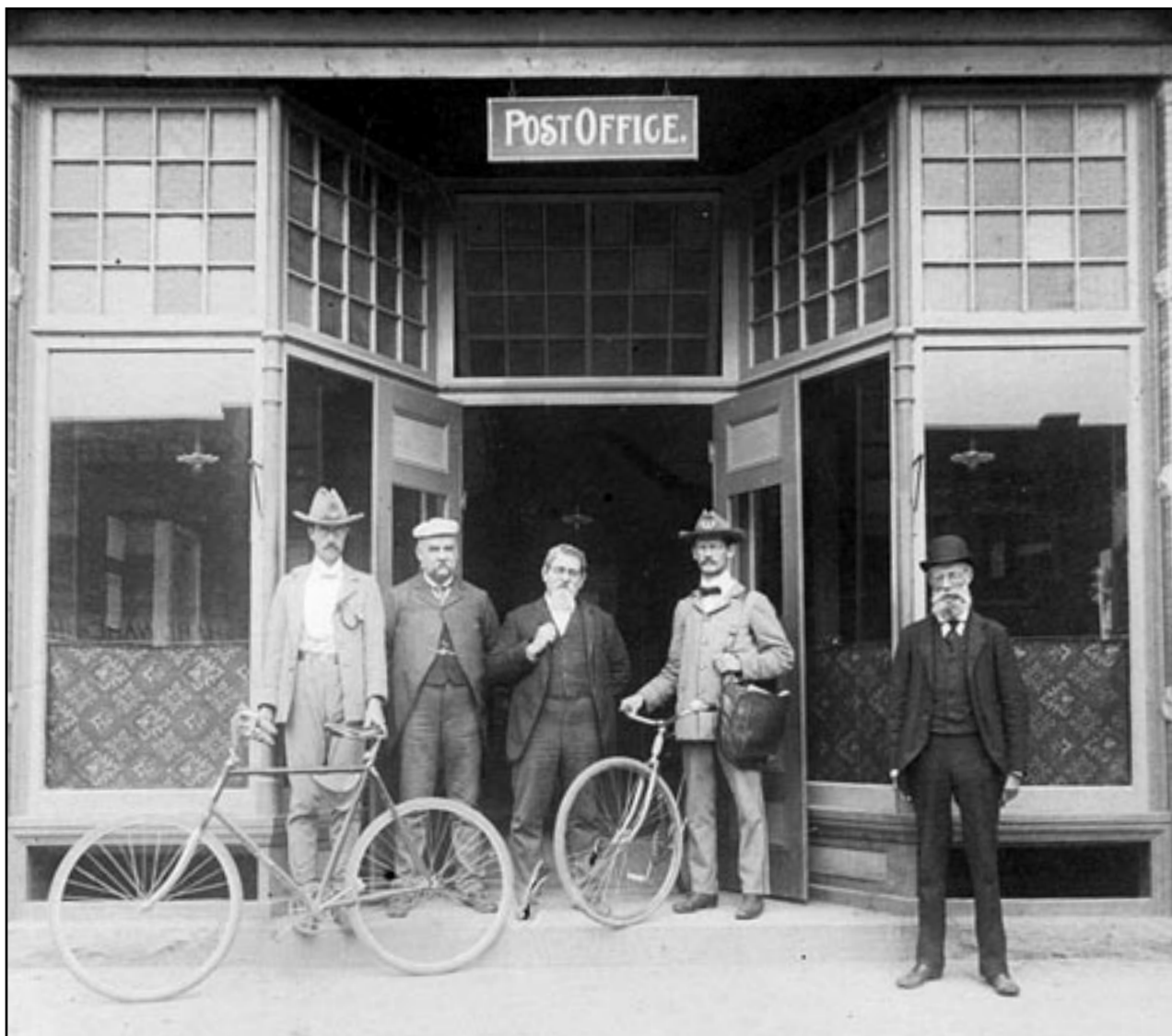
*Reserve space in the next issue.
Call Tina today at 908-418-5586
or email info@rennamedia.com*

THANK A MAIL CARRIER

In recognition of National Thank a Mail Carrier Day on February 4th, the Cranford Police Department posted on their Facebook page a c. 1895 photo of the entire Cranford postal force in front of the Cranford Post Office which was

located on North Avenue in the Opera House Block between Eastman Street and North Union Avenue.

Follow Cranford Police Department on Facebook



(above, l-r) Letter Carrier Harry Crane, Postmaster John Derby, Asst. Postmaster John Crane, Letter Carrier Walter Reinhart, and Township Tax Collector T.A. Crane.

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"THE GREAT AMERICAN SONGBOOK" - A VIRTUAL PROGRAM

The Cranford Historical Society invites you to a virtual musical program, "The Great American Songbook" on Sunday, March 14 from 2-3 p.m. featuring Tom Langmaack at the keyboard. The program will feature hit songs plus a sing-a-long from some of Broadway's most beloved musicals.

Visit the Society's website at cranfordhistoricalsociety.org/events for direct access to the Zoom link to join the program.

HISTORICAL SOCIETY SEEKING MEMBERS

The Cranford Historical Society Membership Committee announces that the Society's 2021 membership campaign is under way.

The Cranford Historical Society is a non-profit educational organization whose mission since 1927 has been to preserve and perpetuate the history of Cranford for now and for future generations. We cordially invite you to join us. By becoming a member you will help support the continuation of our archives collection, costume department, the maintenance of the Hanson House and Crane-Phillips House Museum, our 3rd grade school tours, our History Award program given out to a Cranford High School Senior every year and our community outreach programs and events for visitors of all ages. Also, our members receive 5 issues a year of our electronic newsletter, the "Mill Wheel" which is full of informative and interesting facts and stories about Cranford and its people.

A 2021 Membership Form can be found on the Society's website at cranfordhistoricalsociety.org.

For more info about joining the Cranford Historical Society, please call the Society's office at 908-276-0082 or e-mail cranfordhistoricalsociety@verizon.net.

HISTORICAL SOCIETY 2021 MEMBERSHIP

Please help us to keep the Cranford Historical Society strong by becoming a member.

Thank you for your support!

Mail membership form to:

Cranford Historical Society

The Hanson House

38 Springfield Avenue, Cranford, NJ 07016

Please accept my membership in the Cranford Historical Society! Mail your check to:

Cranford Historical Society,
38 Springfield Avenue, Cranford NJ 07016

\$15 \$25 \$50 \$75 \$100

COMPANY NAME

NAME

PHONE

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. Additions 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."

- Quenton L.

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GRAB YOUR PASSPORT AND LET'S GO TO RAHWAY'S TASTE OF SPRING!

Rahway's Taste of Spring, New Jersey's premiere, wine, food and aperitif tasting is ready to help get you out of the house! While it is not quite safe to gather in large numbers, we will still be giving our foodies a chance to get their tasting "fix".

This year, purchase a \$5 Taste of Spring Passport from the Rahway Recreation Center located at 3 City Hall Plaza, Rahway. During four weekends in April, Taste of Spring "tourists" visit participating establishments during their scheduled times. Tourists present their passport and pay only \$5 for a special Taste of Spring sample! Tasters will be treated to many of the same delectable desserts and enticing cuisine that is a signature part of Rahway's annual event. You will even be able to vote for your favorites!

Just like at the larger Taste event, samples are meant to be enjoyed "on the go". This year, we encourage Taste Tourists to be thoughtful of the indoor dining limitations brought on by the pandemic and head out with your sample. However, if the fare tickles your palette, feel free to head back in and order a full meal!

The schedule runs Thursday through Sunday on the following weekends: April 8-11; April 15-18; April 22-25; April 29-May 2. Details of when your favorite establishments are participating and where they are located will be available at RahwayIsHappening.com and in your passport

so you can plan your adventure!

Many of our award winning restaurants will be joining us again this year so make sure you don't miss out! From Rahway: Beana's Para Siempre; Cook's Kitch'n; Il Forna a Legna; La Malinche; Melao Cafe and Creamery; Rahway Bagels; Rahway Fried Chicken; The Coffee Box; Watt Hotel Lounge; Sabor Peruano; Gyro's Corner; and Mr. Subs 3. From the surrounding areas: Bahama Breeze (Woodbridge); and La Bon

Bakery (Woodbridge); Climax Brewing Company (Roselle Park); Chevys Fresh Mex (Linden); and more are signing up every day!

We are excited to have you participate in our Rahway Taste of Spring 2021. Make sure you save the date for Rahway's Taste of Spring 2022 on April 8th back at the Rahway Recreation Center!

Visit RahwayIsHappening.com for more information

RAHWAY TASTE PASSPORT 2021

PURCHASE A \$5 PASSPORT

AT THE RAHWAY REC CENTER. VISIT PARTICIPATING RESTAURANTS DURING THEIR SCHEDULED TIME AND PAY ONLY \$5 FOR A DELICIOUS SAMPLE.

Full details at RAHWAYISHAPPENING.COM

THERE IS NO LIVE TASTE EVENT FOR 2021--BUT YOU CAN STILL ENJOY RAHWAY'S EATERIES WITH YOUR PASSPORT 2021! SAVE THE DATE FOR NEXT YEAR!

TASTE OF SPRING 2022

APRIL 8TH

AT THE RAHWAY REC CENTER

The graphic features a stylized bird and floral illustrations.

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Edward Anthony Somma, MD
Internal Medicine

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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Bradshaw Creative Services presents, THE STUDIO, is a performing Arts Studio Boutique. Specializing in conservatory style training in Acting and Public Speaking. Founder and owner, Erica Bradshaw is a working professional actor and educator as well as a double graduate of the University of North Carolina School of the Arts, ranked #7 of the top 25 acting schools in the world, according to the Hollywood Reporter.

We keep our class sizes small to make sure we are able to give individualized attention to our performers.

Private coaching and small group classes are available online & in person!

Teen Acting classes begin
- February 24th 2021 - 6 Wednesdays 5pm

Youth Acting classes begin
- January 24 2021 - 6 Saturdays 12pm

Teen Creative Writing classes begin
- February 13th 2021 - 6 Saturdays 5pm

Adult Creative Writing classes begin
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Submitted by Rebecca Tantillo

Ann McGovern, a Cranford resident and retired Cranford middle school teacher, took up crocheting as a way to learn a new skill and express her creativity.

When the sitting Bernie Sanders memes took over the internet after the inauguration, Ann decided to put her skills to the test. Eleven hours later she created her version of “Sitting Bernie”. Her creation revived so much interest on

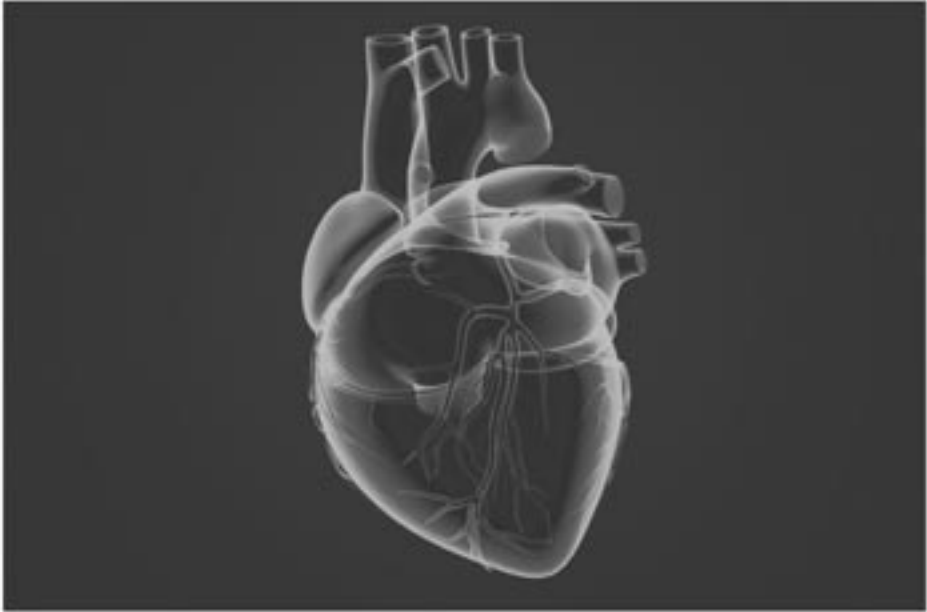
Facebook, she decided to reach out to Cranford, NJ Moms Facebook group and ask if they would partner with her to raise money for Cranford Family Cares and give her crocheted Bernie doll away.

Her idea was to ask for a donation of \$5 as an entry fee for a chance to win the doll. 430 donations later and \$2,150 raised for Cranford Family Cares, Bernie found a new home with lucky winner, Cranford mom, Rachael Zeigler.




(above) Cranford resident Ann McGovern crocheted a “Sitting Bernie” and found a fun and original way to raise funds for an organization that supports Cranford families.

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JAYCEES DONATE TO PAL MEMORIAL SCHOLARSHIP

On Tuesday, February 9, the members of the Cranford Police Department who also volunteer for the Cranford Police Athletic League (PAL) received a generous donation from the Cranford Jaycees as part of their fundraising efforts for Track Friday.

The PAL established a memorial scholarship for Will DeGregorio this year after his courageous battle with cancer. In addition to raising funds for 2 other benefactors, the Jaycees

raised over \$2,800 for this new PAL scholarship, which will be awarded to graduating Cranford High School seniors during the Senior Awards Ceremony this year.

“Track Friday is an amazing opportunity to bring our community together behind many great causes. We are so fortunate to have had the Cranford PAL Will DeGregorio Memorial Scholarship chosen as one of the main beneficiaries this year,” said PAL Director

Matthew Nazzaro.

Track Friday organizer Eric Robinson and his team from the Jaycees presented PAL Executive Director Matt Nazzaro, President Chris Polito, Secretary Brian Trotter, and Board Members Greg Federici and Ali Muhammad a check at headquarters. Present was Kara Shields, Will’s mother and PAL Board Member Kim Capece, Will’s Aunt.



(above) The Cranford Jaycees presented the Cranford Police Athletic League with raised funds for the memorial scholarship for Will DeGregorio.

Photo by Cranford Jaycees



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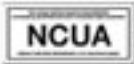
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TOWN WIDE GARAGE SALE - APRIL 10

Cranford's Town Wide Garage Sale hosted by Project Home of Cranford is scheduled for Saturday April 10, 2021 Rain or Shine. This is a great opportunity for residents to clean out items they no longer need and turn them into cash and most importantly help support township residents in need. Winter is the perfect time to start your spring cleaning early and to plan your sale.

Those who register will have the address of their sale and brief description of what they have to offer for sale included on the listing that will be posted on the Project Home website and on Facebook for shoppers looking to find sale locations. On-line registration will be available through April 6, 2021, mail in registration must be postmarked by April 2, 2021.

To participate in the Town Wide Garage Sale registration is available on-line through the Project Home website: cranfordprojecthome.org, or by mailing in the completed registration form, which can also be found on the website or send a note with your name, address, telephone number and brief description of what you are selling, along with a check for \$25 to Project Home of Cranford, PO Box 724, Cranford, NJ 07016.

Note, only your address and what you are selling will be posted to the site for shoppers to see.

All participants are requested to follow the current health and safety guidelines relating to COVID-19 while running their individual sale.

Since March and the start of the current COVID crisis Project Home of Cranford, through Cranford Family Care has assisted over 25 families with housing costs. It is through fundraisers like the Town Wide Garage Sale that we as a community are able to lend a hand to those in need when unexpected financial crisis impacts our neighbors.

For 25 years Project Home of Cranford, a 501(c)3 charity, has been working through Cranford Family Care to keep Cranford families in crisis in their homes. The Town Wide Garage Sale is one of the events that Project Home runs to raise funds for Cranford Family Care. For questions about the garage sale or just find out more about Project Home and our mission please email us at info@cranfordprojecthome.org, visit us at cranfordprojecthome.org and Like us on Facebook ProjectHomeOfCranford.





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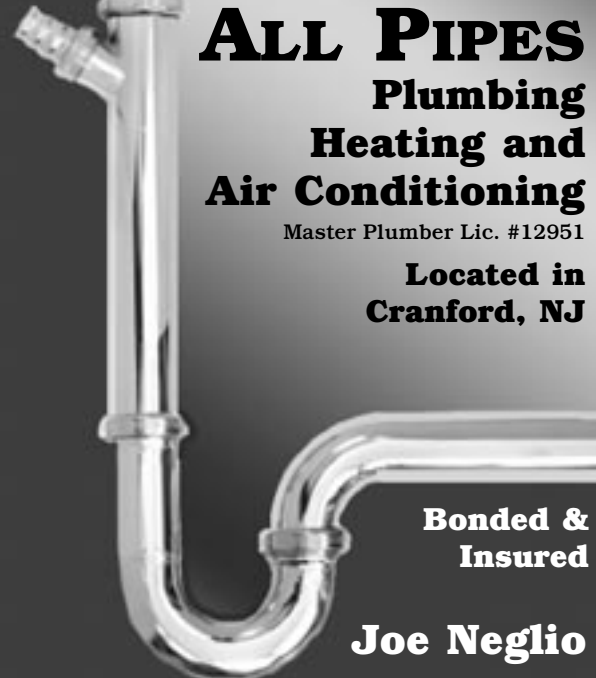
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NEW STUDENT REGISTRATION/ENROLLMENT FOR THE 2021-2022 SCHOOL YEAR

Registration/enrollment for the 2021-2022 school year for kindergarten and children entering grades 1-12 who are new to Cranford Public Schools will be conducted virtually and/or by appointment at your child's school beginning February 1, 2021.

Please go to the District's website, cranfordschools.org, for specific registration and enrollment information.

Please be reminded that your child must be five years old by October 1, 2021 and a Cranford resident to be eligible for kindergarten.

COLLEGE WOMEN'S CLUB MARCH EVENT

The College Women's Club of Cranford would like to invite the public to the club's educational program for March entitled Why Staging your Home is so Important, featuring guest speaker Dianne Mroz, certified Home Stager, Interior Designer and owner of Creative Crew Design.

In this program, Dianne will speak about the benefits of staging your home before selling and how using staging techniques can enhance your

living experience at home. She has used her unique approach to interior design for the past 30 years and has worked in design and display with retailers such as Platypus and Fortunoff. ZOOM with us from the comforts of your own home on March 8 at 8 p.m. and enjoy this free informative and exciting program. Email the club at cranfordcollegeclub@gmail.com for zoom information.



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DRIVE-THRU FOOD COLLECTION – MARCH 6

Cranford United Methodist Church has announced that it will host its next Drive-Thru Food Collection event on Saturday, March 6 from 10 a.m. to 2 p.m. in the church's parking lot, as the pandemic rages on and more of our neighbors are struggling to keep food on the table.

Place your bags of non-perishable food in your

trunk, drive up, pop your trunk and volunteers will remove them, no contact needed! Your food donations will be delivered to Cranford Family Care, St. Joseph's Social Services and other local organizations serving families in need.

Cranford United Methodist Church's parking lot is next to the Cranford Library, 201 Lincoln Ave East, Cranford.

Here are examples of especially needed items: boxed milk, oil, spices, salt, pepper, tea and coffee, sugar, flour, tuna, crackers, soup, cereal, canned vegetables, rice, cake mix and frosting, dish detergent, soap and paper goods.

There is also a special need for bags of fresh produce, for example apples, onions, potatoes and other hardy fresh produce.

Can't make that date? There are bins placed outside the entrance to the church off of the parking lot where donations can be dropped any time.

Last month, 8 vans full to the brim with food were delivered to Cranford Family Care and St. Joseph's and we thank you for helping make it happen!

Please spread the word by letting your neighbors know about this event on March 6. Mark your calendars for the next few food drives: April 10 and May 8. Same time, same location.



(above) Cranford United Methodist Church has announced that it will host its next Drive-Thru Food Collection event on Saturday, March 6 from 10 a.m. to 2 p.m.

Photo by Paul Lachenauer

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SEA SCOUT SHIP 228 VIRTUAL OPEN HOUSE

Are you interested in boating, sailing, or mechanics? Come check out Sea Scouting and let the adventure at sea begin! The crew of Ship 228 will be hosting a virtual open house, taking place over Zoom on Saturday, March 13 at 4:00 p.m. and featuring various activities that are bound to pique a young adult's interest in scouting.

Sea Scouting is open to both male and females ages 14-21 who have graduated the 8th grade; we also have a new Maritime Explorer Club for younger youth in 6th to 8th grade. Adult volunteers with maritime experience or captain's licenses are needed too. Join us for a day on the water and bring a friend! Visit our website for more information ship228.com.

Ship 228 is proud to host the virtual open house. The event will include a tour of the ship's main vessel (the 65' Sea Dart II, one of the largest Sea Scout vessels on the east coast), an introduction to the Sea Scout program, appearances from current Sea Scouts, a lively Q&A, and more.

To register, please provide your name, email address, and phone number (which is optional) in an email to Ship228.SeaDart@gmail.com.

Sea Scouts from Ship 228 operate the 65' vessel Sea Dart II, along with a fleet of smaller vessels (including sailboats) from their picturesque base located in Linden, New Jersey. Sea Scouting (which is part of the Venturing Program of the Boy Scouts of America) offers young adults the opportunity to travel and learn skills that could be useful in future careers. Whether you're steering the vessel from the wheelhouse, learning engine room repair, or visiting a new location on one of the many trips, there's something you'll enjoy in Sea Scouting. So, try something different, check us out, and prepare yourself to set sail for a real adventure.



(above) Whether you're steering the vessel from the wheelhouse, learning engine room repair, or visiting a new location on one of the many trips, there's something you'll enjoy in



(above) Adult volunteers with maritime experience or captain's licenses are needed too. Visit our website for more information ship228.com, or email Ship228.SeaDart@gmail.com.



(above) Sea Scouts from Ship 228 operate the 65' vessel Sea Dart II, one of the largest Sea Scout vessels on the east coast, along with a fleet of smaller vessels (including sailboats) from their base located in Linden, NJ. Sea Scouting (Part of the Venturing Program of the BSA) offers young adults the opportunity to travel and learn skills that could be useful in future careers.

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The New Jersey Medical Reserve Corps (MRC) – a network of community-based, locally organized units comprised of volunteers – is looking for reinforcements, particularly those with vaccination skills. MRC volunteers are especially vital during emergencies and disasters when paid public health and emergency response assets are overwhelmed. Healthcare professionals (including recently retired individuals) having vaccination skills are

especially needed now that COVID-19 vaccines are available.

In addition to skilled vaccinators, individuals with all types of skill sets (for example, security, language translation/interpretation, education and outreach, warehouse operations, clerical, counseling, and more) are needed. If you are interested in volunteering with the MRC, visit njlmn.njlincs.net and click on “Register as an Existing or New MRC Volunteer!”

COURSE ON DEALING WITH MENTAL ILLNESS

The NAMI Family-to-Family Education Course will be offered by the Union County Chapter of NAMI (National Alliance on Mental Illness). The course will be online via Zoom starting on Thursday evening, March 4 at 7 p.m., and meet each Thursday over a consecutive 8-week period. We ask that you be able to commit to the full series of dates through April 29, and be able to attend from a computer, tablet, or smartphone and attend with some sense of privacy.

The course is offered specifically to the parents, siblings, spouses, teenage and adult children, and significant others of individuals with severe and persistent mental illness. The program is not appropriate for individuals who, themselves, suffer from one of the major mental

disorders. The course is taught by NAMI members who have completed intensive training.

Curriculum topics include: schizophrenia, bipolar disorder (manic depression), clinical depression, panic disorder, obsessive-compulsive disorder etc., the clinical treatment of these illnesses and how caregivers can learn to cope more effectively. Attendees will learn about new research, medications, skills needed to successfully communicate with a relative and how to deal with critical periods.

Capacity is limited. To register, or if you have questions, contact Pat Roman at 732-382-0762 or email patroman2@aol.com.

Please include in the subject line: “F2F Course”. A F2F teacher will contact you with the details.

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FAMILY CAREGIVERS WEATHERING COVID-19

Submitted by Erin Jerome

Having reached a dead end in his career, Thomas Corea decided to become a stay-home dad when his son, TJ, was 18 months old. Not long after that, he and his wife, Carol, discovered TJ was on the autistic spectrum. Thomas Corea has been the family caregiver for his son, now 26, ever since.

While Thomas Corea is a very positive person – he is a musician by trade – he often found it daunting to deal with the system that is in place to provide people with disabilities and their families the supports they need.

“Unless you stand on a mountain and scream, you get nothing,” he said. “You try to keep your head above water and their head above water to keep them safe.”

According to estimates from the National Alliance for Caregiving, 65.7 million Americans serve as family caregivers for an ill relative or a relative with a disability. Per the Administration for Community Living, research indicates family caregiving takes a significant emotional, physical and financial toll. With nearly half of all caregivers over the age 50, many are vulnerable to a decline in their own health, they say. Studies show that coordinated support services can reduce caregiver depression, anxiety and stress.

To ease that stress, Thomas Corea turned to Community Access Unlimited, first for direct support services while TJ was in school, then for respite services when he turned 21. Monique St. Claire is the family’s support counselor, providing the family with 6.5 hours of respite support one day each week. St. Claire takes TJ on short trips, such as to outside events.

“TJ’s mother and father need a break because he takes a lot to handle,” St. Claire said. “I’m getting him out of the house and giving his parents respite...He gets frustrated when he doesn’t get what he wants. But I can reason with him and then he says with a sweet voice, ‘Okay.’ It’s very endearing.”

St. Claire’s support became even more important when Covid-19 hit the United States and all TJ’s other supports stopped. St. Claire is back to visiting weekly.

“He lost all his routine,” Thomas Corea said. “He lost his sense of day and night. He needs constant attention...Now that he has it back, he’s back to normal.”

CAU plays a major support role for thousands of family caregivers and has not abated its services during Covid. Yet the agency is facing drastic increases in expenses related to the pandemic and is asking for help.

“CAU is working hard to keep our members and staff safe during the pandemic and we continue to incur significant expenses, such as personal protection equipment,” said Bernadette

Griswold. “We are asking people to consider becoming a monthly donor – 100 percent of their donations will support ongoing safety measures and program expenses as we continue to support individuals and families with special needs in New Jersey.”

Griswold said there are three ways people can support the agency: volunteering their time, advocating for CAU members, or donating directly via the agency’s website or choosing CAU as their charity of choice on Amazon Smile and eBay for Charity. To learn more, visit caunj.org/support-us/.

To learn more about CAU, visit caunj.org or follow the agency on Facebook, Twitter and Instagram. Learn more about supporting the agency and become a monthly donor at caunj.org/support-us/.

CAU is Hiring! Community Access Unlimited continues to expand and we have a number of full time and part time openings available. Contact our HR department at 908-354-3040 ext. 4203 to learn more! For a full list of available positions, visit caunj.org



(above, l-r) Monique St. Claire, support counselor at Community Access Unlimited, poses with one of the families she supports, TJ, Carol and Thomas Corea.

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BICYCLE COLLECTION FOR DEVELOPING COUNTRIES

Submitted by Larry Holt

In August 2020, Renna Media reported that Faith Lutheran Church collected and repaired 170 used bikes from residents of New Providence, Berkeley Heights and neighboring towns. The collection was conducted on behalf of Pedals for Progress, an organization which recycles bikes for persons in developing countries. Faith contributed \$1,700 toward the shipment of the bikes.

In the United States daily transportation occurs conveniently with little or no forethought. This is not the case in developing countries, where a village may not have one car. The mode of transportation for commuting to work, going to market and receiving medical care is frequently a pedal bike.

Later this year, Faith will again be asking persons to donate bikes for Faith to process through Pedals for Progress. A person may ask Faith to pick up the bike from his/her house or deliver the bike to Faith. If one wishes to donate a bike before the request, one may place the bike by the shed at the back of Faith's parking lot located at 524 South Street, New Providence, NJ. If you would like a bike picked up call 908-464-5177.

Since 2002 Faith has been participating in the Pedals for Progress program. For the past five years, Casey Walsh has chaired the ministry for Faith.

The pastor of Faith is Rev. Jane McCready. Visit online at famfaith.org, or reach by phone at 908-464-5177.



(above) This picture, sent to Faith by Pedals for Progress, demonstrates how completely and creatively the recipients use their bikes.

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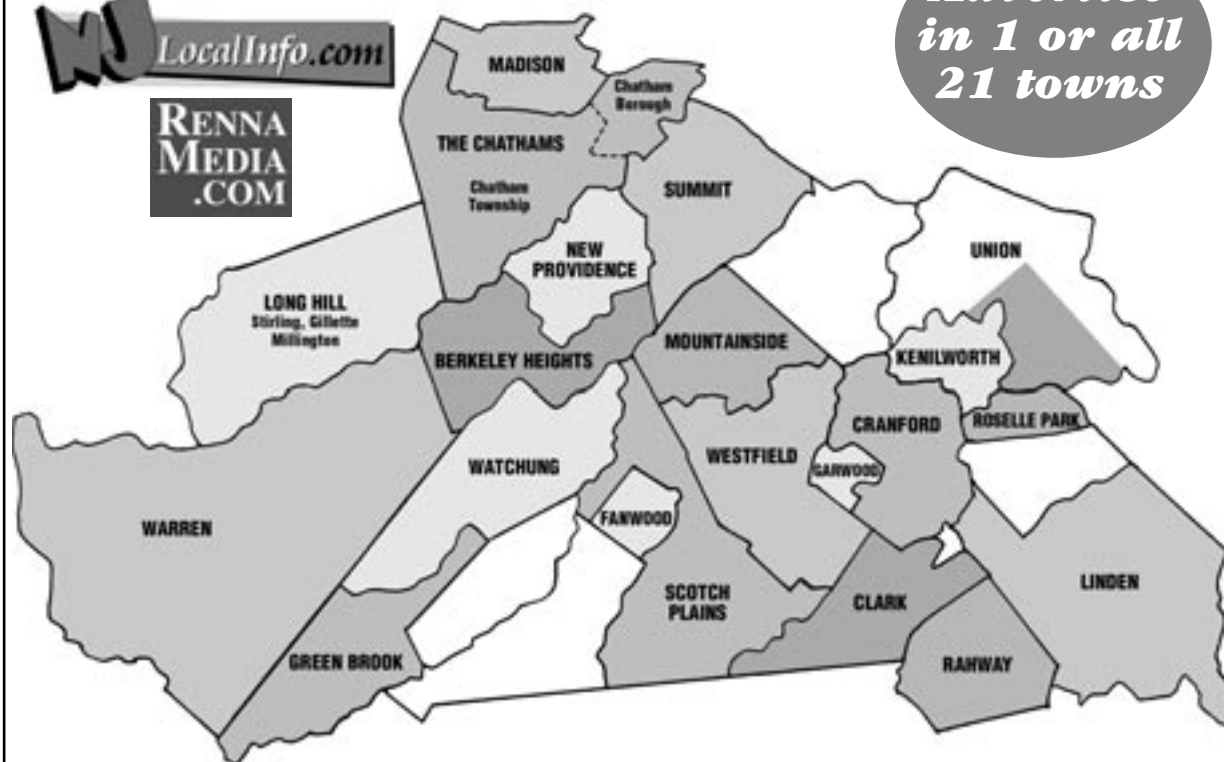
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NEWSPAPER AD RATES

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							

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

Make Checks payable to Renna Media, 202 Walnut Avenue, Cranford, NJ 07016

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

Full Service Online Marketing

ONLINE ADS & PRESS RELEASES DRIVE LOCAL TRAFFIC TO YOUR WEBSITE

- **Get unlimited clicks**

An alternative to expensive pay-per-click programs

- **Free ad design and copywriting**

Advertising webpage includes many features including write-up, images, video, Google map, etc.

- **Paid search engine promotions**

Posts are promoted by industry, key words and location.

- **Posts are shared through social media**

Posts shared on multiple Facebook pages and twitter.

- **Trackable results**

All ads include a live view counter.



**\$20
PER POST
Block of 20
for \$200**

Joe Renna at 908-447-1295

email: JoeRenna@RennaMedia.com

WEBSITE AUDIT/ANALYSIS AND RECOMMENDATION PLAN

- **See what is working and not working**

Know where your web traffic is coming from and why.

- **Eliminate / avoid costly schemes**

Evaluate the return you are getting from your online marketing costs.

- **Increase online marketing results**

Recommendations include ways to increase traffic to your website

- **No obligation**

This service is recommended even if you have an existing web management contract. Use it to tune up your marketing plan.

Call for a consultation if you do not have a website or need a new one.

**ONE TIME
FLAT FEE
\$250**

Joe Renna at 908-447-1295

email: JoeRenna@RennaMedia.com

WEBSITE / SEO SERVICES

- **Starter Website: \$500**

Basic static site that can be developed further

- **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

**STARTER
WEBSITE
\$500**

**Call for free a consultation if you need
help developing an online marketing plan.**

Joe Renna at 908-447-1295

email: JoeRenna@RennaMedia.com

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