

Scotch Plains NJ

WHAT'S HAPPENING MONTHLY

Published by Renna Media, LLC. On-line at RennaMedia.com

Issue 78 • March 2022



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LOCAL WINEMAKERS WIN SILVER & BRONZE

The Nizzardos of Scotch Plains have been winning awards for their homemade wine, most recently scoring a silver medal for their pinot grigio and a bronze medal for their petite sirah in the WineMaker International Amateur Wine Competition. In these competitions throughout the country or the world—depending upon the scope of the competition—amateur winemakers submit their wines to be judged by experience judges using the UC-Davis 20-point wine scale. The judging encompasses appearance, aroma, taste, aftertaste, and overall impression of the wines.

The Nizzardos learned winemaking from patriarch Michele (Mike) Nizzardo. Michele—originally from Agnone, Italy—started making wine out of his garage at his Scotch Plains home in retirement. He taught sons Marcello and Joe and involved their cousins as well.

After Michele's passing in 2012, Marcello, his brother Joe, along with cousins and Sellinger family in-laws, have passionately made wine and entered contests with very positive results. Marcello's children and other family members lend a hand or enjoy watching. They still use Michele's garage, thanks to Marcello's sister Adriana Schmidt and her husband Art.

The Nizzardo family winemakers give a shout out to George Featherman of Grape Expectations in Bridgewater, from whom they get their grapes.



(above l-r) Joe Nizzardo, Marcello Nizzardo, and Al Sellinger carry on the Nizzardo family winemaking tradition.

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(above) Marcello Nizzardo's children learn the family trade.



(above) The Nizzardo's award-winning petite sirah and its bronze medal.



(above) Patriarch Michele Nizzardo makes wine in his garage.

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Scotch Plains NJ

WHAT'S HAPPENING MONTHLY

Renna Media LLC, Publishers

202 Walnut Ave., Cranford, NJ 07016

Scotch Plains Monthly is published by Renna Media. 9,400 newspapers are printed monthly and mailed to every business and resident in Scotch Plains, NJ.

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Scotch Plains Monthly

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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 Bennett leads the talented cast as director and choreographer. Visit cdctheatre.org for ticketing information.



(above) Cast of A Chorus Line. Visit 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.

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

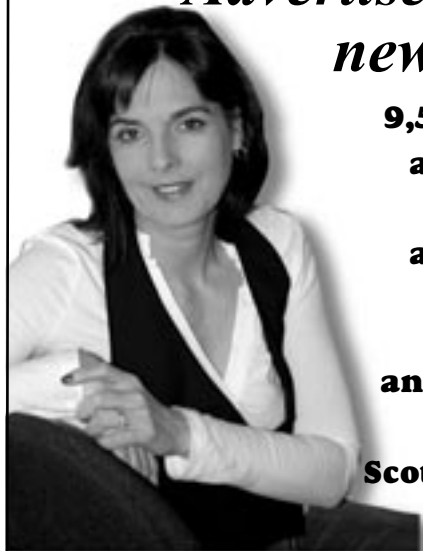
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Scotch Plains Police Department

Please LOCK your car doors and do not leave anything of value in it, we are experiencing a rash of thefts from cars and thefts from packages from porch areas in town! The majority of the incidents are happening in the early morning hours, between 1 – 5 a.m., and the theft of the packages are happening at all times of the day. If you see or hear anything suspicious, please contact us immediately! Call 9-1-1 if it is an emergency or (908) 322-7100 ext. 0 if it is a non-emergency.

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ANNUAL PANCAKE BREAKFAST IS BACK!

Scotch Plains Rescue Squad

The much-anticipated Scotch Plains Rescue Squad's 12th annual Pancake Breakfast will take place on Sunday, April 3, from 8:00 a.m. - 12:00 p.m. at its building at 1916 Bartle Avenue. This event is hosted by the Scotch Plains Rescue Squad Auxiliary, which raises funds for the all-volunteer squad.

All-you-can-eat pancakes, sausages, and coffee will be offered for just \$5.00 per person (children 5 and under eat free). There will also be a raffle for baskets filled with gifts and goodies donated by the community and area businesses.

It's clear by the number of people who attend that it's a favorite annual event. So, come out with your family and friends and enjoy a hearty, delicious breakfast along with good conversation.

It's a nice way to spend a Sunday morning. And for those with mobility issues, downstairs dining will be available.

The Scotch Plains Rescue Squad Auxiliary meets monthly. It assists the Squad in many capacities—from holding fundraisers to providing meals during crises to performing outreach to Squad and fellow Auxiliary members. Members also attend town functions in order to connect with the community and promote Squad interest.

If you are interested in joining the Auxiliary, stop by the Squad building one evening to pick up an application, or go to scotchplainsrescuesquad.com/the-auxiliary/.

Contributing Author: Susan Baldani, a life member of the Scotch Plains Rescue Squad.

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(above) 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

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. 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

or visit repaircafes.org for more information.

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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." - Question L.

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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.

WHY YOU SHOULD CARE

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.

If you see a Spotted Lanternfly, help us Stomp it Out!

REMINDER TO LOCK YOUR CAR DOORS

Scotch Plains Police Department

Please LOCK your car doors and do not leave anything of value in it, we are experiencing a rash of thefts from cars and thefts from packages from porch areas in town! The majority of the incidents are happening in the early morning hours, between 1 – 5 a.m., and the theft of the packages are happening at all times of the day. If you see or hear anything suspicious, please contact us immediately! Call 9-1-1 if it is an emergency or (908) 322-7100 ext. 0 if it is a non-emergency.

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CYBERCRIME ZOOM PROGRAM

Fanwood-Scotch Plains College Club



On Monday, March 21, at 7: 30 p.m., the Fanwood-Scotch Plains College Club will host a virtual program on Cybercrime led by Sonia Schenker. Cybercrime is an easy industry to enter and there are plenty of ways for cybercriminals to trick people into sharing personal information and/or money. Sonia will discuss common threats and two easy steps that we can take immediately to manage risk across a multitude of devices.

Sonia Schenker is a self-proclaimed Excel nerd and a Certified Remote instructor for Community Education with a focus on how we can use modern technology at home and at work. She resides in Morris County with her husband and rescue dog.

This timely and informative program is free and open to the public. A link to attend the program via Zoom can be obtained by sending an email request to tishisack17@gmail.com.

The Historical Society of Scotch Plains and Fanwood is sponsoring a fundraising campaign to help the Osborn Cannonball House Museum, located in downtown Scotch Plains, which is celebrating its 50th Anniversary this year. The “Cannonball House,” named by locals after a cannon misfired and hit the building during The Battle of The Short Hills in Scotch Plains in June 1777, has been open to the public as a teaching museum since 1972.

The building, an 18th century Georgian style home, was built c. 1760, and was home to many noteworthy Scotch Plains families. Jonathan Osborn, who is credited with building the house and who raised 13 children there, was a prominent Scotch Plains citizen who was an innkeeper, tailor and farmer. His Son, David, was a Captain in the NJ Militia and the area’s first Clerk and Postmaster. It is also documented that two of Jonathan’s sons fought in the Revolutionary War. The Museum is one of the oldest and a unique structure in downtown Scotch Plains.

The Historical Society of Scotch Plains and Fanwood is pursuing the listing of the museum on the NJ State and National Registries of Historic Places. Inclusion on the Registry of Historic Places, while an honor for a property in itself, also provides opportunities for grants to procure funds which are necessary for the continued maintenance of the building to protect it for future generations. A successful nomination to the Registry of Historic Places signifies that a property is an important part of America’s cultural heritage and worthy of preservation.



(above) Cannonball House

Nomination is a lengthy process which requires documentation prepared by a professional.

Leave your mark on history and help us preserve the legacy of the Cannonball House. Please send your donations to the campaign to have the Cannonball House listed on the NJ State and National Registries to The Historical Society of Scotch Plains/Fanwood, P. O Box 261, 1840 Front Street, Scotch Plains, NJ 07076. Checks should be made out to “The Historical Society of Scotch Plains and Fanwood”. For further information call (908) 322-6700, Ext 230 or email Info@historicalsocietyspfnj.org.

The Cannonball House Museum is open to the public on the first Sunday of every month (except Jan. & Feb.) from 2-4 p.m. with tours by costumed historical interpreters. It is also open for special events, school tours and group tours by appointment.



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Gianni: My biggest challenge was overcoming bad habits. After joining, I felt great. My health was great. I was incredibly active. I felt like I was in better shape than when I was in my 30s.



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A TOUCH OF SPRING DELIVERED WITH MOBILE MEALS

Rake and Hoe Garden Club of Westfield

Twelve members of the Community Projects Committee of Rake and Hoe Garden Club of Westfield recently met at the First Baptist Church of Westfield, where Mobile Meals originates, and made 60 small floral arrangements to accompany the meals delivered that day. The club supplies the flowers and prepares the arrangements in laundry detergent caps. These cheerful multicolored floral arrangements were decorated with red and pink paper hearts. The club preforms this service in spring, fall and winter and is much appreciated by the clients who look forward to receiving these colorful arrangements. The event was coordinated by Kris Luka and Mary Foley Smith.

Mobile Meals is a voluntary, non-profit program that provides home-delivered meals to those who are unable to shop and prepare their own meals on either a temporary or permanent basis. It is available to residents of Westfield and surrounding communities including Mountainside, Fanwood, Scotch Plains, Clark, and Cranford. For more information, call (908) 233-6146.

The Rake and Hoe Garden Club is affiliated with the Garden Club of New Jersey and National Garden Clubs, Inc. The Club meets on the second Wednesday of the month at 12:00 p.m. at the Scotch Hills Country

Club. Membership is open to residents of Westfield and surrounding towns. For more information, call Sharon Shiraga at (908) 228 2865 or visit rakeandhoegc.org or the Club's Facebook page.



(above) Rake and Hoe Garden Club members with their floral creations for Mobile Meals clients (front row l-r): Kris Luka, Margot Partridge, Lena Peitsinovski, Jeanie Pelikan, and Betty Gulino; (back row l-r): Karen Jolley-Gates, Clare Minick, Beth Siano, Mary Foley Smith, Richard Pelikan, Maryfran Annese, and Mary Lou Nolas. Photos by Rake and Hoe Garden Club

KINDERGARTEN & GRADE 1 REGISTRATION

Scotch Plains-Fanwood Public Schools

Registration for the Scotch Plains-Fanwood 2022-2023 school year for Kindergarten and Grade 1 is now open.

All children who are residents of Scotch Plains or Fanwood who will be five years old on or before October 1, 2022 are eligible to enroll in Kindergarten. Please visit spfk12.org/enrollment > Kindergarten Enrollment for details and pertinent links.

All children who are residents of Scotch Plains or Fanwood who will be six years old on or before October 1, 2022 are eligible to enroll in Grade 1. If you are new to the SPF District, visit: spfk12.org/enrollment

Please register by May 26 to ensure enrollment in your home school.

BAG A GREAT DEAL AT THRIFT SHOP BAG SALE

Fanwood-Scotch Plains Service League

Tuesday, March 8 marks the start of another much-anticipated Bag Sale at the Fanwood-Scotch Plains Service League Thrift Shop. Customers can purchase a store-supplied shopping bag for \$7 and have fun filling it to the brim with items from the shop, bringing home a treasure trove of items for the lowest possible price.

The Bag Sale provides the Service League with an opportunity to clear out store shelves of all currently stocked clothing, shoes, bric-a-brac, linens, household items, toys, games, books, and DVDs, making room for new items including seasonal spring merchandise. The Bag Sale will run no later than Saturday, March 12, stopping earlier if inventory gets very low prior to that date. Shop early to bag the best deals!

Please note that all jewelry is excluded from The Bag, as are items from our Collectors Corner. New items for spring will be available beginning Tuesday, March 15.

The Thrift Shop is located at 1741 East Second Street in Scotch Plains. Store hours are Tuesday-Friday 10 a.m. to 2:30 p.m. and Saturday, 10 a.m. to 1 p.m. Shop the store to participate in the Service League mission of Helping Us Help Others. All store goods are generously donated by members of the general public and all Thrift Store proceeds outside of operating expenses are provided to local non-profit organizations or used for student scholarships.

To learn more about the Fanwood-Scotch Plains Service League and types of donations accepted please call the store at 908-322-5420 during business hours.



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POLAR BEAR SAFETY SWIM

Westfield Girl Scouts recently hosted their first Polar Bear Safety Swim. Cadette and Senior Scouts taught 23 Daisies, Brownies, and Juniors several best practices to keep safe while in or near bodies of water. The younger girls learned about the importance of the buddy

system, underwater diving, competitive swim strokes, rip currents, and survival techniques.

Our thanks to Stacy "Sparky" Plummer for organizing the event and the Fanwood Scotch Plains Y for hosting it.




(above) Westfield Daises, Brownies, and Juniors learn water safety at the Fanwood Scotch Plains Y.

Photo by Westfield Girl Scouts

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**FINAL FOUR
Charity Fundraiser**

Cranford Garwood

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

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Proceeds to benefit
Cranford fireman

Robert Hurewitz
GoFundMe
Campaign
<https://gofund.me/e460a236>

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

MOUNTAINSIDE COMMUNITY POOL ACCEPTING MEMBERSHIPS

Who's ready to enjoy the summer like it was 2019!!!

Located conveniently off Route 22 at 1005 Mountain Ave., Mountainside Community Pool memberships are currently available for this private gem of a facility for residents and non-residents.

Featuring three pools (50 meter, Dive/slide tank, and a zero-depth), picnic grove, snack bar, and two newly paved basketball courts, there are plenty of options for families of all sizes.

We offer swim lessons, swim team, have events throughout the year, and run a 13 & under triathlon. And all new members will receive a free 2022 tennis badge which gives you access to our six tennis courts in town.

There's no better place to escape and relax this summer!

**For membership information please call the
Mountainside Recreation Office @ 908-232-0015
or email kbandics@mountainside-nj.com.**



FUNDRAISER FOR CRANFORD FIREFIGHTER

*Knights of Columbus
of Garwood and Cranford*

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 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: [GoFund.Me/e460a236](https://gofund.me/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.

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VOLUNTEER LISTENING AND SUICIDE PREVENTION TRAINING

Caring Contact

Have you ever been told you are a good listener? Do you have a yearning to really make a difference? Caring Contact will be offering its 100th volunteer listening training, which will begin March 22nd through June 14th. Training will run once a week on Tuesday nights from 6:30 p.m. to 9:30 p.m. and will take place virtually as well as in person.

Participants receive 54 hours of comprehensive training by nationally certified instructors in Active Listening and Applied Suicide Intervention Skills Training. Volunteers develop the ability to listen actively, assess the needs of someone in crisis, and provide empathy as well as support to keep someone safe.

“This training and volunteering opportunity is ideal for retirees, empty-nesters, and stay-at-home parents,” said Mary Claire Givelber, Caring Contact’s Executive Director. “Many of our listeners were looking for something meaningful to do after they retired, or their children left home. They find that volunteering at Caring Contact not only gives them something to do with their new-found freedom,

but also gives them a sense of reward when they help someone in crisis. Full-time professionals that also participate find flexible volunteer hours that work well with their work obligations.”

Following training, new volunteer listeners are supported by seasoned listeners during 24-hours of internship before they take calls on their own. Even once a volunteer is a certified listener, the hotline provides a range of support and training opportunities to allow them to keep honing their skills.

Anyone interested in registering for the training should visit: caringcontact.org/volunteer-listener-application

Caring Contact is an award-winning, volunteer-staffed crisis hotline and listening community, providing active listening support and best-in-class training to the Central and Northern New Jersey community. More than 70 trained volunteer listeners answered over 15,000 calls last year from people in crisis, having suicidal thoughts, or simply feeling depressed and lonely.

If you are in crisis and need someone to listen, call 800-273-8255. To learn more, visit caringcontact.org. You Are Not Alone.

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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.



(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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BLOOD DONATIONS ARE CRITICALLY NEEDED

The American Red Cross is facing a national blood crisis. Dangerously low blood supply levels are posing a concerning risk to patient care and forcing doctors to make difficult decisions about who receives blood transfusions and who will need to wait until more products become available.

Blood and platelet donations are critically needed to help prevent further delays in vital medical treatments, and donors of all blood types – especially type O – are urged to donate.

In recent weeks, the Red Cross had less than a one-day supply of critical blood types and has had to limit blood product distributions to hospitals. At times, as much as one-quarter of hospital blood needs are not being met.

The Red Cross continues to confront relentless challenges due to COVID-19, including about a 10% overall decline in the number of people donating blood as well as ongoing blood drive cancellations and staffing limitations. Additionally, the pandemic has contributed to a 62% drop in blood drives at schools and colleges.

“Winter weather across the country and the recent surge of COVID-19 cases are compounding the already-dire situation facing the blood supply,” said Dr. Baia Lasky, medical director for the Red Cross. “Please, if you are eligible, make an appointment to give blood or platelets in the days and weeks ahead to ensure no patient is forced to wait for critical care.”

The Red Cross urges donors to support patient care by making an appointment to give blood or platelets now for the weeks ahead. To schedule an appointment, use the Red Cross Blood Donor App, visit RedCrossBlood.org or call 1-800-RED CROSS (1-800-733-2767).

Each Red Cross blood drive and donation center follows the highest standards of safety and infection control, and additional precautions – including face masks for donors and staff, regardless of vaccination status – have been implemented to help protect the health of all those in attendance. Donors are asked to schedule an appointment prior to arriving at the drive.

To donate blood, individuals need to bring a

blood donor card or driver’s license or two other forms of identification that are required at check-in. Individuals who are 17 years of age in most states (16 with parental consent where allowed by state law), weigh at least 110 pounds and are in generally good health may be eligible to donate blood. High school students and other donors 18 years of age and younger also must meet certain height and weight requirements.

VOLUNTEERS NEEDED

In addition to blood donors, the Red Cross also needs the help of volunteers to support critical blood collections across the country. Blood drive volunteers play an important role by greeting, registering, answering questions and providing information to blood donors throughout the donation process. Blood transportation specialists – another volunteer opportunity – provide a critical link between blood donors and blood recipients by delivering blood to hospitals in communities across the country. To volunteer to support Red Cross blood collections, visit redcross.org/volunteertoday.



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SCHOLARSHIP APPLICANTS SOUGHT

Junior League of Elizabeth-Plainfield

The Junior League of Elizabeth-Plainfield (JLEP) is pleased to announce that this year we will award five \$2,000 scholarships to college-bound women who reside in Union County and demonstrate a passion for volunteerism.

The JLEP believes that volunteerism is a vital force in our community, and we support young women who share our passion by awarding scholarships to college-bound high school seniors who have demonstrated a commitment to volunteer activities.

Applicants are asked to complete the application form, write a 300-to-400-word essay about their volunteer experiences, and provide two letters of recommendation. The application form is available on our website, jlepnj.org, by an email request to office@jlepnj.org, or by leaving a message with your address and/or email address at 908-709-1177.

The submission deadline is April 1, 2022. There will be a formal presentation of the scholarships to the recipients at the JLEP's



JUNIOR LEAGUE OF
ELIZABETH-PLAINFIELD
SERVING THE COMMUNITY SINCE 1923

Annual Dinner on May 18, 2022.

To find out more about the League's scholarship program please contact the League at 908-709-1177, via email at scholarship@jlepnj.org, or visit our website at jlepnj.org.

The Junior League of Elizabeth-Plainfield has a rich tradition of community service dating back more than 93 years and we would love for you to consider adding to our story. We are women building better communities. For more information please contact: Kalshelia Llyod, President, at (908)709-1177 or email her at president@jlepnj.org.

VFW DISTRICT 5 COMEDY NIGHT

*Supporting Jay Boxwell for
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MARCH 25, 2022

7:30 p.m.

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9:00 am to 2:00 pm

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

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

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For questions or information, contact Victoria Moran at victoria.moran@scouting.org or 973-765-9322 ext 250.

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Florham Park Press NJ Qty: 5,500 Zip: 07932	Garwood Times NJ Qty: 2,500 Zip: 07027	Green Brook Gazette NJ Qty: 3,000 Zip: 08812	BUSINESS • LIFE KENILWORTH NJ Qty: 3,500 Zip: 07033	NJ LIFE in LINDEN Qty: 17,900 Zip: 07036	Long Hill LEADER NJ Qty: 3,500 Zips: 07933, 07946, 07980
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Short Hills MILLBURN MONTHLY NJ Qty: 8,200 Zips: 07041, 07078	Summit & Times NJ Qty: 9,600 Zip: 07901	Spirit of UNION NJ Qty: 6,800 Zip: 07083 (partial)	WARREN MONTHLY NJ Qty: 6,200 Zip: 07059	Watchung Post NJ Qty: 2,700 Zip: 07069	Westfield MONTHLY 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								

Rates are per month. Artwork included in price. Newspapers are black on white.

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

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

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

RESCUE SQUAD HONORS LONG-TIME MEMBER

Submitted by Susan Baldani, a life member of the Scotch Plains Rescue Squad.

On Saturday, February 19, 2022, the Scotch Plains Rescue Squad honored Harold Hill, Jr. at its annual installation dinner. Many people in town know what a great man he is, but they and others may not have any idea just how much he has done for not only our small part of the world, but for our country at large.

Born on July 29, 1933, to Peggy and Harold Hill Sr., he grew into a strapping young man towering over many others. At the age of 17, Harold joined the United States Marines Corps and that hard-core discipline and call to duty seeped into his blood and never wavered. Even though he was injured (he received the prestigious Purple Heart for his bravery), he never regretted signing up to do what he felt was right.

Years later, after serving as a police officer, Harold followed in the footsteps of his father, one of the founding members of the Scotch Plains Rescue Squad. That was on April 4, 1958, and now, 64 years later, he is still serving the township and its people, who have always held a special place in his heart.

The only thing more important to Harold is family. That includes children, grandchildren, and especially his beloved late wife, Marilyn. His extended family, of course, includes his squad brothers and sisters who have answered the calls for help right alongside him, often looking for his guidance in the toughest situations. With 14,500 calls under his belt,



(above) Harold Hill, Jr.

Courtesy photos

there's not much Harold hasn't seen during his time on the squad.

He has held every officer position, serving as Captain, President, Vice President, and Lieutenant, and was the Treasurer for 30+ years. He was made a life member by his peers in 1983 and was honored by Overlook Hospital. He has received many other accolades as well such as the Knights of Columbus Award for Excellence in Emergency Service and the Scotch Plains Male Volunteer of the Year in 1991.

The Scotch Plains Rescue Squad has been fortunate to have such a great man as not only a member, but as a wonderful mentor and friend. Here's to many more years of doing what he loves. Thank you Harold!

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.

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

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Joe Renna at 908-447-1295
email: 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.
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All ads include a live view counter.

Joe Renna at 908-447-1295
email: JoeRenna@RennaMedia.com

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PER POST

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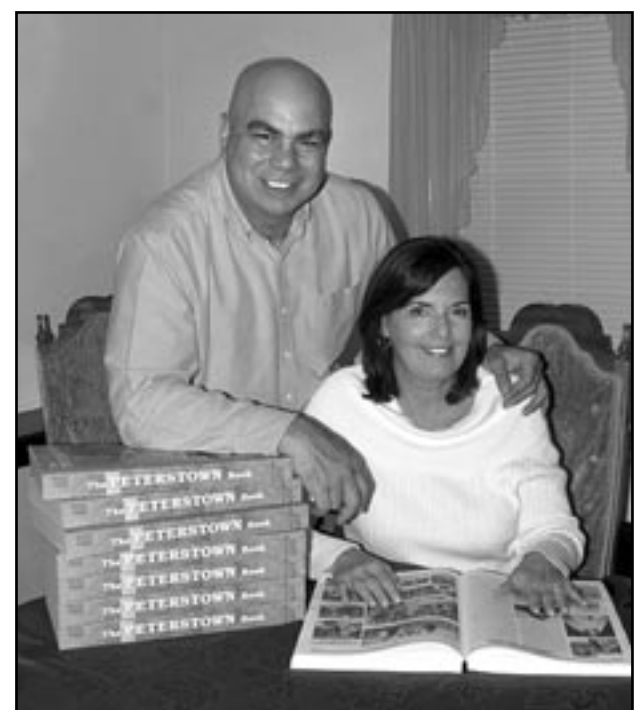
WEBSITE / SEO SERVICES

- **STARTER WEBSITE: \$500**
Basic static site that can be developed further
- **WEBSITE CREATION/UPDATE: \$2,400**
Cost for average website: 12 pages, contact form, SEO friendly, responsive design
- **WEBSITE HOSTING: \$300 PER YEAR**
Includes website hosting, software updates, monthly website content updates
- **SEO SERVICES: AVERAGE COST \$1,000 - \$2,000 PER MONTH**
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



(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.

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