

CRANFORD MONTHLY_{NJ}

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FIRECRACKER SHINES BRIGHT: *Thousands Run and Watch the Annual Event Return In-Person*

Submitted by Andrew Feldman

The Firecracker Four-Miler and Fun Run made a triumphant return in-person on July 4th, hosting 1,449 participants, one of the largest turnouts in the event's 42-year history.

The annual race, organized by the Cranford Jaycees, was forced to go virtual last year with runners participating remotely. It wasn't clear until May whether the traditional format could return, but the event was able to proceed with minimal changes.

"We felt really fortunate that we could hold the race again," said Dave Farrell, who co-chaired the event with Roger Imhof. "We heard from so many runners how much they've missed in-person races, and the response from the community was overwhelmingly positive."

Cranford's Township Committee issued a proclamation at their July 13th meeting to commend and thank the Jaycees for the event, noting how the 70+ volunteers and the thousands of participants and spectators were brought

together safely.

Stephen Rathbun, 21, of Springfield won the four-miler event with a time of 20:01.0. Nicole Vanasse, 19, of Martinsville was the top female finisher at 22:52.8. The top male and female finishers in the one-mile fun run--Evan Surmay, 15, and Bella Giudice, 12--were both from Cranford.

The event is a fundraiser for the Jaycees scholarship fund. In June, the group awarded a total of \$30,000 in scholarships to twenty graduating Cranford seniors: Casey Benderoth, Katharine Bracke, Caroline Bush, Sinead Cumiskey, Kathryn Dolan, Rachael Durant, Maeve Hanlon, Robert Kelly, William Kennedy, Julia Love, Genevieve Marchesi, Peter Marino, Olivia Merriman, Erin Miklencic, Meghan Pitts, Deirdre Tighe, Maya Tobolewski, Mason Towery, Liam Walsh, and Catherine Walter.

The Cranford Jaycees next major event will be Oktoberfest, which returns to Union County College on October 2nd. Tickets go on sale in early-September.

Photo by Cranford Jaycees



(above) More photos can be found on Cranford Jaycees Facebook page.

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TOWN WIDE GARAGE SALE – REGISTER BY SEPT. 23

Project Home of Cranford's Fall 2021 Town Wide Garage Sale is scheduled for Saturday October 2, 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.

Those who register will have the address of their sale and a brief description of what they are selling 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 Tuesday September 28, mail in registration must be postmarked by Friday September 23.

To participate in the Town Wide Garage Sale registration is available on-line through the Project Home website:

www.projecthomeofcranford.org/2021-townwide-garage-sale 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.

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 over 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

projecthomeofcranford@gmail.com

visit us at www.projecthomeofcranford.org

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FAMILY SUPPORT GROUP – AUGUST 17

Are you feeling stressed and alone in trying to cope with the effects of a loved one's mental illness? NAMI Union County's Family Support Group is for family members and caregivers of persons with mental illness. Join our peer-led group meetings and gain insight from others

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COLLEGE WOMEN'S CLUB OF CRANFORD SCHOLARSHIP WINNERS

Submitted by Cynthia Isaksen

The College Women's Club of Cranford held their Annual Scholarship Banquet at the Westwood in Garwood to celebrate the 2021 scholarship recipients. Throughout the year the club fundraises specifically to provide for Cranford residents who are graduating from the

high schools of their choice. This year's scholarship recipients are Robert Kelly, Kirsten Williams, Meghan Pitts, Samantha Romito, Dane Hagstrom, and Madison Alpaugh-Mclean. Congratulations to our scholarship winners and to all of The Class of 2021!



(above) The College Women's Club of Cranford would like to congratulate Casey Benderoth 2021 CHS graduate for her winning art work on the club's current fundraising project. Casey will be studying environmental science at The University of Vermont. She will continue to work on her art as a personal hobby. The club wanted to celebrate Cranford's 150 years with something special for all. Thank you to Cougar Headquarters for their support of this project. Bags are available for purchase through the club website collegewomensclubcranford.com.



(above, l-r) This year's scholarship recipients are Robert Kelly, Kirsten Williams, Meghan Pitts, Samantha Romito, Dane Hagstrom (not pictured Madison Alpaugh-Mclean).

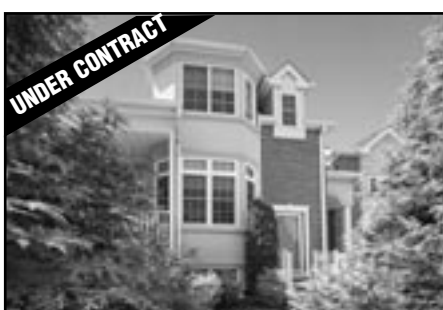
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CRANFORD PAL AWARDS 5 SCHOLARSHIPS

Submitted by Cranford Police Department

The Cranford Police Athletic League (PAL), a not-for-profit youth sports organization serving the Township since 1981, awarded 5 scholarships to graduating Cranford High School seniors this year during a ceremony at Memorial Field. Presenting the scholarships was veteran Board of Director Member Kim Capece.

The Glenn A. Owens Scholarship was established in honor of the late PAL board of director member who dedicated his life to service and community. A police officer, volunteer coach, and military veteran, Glenn played baseball for the Philadelphia Phillies from 1952 to 1956 as well as coached baseball in the Cranford baseball leagues for over 15 years. In 2002, Glenn was inducted into the Cranford Sports Hall of Fame. For the Glenn A. Owens Scholarship, applicants were required to demonstrate their shared similarities with Mr. Owens, who was affectionately known as a "doer". For 2021, Matthew Coates and Meghan Pitts were selected as recipients.

With an outpouring of community support and grassroots donations, the Cranford PAL was able to establish a second scholarship in memory of PAL Participant Will DeGregorio who passed away in 2020 after a courageous battle with pediatric cancer. Will loved anything and

everything related to sports and was a fierce competitor who demonstrated exceptional perseverance. After Will's passing, community groups such as the Cranford Knights of Columbus, Cranford Jaycees, and fraternity Sigma Alpha Epsilon TCNJ came together to hold fundraisers – including the Knights' Corned Beef Dinner and the Jaycee's Track Friday – to help fund a scholarship in his honor. Recently, the Brookside School PTA contributed to this fund. Will's family determined that students who have persevered through adversity would be eligible for this award. For the inaugural Will DeGregorio Memorial Scholarship, Dominic Fallone, Dane Hagstrom, and Kate Wilson were selected as award recipients.

For more information on the Cranford PAL, visit cranfordpal.org. The Cranford PAL consists of volunteer parents and police officers whose collective goal is to help create a positive, trusting relationship between the youth and police officers of Cranford. Officers include Lieutenant Christopher Polito (President), Vice President Gregg Wheatley, Ptl. Brian Trotter (Secretary), Ptl. Robert Chamra (Treasurer) and Lieutenant Matthew Nazzaro (Executive Director).



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RM1

GORDON GRACEFFO DRAFTED BY ST. LOUIS CARDINALS

Congratulations to Cranford High School alumni Villanova pitcher Gordon Graceffo on being drafted by the St. Louis Cardinals in the 2021 MLB Draft. Graceffo, a right-handed pitcher and Junior at Villanova became the 70th all-time draft pick from the program.

Ranked among the top 250 draft prospects in this year's draft, Graceffo was selected 151st overall following an outstanding season on the mound. He is the Wildcats highest draft pick since 2011. The former Big East Pitcher of the Week was also named to the 2021 ABCA/Rawlings NCAA Division I All-East Region team, as well as the All-BIG EAST Second Team.

Born in Cranford, N.J. Gordon is the oldest of three children of Gerald and Melanie Graceffo. While playing for the CHS baseball team he earned three varsity letters, while also being honored as a three-time first team all-conference and three-time first team all-county selection.

The selection to the Cardinals is a great way to cap off an exceptional year from Graceffo. Congratulations and best of luck to Gordon!



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USED BOOK SALES AT THE CRANFORD PUBLIC LIBRARY

Looking for some good reading at bargain prices? The Friends of the Cranford Public Library invite you to visit their used book sales in the library's "Friendly Book Celler." Browse through shelves full of thousands of books. Quickly find what you are looking for and make new discoveries. Most hardcover adult books are \$2.00 and paperback books are \$1.00. Most children's books are 25 cents or 50 cents.

The dates for the summer sale are Thursday, August 12 through Saturday, August 14, 2021. On Saturday, which is Bag Day, you can fill a paper shopping bag with books for just \$8. Hours for August 12 are from 1:00 a.m. to 4:00 p.m. Hours for August 13 are from 10:00 a.m. to 4:00 p.m. Hours for August 14 are from 10:00 a.m. to 1:00 p.m. For the safety of attendees and

volunteers, masks must be worn at all times.

This sale is open to all and registration is required. Attendees are invited to sign up for a one hour session, starting on the hour. Please sign up for one session only. Reservations for multiple sessions will be canceled except for the first session booked. To register, go to Cranfordlibrary.org and click on Friends of the Library.

Two sales are planned for the Fall. On Friday, September 24 and Saturday, September 25 a children's book sale for Cranford Library card holders only will be held. On Thursday, October 14 through Saturday, October 16 an all-books sale for the general public will be held.

The Friends look forward to welcoming you in the "Friendly Book Celler." All sales will benefit the library.

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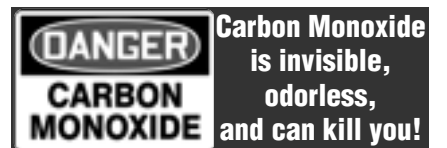
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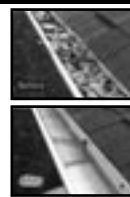
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CRANFORD KNIGHTS OF COLUMBUS ANNUAL GOLF OUTING – SEPT. 17

Cranford Knights of Columbus

The Cranford Knights of Columbus will hold our Annual Golf Outing at Galloping Hill Golf Course in Kenilworth, NJ on Friday, September 17, 2021. The cost is \$150.00 per golfer which includes golf, golf cart, lunch, refreshments, prizes and dinner, with lunch starting at 11:30 a.m. and a shotgun start at 1:00 p.m. The Golf Outing proceeds will benefit our Council supported charities and programs. We will also be making special donations to the New Jersey

Veteran's Network and Cranford Front Line Appreciation Group (FLAG for Cranford) in recognition of all of the great work both organizations have done and are doing in support of our Veterans and First Responders during these trying times.

For more information about sponsorships, playing or to get involved, please contact John Doolan, Past Grand Knight, Lecturer & Golf Outing Chair at 908-451-8947 or by email at jdoolan@verizon.net.

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Valedictorian: Robert Kelly
Salutatorian: Samuel Sullivan

Continued on page 14



Hannah Adcock



Joseph Agnone



Abbigail Ahern



Angelina
Albanese



Myles Almonte



Randy Amoa



Lindsay Anderson



Karena
Andreassen



Michael Anzalone



Nathaniel Atwan



Daniel Balkan



Andrew Baur



Amanda Beckley



Clint Belliot



Joel Beltran



Casey Benderoth



Patrick Benderoth



Brianna Benes



Shannon Berry



Delaney Bertrand



Daniella Beshar



Hailee Bissell



Emily Bornstad



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CRANFORD HIGH SCHOOL CLASS OF 2021

Continued from page 13 - Continued on page 15



Christina Budsock



*Andrew
Buontempo*



Erin Burke



Hunter Burke



Zachary Burkle



Rileigh Burns



Caroline Bush



*Caroline
Caccavale*



Nathan Caldwell



Layla Campbell



*Kimberly
Capozzoli*



Erin Caputo



Paige Carbone



Joseph Carrera



Matthew Carrico



Zachary Carter



Jack Cartnick



*Gabrielle
Castellano*



Aidan Ceravolo



Jacob Cermak



Jacob Chapman



Annabelle Chen



Matthew Coates



*Valery Cobo
Castro*



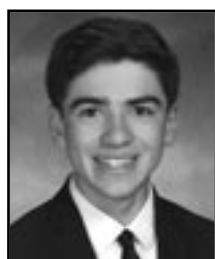
Joseph Colello



Matthew Coleman



Kaitlyn Collins



Diego Colon



Jack Connolly



Sydney Connors



Kylie Contreras



*Mary Josephine
Conway*



Isabella Costello



Sinead Cumiskey



*Liam
Cunningham*



Alexa Curren



Diar Dautaga



Sean DeGroat



Ryan DeLong



Daniel DeMarco



Dennis DeMarino



*Alexander
DeMartino*



Aaron Derasmo



Jack DeSimone



Luke DiGiovanni



Kathryn Dolan



Ryan Dooley



Griffin Dowd



Shea Dreyer



Rachael Durant



River Elbayar



Ari Eskinazi



Erin Esposito



Isabella Estrella



Dominic Fallone



Colin Farley

CRANFORD HIGH SCHOOL CLASS OF 2021

Continued from page 14 - Continued on page 16



Patrick Feeney



Kurt Fiebiger



Leah Filimonczuk



Liam Fitzpatrick



Amari Folk



Ryan Galligan



Margaret Garcia



Morrigan
Gardiner



Giulia Gebert



Harrison
Gilmartin



James Gluck



Andrew Goldfeder



Alyssa Gomez



Kelly Gonzalez



Lena Graven



Daniel Graziano



Brian Gudoski



Josephine
Gunther



Dane Hangstrom



Amber Haley



Tyler Hamblin



Maeve Hanlon



Sarah Harvan



Chloe Hasbrouck



Devin Haughey



Mackenna
Heesters



Morgan Heim



Luke Hofmann



Maya Hollanek



Nina Hollanek



Lindsay Hooey



Dylan Hudack



Christian Hulse



Joshua Hunt



Luke Infante



Daniel Iosso



Lasairfhiona
Iosso



Sarah Iredell



Troy Isaksen



Carly Itzel



Natalie Itzel



Marcus Johnson



Gavin Jones



Alexa Joy



Max Kapetanakis



Erin Keady



Carolyn Kealey



Ashley Keene



Tyler Keirstead



Robert Kelly



Siobhan Kelly



Kevin Keogh



Jasonah King-
James



Daniel Klimko



Noah Kopla



Sheila Krispin

CRANFORD HIGH SCHOOL CLASS OF 2021

Continued from page 15 - Continued on page 17



Natalia Kruk



Adam Kutzer



James Lacorazza



Nicholas Lage



*Cassandra
LaMastra*



Chloe LaSalle



Jack Leahy



Giulliana Lebron



Nicholas Librera



Robert Linder



Alexandra Litterio



*Christopher
Locastro*



Abigail Lore



*Christopher
LoGiudice*



Michael Logue



Julia Love



Kayla Lugo



Garrett Lynch



Kristina Lynch



Brian Macchi



Michael Magana



Matthew Maggio



Tushar Maini



*Lara
Maisonneuve*



Brienna Malamug



*Christopher
Mancheno*



Ava Manfra



Erin Manning



Michael Mannix



*Genevieve
Marchesi*



Mathew Marino



Peter Marino



Amilia Markase



Quinn Maroney



Elijah Marsh



Hannah Marsh



Sarah Martin



Noureldin Mashal



Madison Massa



*Cameron
Matheson*



Savannah Matlosz



Alexa Mazura



*Elizabeth
McCaffery*



Shane McGowan



Aidan McMullan



*Robert
McNamara*



Olivia Merriman



Danielle Messina



Erin Miklencic



Syra Molino



Sophia Montague



*Francesca
Morales*



Gabriella Moreno



Philip Morin



Lara Mormelo



Charbel Namroud

CRANFORD HIGH SCHOOL CLASS OF 2021

Continued from page 16 - Continued on page 18



Aaron Nataline



Amanda Newport



Daniel Nicholas



John Niemysk



Anthony Noce



Patrick Noce



Joshua Nudelman



Robert O'Brien



Timothy
O'Donovan



Molly O'Shea



Ryan Oliveira



Leonardo
Pacheco



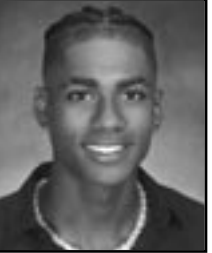
Jordan Panno



Ethan Parish



Luc Perreault



Arjun Petgrave



Kara Piatkowski



Kayleigh Pierce



Nicole Pietrucha



Dominic Pinto



Meghan Pitts



Evan Poland



Allen Potts II



Daniel Quinones



Kathleen
Quinones



Sam Quinutolo



Sophie
Quisenberry



Nina Randazzo



Joseph Ravelo



Brendan Reilly



Abigail Reynoso



Savannah Riera



Aidan Riley



Yasir Rivera



Nicolas Rodriguez



Peter Roefaro



Samantha Romito



Lee Rosenthal



Ryan Rosenthal



Kristof Roth



Sean Ruple



John Russo



Robert Salvatore



Joseph Santoro



Christian
Savastano



Dominic Savinelli



Kathryn
Scheremeta



Olivia Schindler



Chelsie
Schweikardt



Benjamin
Simpson, Lucas



Michael Skalski



Daniel Skelton



Jacqueline Smith



Jewel Sobocinski



Sophia Rose
Pardal



Christopher Sorge

CRANFORD HIGH SCHOOL CLASS OF 2021

Continued from page 17



Ariana Sorkin



Shannon Specht



Jaime Springer



Nolan Spurr



Matthew
St. George



Joseph Stanley



Anthony Stevens



Robert Stevens



Matthew Stickles



Carly Stopiello



Samuel Sullivan



Lauren Swandrak



Aimee Swisher



Emma Szark



Kaylee Szekeres



Flora Szenasi



Gabriela Tabbach



Leo Tallon



Elena Tantillo



Kelly Taylor



Sebastian
Teasdale



Jabarie Thomas-
Nagil



Deirdre Tighe



Maya Tobolewski



Elisabeth
Toddings



Aaron Tolomeo



Sophia Tolomeo



Julianna Tona



Mason Towery



Andrew Towne



Thomas Treboschi



Kai Trombley



Patrick Tuohy



Caitlin Turner



Lindsey Twaskas



Amanda Vath



Jessica Vega



Tyler Vernick-
Masino



Michael Vetter



Jeremiah Vincent



Gianni Vivas



Alyssa Waiser



Shane Waleski



Liam Walsh



Catherine Walter



Amber Walters



Christian Wilde



Derek Williams



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ST. MICHAEL ROMAN CATHOLIC CHURCH

Submitted by Skip Winter

‘Faith in Action’ is a phrase we hear often – called to be the compassionate Face of Christ, His hands and feet for our most vulnerable brothers and sisters in need. This is a guiding principle of our parish family at St. Michael’s, this thread is woven through the fabric of ministry life here. Throughout the pandemic, even during lockdown, St. Michael’s found a way to make outreach to others work. During those early days of lockdown beginning on March 19, 2020, the Salt & Light Ministry and the Religious Education Department initiated a weekly stop-drop-go emergency food collection on Miln Street, which ran for 15 weeks into the month of June. Donations came from everywhere; parishioners, residents, schools, businesses and other houses of worship – 6-7 carloads of food would be dropped off weekly to St. Joseph’s in Elizabeth. Also, during lockdown volunteers from our Salt & Light Ministry would shop and deliver groceries to seniors through a program at Catholic Charities – from March 31 – July 15, our volunteers made more than 100 trips to the grocery store, for seniors in need.

As day-to-day life begins to find its regular rhythm again, here at St. Michael’s outreach continues with fervor though our many ministries - our Samaritan Ministry supplies on average 70 loaves of sandwiches to St. Joseph’s every week; the Cranford Family Care pantry box is filled on a weekly basis; our parish coat drive provided the gift of warmth, our Reverse Advent Calendar saw

an abundance of food donations; the Ministry of Mothers donated gloves to the Elmora Soup Kitchen, gift bags to Raphael’s Life House; parishioners donated over 1,500 gifts to our St. Nicholas Giving Tree during the Christmas Season; a group of our Confirmation candidates raised funds for Memorial Sloan Kettering through the sale of homemade lollipops, while other candidates donated items for blessing bags for the mothers at the Mercy House; our Salt & Light Ministry cooked & provided 200 Thanksgiving meals for local seniors, provide a monthly dinner donation to the Dudley House, donated Christmas Stocking to the Soldiers’ Angels Program, monthly they supply lunches to St. Joseph’s and cook for the St. Joseph’s Soup Kitchen on a bi-monthly basis; the Knights of

Columbus cooked 500 corned beef dinners to raise funds for a local scholarship fund; our Feed My Lambs Snack Program has supplied nearly 4,000 snack bags and 300 weekend bags for children in need.

Blessed by God’s tremendous Grace, this is just a glimpse of the outreach that occurs on a daily basis here. There are many small, quiet gestures of giving that go unnoticed but they all create a parish where time, talent and treasure is given so selflessly for others. It is indeed a place where you see firsthand The Face of Christ.

This is the third in a series of articles by churches of the Cranford Clergy Council. This article was written by Patricia Conheeney. Photographs also provided by Patricia Conheeney.



(above) Knights of Columbus Dinner



(above) lockdown stop-drop-go



(above) Lunches for St. Joseph's



(above) Soup Kitchen

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HISTORICAL SOCIETY'S "DECORATE THE CAKE" CONTEST WINNERS

Submitted by Teri Kandel

The Cranford Historical Society would like to congratulate the winners of our "Decorate The Cake" Contest. The contest was open to all Cranford residents in an effort to promote and celebrate the 150th Anniversary of the Township of Cranford.

Congratulations to the Baginski Family, Delilah and Vera and to the Cruikshank Family, Juliette and Madeline! We thank you for your submissions and we hope you enjoy your gift basket!

If you would like to become a member of the Cranford Historical Society our membership form can be found on our website, cranfordhistoricalsociety.org.

Happy 150th Anniversary to the Township of Cranford!



RELIEF FROM CHRONIC KNEE PAIN FDA Approved Treatment to Avoid Surgery

DON'T BLAME THE ARROW FOR MISSING THE TARGET

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



If Knee Surgery Sounds Scary, It Should

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

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

Consider This Alternative To Surgery

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

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

How Does This New Treatment Work?

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

Do you Suffer from any of these Symptoms?

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

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

Let Me Show You Targeted Relief From Your Knee Pain

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

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

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

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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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GIRLS SCOUTS OF CRANFORD EARN PRESTIGIOUS GOLD AWARDS

Submitted by Kerry Rokicki

Three accomplished young women were recently awarded the most prestigious award in Girl Scouts. Julia Love, Amanda Newport and Desirée Santos each earned the Gold Award and were honored for their achievements by Girl Scouts of Cranford, Service Unit 48.

"We are extremely proud to honor these young ladies for their hard work and years of dedication to our community," said Elayna Torsone, service unit manager for the Girl Scouts of Cranford. "Each of their projects makes a positive, lasting impact in our community and they had the extra challenge of volunteering during the pandemic. They each showed a tremendous level of commitment."

The Girl Scout Gold Award is the highest and most prestigious award that Girl Scout Ambassadors and Seniors can earn and stands for excellence and leadership. Projects require a minimum of 80 hours of work including identifying an issue, investigating it thoroughly, building a team, creating a plan, gathering feedback, taking action, and educating and inspiring others.

Julia Love (Girl Scout Troop 40843) saw a need created by the dynamics of the "stay-at-home" orders and took action. She noticed how religious education programs were affected just like public and private schools. To prevent "backslide" and keep younger students engaged, she developed a Summer Sundays religious education program at Holy Trinity Greek Orthodox Church for students in kindergarten through grade 5. She created lesson plans and trained peers to lead sessions which provided spiritual enrichment. The program can also be turn-keyed at other churches creating a sustainable initiative. Julia is also the recipient of the George N. Boulukos National Scholarship from the Eastern Orthodox Committee on Scouting. She will be attending the University of Pittsburgh in the fall to study special education and developmental psychology.

Amanda Newport (Girl Scout Troop 40480) focused her project on raising awareness of the contributions of local veterans. She created a slide show celebrating 100 years of the Cranford VFW Post #335. She dedicated hours to organizing information on the post's history and past leaders as well as chronicling the contributions the organization has made to the Cranford community. She also held workshops to educate younger Girl Scouts about the role of the VFW and taught them how to care for the American Flag. The project will serve as an important part of the post's historical records and will be accessible for many years to come. Amanda will attend the University of New Hampshire in the fall to study zoology.

Desirée Santos (Girl Scout Troop 40113) used her artistic talents to create a webcomic that addresses the challenges often faced by parents of LGBTQ youth, something she felt is overlooked in mainstream discussion. Desirée earned her award the previous year, but due to the pandemic could not be recognized for her achievements in person until recently. In September she will be a sophomore at SCAD, The Savannah College of Art and Design, where she studies animation, storytelling and illustration. The comic is available virtually so it may be easily shared. The link is:

webtoons.com/en/challenge/emma/list?title_no=471819

All three young women were honored for their achievements at an awards ceremony held on June 10 at the Cranford United Methodist Church. Mary Grace McNamara of Cranford, Lifetime Girl Scout, served as master of ceremonies. Guest speakers were Cranford Mayor Kathleen Miller Prunty and Natasha Hemmings, CEO of Girl Scouts Heart of New Jersey.

The Girl Scouts of Cranford boasts over 1,139 Girl Scout Members in 71 troops and Juliettes making it one of the largest non-profit organizations in town. 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.



(above, l-r) Desirée Santos, Julia Love, Amanda Newport



(above, l-r) Girl Scouts of Cranford honored three recent Gold Award recipients at an awards ceremony. Pictured are Mayor of Cranford Kathleen Miller Prunty, Desirée Santos, Julia Love, Amanda Newport, Mary Grace McNamara, and Natasha Hemmings, CEO of Girl Scouts Heart of New Jersey.



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PRIDE IN CRANFORD AWARDS SEEKING NOMINATIONS

Pride in Cranford
 & the Chamber's 75th Anniversary

The Cranford Area Chamber of Commerce will hold its Pride in Cranford Awards Dinner on October 14, 2021 at the Cranford Dramatic Club Theatre.

As in prior years, the nominations are made by the public. If you know of a friend, neighbor or organization who you feel should be acknowledged for making Cranford a better community through their volunteer efforts, please submit their names to the Chamber before Friday, August 20, 2021.

There are 2 categories for nominations:

Community Service Award: for an individual, group or organization that has helped make Cranford a better community through its volunteer efforts.

Community Development Award: for a business or individual who has developed or remodeled its exterior commercial property within the last 5 years, consistent with Cranford's guidelines.

The nomination forms will be available at the following locations:

- Cougar Headquarters - 415 Centennial Avenue
- Yumpanadas - 101 Miln Street
- Online - CranfordAreaChamber.com

Forms should be completed and emailed to CranfordAreaChamber@gmail.com.

Questions? Please call Gina Tipton, 908.272.6114.



The Cranford Area Chamber of Commerce will hold its Pride in Cranford Awards Dinner on October 14, 2021 at the Cranford Dramatic Club Theatre.

As in prior years, the nominations are made by the public. If you know of a friend, neighbor or organization who you feel should be acknowledged for making Cranford a better community through their volunteer efforts, please submit their names to the Chamber before Friday, August 20, 2021.

There are 2 categories for nominations:

COMMUNITY SERVICE AWARD:

for an individual, group or organization that has helped make Cranford a better community through its volunteer efforts.

COMMUNITY DEVELOPMENT AWARD:

for a business or individual who has developed or remodeled its exterior commercial property within the last 5 years, consistent with Cranford's guidelines.

The nomination forms will be available at the following locations:

- Cougar Headquarters: 415 Centennial Ave.

- Yumpanadas - 101 Miln St.

Online - CranfordAreaChamber.com

Forms should be completed and emailed to CranfordAreaChamber@gmail.com.

Questions?

Please call Gina Tipton, 908.272.6114.

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CRANFORD POLICE DEPLOYS UNMANNED AERIAL SYSTEM PROGRAM

Submitted by D/Lt. Matthew R. Nazzaro

Beginning on July 2, 2021 during Cranford's Independence Day Celebration at Nomahegan Park, the Cranford Police Department combined cutting edge technology and extensive training to deploy equipment that enhances first responders' ability to respond to major events and emergencies in Cranford. With the support of the Cranford Township Committee and a partnership with Conrail (Consolidated Rail Corporation), the

FLASHING PEDESTRIAN CROSSING SIGNS

Township of Cranford

In the ongoing effort to make streets safer for pedestrians, young and elderly, the Police Department will continue installation of flashing pedestrian crossing signs.

As of July 17, 19 signs have been installed at 18 locations. This does not include other warning signs and pedestrian safety signs throughout town. There are 7 additional locations, based on pedestrian volume and crash statistics, that are awaiting installation.

Deputy Mayor Brian Andrews, liaison to the Pedestrian and Bike Safety Committee, and Anthony Durante, chair, commend the Police Department's efforts to make streets safer and easier to cross. There is always more work to do but this is an excellent start.

Cranford Police Department began deploying Unmanned Aerial Systems (UAS/s) for the purpose of improving public safety and expanding first responders' situational awareness at critical events, fire scenes, missing persons responses, traffic crash investigations, pedestrian safety issues, and timely damage assessments after natural weather events.

In February of 2021, the Cranford Police Department worked in conjunction with senior management at Conrail which operates and manages the freight rail line that extends along the southern portion of the township. Citing concerns about the police department's accessibility to the tracks during calls for service about trespassers and high-tension power line issues, the Cranford Police Department and Conrail collaborated to discuss effective strategies to aid in emergency responses in these immediately-unreachable areas – which includes property abutting the Garden State Parkway, residential neighborhoods, an industrial business district, and the Rahway River. Conrail recognized this gap and also saw value in providing the Township of Cranford with a tool that could supplement public safety operations. The UAS/s has a powerful on-board camera that streams HD video back to the operator who in turn can immediately communicate critical, timely information with emergency personnel in the field. Because of Conrail's support and the Township Committee's approval, Cranford's

UAS/s Unit was established and supplied with the necessary equipment and training to ensure its successful implementation and operation.

The Cranford Police Department designated 4 officers as UAS pilots who received wide-ranging training and passed federal testing requirements to safely, effectively and legally operate newly-deployed UAS/s. This training includes receiving a Part 107 Remote Pilot Certification issued by the Federal Aviation Administration (FAA). Additionally, the Cranford Police Department has secured a Certificate of Waiver and Authorization by the FAA allowing public safety operations of the UAS program. Captain Guy Patterson currently serves as the Commander of the UAS/s Team.

"The purpose of the UAS/s program is to provide our officers and our emergency response partners with the necessary vantage point to assess, monitor, inspect, and assist in critical incidents or special events in our community," Chief Ryan J. Greco said. The Cranford Police Department's UAS/s program and all UAS/s operators shall be responsible for annual training, certification, deployment documentation and strict management oversight to ensure proper deployment practices. In addition to benefiting the Cranford Police Department, the opportunity to deploy UAS/s will serve the ever-changing, wide-ranging utility needs of other municipal departments in Cranford that require access to such technology.



CRANFORD POLICE DEPARTMENT LOGO CONTEST

The Cranford Police Department Community Outreach Unit is hosting a youth art competition to help create a new logo design for the Cranford Police Department. Eligible participants - Cranford residents between the ages of 7 and 17 years old - can submit their creative logo designs that may be displayed on t-shirts and possibly other advertising material for the Cranford Police Department. Winners' art will be showcased on CPD's social media pages.

The winners' design will be printed on t-shirts sold at Cougar Headquarters. The winner will receive a complimentary t-shirt and a gift card to a Cranford restaurant or store of their choosing. Profits from all shirts sold will be donated to Cranford Family Care.



GUIDELINES:

1. Logos must be original artwork of the submitter
2. Logo must not use more than 4 colors
3. Logos must show inspiration of 3 key words: "Integrity", "Community", & "Honor"
4. Logos may be larger but no smaller than 5"x5"

Submissions are due on or before August 6th, 2021 by 4 p.m. Submissions can be emailed to police@cranfordnj.org or dropped off at the Cranford Police Department addressed to "Community Outreach". As part of the contest, art submissions sent to the Cranford Police Department or Cougar Headquarters shall become the property of the Cranford Police Department upon entry and may be used in future social media platforms. Any questions about the contest may be directed to the Community Outreach Unit at 908-272-8989 or 908-709-4313.

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“TRANSIT TO TRAILS” APP OFFERS PUBLIC TRANSPORTATION OPTIONS TO PARKS

NJ Transit recently launched its “Transit to Trails” initiative, an interactive and user-friendly web application that easily identifies great parks and green spaces in New Jersey that are accessible by public transportation.

The “Transit to Trails” website, found at njtransit.com/trails, has links to NJ Transit service details and park information for 62 national, state and county parks throughout New Jersey. Results will feature bus, rail and light rail options within two miles of the desired park throughout all 21 New Jersey counties.

While using NJ Transit’s “Transit to Trails”

map, users will be able to search for their prospective destinations by park name or view a virtual map of the state with different park locations. Each destination has clickable access points comprised of park entranceways, parking lots or meeting areas. Service options for each of these individual areas, managing agency information and directions will be accessible from a pop up that appears at each access point.

The ease and convenience of being able to efficiently plan for leisurely visits to outdoor recreation and community destinations encourages residents and visitors to utilize

available public transportation as opposed to their personal vehicles when planning a trip. NJ Transit’s “Transit to Trails” application planning tool will help decrease road congestion, help the environment and ensure equitable access to New Jersey’s parks for those who depend on public transportation for all their travel needs.

For more information on NJ Transit to Trails please visit njtransit.com/trails.



LITERACY NEW JERSEY CELEBRATION HIGHLIGHTS SUCCESS

On June 23 over 140 students and volunteer tutors came together via Zoom to celebrate a year of commitment and success in learning English. Literacy New Jersey’s English as a Second Language (ESL) program provides free classes to adults who want to improve their language skills in order to find jobs, help their children in school, and become more involved in the community. Featured speakers at the event were: Tom Ganley of Cranford who volunteered with Literacy New Jersey beginning in January 2020 and has earned over 207 hours of distance learning with his ESL students this year; and Mitch Grossman of Metuchen, a new volunteer tutor to Literacy New Jersey who experienced distance learning with ESL students for the first time.

Due to COVID-19, all classes were held online this year. Our volunteer tutors learned new technology skills and reinvented their lesson plans to accommodate online learning. Through the generosity of a donor, Literacy New Jersey was able to provide tablets to students who did not have a device and who would otherwise not be able to attend online classes. Despite the challenges presented by the

pandemic, students achieved over 50+ instructional hours during the course of the year and were awarded certificates and pins for their achievement and dedication to learning English. Quite a few students achieved over 100 hours of instruction in the program.

Lauren Sergeant, Program Coordinator, said “I am impressed with the tenacity and adaptability shown by both students and tutors to continue learning and working towards achieving their goals, despite the challenges we faced over the last year. I am delighted that so many students benefit from our program due to the dedication of our volunteer tutors and our ability to expand our class schedule despite the pandemic.”

Literacy New Jersey generally provides daytime and evening classes at libraries throughout Middlesex County. In September, Literacy NJ is looking forward to resuming in person instruction and will continue some online classes. In addition to English classes for immigrants, Literacy NJ offers GED prep classes, citizenship classes, computer skills classes for ESL students, and support for adults who struggle with reading and writing.

Online and in person classes are planned for

September 2021. For more information about the Literacy New Jersey program, or becoming a volunteer tutor, please contact Lauren Sergeant, Program Coordinator at 908-906-5456 or lsergeant@literacynj.org or visit the website at literacynj.org/middlesex-county.

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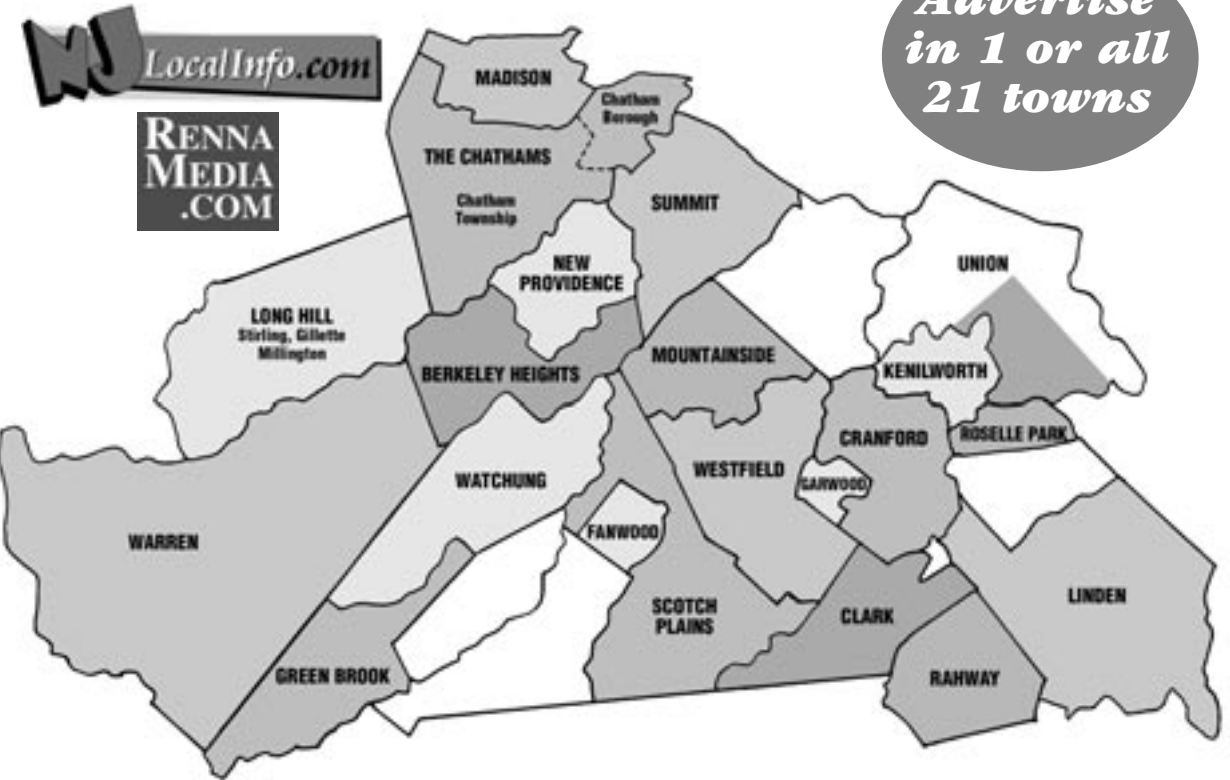
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BACKPACKS FOR LIFE FIFTH ANNUAL GOLF OUTING FUNDRAISER

On September 20, 2021, Backpacks For Life will be hosting their Fifth Annual Golf Outing in Wayne, NJ. The golf outing is one of Backpacks For Life's tentpole fundraiser events that occurs annually in an effort to spread awareness about veteran homelessness and their mission to serve the veteran community. Last year's event was cancelled after a handful of rescheduling attempts due to COVID-19. The outing is presented by the founding sponsors of the event, three local New Jersey businesses, Biltmore Tuxedos, Sal Laurretta for Men and DSM.

"While it was a disappointment to cancel the event last year, we knew it was the right call. This year, we're excited to get back out there, bring the community together and have a great day in support of the veterans we serve. Our event has a lot to offer so whether someone is a golfer or not, they can participate in some capacity," said Sgt. Brett D'Alessandro, President, Backpacks For Life.

The outing will be held at one of New Jersey's premiere golf courses, North Jersey Country Club located in Wayne, NJ. The event kicks off with the veteran owned business brunch featuring a variety of local veteran owned businesses including The Mobile Cigar Lounge, Backward Flag Brewing and Black 6 Coffee.

The event continues with a round of 18 holes as well as on course activities.

"Each year we try to bring something new and exciting from within our veteran community for others to experience. With the veteran owned business brunch and our cocktail reception, we're able to highlight incredible veteran owned small businesses and help them after what was a challenging year for all. It's an honor to share the stories of successful veteran entrepreneurs," said Alexa Modero, Executive Director, Backpacks For Life.

The evening concludes with a cocktail hour reception sponsored by Bond Street Mortgage. This portion of the event is open to the public, golfers and nongolfers alike. The reception features food and beverage, a silent auction and guest speaker, US Navy SEAL veteran, Anthony Page.

For all event details, tickets and registration, visit backpacksforlife.org/golf.

Backpacks For Life is a 501(c)3 nonprofit organization that serves the homeless and at-risk veteran community. By regularly distributing backpacks filled with essentials to Veterans on the streets and providing mentorship to at-risk Veterans and their families, Backpacks For Life aims to bridge the gap between Veterans and the resources available to them.

IMAGINE SEEKS VOLUNTEERS

Imagine provides free peer grief support groups for children ages 3-18 who have experienced the death of a parent or sibling. Concurrent English and Spanish speaking adult groups are available for the parents or caregivers of the youth who attend Imagine. We also offer support groups for young adults ages 18-30. All groups are held either in-person or virtually.

Support groups are facilitated by trained adult volunteers who attend a three-day training totaling 24 hours, as well as regular continuing education. Volunteers come from all walks of life and no special background is required other than a willingness to listen, a heart inclined to serve, and the ability to be with children and adults in pain without trying to fix, solve or give advice. No prior experience is necessary. Volunteers must be 21 years or older. Volunteers serve as companions and loving listeners for those who are grieving.

"In order to continue to grow our English and Spanish speaking programs, we need to constantly train new volunteer facilitators," said Veronica Ortiz, Imagine Program Manager.

Imagine is offering a training class that will take place virtually from August 27-29. For more information, please contact Imagine Training Manager, Jamie Saltamachia at jamie@imaginein.org, 908-264-3100.

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