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CRANFORD CELEBRATES NATIONAL NIGHT OUT 2023

National Night Out, a national communitybuilding campaign that promotes police-community partnerships, was held on Tuesday, August 1st in Municipal Parking Lot #1. The free event was hosted by the Canford Police Department and featured giveaways, food, drinks, entertainment.

National Night Out culminates annually on the first Tuesday in August. National Night Out enhances the relationship between neighbors and law enforcement while bringing back a true sense of community. Furthermore, it provides a great opportunity to bring police and neighbors together under positive circumstances. For more information visit natw.org.













Photos from this and other events can be found online at rennamedia.com and on the Cranford Monthly page on facebook.com. Feel free to "Like," "Tag," and "Share."



CRANFORD MONTHLYNJ

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GOT YOUR HELMETS ON?



(above) These kids did, and were rewarded with a gift certificate for pizza and a drink thanks to the Cranford Jaycees!

It Pays to Go Ultra

Ultra Checking 4.20% Annual Percentage Vield

on the first \$10,000¹

Ultra Savings 4.35% Annual Percentage Vield

on balances from \$100,000 - \$1,000,000²

Rates current as of August 23, 2023. Rates are subject to change without notice. Fees could reduce earnings on the account. 1) Ultra Checking is a blended rate tiered account with dividends paid on portions of your balance falling within designated tiers: \$0.00 - \$1,000.00: 4.20% APY; \$1,000.01 - \$5,000.00: 4.20% APY; \$5,000.01 - \$10,000.00: 4.20% APY; \$10,000.01 - \$10,000.00: 4.20% APY; \$10,000.01 - \$25,000.00: 2.78% - 1.67% APY; \$25,000.01 - \$50,000.00: 1.67% - 0.84% APY; \$50,000.01 and above: 0.84% - 0.02% APY. \$1,000 minimum balance to open. There is a \$1,000 minimum daily balance requirement to avoid a \$15 monthly maintenance fee. The monthly maintenance fee can also be avoided based on a direct deposit of \$750 or greater into the Ultra Checking account during the statement cycle. Limit of one Ultra Checking account per tax identification number. 2) Ultra Savings is a blended rate tiered account with dividends paid on portions of your balance falling within designated tiers: \$0.00 - \$10,000.00: 4.35% APY; \$10,000.00: 4.35% APY; \$250,000.01 - \$250,000.00: 4.35% APY; \$250,000.01 - \$200,000.00: 4.35% APY; \$100,000.01 - \$200,000.00: 4.35% APY; \$200,000.01 - \$200,000.00: 4.35% APY; \$250,000.01 - \$200,000.00: 4.35% APY; \$200,000.01 - \$2,000,

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LONGTIME COUNTY COLLEGE GOLF COACH INDUCTED INTO HALL OF FAME

Union College of Union County, New Jersey is proud to announce that longtime Golf Coach and Dean of STEM William Dunscombe was inducted into the National Junior Athletic Association (NJCAA) Golf Hall of Fame at this year's NJCAA Division III National Golf Championship held in June in Chautauqua, New York.

The induction took place at the National Golf Coaches Annual meeting, held in conjunction with the NJCAA Division Golf Championships. Dean Dunscombe started his golf career at Union in 1975, serving as Head Golf Coach until 2019. Over the course of his coaching career, Dean Dunscombe had 18 NJCAA National Tournament appearances (both individual and teams), more than 500 career wins, one Region XIX Championship, seven Garden State Athletic Conference Champions, and coached one All-American player. Four of his athletes went on to play professionally. Dean Duncombe was inducted into Union's own Hall of Fame in 1981.

"The Union community is incredibly proud of Dean Dunscombe and thanks the NJCAA for their recognition of his vast contributions over the past 40 plus years," stated Union's President Dr. Margaret M. McMenamin. "It is the support of coaches, like Dean Dunscombe, that help our athletes to grow and develop their skills. Dean Dunscombe has inspired many student-athletes during his time coaching, and he should be proud of the mark he has made on them. This is a tremendous recognition."



(above) William Dunscombe was inducted into the National Junior Athletic Association (NJCAA) Golf Hall of Fame.

Courtesy photos







WHAT ARE YOU SEEKING?

A free spirituality seminar is being offered by again." Immaculate Heart of Mary Church in Scotch Plains, NJ. Meetings are weekly, and most are on Zoom.

Some of the most interesting and meaningful discussions occur when we talk about subjects that really matter to us. What is important to you? What fills you with joy? What do you seek in life? What do you believe? Alpha was created as an opportunity to examine important topics that ask us to reevaluate what we believe and why.

The four in-person meetings begin with a meal, followed by a short video on various Christian topics, small group discussions and conclude with some summary comments. The other meetings are conducted on Zoom. There are twelve meetings in total. While it seems as though only people with faith are the target audience, all are welcome whether a believer, an atheist, or an agnostic. Come and bring a friend.

Listening is critical to this format. It is as important to understand other points of view as much as to be understood. Dialogue is expected to be respectful not confrontational. No one is forced to talk if they simply choose to listen.

The comments of those who have done the Alpha Program offer the best reasons to "Try Alpha":

"I needed a spiritual tune up and I got it." "It was a safe place to discuss deep topics of faith." "I found a new energy and peace about my faith." "It gave me a sense of hope." "I found my faith

The next Alpha Program will begin on Monday, September 18, 2023 with a dinner at 7 p.m. in the Nazareth Center at Immaculate Heart of Mary (IHM) Church, 1571 S. Martine Avenue, Scotch Plains. Since most meetings will be on Zoom it will require access to a device for the Zoom meetings. Links and directions for Zoom will be provided to those who register. Participation is capped at 30 people. Sign up by visiting the IHM website: ihmparish.net. If you have any questions about Alpha, email: office@ihmparish.net or call: 908-889-2100.



(above) Immaculate Heart of Mary Church in Scotch Plains to host a free spirituality seminar. Registration is required, please visit ihmparish.net/alpha. If you have any questions about Alpha, email: office@ihmparish.net or call: 908-889-2100.





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THE 105TH SEASON AT CDC THEATRE SET TO **OPEN WITH HEAD OVER HEELS**

open with the musical Head Over Heals which is set to run from October 13th through 28th.

Head Over Heals is the bold new musical comedy from the visionaries that rocked Broadway with Avenue Q and Spring Awakening. This laugh-out-loud love story is set to the music of the iconic 1980's all-female rock band The Go-Go's, including the hit songs, "We Got the Beat," "Our Lips Are Sealed," "Vacation," Belinda Carlisle's "Heaven is a Place on Earth" and "Mad About You."

Head Over Heals is an hilarious, exuberant celebration of love; the story of what happens when the royal court of Arcadia is threatened by the mystical Oracle of Delphi with the loss of its "Beat," the divine power that ensures the prices, visit cdctheatre.org.

136 Central Ave

Clark, NJ 07066

CDC Theatre in Cranford 105th season will kingdom's prosperity. King Basilius, whose own title is at stake, forces the members of the royal family and court on a journey to the woods in an attempt to escape the Oracle's seemingly unavoidable prophecies. Through a plot containing usurped kingship, unlikely lovers, and gender-fluid disguises, Head Over Heels preaches unconditional love and acceptance of yourself and everyone you know, and uses some of the greatest pop rock hits of the late 20th century.

The season will continue with a musical The Wizard of Oz in December, the farce The Musical Comedy Murders of 1940 in March and The Producers in May.

For additional information and the best ticket

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9/11 MEMORIAL Service

The Cranford WTC Committee and the Cranford Clergy Council will be hosting a 9/11 Memorial Service on Monday, September 11, 6:30 p.m. at the park, Springfield and No. Union Avenues in Cranford.

This event will honor all those that lost their lives in the September 11th attacks including family, friends, first responders and all that were affected by this tragedy.



GO COUGARS!

Did you know the Jaycees have committed \$50,000 over 10 years towards the ongoing renovation and maintenance of Memorial Field? The field and track are a true resource for our entire community, as well as the site of so many Cranford High School and youth sports memories. Check out the recently reopened track, and go Cougars!









On View

National Collage Society: 39th Annual Juried Exhibition HouseBroken by Melissa Stern RE:History Contemporary Takes by Lisa Ficarelli-Halpern

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CALLING ALL SCARECROWS

Don't let the warm weather fool you -Halloween is just around the corner and so is Downtown Cranford's biggest event of the year, the 16th Annual Scarecrow Stroll! From October 13 - 31, scarecrows created by local residents, families, organizations, and Cranford businesses will line the downtown streets. Registration is free, and prizes will be awarded to the top each category. scarecrows in Visit downtowncranford.org or more information and to register.







CENTENNIAL VILLAGE MUSIC FEST - SEPT 9

Centennial Village Group

On Saturday, September 9, the Centennial Village Group will be holding its annual Music Fest outside of Lincoln School in Cranford, NJ. The event begins at 4 p.m., with music and festivities lasting until 9 p.m. Admission is free, but donations are graciously accepted.

Bring your lawn chair and enjoy an evening of fun family entertainment, featuring live music from local artists. The line-up includes The Vivid kicking off the event at 4 pm, followed by Mike Young, Binge, Burnside Manor, The Lovehandles, and The Gutter Kings. Face painting for kids young and old will be available from 4-6. In addition to musical entertainment, there will be a 50/50 raffle and Tricky Tray with items from local Cranford shops. Food will be

available to purchase at food trucks on location. Stop by to try your luck with the Tricky Tray and enjoy an afternoon of great music, food, and time with neighbors at this event celebrating what Cranford has to offer. All proceeds will go towards helping Centennial Village Group's beautification efforts in the area.

The Centennial Village Group is made up of volunteers dedicated to the revitalization and beautification of the Centennial Village area in Cranford. In addition to MusicFest, the group holds an annual 5K race to raise funds for its continual efforts to improve the community.

For more information about the

Centennial Village and the group,

visit facebook.com/CentennialVillageGroup.

Looking to Make an Impact? Supporting Higher Education is a Life-Changing Investment.

The path to higher education should be free from obstacles and



We are in the midst of a great national debate on access to higher education and its cost. Is it fair that many people are saddled with student debt they may never be able to repay? Should the government. step in to create affordable access to higher education or forgive loans for millions of graduates? Should employers absorb more of the responsibility for educating their future workforce? While we work toward answers to these questions, one fact is underiable: Education is the great equalizer.

KEAN UNIVERSITY

FOUNDATION

At Kean University, we see this to a much greater extent than many other institutions in America. Kean serves a significant number of low-income students and those who are the first in their families to attend college. In fact, U.S. News and World Report ranked Kean 46th out of 439 in Top Performers for Social Mobility among national universities. That means we help those who come from disadvantaged backgrounds succeed and graduate. Our students find success regardless of their backgrounds. Each one of them deserves the opportunity Kean offers to improve their own lives and the lives of their families.

The path to higher education should be free from obstacles and wide enough for all who wish to travel it. Without solving the problems of cost and access, it's possible we could live in a country without a robust and diverse higher education sector. Can we really envision the prospect of an America without teaching, research, inventiveness, and social mobility for which American higher education is synonymous?

At the same time, institutions of higher education need to have multiple paths to fund the cost of educating future generations. Education costs money, and we need a full and diverse set of funding resources. Government, private sector support, and individual philanthropic giving are all part of the solution to the challenges students and families face around access and cost of securing a college degree.

Kean University is not unique in that we receive funding from private philanthropy. Over the last five years, more than 9,000 individual donors contributed over \$22,200,000 in support of Kean University. What these donors may not know is that their charitable investments in higher education are not merely a gift to an institution --- they are a game changer for future leaders who are pursuing a college degree to level the playing field, to pursue dreams, and to overcome challenges that life has placed in front of them.

As CEO of the Kean University Foundation, I see firsthand the impact higher education has upon those who pursue it. We can all make a difference. America's charities show why even small financial gifts can be part of having a big impact. Time, energy, and talents have tremendous value.

Philanthropy is resilient and, during hard times, Americans respond in extraordinary ways. During the great recession, for instance, the S&P declined by roughly 40%. Over that same time, philanthropic giving dropped by only 7%. When there is a need, and people have the capacity to help, they respond generously.

Every gift --- large and small --- empowers our colleges and universities to further leverage their impact across the country and around the world. Each and every donor, volunteer, and advocate makes an influential difference in strengthening educational leadership, advancing research initiatives, shaping policy decisions, and helping students (regardless of their economic backgrounds). One of our wonderful students at Kean says it best:

"To my parents who never gave up on me, thank you for instilling in me the importance of education. Obtaining this scholarship was the highlight of my college education. This scholarship was able to assist us financially especially after moving due to unforeseen circumstances and having to pay medical bills for my mom's surgery. It was hard and not thinking about having to pay out of pocket for school was such a reliever. So, I thank everyone who helped me to achieve this huge accomplishment. You have no idea how much it helped."

- Michelle Gomez

Recipient of the Unia Dharapuram Scholarship for Women's Studies

I would be remiss if I did not mention that acts of charity are also an investment in ourselves. Philanthropy can be life-changing for the donor(s). Arthur C. Brooks, one of the country's leading policy experts and the president of the American Enterprise Institute, reminds us that "it is a fact that givers are happier people than non-givers."

Of course, philanthropy is about so much more than financial resources. Independent Sector reminds us that volunteers are critical assets to civil society and all of our communities, especially in light of COVID-19. In its newest Value of Volunteer Time report, Independent Sector, with the Do Good Institute, announced that the value of a volunteer hour is now estimated to be \$31.80 - a six percent (6.2%) increase compared to 2021. Estimated from data collected in 2022, the figure illustrates the valuable and significant contributions volunteers make every day to support our communities and nation. At Kean University, Board members, committee members, and community volunteers contribute in so many ways.

In many respects, our charitable actions are simply reminding us what makes us human: taking care of each other and doing it as a group to create a bigger impact. By making a philanthropic gift to a college or university ----whether it be your time, talent, treasure, or willingness to introduce new friends to an institution, you are positively changing lives.

It has been said that philanthropy is an act of optimism. The act is an investment in a student, a member of the faculty, a vision, an organization. Philanthropy can help fortify the American higher education system by continuing to provide opportunities to our students, who will ultimately do the same for the next generation or create a better world for all of us.

Sincerely,

Bill Miller

Chief Executive Officer, Kean University Foundation



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NEW PROVIDENCE BOOK FESTIVAL – SEPT. 23

On Saturday, September 23, 2023, New Jersey authors will sign books and talk to visitors at the New Providence Book Festival. Located on the grounds of the historic Salt Box Museum, the festival will include a series of presentations by authors.

At 10 a.m., during the children's story hour, Nadja Springer, Sue Steinhardt, and Selene Castrovilla will read from their children's books, The Big Adventures of a Little Tree, This is Tap: Savion Glover Finds His Funk, and ImperfectPhil is a Friend.

At 11 a.m., historical mystery novelist Mally Becker will make her presentation, "Bringing the Past to Life One Spy, Mystery and Murder at a Time."

At 12:00 Noon, novelist Elissa Matthews will speak on "Three Kinds of Historical Fiction – Which One Calls to You?"

At 1 p.m., Susen Edwards will speak on "Writing Your Own Memoir"

At 2 p.m, J.R. Bale will talk about "Turning the Voices in My Head into Novels"

All these authors will be available for book signing. Other authors signing their books include Linda Barth, Michelle Cameron, Michael Stephen Daigle, Steven Farkas, Sarajane Giere, Tom Kranz, Nev March, Linda Raedisch, Eileen Harrison Sanchez, Kal Uddin, and others.

"We wanted to expand this event which



connects authors with readers in a very personal way," explains J.R. Bale, author and one of the organizers of the event. "With over 17 authors of writing in various genres, it will be a stimulating event for even the most casual book lover."

Anyone purchasing a book at the festival will be entitled to receive a free raffle ticket for drawings for a gift basket, which will include a Barnes & Noble gift card.

The festival will be held on the grounds of the Salt Box Museum at 1350 Springfield Avenue from 9:00 a.m. to 3:00 p.m.. The rain date is September 30, 2023. The Salt Box Museum, the site of the festival, is operated by the New Providence Historical Society and will be open for tours, free of charge. Refreshments will be available on the grounds.

More information is available at newprovidencebookfestival.com

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OLD GUARD SEPTEMBER SPEAKERS PROGRAM

The Summit Old Guard was founded in Summit in 1930 and meets every Tuesday at the New Providence Presbyterian Church located at 1307 Springfield Ave. Our motto is "Come for the Programs. Stay for the Friends." September speakers include heavyweight boxer Gerry Cooney, Journalist and author Mark Di Ionno, John Staunton EMT and Trustee of the Summit First Aid Squad, and a timely presentation by two local experts on the history of the rapidly approaching World Series. Please join us. Our programs are free to the public, and we welcome you!

On Tuesday, September 5th, Mark Di Ionno Pulitzer Prize finalist writer of the Star-Ledger will speak about his several humanitarian relief trips to Ukraine, his travels there, and the people he met in Ukraine and in Poland. Di Ionno has also written on New Jersey's Revolutionary War trails and history.'

On September 12th, John Staunton will speak about his 38 years with the Summit Volunteer First Aid Squad, as an EMT and as trustee.

The Summit Old Guard was founded in minit in 1930 and meets every Tuesday at the ew Providence Presbyterian Church located at history of the Summit Squad.

September 19th, Gerry Cooney will step into the ring. A member of the New Jersey Hall of Fame, many will recall his match with Larry Holmes in 1982. A boxer from 1977 to 1990 Gerry's record was 28 - 3, with 24 wins by a knockout In 2019 he wrote "Gentleman Gerry: A Contender in the Ring, a Champion in Recovery."

Finally, just in time for the first pitch of the World Series, John Cronin and John Nolan will speak September 26, 2023 on the "Fall Classic," contested since 1903. Both of these local baseball fans and experts will share their incredible knowledge and expertise.

Past speakers and much much more can be viewed at https://SummitOldGuard.org but we encourage people to drop in on our meetings which take place at the church at 10:00 AM every Tuesday. "Come for the Speakers. Stay for the Friends." We look forward to meeting you.



(above) Mark Di Ionno, (above) John Staunton, Gerry Cooney, John Cronin and John Nolan

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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.





Weekly Maintenance Spring/Fall Clean Ups Mulch/Stone Planting/Installations Shrub/Hedge Trimming Top Soil/Seed/Sod Fertilization/Weed Control Landscape Design **Drainage and Grading** Pavers (Walkways/Patios) **Retaining Walls**

TOWN WIDE GARAGE SALE – REGISTER NOW

Project Home of Cranford's Fall 2023 Town Wide Garage Sale is scheduled for Saturday October 7, 2023 Rain or Shine. This is a great opportunity for residents to clean out items they no longer need and turn them into cash and most importantly help support township residents in need.

Those who register will have the address of their sale and a brief description of what they are selling included on the listing that will be posted on the Project Home website and on Facebook for shoppers looking to find sale locations. Online registration will be available through Tuesday October 3, mail in registration must be postmarked by Thursday September 28.

To participate in the Town Wide Garage Sale registration is available on-line through the Project Home website projecthomeofcranford.org or by mailing in the completed registration form, which can also be found on the website or send a note with your name, address, telephone number and brief description of what you are selling,

along with a check for \$25 for an individual household or \$35 for a multi-family sale to Project Home of Cranford, PO Box 724, Cranford, NJ 07016. Note, only your address and what you are selling will be posted to the site for shoppers to see.

It is through fundraisers like the Town Wide Garage Sale that we as a community are able to lend a hand to those in need when unexpected financial crisis impacts our neighbors.

For over 30 years Project Home of Cranford, a 501(c)3 charity, has been working through Cranford Family Care to keep Cranford families in crisis in their homes.

The Town Wide Garage Sale is one of the events that Project Home runs to raise funds for Cranford Family Care. For questions about the garage sale or just find out more about Project Home and our mission please email us at projecthomeofcranford@gmail.com visit us at projecthomeofcranford.org and Like us on facebook.com/ProjectHomeOfCranford

GREEN WOOD GARDENS		
GARDENS	What's	Happening this Fall in the Garden
	Sep 7 Sep 8 Sep 12	Birder's Walk NJ Symphony Chamber Players Monbors' Book Group
Discover the Enchanting	Sep 13 Sep 19 Sep 21	Native Plant Walk Twilight History and House Tour Experience Tai Chi in the Garden
Beauty of Greenwood Gardens	Sep 28	Lecture: Gardening Can Be Murder! with Marta McDowell
stunning terraced formal garden with stately ountains, garden ornaments, woodlands, grottoes, Arts nd Crafts follies, and winding paths. Connect with	Oct 5 Oct 8	Birder's Walk Lecture: Nature's Best Hope with Doug Tallamy
ature and revitalize your spirit in a historic garden oasis!	Oct 11 Oct 20 Oct 26	Creative Arts Day in the Garden Composting 101 Experience QiGong in the Garden
Open now through Nov. 4, 2023	Oct 27	Members' Beer Tasting and Evening Stroll
riday through Sunday ADWANCE REGISTRATION RECOMMENDED	Nov 3 Nov 4 Nov 5	Harvesting Honey Closing Day Lecture: The Gates of Greenwood
74 Old Short Hills Road · Short Hills, NJ reenwoodgardens.org · 973-258-4026	Nov 5	with Peter McCourt Members' Closing Day
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RELIEF FROM CHRONIC KNEE PAIN FDA Approved Treatment to Avoid Surgery

DON'T BLAME THE ARROW FOR MISSING THE TARGET

Just like tens of millions of other Americans, you were looking for relief from your chronic knee pain. You thought Viscosupplementation injections might be the answer, but the results were disappointing and painful. Don't assume the treatment wasn't right. That could very well be like blaming the arrow for its path to the target when the problem might be the archer. If you didn't get the pain relief you were hoping for, chances are your injection treatment was off target. Unlike blind injections or even ultrasound targeted treatments found elsewhere,

Northeast Spine & Wellness Center uses diagnostic fluoroscopy to make sure the area that needs treated is the exact area where the injection goes. This is the most advanced method of delivering this pain relieving treatment with 95% accuracy to give you the results you're looking for. The use of Fluoroscopy guided injections sets Northeast Spine & Wellness Center apart. The end result is you living pain free from your

chronic knee pain. You can avoid the lengthy and painful road of knee replacement surgery. You can avoid the endless trial and error assortment of potentially addictive prescription medications. This treatment, using fluoroscopy guided injections has seen a success rate of above 85% in those suffering from knee pain related to osteoarthritis, and that includes people with bone on bone involvement. You've suffered from chronic knee pain long enough. Call Northeast Spine & Wellness Center now for a RISK FREE consultation.

If Knee Surgery Sounds Scary, It Should

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

· Surgery is costly, regardless of the percentage of services covered by insurance. · Surgery requires lost time from work and typically requires a regimen of rehabilitation and medications.

With surgery, there is always a risk for unwelcomed complications. And you could be back to where you started, or worse.

Medications will be required for relief from surpery 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.

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

Vellness

Center



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 surrery!

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 fluoros

copy 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 fluoros copy 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 more 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 hack to normal. - Perry O.

"After only four visits, i have absolutely no pain? The staff is "top-notch." - Ownton L.

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CRANFORD LIBRARY ADULT PROGRAMS

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

Snakes and Turtles

Identify the unique characteristics of reptiles at Snakes & Turtles! Compare the similarities and differences between snakes and turtles, find out how snakes hunt and eat their prey, discover how turtles eat without teeth and why they bask in the sun. Touch turtle shells and a snakeskin shed, feel a replica reptile egg, and interact with a live snake and turtle. This program is intended for children in grades 1-3 with a caregiver. This free program lasts from 45 minutes to an hour and is sponsored by the Friends of the Library.

Registration is required.

Family Storytime

Thursday mornings at 9:30 a.m. September 7 - October 12 (weather permitting)

Children of all ages are welcome to join us for Family Storytime at Hanson Park. Bring a blanket or chair to sit on. In the event of inclement weather, this event will be cancelled, check the library's website for the most

> recent information. Lego creations

Thursday, September 7 from 6:00 to 7:00 p.m. Children in Kindgergarten and up are invited to

make Lego creations to display in the library. All program materials will be provided by the library, Lego Fun is a drop-in program.

Family Art

Wednesday, September 13 at 6:00 p.m. Tackle a simple watercolor project at Family Art. Work together to paint watercolor geodes! Registration is required and can be done online: eventbrite.com/e/family-art-watercolor-geodetickets-699827050547?aff=oddtdtcreator

Pajama Storytime Thursday, September 14

from 6:00 to 6:45 p.m. Snuggle with your favorite stuffed animal and listen to a fun story in the library at Pajama Storytime! Friends in Kindergarten and up are invite to don their favorite pajamas, listen to a story, and make a craft. No registration

is required. Pete the Cat Party

Monday, September 18 at 6:00 p.m. Enjoy a storytime and some fun and games to celebrate everyone's favorite groovy feline! Registration is required and can be done online: eventbrite.com/e/pete-the-cat-party-tickets-676218667237?aff=oddtdtcreator

Back to School Storytime

Tuesday, September 5 at 4:30 p.m. or Wednesday, September 6 at 6:00 p.m. Children in grades K-2 are invited to a special Back to School Storytime. Registration is not required.

CRANFORD FAMILY CARE'S JAM-PACKED SUMMER

Submitted by Julie Carroll

As the sun begins to set on yet another summer, we wanted to send a big thank you to everyone who has supported Cranford Family Care over the last few months. It has been not only a busy season but one overflowing with generosity.

At the end of May, we kicked the season off with a barbecue recognizing our volunteers along with some of the organizations and businesses that support CFC. Over the next several weeks, we had countless volunteers and multiple events that brought in donations including produce from Dreyer Farms; birthday bags from Sutton Place Neighbors; foods drive

from Calvary Lutheran Church, First from CWC. Presbyterian Church, Methodist Church, and the Jaycees; plus a new refrigerator from Renewal by Andersen LLC.

Other events included Downtown Storytime with Fire & Police; a diaper drive at St. Michael's; donations from Jess Creates Stuff, Salt & Light Ministry, and Feed My Lambs; ongoing support from Kings Food Markets; baked good from Breadsmith; movie passes from Vinny's Pizza & Pasta; food and gift card donations from the Knights of Columbus; meals from Garlic Rose; menstrual products drive from Girl Scout Troop 40881; Dunk a Cop fundraiser with Project Home of Cranford; and a summer fun donation

Through contributions of school supplies from businesses such as South Avenue Dental, Venue 104, and Khalsa Aid USA, we were able to amass 160 back-to-school backpacks for recipients of the free/reduced lunch program and Cranford families.

We are grateful for the continued generosity of local residents and businesses. As a community, we helped more than 85 families this summer. We are lucky to live in such a wonderful town.

If you need assistance, please contact Cranford Family Care at (908) 276-3530 or cfamilycare@gmail.com. For more information visit cranfordfamilycare.com.





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For more information or to get a link to the sale application, please e-mail mtsdnewcomers@gmail.com



IMAGINE OFFERING WEBINAR ON GRIEF

In honor of Hispanic Heritage Month in September, Imagine will be offering a free community webinar on Grief in the Latinx Community on September 21st from 7 - 8:30 p.m. There will be two webinars held simultaneously with one being presented in English and the other in Spanish.

Those who attend the webinar

- will be able to:
- Gain awareness of intersectionality and grief as it applies to the Latinx Community
- Learn traditional cultural values within the Latinx Community
- Identify different types of grief and loss that pertain to the Latinx Community

Registration for the English speaking webinar is available through Imagine's website at at 908-264-3100 or info@imaginenj.org.



imaginenj.org.

Those interested in attending the Spanish speaking webinar do not need to register and can contact Sonia Nunez at sonia@imaginenj.org for more information. Imagine's staff hope to see you at the upcoming webinar!

Imagine is a 501c3 nonprofit that offers free year-round grief

support groups for children ages 3-18 and young adults 19-30 who are coping with a loss due to death. Concurrently, support groups are available for the parents and guardians of the children in the groups and offered in English and Spanish. Imagine also offers grief and loss education and training to the community.

For more information please contact Imagine

PUBLIC MEETING ANNOUNCEMENT

Cranford Historic Preservation Advisory Board

A meeting will be held on Sept. 21, 2023, at the Cranford Community Center at 7:30 p.m. The Cranford Historic Preservation Advisory Board will present information to residents about the application to the Cranford Township Committee for local designation of Roosevelt Manor (the area bounded by: N. Union Ave., Riverside Dr., Orange Ave., Manor Ave) as a local historical district.

Pursuant to Paragraph 6-49 and 6-54 of Article XI of Part I of the Cranford Township Code which is the basis for the creation of Sunny Acres as a historic district in Cranford in April 2018, the Historical Preservation Advisory Board is recommending the approval of the area in Cranford known as Roosevelt Manor Historical

District as a locally designated historical district. This designation recognizes the significance of this area as it contributed to the town's historical development as well as to a larger movement that began in the 19th century in suburban areas near major cities.

The designation does not affect zoning or building codes, nor does it have any effect on taxes or the rights of property owners in the proposed district.

If you would like to receive a copy of the complete proposal, please send an email request to: preservecranford@yahoo.com and a copy of the proposal will be sent to you. A limited number of copies of the proposal will also be available at the public meeting.



BELOVED BROKEN ITEMS REPAIRED FOR FREE

Summit Repair Cafe closes out their 2023 repair season with their fifth year of repairing. Every event since its inception in 2018 has successfully repaired an average of 67 beloved but broken items from entering the landfill.

On September 9, bring your beloved but broken items to be repaired to Summit's Repair Cafe from 11:00 a.m. - 3:00 p.m. at Christ Church, 561 Springfield Avenue. The last items accepted for repair will be at 2:30 p.m.

Repair services available at this event will include sewing/textiles, lamps, clocks, woodworking, jewelry, computers, knife sharpening, electronics and bicycles. To allow all patrons to have the opportunity for repair, repairs are limited to 2 total items per person and 1 jewelry item per person.

Replacement parts for lamps and clocks will be available for an at-cost fee. Please only bring items that you can carry into our event unaided. No appointment is necessary, wait times may vary.

Summit Repair Cafe events are co-sponsored by the Summit Area Green Faith Circle and Repair Cafe Garden State. Visit repaircafegs.org for the full schedule of all upcoming Repair Cafe events in New Jersey for the autumn season.

Repair and event (setup/check-in/clean-up)

volunteers are wanted for the September 9 event in Summit and all future events. If you would like to help please contact us via email: summit@repaircafegs.org.



(above) On September 9, bring your broken items to be repaired to Summit's Repair Cafe. If you would like to help, please contact summit@repaircafegs.org.



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HISTORICAL SOCIETY SEEKING MEMBERS

The Cranford Historical Society is a non-profit educational organization whose mission since 1927 has been to preserve and perpetuate the history of Cranford for now and for future generations. We cordially invite you to join us. By becoming a member you will help support the continuation of our archives collection, costume department, the maintenance of the Hanson House and Crane-Phillips House Museum, our 3rd grade school tours, our History Award program given out to a Cranford High School Senior every year and our community outreach programs and events for visitors of all ages. Also, our members receive 5 issues a year of our electronic newsletter, the "Mill Wheel" which is full of informative and interesting facts.

A 2021 Membership Form can be found on the Society's website at cranfordhistoricalsociety.org.

For more info about joining the Cranford Historical Society, please call the Society's office at 908-276-0082 or e-mail cranfordhistoricalsociety@verizon.net.

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BUSY AUTUMN SEASON AHEAD FOR DAR

Following a summer hiatus, members of patriot of the American Revolution. Elizabeth Elizabeth Snyder-Continental Chapter of the Daughters of the American Revolution (DAR) resume monthly meetings on Sept. 12 with a busy fall agenda.

Upcoming events include the State Meeting, collecting pet food as a DAR Day of Service project, honoring veterans at an assisted living facility, collecting holiday gifts for hospitalized veterans and participating in Wreaths Across America.

Chapter members will report on summer activities, including greeting new citizens, DAR Continental Congress in Washington, D.C., and a workshop to preserve historic cemeteries. Members are also working on a state project to create an index of N.J. Revolutionary War veterans by county.

Do you have an ancestor who served in the American Revolution, or donated goods, services or paid a supply tax? We can help you with your research and DAR application.

DAR is a service organization open to women 18 and older who can prove descent from a Snyder-Continental Chapter is based in Green Brook and serves areas in Somerset, Middlesex and Union counties. Contact

ESCchapterDAR@gmail.com or learn more at DAR.org.



(above) DAR members attended a summer workshop on how to preserve historic cemeteries at the Presbyterian Church in Morristown, N.J.







FIBER ENTHUSIASTS GATHER TO SPIN A YARN

Kathleen Czarnecki, Kenilworth Public Library

When was the last time you walked into a library and saw a room filled with fiber artists spinning roving into yarn? Well... if you visit the Kenilworth Public Library the last Tuesday of each month that's exactly what you will see.

Fiber enthusiasts gathered from around New Jersey to take part in the library's newest program "Spin A Yarn". Participants brought spinning wheels, roving, spindles and enjoyed time crafting wool into yarn.

There aren't many places to go to gather as a group to enjoy this hobby, so staff at the Kenilworth Public Library decided to try to bring people together. The inaugural session was held in June and was a big success.

The most important part of this group is the gathering of a community of crafters who enjoy the same unique hobby, to share their knowledge

When was the last time you walked into a about the craft's techniques, and even the brary and saw a room filled with fiber artists business end of it, with one another.

There are larger plans in store for this group. The future will hold a "fiber-tasting" session, where participants can learn about different types spinning fibers. We hope to offer hands-on technique workshops as well.

This program is free for adults. All are welcome. No registration is required. You don't need any experience to join us, we are happy to help show you how to spin fiber into yarn.

We meet the last Tuesday of each month, from 5 - 7:45 p.m.

Visit our website at kenilworthlibrary.org to view additional programs and services. The Kenilworth Public Library is located at 548 Boulevard, Kenilworth, NJ. Our phone number is (908) 276-2451.





(above) Dee from Union

(above) Karen from Rahway



(above) Anne Choi of Bedminister, is the owner of Middle Brook Fiberworks.





(above) Kenilworth residents Suzanne and Kathleen Czarnecki, Kenilworth Library Senior Programming Library Assistant.



(above) Sister and brother from Kenilworth, Leah & Sean tried spinning for the first time.

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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.

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/ 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

The next volunteer crisis counselor training 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. You are Not Alone.



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



DAVID BRAHAM TRIO AT SALEM ROADHOUSE CAFÉ

Jackson and the Jazzin' All Stars, Saturday, September 9, 2023. The doors open at 7:30 p.m., the show starts at 8:00 p.m. Admission is \$20 and includes show, snacks, non-alcoholic beverages, and dessert. The venue is located in the basement of Townley Presbyterian Church, 829 Salem Rd, Union, NJ. The Roadhouse operates as a nonprofit that raises funds for several carefully chosen local charities. The performance will be held upstairs in the church sanctuary.

Pianist/Organist Dave Braham has played with and/or recorded with many of the top names in jazz, including Etta Jones, Houston Person, Lou Donaldson, Al Grey, David "Fathead" Newman, Arthur Prysock and Irene Reid. He has two recordings as a leader - "To Be Free" on the RandomAct record label and "Blue Gardenia" on BlueJay records. He has also taught music in NJ public schools, including Union Public Schools.

The Salem Roadhouse Café presents Carrie Dave will be backed up with bass and drums by two of the area's finest musicians, creating a musical treat for all who come to this exciting allacoustic show in a great listening environment.

> Bassist Belden Bullock has quickly become one of the most sought-after jazz bassists in the greater NYC area. He has travelled extensively with jazz piano giants Ahmad Jamal, South African pianist Abdullah Ibrahim as well as the Harlem Blues and Jazz Band. Belden lives in a very talented household. His wife, Audrey, is a very busy professional singer. Their two sons are actors/dancers.

> Drummer Willie Martinez is well known in the tri-state area as one of the most versatile percussionists around. He has played and recorded with a wide variety of artists – jazz musicians such as Benny Powell, Mulgrew Miller and George Cables; Cuban bandleader Chico O'Farrill; even pop singer Faith Hill. In



addition to drum set, Willie is a master of the timbales and other Latin percussion instruments. Willie can also be seen leading his own Latin Jazz sextet, La Familia.

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

ABOUT SALEM ROADHOUSE CAFÉ

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

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

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

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

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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.

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
- Wally Shackell

908-868-9988 - shackell3@yahoo.com WWW.CRANFORDKNIGHTS.ORG



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Knights of Columbus Golf Outing Golf & Sponsorship Registration

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

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