

# ROSELLE PARK MONTHLY

Courtesy photos

Published by Renna Media, LLC. On-line at [RennaMedia.com](http://RennaMedia.com)

Issue 31 • August 2023

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## PORCHFEST SUMMERFEST CONTINUES ON AUGUST 19TH

### Roselle Park 24/7

Porchfest Summerfest Part II will be the biggest one ever! On Saturday August 19th (rain date Sunday August 20th) from Noon to 9 p.m., listen to the best local performers around! Sponsored by Positively Roselle Park 24/7, the organization dedicates each Porchfest to a local cause. The August performance will be dedicated to past Porchfest Volunteer and Roselle Park resident Brian Dunne.

Brian is a Cancer survivor surviving Hodgkin's Lymphoma stage 3 at the age of 12, Thyroid Cancer stage 3 and Kidney Cancer at age 29. And now Brian and his wife Heather are facing another medical battle. Brian and Heather not only devote numerous hours at the animal shelters, but Brian is super involved with the Valerie fund and has raised over 100k for them in the past 20 years.

Brian owns and runs his small business Dunne Rite Solutions as a food service equipment dealer. His recent surgery has put him out of work for at least 3 months causing a huge financial loss.

Positively Roselle Park 24/7 founding member Joe Delorio noted, "If anyone knows Brian Dunne, he, and his wife Heather, likes to help everyone as much as possible. So now it's time to help them out!"

A Go Fund Me account was created to help raise funds. Interested persons can donate directly to [www.gofundme.com/f/eskh3-challenge-accepted](http://www.gofundme.com/f/eskh3-challenge-accepted)

The Last Day for performers to register is August 5th. Register by email: [RosellePark247@gmail.com](mailto:RosellePark247@gmail.com)

The August Porchfest Performer lineup at this writing includes: Lisa Marie Palacio, Ryan Chatelain, Michael Montemurro, Lights in the Attic, Jim Patterson, The Saxsations, Thos Shipley, Jensyn & Dave Modero, Charlotte Sessions.

Updates to the event are posted on the Positively Roselle Park Facebook page or you can email the organization at [RosellePark247@gmail.com](mailto:RosellePark247@gmail.com) for more information or to volunteer.



Courtesy photos



Positively Roselle Park 24/7 is a volunteer organization whose mission is to create and support activities for the Borough of Roselle Park that bring people together to celebrate, educate and promote pride and the many positive and diverse aspects of our community.

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**FARMERS MARKET GOING STRONG**

The Roselle Park Farmers Market will be running every Wednesday through October 2023. This open-air market, located at Michael Mauro Gazebo Park, has been providing fresh produce to the community for over 25 years. Michael Mauro Gazebo Park is located at the corner of Chestnut Street and Grant Avenue. Roselle Park, NJ

Visit [JerseyFarmersMarket.com/rosellepark](http://JerseyFarmersMarket.com/rosellepark) for additional details.

“It’s been another wonderful year of Farmers Market Wednesdays!” said Market Manager Antonette Signorello. “We have selected some excellent vendors this year.”

This year’s market features fresh Jersey produce from Miladinov Farm in Monroe Township and Valley View Farms in Newton. Residents can shop weekly for a wide variety of fruits, vegetables, sweet treats and more. In addition, there are craft vendors, food trucks, and a family friendly atmosphere. The market runs rain or shine.

“The market is a great way to support local small businesses, while simultaneously receiving delicious farm-fresh Jersey produce, it’s a win-win” said Mayor Joseph Signorello III “I hope the Roselle Park Farmers Market

continues to grow and residents take advantage of this wonderful tradition.”

Roselle Park Seniors can register for the Senior Farmers Market Program, on a first-come, first-serve basis. This program offers assistance to low income Union County residents, 60 years or older, to be used toward the purchase of fresh New Jersey grown produce at various farmers markets.

For details and to register, contact the Union County Department of Aging. The Roselle Park Farmers Market also accepts WIC coupons.



Visit [JerseyFarmersMarket.com/rosellepark](http://JerseyFarmersMarket.com/rosellepark) for additional details.

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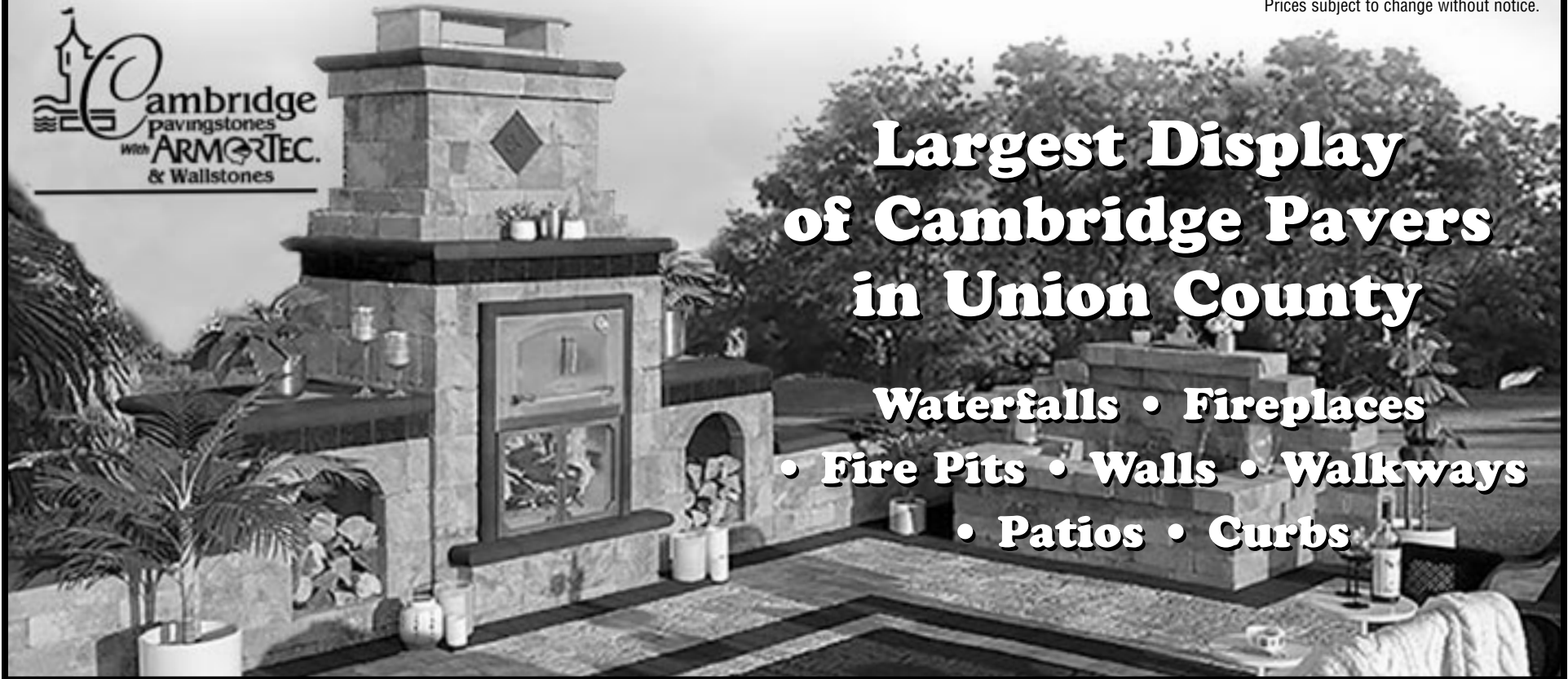
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# Iorio Deli & Coffee Stop

## JULY’S SMALL BUSINESS OF THE MONTH

The Borough of Roselle Park has chosen its Small Business of the Month for July 2023, awarding long-time local favorite, Iorio Deli & Coffee Stop.

Owned by “The Boss,” Italian immigrant Gilda Delorio, this popular comfort food spot has had its doors open in Roselle Park for over 40 years. Delorio hails from the Lazio region in Italy bringing with her a Southern Italian style of homemade cooking, which offers something for everyone on their extensive menu. Many years ago, Delorio expanded her business opening La Casa di Martino, a boutique banquet hall, named for her family- the Martino family in Italy.

"For the past 40 years Iorio Deli has provided delicious food and great customer service," said Mayor Joe Signorello. "Congratulations to Gilda

and her team on receiving this honor from the Borough! I wish her nothing but continued success."

In addition to a wide variety of sandwiches, wraps and salads for both breakfast and lunch, Iorio Deli has a daily “Hot Lunch” offering with items such as “Mom’s Meatball Parm”, sausage and peppers, and homemade soups. Customers can order trays of prepared foods either hot or to be heated up at home. Their mouthwatering catering menu includes pastas, chicken parmigiana, stuffed breads and sandwich platters. Iorio Deli & Coffee Stop has been voted the best sandwich joint in New Jersey by members of Jersey Sandwich Joints Facebook page. Orders can be made on their website or by calling ahead.

"Iorio Deli is one of my favorite spots to grab a bite," said Councilman Khanjan Patel who nominated them. "Gilda is an inspiration and local treasure! A visit to Iorio Deli is a treat that brings a taste of your Nonna’s kitchen right to Roselle Park."

Iorio Deli is located at 301 West Clay Ave in Roselle Park, NJ. They are open six days a week, Monday to Friday from 7a.m.-2p.m., and Saturday from 8a.m.-2p.m. For more information, please visit their website at [iorioandmartino.com/](http://iorioandmartino.com/) or call 908-245-5897.



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# ROSELLE PARK GOVERNOR'S EDUCATORS OF THE YEAR ANNOUNCED

- Aldene Elementary  
- Jodi Foy & Laurie Gabriel
- Robert Gordon Elementary  
- Rosangela Perez & Dena Meawad
- Roselle Park High School  
- Mr. Francis Maggio & Joanna Zaraza
- Roselle Park Middle School  
- Kristen Hickman & Chelsea Murphy
- Sherman Elementary  
- Carlie Parker & Karina DiLillo



Courtesy photo

## FUNDRAISER RAISES \$2,190 FOR ST. JUDE'S

Community Preschool of Roselle Park ended the school year by participating in their annual St. Jude Children's Research Hospital Fundraiser. Most preschoolers rode bikes in loops while other younger ones pushed with their feet, let teachers push them around, or sat in wagons. Children were taught that they were pedaling on behalf of the children who are sick and spending time in the hospital. They started the day praying for the sick children in the hospital and thanking God for their health.

Music and bubbles were part of the event. Each class was divided into a group of cheerleaders and a group of riders who alternated after 10 laps were completed. All together, they achieved close to 1000 laps and raised an enormous \$2,190 for the cause, exceeding last year's total by \$70. We want to publicly thank all our families, relatives and friends who donated, making this day a success.



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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](http://amnh.org)).



## RELIEF FROM CHRONIC KNEE PAIN

### FDA Approved Treatment to Avoid Surgery

### DON'T BLAME THE ARROW FOR MISSING THE TARGET

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



### If Knee Surgery Sounds Scary, It Should

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

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

### Consider This Alternative To Surgery

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

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

### How Does This New Treatment Work?

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

### Do you Suffer from any of these Symptoms?

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

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

### Let Me Show You Targeted Relief From Your Knee Pain

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

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

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

Call 732-827-0800

Scot Paris MD, FACS



### Here's what our patients have to say

"I'm dancing without pain. I can move with no problem whatsoever. I can go up and down steps with no pain."

- Patricia G.

"Over 85% relief for the first time in 15 years, suffering with knee pain. My life is getting back to normal."

- Perry O.

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

- Quenton L.

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## NATIONAL NIGHT OUT AUG. 8, 2023

### The Borough of Roselle Park

On Tuesday, August 8th, the Borough of Roselle Park will be hosting its annual National Night Out celebration in Michael Mauri Park from 6:00 p.m. to 9:00 p.m. The free event will consist of a meet and greet with the Roselle Park Police

Department and Roselle Park Fire Department. The festivities will continue with live music, food trucks, and inflatables.

"National Night Out is one of our biggest events of the year and one that we all look forward to," said Roselle Park Police Chief Dominick Frino. "Our officers value the time they get to spend building relationships and connecting with our community."

We've planned a terrific evening, fun for the whole family!"

"This is always a highlight for the Roselle Park Fire Department," said Fire Chief Steven Thompson. "A huge Thank You to all the community leaders and volunteers who help make National Night Out possible. I hope to see everyone there!"

Roselle Park's National Night Out celebration is free to attend and open to residents of all ages. Please call the Casano Community Center at 908-245-0666 for further information.

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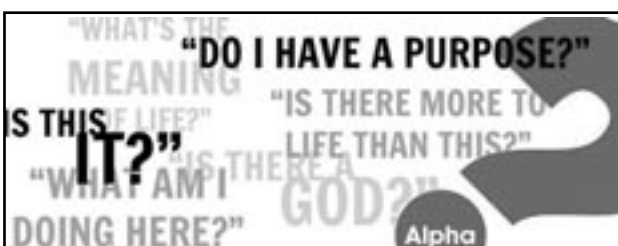
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(above) Immaculate Heart of Mary Church in Scotch Plains to host a free spirituality seminar. Registration is required, please visit [ihmparish.net/alpha](http://ihmparish.net/alpha).



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## IS THERE MORE TO LIFE THAN THIS?

A free spirituality seminar is being offered by Immaculate Heart of Mary Church in Scotch Plains, NJ. Most meetings are on Zoom. In a world of isolation, anonymity, and keyboard-warriors, Alpha offers content and guidance for churches, ministries, and individuals to create a space for honest and open conversations about life's biggest questions. Everyone is welcome and no questions are off limits.

Alpha is a place to connect with other people who are open to exploring life, faith, and meaning. Alpha fosters honest, open, and judgment-free conversations for anyone to explore the Christian faith. Each session includes a time to connect with others (often over a free meal), watch a short video on an element of the Christian faith, and then a chance for each person to share thoughts and questions with the group.

"I was invited to participate in the Alpha pilot. From the initial meeting, I knew this was something that I wanted to be a part of," explains Nancy Schreck. "After completing the pilot, I joined the Alpha team to help plan for the future of Alpha at IHM. It's a wonderful opportunity for people at any level of faith to meet new people and explore new ideas."

Sessions are free to attend and are scheduled on Monday nights at 7:30 p.m. The first meeting will be live and in-person on Monday, September 18, 2023, beginning at 7 p.m. in the Nazareth Center of Immaculate Heart of Mary (IHM) Church: 1571 S. Martine Ave. Scotch Plains. Good food and conversation will be offered to all in attendance. Most meetings after that will be hosted on Zoom. Links and directions will be provided to those who register. Participation is capped at 30 people.

"When I offered tech support for the pilot program at IHM, I had no idea what I was in for. I'm not very religious. But Alpha was an unexpected surprise!" offers Gabe Lamberty. "The program is interesting and entertaining. And it's nice to meet new folks from the community. Overall an unforgettable experience."

"I'm looking forward to the Alpha experience," says Lou Zappo. "It sounds like a lot of fun, and who knows, I might learn something about myself."

Registration is required, please visit [ihmparish.net/alpha](http://ihmparish.net/alpha) or call 908-889-2100. If you have questions about Alpha, please email [office@ihmparish.net](mailto:office@ihmparish.net).

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## SEE THE GOOD IN PEOPLE

*Submitted by Peter DeSarno*

Perhaps it is because I see today due to the generous life changing gifts of two donated corneas, I tend to become very reflective when I collect the donated glasses that are received in the Lions drop box.



*(above) The New Providence Lions Club Eyeglass collection site is in front of the New Providence Library which is located at 377 Elkwood Ave. When collected, these glasses are sorted and sterilized and are then donated to a charity and/or medical organizations that provides free eye exams and eyeglasses to needy people in the countries they serve.*

When I sort the glasses and package them to be sent into the Lions Processing Center, I am reminded of the good in people who are eager to help. I look at all the glasses that were once worn on the faces of members of our community which form a beautiful mosaic representing so many different shapes, sizes, colors, glasses for the old and young...and think that this is beautiful on many levels. I then think about the people who will experience that magical moment I had when sight is restored.

The New Providence Lions Club Eyeglass collection site is in front of the New Providence Library which is located at 377 Elkwood Ave. Since January 2022 we have collected 2,165 pairs of glasses.



*(above) Mosaic of some of the 2,165 pairs of glasses collected to date.*

## 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](http://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](http://www.birdease.com/DriveForAutismXXII),  
 call 908-451-8033

or email [driveforautism@comcast.net](mailto:driveforautism@comcast.net).



# THE FUTURE OF REAL ESTATE

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

By: Abraham Friedman

**C**ASTRO - 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."



## VOLUNTEER CLASS 102 IS READY TO LISTEN

### Caring Contact Crisis Line

Residents from Westfield, Summit, Linden, Clark, Florham Park and North Plainfield completed training in June to become volunteers on the Caring Contact crisis hotline. During the 52-hours of training the graduates developed the ability to listen actively, assess the needs of someone in crisis and provide empathy and support. The training included dynamic and interactive presentations by guest experts in active listening, grief recovery, mental health issues and suicide intervention. Volunteer Listener Training was taught by trainers who are

long-time listeners and nationally certified instructors in Applied Suicide Intervention Skills Training.

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

Following the training, new volunteer crisis counselors are supported by seasoned listeners during 24 hours of internship before they take calls on their own. Even once a volunteer is a certified listener, Caring Contact provides a range of support and training opportunities to allow them to keep honing their skills.

The next volunteer crisis counselor training

begins September 20th through December 13th. The training will run once a week on Wednesdays from 6:30 to 9:30 p.m. and will be a combination of in-person training and via Zoom. Anyone interested in registering for the training should visit [caringcontact.org/listener-training/](http://caringcontact.org/listener-training/) or call the Caring Contact administrative offices for more information at 908-301-1899.

Caring Contact is a volunteer-staffed crisis hotline and listening community, providing active listening support and best-in-class training to the Central and Northern New Jersey community. More than 80 trained volunteers answered over 17,000 calls last year from people in crisis, having suicidal thoughts or simply needing someone to talk to.

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

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(above) Caring Contact Crisis Line Graduates Volunteer Class 102. Next training begins in September. Visit [caringcontact.org/listener-training/](http://caringcontact.org/listener-training/) or call the Caring Contact administrative offices for more information at 908-301-1899.

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## “AFRICAN ACCENTS” CELEBRATES AFRICAN FABRIC MONTH IN SEPT

The Cultured Expressions Sewing & Quilting Studio in Rahway is marking African Fabric Month in September with a special event at the Barron Arts Center in Woodbridge on September 7, 2023. Studio owner Lisa Shepard Stewart will share her passion for the unique textile arts of the Continent, and how to use them creatively. Learn how and why the fabrics are made traditionally, and view some of the most recent projects she has made with them. Sewing skills are NOT required to enjoy this informal presentation of creative ideas and inspiration. “Of course, if you ARE inspired to learn to sew after the presentation, we do offer beginner classes at the studio, and lots of virtual classes”, says Lisa.

African Fabric Month promotes the beauty and cultural significance of textiles like bogolan (mudcloth), kente cloth, adinkra, batik, ankara prints and more. Their suitability and versatility for DIY enthusiasts ranges from fashion and quilts to home décor, crafts and gifts. Embellishments like Krobo beads and brass accents from Ghana will also be shown and discussed as the perfect finishing touches for any project.

(NOTE: The lecture is FREE but advance reservations are required; please call Barron Arts Center at 732-634-0413)

Regular studio hours are Wed 4-8pm;  
Thurs 12-6pm; Fri 12-6pm and Sat 10-6pm.



For information on workshops, upcoming Handbag MasterClass, the studio's Sewcial Impact initiative and more, visit [www.CulturedExpressions.com](http://www.CulturedExpressions.com), visit in person at 1417 Main Street in Rahway, or call 866-MUDCLOTH.



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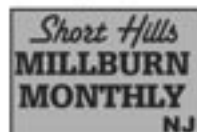
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# SINGLE USE PLASTICS EXCELLENCE IN EDUCATION AWARD

The New Jersey Clean Communities Council (NJCCC), a statewide, comprehensive, litter-abatement program, has honored Union County's Trailside Nature & Science Center in Mountainside with its "2023 Single Use Plastics Excellence in Education Award."

NJCCC Executive Director JoAnn Gemenden presented the inaugural award to Center Director Patricia Bertsch during the recent New Jersey Sustainability in Motion Expo in Atlantic City, which attracted hundreds of attendees from across the state.

When introducing the award, Gemenden explained that New Jersey Clean Communities promotes education to change the attitudes that cause littering. With that in mind, the Excellence in Education Award was designed to honor a business, community organization, school or individual who has achieved measurable results in reducing litter through education.

Union County's Trailside Nature & Science Center, a 4,500-square-foot interactive museum in the Watchung Reservation, was bestowed with this year's honor for "fostering an awareness and appreciation of the natural world, while bringing a creative, inclusive, and immersive approach to learning and enrichment programs," Gemenden said.

She noted one of the center's noteworthy projects was inspired during the COVID-19 pandemic, featuring creation of bottle-cap inspired artwork about plastic pollution.

This eye-catching artwork was fashioned in the shape of marine animals, each paired with educational signage to explain the harm that plastic pollution causes to the environment. These works were placed along trails in the Watchung Reservation, as an outdoor educational walk for park-goers. The initiative was so successful that the artwork has now become a traveling exhibit as various events, including the Sustainability in Motion Expo.

With a plethora of environmental programs, activities, and experiences curated for children and adults, the Trailside Nature & Science Center consistently rises to the occasion, finding interesting and effective ways to engage a wide audience.

Learn more at [njclean.org](http://njclean.org) and [litterfreenj.org](http://litterfreenj.org).



(above) NJCCC Executive Director JoAnn Gemenden (L) with Patricia Bertsch, Director of Union County Trailside Nature & Science Center with Karen Inzillo and Dario Scholis of Union

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(above) Recycled Dolphin Artwork created by Trailside Nature & Science Center as part of plastic pollution education outreach.

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*is in the Neighborhood!*



## ROOFING

Roof Replacement  
Gutter Installation



## CEMENT/STONE

Masonry  
Hardscaping



## PAINTING

Interior & Exterior  
Deck Refinishing  
Floor Refinishing



## RENOVATIONS

Additions  
Attic & Basement Remodel  
Kitchen & Bath Remodel



## CARPENTRY

Deck Building  
Millwork  
Floor Installation  
Cabinet Installation

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