

# CRANFORD MONTHLY NJ

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## 3RD ANNUAL CRANFORD FILM FESTIVAL

Tickets are now on sale for the 3rd annual Cranford Film Festival, which will be held Saturday, April 22 at the Cranford Theater from 6-10 p.m., and virtually from April 23 – May 7. Tickets may be purchased by going to the festival website: [cranfordfilmfestival.org](http://cranfordfilmfestival.org).

Festival proceeds support performing arts education enrichment for students grades K-12 in the Cranford Public Schools.

Last year's event drew enormous community interest. Tickets sold out for last year's film festival and there are only 200 remaining seats available for this year's event. There is also a virtual option for those who prefer to purchase tickets and watch the films at home.

In addition to the film festival, Arts Day in Cranford will also be in the afternoon of April 22 in the downtown. Arts Day is a celebration of arts in the public schools and the community and will host performing groups from the high school and private businesses. Arts day will be held outside and is free to all. It will conclude with a Jazz Jam at the clock at 4 p.m. All levels are welcome to play!

Arts Day is a collaboration between Downtown Cranford and Cranford Schools Friends of Performing Arts (CSFOPA), with sponsors Julia Murphy and Citizens Bank.

After Arts Day, you can get a bite to eat downtown and take your purchased festival ticket to the Cranford Theater and join everyone to watch selected local and worldwide films from filmmakers in categories such as fiction, documentary, horror, animation, music video and student films. Several of the films were made by local residents and feature Cranford locations. Festival director Lew Goldstein, who also founded in 2015 the annual Nassau Film Festival (this year May 20-21, 2023 [nassaufilmfestival.org](http://nassaufilmfestival.org)) in Princeton, is excited about the quality of local and regional films to be screened this year at the Cranford Theater. The film festival committee is led by co-managers Pam Brewster and Stephanie Ashinoff.

"Our volunteer team has spent hundreds of hours preparing for the upcoming festival. We expect this year to be our best yet, and can't wait to share the line-up of films we've assembled," states Pam Brewster, co-manager of the festival. "It's also been heartwarming to see the growing support for our film festival from the community, filmmakers, and local business sponsors. Importantly, that support has translated into additional funds for the Cranford performing arts programs throughout the district. For example, with our help, a new, state-of-the-art lighting system was recently purchased



for the high school auditorium."

CSFOPA recently granted \$17,000 to Cranford Public Schools for the new lighting system. Cranford Film Festival is the biggest fundraiser annually for CSFOPA, a 501c3 parent group which aims to support the performing arts public schools program. In the past several years, CSFOPA has dedicated tens of thousands of dollars for equipment, field trips and learning experiences. These grants have included buying lighting, camera equipment, classroom chairs, an upgraded stage curtain and valance, laptops, workshops, cello rack, cabinets to organize music, a xylophone, a drumset, and tents for outdoor classrooms.

CSFOPA would like to thank its film festival sponsors especially its producer level sponsors such as Citizens Bank, Cranford Theater, Martin Jewelers and Dream Factory Balloons.



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## CRANFORD MONTHLY NJ

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### SEND US YOUR NEWS

Do you have a community service that you need help publicizing? Did you or someone you know accomplish something amazing? We are interested in hearing about your latest achievement (honor, award, etc.), send us your news! **Email: [editor@rennamedia.com](mailto:editor@rennamedia.com)**

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The Garwood Volunteer First Aid Squad has been serving the community of Garwood for over 84 years but did you know we do much more than just respond to emergency calls?

We provide standby services at numerous community events throughout the year such as: Little League Parade, Garwood Rocks, Summer Junior Police Academy (First Aid & CPR Demo), Memorial Day Parade, Halloween Parade, Tree Lighting & Menorah Lighting, Sponsor the Summer and Winter Craft Bazaars at the Garwood Knights of Columbus Building, Provide Mutual Aid Stand-by for Other Towns (e.g. Carnivals, Fireworks, Street Fairs & Parades).

### FIRST AID SQUAD VOLUNTEER OPPORTUNITY

Volunteers Are Needed! If you have the desire to help others join us, we are in need for adult and junior members to join! We are staffed 100% by volunteers who live and work in the town, and surrounding communities. Squad crews respond to emergency calls 24 hours per day, every day of the week. Flex-time shifts are available. Volunteers are provided with free first aid/CPR training and uniforms.

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### FIRST AID AND CPR CLASSES

We offer First Aid and CPR classes to the community as several of our members are certified American Heart Association Instructors. We conduct monthly CPR classes at our squad building on the 3rd Sunday of the month from 2 to 6 p.m. (6 people minimum to run the class). We can also provide group classes on other days at our building or at another location upon request.

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### CAR SEAT INSPECTION STATION

We also host the Union County Central New Jersey Safe Kids Car Seat Inspection Station Program on Wednesdays and Thursdays from 7:30 - 11:00 a.m. Just stop by our station at 401 - 2nd Ave & Walnut and certified technicians will ensure your child's safety seat is the correct type and properly installed.

For info please call 908-789-6830.

### MEDICAL EQUIPMENT PROGRAM

We offer a free Medical Equipment Program to residents (e.g. wheelchairs, crutches, walkers, and shower seats) at no charge. We also accept donations of new, or well persevered and clean, equipment.

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# THE JUNIOR LEAGUE TO CELEBRATE 100TH ANNIVERSARY

The Junior League of Elizabeth-Plainfield (JLEP) will celebrate its 100th Anniversary on April 22, 2023 at Echo Lake Country Club. The JLEP is an organization of women whose mission is to advance women's leadership for meaningful community impact through volunteer action, collaboration, and training.

The Junior League of Plainfield was founded in 1923 with twenty-five charter members. In 1964, the Junior League of Elizabeth merged with the Cranford Junior Service League to become the Junior League of Elizabeth and Cranford. On April 1, 1976, the Junior League of Plainfield and the Junior League of Elizabeth and Cranford merged to form the Junior League of Elizabeth-Plainfield, N.J. Inc.

Currently, the League is made up of more than 100 active and sustainer members who work on projects throughout the year including backpack drives, Angel Tree, food pantry donations, and participation in local service events. President Marie Weitzman states, "We are excited to celebrate this momentous occasion and all the work members have done in the community."

In honor of the Centennial Celebration, the JLEP is pleased to announce that in 2023 it will be awarding five \$5,000 scholarships (an increase from its traditional five \$2,000 scholarships) to college bound women who reside in Union County and demonstrate a commitment to

volunteerism. The scholarships will be awarded in May 2023.

To find out more about the League's scholarship program or how to join as a member, please contact the League at 908-709-1177, via email at [scholarship@jlepny.org](mailto:scholarship@jlepny.org), or visit our website at [jlepny.org](http://jlepny.org).

### ABOUT THE JUNIOR LEAGUE OF ELIZABETH PLAINFIELD

The Junior League of Elizabeth Plainfield is a chapter of the Association of Junior Leagues International, Inc. and is an organization of women committed to promoting voluntarism, developing the potential of women, and improving communities through the effective action and leadership of trained volunteers. Its purpose is exclusively educational and charitable. Learn more at: [www.jlepny.org](http://www.jlepny.org) or contact Marie



(above) 2022 Scholarship winners.

# GET A NEW START IN GOD'S HANDS this Easter

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**Maundy Thursday April 6 @ 7pm**  
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**Easter Sunday April 9 @ 7 & 10am**  
7am Sunrise Service Outside  
10am Celebration Service with Children's Message  
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[firstprescranford.org/Easter](http://firstprescranford.org/Easter)



# EASTER

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# VOLUNTEER SPOTLIGHT: JIM MADDEN RIDES TO END ALZHEIMER’S

The Alzheimer's Association Greater New Jersey Chapter (AAGNJ), the leading volunteer-driven voluntary health organization in Alzheimer's care, support, advocacy and research is spotlighting people who make a difference in the fight to end Alzheimer's and all other dementia. Jim Madden, a former New Providence Councilman and Union County Volunteer of the Year in 2021, is applying his passion for cycling and advocacy to help raise awareness and fund research for the Alzheimer's Association.

Jim has raised nearly \$22,000 on his first two rides in Washington D.C. and Austin, Texas, the 4th highest among all Ride to End Alz fundraisers, and will be participating in his third Ride to End Alz cycling event in the Nation's Capital, which winds through Maryland, Virginia

and Washington D.C on Sunday, May 7. He is also a member of the Nation's Capital ride event planning committee. The Ride to End Alz is a cycling event for a range of riders, from novice cyclists, to weekend warriors, to avid enthusiasts. Riders select a distance between 10-100 miles that fits their skill level and pushes riders to earn a medal they will cherish. With each mile, participant's fuel cutting-edge research targeted to change the trajectory of Alzheimer's disease.

Jim explains, "I am determined to go the distance for all those affected by Alzheimer's. I am inspired by the strength of the more than 6 million Americans living with this disease, and the over 11 million family members and friends who provide them with care. In New Jersey alone, there are 190,000 living with the disease and 361,000 unpaid caregivers providing critical support. I am riding to honor the memories of friends and family members who have been affected by Alzheimer's and to support those who continue their courageous fight. I am riding this year for Jeanne Mancuso who continues her brave fight against Alzheimer's."

"Jeanne is the wife of my fraternity brother, Mike Mancuso. I mean here we are in our early sixties...we have to do more to help find a cure and therapies for Jeanne and the millions of others battling Alzheimer's and dementia spectrum. Folks such as Jeanne need more good days ahead and the more good days we can

create, the more progress we can make in clinical practice and advancements."

In addition to using his legs for pedal power, Jim uses his voice on both the Federal and State level in the fight to end Alzheimer's. He is working to overturn the Centers for Medicare & Medicaid Services (CMS) decision that denied the Alzheimer's Association's request to change its policy on FDA-approved treatments for people living with Alzheimer's. Despite unequivocal evidence confirmed by the scientific community, CMS continues to state it is not reasonable and necessary for people living with Alzheimer's to have access to an FDA-approved treatment without barriers. Also, Jim is working to advance bills A-2682 & S-1033, which would establish an Alzheimer's & Dementia Care Long-term Advisory Commission. The legislation was approved by the Senate and Assembly and has been sent to Governor Murphy for final approval.

Jim concludes, "Right now, there is no shortage of ideas in Alzheimer's research = only dollars - which is why I volunteer as a fundraiser and advocate to support the Alzheimer's Association's efforts to discover methods of treatment and prevention."

To contribute to the Alzheimer's Association Ride to End Alz and Team Purple, and to learn how you can volunteer and affect the lives of people living with Alzheimer's and their caregivers, visit [alz.org/nj/volunteer](http://alz.org/nj/volunteer).



(above) Jim Madden

Courtesy photo

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# EAGLE SCOUT KATELYN CANNON WINS STATE-WIDE ESSAY CONTEST

Eagle Scout Katelyn Cannon of Scouts BSA Troop 19 from St. Rose of Lima Church, Short Hills, was unanimously selected as New Jersey’s 2022 Sons of the American Revolution (SAR) winner of the Arthur M. & Berdena King Eagle Scout Award for authoring a patriotic themed essay titled “The Legacy of the Revolutionary Frontiersmen”.

Katelyn's essay focused on racial tensions of the "Bloody Year" of 1782, where she highlighted the spike in racially motivated slaughters and vengeful attacks of both Native Americans and western Pennsylvania frontiersmen. Katelyn research discovered that she was a revolutionary descendant of Captain John "Miller" Hardin, who served under Colonel William Crawford in the Sandusky Plains as a member of the Westmoreland County Pennsylvania Militia. Colonel Crawford led his unit of approximately 500 men deep into Indian territory; however, he and dozens of his men were ultimately captured. Colonel Crawford was tortured and burned at the stake by American Indians. Fortunately, Captain Hardin was able to return home to his family shortly thereafter.

Katelyn's essay presented a brave argument that "the revolution of frontiersmen, including her ancestor John Hardin, left an important, if not always positive, legacy".

Katelyn, who is also a senior at Millburn High

School, was presented an Eagle Scout trophy and scholarship check by the national SAR President General C. Bruce Pickett. “Katelyn’s essay has now been submitted to the national competition where the top Eagle Scout award recipient will receive a ten-thousand-dollar scholarship to be awarded at the national headquarters in

Louisville, Kentucky this summer.”, said SAR West Fields Chapter President Julien Hershey.

The Sons of the American Revolution is a genealogical society for males who can prove descent from a patriot of the American Revolution. For more information contact Chris Sands at Chrissands44@aol.com.



(above) Eagle Scout Katelyn Cannon with West Fields SAR Chapter President Julien Hershey, National SAR President General C. Bruce Pickett, and National SAR Vice-President General Robert Meyer.

Courtesy photo

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# EARTH DAY RIVER CLEAN-UP – APRIL 22

Rahway River Watershed Association

## CRANFORD PORTION OF RIVER CLEAN UP

This year’s Cranford River Clean Up will be held on Saturday April 22nd from 9 a.m. to 1 p.m., with a rain date of April 23rd. The locations for the clean up will be at Kenilworth Blvd, Riverside Dr, Riverside Dr Footbridge, Hampton Park, Sperry Park, Droescher's Mill, High St Footbridge, Hillside Footbridge (Crane Parkway), and Mohawk Park. The locations will be marked with signs and there will be a sign in sheets for volunteers at all the locations.

The Township is providing garbage bags, tools, and disposable gloves, although volunteers are encouraged to bring their own tools, gloves, and a reusable water bottle if they wish. Volunteers should dress appropriately for walking alongside the wooded and muddy areas along the river and should not enter the river at any time while keeping a recommended distance of at least 8 feet from the river's edge. Children should be supervised by an adult at all times.

Any group or individual interested in volunteering for the event can reach out to [cranfordrivercleanup@gmail.com](mailto:cranfordrivercleanup@gmail.com).

All volunteers are invited to celebrate Earth Day 2023 with a clean-up of the Rahway River with Union County Parks and Recreation's Rahway River Park on Saturday, April 22nd (with a rain date of Sunday, April 23rd).

The clean-up will focus on areas upstream and downstream of the dam at Winfield Park, New Jersey in Cranford, Clark, Linden and Rahway. Please come by the parking area adjacent to the waterfall of the Rahway River by the Bloodgood Dam at Winfield Park at 8:45 to register, pick up bags, gloves, bottled water and snacks, and receive safety information. Teams will be encouraged to travel to any part of the river within the park where they would like to perform cleanup activities. We specifically ask all folks to register and to work in small groups for safety purposes. Everyone under 18 must have their parent’s signature on the attached Individual Waiver form as well as adult supervision to participate.

Cleaning up a river and park area is a great way to celebrate Earth Day and if you haven't participated in an event like this before, you will find it invigorating, and you will feel good about what you have accomplished...it is also fun and educational...especially for Scouts and young adults as they always find something interesting. Over the 25 years this cleanup has occurred

thousands of folks have participated, and pulled some amazing things from the river improving its quality.

The clean-up will generally be between 9 a.m. – 12 p.m., but any amount of time or effort that folks can volunteer is appreciated. There is always a large volume of floatable debris to pick up. The team working registration will provide suggestions on areas with large volumes of floatable debris.

All participants should wear jeans, long-sleeved shirts, gloves and boots, waders are welcome for folks who like to get a little wet. Each participant should bring a standard 5-gallon carry bucket with a handle (put your name on the bottom)...this makes for easy carrying of "stuff" for transfer to the large garbage bags. A mulching rake is also a great asset to have to enable reaching out and pulling debris into shore from the river bank. After the event there is an inventory of the debris removed, and within approximately 24 hours Union County Parks and Recreation removes and disposes of all the trash.

There is no RSVP required but if more information is required please contact [rivercleanup@comcast.net](mailto:rivercleanup@comcast.net) or the Rahway River Watershed Association at [CleaCarchia@outlook.com](mailto:CleaCarchia@outlook.com).



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## IMAGINE SEEKS LOVING LISTENERS FOR JUNE TRAINING

You may be familiar with Imagine and know that the non-profit provides free peer support groups for children, youth, young adults and parents/guardians who are grieving. Did you know that the groups are facilitated by an amazing team of volunteer facilitators? Imagine's volunteer facilitators come from all walks of life and no special background is required other than a willingness to listen, a heart inclined to serve, and the ability to be with children and adults in grief without trying to fix, solve or give advice. No prior experience is necessary.

Volunteers must be 18 years or older. Spanish-speaking volunteers are needed as well. Volunteers serve as companions and loving listeners for those who are grieving and help create a safe space where participants can share tears and embrace the joys of life.

Here's how some of our current volunteer facilitators have described their experience:

"Being an Imagine volunteer has been the most fulfilling and worthwhile volunteer experience I've ever had. I feel that the model is just what it should be, and I love being a part of it. I think being an imagine volunteer helps me fulfill my desire to be a good person." Aimee-6+ years as Imagine Facilitator

"People outside of Imagine are always supportive when they hear that I volunteer at a grief support center. But I know it can be a little confusing to hear that volunteering at a grief support center is the best night of my week. And

that's the magic. That as a volunteer, the joy is not in what we bring, but what we take home from our participants." Rob-4+ years as Imagine Facilitator

"I have found the people at Imagine to be among the best that I have ever met." Diane-6 months as Imagine Facilitator

If you'd like to join Imagine's amazing team of volunteer facilitators, there is a training planned for June 2 - 4. Each training is held from 9 a.m. - 5a.m. each day over 3 days at Imagine's Mountainside center. Imagine asks that you plan to attend the entire training. Participants in the training will have an opportunity to learn companioning and facilitation skills while sharing stories with one another and providing each other with support. Many of Imagine's facilitators come away from the training feeling truly connected to one another and describe the

experience as "life changing" Participants also come away better prepared to support those at Imagine, and those in their lives who have experienced a loss.

If you'd like to join one of the upcoming trainings, please visit Imagine's website at [imagineenj.org](http://imagineenj.org) or call the center at 908-264-3100. Imagine's staff and volunteers hope to welcome you to the 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 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](mailto:info@imagineenj.org).



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## COMMUNITY ART SWAP – APRIL 15

The Cranford Public Library is hosting their second annual Community Art Swap on Saturday, April 15 from 10:00 a.m. to 12:00 p.m. Help divert materials from landfill while encouraging environmentally friendly creation! Everyone is welcome to bring new or gently used arts and craft materials and swap them for something new. This program is being held in the Community Room of the Cranford Community Center. The last hour of the swap is pickup only, please do not bring any donations after 11:00 a.m.

The swap is simple: an assortment of art supplies will be made available to browse on tables. Anyone can leave items here, and anyone can take items from here. Be kind when selecting these supplies, and take only what you think you will use. Participants who have supplies that they'd prefer to swap directly are encouraged to

"pre-swap" their items on the Facebook event page: <https://fb.me/e/4qIX4L5iD> Pre-swappers can post items that they have and list items that they want, arrange a trade, and meet up at the event to exchange goods. Please be aware that, while trading is fine, buying and selling is not permitted.

Anyone who would like to donate materials can drop them off in the Children's Department of the Cranford Public Library from April 12-14. Donations must be fit for reuse and should be small enough to fit in a car. The library is only accepting arts and crafts materials (including art tools, textiles, and books) in new or gently used condition; this means nothing expired, damaged, or moldy.

Email questions to [cranfordlibrary@lmxac.org](mailto:cranfordlibrary@lmxac.org).

## ONLINE AUCTION TO BENEFIT MAPLEWOOD'S "HOUSE ON THE HILL"

Link to [AirAuctioneer.com/Art4Ethical](https://AirAuctioneer.com/Art4Ethical) to join the "Celebrate Art" Online Art Auction. Bidding runs from April 22 to 29, Preview runs from April 15 to 21). Proceeds from "Celebrate Art" will go to The Ethical Culture Society's Capital Campaign to repair the historic Ethical Culture Society building, the "House on the Hill" at Prospect and Parker in Maplewood, NJ. Ethical Culture Society Members and Friends and the wider community are coming together in this effort.

### INVITE TO ARTISTS

Area artists are welcome to donate work to this online art auction. Deadline for receiving work is Wednesday, April 12, 2023. (sooner, if possible!) Artist will gain name familiarity among buyers, and they will receive a letter for tax purposes documenting their donation. Unsold works will be returned to the artists. Contact us/send a photo of the piece or pieces you wish to donate to [Art4Ethical@gmail.com](mailto:Art4Ethical@gmail.com).

### FOR MORE INFORMATION ABOUT ETHICAL CULTURE SOCIETY



Contact us by email [essexethical@gmail.com](mailto:essexethical@gmail.com)

Visit website: [essexethical.org](http://essexethical.org)

and [essexethical.org/whoweare.html](http://essexethical.org/whoweare.html)

Find us on Facebook:


The-Ethical-Culture-Society-of-Essex-County


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# Sayaka Ganz

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Produced by David J. Wagner, L.L.C., David J. Wagner, Ph.D., Curator/Tour Director



The Galleries at Kean University present Sayaka Ganz **RECLAIMED CREATIONS**, an amazing art exhibition featuring sculptures of animals in motion, utilizing reclaimed plastic objects, rich in color and energy.

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## Celebrate Art!

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### An Online Art Auction

- at -

### [AirAuctioneer.com/Art4Ethical](https://AirAuctioneer.com/Art4Ethical)

**Bidding from April 22 April 29**  
**Previews from April 15 to 21**

Find contemporary and innovative pieces by local and regional artists at this Online Art Auction.

Proceeds dedicated to repairing the historic Ethical Culture Society building in Maplewood, NJ.

Bid for and win art work while contributing to a good cause!

*To learn more:*  
Visit the Ethical Culture Society of Essex County  
516 Prospect St., Maplewood, NJ 07040  
[www.essexethical.org](http://www.essexethical.org)  
Email [ecsec.nj@gmail.com](mailto:ecsec.nj@gmail.com)  
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## CHS CLASS OF 1983 CLASS REUNION

Cranford High School Class of 1983 will hold its 40th Class Reunion on Saturday September 30, 2023 at 6:30 p.m. at the Elks Lodge located at 951 Lincoln Ave E, Cranford, NJ 07016. There will be a band, open bar, and appetizers only. Please contact 40th Reunion committee at [cranfordclassof1983@gmail.com](mailto:cranfordclassof1983@gmail.com) for more information.

## GRIEF AND LOSS SEMINAR

The First Presbyterian Church of Cranford (FPCC) is offering a free seven-week seminar, "Journey Toward Wholeness - Healing the Grieving Heart", which takes place via Zoom every Sunday from April 16 to June 4, 2023 from 6:30 – 8 p.m. Registration is open and is required to attend this event. Call Suzanne at (908) 251-5641 or Pam at (908) 964-3263 to register.

We welcome all who have experienced loss of any kind, past or present. We also welcome all who have previously attended this Seminar to return for a refresher. The Zoom option offers you a unique opportunity to attend with friends or family from other states.

All faiths are welcome. For more information visit [firstprescranford.org/care/grief-recovery](http://firstprescranford.org/care/grief-recovery)

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## GIFT & THRIFT BOUTIQUE

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**The Gift & Thrift Boutique is found in**  
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**2018 Dewitt Terrace in Linden, NJ.**

Customers enter the main doors on Dewitt Terrace and follow the stairs to the store. The space is not handicap accessible.

**Open every 2nd & 4th Saturday**  
**from 9:00 am to 3:00 pm.**

For more information, Friend the Gift and Thrift Boutique on Facebook, email [giftandthriftboutique@yahoo.com](mailto:giftandthriftboutique@yahoo.com) or call the church office at 908-925-1535.

## STUDENTS RECOGNIZED AT ANNUAL CONFERENCE

A total of 129 Westfield and Cranford High School students from the Model UN Program attended the YMCA Model UN Conference January 8-10 in Hershey, Pennsylvania. The three-day annual conference is student-run and allows the committees to participate in public speaking, conflict resolution and more. Both high schools were recognized for "Outstanding Delegation" and many individuals from the committee also received individual awards:

### FROM WESTFIELD HIGH SCHOOL:

- Miron Manescu and Alex Nurnberg were recognized for Outstanding Research Papers.
- Michael Fischer, Dylan Walsh, Haley Berger and Daniel Flores received recognition as Outstanding First Year Delegates.
- Katherine O'Connor and Dillan Ma were named Premier Diplomat.
- Grace Kim and Emory Wilner were elected to serve as officers at the conference.
- Nyah Wysokowski, Ananda Accardi, Pat Lanza, Emory Wilner and Michael Fischer were invited to attend the Conference on National Affairs this summer.

### FROM CRANFORD HIGH SCHOOL:

- Tamiyana Roemer served as Press Officer at the conference.
- Joe Ugialoro was named Premier Diplomat in the International Court of Justice.
- Ryan Turnamian was awarded Outstanding Country with fellow USA representatives.
- Aidant Karant and Reagan Leahy were selected as alternates to attend the Conference on National Affairs this summer.

The YMCA Model United Nations Program introduces students to the operations and structure of the United Nations and gives them the opportunity to gain awareness of other cultures. Students assume the role of UN delegates and debate current issues affecting the global community. This Westfield Area YMCA program takes place in cooperation with Cranford and Westfield High Schools.

The Y is the nation's leading nonprofit committed to strengthening communities through youth development, healthy living and social responsibility. Financial assistance is available for YMCA programs and memberships for those who qualify.

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## AWARDS BREAKFAST CELEBRATION

The YWCA of Union County

The YWCA of Union County will host its annual TWIN event on Thursday, May 11, 2023 at the Embassy Suites Hotel in Berkely Heights, NJ from 8 am to 9:30 am.

Debbie-Ann Anderson, Union County Director of Human Services will serve as the Keynote Speaker at the event and will receive the Lifetime Achievement Award for her dedication to improving the lives of those in need. Anderson has an extensive background in programs serving families, as well as vast experience with corporate, non-profit and community affairs organizations.

YWCA Executive Director Karen Geer stated, "We are very excited to honor Debbie-Ann with this award. She has been a champion for the YWCA and its mission. Her support and commitment to our programs has enabled us to deliver more vital services to those in need."

Anderson began her professional fundraising career in 2004 at the Muscular Dystrophy Association (MDA) in Towson, Maryland. She joined the United Way of Greater Union County in 2008 and served as its Executive Vice President. Anderson also served as Executive Director of HomeFirst Interfaith Housing Services and was appointed Union County Director of Human Services in 2017.

Five additional honorees will be presented awards for Racial Justice, Community Service, Young Professional, YWCA Ally, and Business & Industry Leadership. Nominations will be submitted by sponsors of the event by visiting [www.ywcaunioncounty.org/twinawards2023](http://www.ywcaunioncounty.org/twinawards2023).

Individual tickets to the TWIN event are \$150 and can be purchased at [www.ywcaofunioncounty.org](http://www.ywcaofunioncounty.org) or by emailing [events@ywcaofunioncounty.org](mailto:events@ywcaofunioncounty.org).

The YWCA of Union County is dedicated to eliminating racism, empowering women, and promoting peace, justice, freedom and dignity for all. Its mission is to empower survivors of domestic violence to become safe and free from abuse, and to promote social justice and eliminate violence against women and girls. We accomplish this mission through the provision of comprehensive, client-centered services, and through education, collaboration and advocacy that builds safe, informed and supportive communities. Its programs include a 24-hour Domestic Violence Hotline (908-355-HELP), Community Support Services, Family Justice Center, and Residential Programs, PALS (Peace: a Learned Solution), and Community & Professional Education. For more information, please visit [www.ywcaofunioncounty.org](http://www.ywcaofunioncounty.org) or call (908) 355-1995.

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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.'"  
- Quentin L.

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# COMMUNITY HOLOCAUST DAY OF REMEMBRANCE

Cranford’s 12th Annual Community Holocaust Day of Remembrance will be held on Wednesday, April 26th at 7:00 p.m. at Orange Avenue School.

The annual townwide event is organized by the Cranford Clergy Council, the Cranford Interfaith Human Relations Committee, Cranford Public Schools, and Saint Michael School, and it aims to honor the memory of the six million Jewish victims of the Holocaust while educating about the horrors of genocide.

The featured speaker this year will be Maud Dahme, a passionate advocate for Holocaust education who is herself a survivor. Born in the Netherlands, she spent the entire German occupation in hiding with her sister and was saved from the Nazi death camps by a courageous Christian family who looked after the two of them.

Rabbi Paul Kerbel of Cranford’s Temple Beth-El Mekor Chayim synagogue and president of the

Cranford Clergy Council will introduce the speakers and performances, which include Cranford Township Mayor Brian Andrews and Cranford Public Schools Superintendent Dr. Scott Rubin. Performers include the Orange Avenue School orchestra, the Hillside Avenue School chorus, an original dance by the Cranford High School Performing Arts Dance Academy and original poetry written by Saint Michael School’s students.

In November, Orange Avenue School planted a daffodil garden as part of the Worldwide Daffodil Project, a global effort to plant 1.5 million daffodil bulbs to honor the memory of each child who perished in the Holocaust. Similar gardens have been planted at Hillside Avenue School, Cranford High School, Saint Michael School, and Temple Beth-El Mekor Chayim’s Holocaust Remembrance Garden.

This event is free and open to the public. It will also be recorded and aired on TV35.



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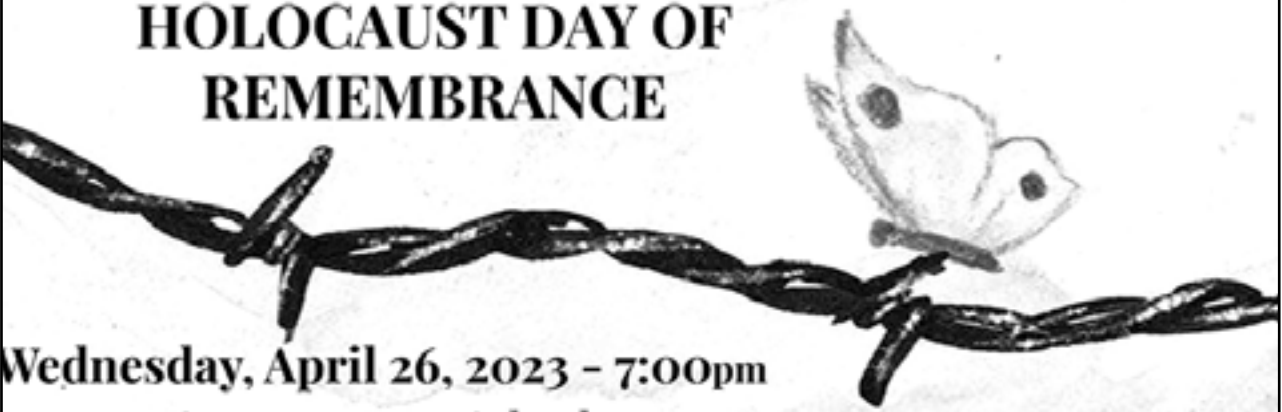
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## SALEM ROADHOUSE CAFÉ ANNOUNCES MARK ADAMY BAND

The Salem Roadhouse Café presents the Mark Adamy Band, Saturday, April 15, 2023. The doors open at 7:15 p.m., show starts at 8 p.m. Admission is \$20 and includes show, snacks, non-alcoholic beverages, and dessert. The venue is located in the basement of Townley Presbyterian Church, 829 Salem Rd, Union, NJ. The Roadhouse operates as a non-profit that raises funds for several carefully chosen local charities.

Mark Adamy is a multitalented keyboardist and vocalist who works with artists around the globe as a live performer and recording artist. This includes his own band: The Mark Adamy Band, which is a group of accomplished musicians that has thrilled listeners with its original stylings fusing pop, rock, jazz, R&B, world, and spiritual music.

Mark has enjoyed popularity as a sought-after talent for special events, productions, and performances. Mark has won honors including Entertainer of the Year and Boston Music award nominations. He has shared the stage with greats like Chaka Khan, James Brown, The Four Tops, John-Lee Hooker, Pieces of a Dream, Howard Hewitt, Phil Driscoll, Phil Keaggy, Roger Humphries, and many others. Mark has played in many Broadway productions as well as music directing off-Broadway productions in NYC.

Mark's concert credentials are extensive with acts such as the Coasters, the Cadillacs, Ink

Spots, Jive Five, Silhouettes, Marvellettes, the Charelles, and guitarist Billy Davis. He has jammed with jazz artists such as Warren Hill, Makoto Ozone, Darren Lyons Group, and Lee Robinson at venues ranging from New York's Russian Tea Room and Knitting Factory to Boston's Symphony Hall.

As always, the Salem Roadhouse Café is live, intimate, up front, and personal. All ages are welcome.

### ABOUT SALEM ROADHOUSE CAFÉ

It's not "church music." It's music music. Folks who've come to the Salem Roadhouse Café know that it's a clean, safe place for people who enjoy listening to live music — in a world otherwise filled with clubs and bars. The Roadhouse has always offered its stage to local and independent mainstream musicians. Jazz, rock, folk, and other groups have performed. What's the common thread? They're all great musicians playing the kind of music people like to hear. There's no message, just music.

The Roadhouse started in 2008 by members of Townley Presbyterian Church with a grant from the Presbytery of Elizabeth. Hey — that's why we're located where we are, 829 Salem Rd, Union, NJ. The Roadhouse operates as a non-profit that raises funds for several carefully chosen local charities. That's its social mission.

But the many musicians who've played the

Salem Roadhouse Café see it as a solid performance venue. They love it because of its special intimacy and great audiences. They say people here "really listen." Ask any of the musicians you meet here — they love to play the Roadhouse, and they want to come back often.

The Salem Roadhouse Café has raised funds for many carefully chosen charities. They include: The Presbytery of Elizabeth E-port Center, Center For Hope Hospice, Community Food Bank, Monarch Housing, Angel Paws Animal Rescue, National MS Society, Haiti Disaster Relief, Hurricane Sandy Disaster Relief, The Union County YWCA Domestic Violence Program, Making It Possible To End Homelessness, Camp Johnsonburg, The Music Institute, and others. Thousands of dollars have been raised for these deserving charities.



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# WORLD AUTISM MONTH

## Autism Speaks

Every April Autism Speaks celebrates World Autism Month, beginning with the United Nations-sanctioned World Autism Awareness Day on April 2. This year marks the 15th annual World Autism Awareness Day.

Throughout the month, we focus on sharing stories and providing opportunities to increase understanding and acceptance of people with autism, fostering worldwide support. This year, we are committed to creating a world where all people with autism can reach their full potential.

Supporters can participate in World Autism Month by:

Join our 2.8 million social followers and help foster understanding and acceptance by sharing the diverse stories of people on the spectrum or telling your own. Submit your story by visiting: [surveymonkey.com/r/AutismSpeaksShareYourStory](https://surveymonkey.com/r/AutismSpeaksShareYourStory)

Invite your colleagues, classroom and friends to join our Kindness Campaign and encourage acceptance, understanding and inclusion with daily acts of kindness at school, work or in your community. Together, we can create a world where all people with autism can reach their full potential.

Make a meaningful, lasting impact for people with autism with your gift. It's one of the easiest and best ways to show your support.

Learn about all the ways you can fundraise on social media.

Joined by the international community, hundreds of thousands of landmarks, buildings, homes and communities around the world come together on April 2, World Autism Awareness Day, to Light It Up Blue in recognition of people

with autism and those who love and support them.

Everyone is encouraged to participate. Whether you have autism, love someone who does, or are looking to support a diverse, accepting and kind community – you're invited to take the pledge to help create a world where all people with autism can reach their full potential. For more information visit: [autismspeaks.org/world-autism-awareness-day](https://autismspeaks.org/world-autism-awareness-day)



(above) Whether you have autism, love someone who does, or are looking to support a diverse, accepting and kind community – you're invited to take the pledge to help create a world where all people with autism can reach their full potential. For more information visit: [autismspeaks.org/world-autism-awareness-day](https://autismspeaks.org/world-autism-awareness-day)



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## IMAGINE ANNOUNCES NEW BOARD OFFICERS

Imagine, A Center for Coping with Loss is pleased to announce our new Board Officers. While welcoming those stepping into officer positions, Imagine Executive Director, Lindsay Schambach acknowledged the contributions of former Board officers. Imagine has had such a strong pipeline of dedicated individuals whose leadership has made such a difference in the community. Lindsay is honored to announce the new team of Board Officers.

Stepping into the role of Board Chair is former Board Vice Chair, Dr. Jeffrey Peris of Scotch Plains. Dr. Peris has extensive Board experience, having held prominent leadership roles following a distinguished management career leading pharmaceutical and healthcare companies. Dr. Peris served as Chairman of Allied Health Care International; Corporate VP, Chief Learning Officer for Wyeth; Vice President of Human Resources, Investor Relations & Communications for Abbott Laboratories; and Vice President of Human Resources and other Senior Executive positions for Merck & Company. In addition to serving as Chairman of the Board of Allied Healthcare International, he is currently on the Boards of Overlook Hospital and several other non-profit organizations. He is married with 3 children, 8 grandchildren and 2 grand puppies.

Imagine's new Board Vice Chair is Ethan Kramer also of Scotch Plains. Ethan is the Chief Investment + Development Officer for PM Hotel Group ("PM"), a hotel company based in Chevy Chase, MD. Prior to, Ethan was the co-founder

of Paramount Hotel Group and served as President since its inception in 1999. In January 2022, Paramount's management company merged with PM Hotel Group. He is also a veteran of Prime Hospitality Corp, having coordinated the expansion of two national brands managing the investment of over \$800 million in new hotel development. As Senior Vice President of Development and Construction during the period 1995 through mid-1999, he grew the AmeriSuites (now Hyatt Place) chain to 100 hotels. Ethan lives in Scotch Plains with his wife, Debby Hall, a nursing home administrator and health care hero.

Imagine's new Board Treasurer is Don Bucciarelli of Westfield. Don is a CPA with many years of experience in public accounting. He is currently a partner in the Assurance practice of Ernst & Young LLP (EY) in New Jersey, specializing in audits of both private and public companies from a broad range of industries. Don has been active in several local not-for-profit organizations including a role as Treasurer of the United Way of Greater Union County. He has also supported Imagine and its relationship with Ernst and Young as a Circle of Hope member and Table Captain at Imagine's annual fundraising event.

Stepping into the role of Board Secretary is Bob Kelly of Cranford. Bob joined Imagine's board in 2018. He is a Senior VP and wealth advisor at Farther, an investment advisor headquartered in San Francisco. A graduate of Boston College, Bob lives in Cranford, NJ with



(above) Bob Kelly of Cranford. When asked about his connection to Imagine, Bob said: "The staff and volunteers at Imagine offer an important and necessary service to families who experience loss and do so with a tremendous amount of care and enthusiasm. I am excited to be part of the Imagine community and look forward to helping the organization to grow in the coming years."

Courtesy photo

his wife Jessica and three children. He spends his free time volunteering for local non-profits, traveling with family, golfing, and coaching youth basketball.

As she welcomed Imagine's new Board Officers, Lindsay Schambach said: "It is inspiring to me to work alongside these wonderful individuals who are so willing to dedicate their time and talents to our mission and cause. They lead and volunteer so selflessly and humbly. Their passion for our mission keeps us all grounded and determined to remove every barrier possible for families who need our services. From the bottom of our hearts, thank you to our former and current Board Officers and all of our Board members and volunteers. Imagine's staff couldn't fulfill our mission without your compassion and generosity."

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 offered in English and Spanish. Imagine also offers grief and loss education and training to the community.

For more information, please visit [www.imagenj.org](http://www.imagenj.org) or contact Imagine at 908-264-3100 or [info@imagenj.org](mailto:info@imagenj.org).

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# VANDALS CAUGHT IN THE ACT.

Submitted by Dr. D. Michael Hart

The “Pool House Gang” were caught red handed vandalizing a building at Boy Scout Camp Wheeler, in Byram Township, NJ. They are seen here in a “line up” against the wall.

They claim that they were doing repairs and renovations to an old decrepit building at the Boy Scout Camp. But they were seen removing valuable lumber, sinks, toilets, shower heads, and construction materials from the building.

Just kidding. This is a group of dedicated volunteers, including many retired professionals, who volunteer every week all year round at the Boy Scout camps for Patriot’s Path Council in northern New Jersey. These guys pictured have come up every Wednesday and Thursday for several months to renovate the Pool House and other buildings. This group includes retired engineers, an electrician, computer experts, small business owners, and corporate executives.

The Pool House building was built in 1971. The roof was still good, but the wooden walls were completely rotted, and the roof was sagging perilously. They needed to prop up the roof and replace the boards one by one.

Eventually the building will have two bathrooms, two common showers and 8 individual changing rooms on each of two sides. There is a full sized swimming pool behind the building, so all of the chlorination, pumping mechanisms and electrical service are also located inside the building.

The “Flintlocks BSA, Inc.” a 501c3 corporation, is a group of retired scouters who volunteer at the camps every week, all year round, to help the council. They do most of the repairs and maintenance for the three Council camps, but also build new structures, such as cabins, waterfront structures, picnic tables and tent platforms. In 2018 they secured funding and built the STEM Lab at Allamuchy. Second, they make the craft kits for birdhouses, bird feeders, stools, handy boxes, racing sailboats, etc., which are sold through the Scout Shops. Third, Flintlocks volunteer to help run the many Council programs. Three quarters of the Flintlocks have received the Silver Beaver Award, the highest National award a volunteer may receive. The Facebook Page is “Flintlocks” For more information please contact Secretary Dr. Michael Hart [drmhart@yahoo.com](mailto:drmhart@yahoo.com).

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## SLOW DOWN, MOVE OVER CAMPAIGN

The Retired Policemen and Firemen's Association, Local 3 of Union/Somerset Counties (NJRPF), is helping NJSP and the NJ Department of Transportation (NJDOT) to promote this important Safety Issue to help protect our First Responders. 41 Emergency First responders were struck and killed by motor vehicles in 2022. When you see flashing lights ahead, please, "Slow Down and Move Over", stated Local 3 President, retired Police Chief Kenneth Grady.

NJ State Trooper Marc Castellano who was killed by a speeding vehicle on June 6, 2010, while assisting during a roadside investigation. His mother, Donna Setaro has made it her life's mission to share the Slow Down, Move Over message with the public. Local 3 will assist in this program in memory of her son and many other NJSP Troopers and local Police Officers who were struck and killed by speeding vehicles while working our busy roads and Highways in the State of New Jersey.

New Jersey is a leading State in Traffic Incident Management (TIM) responder training

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The NJRPF was established in 1987 to promote and develop a friendly spirit among its members, both retired and associate members. There are over 3,000 members of the association in various county Locals in NJ, as well as Local 22 in the State of Florida. These members are retirees from State, County and Local Firefighters, Police, Sheriff, Prosecutors, and Attorney General's Office to name a few. These members reside in NJ, NY, PA, FL, VA, SC and many other states.

If you live in Union County or Somerset County, please consider joining our Local 3 to keep abreast of major issues which may impact on your retirement benefits and issues that may be of value to you. Our yearly dues are \$10. For more information visit: [njrpf.org/local3/](http://njrpf.org/local3/)





**PALM SUNDAY**  
**9 AM-** Children's Worship &  
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**10:15 AM-** Passion Sunday Worship

**MAUNDY THURSDAY**  
**7:30 PM-** Meditative Worship

**GOOD FRIDAY**  
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**EASTER SUNDAY**  
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**9 AM-** Holy Cross Celebration Worship  
**10:15 AM-** Easter Festival Worship



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Participants are required to bring their own equipment, but bait will be provided. Limited equipment will be available for those who do not have it. Fishing teaches patience, ingenuity and humility. Our officers will work alongside kids, helping them bait, cast, hook, and release. Prizes will be given for the largest fish caught for age groups 5-9 and 10-13.

If you have any questions please get in touch with Community Outreach Officer Ali Muhammad a-muhammad@cranfordnj.org.

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## CELEBRATING 14TH ANNIVERSARY OF HEART TRANSPLANT

### NJ Sharing Network

Chriseline Beaubrun of Plainfield, NJ, is taking time to reflect on the gift of life and the miracle of organ and tissue donation and transplantation as she recently celebrated 14 years since receiving her life-saving heart transplant.

Chriseline is passionate about advocating for NJ Sharing Network, the nonprofit organization responsible for the recovery and placement of donated organs and tissue in the Garden State. She actively shares her story with others to encourage more people to register as organ and tissue donors.

"Today, I feel blessed and lucky. I do not think any gift is greater than the gift of life," said Chriseline. "When I encourage people to register as organ and tissue donors, I explain to them that just one organ and tissue donor can save eight lives and enhance the lives of over 75 others. But the transplant waiting list is long, and we cannot stop working to save lives."

In 2007, Chriseline was 57 years old when she was diagnosed with congestive heart failure. A widowed mother of two, Chriseline had just completed her master's degree in nursing, and she felt that she had the skills to deal with life's challenges. But her biggest challenge hit her like a blow to the stomach when her cardiologist delivered the official diagnosis.

As a nurse, Chriseline had worked hard all her adult life and had taken care of her body. Unfortunately, Chriseline's symptoms worsened despite medications and a defibrillator implanted in her chest. She soon reached a point where she was unable to take a single shallow breath without intense pain.

Chriseline fondly remembers the satisfaction of taking her first deep breath in more than a year and leaving the hospital with a second chance to live life. Throughout the long process of recovery, Chris experienced both successes and setbacks. But her new heart remained strong, as



(above) Chriseline Beaubrun of Plainfield, NJ recently celebrated the 14th anniversary of her heart transplant.

Courtesy photo

did the support of her family, friends, and colleagues.

Currently, there are over 100,000 Americans – nearly 4,000 of whom live in New Jersey – waiting for a life-saving transplant, according to United Network for Organ Sharing (UNOS). However, the generosity of those in the Garden State is providing hope for the future. In 2022, the number of organ donors (283) and organs transplanted (670) in a single year reached all-time highs. This marked the fourth consecutive year NJ Sharing Network has reported new records in the number of organ donors, underscoring the clear trend of increased support for organ donation.

To learn more, get involved and register as an organ and tissue donor, visit [NJSharingNetwork.org](http://NJSharingNetwork.org).

### Cranford Recreation & Parks Department

Cranford Recreation Center  
375 Centennial Avenue, Cranford, NJ 07016 (908) 324-4433

## PICKLEBALL

### Daily Schedule

Monday	9:00 am - 12:00 pm
	12:30 pm - 3:30 pm
	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
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

Ages 18+ are welcome

Ages 14-17 years are welcome with adult supervision  
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\$10 drop-in fee for residents / \$15 non-residents fee

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# APRIL PROGRAMS FOR CHILDREN AT THE CRANFORD PUBLIC LIBRARY

224 Walnut Ave, Cranford, NJ 07016 • (908) 709-7272 • [www.cranfordlibrary.org](http://www.cranfordlibrary.org)  
Monday - Thursday: 10 AM - 9PM; Friday, Saturday: 10 AM - 5 PM; Sunday: closed

## School-age Storytime

Tuesdays in April at 4:30 p.m.

Children in grades K-3 are invited for an afternoon storytime where we'll share some exceptional books and create art.

## Family Storytime and Craft

Monday, April 24 at 10:15 a.m.

Join us for an all-ages storytime and craft.

## Earth Day: Speak for the Trees

Thursday, April 27 at 5:30 p.m.

Let's Help Save the Earth, one Tree at a time! Children in grades 1-3 are invited to help the Earth by reducing, reusing, and recycling. We'll create a clean air flyer and make a Truffula Tree bookmark. Registration is required.

## Craft Programs: Paint a flower pot

Friday, April 21 at 4:00 p.m.

This program is open to participants of all ages, registration is required. Discover a fantastical, shape-shifting world of color when you create your own kaleidoscope on Friday, April 28 at 4:00.

## BOOK SALE IN THE FRIENDLY BOOK CELLAR APRIL 20, 21, 22

Looking for some good reading at bargain prices? The Friends of the Cranford Public Library invite you to visit their used book sale in the library's "Friendly Book Cellar." Browse through shelves full of thousands of books and make as many selections as you'd like! Most hardcover adult books are \$2.00 and paperback books are \$1.00. Most children's books are 25 cents or 50 cents!

The Book Sale will take place on April 20th (1-8 p.m.), Friday, April 21st (10 a.m. - 5 p.m.), and Saturday, April 22nd (10 a.m. - 2 p.m.). April 22nd will be bag day. For just \$8, you can fill a shopping bag with books. Cash or checks only. Registration is required and can be done so at [cranfordlibrary.org/friends.php](http://cranfordlibrary.org/friends.php) or via the QR code provided.

The Friends look forward to seeing you at the "Friendly Book Cellar." The Friends of the Library is a non-profit organization. Proceeds of all book sales and monetary donations benefit library programming and events for all ages throughout the year.

These sales are only made possible because of your book donations. Book donations in good condition are welcomed and appreciated, any time during library hours. While we welcome donations, please note that we cannot accept the following: encyclopedias, textbooks, damaged books, audiocassettes, VHS tapes.



## STORYTIME AT HANSON PARK

Preschoolers ages 3-5

Monday mornings at 9:30 a.m.

May 1 to July 10

Babies and toddlers ages 0-2

Thursday mornings at 9:30 a.m.

May 4 to July 13

**There is no storytime on May 29 or June 19**

We're hosting a series of outdoor storytimes starting in May! Children and a caregiver are invited to join us for a morning of stories and songs. While these events are tailored to the specified ages, children of all ages are welcome. Please bring a blanket or chair. This storytime in Hanson Park, weather permitting.

## Toddler Tuesday

at 10:15 a.m.

Join us for a toddler storytime every Tuesday mornings in May! Each session will incorporate stories and a hands-on activity. Registration is not required, but space is limited and may be unavailable to latecomers.

## Pajama Storytime

Thursday, May 4th from 6:00- 6:45 p.m.

Friends in grades K-2 are invited to listen to a story and make some crafts! No registration required. Pajamas are welcome!

## Fiber Critters

Wednesday, May 10 at 6:00 p.m.

Create a creature using wool. This program is for children in grades 2 and up. We'll be using a

wet felting technique that does not require needles. Registration is required.

## Geronimo Stilton Book Club

May 11th from 5:30-6:30pm

Friends in grades 2-4 are invited to dress-up as a mouse for a silly Geronimo Stilton book club! We will be talking about A Fabumouse Vacation for Geronimo and playing fun games. The first six readers to register will receive a free copy of the book, library staff will reach out when the books are ready for pickup. This is an in-person program with a maximum of 12 participants, registration is required.

## "Paws" for Reading

Tuesday, April 18 or May 16 at 6:30 p.m.

Young readers are invited to hone their skills by reading to certified therapy dogs. Dogs are a perfect, non-judgmental audience for children learning to read independently!

## Tween Spa Night

Tweens (ages 9-11) are invited for an evening of creating fun, spa-themed goodies! DIY your own natural lip balm, learn to make bath bombs, and hang out with friends. This free program is sponsored by the Friends of the Library. Registration is required.

## Family Pretzel Dipping

Wednesday, May 31 at 6:00 p.m.

Families are invited to create chocolate dipped pretzels with Mayah of "Sweets by Mayah." Registration is required.

## Guitar Lessons

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# APRIL ADULT PROGRAMS AT THE CRANFORD PUBLIC LIBRARY

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

## New Monthly Films

Wednesday, April 5, at 7pm

Our monthly film screenings are back! Join us the first Wednesday of the month at the Cranford Community Center for an evening movie! We will be showing movies recently released on DVD. Please contact the library for specific film titles. No registration is required.

## International Film Screening

Monday, April 10, at 2pm and 7pm

Join us at the Cranford Community Center the 2nd Monday of the month at either 2pm or 7pm for an International film screening. Please contact the library for specific titles. Sponsored by the Friends of the Cranford Public Library.

## Literary Cafe

Saturday, April 15, 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 of the group what you like about them. If you don't have a copy of the book you want to talk about, that's okay, too. The books can be new or old, fiction or non-fiction, classic or contemporary. There is no required reading, and you will have the opportunity to learn about books recommended by other group members.

Admission is free and all are welcome. Refreshments sponsored by the Friends of the Cranford Public Library. Patrons are welcome to join us in the Raddin Room or online.

## Community Art Swap

Saturday, April 15, from 10am-12pm

Help us divert materials from the landfill while encouraging environmentally friendly creation at our second annual Community Art Swap!

Bring new or gently used arts and craft materials to the Community Center and swap them for something new on Saturday, April 15 from 10:00 a.m. to 12:00 p.m. The last hour of the swap is pickup only so please do not bring donations after 11:00 a.m. Please contact the library with any questions about what donations will be accepted. Open to all ages!

## Theater Project

Saturday, April 15, at 2pm

Live play readings from the Theater Project are back in person! 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. Sponsored by the Friends of the Cranford Public Library and the Union County HEART Grant.

## The Great American Songbook Concert

Monday, April 17, at 7pm

Join singer Carol Erickson, accompanied by a pianist, for this fantastic concert! Sponsored by the Friends of the Cranford Public Library.

## Adult Improv Class

Wednesday, April 19, at 7pm

Join us for an improv class led by improv teacher and middle grade author Harry Harvey! Harry Harvey is a teacher at Manasquan High School, and is the author of the middle grade book "The Summer My Grandmother's Yard Tried to Kill Me." Harry leads improv classes for people of all ages! Sponsored by the Friends of the Cranford Public Library.

Registration is required and space is limited.

## Friends of the Library Used Book Sale

Thursday, April 20-Saturday, April 22

Looking for some good reading at bargain prices? The Friends of the Cranford Public Library invite you to visit their Used Book Sale in the Cranford Public Library's Friendly Book Cellar from Thursday, April 20 through Saturday, April 22, 2023. Browse through thousands of books at low prices. This sale is open to all, and registration is required. Cash or check only please.

Attendees are invited to sign up for a one hour session, starting on the hour. Registration is required and can be done by contacting the library

## Virtual Opera Talks: Shakespeare and Opera

Monday, April 24, at 7pm

Join librarian and opera singer Tanisha Mitchell for another fascinating Opera Talk! This talk is all about Shakespeare in opera. Join Tanisha as she discusses how opera breathes life into Shakespeare's works through famous operas like Romeo et Juliette, Otello and Macbeth. Sponsored by the Friends of the Cranford Public Library.

## Feed Butterflies, Not Bambi:

## Deer Resistant Native Plants

Wednesday, April 26, at 7pm

When we garden, we can support biodiversity through the plants we choose! In this workshop you will learn which native plants are less likely to be eaten by the suburban scourge of deer while also feeding butterflies and birds. Includes recommendations for specific flowers and bushes as well as details on how to grow them. This free program is sponsored by the Friends of the Library.



CDC THEATRE PRESENTS

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Made possible by funds from the Union Co. Office of Cultural & Heritage Affairs, a partner of the New Jersey State Council on the Arts.

IN THE HEIGHTS is presented by arrangement with Concord Theatricals. [www.concordtheatricals.com](http://www.concordtheatricals.com)

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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								
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FRONT PAGE BANNER	8.25" x 2"	\$320								
FRONT PAGE BOX	1.5" x 4.5"	\$240								

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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

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