

# CRANFORD MONTHLY<sub>NJ</sub>

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## DOORS OF CRANFORD POSTER TO BENEFIT FIRST AID SQUAD

### Coldwell Banker Realty Westfield West

When COVID-19 shutdowns began in the spring of 2020, we all watched in earnest and with the utmost concern in those scary early days as first responders continued to work around the clock at great personal risk. In April 2020, many of our Coldwell Banker Westfield West agents began brainstorming ideas to show our appreciation and to provide meaningful support for our local first responders during the COVID-19 pandemic. We wanted to create a fundraiser to generate the monetary support needed and something interesting that the community could get behind.

Branch Vice President George Kraus had the idea of producing a limited edition "Doors of Cranford" poster that could be sold to the public with 100% of the net proceeds going to support the Cranford First Aid Squad. A committee of Coldwell Banker sales agents who live in Cranford were tasked with identifying a collection of residential doors that were representative of its architecturally diverse neighborhoods and to include those that had unique characteristics or historical significance. With the help of Tina Browning, Diana Chaves, and Lindsay Lehault, dozens of doors were identified and those homeowners were contacted to discuss the project. We are deeply grateful for the many homeowners who graciously agreed to be included.

Most importantly, we are eternally indebted to every selfless member of the Cranford First Aid Squad; in 2020, they answered 1161 emergency calls, (their highest annual total of the past 5 years) and transported 683 patients to 12 different hospitals. The Squad is composed of volunteers—both highly experienced EMTs and new members—who donate their time and talents to give back to their hometown. "Our cadet program of twenty high school students [aged 16 and 17] remains the envy of many other squads," says Cranford First Aid Squad President Kent Lucas. "We expect a lot from our cadets, and they meet the challenge."

Many residents are unaware that the First Aid Squad does not receive any federal, state, or



(above) Members of the Cranford First Aid Squad with a framed poster of "Doors of Cranford".

Photo by Diana Chaves



become a member of the Squad. "We need people from all types of backgrounds."

For those who want to make a financial contribution and receive a Cranford keepsake in return, Coldwell Banker Westfield West now has beautiful 18" x 24" color posters, suitable for framing, that are available for purchase at \$20.00. Other posters available are Fanwood, Mountainside, Scotch Plains, and Westfield, with 100% of those net proceeds supporting their respective Rescue Squads. Please call (908) 233-0065, or stop by the office, located at 600 North Avenue West in Westfield, Monday through Friday between 8:30 a.m. and 5:00 p.m. Acceptable forms of payment are cash, check, and Venmo.

municipal funding; it operates solely on individual donations. For their work to continue, it is vital for residents to show their support. For those who have time to donate, Lucas shared that there is a misconception about who is an ideal volunteer. "We continue to need older members over the age of 30. We have some members who are in their 60s and 70s, and they have life and work experience which is badly needed in an organization of so many members under age 25." Medical experience is not necessary in order to

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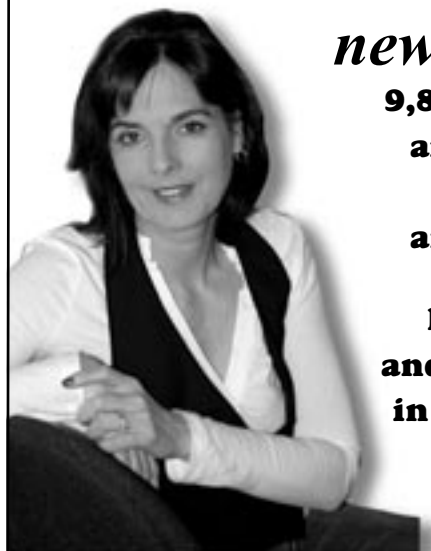
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# CRANFORD'S 14TH ANNUAL RELAY FOR LIFE

*American Cancer Society*

Cranford's 14th Annual Relay for Life will take place on May 22 at Cranford High School and it will look a bit different this year. Due to Covid-19 restrictions, the committee has decided to concentrate on two important components: Celebrating our Survivors and Remembering our lost loved ones. We are calling this year's event "Relay Reimagined".

During the day, we invite all registered survivors for a socially distanced gathering in front of the high school. Light refreshments will be served.

The most emotionally moving time during Relay is the luminaria ceremony when we remember our loved ones lost to cancer. This year we will drive along the luminaria track making a loop around the school. Unfortunately, we all know someone who has lost their life to cancer. We take this time to slow down for a moment to reflect on the lives of those who did not win the battle.

Luminaria bags will be distributed to all elementary students before the event. We are asking for a \$10 donation per bag or \$25 for four bags. You can also purchase on the website below or contactless by e-mailing Christine Saliceti at csaliceti2@gmail.com.

Our fundraising efforts and the dedication Cranford has to this unique event is our way to fight back and have hope that we will see a world where cancer is completely eliminated. Relay for Life fundraising efforts support The American Cancer Society's lifesaving research, advocacy, and local patient services.

Every member of the community is invited to join us from 8-11 p.m. at CHS. A minute of your time can make a huge difference in the fight against cancer.

For more information, contact  
Linda Miklencic at 908-497-0283  
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To register visit [relayforlife.org/cranfordnj](http://relayforlife.org/cranfordnj).



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## GIRLS SCOUTS LEARN ABOUT RACE AND RELATIONSHIPS

*Submitted by Kerry Rokicki*

The Cranford Public Library in collaboration with the Cranford Unity Project and Downtown Cranford created a special “Story Walk” in February that focused on themes of race and friendship. The event drew hundreds of “listeners” including dozens of troops from the Girl Scouts of Cranford (Service Unit 48). Story Walk participants visited different downtown locations and at each stop they learned a little more about the story which featured a tale of friendship that crossed racial lines.

Ms. Lauren Antolino, Children’s Librarian at the Cranford Public Library, explained that the Cranford Public Library had already created two successful story walks in conjunction with programs sponsored by Downtown Cranford and the Cranford Unity Project. “I suggested a few titles that I thought would be a good fit, identifying Jacqueline Woodson and E.B. Lewis’ ‘The Other Side’ as a top pick,” said Ms. Antolino. “Two girls of different races, Clover and Annie, live on opposite sides of a fence that segregates their town. Though they’ve each been warned to never cross the fence, the girls eventually forge a friendship while sitting on top of it. I love the hopeful message, and I wanted children to end the walk knowing that they have the power to enact change in ways both big and small.”

Many troops of all ranks used the Story Walk to hold socially distanced outdoor meetings when they were able to discuss the book’s key


messages of love and hope. Brownie Troop 40511 attended the Story Walk as its February meeting. It was a great way for the Girl Scouts to spend time with their troop mates and have the opportunity to unpack the deep messages in the story. Daisy Troop 40901 also attended the Story Walk for its February meeting. For these Kindergarteners, the message of inclusivity, hope and love was well received. Daisy Troop member Bridge Novick said, “I liked that the little girls were strong and sat together even though people thought they shouldn’t because they were black and white. They did it anyway and didn’t care and that was okay.” One of the goals of the Story Walk, which coincided with Black History

Month, was to feature a message of strength and love told through the perspective of children. “The Other Side” is a story that seeks to empower children to be upstanders in situations of injustice and adversity.

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](http://cranfordgirlscouts.com).



(above) Daisy Troop 40901 during their visit on the “Story Walk”.




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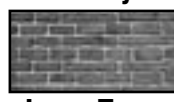
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# AIRMAN FIRST CLASS NATHAN SANDS

Airmen First Class Nathan T. Sands, a 2015 Cranford High School graduate, graduated from Air Force Basic Military Training on April 15, 2021, at Joint Base San Antonio-Lackland. He is now undergoing Air Force Security Forces training on the same base.



# FIRE DEPARTMENT APPLAUDS ALEX KESSLER

The Cranford Fire Department applauds 12-year old resident Alex Kessler for his quick thinking and action at a serious house fire in April. Alex was with his sisters and were walking their dog around their neighborhood when they came across an occupied home which was on fire. Alex immediately dialed 9-1-1 and went to the front door to alert the homeowner. The homeowner came out and Alex passed his phone to him, which was now connected to the 9-1-1 operator. All occupants and their pet were able to escape the house unharmed.

The first moments of a fire incident are the most critical in determining the overall outcome, and Alex’s actions certainly helped ensure the occupants could escape before the smoke and flames were too intense. It also demonstrates his ability to think clearly and calmly in a stressful situation. We sincerely applaud Alex and his siblings for their action!

We are also happy to present Alex with a gift card on behalf of our friends at Front Line Appreciate Group (FLAG) to Vanilla Bean Creamery in town.



(above) Alex Kessler with members of the Cranford Fire Department

Photo by Township of Cranford

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# “LOVESTORM” RAISES FUNDS FOR CRANFORD FAMILY CARE

Submitted by Tom Usinowicz

The Cranford Yarnstormers, a local, loose knit group of knitters and crocheters, led by Cranford resident Teresa Murray, swept into downtown Cranford in February and converted the normally staid gazebo into a swirl of hearts. Part public art and part fundraiser, the installation was meant to raise spirits, raise funds and spread messages of love in time for St. Valentine’s Day. The Yarnstormers offered a chance for residents to sponsor a hand knit heart for \$5, or \$10 with a personal message to be shared on St. Valentine’s Day. All proceeds went directly to Cranford Family Care, a local food bank and support organization.

Lovestorm managed to reach a large audience even during the pandemic. The sponsored hearts sold out quickly and raised \$1,750, with additional donations bringing the total to almost \$2,000. In addition, a one-day food drive on St. Valentine’s Day netted two carfuls of food that were donated as well.

The Yarnstormers created their first public art display in June 2020 by wrapping and decorating the Eastman Plaza clock tower and fixtures in hand knitted pieces to celebrate Worldwide Knit in Public Day. Their next project was a prize winning piece in the Cranford Annual Scarecrow Stroll, "Knitting Runs Through My Skeins", which featured a knitting skeleton.

Besides inspiring kindness and charity, Lovestorm also inspired other art and artists as

well. Jane Ramsey, a talented watercolorist, and Stefanie Lalor, owner and artist in residence at The Artist Framer, both captured the scene in paintings, both of which can currently be viewed at The Artist Framer shop.

During the two weeks of the installation, even in the middle of a near blizzard, many visitors

came to the gazebo to see what was going on inside, or to look for and share their messages with loved ones. When asked why the hearts are not all red, the Yarnstormers answered that “Love comes in all colors.”

Future acts of yarnbombing and public art are being planned.



(above) Lovestorm, an art installation and fundraiser by the Yarnstormers, raised nearly \$2,000 and two carts of donated foods on Valentine’s Day.



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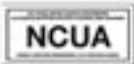
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# LAURIE LITTERIO OF CRANFORD SWORN IN AS CASA VOLUNTEER

## CASA of Union County

Nine community members ranging from age 22 to 63 make up the newest class of volunteer child advocates for CASA of Union County, the only nonprofit advocating for the best interests of Union County youth removed from home due to abuse or neglect, and placed in foster care. Cranford’s Laurie Litterio is among them.

“I wanted to get involved with CASA of Union County to help less fortunate children. As my four daughters get older and move on to college and careers, I wanted to help others that may not have the opportunities my girls have, and to support and advocate for a Union County child so they may go on to lead a successful, rewarding life despite current circumstances. If I can help one child see their potential and help a family move forward, that will be very rewarding for me,” said Litterio.

Superior Court Judge Marc R. Brown presided over the recent swearing-in ceremony

via Zoom; advocates will now be matched to a foster youth or sibling set and begin putting their 30 hours of training into practice. This class includes both non-parents and parents, and such backgrounds as teaching, freelance, law and homemaking. Joining Litterio are Jacqui Lenner and Nicole Sandstedt of Westfield, Rebecca Muston and Amy Saunders of Summit, Sue Pangis of Berkeley Heights, Tamara Parraga-Sez of Newark, Lydia Pernia of Linden, and Jackie Rodriguez of Clark.

Prior to administering the oath, the judge said, “I find the value of CASA volunteers immeasurable. ... CASA is so significant; I always make a point of hearing from the CASA volunteer during the hearing.” Acknowledging that COVID-19 requires the swearing-in and court hearings remain virtual for now, he added, “I so look forward to being able to shake your hand and congratulate you. The assistance you will provide is, again, immeasurable. Thank you

for doing this.” Currently, the organization serves just over 80 percent of all Union County foster youth in care. With a goal to provide an advocate for every youth that needs one, the organization has remained steadfast – despite the pandemic – in efforts to ensure its work continues. To that end, a fully online training and recruiting infrastructure was put into place and protocols implemented to ensure advocates remained both connected to their youth and able to report to judges, and staff could continue recruiting and training volunteers to help meet the need for youth still awaiting an advocate.

Said Executive Director Mariel S. Hufnagel, “In the face of the challenging life circumstances we are all facing due to the COVID-19 global health pandemic, this tremendous group of women still made a decision to give of their time and energy, and train virtually to become advocates. I am so proud to welcome them to the CASA family and can't wait to see all of the ways in which they positively impact the youth to whom they will be assigned.”

Upon being court-ordered to a case, the CASA volunteer has access to the youth as well as foster parents, doctors, caseworkers, therapists and teachers in order to identify concerns and unmet needs, and protect best interests.

For details on upcoming classes and how you can Change a Child’s Story, contact Walia at [wworrill@casaoofunioncounty.org](mailto:wworrill@casaoofunioncounty.org).



(above) Cranford’s Laurie Litterio was among nine CASA volunteers for foster youth who were recently sworn in during a ceremony held via Zoom. For details on upcoming classes and how you can Change a Child’s Story, contact Walia at [wworrill@casaoofunioncounty.org](mailto:wworrill@casaoofunioncounty.org).



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## “DECORATE THE CAKE” CONTEST FOR ALL AGES

*Cranford Historical Society*

This year the Township of Cranford celebrates its 150th anniversary. Along with the various celebrations being planned throughout this year, the Cranford Historical Society would like to invite residents, of all ages, to participate in our “Decorate The Cake” Contest to help celebrate Cranford!

A flyer for the contest can be found on our website at [cranfordhistoricalsociety.org](http://cranfordhistoricalsociety.org).

All artwork submitted will be showcased on our website, Facebook and Instagram pages all year long. Each submission will also be entered into a random drawing for a chance to win one of two History Gift Baskets. Artwork should be received by June 10, 2021, with the drawing to take place on June 20.

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### 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.  
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- 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.

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# FOUR OF CRANFORD'S 86 AND THEIR STORIES FROM WWI AMID THE SPANISH FLU PANDEMIC OF 1918-1919

**Pvt. Frederick E. Heins, Pvt. Sydney J. Craig, Pvt. George H. Haskins and Pvt. Robert R. McGregor**

*By Don Sweeney, research by Stu Rosenthal, editing by Janet Ashnault, and military proofreading by Vic Bary*

In the fall of 2019, after receiving sponsorship from the Buontempo family, Cranford 86 brought you the story of Juan Bargas. As the only residents of Bargas Place, the Buontempos wanted to introduce to Cranford the hero for whom their street was named. Juan Bargas was a young Mexican national, who arrived in Cranford in 1894, with his recently widowed mother. The way Juan overcame adversity in the incredible journey of his short life touched every reader of the Cranford Monthly, in the October 2019 issue. Within their first year in Cranford, the Bargas' new home on Willow Street tragically burnt to the ground and Juan's mother passed away days later. In a life that presented seemingly an unprecedented series of obstacles, this young man rose up and overcame almost all of them. While serving our country in World War I, during the Spanish Flu pandemic, Juan was on a trans-Atlantic military transport ship bound for the European battle theater. He was part of an armored tank unit and was one of many who contracted the H1N1 virus. Juan would meet his end at the age of 30 on October 5th, 1918 when he succumbed to this invisible enemy. (Read the Juan Bargas story at [Cranford86.org](http://Cranford86.org)).

As a father of a Philadelphia college student, I had the opportunity to take a guided historical bus tour around downtown Philadelphia. The story of the Philadelphia-centered Spanish Flu pandemic of 1918-1919 fascinated me and sparked my historical curiosity. Our tour guide gave a graphic depiction of the weeks following a war bond fundraising parade held in Philadelphia on July 4th, 1918. Many had thought that the parade should have been cancelled out of caution for the developing contagion of the H1N1 virus. In just a few weeks, post-parade, 12,000 would die in Philadelphia. The tour guide's description of the nightly pickup of bodies which were stacked up at curbside is still imprinted in my mind. Just weeks after the tour, I found myself amidst the Juan Bargas story and its connection to this historic American tragedy.

The Spanish Flu, as it was misnamed, actually originated in the United States. By government order, no news agency was free to publicize the sickness that had revealed itself in March of 1918, at a US military base in Kansas. At the time, the fight against Germany was not going as well as the world might have liked, and it was feared that hysteria over the virus would possibly affect the war effort. Spain, a neutral country, had no restrictions on their press and it spoke freely about the virus. Estimates report that the virus killed between 17 and 50 million people globally and 675,000 Americans in the two-year pandemic. But when 8-million Spaniards and their King, Alphonso XIII became ill from it, the media in Spain gave it full coverage and even blew it out of proportion. They called it the Spanish Flu, it would go on to kill an amazing



*(above) Juan Bargas as he appeared on his military archival description card from 1918.*

2.5% of the worldwide population of 1.3 billion. Put in today's perspective, with the current world population, that would compute to a death toll of 19,500,000. The H1N1 virus of 1918 is similar to Covid-19 in that it was highly contagious and very deadly. For both of these viruses, it was initially a mystery as to their origin and also as to how they spread. Upon onset of each of the pandemics, no vaccine existed to protect the population and there were many unknowns as to the proper treatment of patients. Unfortunately, thousands of those who were first afflicted, would die. The antibiotics and ventilators that helped to treat Covid-19 sufferers were not yet available in 1918. Despite the similarities of the 2 viruses, they differed in regard to the categories of people that fell vulnerable to each of them. The Covid-19 virus preyed mostly upon the elderly and H1N1 brought rapid death to healthy people ranging in age from 15 to 40. While criticism in 2020 was aimed at officials that mishandled Covid-19 patients in assisted living facilities, in 1918 most of the blame was pointed at the military for placing our fighting forces in close quarters on land and at sea. Due to the lack of electronic media and a 24/7 news cycle, the officials that mishandled the virus in the early 20th century were somewhat shielded from pointing fingers, quite unlike what the leaders of our country today are experiencing.

Juan Bargas was not the only member of our Cranford 86 honor roll to have perished from the Spanish Flu during WWI. We believe that there were four others that were victims of this wartime virus. The military archival records available to us for most of our WWI heroes are not as

extensive as those from the more recent wars. Frequently, all that can be found is a simple index card containing minimal information and a short paragraph written by a family member in answer to an inquiry made by a military clerk after their death. Sometimes the record contains a portrait but sometimes it does not. The Cranford High School yearbook, the Golden C, has been a wealth of information and photographs for our Cranford 86 profiles from WWII through the Vietnam era. Unfortunately, the yearbook's inaugural issue was not published until 1932. The two local newspapers in 1918 were *The Cranford Chronicle* and *The Cranford Citizen*. Often, the printed obituaries from these two publications lacked the level of detail of circumstances and life stories, of which we had become accustomed to in later news coverage of lost military men. In the midst of the Covid-19 pandemic with all of the daily rituals and conversations of the virus still filling our days, we thought this was the right time to tell the stories of these additional four Hometown Heroes. They stepped forward to defend our American way of life and lost their lives in doing so. We have come to the realization that we may never have all the details to completely introduce the stories of some of these brave men but sharing what we know about them is still a worthwhile effort. We hope that in the future, additional research will allow us to go back and fill in the blanks. The nature of our website and the yearly reprinting of our tribute books allow us to update the stories as needed. Our hopes are that someone who reads our work may have additional facts or enable us to make a connection with a family member that possesses a photo or any information that will help our researchers. We have chosen to tell the stories of our four Hometown Heroes who fell victim to the Spanish Flu pandemic of 1918, in the order in which they perished.

*(continued on page 14)*

## CRANFORD 86

Those who gave their lives in service to our country.

### DID YOU KNOW ONE OF THE CRANFORD 86?

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or call Don Sweeney at 908-447-6511

## FOUR OF CRANFORD'S 86 FROM WWI (continued from page 13)

Frederick Edwin Heins was born in New York City on April 11, 1894. He and his family relocated to Cranford where they moved into a beautiful Victorian home at 209 Holly Street. He attended Cranford schools through high school but finished his education at the Cheshire School, a prestigious boarding school in Cheshire Connecticut. On November 25th, 1917, six months after the US entered the war, Fred enlisted into the Army and shipped out to Fort Slocum in New Rochelle, NY, on the western shore of the Long Island Sound. From there he was sent to Kelly Field in San Antonio, Texas where he joined the 241st Aero Squadron. Shortly after



(above) Pvt. Fredrick Edwin Heins



(above) In a beautiful section of Fairview Cemetery, we found the plot of the Heins family. The Latin engraved on Fred's headstone translates to "It is sweet and fitting to die for the homeland", from the Roman lyric poet Horace.

beginning his training in Texas, he was exposed to the Spanish Flu and succumbed to the virus on February 7th, 1918. He died at the Army hospital at Fort Sam Houston, also in San Antonio, at the age of 23. The cause of death is listed as lobar pneumonia and empyema, the latter being described as "suffocation from liquid and pus in the respiratory system". His body was sent back to Cranford and he was buried in a prestigious section of Fairview Cemetery in Westfield, beside his mom and dad, Minnie and John, his older brother by two years, Harry, and his younger sister by one year, Mabeth. Fred Heins had served just 73 days in the US Army.

Private Sydney Jerome Craig was born in Brooklyn, NY on November 18th, 1893. His family moved to Cranford and settled at 34 Forest Avenue, a beautiful home on the corner of North Avenue across the street from the Trinity Episcopal Church. On September 21st, 1917 he enlisted into the Army in Elizabeth and was sent to Fort Dix in Lakehurst, NJ, then to Camp Merrill in Tenafly, NJ where he joined the 311th Infantry Division Company B. After one month



(above) Pvt. Sydney J. Craig from his NJ State Archive description card in 1918.



(above) The home of Sydney Craig at 34 Forest Avenue, which today houses the offices of Prime Oral Surgery. It stands on the corner of North Avenue across from the Trinity Episcopal Church.

Sydney joined the 502nd Division of the Army Corps of Engineers as a mechanic. On November 11th, 1917 he shipped out with his unit, to St. Nazaire, France as a part of a major construction project to build the world's largest military hospital complex. It would have 400 more beds than the largest military hospital in existence at the time, which was located in England. St. Nazaire was the disembarkment port for almost all US troops entering Europe and the building of the hospital itself would only be a part of the project there. Railroads and highways to support the complex were to be built, along with complete infrastructure including a dam and a water treatment plant.

Our researchers located letters that were sent home from Army engineers in Sydney's unit from within the same time period in which Sydney had served. American GIs were raving about the wonderful treatment that was being provided by the grateful French people who had been under German occupation for over three years. The food and wine were said to be extraordinary and plentiful. There were legal brothels that were controlled by the Army for the safety of the soldiers. The construction project was far away from any action and the engineers were boasting that the deployment could not be safer. In one letter, the engineer stated that he would certainly soon be returning home safely. What they had not figured on was that the crowded transport ships that arrived daily from America were contaminated with H1N1. A person infected with the virus many times would die within one to three days after onset of symptoms.

On August 27th, 1918 Sydney died at the St. Nazaire Hospital, the cause of death was the familiar lobar pneumonia. He was two months short of his 25th birthday. Afterward, Sydney's brother Gus named his first child in honor of his brother. Ironically, Sydney V. Craig is also one of our Cranford 86. He was a participant in the D-Day invasion on June 6th with the 747th Tank Division and was killed in action on July 15th, 1944 in Normandy, France.

A military funeral for Sydney Jerome Craig was held on September 25th, 1918 at St. Michael's Catholic Church. After the service, in a procession led by Cranford VFW Post 335, Cranford's American Legion and hundreds of townspeople walked to lay flowers at Memorial Park (then located at the corner of N. Union and Springfield Avenues, now the 9/11 Memorial), and then past the family home on Forest Avenue. At the city limits many privately owned cars transported the crowd to the cemetery in Plainfield. Craig Place off of Orange Avenue was named in honor of Sydney J. Craig.

Private George H. Haskins was born in Brooklyn, NY and moved with his family to 28 Beech Street in Cranford, he was one of six children. The information that we have on George is limited. A letter from his family as a reply to the government's questionnaire about the details of George's life was very short. In it, Grace May Smith, his older sister by 16 years,

(continued on page 15)



## FOUR OF CRANFORD'S 86 FROM WWI (continued from page 14)

stated that she could not provide much detail about his death because he died in Jacksonville Florida from the "great plague which went through our army." She continued, "He was training with the Master Corps and was getting ready to be sent abroad. A day or two before he was set to sail, he died. He was anxious to do his part and I know that if he lived he would have been a great service to his country". I can only surmise that she missed the point of the questionnaire as this would have been a great opportunity to document a little about her brother's life. If only she knew that her answer might be all of the history that would be left behind a hundred years later, she would have expanded her paragraph. George's military description card told us little as well. It stated that



(above) Pvt. George H. Haskins from his military description card. The palm trees in the photo seem to indicate that it was taken in Florida, where he died.



(above) This is the house at 209 Holly Street that Frederick E. Heins called home. He attended high school at Cleveland School in Cranford, which was practically across the street.

he enlisted at Fort Slocum in Rochelle Park, NY on May 26th, 1918. He was shipped to Camp Johnson in Jacksonville Florida on August 30th as part of a training company, where he stayed until his death on October 16th, 1918. Thankfully, the card did have a wonderful portrait of George in his uniform. His cause of death was stated as bronchial pneumonia and he was just 21 years old. A private funeral service was held on a Saturday afternoon at the home of his sister at 28 Beech Street. Haskins Avenue bordering the Bloomingdale School playground was named in memory of George H. Haskins.

In our efforts to introduce the Cranford 86 victims of the 1918 Pandemic, we struggled to find information. It seems that each story contains less detail than the preceding one. The research folder for the last victim of the Spanish Flu is the sparsest. The 1900 US Federal Census told us that Robert R. McGregor was born in Providence, Rhode Island. His parents, Alex and Ann McGregor were immigrants, his dad from Scotland and his mom from Germany. The census record revealed that Robert was born in January of 1900. We also found some information from the 1918 Cranford Directory. Robert R. McGregor was listed as living at 329 Centennial Avenue apparently out on his own at age 18. From Robert's obituary, we learned that his parents had moved to Summit and that Robert enlisted in the Army at the beginning of the war along with Ernie Schultz, who we believe to be another Cranford youth. Another clue to Robert McGregor's military involvement came from the Burditt card files at the Cranford Library. The Robert McGregor card mentioned that he died "near the Mexican border with the 17th Cavalry Company on November 17th, 1918". Stu Rosenthal found that the home of the 17th Cavalry was Fort Bliss in El Paso Texas, which is on the Mexican border. The 17th Cavalry along with several other cavalry units had been fighting Pancho Villa since 1916. During this era, the cavalry fought primarily on

horseback, see the link to the video at [Cranford86.org](http://Cranford86.org). During WWI more than 4,500,000 horses were being used by 2,000,000 soldiers. Incredibly, as many as 45,000 horses could be killed in a month. Pancho Villa was the leader of a revolutionary group that the US government had chosen not to support in the Mexican Revolution. Villa had made several attacks across the border and killed US civilians and military personnel. Robert McGregor was not fighting the Germans in France or even training in the US to prepare for the European conflict as had been insinuated in his obituary, he was involved defending against the most recent attacks on American soil across the Texas border. There was a huge outbreak of the Spanish Flu reported at Fort Bliss in late September 1918. It started from infected soldiers who were being transported to Texas in crowded troop transport trains from eastern US cities. The infection peaked in October 1918, with some 400 deaths per week. The hospitals were severely overcrowded, with numerous doctors and nurses being a large part of the death toll. Mandatory mask laws were in place and all public gatherings were banned including weddings and funerals. The infection curve turned down in late November 1918, coinciding with Robert McGregor's passing on November 17th and the end of WWI, Armistice Day being November 11th, 1918.

The last source of information about Robert came from a directory of war dead from the state archives in his home state of Rhode Island. It stated his "Nativity" as Cranford, NJ, which conflicts with our census record, with his cause of death listed as bronchial pneumonia. Stu Rosenthal, our lead researcher, was able to find a photo of Robert's gravestone. It presents another piece to the puzzle of the story of Robert McGregor's life, that we hope someday can be unraveled. Robert is listed on a family headstone, in a Rhode Island cemetery, what is a bit strange, is that it is not his family.

We are honored to bring you the story of these four young Cranford servicemen who perished in the last severe pandemic which affected our country. The research and reading that Stu Rosenthal and I had conducted for the Juan Bargas profile gave us plenty of insight as to the potential dangers of the 2019 coronavirus, which many were saying was no more harmful than the yearly flu. We knew how serious this respiratory novel virus could be. I remember sharing some statistics from the Spanish Flu with my employer when I supported the stay at home order in March of 2020. He inferred that it was all blown out of proportion and that with the medicine that we have nowadays, it could never happen again. He has since apologized for his criticism to my warnings. I knew that the second wave in the fall of the 1918 Flu Pandemic took twice as many lives as did the first. When I mentioned that to anyone who would listen, most said they were unaware of that fact. The second wave of Covid-19 also turned out to be more deadly than the first.

(continued on page 16)



(above) Robert McGregor was returned to his birthplace in Rhode Island and was buried at Walnut Hill Cemetery in Pawtucket. He rests with the Wuensch family who had a son that died in WWI as well. We might assume that Robert and Raymond were childhood friends. So far we have no other photos of Robert or his life to share with you.

# FOUR OF CRANFORD’S 86 FROM WWI (continued from page 15)

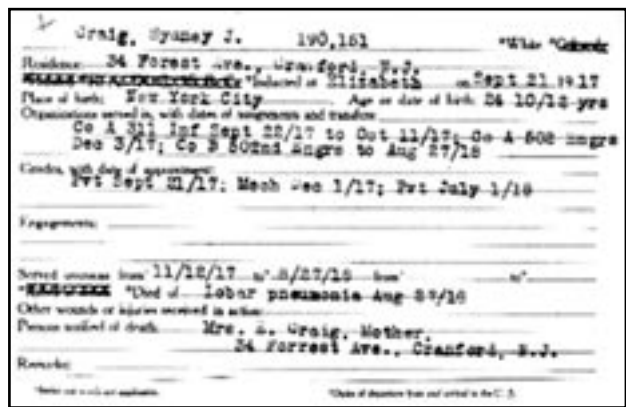
When we first began telling the stories and introducing the men whose names are listed on the tablets at Memorial Park, I had thought that this was a list of soldiers who were killed in action. I soon understood that not to be the case. The tablets list the names of any brave person who stepped up to fight for our country’s freedom and lost their life during that service. The situation that caused their death is not considered and they are all to be honored in the same manner. Each of our Cranford 86, like all members of our armed forces, offered themselves to our country for a contracted period. No matter how their life was taken from them, it was no less a loss for them or their loved ones. In the Civil War more soldiers fell to dysentery than to bullets or cannon balls. In WWI the Spanish Flu took more lives than were lost in battle. On our list of 86, there are several

heroes who fell to friendly fire, motorcycle, jeep, and auto accidents and several from cancer and other diseases. Regardless of how they met their end, the patriotism and bravery that these men exhibited by coming forward when our country needed them most, deserves our appreciation and respect. The Cranford 86 team will continue its mission to honor all of our 86 until the last story is written.

If you have knowledge of any of our Cranford 86, we invite you to please come forward and help us to fill in the blanks of our heroes’ life stories. Email us at [info@cranford86.org](mailto:info@cranford86.org) or call (908) 272-0876.

An incredible article with many details of how the pandemic of 1918-1919 affected Cranford was printed in the Cranford Historical Society’s newsletter, *The Mill Wheel*. This newsletter,

largely written by our military proofreader and society curator, Vic Bary, is printed 5 times a year and is full of Cranford history. It is sent electronically or in print to the members of the Cranford Historical Society. We have made Vic’s article available on [cranford86.org](http://cranford86.org). It was an important resource for us in writing this story, it contains many additional pertinent facts and statistics. We also urge our readers who enjoy history or have roots in Cranford to consider a membership in the Cranford Historical Society, this important steward of our town’s history, membership fees are nominal. The historical society is currently debuting their new, interactive website which features many interesting and informative articles and photos as well as links to all of the Cranford 86 stories written to date. Visit it at [cranfordhistoricalsociety.org](http://cranfordhistoricalsociety.org).



(above) An example of the military description card from the NJ State Archives.



Cranford has dedicated streets to the memory of nine of the fifteen WWI heroes that left Cranford, never to return home again. This style street sign was designed and fired by hand by the Mueller Mosaic Company of Trenton, a famous American ceramic tile manufacturer of the era. Originally in 1929, 200 of these types of signs were installed, today only 77 remain. The gold stars on a blue background were added later with numbers that represented the number of streets dedicated to our Hometown Heroes. We can find no relation to the order of the numbers. As the original signs were damaged they were replaced by a similar cement sign with vinyl letters.

Haskins Avenue is a one block long street located between Bloomingdale Avenue and the Adams Street softball fields. It serves as a reminder of the sacrifice that George Haskins made for his town and his country.



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## CORNEB BEEF DINNER FUNDRAISER & CHECK DONATION

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Due to COVID 19 restrictions, the Cranford Knights of Columbus Council #6226 could not hold its annual St. Patrick's Day Dinner Dance in 2020 and again this year in 2021. As an alternative, the Council decided to hold a Corned Beef Dinner fundraiser that was a tremendous success.

Brother Knights and their families cooked over 650 pounds of Corned Beef and prepared and sold 550 dinners. In addition, 110 dinners were donated to Cranford Family Care and 5 trays of leftover Corned Beef to St. Joseph's Social Service Center in Elizabeth. From the proceeds, the Council was able to raise \$4,000 which was donated to the Cranford PAL's Will DeGregorio Scholarship Fund.

The Cranford Council would like to thank the Cranford community for their tremendous support of this worthy fundraiser.

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 Deputy Grand Knight Jerry Conheeny at 908-416-3464 or visit the Council web site at [cranfordknights.org](http://cranfordknights.org).



(above, l-r) Check presentation at the St. Michael's Church Mary Garden are Council Chaplain Monsignor Tim Shugrue, along with members of the Cranford Knights of Columbus.



(above) Corned Beef Dinner Crew



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# SASHA FEGAN WINS FIGURE SKATING U.S. CHAMPIONSHIP SERIES

*Submitted by Irina and Jeffrey Fegan*

This past April, Cranford's Aleksandr "Sasha" Fegan, a 4th Grade student at Livingston Avenue School and a member of Ice House of New Jersey skating club, achieved the highest score and placed first out of 48 boys (up to 13 years of age) across the USA at the 2021 U.S. Championship Series for juvenile/intermediate boys.

This contest was held virtually because of COVID-19 restrictions. 48 boys from around the country submitted a skating program to be evaluated by US officials, several judges and technical specialists. Despite the fact that Sasha was only ten years old at the time of the competition he was still able to defeat dozens of other competitors, many of whom were three years older than him.

Sasha has been a figure skater since he was four years old. After watching the 2014 Olympics on television he became mesmerized by the Russian Olympic Gold winners' performance. After, his mom took him to sign on up for his first "Learn to Skate" lessons. By chance, that day he saw Olympic Champions from the Russian National figure skating team practicing at the Codey Skating Arena in West Orange in the spring of 2014 and was able to meet them.

This year has been a strange season for all the athletes, and despite breaks in practices due to COVID and quarantine, Sasha's persistence, will, love and dedication to his sport has resulted in a great personal accomplishment for his age.

Because of his win Sasha has qualified for the U.S. National High Performance Development Team. He has also been invited, as one of a few boys from around the country, to the prestigious High Performance National Development Camp, which is an educational and training program for the acceleration of athlete exposure to High Performance Programs and Team USA. The U.S. National High Performance Camp will take place this summer at the Olympic Center in Colorado Springs, CO.

Aside from figure skating Sasha's also been involved in ballet for several years, has attended the School of American Ballet and American Ballet Theatre in New York City, and has performed in the Nutcracker and Swan Lake in front of thousands of people at the Mayo Performing Arts Center in Morristown, NJ and Lincoln Center in New York.



*(above) Sasha Fegan, a Cranford resident and 4th grade student at Livingston Avenue School, achieved the highest score and placed first out of 48 boys (up to 13 years of age) across the USA at the 2021 U.S. Championship Series for juvenile/intermediate boys.*



*(above) Sasha with 2014 two time Olympic Champion Maxim Trankov*



*(above) Sasha with 2014 two time Olympic Champion Tatiana Volosozhar*



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# REPAIRING THE WORLD, ONE PARK AT A TIME

## Temple Emanu-El Corps of Volunteers Do “Passover Pick-Up” of Local Parks



(above) Betty Ann Kelly (left), Environmental Specialist for Union County Parks & Recreations; and Daniela Shebitz, Ph.D., Executive Director/Associate Professor at the School of Environmental and Sustainability Sciences at Kean University oversaw the project.

Photos by Kathi Edelson Wolder

*Submitted by Kathi Edelson Wolder*

Temple Emanu-El of Westfield has long been more than a place of worship; at its core is a socially conscious, multi-generational network of members devoted to giving back to the surrounding communities. With an army of passionate volunteers, the synagogue embarks on a multitude of social action and community projects throughout the year, and on Tuesday, March 30, in celebration of Passover and the onset of Spring, 25 volunteers wearing rain boots and work gloves descended on Nomahegan and Lenape Parks to help clear trash from these cherished recreation spots.

Rabbi Victor Appell of Temple Emanu-El brought his 16-year old son Lev to help out. “We are here because it is part of our obligation. An integral part of our faith is what we call “Tikkun Olam,” to work in partnership with God to “repair the world.” One way we do this is by helping to take care of public spaces like this, to make sure that they’re clean, to protect their natural beauty, so that everyone can enjoy them. We’re glad that we are able to be here to do this.”

Also on hand was the Baum family of Westfield, who came out in full force to help with the cleanup. “Rabbi Appell suggested we do this,” says Wendy Baum. “Our son Noah helped clean up Tamaques Park for his Bar Mitzvah project and he really enjoyed doing it. That was a couple of months ago, so we thought this would

be a good opportunity for us all to do it together, so here we are!”

Many of the synagogue’s volunteer activities are organized through its Tikkun Olam Committee, formed in 2005 to identify ways in which temple members can “lend a helping hand,” particularly through social action projects that are intended to make life better for others in the community and beyond. In addition to environmental projects, the Committee conducts emergency food drives, houses the homeless, crafts handmade “blankets of love” to provide comfort to children and teens with cancer, and even grows vegetables in their own “mitzvah garden” that they donate to the Westfield Food Pantry.

The project was overseen by Betty Ann Kelly, Environmental Specialist for Union County Parks & Recreations; and Daniela Shebitz, Ph.D., Executive Director/Associate Professor at the School of Environmental and Sustainability Sciences at Kean University. “One of the most important parts about being Jewish is to understand the beauty of our environment and the importance of people as the protectors of the environment,” says Shebitz. “I think that events like this, that bring our congregation together with our community, are really what helps me to express my role in life as a Jewish person.”

For more information on Temple Emanu-El, or to volunteer, contact Jackie Grussgott at [jgrussgott@tewnj.org](mailto:jgrussgott@tewnj.org).



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## REPAIRING THE WORLD (continued from page 20)



(above) Sharon Zydney (Cranford) had the most interesting find of the day—a part of the road—discovered among the cigarette butts, discarded masks, deflated mylar balloons and fast food containers that were collected.



(above) Rabbi Victor Appell (right) with son Lev at Nomahegan Park during “Passover Pick-Up.”

Photos by Kathi Edelson Wolder



(above) Stacey Gerstein of Cranford brought her son Leo to help out.

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## MOBILE MEALS OF WESTFIELD

Mobile Meals is a non-profit organization which provides meals to people unable to provide meals for themselves since 1968. The organization serves the communities of Clark, Cranford, Fanwood, Garwood, Mountainside, Scotch Plains and Westfield. If you or anyone you know would like hot meals delivered to their door, or you wish to donate to a most worthy cause in serving those in need, visit the Mobile Meals website at [mobilemealsofwestfield.org](http://mobilemealsofwestfield.org).

## GET COZY WITH BEES

*College Women's Club of Cranford*  
Join the College Women's Club of Cranford on May 10 at 8 p.m. for a free ZOOM program on Bee Colonies and Honey Production.

The club is thrilled to be hosting Cranford local apiarist, John Garretson who will provide us with a glimpse into the life and work of bees. Their job in the colony, who rules the hive and honey production. This program is geared to all those who want to learn the latest buzz on bees.

Please email the club for zoom information at [cranfordcollegeclub@gmail.com](mailto:cranfordcollegeclub@gmail.com)

## DONATE UNWANTED BICYCLES

On Saturday, May 8, from 9 a.m. to 12 noon, Faith Lutheran Church, 524 South Street in New Providence, will be collecting second-hand bikes for use by adults and children in third world countries.

The collection is being conducted on behalf of Pedals for Progress (P4P), an organization which annually recycles 6,000 bicycles for persons in developing countries.

Anyone with a bicycle in repairable condition is urged to donate to this worthy cause. Bikes may be dropped off at the parking lot next to the church. Members of Faith will repair and process the bikes for shipment.

Since 2002, Faith Lutheran has been collecting bikes. In 2020, 170 bikes were collected from persons in New Providence,

Berkeley Heights, Mountainside, Westfield, Warren, Scotch Plains and Fanwood. This range of towns was aided by articles published in Renna Media town newspapers.

Every year affluent Americans buy 22 million new bicycles and discard millions of old ones, abandoning many more in basements, sheds and garages. Most of these end up in our already overburdened landfills.

P4P ships its reconditioned bikes to persons in need of countries in Latin America, Africa and Asia. The bikes provide reliable transportation to commute to work, transport produce to market, access health care and other services. Steady employment for adults is vital to the development and success of these economies.

Persons who have bikes but are unable to deliver them to Faith on May 8 may call the church office on 908-464-5177 or email [family.faith@verizon.net](mailto:family.faith@verizon.net).



(above) Bikes filled the P4P truck to capacity.



(above) Repaired and processed bikes are ready for placement on the P4P truck.



(above) Alana Lamberti of Faith repairs a bike for shipment.

## LIMITED BROWSING RETURNS TO CRANFORD PUBLIC LIBRARY

We are pleased to inform you that limited browsing of the library's new collections, and in-person requests of all items in the library's collection, resumed on April 19, 2021, with phasing in of additional services and accessible areas to follow soon after.

For those familiar with the limited browsing steps we initiated last September, this first step will look familiar. Here's how works:

Visitors will now be able to browse new books from our library's adult, young adult, children's and media collections in a dedicated space just inside the library's Walnut Avenue entrance. This New Section will be clearly defined and accessible.

At the library's Circulation Desk, library users can check out those new items, or request any item or selection of items contained elsewhere in the library. Library staff will pull these items and deliver them to the front desk, where they can be checked out.

One library household at a time will be allowed into the library, for a ten-minute period. Masks or face coverings are required, and social distancing practices must be observed.

We ask that library visitors use hand sanitizer

(provided) before handling library materials.

Access to the New Section and Circulation Desk, as well as Grab and Go Pickup at the Library's Walnut Street entrance, will be available from Monday through Saturday: Monday through Thursday from 11:00 a.m. to 9:00 p.m.; Friday from 11:00 a.m. to 5:00 p.m.; and Saturday from 10:00 a.m. to 2:00 p.m.

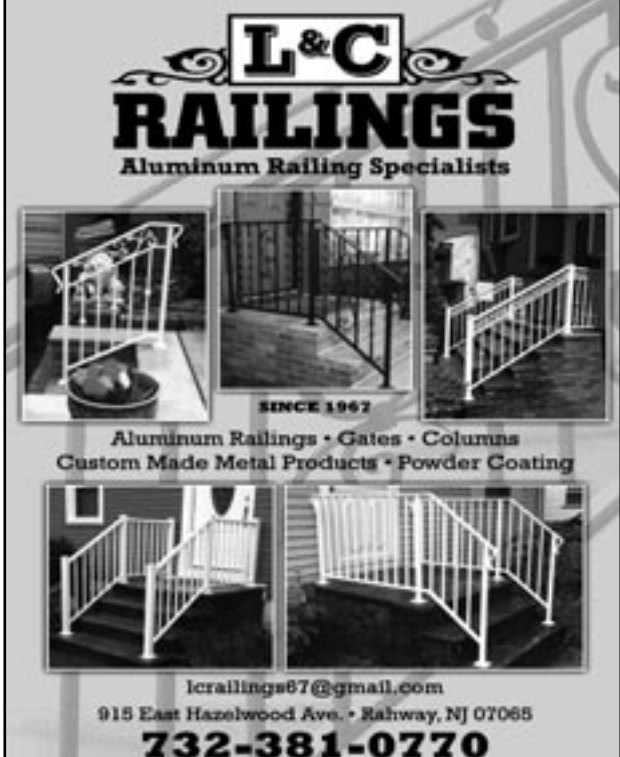
We will also be activating Mobile Printing, allowing library users to print documents from their mobile devices. In the near future, we will provide access to the library computer lab, and open up more of the library collection to browsing.

A reminder that Cranford Public Library cardholders can still call to reserve and pick up our Mobile Lending Kits, each of which includes a tablet, and a mobile hotspot to connect the tablet (or your own device) to the internet from anywhere. Our staff remains available to field your questions via phone, chat or email, and we will continue to process and add new materials to the collection, plan remote programs for all ages, and provide access to our expanding digital collections. In the meantime, please stay safe. We look forward to seeing you!

## LIBRARY SCHOLARSHIP APPLICANTS SOUGHT

The Friends of the Cranford Public Library are offering the Gerard Paradiso Scholarship to a Cranford resident who is currently pursuing or intends to pursue a graduate degree in library/media information science or media specialist. Named in honor of former Friends of the Library President Gerard Paradiso, the scholarship is worth \$1,000.

The award is not based on need. The candidate must furnish proof of acceptance to an accredited university, a letter of reference and an essay. Applications are available online at [cranfordlibrary.org/friends.php](http://cranfordlibrary.org/friends.php). The deadline to apply is June 1, 2021. For more information, please contact Michael Maziekien, Director at 908-709-7272 or [m-maziekien@cranfordnj.org](mailto:m-maziekien@cranfordnj.org).

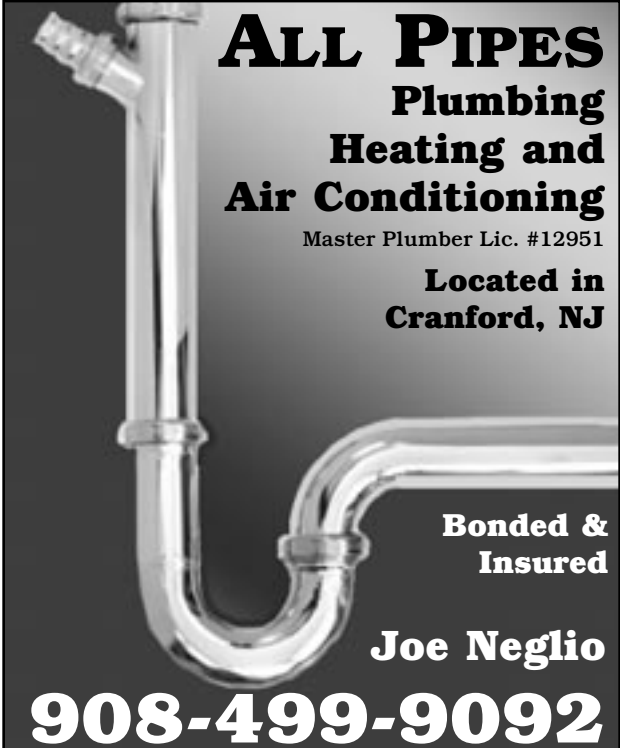


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## TEACHERS AND STUDENTS STRIVE FOR SUCCESS DURING AUTISM ACCEPTANCE MONTH

### Community Access Unlimited

Michael Adamowsky says he didn't plan it, but he has found his purpose in life through teaching.

After completing his master's degree in accounting and starting a career at Community Access Unlimited (CAU), Adamowsky found that the accounting position didn't suit him, and he didn't like sitting at a computer all day. He decided to become more directly involved in the mission of CAU, to integrate people with disabilities and youth at risk into the community through comprehensive supports.

Now, Adamowsky is an educational specialist at the CAU Day Program, where he leads groups in a variety of subjects and gets members involved in different activities. He also assists at the Academy of Continuing Education, CAU's answer to post-graduation learning for adults with developmental disabilities.

As a person on the autism spectrum, Adamowsky said he is able to relate to his students with disabilities in a unique way.

"I want to be a role model for them," Adamowsky said. "I want to be someone they can look up to."

This April, The Autism Society of America made a shift to celebrating Autism Acceptance Month, previously known as Autism Awareness Month. The campaign is designed to celebrate differences and increase awareness of the signs, symptoms, and realities of autism.

Adamowsky said he wants to give members all the support they could need or want to succeed



(above) Michael Adamowsky  
is an educational specialist at CAU.



(above) Kyzier Davis is a student  
and new member at CAU.

in their Day Program groups. He also wants people to know that having a diagnosis does not mean a person can't excel in their studies and be successful.

"I received 'normal' schooling through life; because of my autism I just had a little help along the way," Adamowsky said. He was named hardest working student in his class, was inducted into multiple honor societies, and went on to achieve his master's degree.

Adamowsky brings the same passionate energy to his online learning groups as he did in person at Day Program.

"That's basically the cornerstone of this whole thing," he said. "I feel like the teacher has to be just as involved and enthusiastic as the members are, because if the teacher isn't able to teach, how will the students be able to learn?"

"He's a great example to our members and members who are striving to work," said Onekia Grier, managing assistant executive director of Day Habilitation and Educational Services. "He does such a great job with teaching, there is a waiting list for members to get in his groups."

Adamowsky said he is carefully planning syllabi for groups like math and science, poetry writing, and financial literacy for the return of in-person Day Program services when the program reopens under state COVID-19 guidelines.

"I see what's on the inside and what they're capable of doing," Adamowsky continued. "A lot of the members have told me that's why they love me, because I'm able to see past their disability and they haven't had interactions with other people that are the same."

CAU members with autism can benefit from a variety of supports, from Day Program to behavioral support to employment training, depending on their needs and goals.

Kyzier Davis is a new CAU member who is excited to graduate from high school in June. "I have support from my staff, social workers and teachers," Davis said.

Davis said he is not sure what he wants to do after he graduates, but he is focused on coping

and life skills with the help of CAU behaviorists and his residential program staff. Exercise has been one of the most beneficial ways to help regulate his emotions.

"Even if I have good days and bad days, I do pushups every day," Davis said. "I feel relief and calm from exercise."

Davis, 21, said he is concentrating on managing his behavior in public by expressing himself at home. That includes drawing and writing down his feelings in a journal. One goal he has is to one day see himself on TV.

"I've had a lot of good days so far...I had a great March," Davis said of his time with CAU. Adamowsky said he hopes that people with autism never limit themselves in life.

"I really hope that autistic people are not afraid to be themselves," he said. "There is a purpose in life for everyone; no matter what kind of person you are there's a pot of gold waiting for you at the end of the rainbow if you're just willing to find it."

To learn more about CAU, visit [caunj.org](http://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/](http://caunj.org/support-us/).

### ABOUT COMMUNITY ACCESS UNLIMITED

Community Access Unlimited (CAU), celebrating more than 40 years in 2021, supports people with special needs in achieving real lives in the community. CAU provides support and gives voice to adults and youth who traditionally have little support and no voice in society. CAU helps people with housing, life skills, employment, money management, socialization and civic activities. CAU also supports opportunities for advocacy through training in assertiveness, decision-making and civil rights. CAU currently serves more than 3,000 individuals and families, with the number served growing each year. For more information about CAU and its services, contact us by phone at 908-354-3040, online at [caunj.org](http://caunj.org) or by mail at 80 West Grand Street, Elizabeth, NJ 07202.

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# MAKING MAGICAL MEMORIES AT CAMP FATIMA

*Submitted by Sue Baldani*

Like most nonprofit organizations, Camp Fatima of New Jersey is experiencing major challenges due to COVID-19. Founded in 1968 by four Seton Hall seminary students, the camp offers free sleep-away programs for disabled children and adults. And it's determined to continue doing so. Seeing the smiles on the faces of those it serves, and providing a respite to their families, is not something that can be sacrificed due to a pandemic.

And smile they do. It's not called FATIMAGIC for nothing. The campers, regardless of their disabilities, get to do things that most able-bodied children and adults take for granted. They splash around in pools, sing songs, eat s'mores, dance, and take part in arts and crafts. Every child has his or her own dedicated counselor to ensure the utmost care, so each activity can be individually tailored according to the camper's ability.

Its mission statement, "Camp Fatima provides free, life enriching camp experiences for children and adults with developmental disabilities," says it all. Some of the campers are in wheelchairs, while others have neurological, sensory or other serious issues. Camp Fatima

and its volunteers open their hearts to all who come. It truly is a magical place.

The volunteers come from diverse ethnic and socio-economic backgrounds. Most have experience working directly with the disabled, and include teachers, nurses, police officers, firefighters, college students and other professionals. For these selfless individuals, the sounds of laughter and the looks of pure joy on the campers' faces are all the payment they need.

Many of these volunteers live locally. Billy Malone, a Scotch Plains firefighter and Fanwood resident, became a volunteer in 1994 and has been the chairperson for the past 13 years. Scotch Plains resident and former Scotch Plains police officer, Jamie Denman, has been a volunteer since 1979, and is the current director.

Even though no one at the camp is paid, all this magic requires funding. It costs several hundred thousand dollars to operate the two children's summer sessions and the four adult weekends each year. Funding to support and host the more than 200 campers and over 450 on site-volunteers comes from generous benefactors, corporate matching gifts, private giving, and fundraising. Because of COVID-19, many of the usual fundraisers are not able to

take place. So this year, Camp Fatima is looking for individuals to sponsor a camper. The cost to feed, house, and supply materials to each camper is more than \$1,000.

To find out more about Camp Fatima, or to volunteer, make a donation, or sponsor a camper, please go to [campfatimanj.org/](http://campfatimanj.org/). Since the camp is a designated 501(c)(3) organization, all donations may be tax-deductible.

Camp Fatima of New Jersey: Changing Lives, Enriching Hearts - One Camper, One Volunteer at a Time.



Photos by Camp Fatima



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## WEBSITE AND SEO SERVICES

Start with an audit/analysis of your website giving you a report and recommendations for \$250.

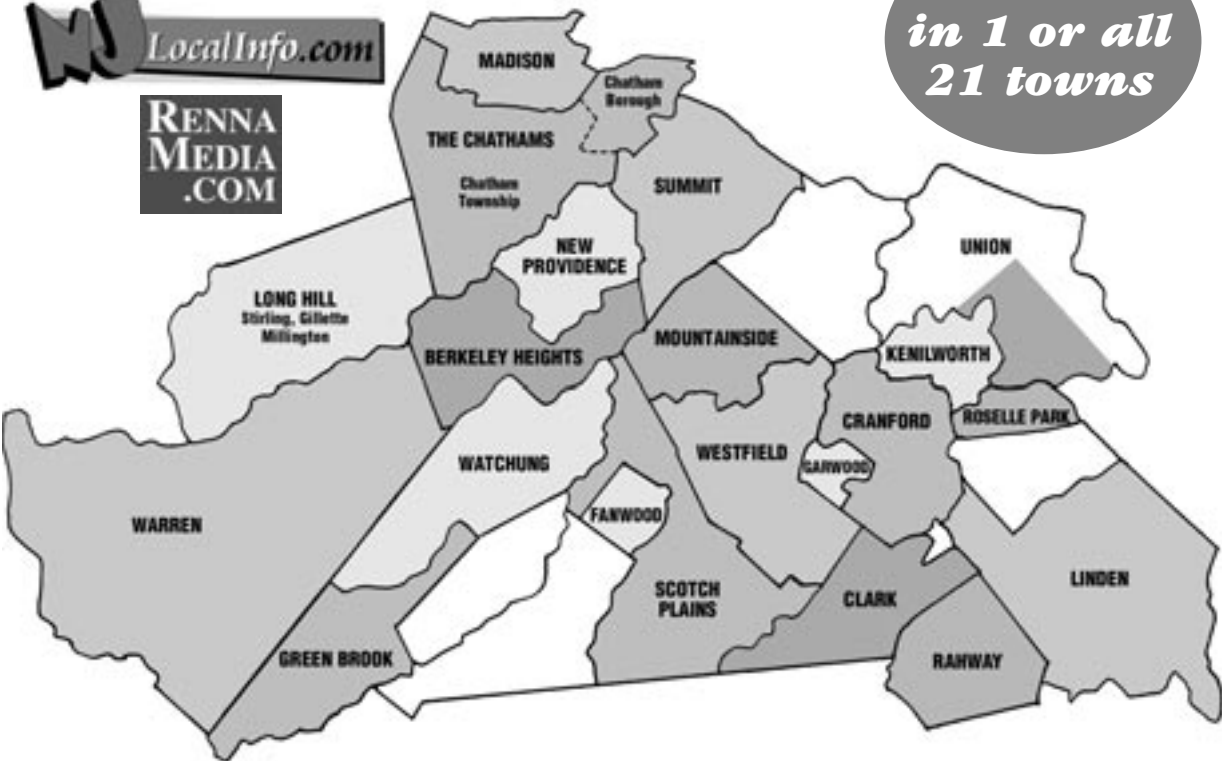
It is highly recommended to have a marketing plan and budget before spending.

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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							

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

- **POSTS ARE SHARED THROUGH SOCIAL MEDIA**

Posts shared on multiple Facebook pages and twitter.

- **PAID SEARCH ENGINE PROMOTIONS**

Posts are promoted by industry, key words and location.

- **TRACKABLE RESULTS**

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## 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.

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**Call for a consultation  
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## 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**

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