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FIRECRACKER OVERCOMES STORM & HEAT

Cranford Jaycees

Up until 5:00 am on July 4th, it looked like one tree was going to stand in the way of 2,200 runners.

The Cranford Jaycees' annual Firecracker Four Miler and Fun Run road race was already challeged by a heat wave creating 85 degree temperatures. But a sudden evening storm on July 3rd led to downed trees and power lines, including a large tree which fell across the race course on Springfield Avenue, knocking out power in several neighborhoods. Local officials and PSE&G were able to clear the tree overnight, and Jaycees members swept the course before start time.

Several safety measures were added to combat rising heat and humidity. The Cranford Fire Department capped hydrants along the route to provide cooling mists for runners. The Cranford First Aid Squad stationed staff on bicycles along the course to assist runners. Jaycees organizers also increased the number of portable restrooms and provided extra water, ice, and popsicles, while local residents contributed by setting up sprinklers along the route.

"We're grateful to all of the community organizations that came together to pull this off. It's what makes Cranford special, and it restores our hope that people are willing to see things through and offer help in a time of need." said Jaycees president Alex Enzbigilis.

The race drew a near-record 2,200 participants from more than 200 towns with participants ranging from 5 to 81 years old. The top male and female finishers were Ben Fleischer of Scotch Plains with a time of 20:08 and Manon Stephen of Basking Ridge in 24:30. The top male and female finishers among Cranford residents were Ryan Hutton and Kristina Lynch. Ryan Fidlow, 12, won the Fun Run with a time of 5:43.

More than 40 local businesses sponsored the event, which benefits the Cranford Jaycees' scholarship fund. This year, the fund awarded $55,000 to graduating Cranford seniors for their education at colleges and trade schools.

Photos curtesy of Cranford Jaycees

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STUDENTS COMPLETE THE GREAT AMERICAN CHALLENGE

St. Michael's School

To commemorate our nation's semiquincentennial (250th anniversary), St. Michael School social studies teacher Shannon Tallon issued "The Great American Challenge" for her fifth-grade students. The challenge required students to demonstrate their knowledge of American history and civics by completing the following tasks:

- Write the Pledge of Allegiance from memory
- Complete a blank map identifying all 50 states and their capitals
- Recite the Preamble to the Constitution, the Gettysburg Address, and "The Star-Spangled Banner"
- Complete two hours of community service

Four students successfully met this ambitious challenge: Joseph L., Amalia R., James G., and Berenice D. Congratulations to these outstanding students for their dedication, perseverance, and patriotism as they honored our nation's history through this remarkable achievement.

(above, l-r) Mrs. Tallon, Joseph L., Amalia R., James G., and Berenice D.

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Garden Communities

7TH ANNUAL MARCH TO YORKTOWN DAY RETURNS TO WESTFIELD ON AUG 16

The Washington-Rochambeau Trail Alliance of New Jersey invites the public to experience the sights, sounds, and stories of the American Revolution at the 7th Annual March to Yorktown Day on Sunday, August 16, 2026, from 12:00 p.m. to 4:00 p.m. at Washington-Rochambeau Trail Park, 201 Mountain Avenue, Westfield, New Jersey.

This America250 family-focused community event commemorates the historic 1781 march of the American and French armies through New Jersey on their way to Yorktown, Virginia. The allied victory at Yorktown proved decisive in securing American independence.

The event will begin with a 12:00pm Opening Ceremony featuring the formal dedication of Washington-Rochambeau Trail Park, along with remarks by local dignitaries and invited guests. Located along the congressionally designated Washington-Rochambeau Revolutionary Route National Historic Trail, the park commemorates Westfield's place in the historic march to Yorktown and provides a permanent place for residents and visitors to learn about the community's Revolutionary War heritage.

Visitors can step back in time at a Revolutionary War militia encampment, where reenactors will demonstrate military camp life and historic cooking techniques. Musket firing demonstrations will bring the sounds of the Revolution to life, while historical organizations will host informational tables

highlighting New Jersey's rich Revolutionary War history.

A special program at 2:00pm, will feature nationally renowned historian Robert A. Selig, Ph.D., a leading scholar of the Washington-Rochambeau Revolutionary Route and the American and French armies' march to Yorktown. Dr. Selig will share the history and significance of the 1781 campaign and New Jersey's important role in the journey that helped secure American independence.

Children and families can enjoy activities designed to introduce young people to Revolutionary War history in an engaging and memorable way courtesy of many local history organizations. Food trucks will also be on site throughout the afternoon.

One of the highlights of the day will be the symbolic March to Yorktown, commemorating the journey undertaken by thousands of American and French soldiers in 1781. Participants will march to Westfield's historic Revolutionary War burial grounds, where a wreath-laying ceremony and musket salute will honor Revolutionary War patriots and those who sacrificed for American independence.

The 7th Annual March to Yorktown Day brings together reenactors, historians, historical organizations, community partners, families, and visitors for an afternoon of living history, education, and remembrance during the nation's 250th anniversary year.

The event is organized by the Washington-Rochambeau Trail Alliance of New Jersey, a nonprofit organization dedicated to preserving, promoting, and interpreting New Jersey's role in the Washington-Rochambeau Revolutionary Route and the historic march that helped secure American independence.

In the event of severe weather, the program will be moved indoors to the Town of Westfield Community Room, 425 East Broad Street, Westfield. Weather-related updates will be announced prior to the event on the WRTA-NJ Facebook page and Town of Westfield Nixel.

Sponsors include: PNC Bank, Westfield Inn, Chez Catherine, Apricot, Westfield Tobacco and the West Fields Chapter Sons of the American Revolution.

For more information, contact Julie Diddell, Executive Director of the Washington-Rochambeau Trail Alliance of New Jersey, at 908-917-4706.

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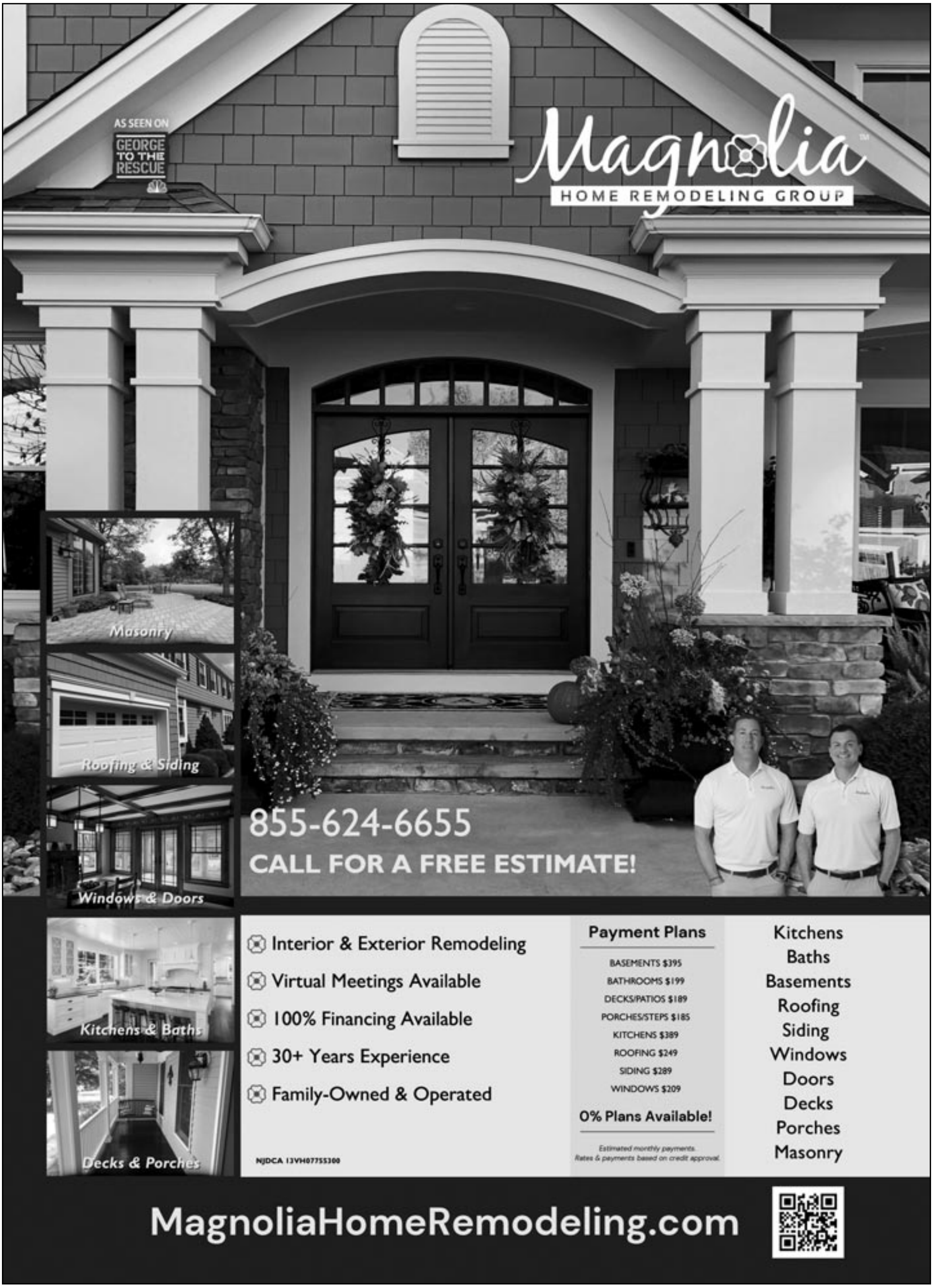

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TEMPLE ANNOUNCES NEW CONGREGATIONAL PRESIDENT

Temple Beth-El Mekor Chayim (TBEMC) is proud to announce the appointment of BJ Solomon as its new Board President, bringing a lifelong dedication to the congregation and a proven track record of community building. He succeeds co-presidents Andrew Feldman and Craig Schwartz, who spent two years leading the community.

Solomon's connection to TBEMC runs deep: he grew up in the congregation, attending its Nursery and Religious Schools and participating in the Kadima and USY teen programs. Leadership and volunteerism are a family tradition: his mother, Sidney, has served Sisterhoo president, and his father, of blessed memory, served as the congregation's President from 1996 to 1999.

(above) A lifelong TBEMC member, B.J. Solomon steps into a new leadership role as Board President.

Courtesy Photo

Since joining the TBEMC Board of Trustees, Solomon has served as the Chair of Fundraising, hosting succesful campaigns, spring galas, and unique events like "Bubbie Bingo.". Championing inclusivity, he also pioneered the synagogue's first Pride Shabbat, which has since become an annual tradition. Solomon resides in Rahway with his husband, Duncan, and runs the celebrated theater department at Weehawken High School.

"I am deeply honored to serve as TBEMC's first openly Gay President.," said Solomon. "This community has felt like a second home since my childhood, and I look forward to working together with Rabbi Kerbel and the Board of Trustees to build upon the temple's impressive 109-year legacy of warmth, inclusion, and vibrant Jewish culture."

The temple recently held their annual Spring Celebration, chaired by Solomon, honoring Linda Leifer with the Tikkun Olam award for community service, David & Gail Salomon with the Volunteers of the Year award, Marissa Domanski with the Young Leadership award, and C. Mindy Kipness with the Past President's award.

As TBEMC looks forward to an exciting new chapter, the congregation warmly welcomes people new to the community to join them for the upcoming High Holidays. For more information on holiday services, the Religious School, or congregation community life, please email membership@tbemc.org.

ABOUT TEMPLE BETH EL MEKOR CHAYIM

Located in Cranford, New Jersey, Temple Beth El Mekor Chayim is a vibrant, inclusive egalitarian Conservative congregation. For more than a century, TBEMC has dedicated itself to fostering spiritual growth, lifelong Jewish learning, and impactful community service.

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YOUR DOCTOR SAYS YOU HAVE OSTEOPOROSIS. NOW WHAT?
The diagnosis that scares most people into doing nothing, and why the right response is exactly the opposite

A few years ago, Sandy walked into Active Life Fitness with a diagnosis she wasn't expecting: osteoporosis. She then vowed to do whatever it took to get healthier. Two years later, her bone density tests show significant improvement.

Joan was 72 when she joined, with osteoporosis and a goal of building upper body strength. After a little over a year, her bone density had improved from osteoporosis to osteopenia. A meaningful clinical step in the right direction. Her doctor credited her consistent attendance.

And then there is Gretchen, who has been training at ALF since it first opened. At her last physical, her doctor told her that her bone density was perfect for someone over 60.

Three women. Three diagnoses. Three stories of measurable, documented bone density improvement. Not from medication alone but from strength training.

Joan

Sandy

WHAT OSTEOPOROSIS ACTUALLY IS AND WHY IT'S SO COMMON

Osteoporosis is a condition in which bones become less dense and more fragile, increasing the risk of fractures from falls, and sometimes from simple, everyday movements. It is extraordinarily common: approximately one in two women and one in four men over the age of 50 will experience an osteoporosis-related fracture in their lifetime.

Osteopenia is the precursor. It's below-normal bone density that has not yet reached the threshold for osteoporosis. Both conditions develop unnoticed, with no symptoms, until a fracture occurs. By the time most people are diagnosed, significant bone loss has already happened.

The standard medical response is medication. And medication has its place. But here is what people are not always told by their doctors: strength training is one of the most effective interventions for both preventing further bone density loss and, in many cases, improvement, at any age.

WHY STRENGTH TRAINING WORKS ON BONE

Bone is living tissue. Like muscle, it responds to the demands placed on it. When you apply load to your skeleton through resistance exercise, your body responds by building new bone tissue to meet that demand. This is the principle behind weight-bearing exercise for bone health, and it is supported by decades of research.

Progressive resistance training is the most effective form of exercise for bone density. Exercises that load the spine, hips, and wrists (the sites most vulnerable to osteoporotic fracture) directly stimulate bone remodeling in those areas.

It is never too late. Studies consistently show that older adults, including those already diagnosed with osteoporosis, can improve bone density through structured strength training. The body's ability to build bone does not disappear with age. It just requires the right stimulus.

Muscle and bone work together. Stronger muscles mean better balance and coordination, which reduces fall risk, which is the immediate danger for someone with brittle bones. Building strength is not just about the bone itself. It is about protecting the whole system.

The results are measurable. Bone density is tracked through DEXA scans, typically ordered by your doctor every one to two years. The members quoted in this article saw measurable improvement on those scans, not just a feeling of being stronger, but clinical evidence.

"After being diagnosed with osteoporosis, I joined Active Life Fitness to build muscle. After 2 years, my bone density tests show my numbers are significantly improving. Thank you, ALF, for the discipline and routine in keeping me healthy."

- Sandy M., ALF Member

WHAT MOST PEOPLE DO INSTEAD AND WHY IT DOESN'T WORK

The most common response to an osteoporosis diagnosis is caution. People become afraid of falling, afraid of fractures, afraid of doing the wrong thing. So they move less. They avoid the gym. They stick to gentle walking, because they hear it's weight-bearing, and hope for the best.

This is understandable. But it is not an effective approach.

Walking is valuable for general health but does not apply sufficient mechanical load to stimulate meaningful bone formation. Gentle movement maintains what you have, at best. It does not reverse the trend.

The irony of osteoporosis is that the very thing most people avoid, loading the skeleton with resistance exercise, is the thing most likely to improve it. Inactivity accelerates bone loss. Appropriate, progressive strength training slows it considerably. And for many people, it supports real, documented improvement.

"I have now been going to Active Life Fitness for a little over a year, and I am delighted to report that my bone density improved from 'osteoporosis' to 'osteopenia' My doctor credited my regular attendance to the program for that improvement."

- Joan S., ALF Member

THE RIGHT PROGRAM MAKES ALL THE DIFFERENCE

We want to be clear about something: not all exercise is appropriate for every person with osteoporosis. High-impact activities, heavy spinal flexion, and certain twisting movements pose a real risk to fragile bones. A well-designed program accounts for all of this.

At Active Life Fitness, every member begins with a personal assessment. We learn about their history, their diagnosis, their current fitness level, and their goals. Members with osteoporosis or osteopenia work with certified coaches who understand the condition and know how to apply progressive load safely, protect vulnerable joints, and build strength without risk.

Every member also receives regular body composition analysis using the InBody 270, which tracks muscle mass, fat mass, and body water independently. For members with bone density concerns, monitoring muscle mass is especially important because muscle and bone health are directly linked, and building one supports the other.

A NOTE ON WHERE TO START

One of the most common things I hear from new members is some version of: "I didn't think I was in good enough shape to join a gym." Or: "I was afraid I'd hurt myself."

The women whose stories appear in this article all felt that way. Sandy came in on medication and a vow to turn things around.

All of them were beginners. All of them improved. None of them needed to be in shape first.

A diagnosis of osteoporosis or osteopenia is not a reason to stop moving. It is the most compelling reason to start.

Marty Musikant and his wife, Kim, own Active Life Fitness, a fitness community dedicated to helping adults in Cranford, Westfield, Clark, Garwood, and surrounding towns get stronger, feel younger, and age better.

For more information, call (908) 389-8009 or visit activelifefitness.net.

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Halloween at the Pool
August 22, 1:00–4:00 p.m.
Aqua Yoga with Andrea
Mondays at 10:45 a.m.
Masters' Swimming
Three sessions per week
Aqua Fit Shallow with Beth
Wednesdays and Thursdays
Float Nights
July 31, August 14
Storytime with the Library
Select dates throughout the season

The Cranford Recreation & Parks Department is excited to announce that once again it will offer half−summer memberships at Orange Avenue Pool. Registration opens Monday, July 27, with reduced rates starting at just $150, residents and non-residents alike can enjoy the rest of the summer season at an exceptional value. Seniors ages 62-plus are also eligible for the half-summer membership at the senior rate of $75 per person.

Orange Avenue Pool--which received a major facelift this year--offers families and individuals a variety of activities and special events at one of the largest pool complexes in the area. Become a member and spend the day under the shade or the sun, and cool off in theOrange Avenue Pool, which boasts a baby pool, splash pad, and a multi-depth, 50-meter main pool with a diving board and slides. Expansive grounds of the Orange Avenue Pool complex also provide a snack stand, picnic pavilion, pickleball, basketball, volleyball, table games, locker rooms, and more.

Memberships purchased at the reduced rate are valid from July 27 through September 7. Registration is available in person during in-person registration hours Monday through Thursday 9 a.m. to 4 p.m., Friday 5 p.m. to 8 p.m., and Saturday 10 a.m. to 2 p.m. or online through Community Pass. For more information, visit the Orange Avenue Pool website for complete pricing information and the seasonal brochure at www.cranfordrecreation.org/pool or contact the Pool directly at 908-709-7270.

In addition to pool facility access, Orange Avenue Pool will host a variety of activities for all ages, including:

The Orange Avenue Pool, located at 1025 Orange Avenue, Cranford, is open daily from 10:00 a.m. to 8:00 p.m. through Labor Day (September 7, 2026). Labor Day hours will be 10:00 a.m. to 6:00 p.m.

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$15,000 RAISED FOR VFW / MEMORIAL PARK

Cranford FMBA Locals 37 & 237

Cranford Firefighter Mutual Benevolent Association (FMBA) Local 37/237 hosted a cigar and liquor fundraiser to raise money for the VFW memorial park renovation.

Cranford FMBA Locals 37 & 237 are proud to announce that, thanks to the support of our sponsors, donors, and everyone who attended our 4th annual Cigar & Liquor Tasting Fundraiser, we were able to donate $15,000 to the VFW Memorial Park Renovation Committee.

Held at Shackamaxon Country Club, the annual fundraiser brought together firefighters, local businesses, community members and supporters for an evening of premium cigar and liquor tastings, great food, raffle prizes, a 50/50 drawing, and a chance to enjoy a fun night while supporting a great cause.

This donation would not have been possible without the generosity of our sponsors, local businesses, and everyone who purchased tickets or contributed to the event. Your continued support allows Cranford FMBA Locals 37 & 237 to give back to the community and support meaningful local projects.

Following the success of this year's event, Cranford FMBA Locals 37 & 237 are already planning our 5th Annual Cigar & Liquor Tasting Fundraiser. Stay tuned for next year's Save the Date announcement, we look forward to another great evening of food, drinks, and giving back to our community.

(above) Cranford Firefighter Mutual Benevolent Association Local 37/237 hosted a cigar and liquor fundraiser to raise money for the VFW memorial park renovation.

Courtesy Photo

SAVE THE DATE!
September 26, 2026
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Courtesy Photo

(above) Cranford HS 2026 Girls 4x800 Relay team

GIRLS REALLY TEAM BRINGS HOME GOLD

Cranford Public Schools

Congratulations to our Girls 4x800 Relay team on capturing the gold medal at the Meet of Champions and earning the state championship title! Junior Maddie Lionetti and seniors Erin Walsh, Lily Costello, and Courtney Toy delivered an incredible performance, winning in a school-record time of 9:11.10.

Their historic victory marks a major milestone for Cranford track and field and showcases the dedication, talent, and teamwork that define our Cougar athletes.

STUDENTS HONORED FOR SUPPORTING CRANFORD RELAY FOR LIFE

Cranford Public Schools

Congratulations to Hillside Avenue School students Bridget Guterl, Elise Riley, Thomas Riley, Miriam Serna, Mackenzie Starr, and Liam O'Neill on receiving the Gold Standard Award from the Cranford High School National Honor Society! Presented to students who exemplify leadership, service, and character, the award recognized their commitment to Relay for Life through the Hillside Helpers team. For the second year in a row, these students organized fundraisers, recruited participants, and supported the event, helping raise more than $4,000 for Cranford Relay for Life.

We are proud of their dedication to making a difference in our community!

Courtesy Photo

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KNIGHTS' SCHOLARSHIPS TOTALING $17,000 AWARDED TO GRADUATING SENIORS

Cranford Knights of Columbus

The Cranford Knights of Columbus awarded Scholarships to 12 high school graduates this year. Ten of these students were awarded their scholarships in June at what has become an annual tradition in the Mary Garden of St. Michael's Church.

James Giblin received the Monsignor Louis Fimiani Scholarship, Gemma Grande was awarded the Christine Bagniewski Scholarship, and the Irene Shackell Scholarship was presented to Lillian Hunsinger.

The other Scholarship recipients were Gabriella Hernandez, John Junio, Natalie Kastin, Joseph Kelly, Ryan McCarthy, Shannon Morin, Karly Ohngemach, Ashley Patt and Liam Soyka.

This year, The Cranford Council distributed over $17,000 to graduating seniors.

The Cranford Knights of Columbus would like to thank the larger Cranford Community for supporting our various events and activities throughout the year, some of which allow us to raise funds which support our Scholarship Fund.

The Cranford Knights of Columbus is a Catholic Men's Fraternal Organization dedicated to the core principles of Charity, Unity, Fraternity and Patriotism. Our Council is committed to being a viable part of our community and supports many charitable and civic causes locally, state-wide and nationally.

For information regarding joining the Cranford Council, please contact our Grand Knight, Tim McGovern at tmcgovern@sandyhookpilots.com or visit cranfordknights.org.

(above) Scholarship recipients at a presentation ceremony held at the Mary Garden at St Michael's Church.

Courtesy Photo

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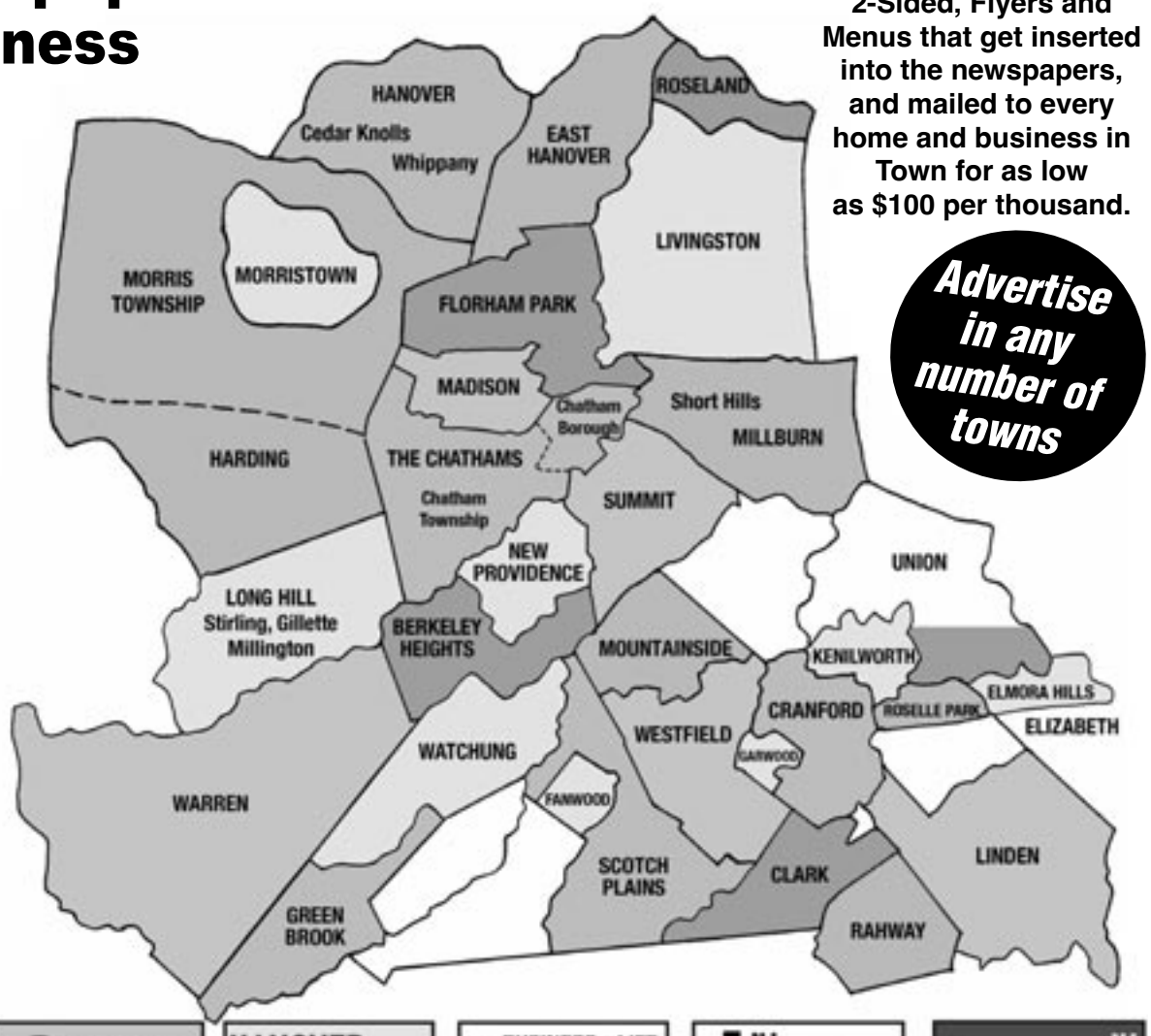

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Qty: 2,500
Zip: 07027

Green Brook Gazette NJ
Qty: 3,300
Zip: 08812

Hanover Township Press NJ CEDAR KNOLLS WHIPPANY
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NJ Life in Linden
Qty: 18,000
Zip: 07036

Livingston Monthly NJ
Qty: 12,100
Zip: 07039

Long Hill Leader NJ
Qty: 3,500
Zips: 07933, 07946, 07980

Madison Monthly NJ
Qty: 6,300
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Short Hills Millburn Monthly NJ
Qty: 8,200
Zips: 07041, 07078

Morris Township Times NJ
Qty: 13,500
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Qty: 7,000
Zip: 07960

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Qty: 3,000
Zip: 07092

New Providence News NJ
Qty: 5,100
Zip: 07974

Our Town Rahway, NJ
Qty: 13,100
Zip: 07065

Life in Roseland NJ
Qty: 3,000
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Roselle Park Monthly
Qty: 5,600
Zip: 07204

Scotch Plains NJ WHAT'S HAPPENING MONTHLY
Qty: 9,600
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1 Unit (Business card)	3.25"x2"0	100	260	360	460	560	600	660	700	800	900	1000
2 Units	6.5"x2" or 3.25"x4"	150	360	560	600	700	800	900	1000	1100	1200	1300
4 Units	3.25"x8" or 6.5"x4"	240	560	900	1000	1300	1600	1700	1800	1900	2000	2100
6 Units	6.5"x6.25" or 10"x4"	320	760	1200	1400	1600	1800	2000	2200	2400	2600	2800
9 HALF PAGE	6.5"x9" or 10"x7"	360	860	1300	1600	1900	2200	2400	2600	2800	3000	3200
12 Units	6.5"x14"	400	960	1400	1800	2100	2400	2700	3000	3300	3600	3900
18 FULL PAGE	10"x14"	500	1200	1800	2200	2500	2800	3000	3300	3600	3900	4300
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All Ages Summer Reading Challenge

thru August 14

Track your reading and earn prizes!
We have a challenge for readers of all ages: early literacy (ages 0-4), children (ages 5+), teens (ages 10-18), and adults!
Our youngest readers, ages 0-4, can participate in an early literacy challenge designed especially for them!
Stop by the library to register and pick up a paper log.
Children ages 5+ should record the amount of time that they spend reading. Participants have a choice between a screen-free paper log or an online version. Stop by the library to register for the screen-free version of the challenge, visit us online to enroll in the digital version!
Teens and adults should record the books that they read in Beanstack.
Adults and teens can enter to win gift cards to local Downtown businesses throughout the Summer!
More information can be found on our website and the Library's Beanstack website/app!
This free program is open to Cranford Cardholders.

Junk Journaling

Thursday, August 6, at 6:30pm

Join us at our new monthly program to create and add to your very own junk journal! Please visit our website for more information.

Romance Readers Book Club

Monday, August 3, at 7pm

Visit our website for this month's book. If you don't want to read that book, or for some reason can't find a copy, feel free to come anyway to discuss whichever romance you've read.

Cooking Demo

Monday, August 10, at 6:30pm

Join Chef Nick from Sunnyside Kitchen as he prepares something delicious for us, and teaches us how to make it ourselves. There will be samples available after. Space is limited and registration is required.

Lit Cafe

Friday, August 14, at 10:15am

Literary Café is a book chat program. The format is simple: Bring a few of your recent favorite books and tell the other members of the group what you like about them. There is no required reading, and you will have the opportunity to learn about books recommended by other group members. Admission is free and all are welcome. Light refreshments provided. Attend in person or on Zoom.

Books and (Coffee) Brew

Monday, August 17, at 2pm and 7pm

Coffee and non-alcoholic beverages will be available for purchase. Registration is recommended and can be done through the Library website. This month's book is Behind Five Willows by June Hur.

Babka Bake Program

Tuesday, August 18, at 7pm

Join local Cranford resident Rachel for this babka bake program! Registration required; space is limited.

Wednesday Morning Adult Craft

August 19, at 10am

Visit our website to register and for more information about this month's craft.

Trivia Night

Wednesday, August 19, at 7pm

Join us for another fun evening of trivia! 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 register.

Readers' Forum Book Club

Monday, August 24, at 7pm

All are welcome to join this book club! Additional copies are available at the Circulation Desk.

Senior Tech 1:1 Appointments

Tuesdays, between 1 and 2:30pm

Sign up for a 15 or 30 minute session and ask one of our librarians your tech questions! Feel free to bring your phone, tablet or other device. In partnership with Cranford Community Center. Registration is required and can be done through our website or calling the Library Reference Department.

FRIENDS OF THE LIBRARY AWARDS SCHOLARSHIP

The Friends of the Cranford Public Library recently awarded the 2026 Gerard Paradiso Library Studies Scholarship of $1,000 to Cranford native Parker Schwartz. This marks a consecutive honor for Parker, who also received the prestigious scholarship in 2025. Currently pursuing a Master of Library and Information Science at Rutgers University, Parker truly exemplifies the values of modern librarianship through a deep commitment to community engagement, intellectual freedom, and inclusive programming. With extensive hands-on experience in public libraries, a passion for community outreach, and strong advocacy for literature access, Parker stands out as a promising future leader in the field.

Courtesy Photo

(above, l-r) Susan Dahl (President of the Friends), Christine Haun (scholarship review committee member), Parker Schwartz, and Kathy Cannarozzi (Director of the Cranford Public Library).

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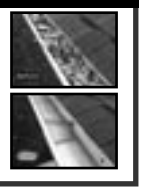

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