

CRANFORD MONTHLY NJ

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KNIGHTS OF COLUMBUS CHARITY PRESENTATIONS

Cranford Knights of Columbus

Last year, the Garwood and Cranford Knights of Columbus Councils held a joint Final Four fundraiser to help and assist Cranford Firefighter Rob Hurewitz and his family after hearing about the end of his career as a Cranford Firefighter due to medical issues.

When Ellen Ramer of Martin's Jewelers saw what we had done for Rob, she reached out to our Council to see how we could work together to help him some more. Ellen graciously donated a beautiful pair of diamond earrings that we were able to raffle off as a fundraiser. Working together with Ellen and with the support of Caren Demyen of Downtown Cranford, we were able to raise over \$6,500 for Rob and his family. We also had a very deserving winner in Gina Pachkowski, the owner of Alleum Yoga here in town who is a big supporter of many charities and causes here in Cranford.

In total, we were able to donate \$14,500 to Rob and his family. The Cranford Council would like to thank everyone who supported these worthy fundraisers, and we are very appreciative of all of the support that we received from Caren and our local Cranford businesses and our special friends in our community.

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 committed to be a viable part of our Cranford Community. For information about joining the Council, please contact Grand Knight Jerry Conheeney at 908-416-3464 or visit our web site at cranfordknights.org.



(above, l-r) Raffle prize presentation: Cranford Fire Chief Dan Czeh, our Worthy Chaplain Monsignor Tim Shugrue, Ellen Ramer, our winner Gina Pachkowski, and our Worthy Grand Knight Jerry Conheeney.



(above, l-r)) Ceremonial check presentation: Worthy Chaplain Monsignor Tim Shugrue, Ellen Ramer, Worthy Treasurer Bob Margherito, Rob and Amanda Hurewitz with daughter Eleanor, Brother Ed Bagniewski, and Grand Knight Jerry Conheeney.



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SUVCW INDUCTS NEW MEMBER

The General Phil Kearny Camp #20 swore in its newest member on December 22 at the Abraham Clark house in Roselle, NJ. Senior Airman Nathan Sands was home on leave from the Air Force and was sworn in by Camp Secretary Clark McCullough.

The Sons of Union Veterans of the Civil War (SUVCW) is a fraternal organization preserving the history of those that fought in the Civil War, including hereditary membership from a Civil War Veteran or associate membership. To learn more visit suvchw.org.

General Phil Kearny Camp #20 meets five times a year at 1 p.m. at the Abraham Clark Memorial House, located at 101 W 9th Ave, Roselle, NJ. 2023. Dates are March 18, May 6, September 9, October 28, and November 11.



(above) Camp Secretary Clark McCullough swears in Nathan Sands.

Courtesy photo

C.A.R. PROVIDES YOUNG PEOPLE WITH LEADERSHIP TRAINING

Training tomorrow's leaders to serve our country and preserve our nation's history is the mission of the Children of the American Revolution (C.A.R.). Members honor those who came before and paved the way for what we have today.

The nation's oldest and largest patriotic youth organization, C.A.R. offers membership to girls and boys from birth to age 22 who can prove lineal descent from a man or woman who supported the cause of American independence.

Local C.A.R. groups, known as societies, are sponsored by chapters of the Daughters of the American Revolution (DAR) or Sons of the American Revolution. Here in central New Jersey, Elizabeth Snyder-Continental Chapter DAR in Green Brook sponsors the Pis-Cat-A-Qua Society C.A.R. Members may participate in state and national activities that focus on patriotism, service, and education about our

American heritage.

Harriett Lothrop, a 19th century children's author from Concord, Mass., presented the idea for a children's organization to the DAR in 1895. Organized "for the training of young people in true patriotism and love of country," C.A.R. has promoted this vision to hundreds of thousands of members over the years. These boys and girls are the leaders of yesterday, today and tomorrow.

New members are welcome. Contact Elizabeth Snyder-Continental Chapter DAR at ESCchapterDAR@gmail.com, or learn more online at NSCAR.org.



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BETH LAMBE NAMED GOVERNOR’S TEACHER OF THE YEAR FOR 2022-2023

Beth Lambe has been named the Governor's Teacher of the Year for Brookside Place School (BPS) as part of the 2022-2023 Governor’s Teacher/Educational Services Professional Recognition Program.

“When I think of the teaching profession, the old adage ‘choose a job that you love and you will never have to work a day in your life,’ always comes to mind. Not only do I love to teach, but I have fun each day I am with my students. I truly enjoy watching them grow and learn, especially when they are struggling and then finally have the ‘aha’ moment,” said Ms. Lambe, who has 31 years of teaching experience, with 29 years in the Cranford school district, first serving as a middle school teacher at Hillside Avenue School.

She began her career as a Special Education teacher at the kindergarten to fifth grade BPS 15 years ago. “I revel in watching them learn about the world around them, cultivate new talents, make new friends, and develop the ability to problem solve. Witnessing student growth, successes and improvements is an exceptionally rewarding experience. It makes the day fun and keeps me smiling,” Ms. Lambe said. “I have had the unique privilege to usher my students out into the world, only to watch them come back to Cranford as productive adults to raise their own children. Having my former students return to Cranford to work, raise their families, and contribute to Cranford’s continued success as a caring community, is one of my greatest accomplishments. I am honored to be recognized

as Brookside Place School Educator of the Year.”

Her love of teaching extends beyond the classroom to offering support to the district in extra curriculums. She has served as a soccer coach, Peer Leader Advisor, Student Council Advisor, After School Sports Advisor, and a mentor for junior year and senior year student teachers. In an administrative capacity over the course of her career, Ms. Lambe was the Cranford Education Association President and is currently the Representative for BPS, New Jersey Education Association consultant, member of the Cranford Municipal Alliance, and has been District Webmaster. She has led the popular summer STEM camp, Camp Invention, in Cranford, serving as director for 24 summers. Her commitments to offer a full-education value to the Cranford student body has been recognized in other capacities outside of this most recent achievement by her peers. She is a past participant and recipient of the Pairing and

Sharing Grant, as well as being student-nominated and recognized as an outstanding educator by the Cranford Fund for Excellence in 1997.

Ms. Lambe holds an Undergraduate and Graduate degree from Kean University, a Substance Awareness Coordinator certification from Kean University, an Orton Gillingham certification from Fairleigh Dickinson University, Computer Programing certification from Chubb Institute and a Mental Health/First Aid Certification.

“I have been happily married to my high school sweetheart, Louie, for 28 years. When I’m not teaching, I am the proud mom to my daughter Gabrielle, a Cranford High School and Centenary University graduate, and my son Patrick, a sophomore at Suffolk University in Boston. In addition to my human children, I also have two fur babies, Max and Sasha,” Ms. Lambe added.



(above) Beth Lambe Named Governor’s Teacher of the Year 2022-23

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CRANFORD HIGH SCHOOL STARTS GIRLS ICE HOCKEY TEAM

The 2022/23 winter marks the inaugural season for the Cranford High School (CHS) Girls Ice Hockey program. The roster features 30 girls who committed to blazing a path to grow the sport in the community for future generations of female hockey players. The program went from start-up concept to a full roster of 30 female student athletes in a few short months.

Girls' hockey is among the fastest-growing youth sports in the United States. In the 2018-19 season, more girls and women participated in ice hockey than ever before with nearly 83,000 lacing up the skates. Over the past 10 years, girls and women's hockey participation has grown by 34%.

The idea for a CHS girls team started with

Emerson Murphy, a lifelong Cranford resident, and current high school freshman. She has been playing competitive travel hockey since age 7 and wanted the chance to play for her town. Led by CHS Athletic Director, Darren Torsone and Head Coach, Richard Hurley, the team has tremendous backing of coaches, volunteers, parents and the community.



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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.

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- Quenton L.

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FILM SUBMISSIONS SOUGHT FOR FESTIVAL

The Cranford Film Festival was wildly successful last year and will return to downtown Cranford at the Cranford Theater. There were so many attendees last year that it had to be moved to a larger room at the theater! Theater concessions also sold out.

To submit your film, go to Cranfordfilmfestival.org by March 15, 2023. The festival welcomes films from around the world, but it's a great opportunity for regional and local filmmakers to see their works on the big screen. We encourage our young area filmmakers to submit their works.

"We are appreciative of the ongoing community support for the Film Festival and our collaboration with the Cranford Theater," said Lew Goldstein, festival director and director of the highly acclaimed Nassau Film Festival in Princeton. "Our sellout crowd at the 2022 Festival indicates there is a continued appreciation of the quality of the films screened and a growing knowledge in the film community that this is one of the top comprehensive short film festivals in New Jersey. We will also offer a virtual experience this year from April 23 - May 7, 2023, for festival goers to view additional films. The best of the fest and local films will only be shown on the big screen at the Cranford Theater on April 22. We will also include a question and answer session for audience members to ask questions of filmmakers about their films on April 22. Tickets will go on sale in mid-February. Please check cranfordfilmfestival.org for more information."

The Cranford Film Festival is hosted by Cranford Schools Friends of Performing Arts (CSFOPA), a nonprofit group of parents who support the performing arts in Cranford Public Schools. Money raised from the festival goes to projects and educational enrichment in the public schools' arts programs. Prior to the festival CSFOPA also will host Arts Day to showcase the artists in town and in the local public schools.

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Current Rahway businesses will be receiving information by email and mail.

New businesses or businesses looking to relocate to Rahway should contact economicdevelopment@cityofrahwaj.com for details and information on how to bring your business to the City of Rahway. Applications open in March 2023.

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	8:00 pm - 11:00 pm
Tuesday	9:00 am - 12:00 pm
	12:30 pm - 3:30 pm
Wednesday	9:00 am - 12:00 pm
	12:30 pm - 3:30 pm
Thursday	9:00 am - 12:00 pm
	12:30 pm - 3:30 pm
Friday	9:00 am - 12:00 pm
	12:30 pm - 3:30 pm
Saturday	4:00 pm - 7:00 pm

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IMAGINE WELCOMES NEW FACILITATORS

Recently, Imagine, A Center for Coping with Loss staff members Sonia Nunez, Newark Program Manager and Ashley S. Allen, Newark Training and Education Manager trained a wonderful new team of facilitators who will join our rapidly growing Newark Night of Support. Many of the new facilitators will be facilitating Imagine's groups that meet at the Boys and Girls Club in Newark. Our new volunteers spent three full days training in the Teach for America (TFA) headquarters in Newark and we're so grateful to TFA for sharing their beautiful space with us! During the training, our new volunteers had an opportunity to share their grief experiences and receive support from one another while learning facilitation and companioning skills. We're so happy to welcome this amazing group to our team of volunteer facilitators!

If you're interested in joining the Imagine community as a volunteer facilitator at either our Newark or Mountainside location, the best way to start is with a tour. Please visit our website at

FREE COURSE ON MENTAL ILLNESS

The NAMI Family-to-Family Education Course will be offered by the Union County Chapter of NAMI (National Alliance on Mental Illness). The course will start on Thursday evening, March 9, 2023 and meet each Thursday over a consecutive 9-week period. It is free-of-charge, with materials furnished at no cost.

The course is offered specifically to the parents, siblings, spouses, teen-age 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.

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

imagineenj.org to sign up for an upcoming tour and join our wonderful volunteer team!


Imagine is a 501c3 nonprofit that offers free year-round grief support groups for children ages 3-18 and young adults 19-30 who are coping with a loss due to death. Concurrently, support groups

are available for the parents and guardians of the children in the groups and are offered in English and Spanish. Imagine also offers grief and loss education and training to the community. For more information please contact Imagine at 908-264-3100 or info@imagineenj.org.



(above, l-r) Back row: Ashley S. Allen, Imagine's Newark Training and Education Manager; Sonia Nunez, Imagine's Newark Program Manager; Cynthia White Shabazz, Irvington; Christina Macauley, Union; Idalmi Acosta, East Orange; and Afina Roberts, Millburn. Front row: Marco Antonio Nunez, Newark; Cari Libysen, Sparta; and Tiffany Newton, Newark. Also attending but not pictured, Jean Marie Morgan, Westfield.

Courtesy photo



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SHAKESPEARE’S COMEDY TWELFTH NIGHT COMING TO CDC THEATRE

“Better a witty fool, than a foolish wit.”, “If music be the food of love, play on.” and “Some are born great, some achieve greatness, and some have greatness thrust upon ‘em.” are just a few of the familiar lines from William Shakespeare’s Twelfth Night.

A talented cast is preparing to present one of the Bard’s finest comedies at CDC Theatre in Cranford for seven shows running from February 10th to the 25th and is being directed by Susan Speidel. Ms., Speidel currently serves on the faculty of the Kean University Theatre Conservatory and is a lecturer for the Osher Lifelong Learning Institute at Rutgers University. Holding a range of academic degrees, she has studied acting and directing at HB Studios in New York City and at the Globe Theater in London. She served for 20 years as Director of Education for the Tony-Award winning Paper Mill Playhouse and has directed more than 50 plays and musicals.

“A woman, disguised as a man, falls in love with her boss, only to be pursued by the woman her boss is determined to marry. Confused?“, asked Ms. Speidel recently, “You’re not alone, but Twelfth Night, Shakespeare’s witty look at

gender confusion, invites us to put convention aside, stretch the boundaries of “acceptable” attraction, and that, in the end, love is love is love is love. The play is filled with relatable characters contending with mistaken identities, unrelenting desire, hilarious pranks, and unrequited love – not to mention cross-dressing, duels, and deception – all offered up with a generous dash of merriment!”

Twelfth Night combines love, confusion, mistaken identities and joyful discovery all while telling a story of fickle fortune, mourning, love and reunion. Set in the free-wheeling, mirror-ball world of the 1970s, the celebratory nature of Shakespeare’s play is heightened with a series of Top-Ten hits that enhance the production and move the action forward with a disco beat. Shipwrecked twins, gender-bending romance and a bumper crop of fools, from the wise to the ridiculous, guarantee a full-blown evening’s entertainment.

CDC Theatre is celebrating its 104th season in Cranford, NJ at 78 Winans Ave. For best ticket selection and prices, visit cdctheatre.org for additional information.

Cranford's
CDC THEATRE PRESENTS


William Shakespeare's

TWELFTH NIGHT

FEB 10 - 25, 2023

Visit cdctheatre.org for details and tickets

Made possible by funds from the Union County Office of Cultural & Heritage Affairs
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2023 NJ FMBA Cooked and Uncorked
Monday February 27th
6PM-9PM
Pines Manor, Edison, NJ

Tickets to the 2023 NJ FMBA Cooked and Uncorked Fire Department Cookoff are on sale now! The event is back for the first time since 2020 and tickets will be limited to the first 600 tickets sold!! Get them before this event sells out.

Proceeds to benefit the
NJ FMBA Foundation and The Burn Center
at Cooperman Barnabas Medical Center

Purchase tickets at
njfmba.org/cookedanduncorked

Cranford Fund for Educational Excellence

TRIVIA NIGHT

Test your wits against some of Cranford's sharpest minds at The Fund's
6th Annual Team Trivia Night
Saturday, February 25, 2023 | 7 pm to 11 pm
Kenilworth Veteran's Center | 33 South 21st Street, Kenilworth, NJ
Doors open at 6:30 pm | Trivia 7:30 pm to 10:30 pm

Join us for music, fun, & friendly competition!
Limited availability | Register your team online today!
Team members and payment can be submitted separately
www.cranfordfund.org

\$500 per team | maximum of 10 players per team
DJ Randy Geist | T-shirts for each team member | Spirit Award Prizes
Beer & wine tickets (20) for each team | Full Cash Bar available
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The funds raised by the CFEE go directly toward innovative educational grants, written by teachers or administrators, that impact and advance teacher instruction and student learning in the Cranford Public Schools.

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QUILTING CLUB MEETS AT RP LIBRARY

The Quilting Club meets on the 2nd & 4th Thursdays of the month at the Roselle Park Memorial Library from 1 – 3 p.m.

No registration or membership is required.

Participants are from Roselle Park and surrounding towns. Newcomers are always welcomed. You don't need any crafting experience to enjoy the company of other crafters and creative exploration.

Feel free to bring a project to work on, and / or a finished item to show others.



(above) Dianna Roede of Roselle Park



(above, l-r) Anita DeSimone of Colonia



(above) Diane Fleming of Westfield & Nancy Bassman of Scotch Plains



Kris Adams of Fanwood,



(above) Donna Hutchens of Kenilworth & Claudine DeSiome of Colonia



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THE COLLEGE WOMEN’S CLUB OF CRANFORD



(above) The College Women’s Club of Cranford celebrated the holidays in style at Il Gabbiano.

Join us for our next meeting on February 13th at Jardine Academy, 75 Rod Smith Place in Cranford. The Club is welcoming back one of their favorite speakers, Michael Norris, Ph.D. Dr. Norris will be presenting on The Cloisters Museum and Gardens, and other surprises in north Manhattan. Monthly meetings and programs are free and open to the public. The general meeting begins at 7 p.m. followed by a meet and greet with our members at 7:30 p.m. and Dr. Norris will be presenting at 8 p.m.

The Club’s mission is to provide scholarships to Cranford residents who are embarking on their first year of college. Check with your HS guidance counselor for scholarship applications. Save the date for our next fundraiser. Our Annual Scholar Tea, will be on April 16, 2023 at the First Presbyterian Church in Cranford from 1 -4 p.m. The Tea will be catered by the Cake Artist and will feature live entertainment, raffles and tricky tray baskets too!

For membership info and/or upcoming events visit collegewomensclubcranford.com or reach out to us at CranfordCollegeClub@gmail.com.

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CARING CONTACT CRISIS LINE COUNSELOR TRAINING AND VOLUNTEER OPPORTUNITY

Have you ever been told you are a good listener? Do you have a yearning to really make a difference? Caring Contact, a Westfield, NJ based crisis hotline, will be offering its 102nd volunteer crisis counselor training beginning March 14th through June 13th. The training will run once a week on Tuesdays from 6:30 - 9:30 p.m. and will be a combination of in-person training and via Zoom.

Participants receive 52 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 and support.

"This training and volunteer opportunity is

ideal for people of varying backgrounds - retirees, empty-nesters, stay-at-home parents, and full-time professionals" said Mary Claire Givelber, Caring Contact's executive director. "Many of our listeners were looking for something meaningful to do after they retire or their children leave home. Full-time professionals also participate finding the flexible volunteer hours work well with their work obligations."

Following training new volunteer crisis counselors 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, Caring Contact 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 <https://caringcontact.org/listener-training/> or call the Caring Contact administrative offices for more information at 908-301-1899.

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 100 trained volunteers answered over 13,000 calls last year from people in crisis, having suicidal thoughts or simply needing someone to talk to.

If you need someone to listen, call us at 908-232-2880. If you, or someone you know, are in crisis call 988, the new access code to the National Suicide Prevention Lifeline. To learn more, visit caringcontact.org. You are Not Alone.

REGISTER FOR FREE COURSE ON MENTAL ILLNESS

The NAMI Family-to-Family Education Course will be offered by the Union County Chapter of NAMI (National Alliance on Mental Illness). The course will start on Thursday evening, March 9, 2023 and meet each Thursday over a consecutive 9-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, teen-age 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 any questions, please contact Pat Roman at (732) 397-8123, or via email at: patroman2@aol.com.

Please include F2F Course in the subject line. A F2F instructor will contact you with the details.

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

Caldecott Family Storytime

Every year, the Caldecott Medal is given to the artist of the most distinguished American picture book for children. Join us for a storytime where we announce the winner on February 6th at 6:00 p.m.

“Paws” for Reading

Monday, February 13th
or Tuesday, March 7th at 6:30 p.m.
Young readers are invited to hone their skills by reading to certified therapy dogs.

Winter Reading Challenge

February 15 to March 31
Celebrate reading and earn some free books in our winter reading challenge!

Alma Thomas Storytime

Saturday, February 11 at 1:30 p.m.
Learn about artist Alma Thomas and create your own art. Suited to children ages 4 and up.

Around Again

Wednesday, February 22nd at 7:00 p.m.
Join us as we take another look at the Babysitter’s Club or for a Groovy 70s party on March 22nd. This program meets and is intended for children ages 8+ with an adult.

School Age Storytime

February 14th, 21st, 28th
March 8th and 15th
Children in grades K-5 storytime.

Turtle Dance Music

Friday, February 24th at 10:30 a.m.
High-energy music and comedy show. Attend virtually from home or watch a stream in the Cranford Community Center! Registration is required and can be done online.

Pajama Storytime

Thursday, March 2 from 6:00- 6:45 p.m.
Relax, listen to a story, and make some crafts! Registration is required and can be done online, visit cranfordlibrary.org/calendar to enroll.

Who was/is...Club

We’re celebrating Black History month with the popular Who Was... book series!

Reserve a spot online.

Graphic Novel Book Club

Monday, March 13th at 6:00 p.m.
Fans of graphic novels and comics in grades 3-5 are invited to a brand new book club. Registration is required. can be done online:.

Open Play

Tuesday in March at 10:15 a.m.
This program is for babies and toddlers with a caregiver, no registration required.

Family Art/Craft

Tuesday, March 21 at 4:30 p.m.
Families with children of all ages are invited to create spring art. No registration required.

New Jersey Makers Day

New Jersey Maker’s Day is a statewide celebration of creativity! Children in grades 2-3 can sign up for a Dot and Dash Robot Workshop at 11:00 a.m. Children ages 6+ are invited to drop in for Lego Hour at 12:00 p.m. and toddlers can dive into making at Tinker Tots from 2:00-3:00 p.m

Storytime Yoga

Tuesday mornings from March 2 to April 20
Children ages 2-5 will use props--like balls, scarves, pinwheels and pom-poms--to build strength, flexibility, and self-confidence through play. This free program sponsored by the Friends of the Library.

Breadcrumbs Book Club

March 30th at 5:30 p.m.
Friends in grades 3-5 are invited to a discussion of the book Breadcrumbs by Anne Ursu. This is an in-person program with a maximum of 10 participants. The first 7 readers to enroll will receive a free copy of the book, reserve a spot online.

ADULT EVENTS

New Monthly Films

Join us the first Wednesday of the month for an evening movie! Please contact the library for specific film titles.

Jazz Quintet

Wednesday, February 8 at 8 pm
Join us for a jazz concert led by musician and circulation assistant at the East Orange Public Library, Mark Turner!

International Film Screening

Monday, February 13 at 2pm and 7pm
2nd Monday of the month at either 2pm or 7pm for an international film screening.

Literary Cafe

Saturday, February 18 at 10:15am
Literary Café is a book chat program. The format is simple: Bring a few of your recent favorite books and tell the other members what you like about them. Refreshments sponsored by the Friends of the Cranford Public Library.

Theater Project

Saturday, February 18 at 2pm
New Jersey’s own Theater Project will present a script-in-hand reading of an original short play. The reading will be followed by a question and answer session with the audience, director, playwright and cast.

Pedal Steel Guitar Concert

Tuesday, February 21 at 7pm
Gordon Wells - a Pedal Steel Guitar concert!

Bagpipe Concert

Saturday, February 25 at 11am
Join us for an all-age bagpipe concert with Cranford resident Mike Glackin!

From Jazz to Soul

(aka From Ella To Aretha) Concert
Tuesday, February 28 at 7pm
We are thrilled to welcome back Rhonda Denet for songs from the 30s thru the 70s.

CHESS IN MILLBURN

- In-person and Online Chess Lessons
- Rated Chess Tournaments
- Search us on YouTube: Chess Party
- Spring Classes Registration Open!
- Visit our website for details and placement test!

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On labor only, materials not included. Cannot be combined with other offers. Exp. 2/28/23.

Marketing Toolbox

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

NEWSPAPER ADVERTS

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

FULL COLOR PRINTING

We print flyers and menus, full color, two sided, on coated stock for only \$45 per thousand.

DIRECT MAIL

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

ONLINE MARKETING

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

SOCIAL MEDIA

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

WEBSITE AND SEO SERVICES

Start with an audit/analysis of your website giving you a report and recommendations for \$250.

It is highly recommended to have a marketing plan and budget before spending.

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908-447-1295**

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Online at RennaMedia.com
and NJLocalInfo.com



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Zip: 07928



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Zip: 07066



Qty: 9,900
Zip: 07016



Qty: 5,400
Zip: 07208



Qty: 3,000
Zip: 07023



Qty: 5,500
Zip: 07932



Qty: 2,500
Zip: 07027



Qty: 3,000
Zip: 08812



Qty: 3,500
Zip: 07033



Qty: 17,900
Zip: 07036



Qty: 3,500
Zips: 07933, 07946, 07980



Qty: 6,300
Zip: 07940



Qty: 2,900
Zip: 07092



Qty: 5,100
Zip: 07974



Qty: 13,000
Zip: 07065



Qty: 5,600
Zip: 07204



Qty: 9,400
Zip: 07076



Qty: 8,200
Zips: 07041, 07078



Qty: 9,600
Zip: 07901



Qty: 6,800
Zip: 07083 (partial)



Qty: 6,200
Zip: 07059



Qty: 2,700
Zip: 07069



Qty: 11,800
Zip: 07090

NEWSPAPER AD RATES

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

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

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

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

CAR DONATIONS BENEFIT VETS IN NEED

Submitted by Michael Boll, Director New Jersey Veterans Network

For the last few years the New Jersey Veterans Network (NJVN) has grown to a full time charity that provides life changing and saving resources. Nearly every day the NJVN is conducting numerous charitable pickups and drop offs throughout the state. To accomplish our vital and important missions, we rely on using our trucks and vans. The NJVN fleet is small, and all the vehicles are used, but they are able to deliver because of both of our team board members, Adam Rempfer, owner of DeFalco's Towing, and Joseph O'Neill, owner of Benner's Auto. Not only have these two men always played a major role with the NJVN day to day operations, they have helped countless people in need.

Adam Rempfer, owner of DeFalco's Towing and Auto Body, joined our team after his shop donated a refurbished car to a disabled veteran. For years Adam and DeFalco's have been donating cars to people in need and hosting various charity events. Also, they have contributed huge financial donations to the Law

Enforcement Unity Tour and NJ State Police. Now Adam is a NJVN board member and has graciously taken on all the NJVN vehicle repair and maintenance. However, Adam and DeFalco's generosity doesn't stop there; they have hosted and sponsored numerous events at our VA Hospitals and veteran shelters.

Joseph O'Neill, owner of Benner's Auto Body, was a board member of the NABC Charity Cars, and a few years ago he contacted the NJVN about donating several refurbished cars to our veterans. After working with Joe and Benner's Auto, and seeing what an incredible job they did, we asked him to join the NJVN team. For a long time, Joe and Benner's have been helping people who were desperately in need, and they have hosted different types of charitable events and galas. Joe is also a cancer survivor and has done a tremendous job raising and providing large financial donations to fight cancer and fund cancer research. Recently, Joe and Benner's Auto have taken on NJVN vehicle care and

maintenance.

Every day the NJVN is providing resources to veterans in need, and now we know there is nothing stopping us from completing our mission because of amazing men like Joe O'Neill and Adam Rempfer. Each of them has always put others first and loves being able to help our veterans live a better way of life.

If you would like to join the team, please send us an email at NJVN1775@gmail.com and be sure to include your name, email, and phone number.

Check out more of our accomplishments at our website: NJVN.org. Help us save Vets!!!

ABOUT NEW JERSEY VETERANS NETWORK

We are a group of veterans and volunteers dedicated to helping our veterans and their families live better lives. Our mission is to identify veterans and connect them with resources and programs designed to meet their unique set of needs. If you are a veteran or family member that is in need of assistance, or are interested in joining our team, would like us to speak at your event, or contribute to our mission, call 973-332-1556 or email mdbollio@optonline.net. To learn more visit njvn.org.

ONLINE ADS & PRESS RELEASES

DRIVE LOCAL TRAFFIC TO YOUR WEBSITE

- **GET UNLIMITED CLICKS**
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Advertising webpage includes many features including write-up, images, video, Google map, etc.
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Joe Renna at 908-447-1295
email: JoeRenna@RennaMedia.com

\$10 PER POST
Block of 20 for \$200
Single post is \$20

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FLYERS - \$45 PER THOUSAND
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For quantities more than 50,000 cost is \$55 per thousand.
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Includes folding (quarter fold or tri-fold, with or without coupons tab)

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\$60 per thousand. (as low as \$30 per thousand depending on quantity.)
Minimum order \$400

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

FLYERS \$45 PER 1,000
MENUS \$85 PER 1,000

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

Call Walter at 201-478-7408
email: wwwinnj@gmail.com

WEBSITE AUDIT/ANALYSIS AND RECOMMENDATION PLAN

- **SEE WHAT IS WORKING AND NOT WORKING**
Know where your web traffic is coming from and why.
- **ELIMINATE / AVOID COSTLY SCHEMES**
Evaluate the return you are getting from your online marketing costs.
- **INCREASE ONLINE MARKETING RESULTS**
Recommendations include ways to increase traffic to your website
- **NO OBLIGATION**
This service is recommended even if you have an existing web management contract. Use it to tune up your marketing plan.

ONE TIME FLAT FEE \$250

Call for a consultation if you do not have a website or if need a new one.
Call Walter at 201-478-7408
email: wwwinnj@gmail.com



(above) Joe Oneill
Benners Auto veteran car donation



(above) Adam Rempfer Defalcos
towing car donation

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SELLING A VEHICLE? GIVE US A CALL!



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Credit problems?
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