

# Scotch Plains NJ

## WHAT'S HAPPENING MONTHLY

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Issue 93 • June 2023

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### FARMERS' MARKET OPENING DAY 2023

The Scotch Plains Farmer's Market opened for the 2023 season on Saturday, May 6th, 2023. The Market will be open every Saturday, from 8 a.m. - 1 p.m., rain or shine, through the last Saturday before Thanksgiving.



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(More photos on pages 28 and 29)

Photos from this and other events can be found online at [rennamedia.com](http://rennamedia.com) and on Scotch Plains Monthly page on [facebook.com](https://www.facebook.com) Feel free to "Like," "Tag," "Comment", and "Share."

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# Scotch Plains NJ

WHAT'S HAPPENING MONTHLY

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Scotch Plains Monthly is published by Renna Media. 9,400 newspapers are printed monthly and mailed to every business and resident in Scotch Plains, NJ. Although great care has been taken to ensure the information contained within is accurate, Renna Media assumes no liability for errors or omissions.

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# PROTECT YOURSELF - KNOW THE SCAMS

Sometimes impostors contact PSE&G customers demanding immediate payment and threatening service shut off. Don't be a victim...be prepared.

## PHONE SCAMS

Residential and small business customers have reported receiving phone calls from individuals claiming to be PSE&G employees. Payment is demanded within hours using a pre-paid debit card. Things to know:

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- PSE&G will never ask for personal information over the phone unless you initiated the contact.
- If you ever doubt the legitimacy of a call from PSE&G, especially if payment is demanded, hang up and call us directly.

## EMAIL SCAMS

PSE&G customers have reported receiving convincing-looking emails that are actually fraudulent. Emails sent by PSE&G would never:

- Threaten to close your account if you do not

take immediate action

- Ask customers to provide personal information online without first logging into My Account
- Should you receive a suspicious email DO NOT reply, click any links, or download any attachments.
- If you're unsure of the legitimacy of the email, feel free to call PSE&G Customer Service.

## IMPOSTORS AT YOUR DOOR

If anyone comes to your door looking like, or claiming to be, a PSE&G employee, ask for ID. All PSE&G employees must carry ID and present it when requested. If you are not convinced, do not let the person in your house. Call us at 1-800-436-PSEG (7734). A Customer Service Representative will gladly verify if a technician has been dispatched to your location.

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- If the person at your door gives you a different phone number to verify his/her presence, do not call it. Only call 1-800-436-PSEG (7734).
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## CAR DONATIONS HELP VETERANS

Submitted by Michael Boll, Director New Jersey Veterans Network

The New Jersey Veterans Network (NJVN) has received countless donations and other awesome support from Renna Media news readers. We are extremely fortunate to have so many readers that love helping our veterans live a better way of life. To date articles in Renna Media publications have resulted in 4 car donations. Veteran “Sarge” is the most recent recipient of a car donation after the donor read an article in a March publication. We are blessed to have such a generous following, donations like this will help our veterans get to work, and their medical appointments.

### 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. Help us save Vets! We are always looking for volunteers, with various skills, to join the team. If you are a veteran or family member that’s in need of assistance; or are interested in volunteering, would like us to speak at your event, or contribute to our mission, call 973-332-1556 or email [mdbollio@optonline.net](mailto:mdbollio@optonline.net). To learn more visit [njvn.org](http://njvn.org).



(above) Diane R. recently donated a car to the NJVN. She handed the keys over to “Sarge”.

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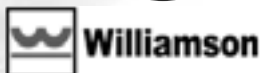


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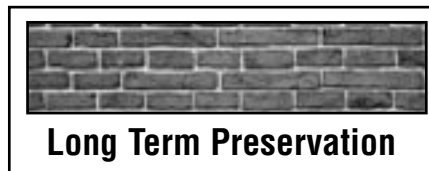
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## SPF UNICO RECOGNIZES LOCAL SCHOLAR-ATHLETES

*Submitted by Angelo Ucciferri*

The Scotch Plains Fanwood UNICO chapter recently recognized two exceptional student-athletes for their outstanding achievements both on and off the field. Andrew Benvenuto from Union Catholic High School and Matt Nervi from Scotch Plains-Fanwood High School were named

recipients of the 48th Annual Brian Piccolo Award, a prestigious honor reserved for top performers in sports and academics.

Selected by their respective high school's Athletic Director, Andrew and Matt distinguished themselves from their peers with their commitment to excellence and tireless work ethic. In recognition of their achievements, each recipient was awarded a \$500 scholarship.

To celebrate their accomplishments, Andrew, Matt, and other deserving award recipients from local UNICO chapters attended a special brunch held on April 23rd at The Gran Centurions in Clark. The event featured keynote speaker

Johanna L. Wright, a decorated figure in both the worlds of athletics and education.

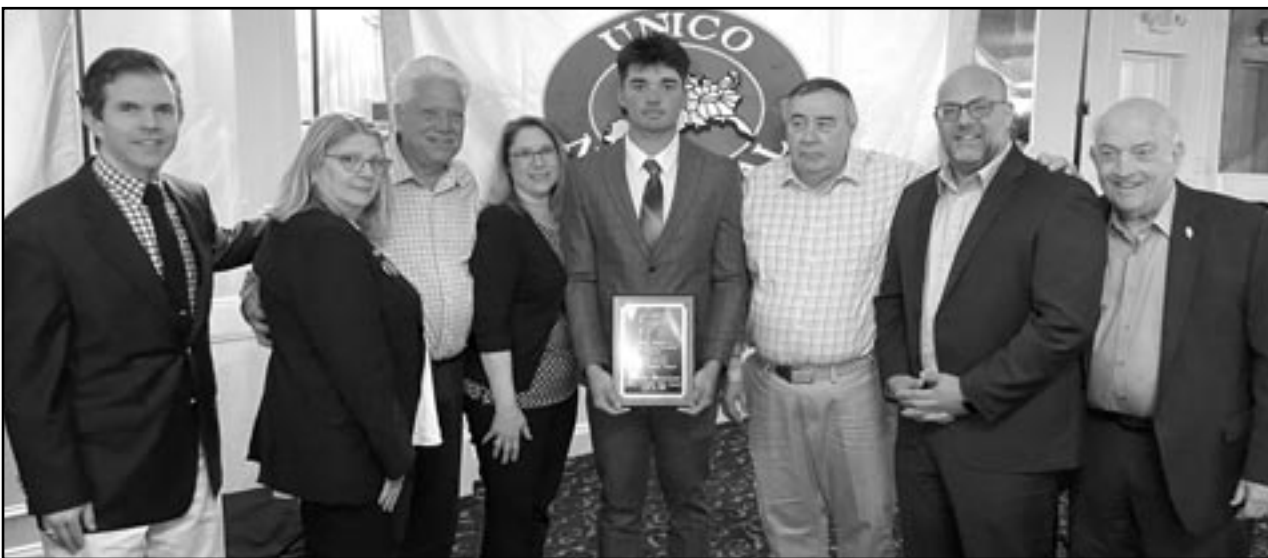
The Brian Piccolo Award represents a fitting tribute to both Piccolo, a former NFL player who passed away tragically in 1970, and the recipients who carry on his legacy. Andrew and Matt have distinguished themselves as role models for their peers and embody the values of dedication, hard work, and excellence in both athletics and academics.

To learn more about the Scotch Plains Fanwood UNICO chapter or to become a member visit [unicospf.org](http://unicospf.org) or email [spfunico@gmail.com](mailto:spfunico@gmail.com).

Courtesy photos



(above) Matt Nervi



(above) Andrew Benvenuto and members of the SPF Unico Chapter

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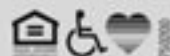
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## FANWOOD PERFORMANCE SERIES

The concert series at Fanwood's Carriage House continues on June 10. The powerful voice and equally powerful songs of Danielia Cotton will fill the listening room. Drawing from genres including rock, soul, gospel and country, with lyrics both deeply personal and broadly relevant, Cotton captivates her audiences with the passion and intensity of her performances.

The show starts at 7 p.m. at the Patricia M. Kuran Cultural Arts Center (a.k.a. the Carriage House), on Watson Road alongside Fanwood Borough Hall. The series is presented by Mayor Colleen Mahr and the Fanwood Borough Council, with support from the Union County Board of Commissioners' HEART grant program and the donations of attendees. The suggested donation for admission is \$15, or \$10 for students and seniors, cash at the door.

Looking ahead, the series will continue in the fall with concerts on Sept. 9, Oct. 14 and Nov. 4. The September show will bring Toronto's Shawna Caspi back to the Fanwood stage, along with Harrisburg native Meaghan Farrell. Nashville-based Kate Klim and Fanwood's own Golden Dimes will share the bill in October. The November lineup will be announced soon.

For more information, visit [fanwoodperformanceseries.org](http://fanwoodperformanceseries.org) or find Fanwood Performance Series on Facebook.



(above) Danielia Cotton

Courtesy photo

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## VENDOR POP-UP JUNE 5

A Vendor Pop-Up event will be held in the Fanwood Train Station parking lot on Sunday, June 25th. It will feature approximately 40 exhibitors selling very cool items.

You will find arts & crafts, candles, jewelry, fashion & accessories, health & beauty, home decor, sports collectibles, and many other new items.

Stay awhile to enjoy the shopping, live entertainment, and selection of food vendors.

Customer parking is available at the train station on the north side.

The next vendor pop-up held here will be on Sunday, November 5, 2023.

This event is hosted by the Borough of Fanwood and is promoted by JC Promotions.

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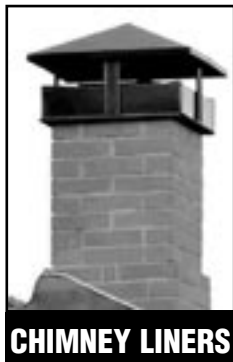


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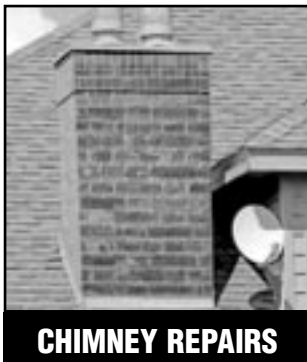
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## ART CONTEST WINNER

Zia Shah, a third-grade student at J.A. Coles, participated in the ART Poster challenge and exhibit for the National Dance Week by Maria Daniel on April 21st 2023. Zia's artwork titled "Rainbow Rhythms" won first prize in her age category.



Courtesy photo

## COLLEGE CLUB DAY

During a recent council meeting of the Borough of Fanwood, Mayor, Colleen Mahr and Council Members recognized the 90th Anniversary of the College Club of F-SP and presented the club with a proclamation that proclaimed March 13, 2023, The College Club of Fanwood Scotch Plains Day in the Borough of Fanwood. The Mayor's proclamation further stated: "I ask all residents of Fanwood to recognize this organization as a gift to Fanwood and welcome them in raising funds to continue their worthwhile efforts to provide a needed source of funding to qualified students. Congratulations!"



(above, l-r) College Club Co-President Jean Naugle, and Co-President Joan Skubish

Courtesy photo

## RESCUE SQUAD AUXILIARY THANKS COMMUNITY FOR YOUR ONGOING SUPPORT

The Scotch Plains Rescue Squad Auxiliary held its 13th annual Pancake Breakfast on Sunday, April 23, 2023, and it was a great success. They, along with girl scouts from Evergreen School, served over 172 adults as well as a large number of children under 5, and raised more than \$3,000 in their efforts to support this crucial volunteer organization.

All-you-can-eat pancakes, toppings, sausage patties, coffee, tea, and juices were offered for just \$7 per person. There was also a raffle for baskets and gift cards for sports and fitness, salons, restaurants, mini-golf and more. These items were donated by individuals, local businesses and organizations, some of which

donated already-prepared themed baskets. These themes included an Italian dinner, chocolate treats and breakfast goodies.

Attendees had a wonderful time, as usual, and everyone's support is greatly appreciated. The auxiliary looks forward to doing it again next year.

The Scotch Plains Rescue Squad relies on ongoing community support. These contributions enable the Squad to fulfill their motto, Neighbors Helping Neighbors - We Work for Pride Not Pay. The squad looks forward to continuing to faithfully serve those who call for help.

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

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## ARRIVE TOGETHER PROGRAM

### Union County Prosecutor's Office

The Union County Prosecutor's Office is pleased to announce that New Jersey's highly regarded ARRIVE Together program, aimed at providing compassionate response during 9-1-1 calls involving a mental health crisis, has been expanded to additional police departments in Union County.

The focus of the ARRIVE Together program is to provide individuals in crisis with whatever help they need as quickly and effectively as possible, by teaming up a police officer – specifically trained in crisis intervention – with a civilian certified mental health screener in order to respond to 9-1-1 calls relating to a mental health crisis. The officer and crisis worker literally arrive together. Both are in plain clothes, and arrive at the call in an unmarked police vehicle. During the encounter, the mental health screener takes the lead.

This focused approach both supports the individual facing a mental health crisis, and protects the responding officers. The intention is to get the person in crisis the proper help they need as quickly as possible, while also preventing escalation and facilitating any necessary de-escalation.

The ARRIVE Together team also follows-up on these specific calls to ensure that the individual is doing well and does not need additional mental health support.

“Heart is a core value of the program, as this

program humanely gets to the heart of many of the difficulties of responding to calls involving a mental health crisis for both law enforcement and those in crisis” said Union County Prosecutor William A. Daniel.

“This partnership approach enables a quicker response time to get the individual the help they need, rather than having to wait for the later arrival of a mental health screener,” Director of the Pre-Indictment Division Tiffany Wilson, who is also the UCPO Liaison for the ARRIVE Together Program, states. “It also helps to avoid having this person come in contact with the criminal justice system.”

The Prosecutor said that, since its inception, it is extremely promising that there have been no injuries or escalations associated with any Union County ARRIVE Together calls, specifically because nationally, half of the “Use of Force” reports arise from police responding to these types of calls.

Elizabeth and Linden Police Departments were quick to pilot the program in June of 2022, following its creation and the Office of the Attorney General's pilot launch in November 2021 in Cumberland County involving a partnership between the Cumberland County Prosecutor's Office and the New Jersey State Police, who provide local police services in that part of the state.

Elizabeth Police Chief Sacca is optimistic about the benefits of the ARRIVE Together

program. “Since the inception of ARRIVE together program in Elizabeth, in addition to the lack of force and injuries, the department has had great successes in aiding those experiencing homelessness. This success is not only a benefit for the individuals impacted, but a benefit for the relationship between the police department and the community as a whole.”

The Roselle Park Police Department launched this program in December of 2022, followed by the current launch by the police departments in Clark, Cranford, Plainfield, Scotch Plains, and Westfield, along with the Union County Police Department and the Union County Sheriff's Office.

“Union County has led the way for the past two decades in sensitizing our law enforcement officers to the struggles of individuals dealing with the wide spectrum of mental illness,” Prosecutor Daniel said. “We continue to offer law enforcement sensitivity training, including our intensive Crisis Intervention Team Training (CIT) and Autism Spectrum Awareness training, and de-escalation training, such as Integrated Communications, Assessment, and Tactics (ICAT),” he said.

“We are committed to partnering with the County community to tackle these tough issues, and to engage in honest dialogue with our citizens, with our eye on equality and social justice for all,” he added.

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## GARDEN OF THE MONTH CONTEST

*Scotch Plains Garden club*

Do you love your neighbor's garden? If so, please let us know!

We are pleased to share that this year's spring blossoms are the kickoff to the 'Garden of the Month' contest for all Scotch Plains and Fanwood homes.

The contest will run from May through October and is sponsored by the Scotch Plains Garden Club. We are looking for standout landscape gardens that feature flowers, trees and any other foliage or hard scape that enhances the beauty of the home, neighborhood and our town.

Winners will be presented with an award display for their lawn and acknowledged through our town communication platforms. Names and addresses will only be shared if approved by the homeowner.

All gardens that can be viewed from the street are eligible. For safety and privacy, fence entry to see the garden will not be permitted. Professionally landscaped gardens are also ineligible.

The Garden Club will have 2 roaming assessors looking for pretty gardens. We welcome nominations too. Nominations can be sent to [scotchplainsgc@gmail.com](mailto:scotchplainsgc@gmail.com).

Any questions about the program can be directed to Sarah Seeney or Michele Gardella through the Scotch Plains Garden club website: [scotchplainsgardenclub.com](http://scotchplainsgardenclub.com).

## FANWOOD RECREATION JUNE EVENTS

### TRAINING WHEEL TOSS

Haven't been able to teach your child how to ride a two-wheel bicycle yet? Then come to the Training Wheel Toss and let the Fanwood Recreation Commission have a try!

Fanwood Recreation will be hosting this event on Sunday, June 4th, 11 a.m. – 1:30 p.m. at the VoTech parking lot, 1776 Raritan Road, Scotch Plains.

The Training Wheel Toss is FREE for Fanwood and Scotch Plains residents, but you must register in advance in order to participate. Space is limited! Unregistered walk-ups will not be instructed.

For more information and to register, please go to [fanwoodrecreation.org](http://fanwoodrecreation.org).

### FANWOOD RECREATION ANNOUNCES SUMMER PARTY IN THE PARK, FREE SUMMER MOVIE SERIES

Fanwood kicks off its summer season with its annual Party in the Park on Tuesday, June 27th, 6–8:30 p.m. in La Grande Park! Join us for food, music, rides, contests and more! Immediately following the party will be the screening of the first film in Fanwood's free 8-week summer movie series on La Grande Park's baseball field. The movie selections are still being worked out at the time of this writing, but be assured that the first in the series will be a family-friendly, fun-filled favorite, as will all those that follow! Please check [fanwoodrecreation.org](http://fanwoodrecreation.org) for more details about the Party in the Park and the movie series.

### REGISTRATION IS OPEN FOR FANWOOD RECREATION SUMMER PROGRAMS

Registration is still open for these Fanwood Recreation summer programs for children:

- Summer Park Program
- TGA Premier Junior Golf Camp
- Junior Tennis Lessons
- Skateboarding Camp
- Mad Robotics
- Eureka! The Inventor's Camp
- Crazy Chem Works
- Squirts Multi Sports Camp
- Multi Sports Camp
- Parent & Me Multi Sports Squirts
- Golf Camp
- T-Ball, Soccer Squirts
- Parent & Me Soccer Squirts
- Basketball Camp
- Babysitting Certification
- Junior First Responders
- Hip Hop Experience Summer Dance Camp
- Fashion Design
- SAT Boot Camp
- Musical Theater Camp
- Summer Art Workshop
- Youth Cross Country/Track & Field Camp.
- Registration is also open for Pickleball Lessons for Adults.

For more information about these programs and to register, please go to [fanwoodrecreation.org](http://fanwoodrecreation.org).



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- 1 1/2-3 Riverbed.....\$98
- 3/8 Red Stone .....\$80
- 3/4 Red Stone .....\$80
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- 1 1/2-3 Goose Egg.....\$125
- 3/4 Arctic White.....\$135

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## ATTENTION PARENTS OF KIDS AGES 6-18

# 31 IDEAS TO HELP KIDS EAT BETTER, RUN FASTER, GET STRONGER AND BECOME THE BEST VERSION OF THEMSELVES

*Cut This Page Out and Put on Your Refrigerator* →



### **Eat Better**

- Drink AT LEAST 4 Water bottles
- Have a fruit or veggie with each meal
- Have nuts instead of chips as a snack
- Have a source of protein in each meal
- Take a multivitamin
- Limit sweets to only one serving

### **Get stronger**

- Perform 50 bodyweight squats
- Perform 50 pushups
- Perform a plank for 60 seconds 3 times
- Perform 25 vertical jumps
- Get at least 8 hours of sleep a night

### **Be Happier**

- Get at least 30 minutes of exercise
- Do a morning routine that you enjoy
- Write 5 things that you are grateful for
- Adopt a Growth Mindset
- Listen to music whenever you can

### **Run Faster**

- Do 10 hill sprints
- Perform 15 Broad Jumps
- Sprint for 50 yards
- Perform single leg jumps
- Perform High Knee Marches

### **Build Confidence**

- Do something outside of your comfort zone
- Read a book
- Practice or spend time on your hobbies
- Learn a new skill
- Work towards a new Goal

### **Be More Active**

- Walk during TV show commercials
- Schedule exercise time
- Whenever you see a commercial for a car company, perform 10 squats
- Find a buddy, and exercise with them
- Try a new method of exercise every week (i.e. biking, running, lifting weights, etc.)

**Do You Want  
GRIT ATHLETE PERFORMANCE  
to Help You with all of this?**

**Registration for  
Our Summer Program Is Now Open  
But Only 9 Spaces Remain**

***Early Bird Registration  
Expires June 19***



Scan QR Code for cost, timeslots, and dates.



# Attention Parents of Kids Ages 6-18 **UPDATE: THE GRIT ATHLETE SUMMER PROGRAM HAS ONLY 9 SPACES REMAINING**

**We'll have your kids stronger, faster,  
and more confident...guaranteed.**

## **Here's what parents can expect to happen:**

- **They will get stronger** which means when they show up to their sport they'll be able to perform better than ever.
- **They will run faster and jump higher** so they can show up to their next season and people will start asking what the heck have they been doing.
- They'll become **more coordinated and improve agility** which means they'll pick up new skills their coaches teach them faster.
- **Your children will start to eat better** because we'll be educating them daily on what's good and what they should avoid ...don't be surprised if they start asking you to buy more vegetables.
- **Confidence will skyrocket.** When kids get stronger, faster and more fit...their confidence will rise...so will their self-esteem which means their performance in every aspect of life will get better.
- **Their mindset will improve.** We're going equip your child with very specific mindset skills that'll help them learn how to transform how they think about mistakes and failures.

## **HAPPY PARENTS TALKING ABOUT THE PHYSICAL AND MENTAL TRANSFORMATION OF THEIR KIDS...**

- “When my son started Grit he was quiet, shy, and had some difficulty with movements...Now he is confident in himself, has become more vocal, and is mastering the exercise he struggled with in the past.”  
*- Jen O'Brien, Grit Athlete Parent*
- “My son is more disciplined and confident in himself”  
*- Steve Hughes, Grit Athlete Parent*
- “I have watched my children become more confident and vocal.”  
*- Christine Stramandinoli, Grit Athlete Parent*
- “His confidence has shot up in the last few months...and has carried forward to the way he approaches other activities like sports and schoolwork. My son is now making his bed daily and exercising every day.”  
*- Catherine Solfaro, Grit Athlete Parent*

## **GET MORE INFORMATION (STARTS JUNE 19TH)**

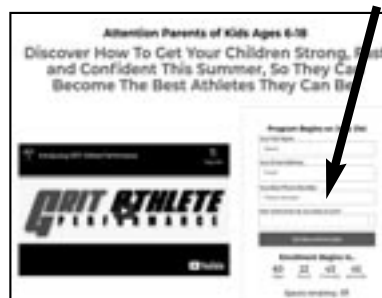
### **STEP 1**

Scan This QR Code



### **STEP 2**

Enter Your Info When You Get To This Page



### **STEP 3**

Coach Mike will call you and set you up



**Warning: The summer session is the most popular session of the year and always sells out before it starts. We strongly encourage you to scan the QR code today and enter your information to make sure your child doesn't get locked out of the summer session.**

## HAPPY 101ST BIRTHDAY JAYLYNN MORRISON



(above) Jaylynn Morrison

Courtesy photo

Jaylynn Morrison recently celebrated his 101st birthday surrounded by friends at SAGE Eldercare. Born in 1922, Jaylynn grew up listening to his parents' wise words and following their advice. He believed that being a good person and taking care of oneself were the keys to a long and happy life. He spent his childhood listening to jazz music and watching monster movies. He was always fascinated by the world around him and loved to learn new things.

Jaylynn graduated from Morningside High School. He earned his Bachelor of Science Degree from Johnson C. Smith University. During his time at JCSU, he played on the basketball and tennis teams. He earned the nickname "Speedy" because of his calm and slow-moving demeanor. He quickly became one of the team's stars.

After graduation, Morrison moved to Newark, and married the love of his life, Louise. Both were public school teachers in Newark. Jaylynn taught math and science and became a beloved teacher among his students. He made complex concepts easy to understand. And his willingness to go the extra mile to help his students succeed. After their careers as teachers, they retired and traveled the world, went on several cruises and enjoyed going to sporting events, playing tennis and gardening. They shared a life together for

over 65 years.

A man of many passions, Jaylynn had a gift for sports and loved to coach basketball and teach tennis to children. He believed that sports could teach valuable life lessons, and he was always eager to pass on his knowledge to the next generation. Despite his busy schedule, Jaylynn always was available for his favorite foods. He loves nothing more than a plate of sweet, juicy corn on the cob. Ice cream, his favorite dessert, usually concludes his meals.

### ABOUT SAGE ELDERCARE

SAGE Eldercare is one of only a few providers in the nation — and the only one in New Jersey — to provide a full range of eldercare services under one roof. For 69 years, SAGE's mission has been to help older adults remain living in their own homes. Whether it is assisting with a Home Health Aide, helping with food insecurity, or offering a stimulating adult day medical program, SAGE can help. Their team provides referrals, free and confidential Medicare counseling, and educational programming to keep the community informed of best practices. Their Restoration Workshop has a reputation for its fine reweaving of caned and rushed chairs and furniture repair. Proceeds benefit care programming. Learn more at [sageeldercare.org](http://sageeldercare.org). Follow them at [@SAGEeldercare](https://www.instagram.com/SAGEeldercare).

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For more details.



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### CHATHAM

Saturdays - 8 am to 1 pm

### EAST ORANGE

Starting in 2023

### HIGHLAND PARK

Fridays - 11 am to 5:30 pm

### KEARNY

Thursdays - Noon to 6 pm

### KENILWORTH

Tuesdays - 10:30 am to 6:30 pm

### MADISON

Thursdays - 1 pm to 6 pm

### MAPLEWOOD

Mondays - 2 pm to 7 pm

### METUCHEN

Saturdays - 9 am to 2 pm

### MONTGOMERY

Saturdays - 9 am to 1 pm

### MORRISTOWN

Sundays - 8:30 am to 2 pm

### RIVERDALE

Tuesdays - 2:30 pm to 7 pm

### ROSELLE PARK

Wednesdays - 1 pm to 6 pm

### SOUTH ORANGE

Wednesdays - 2 pm to 7 pm

### SPRINGFIELD

Mondays - 11 am to 6 pm



The New Jersey Council of Farmers and Communities (NJFCF) is a non-profit organization dedicated to developing and growing the network of community farmers' markets and farmers throughout northern and central New Jersey.

## KNIGHTS HONOR FIRST RESPONDERS

Submitted by Tom Kranz

Police, fire and EMS responders were honored on April 19, 2023, by the Knights of Columbus, Father Nelligan Council #5730, at the annual Shield Awards presentation at the Italian-American Club in Scotch Plains. The Knights present these awards based on recommendations by the chiefs and captains of the various agencies of members who perform extraordinary service to their organizations and the citizens of their towns.

Fanwood's honorees were Rescue Squad EMT Nam-June Joe, Fire Department 50-year member Russ Hamill and Police Sergeant Dan Piccola. EMT Joe is the squad's treasurer and a frequent responder. Firefighter Hamill has held various

positions during his decades of service including chief. Sgt. Piccola is involved in many community policing initiatives.

Scotch Plains' honorees were:

- Police Dept: Detective Sergeant Stanley Pearson
- Fire Dept: Fire Chief John Lestarchik, Deputy Chief Skip Paal, Battalion Chief Dennis Hercel, Captain Brendon Canavan
- Rescue Squad: Sara Paoella

Fanwood Borough Council President Jeff Banks and Councilwoman Gina Berry were on hand along with Police Director Mike Bramhall, Fire Chief John Piccola, Rescue Squad president Karolyn Buckridee and members of all agencies and their families.



(above) Group photo of all honorees

Photo by Karolyn Buckridee



(above) Fanwood Rescue Squad group with honoree Nam-June Joe holding certificate



(above) Sgt. Piccola, Council members Jeff Banks and Gina Berry and Police Director Mike Bramhall

Photo by Jeff Banks



(above) Firefighter Russ Hamill receiving certificate from Chief John Piccola

Photo by Fanwood Fire Dept.

# 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.

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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.  
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- Patricia G.

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- Perry O.

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

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# LIBRARY JUNE 2023 ADULT PROGRAMS

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Monday, Wednesday, Thursday:  
9:30 AM - 9 PM;

Tuesday, Friday, Saturday:  
9:30 AM - 5 PM;

Sunday: Closed

Tuesday, June 6 – Library Closed;  
open for Primary Election

Monday, June 19 - Library Closed

This year's Summer Reading theme is All Together Now. Visit our website for details: scotlib.org

#### Balance Awareness with Yasmin Ofek

Fridays at 10am

a gentle but effective approach to moving confidently throughout the lifespan.

Registration is required for this virtual class.

#### Hypertension Clinic

Friday, June 2, 10am to Noon

inside the Library with a public health nurse from Union County.

#### Bring Your Own Book

Monday, June 5, 10am

an informal discussion of what participants have recently read and enjoyed. We'll meet at the Library, outside if weather permits.

Registration is required.

#### Monday Movies

Mondays at Noon

We'll show Monday Movies in our downstairs meeting room.

#### Learn ChatGPT

Monday, June 5, 7pm

Learn how ChatGPT works and what role it might play in our lives with Dr. Jim Brown of Rutgers University. Registration is required for this virtual program.

#### Guided Meditation

Thursday, June 8, 7pm

a virtual program with Barbara Brown.

Registration is required.

#### Evening Book Club

Thursday, June 15, 7pm

will meet outside the Library (weather permitting) to discuss The Measure by Nikki Erlick. If the weather is bad, the discussion will take place on Zoom.

#### Afternoon Book Club

Tuesday, June 20, 1pm

will meet inside the Library to discuss Above the Bay of Angels by Rhys Bowen.

#### Senior Book Chat

Wednesday, June 21, 2pm

an informal book discussion at Brookside Park. Please register in advance.

#### Drop In Crafting

Tuesday, June 27, 1-2:30pm

Bring your current work-in-progress to the Library to work alongside other crafters.

#### Virtual Trivia Night

Wednesday, June 28, 7pm

celebrating our summer reading theme of All Together Now. Registration is required.

# BRIGHTWOOD PARK DAY SHINES LIGHT ON A HIDDEN GEM

Submitted by Denise Fontana Ricci, Director Friends of Brightwood Park

There was a celebration of Brightwood Park with people of all ages enjoying nature on a sunny Saturday, May 6. Friends of Brightwood Park in collaboration with the Westfield Recreation Department and Green Team welcomed hundreds to the nature preserve for a day of activities.

FOBP Director, Jim Lewis, conceived of the day to showcase all that the park offers to people of all ages and varied interests.

For birders, 113 different species visit or call Brightwood home over the course of a year. On an early morning walk, birders were thrilled to learn that a great horned owl has settled into a tree cavity for the summer. Nature photographers were treated to an extended session with two of FOBP's photographers who shared their favorite spots and subjects. In a guided meditative walk, "forest bathers" found their zen in the sounds, scents, and sights of the woods.

A history walk highlighted stories of families from the "Big Woods" neighborhood that existed at the turn of the 20th century. Ecology minded visitors learned about native and non-native plant species in guided tours. Young children listened to stories about very hungry caterpillars and other such pollinators while sitting under the tree canopy.

In a special, one-day only event, families went on a quest to find fairies in the park. Children sought out the 23 houses and hangouts that appeared in the park like magic overnight, as they walked the pond loop trail. Some fairy favorites included a café, ski resort, school and playground, lake-view houses with gardens and "smoke" coming from one house's chimney.

The day also included opportunities to learn about environmental issues such as recycling and

clean water initiatives. The Green Team shared information on the pollinator pathway project and was on hand to distribute native plants purchased by local residents from the Great Swamp Watershed Association. Memorial Library handed out seeds to highlight its new native seed project. The Westfield Tree Commission gave out free trees. Edison School Girl Scouts promoted pollinator gardening. Scotch Plains/Fanwood High School Ecology Club members discussed bat houses in the park and how to make traps for

lanternflies.

Friends of Brightwood Park thanks the town administration for its support of this day of celebration. Plans for the 2nd annual Brightwood Day for May 2024 are already underway. FOBP welcomes all who would like to help.

Brightwood Park is a 44-acre nature preserve located on Madison Ave., on the north side of Westfield, NJ, featuring 1.6 miles of trails through forest and around a pond loop. The park also offers birding opportunities and picnic areas.



Photos from this and other events can be found online at [rennamedia.com](http://rennamedia.com) and on the Scotch Plains Monthly page on [facebook.com](https://www.facebook.com). Feel free to "Like," "Tag," and "Share."



(above) Scotch Plains/Fanwood High School Ecology Club members discussed bat houses in the park and how to make traps for lanternflies.

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# THE WARREN LIONS CLUB EXPO IS BACK! - JUNE 14-17, 2023

The Warren Lions EXPO 2023, will be held at the Warren Township municipal field (46 Mountain Boulevard), a classic carnival of family fun over four days, 6-10pm between 14 and 17 June, 2023. There will be amusement rides, games of chance, fireworks, food vendors and an exposition of local businesses. This will be the 55th Annual EXPO, the flagship event of the Warren Lions Club.

Our Event sponsor is NextHome Premier. The Corporate sponsors are Lightbridge Academy, The Orchard Academy and Temple Har Shalom. We will also have a spectacular Fireworks, which concludes the EXPO on Saturday, 10pm.

The Lions EXPO attracts approximately 10,000 people over the four days and has become the premier family fun event in Warren Township and the surrounding communities.

The EXPO will have a pay-one-price wristband every night this year. We will be holding a Giant 50/50 cash raffle with the drawing on Saturday June 17th, resulting in a multi-thousand-dollar payout to a single winner. The winner need not be present. Tickets will be available for purchase throughout the Expo dates for \$5 each.

“Hosting the EXPO has been a tradition for us, it’s our resolve to spread the smiles on people’s faces, especially after the difficult couple of years we all have endured” said Mark Ramos, the 2023 EXPO chairperson of the Warren Township Lions Club.

## LOCAL BUSINESS EXPOSITION

The EXPO is an excellent platform for local businesses to showcase their services and connect directly with customers through the purchase of a \$500 Exclusive Game sponsor sign or a \$150 non-exclusive ride sponsor sign displayed at the Expo for the 4-day duration.

“Interacting with potential customers at a high profile community event can greatly boost a company’s image and customer base,” noted Anthony Franchini, the Warren Lions Club Treasurer. “Community members deeply appreciate those businesses that demonstrate their local support through events like this.”

We are still accepting a very limited number of applications for tent vendors to sell or promote their business to the thousands of people in attendance at the LIONS EXPO. For information on becoming a tent vendor at the 2023 Lions EXPO, please contact Anthony Franchini at 908-334-9304.

All proceed from the Lions EXPO are donated back to community organizations and sight and hearing foundations throughout New Jersey.

## ABOUT THE LIONS CLUB OF WARREN TOWNSHIP

When caring people join together, roll up their sleeves and take action to make their community better, it’s a beautiful thing—and an incredible feeling for everyone involved. That’s Lions. Being a Lion is about leading by example, building relationships and improving the world through kindness. The service of Lions reaches around the planet. Serving in over 200 countries and geographic areas, our 48,000 clubs and 1.4 million members are helping others and making communities better.

The Warren Lions Club currently has more than 100 active members from Warren Township and surrounding communities. Members include business and professional leaders who provide humanitarian service, encourage high ethical standards in all vocations, and help build goodwill and bonding in the communities. All funds raised by the Lions Club of Warren Township are used to support a wide variety of community service organizations and projects. The Club holds dinner meetings every second and fourth Wednesday of the month from September through June and occasionally feature speakers, donation recipients and special guests that inform and entertain. The Club encourages all members to help set the direction of our Club, participate in leadership roles, and identify causes to support and the Club’s priorities, while fostering camaraderie and advancing our mission.

## OUR MISSION AND MOTTO

To empower volunteers to serve their communities, meet humanitarian needs, encourage peace, and promote international understanding through Lions clubs. Our motto:

“WE SERVE.” Our Vision: To be the global leader in community and humanitarian service.

Please visit our Warren Lions Club website [www.warrenlionsclub.org](http://www.warrenlionsclub.org) and our social media page [www.facebook.com/warrenlionsclub.org](http://www.facebook.com/warrenlionsclub.org).

Welcome to the  
**Warren Lions Club**  
Warren, NJ

**55th** Annual  
**EXPO CARNIVAL**

WED. June 14th to Sat. June 17th  
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Lions EXPO is the major fundraiser of the Warren Township Lions Club and enables the club to donate to local charities, organizations and events.

[www.warrenlionsclub.org](http://www.warrenlionsclub.org)  
For more information & sponsor opportunities, contact EXPO Chairperson Mark Ramos 908-334-7795

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# NEW JERSEY VETERANS NETWORK MEMORIAL DAY MESSAGE

*Michael D. Boll, Director, NJVN*

A few years ago, I was approached by a veteran who is a friend of mine who expressed how extremely depressed he was and that he wanted to take his own life. Initially, I was completely shocked because this guy seemed to be upbeat and happy all the time. Immediately, I asked him to come with me to a private office so we could talk about his awful situation. This was the first time in my life that I had a friend talk to me about suicide, and I knew I had to really do my best to help him get through this horrible ordeal. We spoke for a few hours and I listened closely to everything he said. I was able to convince him to immediately get some help and we went to the hospital. I stayed with him at the hospital and met with him when he was released. I did everything to show my friend that I had his back, and because of this he is alive today. This awful situation inspired me to do whatever I possibly can to help others in need, and shortly after the New Jersey Veteran's Network created our mobile outreach program.

In today's day and age, most of you have known a veteran or first responder who has taken their own life. We lose nearly 22 veterans and approximately 300 first responders every year to suicide. Even with all the awareness and new anti-suicide programs available, this number has not changed, and in some cases has increased.

The VA hospitals with PTSD and mental health programs are packed with patients and unfortunately, the numbers continue to increase. More of our first responders are also seeking help and are utilizing some of the state programs being offered. So many people want to help and put an end to this crisis, but sadly there isn't a foolproof program available that will stop this ever-growing crisis from destroying our uniformed heroes and their family's lives.

For the last two years, our team has been working tirelessly with other charities to come up with a better solution to help prevent this

epidemic from continuing. Personally, we believe our Mobile Outreach Team is really making a difference and everyday it helps our uniformed heroes live a better way of life.

The first thing we learned as a team is that we must lose our ego and seek out other groups and organizations that are looking to save lives. Then we find the right volunteers who are committed and dedicated to being a men-tor to a person in crisis. Volunteers are extremely valuable because they want to be there, and they usually care more than the people who get paid for their services.

To date, we have been able to change and save countless lives because of the incredible commitment from the volunteers and other supporting groups. In the next few months we are excited to be launching the "Uniformed Heroes Project," which is a statewide peer support/mentorship program for veterans, first responders, and active duty military. This project is a collaboration between the NJ VFW, NJ American Legion, NJ FMBA, PFANJ,

NJSPBA, NJ FOP, NJ MAVA, NJ legislators, other military/first responder organizations. The Uniformed Heroes Project will provide peer support training throughout the state for volunteers and host numerous recreational therapy events for our heroes in need.

## 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. Help us save Vets! We are always looking for volunteers, with various skills, to join the team.

If you are a veteran or family member that's in need of assistance; or are interested in volunteering, would like us to speak at your event, or contribute to our mission, call 973-332-1556 or email njvn1775@gmail.com To learn more about the team please check out our website njvn.org ( accomplishments). Help us save Vets!



(above) New Jersey Veterans Network veterans and volunteers at a recent Memorial Day Parade.

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# MARANO & SONS AUTO SALES NAMED FAMILY BUSINESS OF THE YEAR

Marano & Sons Auto Sales, located in Garwood, NJ, was awarded the Greater Westfield Chamber of Commerce (GWACC) 'Family Business of the Year Award' during its 75th Anniversary Award Gala held on April 30th. The event brought together business leaders, community members, and elected officials to honor the achievements of the Chamber and its members. In all, 180 were there to enjoy the evening.

*Written by Ralph Marano Sr:*

In 1952, at the age of 5, I moved from Newark to Garwood with my parents. I grew up in Garwood, went to school here and high school in Clark. ALJ is where I started my career when I took auto shop. That's when they offered work programs and options to students who did not want to pursue a college education. In May 22,

1965, I won the Plymouth Trouble Shooting Contest in the State of New Jersey. In 1965 I worked for a VW Agency through a Work Study Program. Upon graduation in 1965 I got a job as a mechanic for Sears Roebuck Automotive Center for \$2 an hour when minimum wage was \$1.35 an hour. I worked my way up to store manager while also working nights and weekends with my father selling cars at a small car lot in Sewaren, NJ.

I have always had a passion for cars. I had my first car at 12 years old. It was a 1947 Ford.

In 1968 I married my high school sweetheart (Adeline) and we had 2 sons (Jim & Ralph Jr). Today we all work together in our family business Marano & Sons Auto Sales, Inc., which we opened in 1976 at 507 South Avenue, Garwood, NJ on a part time basis. After being

seriously injured in an automobile accident in 1978 I was forced to give up my job as manager at Sears and pursue my career in car sales full time in 1981.

I worked along with my wife and a longtime employee, Mike Tango, who started with me at the age of 16 and has become a part of the Marano Family and still works for us today at the age of 56. When our boys were old enough to clean cars, they joined in to help make this business a family success. By 1996 both sons had graduated college and decided to make the family business their choice of career. More space was needed for everyone to explore what he did best. This was the beginning of an additional location at 150 South Ave, Garwood, NJ. Although both sons can handle every aspect of the family business, each son has his own special interests and preferences. Both Jim and Ralph Jr share my enthusiasm for cars and now our grandson Nicholas has become a part of Marano & Sons.

You can find Ralph Jr along with Mike Tango at our original 507 South Avenue location specializing in trucks and SUV's while Jim along with Ralph Sr and Nicholas are at 150 South Ave which specializes predominantly in cars. My wife Adeline runs the office along with long time employee Ryane Brennan and in between classes or vacation breaks our granddaughter Madison helps out.

Both boys have gifted us with 6 beautiful grandchildren, Nicholas, Victoria, Samantha, Madison, Courtney, and Cole. It is not unusual to see any one of them in the office at any time. All four girls are currently in college pursuing specific careers and Cole has just started high school and hopefully he will join all the Marano men in the future.

We never dreamed starting out in 1976 on a small lot with 4 cars in a .7-square mile town we would grow to be such a success and be such an asset to the community. We are proud of what we can do for the community. Marano & Sons has been honored with the Accomplished Professional Community Contributor Award and the Education Foundation People Make a Difference Award and now this honor. We also give 2 scholarships to students graduating from ALJ High School and are not going to college but are pursuing a trade.

It gives us great pleasure as a family to give back to the community and hope our family is able to preserve our legacy for years to come.

GWACC (Greater Westfield Area Chamber of Commerce)

For over 75 years, the GWACC has been connecting commerce and community. The GWACC promotes the economic prosperity of businesses primarily in Clark, Fanwood, Garwood, Mountainside, Scotch Plains and Westfield. It is the largest association of businesses and nonprofits in our area. Members include business owners, professionals, managers and operators. Membership cultivates the opportunity to build relationships, partner, make referrals, increase business, attend networking sessions that support the community. For more information visit gwaccnj.com.



(above) The Marano family with the Garwood Mayor Jen Blumenstock.

Courtesy photo



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## 5K CELEBRATION OF LIFE - JUNE 11



### NJ Sharing Network

NJ Sharing Network's 5K Celebration of Life Walk and USATF Certified Race will be held on Sunday, June 11, at NJ Sharing Network, 691 Central Avenue, New Providence, NJ. The event, which is presented by RWJBarnabas Health and Hackensack Meridian Health, is one of the Garden State's largest and most-recognized charitable events. It brings together thousands of transplant recipients, donor families, living donors and dedicated volunteers and advocates. Funds raised by event participants, teams, sponsors, and contributors will support the

Sharing Network Foundation.

To sign up to participate in the 5K Celebration of Life or make a contribution to a team, visit [SharingNetworkFoundation.org/5K](http://SharingNetworkFoundation.org/5K).

According to United Network for Organ Sharing (UNOS), there are over 100,000 Americans – nearly 4,000 of whom live in New Jersey – waiting for a life-saving transplant. One organ and tissue donor can save eight lives and enhance the lives of over 75 others. To learn more, get involved, and join the National Donate Life Registry as an organ and tissue donor, visit [NJSharingNetwork.org](http://NJSharingNetwork.org).



(above) NJ Sharing Network's 5K Celebration of Life Will Unite Thousands of Organ and Tissue Donation Supporters in New Providence on June 11. To sign up to participate in the 5K Celebration of Life or make a contribution to a team, visit [SharingNetworkFoundation.org/5K](http://SharingNetworkFoundation.org/5K).

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# FARMERS' MARKET OPENING DAY 2023 PHOTO ALBUM

Photos from this and other events can be found online at [rennamedia.com](http://rennamedia.com) and on Scotch Plains Monthly page on [facebook.com](http://facebook.com) Feel free to "Like," "Tag," "Comment", and "Share."



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Photos from this and other events can be found online at [rennamedia.com](http://rennamedia.com) and on Scotch Plains Monthly page on [facebook.com](http://facebook.com) Feel free to "Like," "Tag," "Comment", and "Share."



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# 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.

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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.

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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.

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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.

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

### NEWSPAPER AD RATES

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

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## FANWOOD RESIDENT TO WALK FOR SUICIDE PREVENTION

The American Foundation for Suicide Prevention (AFSP), the nation's largest suicide prevention organization, is thrilled to announce that its flagship fundraising event, the 28th Out of the Darkness Overnight Walk will take place on June 3, 2023, in Washington, D.C.

Suicide is a leading cause of death, but it is preventable. The Overnight is the largest annual fundraising event held by AFSP and a powerful opportunity for suicide prevention advocates to raise both funds and awareness to change the conversation about mental health and suicide, save lives, connect with a community that understands and bring hope to those affected by suicide.

Walkers come together from across the country for The Overnight and there is also an option to participate virtually. Each Walker raises a minimum of \$1,000 to participate, and students and military families raise \$700.

Proceeds fund the creation of evidence-informed programs, advocacy efforts and ground-breaking research. AFSP is the largest private funder of suicide prevention in the country. Last year's event raised 3 million dollars and brought over 1,500 people together with the shared goal to #StopSuicide.

Fanwood resident, Karen R., will be joining in the walk and is asking for help in her fundraising goal. If you would like to donate, you can make an online donation at her fundraising page: [theovernight.org/participant/43699](http://theovernight.org/participant/43699)

The American Foundation for Suicide Prevention is dedicated to saving lives and bringing hope to those affected by suicide, including those who have experienced a loss. AFSP creates a culture that's smart about mental health through public education and community programs, develops suicide prevention through

research and advocacy, and provides support for those affected by suicide. Led by CEO Robert Gebbia and headquartered in New York, with a public policy office in Washington, DC, AFSP has local chapters in all 50 states including Puerto Rico, with programs and events nationwide. Learn more about AFSP in its latest Annual Report, and join the conversation on suicide prevention by following AFSP on Facebook, Twitter, Instagram, and YouTube.

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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**  
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