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## 11TH ANNUAL GIRL SCOUT POWERED DERBY

Girl Scout Junior Troop 40042

Over 200 Cranford area Girl Scouts of all ages and their families participated in the 11th annual Cranford Girl Scout POWERED Derby at the Cranford Community Center on Sunday, January 28, 2024.

The Girl Scout Powered Derby encourages Girl Scouts to use their engineering skills and creativity to turn blocks of wood into miniature cars which were then raced on a specialized aluminum six lane track owned by the Girl Scouts Heart of New Jersey.

There was much excitement to be had during the day long event as the Girl Scouts raced their wood creations. The eight races were organized by age levels from kindergarten to high school and each car competed in six heats throughout their level. At the end of the day, the cars of the top four fastest finishers in each of the eight levels were entered into the grand championship round. This year's Grand Champion of the 2024 Girl Scouts Powered Derby was Mia, a fourth grader from Girl Scout Junior Troop 40171.

"The Girl Scout Powered Derby was important to me because I spent time with my dad having fun, but also working on the car at the same time," said Mia. "Being a part of the race helped me understand more about engineering. I felt nervous racing the car, but I felt very happy and excited when I won. My car broke speed records on the track, which was very exciting! I can't wait to design and build a car next year!"

The Girl Scouts in Junior Troop 40042 also can't wait for next year's event. This year Junior Troop 40042 excitedly assumed the role of hosts for the Girl Scout of Cranford derby after shadowing Girl Scout Troop 40444 in 2023. Girl Scout Troop 40444 members had coordinated the event since 2014 until their graduation in 2023.

This year in preparation for the event to ensure all Girl Scouts had an opportunity to participate no matter of their access to tools, Girl Scout Junior Troop 40042 held two new design and carpentry workshops to assist Girl Scouts and their families with the safe building of their wood car creations. Girl Scout attendees received hands-on experience with tools and carpentry



(above) Girl Scouts of Cranford 4th Grade Junior Troop 40042

techniques. The promotion of STEM (science, technology, engineering and mathematics) activities is a growing part of the Girl Scouts of the USA offerings to girls of all ages.

"The Girl Scout Powered Derby encourages the Girl Scouts to use their imaginations and tools to make their designs come to life," said Grace, from Girl Scout Junior Troop 40042. "There were so many types of cars I never would have even thought of - a chocolate bar, a beaver, ramen noodles, a box of crayons - just so many ideas. I gained confidence because it felt good to help people and see so many people attend and have fun during an event we planned."

The Girl Scout Junior Troop 40042 also continued the philanthropic tradition of collecting children's snacks during the event from the Girl Scout families which benefited Cranford Family Cares, a non-profit that provides temporary assistance to individuals and families in Cranford, NJ.

"The derby allows the Girl Scouts to learn and exercise a multitude of skills," said Jennifer Crum, a Girl Scout Junior Troop 40042 co-leader assisting in the event. "Event planning, budgeting, woodworking, marketing, just to name a few. Beyond these more technical aspects, our girls have had to learn valuable life skills such as patience, teamwork, creativity, and good sportsmanship. Each year as the girls grow and mature, Troop 40042 members will be able to take on more and more responsibilities to hone these skills even further. I am excited to see how this event will continue to create leaders out of our amazing troop of girls."

#### **ABOUT THE GIRL SCOUTS OF CRANFORD**

The Girl Scouts of Cranford boasts over 1,000 Girl Scout Members in 67 troops and Juliettes making it one of the largest non-profit organizations in town. The Cranford Service Unit is a part of the Girl Scouts Heart of New Jersey (GSHNJ) Council which is part of the Girl Scouts of the USA. If your family is interested in learning more about local Girl Scouts or to find out more information on the Girls Scouts of Cranford, please visit GirlScoutsofCranford.com.



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### ENTREPRENEURSHIP CLASS TEAMS WITH L.E.A.P.

**Cranford Public Schools** 

This semester, Cranford High School's "Entrepreneurship" class taught by Mr. Sean Trotter partnered with the Entrepreneurial LEAP program led by local business leaders, Marc Dispensa of EOS Worldwide and Karl Spinner of SERVPRO of Central Union County. Throughout the semester, students developed business plans and were mentored by Mr. Spinner and Mr. Dispensa, bridging the gap between classroom learning and practical entrepreneurship, and offering students a glimpse into the triumphs and tribulations businesses face in the real world. The students' experience culminated with a "Shark Tank" style competition where students showcased their innovation and business acumen by presenting their entrepreneurial plans to esteemed members of the local business community. Judges included Doug Petschow of Strength and Fitness Club, Andrew Hooey of Northeast Roof Maintenance Inc., and Amanda Girardi of Sweet 'n Fancy Emporium.

After much deliberation by the judges, CHS sophomores Gemma Grande and Ava Gajdzisz were selected as the award recipients for "G&G Home Innovations" that proposed using three-dimensional holograms for interior design plans. They were honored during a ceremony on February 12th where Mr. Karl Spinner presented each of them with a scholarship award.

Cranford High School expresses appreciation to the local Entrepreneurial LEAP leadership team for their support in making this event a meaningful experience for the budding entrepreneurs of Cranford.



(above) Sophomores Gemma Grande (left) and Ava Gajdzisz present their entrepreneurial proposal for G&G Home Innovations regarding the use of three-dimensional holograms for interior design plans. Grande and Gajdzisz were the winners of this semester's competition.



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## CRANFORD HIGH SCHOOL FIERCE FOURSOME BREAKS SWIM RECORD

#### Submitted by Alexandra Paulyson

The Cranford High School Boys 200 Medley Relay team made waves by breaking their own school record during the 2024 Union County Tournament held on January 21st at Rutgers University. The same relay team broke the previous school record just two weeks prior during a home dual meet against Scotch Plains-Fanwood.

The team first broke the previous record of 1:46.50 on January 10th during a home dual meet with a time of 1:45.95. Two weeks later, the same team broke their own record at the Union County Tournament with a time of 1:43.24.

The four relay members are:

- Dominick Lotito, Sophomore (Backstroke) -0:26.33
- Liam Soyka, Sophomore (Breaststroke) -0:29.33
- Arturo Gomez, Junior (Butterfly) 0:24.41
- Charlie Otten, Junior (Freestyle) 0:23.17

Evan Brawley, the Cranford High School Boys Swim Coach, said, "This relay team demonstrates superior swimming, motivated by determination and pure grit. I am extremely proud of what they've accomplished during this season alone and am excited to see their continued growth as athletes."

The previous school record of 1:46.50 for the 200 Medley Relay was attained in 2022 by and Michael Minchak. At this writing, teams are 8th place and the girls in 4th place.

Michael DeSimone, Kevin Ruple, Arturo Gomez moving onto States, with the boys positioned in



(above) Dominick Lotito, Liam Soyka, Arturo Gomez, and Charlie Otten.

Photo by Coach Evan Brawley

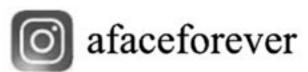


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## HARDING STUDENTS HELP FAMILY CARE

Through the generosity of the students of food to Cranford Family Care. Harding School in Kenilworth, volunteers from the Cranford Elmora Soup Kitchen, a program sponsored by the First Presbyterian Church of Cranford, delivered over 25 boxes and bags of Super Bowl.

The food donation and volunteer program is an annual event organized by the Harding School Student Council, the Friday before the



(above, l-r) Soup Kitchen volunteers Jean Wands, Skip Winter, Esther Maroney and Cranford Family Care Executive Director Julie Carroll.

Courtesy photo



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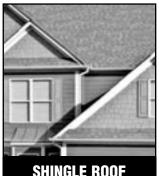
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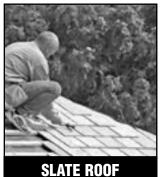




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## **BLUE ENVELOPE PROGRAM OPINION**

#### Submitted by Simone Palermo

The Blue Envelope Program's purpose is to raise Union County's police departments' awareness of special needs (such as Autism Spectrum Disorder, dementia, and anxiety) and how to best communicate with a special needs driver. One point of interest for me in this news article is how all police officers in Union County's twenty-one municipalities will go through a specialized training course on special needs, as well as learning the best methods in engaging with special needs drivers during a traffic stop. These specialized training courses will be vital in not only developing a deeper understanding of special needs, but also on how to best approach special needs drivers to minimize potential misunderstandings and escalations in conflict when pulled over. They will also better communication to special needs drivers that are non-verbal to provide a safer, unprejudiced community that can ensure trust in its police force.

According to one source within the Clark Township's Police Department, the process of getting a blue envelope is very easy, as the special needs driver can simply call their local police department, press the number for their helpdesk, and ask to receive a blue envelope either directly from the local police station or having it delivered to them in their mailbox. A copy of their driver's license and vehicle registration, insurance details, and (if necessary) emergency contact card are placed inside the envelope, which is then placed onto the dashboard of their vehicle so that officers do not make the driver even more nervous than normal under a traffic stop. However, it does concern me deeply how easily accessible these blue envelopes can be as there is a possibility of individuals not in the spectrum to abuse them for their own benefit.

According to the same source, there are other towns in Union County that have implemented the Blue Envelope Program in their police departments; said source however does not know if it has currently spread throughout the entire state of New Jersey. Regardless, my source said

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that the Clark Police Department has managed to hand out several of these blue envelopes to special needs drivers, which is a promising start for the program's progress. Upon further research, I have discovered on various websites – such as Crimewatch and the Montgomery County website – that it is being employed in police departments in California, Pennsylvania, Connecticut.

Overall, my opinion on the Blue Envelope

Program is incredibly positive. I am advocating for the Blue Envelope Program for Union County's police departments and hope that it spreads beyond just Union County and the state of New Jersey.

Having lived most of my life with Autism Spectrum Disorder – specifically Pervasive Developmental Disorder Not Otherwise Specified (PDD-NOS) – I was personally intrigued when I came across the Clark Monthly's "Blue Envelopes for Drivers with Autism" newspaper article. As someone who has lived with autism for years, I feel as though I have a voice in this matter, and I would like to let it be heard.

If you or a loved one are a special needs driver looking for more information regarding the Blue Envelope Program, contact your local police department and ask them how you can get started with your blue envelope today.







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## **CRANFORD YMCA OPENS TO PUBLIC**

Township of Cranford and Westfield Area YMCA

The new fitness and indoor pool facility opened Thursday, February 15. The Cranford YMCA, located at 401 Centennial Avenue, is the result of a partnership between the Westfield Area YMCA and the Township of Cranford.

"The partnership between the Westfield Y and the Township of Cranford has been beneficial for the Centennial Avenue facility and the community. Monetarily, we couldn't have invested \$1.5 million on the facility. The combination and knowledge of the YMCA and the Township employees will produce a great program for the residents," Deputy Mayor and Commissioner of Public Affairs Terrence Curran said.

Members will find the indoor facility has a complete refresh of the interior spaces. The fitness center has an expanded footprint, with an all new weight room and exercise facility, containing over 50 pieces of cutting-edge cardio/strength equipment, pneumatic Keiser fitness machines, a full array of free weights, a TRX system, and a stretching area. New rubber flooring, paint and glass walls round out the interior improvements. The cardio equipment, including treadmills, recumbent and upright bicycles, ellipticals and stair climber, each contain their own television screens offering simulated experiences, access to free live television and music, access to your own television app subscriptions, and Apple Watch and Samsung Watch compatibility. The fitness center is open to members ages 15 and older.

Members of all ages can enjoy the upgraded indoor pool. The indoor pool improvements include new filtration, a chemical feed system, a heat exchanger, a pump, and an ultraviolet system.

"The improvements were sorely needed. It's a beautiful new facility," said Parks and Recreation Director Steve Robertazzi. "If you are looking for a place for swimming and to work out, come to the Cranford YMCA."

Currently in progress is a multipurpose space (to be completed by late February) and renovated main locker rooms (to be completed by late March). New locker rooms will include individual shower stalls/changing areas with accessibility improvements. Temporary bathroom facilities are open until the new locker rooms are complete. The multipurpose room is a flex space that can be used for group and personal fitness programs, day camp, birthday parties, and more programs.

"The Cranford Pool & Fitness Center has had several renovations over my 40 years of employment there, keeping up with exercise and recreational trends. This is the most extensive yet, involving infrastructural needs," said Sally Kleeman, Swim Pool Advisory Board member.

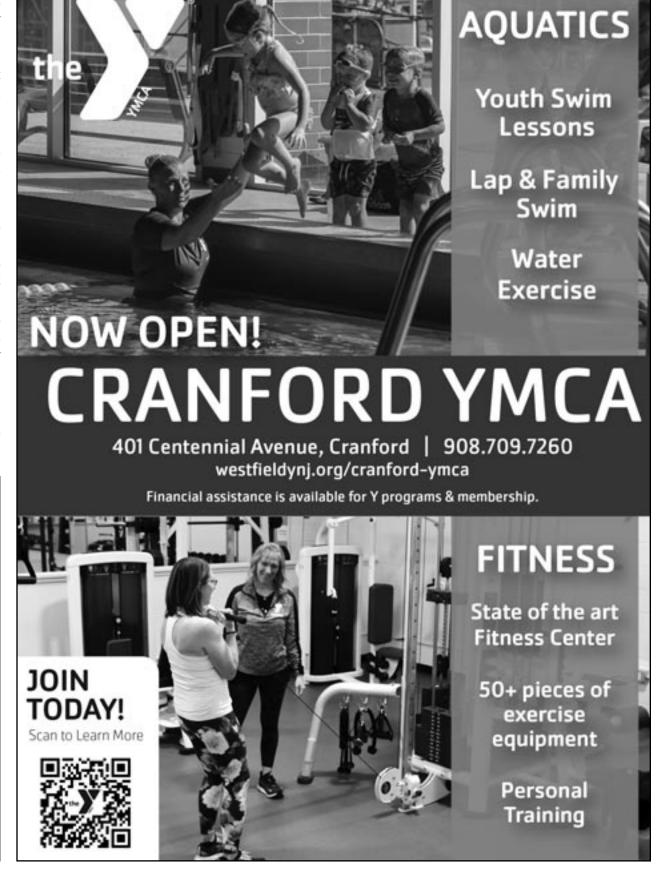
"We are all used to referring to the facility as 'the pool,' but it will be so much more than that now. The upgrades to the fitness center are noteworthy (and I say that after managing it for 11 years), bringing it up to modern standards while remaining accessible to seniors, beginners,

and those who may be continuing rehab, three populations who are dear to my heart. And, important for parents, childcare facilities are also undergoing major improvements," Ms. Kleeman continued.

Memberships are open to Cranford and area residents. Cranford residents receive discounted membership rates. Discounted rates are also available for teens and seniors. To register, go to westfieldynj.org/programs/cranford-ymca/, call the Cranford YMCA at (908) 709-7260, or register in person at 401 Centennial Avenue, Cranford, N.J.

The indoor pool is open for lap and family swimming. The first session for aquatic programs will begin Sunday, March 3, and end April 20.

"I am looking forward to seeing 'facility friends' again, and I hope to see it grow to its former popularity once more," Ms. Kleeman concluded.





### MILES MURPHY EARNS RANK OF EAGLE SCOUT

became an Eagle Scout on October 3, 2023. As his Eagle Project, Miles renovated a room at the Cranford Community Center that can now be used for storage by community members. He removed an old sink and cabinets and designed, built and installed a wooden storage unit. He also had local community members and

Cranford High School senior, Miles Murphy, workers, including police, fire, first aid, fellow scouts and students add their handprints to the "Helping Hands in Our Community" mural.

> The Boy Scouts of America (BSA) rank of "Eagle Scout" is the highest rank a young person can reach in Scouting. In fact, only around 5% of all Scouts who join ever reach the Eagle rank.





(above) As his Eagle Project, Miles renovated a room at the Cranford Community Center that can now be used for storage by community members. Courtesy photos

(above) Miles Murphy earned BSA Eagle Scout rank.



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The scholarship is not based on financial need. The candidate must furnish proof of acceptance/enrollment to an accredited university, a letter of reference, and an essay. The deadline to apply is May 1, 2024. To apply visit:cranfordlibrary.org/friends.php.



(above) Use the QR code to apply. The deadline is May 1, 2024.



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## **COLLEGE WOMEN'S CLUB UPCOMING EVENTS**

The College Women's Club of Cranford invites the community to a free monthly meeting and program featuring our very own Cranford Downtown Management Corporation.

Come and learn about the DMC on March 12, 7:30 p.m. at the Jardine Academy, 75 Rod Smith Place. Thanks to presenter Caren Demyen, Executive Director for Cranford Downtown Management Corporation who Caren will fill us in on the who's who down town as well as history, events past and present that make Cranford a top notch place to live!

It is time to get ready for the Annual Scholar tea fundraiser! A traditional ladies tea, live entertainment, tricky tray baskets...and raffles... Save the afternoon of April 14th for a fantastic day at the First Presbyterian Church. Tickets are \$45.00 all proceeds support college

scholarships for Cranford residents (any high school) please go to our website for more information collegewomensclubcranford.com contact email cranfordcollegeclub@gmail.com.

The club supports our Cranford youth and our community through scholarships, donations to project graduation, free programs open to all in our community and surrounding areas.

We are currently seeking new members. Come join us for light refreshments at any of our general meetings and Free open to the public program events.

See our website for membership information and program information and updates collegewomen's cluberan ford.com, or email the club at cranfordcollegeclub@gmail.com.





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## THE FLORAPHILE GARDEN CLUB OF CRANFORD **MEMBERSHIP CAMPAIGN**

Love to garden or interested in learning how? The Floraphile Garden Club of Cranford is looking for new members. Founded in 1950, Floraphile has been an active and integral part of the Cranford community for 74 years. We welcome members of all ages and gardening abilities. Community service is one of the core tenets of the group. Members participate in the yearly clean-up and beautification of Girl Scout Park, Orange Ave. Pool and the Cranford First Aid Squad. The Floraphiles have also offered horticultural therapy programs at the Atria of Cranford and host garden workshops for seniors through Cranford's Recreation & Parks Department. We also offer youth programs at local schools.

Members participate in monthly meetings and enjoy many programs on garden-related topics. The club has learned about herbs from Master Gardener Caren White and enjoyed a presentation on the Empress Josephine by Garden Historian Lesley Parness. We have learned about local beekeeping, enjoyed fall container planting at Dreyer Farms and marveled at the magic of the hummingbird. In the spring, members take tours of various gardens around the state, like Presby Memorial Iris Garden in Montclair, Greenwood Gardens in Short Hills or Bamboo Brook Park in Chester. The club also participates in many exciting, hands-on workshops. We have learned to make boxwood topiaries, decorate wreaths and

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make beautiful stained glass and cement stepping stones for our gardens. Some of these stepping stones were even donated to the Cranford First Aid Squad.

This year we are hosting one of our biggest fundraisers, Floraphile Garden Club's Plant and Garage Sale! It will be held on Saturday, May 11th from 9 a.m. – 2 p.m. at 469 Brookside Court in Cranford. We will have vintage jewelry, household goods, clothes, and, of course, plants, plus lots, lots more! This will be the perfect opportunity to do all of your Mother's Day shopping! So please save the date!

If any of this sounds interesting to you, feel reach out to LeAnn s.durner@verizon.net for more information. And please follow us on Facebook and Instagram to take a peek at all of our fun activities. Happy Gardening!

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### PASSAIC COUNTY CASA EXPANDS TO UNION COUNTY

Submitted by Gretchen Boger-O'Bryan

Passaic County Court Appointed Special Advocates (CASA), a leading child advocacy organization focused on protecting the best interests of abused and neglected youth, has announced the expansion of its service footprint to include Union County. With this expansion, critical volunteer advocacy for child victims removed from home and living under the jurisdiction of the family court will be made available to even more of New Jersey's most vulnerable children. This expansion allows for greater community impact, efficiency in operations, and greater long-term sustainability.

CASA recruits, screens, trains, and supervises community volunteers to advocate for local abused, neglected, and abandoned youth from birth to age 21 involved in the child welfare system through no fault of their own.

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Executive Director Erica Fischer-Kaslander, who continues to lead the expanded advocacy organization, said, "There's no doubt this expansion will reap even greater rewards for Union County's vulnerable youth. The synergy created from two experienced programs allows far greater community impact and enhances its agility to withstand today's shifting landscape as a strengthened, multi-county program." Acknowledging the nearly two-decade impact of the previous Union County CASA organization, Fischer-Kaslander adds, "The dedicated advocates in Union County remain focused on fulfilling CASA's mission: quality advocacy, continuity of presence, and increased access to services for local vulnerable youth-victims. As a combined force, we will build on that good work. I remain grateful to all professionals involved in these cases for their support – judges, attorneys, caseworkers, and more – and look forward to the collaboration required for us all to do our best for the children depending on us."

Gretchen Boger-O'Bryan, Content Director for CASA of Passaic and Union Counties, added, "In my 11 years working with CASA in Union County, I have seen the organization pivot to meet unforeseen needs, adapt to changing trends, and persevere through recent challenges faced by all nonprofits, including a global health pandemic. Indeed, passion for and commitment

to every child drives us, and this new chapter is simply an opportunity to enjoy greater efficiency, resource allocation, and space for innovation. Ultimately, the expansion of Passaic County CASA to include Union County breeds a strengthened organization that bolsters CASA's impact throughout the county. For our local youth, that's what matters."

Considered extra "eyes and ears" for judges hearing abuse and neglect cases, CASA volunteers are assigned to a youth or sibling set by court order, granting access to all parties in the youth's life. Advocates use unbiased observations to make fact-based recommendations to judges deciding the future of each youth. Often, CASA volunteers are the only long-term, caring, and informed adult in the corner of a youth awaiting a safe, stable, and permanent placement.

Volunteer advocates need no prior experience in child welfare. All prospective volunteers complete a 36-hour training course, extensive application, and screening process in addition to background checks. Volunteers with the newly expanded CASA of Passaic and Union Counties program are supported by a 26-person professional staff with extensive experience in child welfare. For details on becoming an advocate or other ways to get involved, visit casapassaicunion.org.



## **JOE SCHOTT'S 102ND BIRTHDAY CELEBRATED**

The Flintlocks, BSA

The Flintlocks celebrated one member's birthday on Thursday, Feb 15, 2024. Joe Schott is 102 years old. Joe jokes that all five of his kids are now senior citizens. He is a veteran of the Navy in WW II, installing secret equipment in the ships to prepare for the Normandy Invasion. He was Grand Marshall of the Fanwood Memorial Day Parade in 2019. Joe spent his career at Bell Labs and worked for 5 Nobel Prize winning scientists. He has won many awards in his hobby of oil painting. The Scouts have awarded Joe the Trailblazer Award, the Silver Service Award, the Silver Beaver Award, and the Camping Hall of Fame. He has been coming up to the scout camps every Thursday, all year round for 36 years.

The Flintlocks BSA, Inc. is a 501c3 consisting of a group of retired scouters who support the Patriot's Path Council (PPC) of the Boy Scouts of America. The PPC serves 10,500 scouts in five counties of northern New Jersey. The Flintlocks maintain the 3 camps, two scout shops, have built new structures, renovated older structures, and provide volunteer manpower for PPC activities. They are not associated with firearms. The name comes from an old device which is still useful, implying that they are old guys who are still useful.

The Flintlocks meet on Thursdays from 8 a.m. to 2 p.m. at Camp Winnebago, Rockaway, NJ, all year round. Guests are always welcome.



(above) Joe Schott's 102nd birthday was recently celebrated by The Flintlocks. Joe is sitting behind the cake.

Courtesy photo

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### CRANFORD PUBLIC LIBRARY ADULT EVENTS

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

#### **Pedal Steel Guitar Concert**

Tuesday, March 5, at 7 p.m. We are excited to welcome back Cranford resident Gordon Wells for a Pedal Steel Guitar concert! Sponsored by the Friends of the Cranford Public Library. No registration needed.

#### **Movie Night**

Wednesday, March 6, at 7 p.m. Movies are back! Join us the first Wednesday of the month for a screening of a recently released DVD! Please visit our website or contact the library for film titles.

#### **Literary Cafe**

Saturday, March 9, at 10:15 a.m.

Literary Café is a book chat program. The format is simple: Bring a few of your recent favorite books and tell the other members of the group what you like about them. If you don't have a copy of the book you want to talk about, that's okay, too. The books can be new or old, fiction or non-fiction, classic or contemporary. There is no required reading, and you will have the opportunity to learn about books recommended by other group members. Attend as many sessions as you'd like. Admission is free and all are welcome. Refreshments sponsored by the Friends of the Cranford Public Library. Patrons are welcome to join us in person or online.

#### **International Film**

Monday, March 11, at 2 p.m. and 7 p.m. International films are back! Join us for an International film screening. The same film will be shown at 2pm and 7pm. Please contact the library for the film title.

#### **Adults Create**

Tuesday, March 12, at 7 p.m. Join us the 2nd Tuesday of every month for crafts! Sponsored by the Friends of the Cranford Public Library. Space is limited; please visit our website or contact the library to register.

#### **Theater Project**

Saturday, March 16, at 2 p.m.

The Friends of the Cranford Public Library invite everyone to attend a live theatrical performance -back in person! New Jersey's own Theater Project will present a reading of an original short play. The reading will be followed by a question and answer session with the audience, director, playwright and cast. Funds benefiting the Theater Project have been provided by the Union County LAP Grant and the Friends of the Cranford Public Library. No registration needed!

#### **NJ Makers Day Darkroom Open House**

Saturday, March 16, from 11 a.m. - 1 p.m. New Jersey Makers Day is a statewide celebration of tinkering, crafting, and creation. It's the perfect time to unveil our refurbished

Darkroom! All are welcome to stop in, take a peek at the space, and share ideas for how the space could best serve the community. No registration is required. The Darkroom is located in the Arts & Crafts room on the second floor of the Cranford Community Center. The venue is wheelchair-accessible.

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

#### **Trivia Night**

Wednesday, March 20, at 7 p.m. Join us for another fun evening of trivia on Wednesday, March 20th, at 7pm! This free event is hosted by the Friends of the Cranford Public Library! Join us in the Community Room on the first floor of the Community Center! Feel free to bring your own snacks and (non-alcoholic) drinks. Prizes awarded to the winning team. Please visit our website or contact the library to register.

#### **Readers Forum**

Monday, March 25, at 7 p.m. All are welcome at the Readers Forum Book Discussion Group! This month's book is The Book Women of Troublesome Creek by Kim Michelle Richardson.

#### Reeds, Rhythm and All that Brass Concert Tuesday, March 26, at 7 p.m.

Join us for this 17-piece big band concert! Sponsored by the Friends of the Cranford

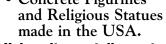


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## **WEBINAR ON TALKING TO KIDS ABOUT DEATH**

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"A child can live with anything as long as he or she is told the truth and is allowed to share with loved ones the natural feelings people have when they are suffering." – Eda LeShan

We often struggle to find the words to talk to kids about life changing diagnoses, illness and death. Sometimes, we feel so unsure of what to say that we don't say anything at all. But our kids need to be given the opportunity to engage in honest conversations about these life changing events.

The staff at Imagine are offering a free webinar to help community members navigate these difficult conversations. On Thursday, March 14th from 7-8:30 p.m., Imagine will offer a webinar on Talking to Kids about Death and Dying. Those attending the webinar will learn to:

- Recognize that grief begins at diagnosis
- Describe how children grieve at different developmental stages
- Develop tools for creating a safe space where children can share their feelings
- Discover ways to navigate conversations about diagnosis, illness and death

If you'd like to join us for this webinar, please visit our website at imaginenj.org or scan the QR code below to register. Once you register, you'll receive a zoom link to join us on March 14th. Please contact Imagine's Training and Education Director, Veronica C Ortiz, LPC at

veronica@imaginenj.org with any questions.

Because loss is inevitable, it's so important that we have open conversations with our kids in these difficult moments. We hope that you can join us as we work to create a world where no child grieves alone.



(left)
Scan QR Code
for Webinar on
Talking to Kids
about Death
and Dying

## LOSS OF A CHILD PRAYER SERVICE

Parents who have lost a child at any age, under any circumstances, are invited to a time of prayer and remembrance to be held on Sunday, March 10th at 2 p.m., at Church of the Little Flower, 310 Plainfield Avenue, Berkeley Heights, NJ. The program will also be livestreamed at littleflowerbh.org.

For any questions contact Dan Grossano, Pastoral Associate for Outreach and Ministries at 908-464-1585, pastoral 110.lf@gmail.com.



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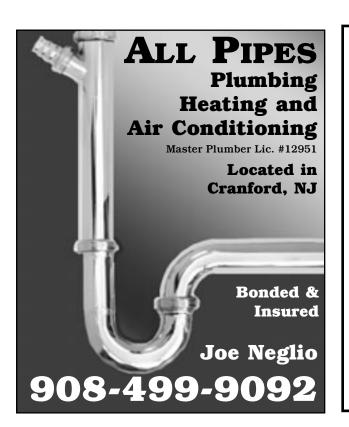
Follow Cranford Jaycees on Facebook

Cranford Youth Wrestling towards the purchase of a new mat. The youth program has exploded in popularity with 125 participants and 40+ kids

The Cranford Jaycees donated \$6,000 to turned away for lack of space. We believe in giving all kids a chance to compete and are happy to support the next generation of Cougar superstars.



(above) Coach Kevin Murray with 3 members of the Jaycees leadership and Cranford PAL wrestlers.



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## REPAIR CAFÉ EVENT CELEBRATES SUSTAINABILITY **AND COMMUNITY ENGAGEMENT – MARCH 16**

we breathe new life into your beloved but broken items, for free. Diverting an average of 421 pounds of items from landfills per event by simply repairing them, this initiative contributes significantly to both the community and the environment.

On Saturday, March 16 we invite you to Barnwell Hall at Christ Church from 11:00 a.m. to 3:00 p.m., located at 561 Springfield Avenue, Summit, NJ. Please note that the final items for repair will be accepted at 2:30 p.m.

Our repair services for this event encompass a wide range, including new repair services of sewing machines and watch battery and band replacement as well as sewing/textiles, clocks, woodworking, PC computers, knife sharpening, lamps, electronics, and bicycles. To ensure equal opportunities for everyone, each person may bring a maximum of 2 items for repair.

For lamps, clocks and watch batteries,

Join us at Summit's Repair Cafe event, where replacement parts will be available at a nominal, at-cost fee. Please ensure you can carry your items unassisted when bringing them to the event. No appointments are necessary, although wait times may vary as this event is not a dropoff service.

> This impacting event is co-sponsored by the Summit Area Green Faith Circle and Repair Cafe Garden State. For a comprehensive schedule of upcoming Repair Cafe events across New Jersey during the ongoing 2024 repair season, visit www.repaircafe.org.

> Repair and event volunteers are always welcome at this event, as well as all future repair events. If you are interested in volunteering, please reach out to us via email at summit@repaircafegs.org.

> Thank you for being part of this transformative movement that celebrates sustainability and community engagement through repair and restoration!



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## **ANTIQUE APPRAISALS EVENT - APRIL 6**

The Cranford Historical Society will host an Antique Appraisals event on Saturday, April 6th from 2:00-4:00 p.m. at the Cranford Community Center, 220 Walnut Avenue, Cranford.

Visitors are invited to bring their treasured antique items to be appraised for a fee of \$5.00 per item, Cash or Check, which will be collected at the sign-in desk.

Attendees will receive a history overview of the item along with the fair market value of each item within the antique marketplace. (The appraisals are not legally binding.)

For more information contact the Historical Society at 908-276-0082 or cranfordhistoricalsociety@verizon.net. Y ou can also visit our website at cranfordhistoricalsociety.com.

## **RAHWAY'S SPRING FISHING FLEA MARKET** MAR 23RD

The Rahway Spring Fishing Flea Market will be held on Saturday, March 23, 2024, from 9 a.m. to 2 p.m., at St. Thomas Church Hall, 1400 St. Georges Ave., Rahway, NJ. A wide variety of salt and freshwater fishing tackle will be on display for anglers looking for great buys. New, used, antique, custom fishing and boating items will be available to all. Door prizes will be given away every half hour which include rods, reels, tackle and much more. Food and refreshments are sponsored by St. Thomas Holy Name Society. Admission price is \$5 per adult, children 12 and under are free. For show or vendor information fishingfleamarkets.com 732-381-2165.



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## THE OLD GUARD MARCH SPEAKERS PROGRAM

The Summit Area Old Guard is a social, educational, and recreational organization that serves men of retirement age. We meet most Tuesdays at the New Providence Presbyterian Church located at 1307 Springfield Ave. Our dues are minimal, and members manage all aspects of the operation. Our motto is "Come for the Programs. Stay for the Friends." The organization was founded in 1930.

March speakers include Gregory J. Kaczorowski, PhD., Jessica Arkel, Dr. Dennis Liotta, and Dr. Lenny McDonald. Please join us. Our programs are free to the public, and we welcome you!

Our speaker on Tuesday, March 5th will be Dr. Greg Kaczorowski (ex-Merck) discussing the importance of ion channels vis-a-vis our health. Ion channels are a large family of membrane proteins that are present in all cells of the body. These proteins span the plasma lipid bilayer membrane and contain an internal pore structure which can be opened/closed by various stimuli to allow the gated passage of ions (e.g., sodium, potassium, calcium, or chloride ions) into or out of a cell. Nature has used this rather simple mechanism to modulate all major biological activities, both somatic responses like voluntary muscle movement and autonomic actions like cardiac and respiratory activities. Because of their fundamental importance in systems biology, Greg will discuss how ion channels can be modulated for therapeutic benefit or be targeted to kill an organism.

Our speaker on March 12th will be Jessica Arkel, the development officer at Children's Specialized Hospital Foundation. She will discuss the history of Children's Specialized Hospital in New Jersey from its early days in 1891 in Westfield to becoming a preeminent provider of pediatric rehabilitation with 15 facilities across New Jersey serving more than 35,000 children annually who are living with a

variety of complex pediatric medical conditions—from chronic illnesses and complex physical disabilities like brain and spinal cord injuries—to a full scope of developmental, behavioral, and mental health concerns.

Our speaker on March 19th will be Prof. Dennis Liotta. Prof, Liotta has led a group of synthetic/medicinal chemists at Emory University for over four decades. He will provide an overview of his research in the antiviral arena, featuring stories of three highly successful antivirals he developed in collaboration with his academic colleagues and biotech partners. Dr. Liotta has contributed to 18 FDA-approved therapies, with perhaps his biggest impact coming in the HIV/AIDS field. He will also highlight recent drug discovery endeavors in various therapeutic areas, including oncology and neurological diseases.

Finally, on March 26th, our speaker will be Dr. Lenny McDonald discussing the importance of

experimentation and creativity in photography and sharing his journey from science (ex-Wyeth/Pfizer) to his present avocation. Macro and close-up photography are his favorite styles, and he will discuss the impact of exploiting minute details. He will also show some of his non-macro abstract work. Lastly, he will briefly share his perspective on AI in photography and how it fits into his workflow. Lenny has exhibited his work in various venues across New Jersey, including Reeves-Reed Arboretum, Mayo Performing Arts Center, and the Trenton City Museum at Ellarslie Mansion. You can review some of his work on his Instagram page at instagram.com/lennysfineartphotos/.

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









(above, l-r) Prof. Liotta, Dr. McDonald,. Ms. Arkel, Dr. Kaczorowski





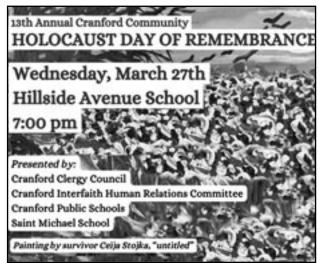
## **HOLOCAUST DAY OF REMEMBRANCE - MARCH 27**

Cranford's 13th Annual Community Holocaust Day of Remembrance will be held on Wednesday, March 27th at 7:00 p.m. at Hillside Avenue School.

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

The featured speaker this year will be Mark Schonwetter, who survived the Holocaust as a young boy with his mother and sister in the forests of Poland and in the homes of Polish people. He has since devoted himself to sharing his story through his foundation to teach the values of kindness and respect.

Rabbi Paul Kerbel of Cranford's Temple Beth-El Mekor Chayim synagogue and president of the Cranford Clergy Council will introduce the speakers and performances, which include Cranford Township Mayor Brian Andrews and Cranford Public Schools Superintendent Dr.



Scott Rubin.

Performers include the Orange Avenue School and Hillside Avenue School combined chorus, an original dance by the Cranford High School Performing Arts Dance Academy, a song by the CHS Madrigals, and original poetry written by Saint Michael School's students.

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



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PAGE SPREAD 21" x 14"					\$700
A	CK PAGE		10° x	14"	\$500
RONT PAGE BANNER			8.25° x	2*	\$320
RONT PAGE BOX 1.5" x 4.5"					\$240

k cover, front page banner and front box reserved on first-of first-served basis. Current advertiser has right of first refusal

Rates are p	ser month.	Artwork in	cluded in pr	ice. Newspu	ipers are bu	ick on whit
1	3	6	9	12	15	18

IN	TOWNS	6 TOWNS	9 TOWNS	12 TORNS	15 TOWNS	18 TOWNS	21 TOWNS	24 TOWNS
60	\$150	\$250	\$350	5400	\$450	\$500	\$550	\$600
00	\$250	\$400	\$500	\$600	\$700	\$800	\$900	\$1000
80	\$450	\$700	\$900	\$1100	\$1300	\$1500	\$1700	\$1900
40	\$600	\$900	\$1200	\$1400	\$1600	\$1800	\$2000	\$2200
20	\$800	\$1000	\$1300	\$1600	\$1900	\$2200	\$2400	\$2700
60	\$900	\$1200	\$1500	\$1800	\$2100	\$2400	\$2700	\$3000
00	\$1000	\$1400	\$1800	\$2200	\$2500	\$2800	\$3000	\$3400
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## THE WONDER BAND TO PLAY MARCH 9

Wonder Band – a Tribue to Stevie Wonder's Music, Saturday, March 9, 2024. The doors open at 7:15 p.m., the show starts at 8 p.m. Admission is \$20 and includes show, snacks, non-alcoholic beverages, and dessert. The venue is located in the basement of Townley Presbyterian Church, 829 Salem Rd, Union, NJ. The Roadhouse operates as a non-profit that raises funds for several carefully chosen local charities.

The Wonder Band is made up of three extremely talented performers who are well known to the Metro NY/NJ area music scene. Ed Alstrom, leader, is the organist for Yankee Stadium, as well as keyboard player for many famous performers such as Bette Midler, Chuck Berry, Leonard Bernstein, Herbie Hancock and others. The list goes on and on.

Accompanying Ed will be guitarist Al Orlo. Al has recorded with the legendary Ben E. King and was his musical director for 25 years. Al also held the #1 chair at Broadway shows, such as Kinky Boots, Carol King Musical, Hairspray abd Smokey Joe's Café, to name a few.

Bobby Deitch on drums rounds out the trio. Bobby has performed on several recordings such as Richard Sorce's Latin album "A Place I've Never Been" and Richie Hart's "33 1/3" album.

States Ed Alstrom, "Obviously, Stevie's music is even more fun to play than it is to listen to. This group does a mix of the hits and some lesser-

The Salem Roadhouse Café presents The known things, without the vocals, and it doesn't hurt the music one bit not to have them, because they'll be playing in your mind!

> Original artwork by local artist James Spath will be on display at the Roadhouse Gallery of Fine Art for all to enjoy before, during and after the show.

> 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.

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.



## **RENNA MEDIA LAUNCHES YOUTUBE PODCAST**

Joe Renna

Renna Media has posted its first episode of 'Mind Your Own Local Business," a podcast that gives advice on how to run a successful local business.

This is my 40th year in business and I draw from my experience and expertise to give advice. I have received so much help in my career from mentors and seasoned business owners, and this is a way to pay it forward.

I already offer free one-on-one consultation on putting together business plans and marketing plans. The show would be a way to reach many more people.

I started in business in 1984 as a graphic designer and grew into a full-service marketing and adverting company. Now, along with my wife Tina, we publish twenty-four community newspapers mailing out 160,000 to homes and businesses monthly.

Like the newspapers, the show will serve as a venue to support local community service organizations and events and production costs will be covered by advertisers. There are several marketing and advertising opportunities for businesses to be included with the freedom to be unique and creative.

I am looking forward to having a lot of fun doing the show. It is another application of my Do-What-You-Love mentality. The show is a free-form magazine format production that is flexible. I welcome business owners to join in the fun.

To learn more call me, 908-447-1295, or email joerenna@rennamedia.com.



Scan for First Episode of Mind Your Own Local Business on YouTube.



It would be a tremendous help if viewers Subscribe, Comment, Like & Share the shows.



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