

CRANFORD MONTHLY NJ

Published by Renna Media. On-line at RennaMedia.com Issue 117 • August 2023



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POLICE DEPARTMENT ANNUAL AWARDS CEREMONY

Cranford Police Department

On Thursday, May 18th 2023 during Police Week, Chief Ryan Greco hosted the 2023 Cranford Police Department Awards Ceremony to recognize the officers' actions that went above and beyond the call of duty. In attendance for the ceremony was Mayor Brian Andrews, Deputy Mayor Jason Gareis, Commissioner Kathleen Miller Prunty, Interim Administrator Lavona Patterson, Township Clerk Patricia Donahue, Superintendent of Schools Dr. Scott Rubin and members of the Cranford Public Schools and Board of Education. Here are some of the highlights:

Officer Michael Gamba and Detective Robert Jordan were presented departmental citations, and C/O Sandanna Jones and C/O Michael Davis were given letters of commendation for their efforts in the apprehension of a motor vehicle thief in January of 2023.



- Officer Michael Gamba was presented the Chief's Medal and Officer Nicholas Cook and Sgt. Steven D'Ambola were presented departmental citations for disarming and apprehending a suspect who had a loaded "ghost gun" during a domestic disturbance in May of 2022.
- Sgt. Timothy O'Brien, Off. Christian Pasternak, Off. Christopher Folinusz, and Off. Antonio Bellomo were presented departmental citations for their efforts in extricating a individual trapped in a crashed motor vehicle on the parkway in June of 2022.
- Off. Thomas Bell, Off. John Colineri and Off. James Wilson III were presented lifesaving awards for performing CPR with defibrillation and reviving a 63-year old on the Garden State Parkway in December of 2022.
- Off. Robert Chamra and Off. James Wilson III were presented departmental citations for apprehending two individuals in possession of a stolen, loaded firearm in August of 2022.
- Off. Christopher Gross and Off. Rameil King were presented lifesaving awards for performing CPR with defibrillation and reviving a Cranford resident in February of 2023.
- Off. Antonio Bellomo was presented a departmental citation for apprehending an multiple individuals in possession of a loaded firearm in September of 2022.
- Off. Ryan Drew was presented a departmental citation for apprehending two individuals in possession of a loaded firearm after a violent struggle in September of 2022.
- Off. Nicholas Cook and Off. Jason Ingram were presented lifesaving awards for their efforts in successfully applying a tourniquet to an individual with a serious knife wound in March of 2023.
- Off. Michael Gamba and Off. Christopher Gross were presented departmental citations for apprehending an intoxicated driver with a loaded firearm in April of 2023.
- Off. Travis Freeman was presented a departmental citation for apprehending three individuals wanted for committing an armed robbery in Roselle, NJ in April of 2023.
- D/Lt. Spencer Durkin and Det. Jason D'Agostino were presented departmental citations and recognized by the United States Department of Justice for their efforts in apprehending four men responsible for interstate catalytic converter thefts.

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CPD OFFICERS WIN STATEWIDE VALOR AWARD

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202 Walnut Ave., Cranford, NJ 07016

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Cranford Township

The New Jersey State Association of Chiefs of Police (NJSACOP) announced that three Cranford police officers have won the 2023 Valor Award, which recognizes New Jersey police officers each year who demonstrate exceptional heroism in protecting and serving the public.

The award this year included 11 nominees, as police chiefs from across the state submitted police reports that highlighted superb policing. The winners are a trio of Cranford police officers – Officer Michael Gamba, Officer Nicholas Cook and Sgt. Steven D’Ambola – who responded to a domestic violence call last spring at a senior housing residence.

A Union Township man had threatened a woman at the senior housing complex near Meeker Avenue and Heinrich Street. He had pointed a firearm and said he would kill her, himself and anyone who interceded.

By the time police arrived, the suspect fled the scene and police were concerned the armed man might harm someone. Gamba, D’Ambola and Cook began looking for him in the suburban neighborhood.

They encountered the suspect on a nearby Cranford street. As they approached, the suspect reached into his waistband. Gamba saw the grip of his handgun and grabbed it.

Police said the suspect was carrying a “ghost gun” — a firearm made from parts purchased online or 3D printed and assembled at home, rendering them untraceable.

As Gamba wrestled with the suspect, he kept the gun pointed away from his colleagues and bystanders. D’Ambola and Cook jumped to his immediate aid, tackling the suspect.

The suspect was charged with weapons possession, making terroristic threats and aggravated assault with a firearm, but took a plea deal for weapons possession and is now serving a five-year sentence, court records show.

Founded in 1912, the NJSACOP established its Valor Award in 2000 to recognize New Jersey police officers and private citizens who demonstrate exceptional commitment to their profession, their law enforcement agency and to the public they serve. Learn more about the New Jersey State Association of Chiefs of Police at www.NJSACOP.org



(above, l-r) Officer Michael Gamba, Officer Nicholas Cook, Sergeant Steven D’Ambola

Courtesy photo

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THE FUTURE OF REAL ESTATE

GEORGE A. CASTRO IV (21) SELLS RECORD-BREAKING \$4.36 MILLION DOLLAR MANSION

By: Abraham Friedman

CASTRO - When it comes to the world of business, there is no mistaking that attaining success is anything but an effortless feat. Simply charting a clear-cut way to do so necessitates utmost tenacity and discipline, and to then realize such a goal pivots on consistency. This is precisely what can be said in regard to Real Estate, where one's expertise in communication and character must stand at the forefront of every endeavor, making it a demanding profession, regardless of age. Thus, it's nothing short of outstanding when the youngest in the industry work their way up to greatness, and in regard to those who have gone as far as to break records, look no further than George A. Castro IV of Premier Homes who, at just 21 years old, has realized unprecedented triumph in his career through a most recent transaction worth millions, making a name for himself as the true future of real estate.

Having been acclaimed time and again for his unwavering dedication and ingenuity as a businessperson, it is beyond doubt that George Castro has made impactful strides within the Real Estate industry, and the vast recognition brought about by his latest sale of a new residence is no exception. Located at 420 Ludlow Avenue in Spring Lake, New Jersey, the property was built by "AllertonFox Construction", one the biggest commercial construction and development companies in Manhattan, New York, and is but one of many multi-million dollar homes throughout the prestigious neighborhood.



As with all his previous work, George enthusiastically took this unique opportunity presented to him, procuring a contract on the property under 30 days from the original listing date. The residence was initially listed at \$3,995,000, and was ultimately sold for \$4,367,000, a whopping \$372,000 above the original listing price. While this in itself is an exceptional accomplishment, it is made even more significant by George's remarkably young age, recognized as the most ever expensive residential sale by a 21-year-old in the entirety of the United States.

Castro emphasizes the importance of his medium of both marketing and selling, a crucial variable in his mastery of Real Estate. In the case of most Realtors who are selling million-dollar properties, they often focus solely on the market and local areas surrounding a particular residence, which is considered an outdated means to advertise to affluent buyers. Meanwhile, George has been marketing luxurious properties to purchasers not only from New York but several states throughout the country and even overseas. It is exactly this which differentiates him from the majority of agents. "There are many rich and affluent purchasers in Manhattan who live in small apartments but are paying hundreds upon thousands of dollars in rent," he states. With his concentration on efficient and contemporary ways of selling, George has been able to hone into this market and grant a myriad of buyers, whether near or far, the opportunity of purchasing opulent homes in New Jersey.

With his record-breaking achievement, George Castro's eminence in the tri-state area's Real Estate scene is ever-increasing and has been actualized by the aptly named "Wonder Boy" in the short span of only 3 years, at that. First setting foot in the industry at 18, his talent in Real Estate was put to the test by the adverse impact of the COVID-19 pandemic, which brought change to our lifestyles, and hence, the state of the business. George rose to the challenge without hesitation, honing his potential with ceaseless determination to be greater than meets the eye. "If you're looking to think at all, you might as well think big, and in the Real Estate industry, it's important to always look to have the upper hand" he says.

By virtue of his prowess and passion for Real Estate, George Castro has come to establish himself not only as a distinguished professional in an industry marked by competition but as a paragon of his age. Through 2022 and beyond, he has earned numerous commendations as a top agent in the Premier Homes company and the state of New Jersey. More than that, George is the youngest realtor to have received the 2022 Gold New Jersey Realtors Circle of Excellence Sales Award, further underscoring his ascendancy in the industry, all through skill well beyond his years.

In recent times, opportunities for prosperity have been sought out on a progressively larger scale, giving rise to new and innovative talent more so than ever before. However, it is George Castro who has proven that the scope of one's success hinges on the individual mindsets of those who strive for it. As he strongly believes "There are no limits to what you can accomplish, except the limits you place on your own thinking. Usually those who are the most competent and committed, are the ones that rise to the occasion."

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DRIVE FOR AUTISM GOLF EVENT – SEPT 18TH

The Drive for Autism Foundation is pleased to announce that its annual golf event, Drive for Autism XXII will be held at Royce Brook Golf Club in Hillsborough, NJ on September 18, 2023.

The Drive for Autism Golf Outing which has been held since 2002 has raised and distributed over \$851,000 to local school programs. Previous beneficiaries of grants were Morris Union Jointure Commission (New Providence, NJ), Salt Brook School (New Providence, NJ), AW Roberts School (New Providence, NJ), Union County Educational Services Foundation/Crossroads School (Westfield, NJ), Educational Partnership for Instructing Children, Paramus, NJ, Eden II/Genesis Programs (Staten Island, NY), Spectrum360 formally The Children's Institute (Verona, NJ), ECLC (Chatham, NJ) and Seton Foundation for Learning (Staten Island, N.Y).

Grant recipients use money to fund health and fitness programs, social skills programs, educational curriculum and teacher training, a van for community trips and transportation to job training centers, laptop computers, computer touch screens, iPads, video projectors and educational toys and games.

The golf event is the main fundraising

function for the foundation. Single golfers and foursomes are welcome as well as, product donations and corporate sponsorships. To register online please go to birdease.com/DriveforAutismXXII

ABOUT DRIVE FOR AUTISM FOUNDATION:

Based in New Providence, New Jersey, The Drive for Autism Foundation (EIN#20-1760417), is a 501(3)(c) tax exempt public charity that was created in the Spring of 2002 for the sole purpose of raising and distributing funds for educational facilities specializing in students with autism.

DRIVE FOR AUTISM GOLF OUTING 2023

The Drive for Autism XXII is scheduled for Monday Sept 18, 2023 at Royce Brook Golf Club in Hillsborough, New Jersey. The event consists of a morning round of golf followed by a barbeque. Special events include golf contests, raffles and a silent auction of sports memorabilia, game tickets and golf trips.

To register or for additional information please visit www.birdease.com/DriveForAutismXXII, call 908-451-8033 or email driveforautism@comcast.net.

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IMAGINE GRIEF SUPPORT FOR CHILDREN AND YOUNG ADULTS

Volunteers recently completed three full days of training in order to join Imagine's amazing team of volunteer facilitators. During their training, space was provided where they could share their stories of loss with one another and give and receive support as Imagine staff modeled the skills utilized in Imagine's peer support groups. Imagine practices Alan Wolfelt's Companioning Model which encourages us to walk beside someone on their grief journey, so they feel felt and know that their story matters. Those who participated in this training can utilize the same skills and tools modeled by Imagine staff as they create safe spaces for Imagine participants in our peer support groups.

When asked about their experience at the training, one participant shared: "This training gave me skills that I didn't even know I needed. What I gained from taking part in this facilitator training will assist me in every relationship I have. I've already learned how to be a better listener to my children, to my husband, and to my friends. It may be cliché to say, but it's true that this training was life-changing!" Another shared: "I loved the whole thing" and a third shared a belief that the training should be offered in every school. We are so pleased that they found the training valuable and are excited to welcome this wonderful new group of facilitators to Imagine's community of volunteers!

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. Groups are also available for parents

who have lost a child aged 30 or younger. Imagine's Training and Education staff provide grief and loss education and training to the community. For more information, please visit imagineinj.org or contact Imagine at 908-264-3100 or info@imagineinj.org.



(above, l-r) Imagine's June Facilitator Training Class - Back Row: Katie Perlowitz, Bridgewater; Doug Roberts, Basking Ridge; Mouli Patel, Union; Imagine's Program Supervisor, Abigail Preece; Arielle Miller, Springfield; Curtis Moore, Irvington; and Rong Lui, Chatham; L-R Front Row: Imagine's Summer Intern, Emma Heinze; Meghan Cole, Westfield; Lyrica Smolenski, Cranford; Imagine's Family and Community Engagement Manager, Ashley S Allen; and Imagine's Executive Assistant, Najiyyah Bailey.



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JULY 4TH CANOE RACE WINNERS

The Cranford Recreation and Parks Department is pleased to announce the winners of the Canoe Races:

10 – 13 YEARS OLD:

1st Place: Lily McIntyre & Brielle Nachtman

2nd Place: Bennett Nachtman & Lila Griffin

3rd Place: Emma Kaminski & Tommy Kaminski

14 – 20 YEARS OLD:

1st Place: Danny Kennedy & Evan Surmay

2nd Place: Patrick Cadigan & Jeffery Liu

3rd Place: Benny Nachtman &

Brielle Nachtman

21 YEARS AND OLDER:

1st Place: Ron Jones & Gavin Murray

2nd Place: Mike Flynn & Chris Slayton

3rd Place: Kelly Loughney & Kevin McGrath

MOTHER & CHILD:

1st Place: Maryann & Danny Kennedy

2nd Place: Erin & Caitlin Anderson

3rd Place: Anne Marie & Tommy Kaminski

FATHER & CHILD:

1st Place: Chris & Max Slayton

2nd Place: Mike & Caitlin Anderson

3rd Place: Lila & James Griffin

MA & PA:

1st Place: Tony & Karen DiGiovanni

2nd Place: Bill & Maryann Kennedy

3rd Place: Rich & Debra Nicholls

MARATHON 13 – 17 YR. OLD

1st Place: Sam Slayton, Mike Daly &

Morgan Nicholls

2nd Place: Danny Kennedy, Evan Surmay,

Owen Cumiskey

3rd Place: Joe Acinapura, Finn Moran &

Michael Scotti

MARATHON 18 AND OVER

1st Place: Louis Bock, Paul Buonaguro &

Paul Starkey

2nd Place: Ryan McMahon, Chris Drechsel,

Tom Devito

3rd Place: Josh Gerber, Kaitlyn Carroll,

Tom Carroll

LIBRARY CHILDREN'S ROOM EXPANSION

The Township of Cranford recently announced that it has secured matching funds that will allow the Township to proceed with a long-planned expansion of the Cranford Library Children's Room and other Library renovations. The \$2 Million matching funds included in the New Jersey State Budget for fiscal Year 2024 will allow Cranford to double the size of the Children's Room and expand services. The project, first proposed by the Cranford Library Board of Trustees in 2015, advanced in 2018 when the Cranford Township Committee committed \$960,000 pending additional funds from other sources.

"The Cranford Public Library is overwhelmed with appreciation and gratitude that we are being given the resources we need to make this library the best resource we can for the people of

Cranford, said Cranford Library Director Kathy Cannarozzi. "The children and their families will be blessed with the space to grow, learn, and explore. Speaking for the library staff and myself, we will put these funds to good use and create a space of imagination and growth."

The proposed project will provide Cranford with a state-of-the-art Children's Area, increasing the current 2,442 square feet to 4,995 square feet. The expansion will include an Early Literacy space; interactive elements such as learning walls, flannel boards, play tables; technology workstations; parenting resources and materials; and, accessible storage for games, puzzles and board books. The expansion will also provide the library with additional room for adult and child-size seating, space for strollers and carriages, and additional Library refurbishment.

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CRANFORD ALUMNUS TO BE ORDAINED



(above) Bridget Gautieri will be ordained as a minister at Calvary Lutheran Church on August 12th at 11:30 a.m.

Courtesy photo

FRIENDS OF LIBRARY SCHOLARSHIP

Friends of the Cranford Library

The Friends of the Cranford Public Library recently awarded its 2023 Gerard Paradiso Library Studies Scholarship of \$1,000 to John-Paul Cirelli. Mr. Cirelli is on track to graduate with a Master of Information degree from Rutgers University, May 2024. Mr. Cirelli is a talented individual who stated that he hopes to find a role within the public library system where he can "collaborate on initiatives that focus on incorporating more sensory-friendly activities and LGBTQIA+ outreach into programming, particularly targeted at age groups that are often overlooked by public libraries."



Courtesy photo

Bridget Gautieri, a 2012 Cranford High School graduate, will be ordained as a minister at Calvary Lutheran Church on August 12th at 11:30 a.m. Bridget, daughter of Kimberly Maycott Gautieri and Daniel Gautieri of Cranford, has been a member of Calvary Lutheran Church her whole life and is very happy to have her ordination service be held at her home church. The Service of Ordination and Commissioning for Global Mission will be presided over by The Reverend Tracie Bartholomew, Bishop of the Evangelical Lutheran Church in America's (ELCA) New Jersey Synod. The community is welcome to attend Bridget's ordination service at Calvary. The service will also be live streamed on calvarycranford.com.

Bridget's ordination is resultant of her being called as the ELCA Wittenberg Center Coordinator, located in Wittenberg, Germany. In this role, Bridget will help create new and innovative study opportunities, engage with

local church partners, and strengthen the connection between the ELCA and Lutheran churches in Germany. Information about the Wittenberg Center can be found at ELCA.org/Wittenberg.

Bridget Gautieri is a graduate of United Lutheran Seminary in Philadelphia, Pennsylvania where she received her Master of Divinity degree, and Roanoke College in Virginia, where she received her Bachelor of Arts degree in Religious Studies and minored in German with a concentration in Business Leadership. Bridget served her one-year ministry internship at St. John's Lutheran Church in Parkville, Maryland and has studied abroad in both Eichstätt and Leipzig in Germany. She has been living in Leipzig for the past 3 years and will relocate to Wittenberg in September. Bridget is looking forward to the opportunity to serve the community and welcome ELCA and other international guests to the Wittenberg Center in Germany.

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COMMUNITY CONNECTION DONATION TO MOBILE MEALS OF WESTFIELD

Wayne and Gail Orshak, representing Cranford Community Connection, recently presented Mobile Meals of Westfield Operations Manager Josephine Walsh a check for \$150. Cranford Community Connection supports local organizations on an annual basis, and provides donations to support worthy causes. Wayne and Gail have been meal delivery drivers for Mobile Meals of Westfield for 10 years, and their recommendations for the non-profit secured a much appreciated contribution.

Mobile Meals of Westfield provides hot, prepared, nutritious and affordable meals to individuals unable to shop or provide meals for themselves. Drivers deliver the meals to clients' doorstep. The areas served by the organization are Clark, Cranford, Fanwood, Garwood, Mountainside, Scotch Plains and Westfield.

For more information on Mobile Meals of Westfield, call 908-233-6146 or visit mobilemealsofwestfield.org.

Courtesy photo



(above, l-r) Josephine Walsh of Mobile Meals of Westfield, and drivers Wayne and Gail Orshak representing Cranford Community

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ANTHONY GOOD NAMED NEW SUPERVISOR OF FINE AND PERFORMING ARTS

Cranford Public Schools

The Cranford Board of Education is pleased to announce Anthony Good as the new Supervisor of Fine and Performing Arts. Mr. Good was selected after an extensive search process which included multiple interviews with the selection committee; reviews of work samples; and a very thorough reference check.

Mr. Good has spent the last twelve years as a band director at the elementary, middle, and high school levels. He has 18 years experience as a professional musician, and has been the director of the New York Giants Drumline with BD Entertainment for the last 8 NFL seasons. Anthony Good looks forward to drawing from these rich career experiences and connections to bring only the best to Cranford students, staff, and the greater Cranford community.

Mr. Good earned his Master's Degree in

Educational Leadership at William Paterson University in Wayne, NJ. He earned his Bachelor's of Science in Music Education at Lebanon Valley College in Annville, PA, and was a quarterfinalist for the Grammy Music Educator Award in 2014.

Anthony Good is thrilled to be named the new Fine and Performing Arts Supervisor for the Cranford Public School District. He is eager to collaborate with staff, students, parents, and community members to continue the cultivation of artistic literacy in the district.



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Carol Mullen, "Monarch," collage, 18x3x5 in.
Melissa Stern, "Deflated," 2020, sculpture, 43x18x17 in.
Lisa Ficarella-Halpern, "Joy, after Reynolds," 2023, oil on canvas, 62x38 in.
Giants, Dragons & Unicorns: The World of Mythic Creatures is organized by the American Museum of Natural History, New York (amnh.org).

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CRANFORD 8U BLUE WIN REGIONALS

Submitted by Megan Scanielo

Cranford 8U Blue, won the Mid Atlantic Regionals. We were the 1st team in Cranford to win regionals since 2017. We were out in western PA for 5 days representing Cranford after we won the state championship for NJ. after winning the New Providence spring league, summer league and districts. We went undefeated at regionals and finished our season on July 30th at our last tournament with a 31-1 record for the season.



(above) Coaches: Mike Scanielo, Dave McDonald, Mark Rodriguez, and Mike Snyder;
Team: Andrew Breslin, Joey Snyder, Ryan McDonald, Sinclair McDonald, Nicholas Scanielo, Ryan Clifford, Connor Kulik, Nate Wasielewski, Liam Jurkowich, Sean Rodriguez, Michael Yeo, and Tommy Polito.

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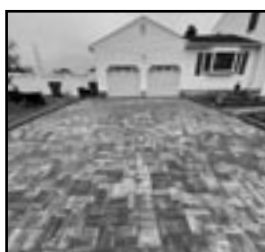
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AREA ELKS SPONSOR PICNIC FOR MENLO PARK VETS

Submitted by Jon Joshua

On July 15, more than 20 Elks from the East Central District, consisting of Lodges in Stirling, Summit, Springfield, Mountainside, Cranford, Union, and Rahway sponsored a picnic at the Menlo Park Veterans Memorial Home in Edison.

With warm weather and blue skies, hamburgers, hot dogs, sausage & peppers, roasted potato, salads, and watermelon were just

some of the items on the menu that was served to over 80 veterans in attendance.

Elks pledge "So long as there are Veterans, the Benevolent and Protective Order of Elks will never forget them." At Lyons VA, East Orange VA, Menlo Park Veterans Home, Paramus Veterans Home, and across the country, Elks

volunteers provide direct service to Veterans in more than 330 facilities each month. And through grants, Elks Lodges connect with veterans and military members in their communities, providing them with services where they live.

For more information about the Elks and how to join, please visit elks.org.



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DON'T BLAME THE ARROW FOR MISSING THE TARGET

Just like tens of millions of other Americans, you were looking for relief from your chronic knee pain. You thought Viscosupplementation injections might be the answer, but the results were disappointing and painful. Don't assume the treatment wasn't right. That could very well be like blaming the arrow for its path to the target when the problem might be the archer. If you didn't get the pain relief you were hoping for, chances are your injection treatment was off target. Unlike blind injections or even ultrasound targeted treatments found elsewhere, **Northeast Spine & Wellness Center** uses diagnostic fluoroscopy to make sure the area that needs treated is the exact area where the injection goes. This is the most advanced method of delivering this pain relieving treatment with 95% accuracy to give you the results you're looking for. The use of Fluoroscopy guided injections sets **Northeast Spine & Wellness Center** apart. The end result is you living pain free from your chronic knee pain. You can avoid the lengthy and painful road of knee replacement surgery. You can avoid the endless trial and error assortment of potentially addictive prescription medications. This treatment, using fluoroscopy guided injections has seen a success rate of above 85% in those suffering from knee pain related to osteoarthritis, and that includes people with bone on bone involvement. You've suffered from chronic knee pain long enough. Call **Northeast Spine & Wellness Center** now for a RISK FREE consultation.



If Knee Surgery Sounds Scary, It Should

Have you have been told you are facing knee replacement surgery? Have you been told about all the downsides you could be facing? First and foremost, there are NO guarantees that knee replacement surgery will be the answer to your pain, but let's look further:

- Surgery is costly, regardless of the percentage of services covered by insurance.
- Surgery requires lost time from work and typically requires a regimen of rehabilitation and medications.
- With surgery, there is always a risk for unwelcomed complications. And you could be back to where you started, or worse.
- Medications will be required for relief from surgery and you have been down that road before. Addictions to these pain medications can cause potential side effects, something you do not want to experience.
- Rehabilitation can take years.

Consider This Alternative To Surgery

Northeast Spine & Wellness Center offers you a real opportunity and a painless way to say goodbye to your knee pain without any surgery. Here are just a few of the important benefits you should consider?

- Diagnostic fluoroscopy accurately targets the pain, unlike blind injections.
- Guided fluoroscopic injections are virtually pain free, unlike blind injections.
- No lost time from work or family.
- No expensive or time consuming rehabilitation.
- No potentially addictive prescription medications.
- Recovery time is almost instant, not months or years.

How Does This New Treatment Work?

Relief begins almost as fast as it takes to pronounce the treatment. It's called Viscosupplementation Therapy. To begin with, it starts with **Northeast Spine & Wellness Center** investing in the use of diagnostic fluoroscopy. This enables them to target the exact location of your knee pain with pinpoint accuracy. What follows is a simple injection that causes little to no pain, especially when compared to what you may be living with daily. That explains what you will see on the surface of this revolutionary treatment. What's taking place below the surface is how and where the natural healing process takes place. The injection of a Hyaluronic acid called Hyalgan. This gel-like substance was approved by the FDA in 1996. Hyalgan is a natural substance that mimics the synovial fluid that is already produced by your body in your joints. Osteoarthritis sufferers in particular see a reduction in this much needed synovial fluid in their knee joints. Without that cushioning layer of protection, the cartilage in your knee can begin to wear away leading to the rubbing of bone on bone. Through Viscosupplementation Therapy, this natural substance immediately goes to work reducing the swelling and inflammation in the joint and adding a coating layer of protection. Think about Dorothy taking the oil can to The Tin Man. You'll begin to feel that same kind of relief and quite possibly feel like you're ready for a dance down the yellow brick road to recovery yourself. And with a success rate of over 85% in alleviating pain associated with osteoarthritis, it's easy to see why this treatment is so readily covered by Medicare and by most major insurance providers. Diagnostic fluoroscopy to target the pain. Viscosupplementation Therapy to relieve the pain. Simple, fast and no surgery!

Do you Suffer from any of these Symptoms?

There are a number of reasons why you developed Osteoarthritis pain. It can develop with age or because of heredity. It could be from repetitive stress from a job or some glory days in athletics. Of course your concern is with the symptoms you face daily and how to make them end, hopefully without surgery or the use of potentially addictive medications. **Northeast Spine & Wellness Center** understands the symptoms you have been living with and can help. If you have any of the symptoms below, please call us today. Relief is a phone call away.

- **Pain** - Whether it's a sharp aching or maybe a burning sensation, the pain can range from irritating to debilitating.
- **Swelling** - This can cause tenderness and soreness to the entire knee area, making walking or going up and down stairs painful, getting in and out of bed or bathtubs difficult and dangerous just name a few activities affected by swelling.
- **Stiffness** - Getting up out of bed or after sitting for a period of time gets more and more difficult. This loss of mobility can be more than a hindrance. It can be dangerous if you need to move quickly.
- **Loss of muscle strength** - This can lead to balance issues and the strong possibility of falling.
- **Joint deformity** - Not just unsightly, but painful as well.
- **Creaking Joints** - Can be painful and a sign of more discomfort to come.
- **Sleepless nights** - Losing sleep over your suffering is not just irritating, but potentially dangerous because of so many other health concerns that can be affected by loss of sound sleep.

Let Me Show You Targeted Relief From Your Knee Pain

Every day, I see patients suffering from knee pain due to arthritis, osteoarthritis, sports injuries or other conditions. Many have been told that they are in need of knee replacement surgery. Other patients say they have been prescribed various prescription medications to deal with the pain.

Something else I see almost every day, are patients that have tried viscosupplementation knee injections elsewhere and found it to be a painful and ineffective experience because the injections were not administered using fluoroscopic guidance. Instead of using the incredibly accurate diagnostic fluoroscopy we use at **Northeast Spine & Wellness Center** these patients experienced a blind injection technique, which can be as inaccurate as playing pin the tail on the donkey.

Once I am able to explain to my patients about the pin point accuracy of using diagnostic fluoroscopy and the amazing results viscosupplementation can provide, they are thrilled to get started. They are even more thrilled when they feel the relief. Please contact **Northeast Spine & Wellness Center** today to schedule your RISK FREE consultation.
Call 732-827-0800



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Here's what our patients have to say

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- Patricia G.

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Cumbersome the Band

Monday, August 7, at 7pm

A 3 piece band from Cranford-- join us for a concert of cover tunes ranging from the 70's to 90's era. This popular band has also played at Cranford Porch Fest! Sponsored by the Friends of the Cranford Public Library.

No registration needed.

Bagpipe Concert

Thursday, August 10, at 6pm

We are thrilled to welcome back Cranford resident, musician and educator Mike Glackin for this all-ages program! Learn about the bagpipe and listen to some live music! Sponsored by the Friends of the Cranford Public Library. No registration needed.

Trivia Night

Monday, August 14, at 7pm

Join us for another fun evening of trivia on Wednesday, July 26, at 7pm! This free event is hosted by the Friends of the Cranford Public Library! Join us in the Community Room on the first floor of the Community Center! Feel free to bring your own snacks and (non-alcoholic) drinks. Prizes awarded to the winning team. Please visit our website or contact the library to register your team.

Mike Mulligan Concert

Wednesday, August 16, at 7pm

Join Mike Mulligan, who has played at Madison Square Garden and Atlantic City, as he takes you on a musical journey of oldies and more cover tunes! Sponsored by the Friends of the Cranford Public Library.

No registration needed.

Literary Cafe

Saturday, August 19, 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. Attend as many sessions as you'd like. Admission is free and all are welcome. Refreshments sponsored by the Friends of the Cranford Public Library. Patrons are welcome to join us in person or online.

Vinnie Bruno Beatles Lecture: A Hard Day's Night

Wednesday, August 23, at 6:30pm

Join Beatles expert Vinnie Bruno for another engaging lecture, featuring music and excerpts from the Beatles film "A Hard Day's Night." Sponsored by the Friends of the Cranford Public Library. No registration needed.

JERRY CONHEENEY AND BOB MARGHERITO HONORED

CRANFORD KNIGHTS OF COLUMBUS

The Cranford Knights of Columbus recently recognized Grand Knight Jerry Conheeny and Treasurer Bob Margherito for their dedication and service to our Council. Jerry has served as Grand Knight for over two plus years and under his tenure, the Council has served and supported many worthy charities and civic causes locally, state-wide and nationally. Bob has been our Treasurer for many years and has flawlessly kept our books and records. He has kept us of harm's way with all of the government entities that we have to comply with regarding our many fundraising efforts.

With our 2022- 2023 Columbian Year coming to a close, the Council also voted and approved our new slate of Officers welcoming and

acknowledging our incoming Grand Knight Kevin Cumiskey and our Deputy Grand Knight Tom Turner. The Council looks forward to a great upcoming Columbian Year and thanks everyone who continue to support us.

Since our founding in 1970, the Cranford Knights of Columbus is a Catholic Men's Fraternal Organization dedicated to our four core principles, Charity, Unity, Fraternity and Patriotism. The Cranford Council supports many worthy charities and civic causes is committed to be a viable part of our community. For information about joining the Cranford Council, please contact our Grand Knight Kevin Cumiskey Jerry Conheeny at 973-416-3464 or visit our web site, cranfordknights.org.

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(above) Worthy Chaplain Monsignor Tim Shugrue, Deputy Grand Knight Kevin Cumiskey, Grand Knight Jerry Conheeny, Treasurer Bob Margherito and Past Grand Knight & District Deputy Jim Vari.

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JUNIOR LEAGUE ANNOUNCES 2023 AWARD RECIPIENTS

The Junior League of Elizabeth-Plainfield awarded five \$5,000 scholarships at their Annual Dinner to college bound women who demonstrated a passion for volunteerism. The scholarship recipients are: Hagr Elweshahy of Linden, NJ who will be attending Princeton University, Olivia Encarnacion of Plainfield, NJ who will be attending Duke University, Sweksha Mehta of New Providence, NJ who will be attending Cornell University, Shalini Ramakrishnan of Springfield, NJ who will be attending Cornell University, and Madison Gabrielle Wright of Westfield, NJ who will be attending University of Michigan.

All five young women were committed to volunteerism during their high school careers. As Ms. Elweshahy mentioned in her application, “one act of positive volunteering can ripple across an entire community”. We look forward to seeing what wonderful things they do in the future.

The Junior League of Elizabeth-Plainfield (JLEP) celebrated its 100th Anniversary in 2023. In honor of the Centennial Celebration, the JLEP awarded five \$5,000 scholarships (an increase from its traditional \$2,000 scholarships) to college bound women who reside in Union County and demonstrate a commitment to volunteerism.

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 JLEP is located in Cranford, NJ with our nonprofit thrift shop – The Jumble Store and our signature service project – The Career Closet. JLEP has been serving our community for over 100 years.

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 about us at: jlep.nj.org or contact Heidi Martindill or Laura Lanigan, Co-President 2023-2024, Junior League of Elizabeth-Plainfield president@jlep.nj.org. For more information about becoming a member, please reach out to newmembers@jlep.nj.org.

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The Cranford Honorary P.B.A. is seeking motivated individuals who are interested in becoming members, board members and volunteers.

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Joining the Cranford Honorary PBA is a tangible way to express your support for the work that our officers do to protect families like yours every day. As a Cranford Honorary PBA member, you'll help:

- Promote the morale, professionalism and good and welfare of the Cranford Police Department.
- Contribute funding to the Cranford Police Department, various local charities and events annually.
- Help in fostering a positive relationship

between law enforcement and the residents of Cranford along with fellow PBA members throughout our town.

The Cranford Honorary PBA's mission statement is as relevant today as it was when the organization was first established:

"To promote the moral, professionalism and the good and welfare of the Cranford Police Department and to promote and grow the relationship between the citizens, business owners and the members of the Cranford Policemen's Benevolent Association and the Honorary P.B.A."

Our Cranford Police need your support. Join your friends and neighbors and become a member now!

If you are interested in becoming a part of this great organization, or would like more information, please call 908-272-2227, or drop us a line at:

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Registration & Payment is due no later than September 5, 2023

Registration / Sponsorship Levels

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| | Silver | \$2,500 | |
| Dinner Sponsor | | \$1,250 | Includes a Foursome/Signage |
| Beverage Sponsor | | \$1,250 | Includes a Foursome/Signage |
| Lunch Sponsor | | \$1,250 | Includes a Foursome/Signage |
| Beverage Cart | | \$1,250 | Includes a Foursome/Signage |
| Contest Sponsor | | \$1,250 | Includes a Foursome/Signage |
| Driving Range Sponsor | | \$300 | Includes Signage |
| Putting Green Sponsor | | \$300 | Includes Signage |
| Hole Sponsor | | \$125 | Includes Signage |
| Foursome | | \$700 | |
| Golfer | | \$175 | |
| Dinner Guest Only | | \$35 | |

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Venmo Payments: @KofC6226 Code: 7778

KNIGHTS OF COLUMBUS GOLF OUTING SEPTEMBER 15, 2023

The Cranford Knights of Columbus will be holding our Annual Golf Outing at Galloping Hill Golf Course in Kenilworth, NJ on Friday, September 15, 2023. The cost is \$175.00 per Golfer which includes Golf, Golf Cart, Prizes, Lunch and Dinner. There will be Lunch starting at 11:30 a.m., a Shotgun Start at 1:00 p.m. to golf, dinner will follow immediately afterwards at the Columbian Club of Garwood in Garwood, NJ. Registration and payment is due no later than September 5, 2023.

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

Or Venmo payment: @KofC6226 Code: 7778

The Golf Outing proceeds will benefit all of the Cranford Council's supported charities and programs. This year, we are also supporting Bosom Buddies of Cranford and the Cranford 86 Project. Bosom Buddies offers support to Cranford residents and their families fighting Cancer through gift baskets and gift cards from Cranford businesses to provide meals and any other essentials that they may need. The Cranford 86 Project started by Don Sweeney honors the 86 Cranford residents who made the ultimate sacrifice in defending our country while serving in the military. Don and his team also do extensive research on each of these heroes, tells their stories and reads the names of the Cranford 86 at the Cranford Memorial Day Parade every year.

For more Information about sponsorships, playing or to get involved, please contact Golf Outing Committee members:

- Kevin Cumiskey, Grand Knight
973-390-9327 – kevin.cumiskey@gmail.com
- John Doolan, PGK
908-451-8947 – jdoolan@verizon.net
- Jim D'Arcy
908-482-0132 – jdrc@verizon.net
- Ed Bagniewski
973-445-1075 – hfpbaggy@verizon.net
- Ed Nestor
908-447-2804 – enestor2825@gmail.com
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908-868-9988 – shackell3@yahoo.com

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| Florham Park Press NJ Qty: 5,500 Zip: 07932 | Garwood NJ Times Qty: 2,500 Zip: 07027 | Green Brook NJ Gazette Qty: 3,000 Zip: 08812 | BUSINESS • LIFE KENILWORTH NJ Qty: 3,500 Zip: 07033 | NJ LIFE in LINDEN Qty: 17,900 Zip: 07036 | Long Hill LEADER NJ Qty: 3,500 Zips: 07933, 07946, 07980 |
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FUNDING TO BENEFIT NEW RAIN GARDEN

Township of Cranford

New Jersey Commissioner for Environmental Protection Shawn LaTourette recently announced Cranford would receive funding to install a new rain garden at the recently opened 375 Centennial Ave. Recreation Facility. The award is part of the state's Stormwater Assistant Grant Program, which supports concerted investments in water infrastructure projects that will reduce flooding threats, create jobs, protect public health, and enhance the health of the state's waterways across the state.

In addition to \$4,741 from New Jersey State Grant funding, this project is financially supported by the CEC (\$500) and the Cranford Jaycees (\$500).

"As a flood prone community, Cranford is advancing an 'All of the Above' flood mitigation strategy," said Cranford Mayor Brian Andrews. "We greatly appreciate support from the New Jersey Department of Environmental Protection, on large projects like the Army Corps of Engineers work on Rahway River regional solutions, to smaller but meaningful projects like this rain garden. Thank you to the Cranford Environmental Commission for leading on this important initiative."

“The Cranford Environmental Commission (CEC) is grateful to receive this grant from the state as we continue to explore innovative solutions to address flooding and water quality within Cranford,” said CEC Chair Jason Stevens. “We also thank the many dedicated volunteers on

the CEC who conceived this project and for the support and funding we received for this project from local organizations including the Cranford Jaycees, the Green and Clean team, and the Cranford Library. We hope this project will inspire residents to consider rain gardens on their property as a means of crowd-sourcing flood control through small, low cost projects.”

Stormwater management has been adopted as the primary goal of the CEC for 2022 and 2023 in the wake of Hurricane Ida. The project will address stormwater, flood control and water quality in Cranford, while serving as a model for Cranford residents and the residents of adjacent and nearby towns that travel to this site for sports events. The site is of specific interest as the property adjoins a brook that flows directly into the Rahway river, which is approximately 1,200 ft away. Thus, all the stormwater from this property ends up in the Rahway river. The Recreation Center is a large building, with a nearly 22,000 sq. ft. roof. The installation of a 600 sq. ft. 8" deep rain garden at one of the four downspouts at the front of the complex will treat and detain approximately 2,000 gallons of stormwater per inch of rainfall. In addition, this project will provide an opportunity for community and student education through involvement in the planning and installation.

For more information on the Cranford Environmental Commission, visit mygreencranford.org or email cranfordec@gmail.com.

SEEKING VENDORS FOR FALL FESTIVAL

The Cranford Historical Society will be having a Fall Festival on September 24, 2023, at 124 N. Union Ave. in Cranford. The event will be held from 10 a.m. to 4 p.m. and will consist of crafters and vendors selling their merchandise, crafts and activities for children and tours of our museum. We are looking for vendors and Cranford individuals or organizations who would like to sell their merchandise and join us on that day. The cost is \$20 per spot. You must bring your own table and chairs. Rain date is September 25th. If you are interested in purchasing a spot, please mail your \$20 check to the Cranford Historical Society, 38 Springfield Ave. Cranford, N.J 07016 and email us your name, contact information and what type of merchandise you will be selling.

LITTLE FREE PANTRY NEEDS FOOD

Can you donate some groceries? The Little Free Pantry is in need of a replenishment of food. Drive by Cranford United Methodist Church and in the parking lot (adjacent to the Cranford Library) you will see the Little Free Pantry. Built by Cranford Eagle Scout Josh Schwartz, the pantry is open 24/7 for anyone who needs food or wants to donate food. Take what you need, leave what you can – no questions asked, no need to sign up. If the pantry is full, there are extra bins available for your non-perishable food donations.

The logo for Lawrence Law Firm features a large, stylized 'L' on the left, followed by the word 'LAWRENCE' in a large, serif, all-caps font. Below 'LAWRENCE' are the letters 'L A W' in a smaller, spaced-out, serif, all-caps font. A horizontal line separates this from the text 'DIVORCE & FAMILY LAWYERS' which is in a bold, sans-serif, all-caps font. Below this is a black and white portrait of Jeralyn Lawrence, Esq., a woman with blonde hair. To the right of the portrait, the text 'Can't get a trial date? We can help. Mediate - Arbitrate' is written in a serif font, with 'Can't get a trial date?' and 'We can help.' on separate lines. Below this is the phone number '(908) 645-1000' in a bold, sans-serif font, and at the bottom is the website 'www.lawlawfirm.com' in a bold, sans-serif font.

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