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Published by Renna Media

Issue 7 • August 2021

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## SUMMER STAGE AT THE ROSELLE PARK COMMUNITY GARDEN

*Submitted by Lisa Coppola*

The Roselle Park Community Garden recently hosted "Summer Stage at the Garden," an event featuring a seminar on organic pest management and live musical performances by two local bands. Arnulfo Toro and members of the Roselle Park Environmental Commission organized the days' events which also included rock painting and gnome decorating stations for the younger crowd. Returning guest lecturer, Althea Llewelyn gave an insightful talk about how to deal with garden pests naturally and without the use of harmful pesticides. She also identified beneficial insects that should be left unharmed and encouraged gardeners to plant many flowering plants nearby to attract pollinators - the key to a successful ecological garden.

Arnulfo envisions the Community Garden as more than just a place to grow organic food, but a permaculture site with three main ethics in mind: People Care, Fair Share, and Earth Care. "In this community garden we are not just growing food, but community as well". Arnulfo is a certified permaculture designer who is passionate about teaching people how to grow their own food. He reinvigorated the Community Garden three years ago when he stepped in to help redesign the layout of the garden and convert the straw bale plots to a fully automated raised bed garden. Last year during the peak of the pandemic, Arnulfo, EC members, and community volunteers grew and donated all the crops to the local food pantry and community members.

This year they built a stage to accommodate seminars, demonstrations, and musical acts for gardeners and community members to enjoy throughout the summer. During this first event, local bands Trying Our Best and Low Highs both performed short sets of Indie Pop covers and original songs. It was a really nice and successful event, with more to come.

Arnulfo Toro stresses the fact that it's important to know that this whole project has truly been a labor of love, and can only continue and remain sustainable with more community



volunteers and support. He hopes to continue to host events throughout the summer, showcasing much more of the local talent. To learn about upcoming events at the Community Garden or to volunteer, follow their facebook page at [facebook.com/RPEnvironmentalCommission](https://facebook.com/RPEnvironmentalCommission). You can also find out more about the Roselle Park Environmental Commission at [rosellepark.net/environmental-commission/](https://rosellepark.net/environmental-commission/).

Photos by Lisa Coppola and Arnulfo Toro

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## YMCA SWIM TEAM TRYOUT DATES ANNOUNCED

The Gateway Family YMCA has announced upcoming tryouts for the 2021-2022 Fall/Winter Rapids Swim Team, scheduled for Tuesday, August 24 and Wednesday, August 25, 6:00-8:00 p.m. at The Gateway Family YMCA – Rahway Branch, 1564 Irving Street, Rahway, NJ. Swimmers, ages 6 – 18 are invited to visit the YMCA to tryout for the Rapids Swim Team, no registration is necessary.

“YMCA competitive swimming and diving teams are the natural progression from Safety Around Water and Y Swim Lessons, encouraging children and teens to continue their love of swimming while providing an ideal environment for cognitive, physical and social-emotional development,” said Krystal R. Canady, CEO, The Gateway Family YMCA. “Through competitive aquatics programs, participants experience achievement, feel a sense of belonging and build supportive relationships, which is especially important at this time.”

Registration for the 2021-2022 Fall/Winter Rapids Swim Team will begin on Tuesday, August 24 at 10:00 a.m. online at [tgfymca.org](http://tgfymca.org).

“Our team is a year-round competitive swim team offering quality coaching and technique instruction. The goal of the team is to provide every member an opportunity to improve swimming skills and achieve success at their

individual level of ability,” added Melynda A. Mileski, EVP, Chief Operating Officer, The Gateway Family YMCA.

The competitive swim season typically runs from September through March, with dual meets starting in October and Championship meets starting in February. The Rapids swim team competes against other YMCA’s in the league. Swim meets are held at The Gateway Family YMCA - Rahway Branch or at the site of the competing YMCA.

As a leading nonprofit committed to youth development, the Y has been a leader in providing swim lessons, teaching water safety and inspiring competitive swimmers. The Gateway Family YMCA continues to help youth and adults experience the joy and benefits of swimming, so they can be healthy, confident and secure in the water. There are a variety of programs to choose from, including swim lessons for all ages, starting with parent/child lessons through adult, water exercise, family swim, and competitive swimming. To ensure that everyone has an opportunity to participate, financial assistance is available to those who qualify.

To learn more about The Gateway Family YMCA’s Swim Team programs, please visit [tgfymca.org](http://tgfymca.org) or contact the Rahway Branch 732-388-0057.



(above) Tryouts for the 2021-2022 Fall/Winter Rapids Swim Team are scheduled for Tuesday, August 24 and Wednesday, August 25, 6:00-8:00 p.m. at The Gateway Family YMCA – Rahway Branch.

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## NATIONAL NIGHT OUT AUGUST 3, 2021

The Roselle Park Police Department has announced that it is hosting National Night Out on Tuesday, August 3 from 6 - 9 p.m.

The National Night Out is an event that promotes police-community partnerships and neighborhood camaraderie.

Chief McCaffery of the Roselle Park Police Department is eager for the event. "I can't think of a better way to celebrate the hard work of Roselle Park's police and fire departments than by hosting National Night Out. I'm excited to spend a night with the members of the community that my department works tirelessly to protect every day."

"This will not only be a fun summer event, but an important opportunity for Roselle Park residents of all ages to build a relationship with our police and fire departments," said Roselle Park Mayor Joseph Signorello. "Here in Roselle Park, our police work hard to protect and serve our community and because of events like this, their relationship with our residents is stronger than ever. Thank you Chief McCaffery for your leadership and I look forward to a great night out."

The National Night Out will take place at Michael J. Mauri Park, E. Grant Ave., in Roselle Park. For more information, please contact the Casano Community Center at 908-245-0666.

## ROTARY ROSELLE-ROSELLE PARK STUDENTS OF THE MONTH

*Submitted by Bob Zeglarski*

Joahua Melvin of Abraham Clark High School, Alexandra Harms of Roselle Park High School and Alexandra Ramirez of Roselle Catholic High School were honored as Rotary's May Students of the Month during a recent Zoom meeting of the club. They were selected for this honor by their high school guidance counselors for their excellence in their high school studies and for their service to school and community.

Roselle Rotarian Courtney Washington

coordinates the program which promotes the ideals of Rotary, especially that embodied in Rotary's Motto: Service Above Self. Students are honored monthly with a plaque, a gift certificate to Barnes and Noble, and an opportunity to address the club in the presence of their guidance counselors, parents, special guests and club members.

Lend a hand! To learn more about the Roselle-Roselle Park Rotary visit [roselle-roselleparkrotary.org](http://roselle-roselleparkrotary.org).



*(above) Alexandra Ramirez of  
Roselle Catholic High School*



*(above) Joahua Melvin,  
Abraham Clark High School*



*(above) Alexandra Harms,  
Roselle Park High School*



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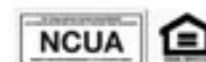
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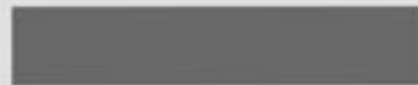
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## TEEN VOLUNTEER FOLLOWS HER DREAMS



(above) Dimiana Ibrahim, Elizabeth resident and former Teen Volunteer at Trinitas, poses at Princeton University, where she has joined the Class of 2025.

Trinitas Regional Medical Center offers teenagers with an interest in healthcare several opportunities to test-drive their dreams. Dimiana Ibrahim, an Elizabeth resident, followed her dream of becoming a doctor to Princeton University to join the Class of 2025. What helped make the decision to study medicine were her experiences as a volunteer and a Medical Explorer at Trinitas.

As a high school sophomore, she entered the Teen Volunteer program, run by Lisa Liss, Director of Volunteer Services at Trinitas. "I wanted to be further exposed to the hospital setting to see if medicine was really the right path for me," Dimiana says. "Volunteering on the maternity floor allowed me to observe the ins and outs of how a hospital floor works. Helping different varieties of patients exposed me to how different and equally important each patient's story is. I was exposed to real-world hardships, celebrations, and stories that I would've never been able to see otherwise. It taught me the great importance of patience and compassion in the field, which is something you really have to feel and not just read about in a book."

Then Dimiana joined the Medical Explorers Club, for those interested in healthcare, nutrition, physical therapy, and nursing, among other careers. "Although short-lived due to COVID, it was an overall really fun and educational experience for my friends and me. I learned a lot

about different specialties in the hospital, like anesthesia and dialysis. It showed me how truly excited I felt learning about medicine. It helped me realize that this is the excitement I aspire to have my entire life when it comes to my chosen field. These experiences, along with many others, helped me achieve the self-reflection and discovery needed to not only find my career path, but to recognize how I intend to get there. Attending Princeton University will be one of my first of many steps towards becoming a physician."

Liss, who also oversees Nurse Camp for high school students and the Collegiate Medical Mentor program for college students, says, "I'm always thrilled to hear about students taking their experiences at Trinitas and running with them. Dimiana was a shining example of how enriching these programs can be for students who may either be on the fence about healthcare as a profession and figure out that they definitely want it, or know for sure they want to study medicine at some level and can't wait until college to get started. Dimiana took advantage of what we have to offer and we hope to see her in our Collegiate Medical mentor program as she excels at Princeton."

For more information about Volunteering at Trinitas or to get involved with one of the medical mentoring programs, call Lisa Liss, 908-994-5164.

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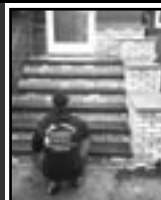


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Imagine provides free peer grief support groups for children ages 3-18 who have experienced the death of a parent or sibling. Concurrent English and Spanish speaking adult groups are available for the parents or caregivers of the youth who attend Imagine. 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.

Over 220 children and adults have been participating in our virtual support groups this year. We are now preparing to launch a new program year that will offer the option of in person or virtual support for English and Spanish speaking groups. Doing these additional trainings will ensure that no child will ever have to wait to get the support they need."

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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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:

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- 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.
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- 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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Scot Paris MD, FACS



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

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- Patricia G.

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- Perry O.

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## BACKPACKS FOR LIFE GOLF OUTING

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 Lauretta 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](http://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.

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# INDEPENDENCE DAY CELEBRATION

Roselle Park hosted the annual Independence Day celebration and fireworks show on Thursday, July 1, 2021. The celebration included food vendors, inflatables, activities, and live music by the Garden State Groove Band. The evening concluded at dusk with a flag-raising ceremony that kicked off the fireworks show.



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Juliana Ahmetaj  
Aleksandra Alavanja  
Ketzalli Rosa Alejo  
Elizabeth M. Almeida  
Matthew Ethan Alvarez  
Angela Camila Amaya  
Antonio Antonucci  
Anastasia Marie Arvelo-Rosado  
Brandon Nicholas Baldassarre  
Thomas Bartley  
Doven Sy Basillote  
Zahir Bass  
Maya Shalini Bhamre  
Katherine Nicole Birch  
Kevin Bonilla  
Justin Alexander Cabarle  
Brandon M. Carino  
Erika Castillo-Perez  
Cynthia Michelle Castillo-Grande  
Anthony Cecere  
Jonathan E. Cevallos  
Alison Edith Chabla  
Skarlet Chico  
Victoria Maria Chronis  
David F. Concepcion  
Kevin M. Costa  
Mateo Jordan Coye  
Jaeden A. Creighton  
Danielle Elizabeth Crown  
Kimberly Carvalho DaSilva  
Yamari Skye Davis  
Emmanuel Deleon-Ospina  
Jayden Diaz

Raina Maria Di Nardo  
Gavin Gregory Dunkerton  
Yassine Elouadili  
Sadrac R. Ernest  
Leslie Caroline Espinoza  
Cassini Exantus  
Gabrielle Fernandes  
Erik Fernandez  
Isaiah Figueroa  
James L. Ford  
Nicole Shania Franco  
Ivanni Martine Francois  
Miguel Jose Freire  
Isabella Rose Fuentes  
Aubree Mildred Gergich  
Michael Anthony Gero  
Armin Gilic  
Kevin Florziano Gomes  
Sebastian Gómez  
Siara Gomez Aristizabal  
Jessica Barbara Goodis  
Megan Goodman  
Alexandra Harms  
Lexy Iliana Harnett  
Julian Henry  
Gabrielle Hilburn  
William Hodge-Grissett  
Katherine Ibanez  
Nicolas Ibanez  
Junaid A. Ilyas  
Ranai Marlice Jones  
Armin Karic  
Casey King  
Amani Kinsale  
Kaitlyn Dianna Kinsley

John E. Kopf  
Ryan Alexander Kuchta  
Angelo Jake Landi  
Ava Nicole LaTorre  
Andrea Itzel Lee  
Rachel Ann Leone  
Isabel Lopez  
Danny Luc  
Adan Luna  
Hamza Mousa Mafarjeh  
Julian Marte  
Xavier D'mitri Martinez  
Liam Philip Matos  
Abigail Grace Medina  
Milton Melara  
Alicia Melo Tejeda  
Bryant Mendez-Luna  
Gonzalo Meza  
Camila Odette Moscoso  
Sean Allen Nicol  
Dalila Nikovic  
Nicholas Ocampo  
Hennessy Ojeda  
David Isaac Ortiz-Santos  
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Michael Paiva  
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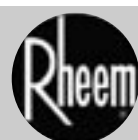
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## EDYTHE CLAIRE FRANK 100 YEARS OLD AND 90 YEARS WITH GIRL SCOUTS

The blaring of a fire truck's siren as it approached a party, cars honking horns as they drove by, letters, cards, proclamations, flowers, and dozens of relatives and friends were part of a surprise yard party on Saturday, June 26 celebrating the 100th birthday of Edythe Claire Hansen Frank of N. 12th St., Kenilworth, NJ. Also stopping by were Mayor Linda Karlovitch and Councilman Louis De Mondo who extended personal congratulations to the birthday girl as did her minister, Father Andy Kruger, of Trinity Episcopal Church, Cranford. Edythe's actual birthday was the next day, having been born in Jersey City on June 27, 1921 to William E. and Laura Jane Silvers Hansen.

Not only does Edythe have the distinction of being a centenarian but she very well may be the oldest, and longest dues-paying Girl Scout in the United States. In 1931 at age nine she became a Brownie Scout and in 1935 a registered Girl Scout.

One of three children, Edythe married Sgt. George J. Frank on Armistice Day, 1943 while he was on short leave from the US Army during WWII. She said, "He came home on short leave and we got married." During the war she tried to enlist with the Navy, Coast Guard, and Marines and they were not taking people at that time. The Army indicated they would take her but her parents and husband asked her to reconsider. Eventually she decided to remain at home.

After WWII they lived in a Millburn apartment and ran a luncheonette. They soon had two children – George (aka "Stretch") and Laurie-Jo. The couple bought some building lots in Kenilworth on N. 12th St. for a few hundred dollars and began to erect their own home with their own labor and that of relatives and friends. Edythe remarked, "I handed him the cinder blocks and he added the mortar." At last, in 1949, they moved in and later had two more children – Sue-Ellen and Donna-Claire. George passed way in 2012 at age 91 after 68 years of marriage.

Both Edythe and George were part of Kenilworth scouting – he with the Cub Scouts



(above) Edythe Frank gives a toast at her 100th birthday party.

Photos provided by the family of Edythe Claire Frank

and she with the Brownies and then the Girl Scouts. They were scout leaders for their own children and many more from town. Edythe started out as a Brownie leader and as her daughters grew older, she became a Girl Scout leader spanning a period of 14 years from 1957 to 1971.

Edythe recalls trips to Camp Wild Cherry and the old Girl Scout cabin at the end of N. 18th and N. 19th streets adjacent to Black Brook Park. She mentioned, "There was really nothing around there at the time. There was a lot of open space." She reminisced about the wild cherry trees, poison ivy, dirt, and dust. Edythe stated, "We couldn't wait to wash off all of the dirt from camp. When we got home after day camp, the first thing we did was to shower to get rid of the dirt."

In 1995 Edythe was honored by the

Washington Rock Girl Scout Council with a 60-year service pin and again in 2005 with a 70-year pin. Still a dues-paid Girl Scout after 90 years, Edythe indicated a few years ago, "Everyone worked nicely together at Camp Wild Cherry. We really were sincere about following the Girl Scout Promise and Law. I still follow it today.

A special highlight of the day was the attendance of Natasha Hemmings, CEO of Girl Scouts Heart of New Jersey. Ms. Hemmings announced that Edythe had been awarded the distinct honor of "Life Time Girl Scout," and noted that among other benefits, was that no longer would Edythe need to pay dues. With a smile, Edythe said, "So glad to be a Life Time Girl Scout as at times I was late in paying my dues. Now I don't have to worry about it."

The hostess of the party was Edythe's granddaughter, Dionne Frank, who resides next door. She is one of Edythe's 10 grandchildren. Edythe also has 12 great-grandchildren and two great-great-grandchildren.

The celebration continued over to the following day with continued surprises as more relatives and friends arrived. On Sun., July 11, a third get together with old friends visiting was held in Ocean Beach, NJ where Edythe and her late husband, George, husband, had a home for over 30 years. Edythe concluded, "I never had any idea about the surprise party. I was pleased to see so many people."

Granddaughter Dionne, commented, "As a family, we are very blessed to have her with us, in good mental and physical health. Edythe is the true matriarch of the Frank Family and is always ready to dole out love and humor. The entire weekend was a surprise for Gramma so every person who walked up the driveway to greet her, made her more excited and filled with love and joy."

Research provided by Walter E. Boright, Ed. D., historian, and Irene Laki for the Girl Scouts. Persons with inquiries about this or other aspects of Kenilworth history may contact Dr. Boright at drbori@aol.com or 908-256-5200.



(above) Edythe and family, ca. 1958  
(top, l-r) Edythe; George, Sr.; and George, Jr., ("Stretch");  
(bottom, l-r) Sue-Ellen; Laurie-Jo; and Donna-Claire.



(above, left) Edythe joined the Brownie Scouts in 1931. (right) Edythe C. Frank Brownie Troop 855, 1959 Clockwise: Edythe, Jackie Clark, Sue-Ellen Frank, Peggy Curtis, and Laurie-Jo Frank Photos provided by the family of Edythe Claire Frank



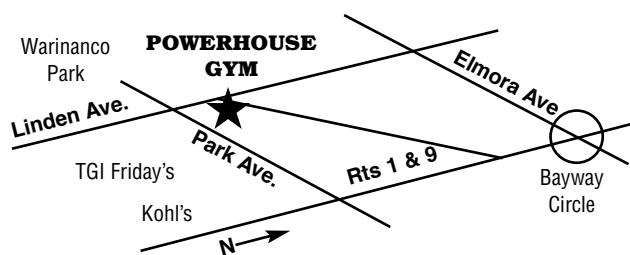
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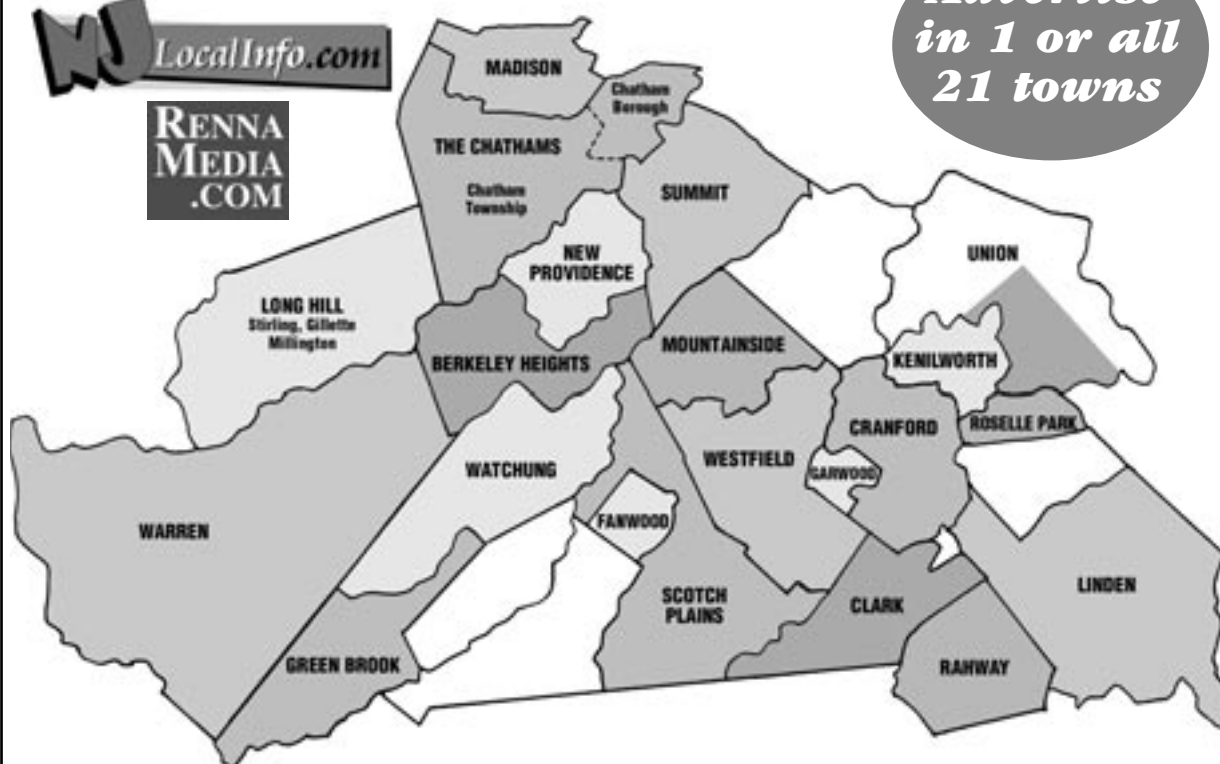
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### MENUS - PRINTING - \$50 PER THOUSAND

Rate is for quantities of 25,000 or more.

For quantities less than 25,000 cost is \$68 per thousand.

11"x17" / Full color / 2 sided / 60lb gloss coated stock /

Includes folding (quarter fold or tri-fold, with or without coupons tab)

### FLYERS - \$35 PER THOUSAND

8.5" x 11" / Full color / 2 sided / 60lb gloss coated stock /

Tri-fold add \$10 per thousand

### INSERTED AND MAILED TO EVERY HOME AND BUSINESS

\$60 per thousand. (as low as \$30 per thousand depending on quantity.)

Joe Renna at 908-447-1295

email: JoeRenna@RennaMedia.com



FLYERS

**\$35**

PER 1,000

MENUS

**\$50**

PER 1,000

## ONLINE ADS & PRESS RELEASES DRIVE LOCAL TRAFFIC TO YOUR WEBSITE

### • GET UNLIMITED CLICKS

An alternative to expensive pay-per-click programs

### • FREE AD DESIGN AND COPYWRITING

Advertising webpage includes many features

including write-up, images, video, Google map, etc.

### • 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

All ads include a live view counter.

Joe Renna at 908-447-1295

email: JoeRenna@RennaMedia.com

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

RENNA  
MEDIA  
.COM

**NJ** LocalInfo.com

## WEBSITE AUDIT/ANALYSIS AND RECOMMENDATION PLAN

### • SEE WHAT IS WORKING AND NOT WORKING

Know where your web traffic is coming from and why.

### • ELIMINATE / AVOID COSTLY SCHEMES

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

### • INCREASE ONLINE MARKETING RESULTS

Recommendations include ways to increase traffic to your website

### • NO OBLIGATION

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

**ONE TIME**  
**FLAT FEE**  
**\$250**

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

Joe Renna at 908-447-1295

email: JoeRenna@RennaMedia.com

## WEBSITE / SEO SERVICES

### • STARTER WEBSITE: \$500

Basic static site that can be developed further

### • WEBSITE CREATION/UPDATE: \$2,400

Cost for average website: 12 pages, contact form, SEO friendly, responsive design

### • WEBSITE HOSTING: \$300 PER YEAR

Includes website hosting, software updates, monthly website content updates

### • SEO SERVICES: AVERAGE COST \$1,000 - \$2,000 PER MONTH

Custom tailored solutions: Google Ranking, Local SEO, Social Marketing

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

**STARTER**  
**WEBSITE**  
**\$500**

Joe Renna at 908-447-1295

email: JoeRenna@RennaMedia.com

Call Today for a Free Estimate!  855.624.6655



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