

CRANFORD MONTHLY NJ

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GIRL SCOUT PROJECT FOCUSED ON FOLAS

Cranford Girl Scout Troop 40023

Cranford Girl Scouts Junior Troop 40023 has recently completed the prestigious Girl Scouts Bronze Award through a year-long project focusing on the welfare of animals. The troop's mission was to help make animals adoptable and to assist with the sheltering and fostering of pets. In so doing, the girl scouts set out by assisting one local shelter, the Friends of Linden Animal Shelter (FOLAS).

First, the girls designed a troop logo, using original artwork. The girl scouts created a pamphlet explaining the benefits of fostering an animal, and important considerations when becoming a foster pet parent. The girl scouts quickly realized that bringing their ideas to fruition would come with some costs, such as printing their pamphlets, as well as providing a weatherproof mailbox/information center at FOLAS so that the public could easily access the pamphlet. After several discussions on fundraising, the girl scouts decided on holding a garage sale.

Troop 40023 Bronze Award Garage Sale was held at the Cranford Community Center on the day of the Cranford Town Wide Garage Sale, with 100% of the proceeds going toward their Bronze Award Project. The girls were able to raise \$324. The girls used a portion of the funds to make up 12 adoption kits to donate to the shelter. Each adoption kit included a litter box, scoop, collar, handmade pet toys, bowl, nail clipper, and a personalized thank you note to the adoptive parent. With the remaining funds the girl scouts designed and ordered weatherproof signs to be placed outside the grounds of the shelter.

The group of six girl scouts from Troop 40023 came together in late July, 2022 to present their donations to



(above, top, l-r) Troop Leader Nancy Valdivia, Aurelia Samson, Sarah McCombs, Bronze award Project Mentor and parent volunteer James McCombs. (bottom, l-r) Girl Scouts Eliza Rivera, Macy Valdivia, Amelia Cippoletti and Alana Pugliese.

FOLAS, and they spent 2 hours weeding and cleaning out the shelter's outdoor dog pen to make the space safer for dogs to run and play. Collectively, the girl scouts of Troop 40023 contributed approximately 140 hours toward their Bronze Award Project. Nancy Valdivia, Troop 40023 Girl Scout Leader, is most impressed by the girl scouts' ingenuity and commitment to seeing this project through. "The girls were motivated and invested from the beginning through the very end, never losing sight of their ultimate goal. They created, designed, painted, assembled, organized, crafted, cleaned and carried the project through with such a sense of pride. They rose at every challenge of the project, and they worked beautifully as a team," proudly beams their Troop Leader.

The efforts put forth by Amelia Cippoletti, Sara McCombs, Alana Pugliese, Eliza Rivera, Aurelia Samson, and Macy Valdivia under the mentorship of Mr. James McCombs, Girl Scout Troop parent volunteer, have not gone unnoticed. In the two weeks following the troop donations, seven cats have been placed in adoptive homes, and they were lovingly provided with the adoption kits that the scouts donated. Tina, a FOLAS staff member, is most appreciative of how Troop 40023 helped to make the shelter easier to find, more inviting, and a happier place for all to visit.





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FALL FESTIVAL – SEPT. 18

CRANFORD MONTHLY NJ

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Cranford Monthly

The Cranford Historical Society celebrates its 95th Anniversary in 2022 preserving and perpetuating the history of the township of Cranford. On Sunday, September 18, from 1 p.m. to 5 p.m., the society will re-open the Crane-Phillips House Museum for a tour with a "Fall Festival" outside.

The Fall Festival will consist of crafters showing and selling their crafts. For the children, we will have face painting and balloon making, fall crafts, and the pocket lady with trinkets in her pockets for the children to choose from. Dreyer Farms will be on hand selling their mums, pumpkins, bales of hay, corn stalks, pies, donuts, and jars of goodies. The Cranford Historical Society will be selling ice cream cones and ice cream sodas. We will also have garage sale items, a used book sale, and will be

selling our merchandise. We will have a history raffle basket and a 50/50 as well.

The society is looking for crafters, face painting artists, balloon-making artists, a food truck, and a band to play music. All spaces are \$20 each and you must bring your own table and chairs. If you can participate, call 908-276-0082 or email Cranfordhistoricalsociety@verizon.net.

So save the date for our Fall Festival! We hope the community comes out to enjoy a day with friends and the Society.

For more information or to become a member, call the Historical Society's office at 908-276-0082

or email us at

cranfordhistoricalsociety@verizon.net.

You can also visit our website

at cranfordhistoricalsociety.com.

CURE T1 DIABETES 5K WALK/RUN - SEPT 18

Schmitts' Quest for the Cure is hosting the 9th annual Cranford Cure T1 Diabetes 5K Walk/Run on Sunday, September 18 in Nomahegan Park, Cranford. The event begins at 9:00 a.m. Family activities, awards, goody bags, refreshments, and t-shirts (while supply lasts) will be on hand on the day of the race.

Schmitts' Quest for the Cure (SQC) nonprofit originated as a family and friends team who rode each year in the Tour de Cure, a national fundraising event for diabetes

research and treatment. After 11 years of enthusiastic participation, the Schmitt family took fundraising to the next level and created a 501(c)3 organization to afford the best opportunity to raise money to help find a cure for Type 1 diabetes and support the Juvenile Diabetes Research Foundation (JDRF). SQC has collaborated in a variety of previous fundraisers, with over 1,2500 participants.

Participation for this year's event is online; registration can be found at:

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MUSICFEST – SEPT. 24

Centennial Village Group

On Saturday, September 24, the Centennial Village Group will be holding its annual MusicFest outside of Lincoln School in Cranford, NJ. The event begins at 5 p.m., with music and festivities lasting until 9 p.m. Admission is free, but donations are graciously accepted.

Bring your lawn chair and enjoy an evening of fun family entertainment, featuring live music from local artists, including RPM Music School, BreakTime, Alden Street Band, and Chris Turner and ClearStream. In addition to musical entertainment, there will be a 50/50 raffle and Tricky Tray with items from local Cranford shops. Food will be available to purchase at food trucks on location. Stop by to try your luck with the Tricky Tray and enjoy an afternoon of great music, food, and time with neighbors at this event celebrating what Cranford has to offer. All proceeds will go towards helping Centennial Village Group's beautification efforts in the area.

The Centennial Village Group is made up of volunteers dedicated to the revitalization and beautification of the Centennial Village area in Cranford. In addition to MusicFest, the group holds an annual 5K race to raise funds for its continual efforts to improve the community.

For more information about the Centennial Village and the group, visit facebook.com/CentennialVillageGroup.



(above) Local talent perform at Centennial Village Group's MusicFest each year.

Courtesy photos

STORYTIME WITH POLICE AND FIRE DEPTS

Follow Cranford Police Department on Facebook

Cranford Police Detective James Knight was the guest reader at the August 4th ‘Storytime with Police and Fire Departments’, held downtown at Eastman Clock Plaza.



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The Cranford High School Sociology course is excited to announce the return of the Intergenerational Studies Program.

Cranford High School's (CHS) acclaimed Intergenerational Studies Program is looking for senior citizens in the area to join students enrolled in the Sociology courses to join us and participate in lively discussions and activities throughout the school year at Cranford High School. This is a wonderful opportunity for you to interact with Cranford students, teach them from your experiences and inspire them to serve

their own community.

All sessions are at CHS. Sessions will be held from 8:45 - 9:45 a.m. on October 5, November 4, December 9, and January 10. Future sessions in 2023 will be held from 8:45 - 10:45 a.m. on March 2, April 5, May 8, and June 1.

If you are interested in becoming a participant or know of someone who would be, please contact

Mrs. Nikki Savino Mulcahy
at 908-578-3241

or via e-mail at savino@cranfordschools.org.

ATTIC SALE AT HISTORIC NITSCHKE HOUSE

Kenilworth Historical Society

An Attic Sale featuring antiques, books, glassware, collectibles, crafts, linens, and various other household items from the Kenilworth Historical Society's collection will take place at the historic (c. 1880) Oswald J. Nitschke House "living history" museum and cultural arts center on Saturday, October 8, from 9 a.m. to 4 p.m.

Proceeds from the sale, which is being hosted by the Kenilworth Historical Society, will help defray the museum's operating expenses, including the cost of an elevator that makes the

restored site fully accessible to everyone.

Information about the Kenilworth Historical Society, the Nitschke House, and upcoming events may be found on the Kenilworth Historical Society's website at kenilworthhistoricalsociety.org and on the organization's Facebook page.

The Kenilworth Historical Society is an independent, volunteer-based, non-profit, tax-exempt, 501 (c) (3) organization dedicated to the research, preservation, and interpretation of the Oswald J. Nitschke House, local history and culture.



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Westfield Area YMCA

The Westfield Area YMCA Flyers Track Club is a year-round track & field and cross-country team offering USATF-certified coaching and technique instruction for athletes ages 7-15. Registration is now open for the cross-country season which runs from September 9 to October 28. Athletes learn the fundamentals of distance running and techniques unique to off-track running, with more experienced runners

building on the fundamental skills through conditioning and in-depth training. Practices are held at Oak Ridge Park in Clark on Mondays and Fridays with additional Wednesday practices for more seasoned runners. Practices are 60 minutes and begin at 4:45 p.m. for 7-10 year-olds and 6:00 p.m. for 9-12 year-olds and 11-15 year-olds. Meets are offered and optional. More than 250 Flyers participated last fall with qualifiers for the USATF state, regional,

and national championship meets. The goal is to provide a safe and fun environment for every team member to improve skills and achieve success, from novice to international competitors. For schedule details, fees, and registration information visit yflyertrackclub.com or contact Michelle Almeida at malmeida@westfieldynj.org or 908-301-9622 ext. 279.



(above) Westfield Area YMCA Flyers athletes from the 2021 season participating at a NJ meet.





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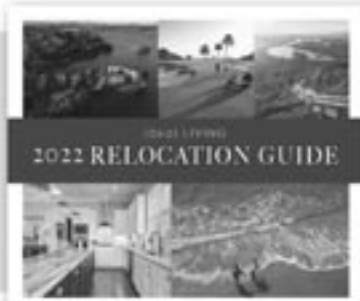
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STRANGERS HELPING STRANGERS - THE NEW JERSEY VETERANS NETWORK

The New Jersey Veterans Network (NJVN) works with many different organizations to bring food, groceries, and clothes to veteran families in need. One organization they've worked with is Strangers Helping Strangers (SHS). They've provided over 100 meals for veterans and their families while pairing up with the NJVN over multiple projects. SHS itself distributes 20,000 pounds of food in Elmwood Park, NJ.

On Friday, August 12, 2022, Doc Schupp, Director of Veterans Outreach for NJVN, and

Dennis Duddie, American Legion Department Vice Commander, presented the Strangers Helping Strangers team with four awards, including a Hero Award for team President Chris Braitsch, a Certificate of Commendation, as well as the Community Service Award, recognizing their continuous support for Veterans and their families. Strangers Helping Strangers was also presented with the Certificate of Appreciation from The Department of NJ State VFW and an NJVN Community Service award.

When asked about the assistance that SHS has provided for the Veteran Community, Doc

Schupp said, "This team (SHS) has provided for our State's heroes time and time again, we are blessed to have them as partners."

Strangers Helping Strangers was created during the COVID-19 crisis, and has continued to work with the New Jersey Veterans Network to provide for our veterans. They work closely to provide not only goods for those in need, but they also give hope in times of crisis. While SHS provides the food and groceries, the NJVN distributes them directly to the veterans homes. It's a wonderful system that has helped improve the lives of so many veterans and their families.



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(above) Doc Schupp, Director of Veterans Outreach for The New Jersey Veterans Network, and Dennis Duddie, American Legion Department Vice Commander, presented the Strangers Helping Strangers team with four awards.

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Disabled American Veterans Chapter 40 in Union, NJ will be holding their meeting on

Thursday, September 15, 2022, at 10:30 a.m.,
at **The American Legion Hall 3**, Bond Drive Union, NJ
(Located next to the Union Fire Department)

We are inviting all Veterans to attend our meeting as the Topic of the Day will be "How to file a VA claim and Win." We all know that our claims can go unnoticed for years, but with our help you can get them expedited and get you what you rightfully deserve. Many members of our chapter have been successful in using our method.

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(above) Lisa Shepard Stewart,
CulturedExpressions.com

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SEPTEMBER KICKS OFF “SEWING SEASON”

Sewing’s resurgence during the height of the pandemic remains strong going into Fall 2022, with so many people buying sewing machines (or dusting off old ones), taking classes and stitching everything from face masks to easy home dec accents, clothing and accessories. Having the time to immerse (or re-immense) ourselves into fabric, needle and thread also gave us a much needed creative release.

Over the past two years in particular, more people have realized that sewing (along with other home-centered activities like cooking and gardening) is a valuable life skill with limitless benefits. Aside from the obvious creative benefits, sewing also relieves stress, aids in focus and decision-making and maintains/improves hand-eye coordination, among others. And the benefits apply to sewing

enthusiasts of all ages. You can discover countless ways to incorporate sewing into your lifestyle, making it work with your particular needs and interests.

And since September is designated as both National Sewing Month and African Fabric Month, this is the perfect time to kick off “Sewing Season” with culturally relevant projects! Cultured Expressions Sewing Studio at 1417 Main Street celebrates both occasions with special offers during Rahway’s ArtsFest on Saturday, Sept. 24. Learn about the studio’s private Sewing Machine 101 classes and custom group events, along with a growing menu of virtual classes. Already know how to sew and quilt? The studio also offers a wide variety of African textiles and embellishments, kits, and lots of inspiration.

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ARTSFEST: ART IN ALL DIMENSIONS – SEPT. 24

On Saturday, September 24, 2022 from 2 – 6 p.m., ArtsFest: Art in All Dimensions takes the arts to new heights in the City of Rahway (literally!) With an array of performance artists showcasing their talents, including: a gravity defying aerialist, the skill and grace of a contortionist, the dance moves of Steppaz with Attitude and Rahway Dance Theater, as well as music from Sarah Teti, Sweater Pills, Stefano Catugno and Karickter. Visual Artists will have their creativity and talent on display and some of Irving Street's local restaurants will show off their culinary skills with creations from their kitchens. With over 50 accomplished and

amateur artists and local vendors displaying their work and selling hand-crafted items, there is something for everyone to enjoy. Those in attendance can help to create art as well with live art classes, demonstrations, and interactive community art pieces.

For more information check out rahwayishappening.com/artsfest.

After a day of being immersed in the arts scene, visitors and residents of Rahway can enjoy the Union County Performing Arts Center's feature presentation of "The Ultimate Michael Jackson Experience: Who's Bad." This event will provide "dinner and a show" options for those

who wish to enhance their theater experience by visiting a local Rahway restaurant before the show. The "Who's Bad" show specials include meal offerings ranging from \$25-\$29 or a free beverage with your order. To take advantage of these deals, simply present your ticket at a participating restaurant on the day of the show. Reservations are encouraged. Details about the "dinner and a show" specials are available at rahwayishappening.com/dinnerandshow. For tickets to "The Ultimate Michael Jackson Experience: Who's Bad", please visit the UCPAC's website: <https://ucpac.org/event/whos-bad-the-ultimate-michael-jackson-experience/>

SUMMER SOUNDS - THURSDAY EVENINGS UNTIL SEPTEMBER 29

Downtown Cranford's Summer Sounds will be held Thursday evenings until September 29, at Eastman Clock Plaza, 6 – 8:30 p.m.

- **9/1** MPack - R&B and Blues
- **9/8** Don Braden/Karl Latham Big Fun(k)
- Funky, electrified originals with a couple of complimentary covers
- **9/15** Swing Town Big Band
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- **9/22** Lovehandles
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- **9/29** MPack - R&B and Blues

For more information visit downtowncranford.org.

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ARTS FEST
RAHWAY

Saturday, Sept. 24
2PM to 6PM • Irving Street From Central Ave. to Elizabeth Ave.
Rain Location: Rahway Recreation Center

ArtsFest is a free one-day festival taking place in downtown Rahway where visitors of all ages will have the chance to experience and engage with the arts in a dynamic way. Visual artists, performers, musicians, craft artisans, and local businesses from all walks of life come together to create an atmosphere that will enliven the senses.

More info at: www.rahwayishappening.com/artsfest



Free Parking available at Hamilton Stage, RSI Bank, The Gallery Space and Municipal Lots. Standard rates apply at Rahway Parking Garage.

city of rahway
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CRANFORD CELEBRATES NATIONAL NIGHT OUT 2022

National Night Out, a national community-building campaign that promotes police-community partnerships, was held on Tuesday, August 2nd in front of the Township of Cranford’s municipal building. The free event was hosted by the Canford Police Department and featured giveaways, food, drinks, entertainment.

National Night Out culminates annually on the first Tuesday in August. National Night Out enhances the relationship between neighbors and law enforcement while bringing back a true sense of community. Furthermore, it provides a great

opportunity to bring police and neighbors together under positive circumstances. For more information visit natw.org. Follow Cranford Police Department on Facebook.

Photos by Cranford Police Department



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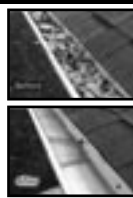
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TOWN WIDE GARAGE SALE - OCT 1

Project Home of Cranford

Project Home of Cranford's Fall 2022 Town Wide Garage Sale is scheduled for Saturday, October 1, 2022, rain or shine. This is a great opportunity for residents to clean out items they no longer need and turn them into cash and most importantly help support township residents in need.

Those who register will have the address of their sale and a brief description of what they are selling included on the listing that will be posted on the Project Home website and on Facebook for shoppers looking to find sale locations. Project Home will place advertisements in local newspapers announcing the sale and will announce the sale on social media with a link to the listing of participating addresses. Online registration will be available through Monday, September 26, mail in registration must be postmarked by Friday, September 23.

To participate in the Town Wide Garage Sale registration is available online through the Project Home website; projecthomeofcranford.org/fall-2022-townwide-garage-sale or by mailing in a

note with your name, address, telephone number, email address, and a brief description of what you are selling, along with a check for \$25 for an individual household or \$35 for a multi-family sale to Project Home of Cranford, PO Box 724, Cranford, NJ 07016. Note, that only your address and what you are selling will be posted to the site for shoppers to see.

It is through fundraisers like the Town Wide Garage Sale that we as a community are able to lend a hand to those in need when an unexpected financial crisis impacts our neighbors.

For over 30 years Project Home of Cranford, a 501(c)3 charity, has been working through Cranford Family Care to keep Cranford families in crisis in their homes. The Town Wide Garage Sale is one of the events that Project Home runs to raise funds for Cranford Family Care.

For questions about the garage sale or just to find out more about Project Home and our mission please email us at projecthomeofcranford@gmail.com, visit us at projecthomeofcranford.org and Like us on [facebook.com/ProjectHomeOfCranford](https://www.facebook.com/ProjectHomeOfCranford).

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11TH ANNUAL RUBBER DUCKY DERBY

Hanson Park Conservancy's 11th Annual Rubber Ducky Derby is scheduled once again for Sunday, October 9, 2022, at 4:00 p.m. On race day, over one thousand individually numbered rubber ducks will be released in the Rahway River at Sperry Park, Cranford, NJ, and tumble over the falls racing to the finish line at the North Union Ave. Bridge. Numerous prizes for the fastest lucky duckies will be awarded. The top prize is a \$250.00 gift card.

Ducks can be purchased at two locations: Periwinkles, on North Union Avenue downtown Cranford, or the Cranford Canoe Club on Springfield Ave. Purchase a single Duck for \$5 or a flock of 5 ducks for \$20. Please secure your tickets early as ducks are limited, and the race has been known to sell out.

All proceeds benefit Hanson Park maintenance and educational programs. If you have not yet walked through this lovely little park, please visit this hidden gem located at 38 Springfield Ave.

Have you got your Ducky?



(above) The 11th Annual Rubber Ducky Derby hosted by Hanson Park Conservancy will be held on October 9, 2022.

START YOUR JOURNEY TOWARD WHOLENESS GRIEF RECOVERY SEMINAR BEGINS SEPT. 18

The First Presbyterian Church of Cranford (FPCC) is preparing to offer its free, 8-week, grief recovery seminar, "Journey Toward Wholeness: Healing the Grieving Heart," which takes place on Sunday evenings beginning September 18 until Sunday, November 6 from 6:30 to 8:30 p.m. The seminar is being offered on Zoom only. There is no charge, but registration is required by calling 908-251-5641.

Exhausted, depleted, lonely, and isolated are just a few of the terms that describe how we are feeling while navigating through an increasingly chaotic existence, exacerbated by a pandemic, political conflict, and extreme weather. When you are grieving a loss amid all these stressors, every day may seem dark and overwhelming.

We offer a ray of light and welcome all grieving a loss of any type to join our seminar. The co-leaders of the program, Patti Williams, RN and Certified Grief Counselor, and Virginia Waters, Clinical Psychologist, have personal and professional training and experience in the field of grief and loss. They are joined by a team of trained facilitators who provide support and lead breakout groups for individuals who have

experienced a similar loss.

In the words of a recent participant, "Thank you and your team for everything you are doing to create such necessary, safe, and encouraging bereavement healing space for these times. Being with other grievors, I felt myself soften into the truths of my loss in a profound way that I haven't had the opportunity to do at all during this time of Covid. I'm so grateful for that small step forward. I was also mightily impressed by how well you all managed the technology to make this possible. Well done!"

The program is free and open to all faiths. We have helped thousands of participants in 21 years. For more information visit firstprescranford.org/care/grief-recovery.

About the First Presbyterian Church of Cranford

As the body of Christ empowered by the Holy Spirit, the First Presbyterian Church of Cranford (FPCC), 11 Springfield Ave., Cranford, seeks to live God's Word and inspire others to embrace Jesus' commandment to love one another as the Lord loves us. Learn more at firstprescranford.org.

FAMILY-TO-FAMILY COURSE ON MENTAL ILLNESS

National Alliance on Mental Illness

The National Alliance on Mental Illness (NAMI) Family-to-Family Education Course will be offered by the Union County Chapter of NAMI. The course will begin on Thursday evening, September 22, 2022, and meet each Thursday over a consecutive 8-week period. It is free of charge with all necessary materials furnished at no cost.

The course is offered specifically to the parents, siblings, spouses, teenage and adult children, and significant others of individuals with severe and persistent mental illness. The program is not appropriate for individuals who, themselves, suffer from one of the major mental disorders. This course is taught by NAMI members who have completed intensive

training.

Curriculum topics include schizophrenia, bipolar disorder (manic depression), clinical depression, panic disorder, obsessive-compulsive disorder, etc., the clinical treatment of these illnesses, and how caregivers can learn to cope more effectively. Attendees will learn about new research, medications, skills needed to successfully communicate with a relative, and how to deal with critical periods.

Capacity is limited. To register, or if you have questions, please contact Pat Roman at 732-397-8123 or via email at: patroman2@aol.com before September 15, 2022. Please include "F2F Course" in the subject line. A Family-to-Family instructor will contact you with the details.

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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.'"

- Queenon L.



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CRANFORD PBA HONORS MR J'S DELI

Angelo Lomonte served as a police officer at the Hillside Police Department for 25+ years. In 2019 Angelo retired on a Friday as a Lieutenant and on that Monday acquired the infamous "Mr. J's Deli" from the well known John John. Since 1983, Mr. J's has been known for its "One of the Best Sloppy Joe's in NJ" and Angelo made a seamless transition learning under John John and has carried the name on.

Since 2019 Angelo has welcomed members of our department with open arms and is always asking what he can do for us.

We would like to say thank you to Angelo for his kindness, thoughtfulness and his service in law enforcement!

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CARWOOD LANES

346 NORTH AVE. CARWOOD, NJ 07027 908.789.2040

CHILDREN'S BIRTHDAY PARTIES

STARTING AT \$170

Age 5 minimum
10 child minimum - 40 max
5 or 6 kids per lane
Bumpers available
Light balls provided

Children may bowl in rubber soled shoes (no sandals, boots, Crocs or black soles)
Basic white table cloth provided
You are welcome to decorate
Party room seats 22 comfortably (arrangements made for larger parties)
Additional half hour - \$5 per child

1.5 HOURS OF FUN!

\$17.00 per child
Includes:
Soda or juice by the pitcher
Individual bag of chips or pretzels
You may bring in pizza at your own cost
We recommend Roma 908.789.1170
You will need to provide plates and napkins

\$19.50 per child
Includes:
1 hot dog for each child
Napkins
Soda or juice by the pitcher
Individual bag of chips or pretzels

Mon - Fri	Saturday	Sunday
3:30pm - 5pm (party room 3:30 - 4:30)	12pm - 1:30pm 2pm - 3:30pm 4pm - 5:30pm	12:30pm - 2pm 2:30pm - 4pm 4:30pm - 6pm
4pm - 5:30pm (Party room 4:45 - 5:30)		
	(full access to party room)	

We accept Cash, Visa, MasterCard and Discover

CRANFORD KNIGHTS WELCOME NEW MEMBERS

On Tuesday, July 19, the Cranford Knights of Columbus held their first Formation Degree in over two years due to the COVID-19 pandemic at the Columbian Club of Garwood Hall and welcomed eight new members to Council # 6226.

The Cranford Knights of Columbus is a Catholic Fraternal Organization dedicated to our four Core Principles: Charity, Unity, Fraternity,

and Patriotism. The Cranford Council supports many charities and civic causes locally, state-wide, and nationally and we are committed to being a viable part of our community. For information about joining the Cranford Council, please contact our Grand Knight Jerry Conheeney at 908-416-3464 or visit the Council website at cranfordknights.org.

HELP WANTED

ADMINISTRATIVE ASSISTANT

Fyzical Therapy & Balance Center, Clark NJ is looking for a part time front office administrative assistant to help with greeting patients in person and on the phone, scheduling appointments, organizing patient charts, collecting co-pay and insurance information. Experience with Microsoft office is preferred. Attention to detail and professionalism is a must. Compensation based on experience.

If interested, please e-mail resume to clark@fyzical.com or fax to 732-382-7228.



"Spelt Different because we are Different"



(above) Pictured at the ceremony are Grand Knight Jerry Conheeney, Worthy Chaplain Monsignor Tim Shugrue, District Deputy Jim Vari, and our new members who are now Brother Knights, Alex Puhak, John Scheurer, Michael Scheurer, Jim D'Arcy, Patrick O'Shea, Charles Dino, Liam McGovern, and Patrick McMullan. Brothers Puhak, Dino, O'Shea, and McGovern were accompanied by their fathers who are also Brother Knights, Bob Puhak, Jim Dino, Sean O'Shea, and Tim McGovern.

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- Carol Ann G.

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Ask for TV Project Department, for job evaluation and estimate of cost and compensations!

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Golf & Sponsorship Registration

Registration & Payment is due no later than September 5, 2022

Registration / Sponsorship Levels

Tournament Sponsor	<u>Gold</u> <u>Silver</u>	\$5,000 \$2,500	Includes a Foursome /Signage
Dinner Sponsor		\$1,000	Includes a Foursome/Signage
Beverage Sponsor		\$1,000	Includes a Foursome/Signage
Lunch Sponsor		\$1,000	Includes a Foursome/Signage
Beverage Cart		\$1,000	Includes a Foursome/Signage
Contest Sponsor		\$1,000	Includes a Foursome/Signage
Driving Range Sponsor		\$300	Includes Signage
Putting Green Sponsor		\$300	Includes Signage
Hole Sponsor		\$100	Includes Signage
Foursome		\$600	
Golfer		\$150	
Dinner Guest Only		\$35	

Name: _____

Address: _____

Phone Number: _____

Email Address: _____

Please list the name of every golfer: _____

Payment is enclosed for:

- ☐ Day of Golf (\$150)
- ☐ Foursome (\$600)
- ☐ I would like to purchase the _____ sponsorship for \$_____
- ☐ Dinner Guest Only (\$35)

Checks should be made payable to Knights of Columbus 6226 and mailed to:
Knights of Columbus 6226; P.O. Box 501; Cranford, NJ 07016

Venmo Payments: @KofC6226 Code: 7778

KNIGHTS OF COLUMBUS GOLF OUTING SEPTEMBER 16

The Cranford Knights of Columbus will be holding our Annual Golf Outing at Galloping Hill Golf Course in Kenilworth, NJ on Friday, September 16, 2022. The cost is \$150.00 per Golfer which includes Golf, Golf Cart, Prizes, Lunch and Dinner. There will be Lunch starting at 11:30 a.m., a Shotgun Start at 1:00 p.m. to golf, dinner will follow immediately afterwards at the Columbian Club of Garwood in Garwood, NJ. Registration and payment is due no later than September 5, 2022.

Checks should be made payable to Knights of Columbus 6226 and mailed to: Knights of Columbus 6226; P.O. Box 501; Cranford, NJ 07016.

Or Venmo payment: @KofC6226 Code: 7778

The Golf Outing proceeds will benefit all of the Cranford Council's supported charities and programs. In addition, we will be making special donations to the Shining Stars Network which helps special needs individuals showcase their unique talents to connect with our communities through variety shows and other activities, and Camp Fatima of NJ which provides free summer camp and other programs for children and adults with special needs here in New Jersey.

For more Information about sponsorships, playing or to get involved, please contact:

Jerry Conheeney, Grand Knight,
908-416-3464 – jerryconheeney@gmail.com,
or John Doolan, Golf Outing Committee,
908-451-8947 – jdoolan@verizon.net.



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SEPTEMBER YOUTH PROGRAMS AT THE CRANFORD LIBRARY

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Monday - Thursday: 10AM-9PM; Friday, Saturday: 10AM-5PM; Sunday: Closed

YOUTH PROGRAMS

Pajama Storytime

Thursday, September 8, 6:00 to 6:45 p.m.
Dragons! OH MY! Friends in grades K-2, it's time to wear our pajamas and relax as we listen to a story and make fun crafts!

Baby and Toddler Storytime at Hanson Park

Tuesday mornings at 9:30 a.m.
September 13 through October 18.
This storytime is for babies and caregivers. Please bring something to sit on.

Back to School Bingo

Tuesday, September 13 at 4:00 p.m.
Join us for an hour of picture bingo.

"Paws" for Reading

Tuesday, September 13 at 6:30 p.m.
Young readers are invited to hone their skills by reading to certified therapy dogs.

Preschool Storytime at Hanson Park

Thursday, September 15 at 9:30 a.m.
and runs through October 20
This program is best suited to children ages 3-5, but all are welcome. Bring something to sit on.

We Dream of Space Book Club

September 15
Join us as we dream of space, play fun games, and earn prizes too! Friends in grades 3-5 are invited to join us to discuss We Dream of Space

Library Open House

Tuesday, September 20, 6:00 to 8:00 p.m.
Community members of all ages are invited to learn more about the library.

Storytime with Rosanne Kurstedt

Saturday, October 1 at 10:15 a.m.
Author Rosanne Kurstedt will be sharing her newest book, And I Think About You and leading a craft.

Pajama Storytime

Thursday, October 6th, 6:00 to 6:45 p.m.
Fun with Flamingos: Friends in grades K-2, it's time to wear our pajamas and relax as we listen to a story and make fun crafts!

Geronimo Stilton Book Club

October 13, 5:00 to 6:00 p.m.
Friends in grades 2-4 are invited to dress-up in a Hawaiian outfit for a silly Geronimo Stilton book club! W

Taiko Drum Concert

Saturday, October 15 at 2:00 p.m.
Join OMNY Taiko for an interactive Taiko performance. Taiko (太鼓, literally "big drum") is a type of Japanese percussion that has been played for well over 1,000 years. This program is for all-ages!

Halloween Costume Swap

any time between October 17 and October 21
Parents are invited to bring their children's old Halloween costumes to the Children's Desk at the library. On October 22 from 10-12 p.m., children are invited to come to the community center to shop for a pre-loved costume to use for Halloween this year and/or future years!

Writing Workshop with Brigit Young

Monday evenings from October 17th through December 12, off on October 31
Author Brigit Young will be leading an eight-week writing workshop for children ages 9-12. Classes will be held from 4:00-5:30 p.m. in the Raddin Room of the Cranford Public Library.

Author Visit

Wednesday, October 19 at 7:00 p.m.
Middle-grade author Harry Harvey will be joining us to share stories about his writing journey and answer questions.

Tuesday Travels

Tuesday, October 25, 6:00 to 7:00 p.m.
The Philippines: We'll read a book, listen to music, do crafts, and sample some food from the Philippines! This program is best suited for children ages 6-12.

Drop-in Halloween Art

Wednesday, October 26, 4:00 to 5:00 p.m.
Drop in to create some Halloween-inspired art on This program is best suited to children ages 5+, but all are welcome.

Early Reader Book Club

Wednesday, November 2, 4:00 to 5:00 p.m.
Children in grades 2-3 are invited to join us for a book club!

Look and Find @ the Library

Thursday, November 3, 5:30 to 6:30 p.m.
Students in grades K-2 are invited to learn about the library, listen to a story, and join in on a "look and find" hunt.

Tuesday Travels: Morocco

Tuesday, November 29, 6:00 to 7:00 p.m.
We'll read a book, listen to music, do crafts, and sample some food from Morocco!

ADULT PROGRAMS

Carrie Jackson Jazz History

Thursday, September 8 at 7 p.m.
Carrie Jackson is a vocal stylist who rekindles thoughts of America's great jazz history.

Literary Café

Saturday, September 10 at 10:15 a.m.
Bring a few of your recent favorite books and tell the other members of the group what you like about them.

International Film Screening

Monday, September 12, 2 p.m. or 7 p.m.
Please contact the library for this month's film title. Sponsored by the Friends of the Cranford Public Library. No registration is required.

Strategies for Seed Saving

Wednesday, September 14 at 7 p.m.
Learn the basics of harvesting and germinating seeds! Jessica Miller, the founder of the Flagship Native Seed Library, will be sharing strategies for seed saving.

The History of Blues in America

Monday, September 19 at 7 p.m.
Guitarist and music historian Joey Leone presents "The History of Blues in America"

Deni Bonet

Wednesday, September 21 at 7 p.m.
Deni Bonet is a pop/rock singer/songwriter and classically trained violinist who has recorded and performed with R.E.M., Sarah McLachlan, Cyndi Lauper, Scissor Sisters, and Warren Zevon among many others.

Propagating Native Plants

Wednesday, September 28 at 7 p.m.
Learn the basics of propagating native plants. Michele Bakacs will be sharing techniques for collecting seeds. People enrolled, participants may receive a plant or seeds.

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PROGRAM TO FEATURE UNION COUNTY'S REIGN OF TERROR

CRANFORD MONTHLY • Page 25 • September 2022

The Union County Historical Society is pleased to host Dr. Walter E. Boright for a program entitled "Union County's Reign of Terror" on Sunday, October 2 at the Cranford Community Center, 220 Walnut Avenue, Cranford. As seating is limited, an advance reservation is suggested by emailing the society with the number attending at uncohissoc1@gmail.com.

The presentation centers on a Union County man who earned infamy as one of the most notorious killers in the state of New Jersey. His rampage in the 1950s into the 1970s began with grave desecration and arson, and escalated to rape, murder, and cop killing. He was not linked to some of his crimes until decades after they were committed. This serial killer eventually was convicted of murder and imprisoned for life where he later died of natural causes.

Union County Historical Society President Joanne Rajoppi said, "We are excited to have Dr. Boright, a noted author and historian, review the history of these crimes for the Society's program. Dr. Boright is a respected, well-known author of six local history books and nearly 200 published articles about local, county, and New Jersey State history," she added.

Dr. Boright earned a bachelor's degree as a history major from Kean University in Union where he also taught New Jersey history. He taught history in Clark schools and became a New Jersey superintendent of schools. He earned master's and doctoral degrees at Seton Hall University. He served as a Kenilworth

councilman and was elected five times to the Union County Board of Chosen Freeholders (now the Board of Commissioners). Dr. Boright has presented many programs to schools and organizations about local, regional, and New Jersey history.

The program is open to the public without charge. Parking at the Cranford Community Center is adjacent to the center and library with free off-street parking.



(above) Dr. Walter E. Boright

Courtesy photo

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MADISON MONTHLY NJ Qty: 6,300 Zip: 07940	MOUNTAINVIEW NJ Qty: 2,900 Zip: 07092	New Providence NEWS NJ Qty: 5,100 Zip: 07974	OUR TOWN Rahway, NJ Qty: 13,000 Zip: 07065	ROSELLE PARK MONTHLY Qty: 5,600 Zip: 07204	Scotch Plains NJ WHAT'S HAPPENING MONTHLY Qty: 9,400 Zip: 07076
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

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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
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Participants are encouraged to ask questions as they pertain to their own businesses.



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Each month, over 160,000 newspapers are mailed to every home and business in 24 towns. He also offers full color printing and mailing services as well as an online presence that parallels his print publications. Through these publications, Renna Media has focused on the needs of the local business owner offering customized, affordable, advertising opportunities. Joe Renna also helps his advertisers with their marketing plans as a value-added service.

Mr. Renna's presentation will address the different aspects of building a marketing plan and tuning up existing ones. The audience will leave with the information to guide them in developing a plan that will get them the best return for their marketing budget. The presentation will encourage questions from the audience and will address specific challenges facing participating business owners.

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(above, l-r) Jason Rooney, Sheet Metal Workers' Union; and Josephine Walsh, Mobile Meals of Westfield.

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