

# ROSELLE PARK MONTHLY

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## KNITTING CLUB CREATES FRIENDSHIPS AND MORE

The Knitting Club, which also includes crocheters, is back to meeting in person at the Roselle Park Memorial Library on Wednesdays from 1 to 3 p.m.

Participants are from Roselle Park and surrounding towns. Newcomers are always welcomed. You don't need any crafting experience to enjoy the company of other crafters and creative exploration. Feel free to bring a project to work on, and / or a finished item to show others. If you enjoy the fiber arts, or want to learn more about them, this

group is for you. They will be happy to teach you basic knitting and crocheting techniques.

In addition to creating their own projects, the group has donated hats and scarfs to many organizations including various homeless shelters in Union County, Cranford Elmora Soup Kitchen, Veteran's organizations, red scarfs to the cardiac group of Morriston Memorial Hospital, and baby hats, blankets, and sweaters to Raphael's House in Elizabeth.



(above, l-r) Diane Rahoy, Roselle Park, Mona Lisa Kennan, Elizabeth, and Diane Rahoy, Roselle Park.

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(above) Maryann Imperato, Union; Jean Trapp, Westfield; and Annette Burns, Roselle Park



(above) Linda Deamas, Roselle Park Library assistant; and Debbie Heiss, retired Roselle Park Library circulation manager.



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## ROSELLE PARK MONTHLY

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## RPHS BOWLING TEAM WINNING SEASON ENDS WITH GROUP 1 STATE CHAMPIONSHIP



(above) Team members Mia Luna, Owen Miller, David Bromirski, Michael Martins, Assistant Coach Doug Metzgar, NJSIAA Assistant Director Derryk Sellers, Derek Wenskoski, Ryan Marino, Justin Llizo, and Coach Vincent Fucci .

Photo by Roselle Park Public Schools

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## SHERMAN SCHOOL FUNDRAISER DELIVERS

The Sherman School PTA's 5th Grade Luncheon committee held a "Get Stuffed Bread FUNraiser" with Roselle Park small business Iorio Deli. Customers purchased Gilda's famous stuffed breads and Sherman School parents delivered them to their doorsteps. The fundraiser received 10 percent of sales and the delivery tips. Sherman School PTA Fundraiser Organizer, Kathy Roché said, "It's all about the teamwork! Thanks to Iorio Deli for being such a great

partner."

Owner Gilda DeIorio was happy with the overwhelming response. "People love my stuffed breads because I put love in every time I make them—just like my mother did in Italy when I was a kid." Son Joe DeIorio, welcomed more organizations to participate: "We offer this fundraiser to local organizations as a fun and easy way to raise much needed funds."

Photo by Sherman School PTA



(above l-r) Grade 5 Luncheon organizers Tom Roché and Kathy Roché, Iorio Deli owner, Gilda Delorio and son, Joe Delorio, are all smiles at the success of the recent, delicious PTA fundraiser.

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(above) *Lost Life* author Vinnie Keller will be interviewed at RPVML by former mayor Joe Delorio on March 24 at 6 p.m.

Courtesy photo

## AUTHOR VISIT & BOOK SIGNING

### *Friends of the RPVML*

Meet Vinnie Keller, Roselle Park resident and author of *Lost Life*, on Thursday, March 24 at 6 p.m. at the Roselle Park Veterans Memorial Library.

At age 35, Vinnie was diagnosed with endocarditis, a severe infection that damaged a valve in his heart and that required major surgery. The odds of survival were against him.

*Lost Life* chronicles Vinnie's journey of courage and determination: "My journey began

in 2001 and my fight to survive continues each and every day."

Interviewing Vinnie will be Joe Delorio, former mayor of Roselle Park and schoolmate of the author. Attendees will have the opportunity to ask questions during the interview and purchase a book for signing afterwards.

The event is free and sponsored by the Friends of the Roselle Park Veterans Memorial Library.

For more information, email [friendsoftherpvm@gmail.com](mailto:friendsoftherpvm@gmail.com).

## PSE&G OFFERS ASSISTANCE TO RESIDENTS

### *Borough of Roselle Park*

As part of its Back on Track, Together campaign, PSE&G is helping Roselle Park residents who are struggling to pay their utility bills. By acting on the helpful information PSE&G provides, residents can receive assistance with special payment arrangements, payment assistant programs, and more.

"I am grateful to PSE&G for providing Roselle Park residents with the help they need when paying their bills," said Mayor Joe Signorello. "The COVID-19 pandemic has left many stricken

with financial difficulties, so this kind of assistance is greatly needed and appreciated. I extend my thanks to PSE&G for their help, and encourage residents in need to act upon these arrangements and programs."

Today, twice as many customers are seriously behind on their bills than before the pandemic. PSE&G is committed to providing the best support to struggling residents during this time. To learn more about the new payment options, please visit [pseg.com/helpnow](http://pseg.com/helpnow) or call PSE&G Customer Care at (800)-357-2262.

## FREE YOGA & MEDITATION CLASSES

### *Borough of Roselle Park*

As part of its exercise programs at the Casano Community Center, the Borough of Roselle Park continues to offer yoga and meditation classes to all adult residents. Yoga and meditation are some of the best ways to relax, become centered, and start your fitness journey. These classes are completely free to attend and take place Monday through Thursday at 7 p.m. at the Casano Community Center, located at 314 Chestnut St. Space is limited to 25 people per class and registration is required by visiting the Casano Community Center with valid proof of residency.

For more information, please call (908) 245-0666.

## ANNUAL ST. PATRICK'S DAY CELEBRATION

On Saturday, March 12th, the Borough of Roselle Park will host its annual St. Patrick's Day Celebration. Located at the Casano Community Center at 314 Chestnut Street, the event will take place from 2 - 5 p.m. and will feature free food and live music from Joe Caroselli's Masterpiece Orchestra. Attendance for this event is free and is open to all Roselle Park residents. For more information, please contact the Casano Community Center at 908-245-0666.





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## RELIEF FROM CHRONIC KNEE PAIN

### FDA Approved Treatment to Avoid Surgery

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

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



### If Knee Surgery Sounds Scary, It Should

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

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

### Consider This Alternative To Surgery

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

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

### How Does This New Treatment Work?

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

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

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

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

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

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

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

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

Call 732-827-0800

Scot Paris MD, FACS



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

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

- Patricia G.

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

- Perry O.

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

- Quenton L.

## ROSELLE PARK'S FIRST BABY BORN IN 2022

Roselle Park 24/7 is proud to announce that Kennedy is the first baby born in Roselle Park in 2022. Kennedy, who arrived on January 14, 2022, is the daughter of proud parents Janice and Jamie Condrack.

Roselle Park's first resident for 2022 was presented a welcome basket of donated items from residents and small businesses. Kennedy's parents are excited. "We are thrilled that Kennedy is Roselle Park's first born for 2022! It's an honor to have her be a part of RP's history and we're grateful for the town's support. Thank you, Positively Roselle Park 24/7 for creating programs that further build our community."

Positively Roselle Park 24/7 volunteer organizer Joe DeLorio said, "Our group loves programs that create community spirit and well-being. It's who we are and what our Roselle Park is all about." For more information about Positively Roselle Park 24/7 programs go to [RosellePark247.org](http://RosellePark247.org).



(above) Roselle Park welcomes Kennedy Condrack, the first baby born in RP in 2022.

Photo courtesy of the Condrack Family

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## MEET ANGELA WILLIAMS OF ROSELLE

By Monique Forrest, CASA of Union County

Drawn to a career serving others and seeking meaningful connections within her community, Angela combined her experience years ago as a young, single mother, and the timing of her daughter's departure for her sophomore year at college, as an opportunity to channel her motivation and untapped mentorship into making the most of her newfound time as an empty nester.

"CASA of Union County felt like a good fit because I've spent my career serving the community and I was a young, single mom. I felt I could connect to children and families facing difficult times," says the paralegal of 17 years. In that work, Angela works with individuals applying for entitlement and public benefits. One could say advocacy is natural extension of several facets in her life, as she helps bridge gaps for others.

Sworn in as a CASA Volunteer in December 2019, Angela began working with a 16-year-old mother of a special-needs child. Advocates are trained on how to develop a relationship with their assigned foster youth using a trauma-informed lens free from bias and judgement, and provide unconditional support while they are in foster care. Angela notes her most gratifying experience the last couple years is seeing her youth's progress. "I am super proud! She is very good at advocating for herself, and I love hearing her talk about her future."

North Carolina born, Angela is a true southern cook who considers herself blessed to have been influenced by several people. "I had the benefit of being influenced by a number of different people," she admits. The most influential, though? Her mother, whom she recently lost to dementia. Angela shares, "She, too, was a single parent. She dedicated her life to family and helping others. I have always admired and wanted to be like her."

Angela uses those meaningful mentor experiences from her own youth to drive interactions today with her CASA youth who, in Angela, has found support in both navigating the child welfare system and as a new mother



(above) Angela Williams of Roselle, 'I had the benefit of being influenced by a number of different people.'

seeking to inspire her own child. Angela recently helped acquire a kitchen set for her CASA youth's new apartment and, while delivering it, received something unexpected herself. "I visited to drop off the chairs. She was very grateful, but what was special to me is for the first time, she invited me to sit with her and have a bite to eat." Indeed, as an advocate, it's already rewarding to provide a resource, but being invited to sit at the table is an honor.

The challenges of balancing her advocacy work and her career, personal life and interests are not lost to Angela. As a proud mom of a now grown daughter (and we can't forget her two spoiled pups!), Angela notes, "Having Simone at a young age and raising her on my own made us very close. When I'm not hanging out with my daughter, I'm spoiling the dogs, listening to music, or going to spin class." Sign me up, please.

So, when it comes to navigating schedules and nurturing relationships with all parties, well, it requires creativity. Angela says she utilizes her calendar daily to check in with her youth and service providers on the case. "The most difficult challenge has been ensuring I am in the loop. Fortunately, my youth is linked to a lot of agencies and services. At first, it felt like I was imposing. I had to get comfortable with asking – and politely insisting – to be informed, updated and included in meetings."

Those challenges aside and now seemingly a thing of the past, Angela says, establishing connections with others involved in the case, all working to her ensure the youth's best interests are protected and her needs are met, has "been a bonus." Of course, much of her advocacy work – whether visiting and connecting to her youth, writing her court reports and attending court hearings – has been done within the confines of the pandemic and, thus, there's been considerations and limitations to navigate, she admits the pair is absolutely looking forward to spending more time together in the future.

As for her own downtime, Angela focuses on self-care and fitness. She confesses to being a true hip hop fan whose first concert was Prince. This is what it sounds like when doves cry. As inspiring as Angela's own mother was and continues to be to her, through many of life's ups and downs – and those in between grays – there's another source of motivation and inspiration that Angela calls on. The late author Maya Angelou and her gentle reminder: "I have learned that I still have a lot to learn."

How fitting, we are all still learning, too.

For details on how you can become an advocate and change a child's story for a lifetime, and other ways to support the agency's efforts, contact Lucia at [info@casaoofunioncounty.org](mailto:info@casaoofunioncounty.org).

Monique Forrest, who joined CASA of Union County as an Advocate Supervisor in June 2021, supports and oversees a team of approximately 25 volunteers and five peer coordinators, and also advocates directly for three Union County youth in the foster system.

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# ROSELLE PARK LIBRARY'S MARCH PROGRAMS

## PROGRAMS FOR ADULTS:

### KNITTING CLUB

Wednesdays, 1:00-3:00 p.m.

Knit hats and scarves to donate to local Union County organizations for the colder months.

Basic help for beginners available.

### QUILTING CLUB

2nd & 4th Thursdays, 1:00-3:00 p.m.

Try out new quilting patterns with friends.

### ESL FOR ADULTS

Thursdays, 11:00 a.m.-12:00 p.m.

Practice your conversational English skills.

### PUZZLE HOUR

Thursdays, 3:30-4:30 p.m.

Let's do a puzzle together! All ages welcome.

### ADULT YOGA

Thursdays, 6:30-7:30 p.m.

Bring your mat and water bottle.

### PUBLIC SPEAKING WORKSHOP

Monday, Mar. 7 from 6:30-7:30 p.m.

Learn the best tips and tricks to improve your command of an audience.

## PROGRAMS FOR KIDS:

### RHYMES & RHYTHMS

Mondays, 11:00-11:45 a.m.

Expand your child's literacy through classic nursery rhymes and songs.

### MAKER MONDAY

Mondays, 4:00-5:00 p.m.

A new craft every week!

### YOUTH STORY BOARD for Kids ages 7-10

Mondays, 4:45-5:30 p.m. beginning Mar 22

Learn how to write creatively in this 10-week workshop.

### STORY PLAY

Tuesdays, 11:00-11:30 a.m.

Move and groove along to a stellar story.

### BEDTIME STORY

Tuesdays, 6:00-6:30 p.m.

PJs and stuffies encouraged.

### LET'S GO BILINGUAL

Wednesdays, 11:00-11:45 a.m.

on even weeks

Learn some basic Spanish, listen to a tale, and work on a craft.

### SENSORY SPROUTS

Wednesdays, 11:00-11:45 a.m. on odd weeks

Enrich your toddler's senses through tactile learning.

### LEGO CLUB

Wednesdays, 3:30-4:30 p.m.

Open play and build LEGOs with friends.

### MOVE + GROOVE

Thursdays, 10:30-11:15 a.m.

Get your blood pumping with Ms. Joanna.

### STORYTIME

Thursdays, 11:30 a.m.-12:00 p.m.

Stories, songs, and crafts for all.

### PUZZLE HOUR

Thursdays, 3:30-4:30 p.m.

Let's do a puzzle together! All ages welcome.

### TALES W/ TEDDY

Fridays, 11:00-11:30 a.m.

Bring your squishiest of cotton-stuffed friends to hear a fun story.

### TODDLER PLAYGROUP

Fridays, 11:30 a.m.-12:00 p.m.

Open play for toddlers + parents.

## PROGRAMS FOR TEENS

### YOUTH STORY BOARD for Tweens ages 11-13

Tuesdays, 4:00-5:00 p.m. beginning Mar 22

Learn how to write creatively in this 10-week workshop.

### PUZZLE HOUR

Thursdays, 3:30-4:30 p.m.

Let's do a puzzle together! All ages welcome.

### TEEN DROP-IN HOUR

Fridays, 3:00-4:00 p.m.

Drop-in with our on-site Social Work Intern, Emma, for some crafts and games, or pop by just to chat.

## SPECIAL EVENTS:

### READ ACROSS AMERICA STORYTIMES

Monday, Feb. 28-Friday, Mar. 4

from 11:00-11:30 a.m.

Celebrate the joys of reading all week long at our daily morning story time.

### READ ACROSS AMERICA

Saturday, Mar. 5 from 12:30-2:00 p.m.

Celebrate the joys of reading along with our four guest storytellers, sweet treat, and special guest: Pikachu!

### NEW JERSEY'S ANNUAL MAKERS DAY

Saturday, Mar. 26 from 12:00-1:00 p.m.

Join us as we explore learning through STEM activities and crafting projects.

### RPVML BOARD MEETING

Wednesday, Mar. 16 at 7:00 p.m.

Open forum discussing Library resolutions and news.

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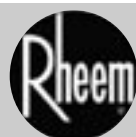
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\*Some expiration dates apply so don't delay

## MVC'S AGENCY ON WHEELS

After the success of last year's MVC events, the Borough of Roselle Park will be hosting the MVC's Agency on Wheels with a total of eight dates from April to November. These events will take place at the Michael Mauri Gazebo Parking Lot from 10 a.m. to 2 p.m. on the following dates: Thursday, April 7th; Tuesday, May 24th; Tuesday, June 21st; Monday, July 25th; Tuesday, August 16th;

Tuesday, September 27th; Thursday, October 13th; and Wednesday, November 9th.

The Agency on Wheels events will offer a multitude of services, such as providing driver's licenses, REAL IDs, non-driver identification cards, registrations, license plates, placards, and examination permits. Attending residents must bring six (6) points of ID and a social security card in order to be served. Those without a social security card may bring a W2 from the past tax year (2020), a current pay stub, or a 1099 form.

Each date is limited to 40 customers, with an additional 10 customers to be placed on a standby list. Registration is required.

To register for a date from April-July, please fill out the form found here: [forms.gle/3sFqEyJ3Xd6HPiMF7](https://forms.gle/3sFqEyJ3Xd6HPiMF7)

To register for a date from August-November, please fill out the form found here: [forms.gle/i72GZyQB5nrX2ofNA](https://forms.gle/i72GZyQB5nrX2ofNA).

For more information, contact the Casano Community Center at (908)-245-0666.

## FUNDRAISER FOR CRANFORD FIREFIGHTER

The Final Four Charity Fundraiser to support Cranford Firefighter Robert Hurewitz, whose career was cut short by physical injuries sustained on the job, will take place on Saturday, April 2 from 6:00 p.m. to 11 p.m. at the Columbian Club of Garwood at 37 South Ave., in Garwood. Tickets are \$35 per person and include beer, wine, soda, and food.

Hurewitz suffered heart and kidney damage in the line of duty last year. The effects have been

lasting and deleterious. Proceeds from the April 2 fundraiser will be donated to his family.

Please help this family of three by participating in the April 2 event or by donating directly to the GoFundMe campaign started by Hurewitz's wife Amanda: [GoFundMe/e460a236](https://www.gofundme.com/e460a236). You can also mail a donation check made payable to the Cranford Knights of Columbus, PO Box 501, Cranford NJ 0701 – write in the check note: For Hurewitz Family.



**FINAL FOUR Charity Fundraiser**

**Saturday, April 2**  
**6:00pm – 11:00pm**

**Columbian Club of Garwood**  
**37 South Ave**

**Tickets \$35/person**

Tickets sold at the bar or at the door on the night of the event

**venmo**  
**@KofC6226 - use code 7778**

**Includes:**  
Draft beer, wine, soda and food from 6:00 pm – 11:00 pm

**Proceeds to benefit Cranford fireman Robert Hurewitz**

**GoFundMe Campaign**  
<https://www.gofundme.com/e460a236>

(above) Help raise funds on April 2 for Firefighter Robert Hurewitz whose injuries sustained in the line of duty prevent him from working.



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**Friday 12pm - 12am**  
**Saturday 12pm - 12 am**  
**Sunday 12pm - 11pm**



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## FLINTLOCKS CELEBRATE 100TH BIRTHDAY OF MEMBER

**Dr. D. Michael Hart**

Not many centenarians get to celebrate their 100th birthday surrounded by friends. On Thursday, February 17, the Flintlocks celebrated Fanwood resident Joe Schott's 100th birthday. Joe has been active in this volunteer group for 33 years since retiring from Bells Labs. He recruited many of his friends to join, and even a few relatives. Joe has a wry sense of humor, so they presented him with a parking plaque which reads: "Reserved Parking Only for Flintlocks Over 100 Years Old."

The Flintlocks are a group of retired scouts who devote every Thursday all year round to helping the Scout Camps. They build cabins,

make picnic tables, paint the dining hall, do maintenance and build craft kits for the Scout shops. The Flintlocks represent a wide range of skills, including: two electricians, a millwright, carpenters, plumbers, diesel mechanics, police officers, heavy equipment operators, but also many professionals such as a dentist, two college professors, computer experts, financial advisors, salesmen, etc.

The most popular craft kits sold at the Cedar Knolls and Mountainside Scout Shops are the bird houses, bird feeders, benches and handy boxes. The men also volunteer at many of the Patriot Path Council activities for the scouts. Since they are a 501c3, they do not need to pay

sales tax, and they provide skilled labor for free. The Council has 3 camps and the volunteers are important to keep things running smoothly. Many of the scouts had children or have grandchildren in the scouts. More than half of the volunteers have been awarded the Silver Beaver Award, which is the highest National Honor offered by the Boy Scouts of America. They are an outstanding group of volunteers.

The Flintlocks meet every Thursday from 8 am to 2 pm at Camp Winnebago in Rockaway. Guests are always welcome. For information, contact Secretary Dr. D. Michael Hart by email [drmhart@yahoo.com](mailto:drmhart@yahoo.com).



*(above) Joe Schott seated to the immediate right of the parking sign, behind the cake, in a flannel shirt; celebrating his 100th birthday with his 24 Flintlock friends around him.*



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(left) Bring your beloved but broken items to Summit's Repair Café on Saturday, March 26 from 11 a.m. - 3 p.m. at Christ Church, located at 561 Springfield Ave., Summit, NJ, at the corner of Springfield and New England Avenues.

## REPAIR CAFE EVENT SET FOR MARCH 26

### Repair Café Garden State

Bring your beloved but broken items to Summit's Repair Café on Saturday, March 26 from 11 a.m. - 3 p.m. at Christ Church, located at 561 Springfield Avenue, at the corner of Springfield and New England Avenues, Summit, NJ. Please follow outdoor signage and enter the event from New England Avenue. No appointment necessary. Non-Summit residents are welcome.

Repair services available at this event include small electronics, jewelry, sewing/textiles, lamps, wooden items, and knife sharpening. This is a free event, but please note that a voluntary

contribution is appreciated when an item is brought for repair. Donations help to fund future repair events. Replacement parts for lamps will be on hand for an at-cost fee. Please only bring items that you can carry unaided into our event.

Summit's Repair Café events are co-sponsored by the Summit Area Green Faith Circle and Repair Café Garden State. Green Faith Circle's goal is to inspire, educate, organize, and mobilize people of diverse religious and spiritual backgrounds globally for environmental action. Repair Café Garden State is a network of community organizers who host monthly repair events across the state. This collective shares news and schedules of all upcoming Repair Café events in New Jersey via their website [repaircafes.org](http://repaircafes.org). Here you can find all the details of Summit and other local repair events.

If you would like to volunteer or help repair beloved but broken items at this event or future events reach out via email: [summit@repaircafes.org](mailto:summit@repaircafes.org) or visit [repaircafes.org](http://repaircafes.org) for more information.

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CDC THEATRE PRESENTS

# A CHORUS LINE

# A CHORUS LINE

# A CHORUS LINE

# A CHORUS LINE

Conceived & Originally Directed & Choreographed by Michael Bennett  
 Book by James Kirkwood and Nicholas Dante  
 Music by Marvin Hamlisch  
 Lyrics by Edward Kleban  
 Co-Choreographed by Bob Avian

March 11-26 Fri/Sat-8pm  
 March 20-Sun-2pm

Tickets/Info  
[cdctheatre.org](http://cdctheatre.org)

Please join us

## VFW District 5 Comedy Night supporting Jay Boxwell for VFW State Commander

**\*\*RESCHEDULED DATE\*\***

- March 25, 2022 •
- 7PM •
- Kenilworth VFW

33 S 21<sup>ST</sup> St Kenilworth, NJ •

Special Guest  
 NJ's Funniest Lawyer  
 Jon Bramnick

With an intro by Joe Carney of Dumb kids in the back.

Tickets are \$30.00 per person  
 Light refreshments and draft beer and wine included. Cash bar for liquor.  
 Tickets can be purchased Kenilworth VFW  
 @ 908 276 9769  
 Or  
 Email: [njvfwpowmia@gmail.com](mailto:njvfwpowmia@gmail.com)

## A CHORUS LINE COMING TO CDC THEATRE IN CRANFORD

Come be part of Broadway's most legendary musical audition. After having been postponed from its 101st season, A Chorus Line will run at CDC Theatre in Cranford from March 11 through March 26, 2022. This stunning concept musical captures the spirit and tension of a Broadway chorus audition and explores the inner lives and

bittersweet ambitions of professional Broadway performers. Winner of nine Tony Awards, including Best Musical and the Pulitzer Prize for Drama, the show features one powerhouse number after another. Michael Kidney leads the talented cast as director and choreographer. Visit [cdctheatre.org](http://cdctheatre.org) for ticketing information.



(above) Cast of A Chorus Line. Visit [cdctheatre.org](http://cdctheatre.org) for ticketing information.

## AUDITIONS FOR A BRONX TALE

CDC Theatre in Cranford

Auditions for A Bronx Tale will take place at CDC Theatre, 78 Winans Ave., Cranford, NJ on March 14, at 7 p.m. for young Calogero only; and March 15 and 16 at 7 p.m. for all other roles. Callbacks will be on Tuesday, March 22 at 6 p.m. by invitation only.

Please bring a headshot and resume stapled together and provide proof of vaccination. Prepare a 32-bar cut of a contemporary Broadway song; sides will be provided.

Based on the critically acclaimed play that inspired the now classic film, this streetwise musical will take you to the stoops of the Bronx in the 1960s—where a young man is caught between the father he loves and the mob boss he'd love to be. Featuring a book by Academy Award nominee Chazz Palminteri, music by Oscar, Grammy, and Tony Award winner Alan Menken, and lyrics by Grammy Award winner and Oscar and Tony Award nominee Glenn Slater, A Bronx Tale is a story about respect, loyalty, love, and above all else: family.

Rehearsals will take place at CDC, in the evenings on Tuesdays, Wednesdays, Thursdays and Sundays, starting April 5th. Performances are June 10, 11, 17, 18, 24, 25 at 8pm, and June 19th at 2 p.m. Additional information can be found by visiting [cdctheatre.org](http://cdctheatre.org).



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8th  
Annual

2022



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## Pioneer Boy Scout Chess Tournament

Open to all registered Boy Scouts/Venturers/Explorers.  
*Non-scouts welcomed!*

**Saturday, March 26, 2022**

**9:00 am to 2:00 pm**

Tournament play starts at 10:00 am

**Cranford Community Center**

220 Walnut Avenue, Cranford, NJ • 908-709-7283

Registration is \$15 • Note: this is a non-rated tournament.

Scouts can register online at <https://scoutingevent.com/999999>

Non-scouts (under 18 only) can register by calling Joe Renna at 908-447-1295.

For questions or information, contact Victoria Moran at [victoria.moran@scouting.org](mailto:victoria.moran@scouting.org) or 973-765-9322 ext 250.

Trophies awarded to 1st, 2nd and 3rd place finishers.

Lunch will be provided for all players and fans.

This tournament meets the 6a requirement for earning a Chess merit badge.



## CHESS LESSONS

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908-447-1295

For more info about lessons.

# Marketing Toolbox

Renna Media offers a full range of marketing services, in print and online, hyper-local to regional, for every budget and market size.

## NEWSPAPER ADVERTS

We mail 160,000 newspapers to every home and business in 24 towns. You can advertise in any number of towns. Ads start at \$60.

## FULL COLOR PRINTING

We print flyers and menus, full color, two sided, on coated stock for only \$35 per thousand.

## DIRECT MAIL

Insert your flyer into the newspapers and get it mailed to every home and business for \$60 per thousand and as low as \$30 per thousand for higher quantities.

## ONLINE MARKETING

Online ads and press releases designed and placed to drive traffic to your website and get your phone ringing.

## SOCIAL MEDIA

We can design and/or manage your social media campaign from passive to aggressive plans customized to work within your budget.

## 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.

**CALL JOE RENNA FOR A FREE CONSULTATION.**  
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<b>Florham Park Press</b> NJ Qty: 5,500 Zip: 07932	<b>Garwood Times</b> NJ Qty: 2,500 Zip: 07027	<b>Green Brook</b> NJ Qty: 3,000 Zip: 08812	<b>BUSINESS • LIFE</b> <b>KENILWORTH</b> NJ Qty: 3,500 Zip: 07033	<b>NJ LIFE in LINDEN</b> Qty: 17,900 Zip: 07036	<b>Long Hill LEADER</b> NJ Qty: 3,500 Zips: 07933, 07946, 07980
<b>MADISON MONTHLY</b> NJ Qty: 6,300 Zip: 07940	<b>MOUNTAIN SIDE VIEW</b> NJ Qty: 2,900 Zip: 07092	<b>New Providence NEWS</b> NJ Qty: 5,100 Zip: 07974	<b>OUR TOWN</b> <b>Rahway, NJ</b> Qty: 13,000 Zip: 07065	<b>ROSELLE PARK MONTHLY</b> Qty: 5,600 Zip: 07204	<b>Scotch Plains</b> NJ WHAT'S HAPPENING MONTHLY Qty: 9,400 Zip: 07076
<b>Short Hills MILLBURN MONTHLY</b> NJ Qty: 8,200 Zips: 07041, 07078	<b>Summit Times</b> NJ Qty: 9,600 Zip: 07901	<b>Spirit of UNION</b> NJ Qty: 6,800 Zip: 07083 (partial)	<b>WARREN MONTHLY</b> NJ Qty: 6,200 Zip: 07059	<b>Watchung Post</b> NJ Qty: 2,700 Zip: 07069	<b>Westfield MONTHLY</b> NJ Qty: 11,800 Zip: 07090

### NEWSPAPER AD RATES

Units	Size	1 TOWN	3 TOWNS	6 TOWNS	9 TOWNS	12 TOWNS	15 TOWNS	18 TOWNS	21 TOWNS	24 TOWNS
1 Unit (Business card)	3.25" x 2"	\$60	\$150	\$250	\$350	\$400	\$450	\$500	\$550	\$600
2 Units	6.5" x 2" or 3.25" x 4"	\$100	\$250	\$400	\$500	\$600	\$700	\$800	\$900	\$1000
4 Units	3.25" x 8" or 6.5" x 4"	\$180	\$450	\$700	\$900	\$1100	\$1300	\$1500	\$1700	\$1900
6 Units	6.5" x 6.25" or 10" x 4"	\$240	\$600	\$900	\$1200	\$1400	\$1600	\$1800	\$2000	\$2200
9 HALF PAGE	6.5" x 9" or 10" x 7"	\$320	\$800	\$1000	\$1300	\$1600	\$1900	\$2200	\$2400	\$2700
12 Units	10" x 8"	\$360	\$900	\$1200	\$1500	\$1800	\$2100	\$2400	\$2700	\$3000
18 FULL PAGE	10" x 14"	\$400	\$1000	\$1400	\$1800	\$2200	\$2500	\$2800	\$3000	\$3400
2-PAGE SPREAD	21" x 14"	\$700								
BACK PAGE	10" x 14"	\$500								
FRONT PAGE BANNER	8.25" x 2"	\$320								
FRONT PAGE BOX	1.5" x 4.5"	\$240								

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

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

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



## CHECK FOR SPOTTED LANTERNFLY EGG MASSES

NJ Department of Agriculture

The weather is warming up, check your trees for Spotted Lanternfly (SLF) egg masses. When you find them crush them. Use an old bank card, small rolling pin or putty knife.

Citizens are advised to destroy the Spotted Lanternfly in all its forms.

SLF is a serious invasive pest with a healthy appetite for our plants and it can be a significant nuisance, affecting the quality of life and enjoyment of the outdoors. The spotted lanternfly uses its piercing-sucking mouthpart to feed on sap from over 70 different plant species. It has a strong preference for economically important plants and the feeding damage significantly stresses the plants which can lead to decreased health and potentially death.

As SLF feeds, the insect excretes honeydew (a sugary substance) which can attract bees, wasps, and other insects. The honeydew also builds up and promotes the growth for sooty mold (fungi), which can cover the plant, forest understories, patio furniture, cars, and anything else found below SLF feeding.



(above) The weather is warming up, check your trees for Spotted Lanternfly egg masses. When you find them crush them. Use an old bank card, small rolling pin or putty knife.

## RENNA MEDIA LAUNCHES THREE NEW NEWSPAPERS

Beginning in March three new towns have joined Renna Media's growing family of newspapers: Florham Park Press, Millburn Short Hills Monthly, and Elmora Hills Elizabeth. Renna Media is now mailing 160,000, town-specific newspapers, to 24 towns each month.

The newspapers' goal is to be a positive influence on the economic development and overall well-being of the town. Our publications exist to share community service news and the good things that are happening in the community.

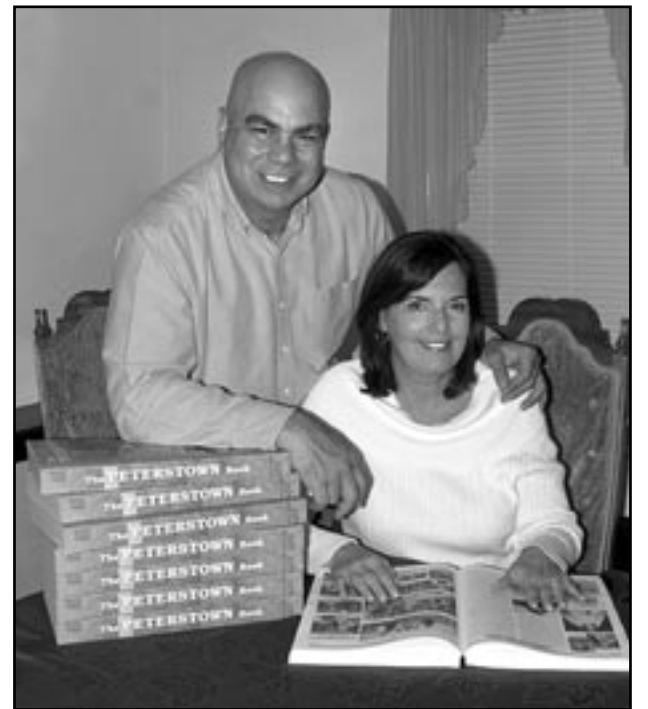
Renna Media is a Cranford, NJ based business owned and operated by husband and wife team of Joe and Tina Renna. Renna Media's family of 24 community newspapers are published in Morris, Essex, Union and Somerset counties, with a total circulation of 160,000. The publications are "hyperlocal" in nature in that they contain information focused on each individual town, and are direct mailed within those towns.

The concept of being hyper-local is to give local businesses a venue to promote services. Reaching local customers gives you the highest return for your advertising dollars. The newspapers are designed (black ink on newsprint) to keep the cost of an advertisement to as low as \$60. Regional businesses can take advantage of one low rate for advertising in multiple towns.

Renna Media also prints full-color flyers that get mailed along with the newspapers. A cost effective alternative to mailing postcards.

For more information about Renna Media publications, please visit [rennamedia.com](http://rennamedia.com).

You can contact Tina Renna regarding advertising, or to submit news, via email [info@rennamedia.com](mailto:info@rennamedia.com); or call 908-418-5586.



(above) Joe and Tina Renna, owners of Renna Media, LLC, publish 24 direct-mailed community newspapers with a total circulation of 160,000. They have been publishing community newspapers since 1998. For more information, please visit [rennamedia.com](http://rennamedia.com).

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

Joe Renna at 908-447-1295

email: [JoeRenna@RennaMedia.com](mailto:JoeRenna@RennaMedia.com)



**FLYERS**

**\$35**

PER 1,000

**MENUS**

**\$50**

PER 1,000

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Posts are promoted by industry, key words and location.

• **TRACKABLE RESULTS**

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**\$10 PER POST**

Block of 20 for \$200

Single post is \$20

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.

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](mailto:JoeRenna@RennaMedia.com)

**ONE TIME FLAT FEE \$250**

### 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

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# I've got cancer but I also have an expert team of specialists on my side.

**Same name. Same friendly faces. New ways to fight cancer.**

Trinitas Regional Medical Center is now part of RWJBarnabas Health. Together with Rutgers Cancer Institute of New Jersey,



the state's only NCI-designated Comprehensive Cancer Center, we offer the most advanced, patient-centric cancer care. Our multidisciplinary teams of nationally renowned oncologists, nurses, oncology nurse navigators, researchers and support professionals ensure a compassionate, comprehensive approach, creating an individualized treatment plan for each patient - all in a beautiful, tranquil environment for healing and recovery. Our patients now have expanded access to innovative clinical trials, precision medicine, immunotherapy and advanced techniques and procedures to treat all cancers. Visit [rwjbh.org/trinitasinfo](http://rwjbh.org/trinitasinfo) or call 844-CANCERNJ.

**Trinitas Regional  
Medical Center**

**RWJBarnabas  
HEALTH**

**RUTGERS**  
Cancer Institute  
of New Jersey  
**RUTGERS HEALTH**

**Let's beat cancer together.**

