

Ash Wednesday Service, ALPHA Are Upcoming

FANWOOD – The Fanwood Presbyterian Church has announced its Ash Wednesday service on February 22 and the ALPHA program that will begin on Wednesday, February 29, and continue each following Wednesday.

The service for Ash Wednesday will be held in the sanctuary at 7:30 p.m. It will include communion, the imposition of ashes and music by the Sanctuary Choir. The Reverend David Jahnke will preach.

The church also welcomes everyone to a 10-week ALPHA program, a non-denominational introduction to basic Christian teachings and an exploration of the Christian faith.

The ALPHA program will be held at 6:30 p.m. on Wednesdays from February 29 to May 10 in the church dining room on McDermott Avenue.

These classes will begin with a

Calvary Posts Services For Ash Wednesday

CRANFORD – The Calvary Lutheran Church, located at 108 Eastman Street in Cranford, will offer Services of Holy Communion and the Imposition of Ashes on Ash Wednesday, February 22, at 1:15 and 7:30 p.m.

The services will include the ancient tradition of making the sign of the cross in ashes on the foreheads of those coming forward. Calvary's pastor, the Reverend Carol Lindsay, will preside at these simple and solemn services.

The public also is invited to worship services during the six Sundays in Lent, February 26 through April 1. Sunday worship services with Holy Communion are at 8:30 and 10:30 a.m.

Calvary Lutheran Church is a member congregation of the Evangelical Lutheran Church in America, serving the Cranford-Westfield area and surrounding communities for 83 years.

For more information about the Ash Wednesday services and Calvary's other worship services and programs, call the church office at (908) 276-2418 or e-mail office@calvarycranford.com. The church's website is calvarycranford.com.

See it all on the Web!
www.goleader.com

light meal followed by a short talk and small group discussions in a relaxed atmosphere.

There is no cost for the program. Reservations are requested and childcare will be made available. For questions or to make reservations, call the church office at (908) 889-8891 or e-mail fanwoodpress@erols.com.

Food Historian Plans Talk on Blueberries

MOUNTAINSIDE – The public is invited to a free lecture entitled "The Blueberry: New Jersey's Wonder Fruit" on Saturday, March 3, from 2 to 3 p.m. at the Mountainside Public Library. Food historian Judith Krall-Russo will be the guest speaker.

The cultivated blueberry has its roots in the Pinelands of New Jersey. Participants will learn the history of this berry and its unique connection to New Jersey. They also will hear about the blueberry's health benefits and a variety of ways to prepare and savor these berries.

Admission to this program, sponsored by the Friends of the Mountainside Library, will be free. Seating is limited, so interested persons are encouraged to call the library at (908) 233-0115 to reserve a seat.

The Mountainside Public Library is located on Constitution Plaza. For more information on the library and its many services and programs, visit mountainsidelibrary.org or call (908) 233-0115.

Thrift Shop Reveals Clearance Sale Dates

FANWOOD – The Fanwood Presbyterian Church Thrift Shop will have its clearance sale on consecutive Wednesdays, February 22 and 29, from 10 a.m. to 4 p.m.

There will be \$5 bag sales for clothing. Other items will be available at half price, including books, jewelry, kitchenware and dishes, linens, pictures and decorative items. A large selection of merchandise will be featured.

The Annual Spring Sale will take place on Wednesday, March 7, with a new selection of clothing for all ages, as well as other items for the home.

Volunteers operate the thrift shop. All proceeds go to local charities. Everyone is welcome. The shop is located on the McDermott Avenue side of the church and there is plenty of parking.



Kenneth Anton, Jr. and Miss Julianne Mandrillo

Miss Julianne Mandrillo To Wed Kenneth Anton, Jr.

Mr. and Mrs. Joseph Mandrillo of Farmingdale, formerly of Westfield, are happy to announce the engagement of their daughter, Miss Julianne Mandrillo, to Kenneth Anton, Jr., son of Mrs. Ann Blazovic of Barnegat, N.J. and Kenneth Anton, Sr. of Cortlandt Manor, N.Y.

Miss Mandrillo is a graduate of

Westfield High School and earned a Bachelor of Arts degree in Public Relations from Penn State University in 2004. She is a senior marketing specialist with TD Ameritrade in Jersey City. Her fiancé graduated from Randolph High School in Randolph, N.J. He received a Bachelor of Science degree in Finance from Rutgers University in 2005. Mr. Anton is an Excess Casualty underwriter with Chartis Insurance in Berkeley Heights.

A spring 2013 wedding is planned.

Lions Club Breakfast On Tap For March 4

SCOTCH PLAINS – The Scotch Plains Lions Club will once again hold a Pancake Breakfast on Sunday, March 4. It will take place from 8 a.m. to noon at the Scotch Hills Country Club, located at Jerusalem Road and Plainfield Avenue in Scotch Plains.

This "all-you-can-eat" breakfast will feature pancakes, eggs, ham and sausage. Beverages will include juice, coffee, tea and milk. The cost for the breakfast is \$7; children under age 6 may attend for free. Tickets can be purchased at the door or in advance from a Lions Club member.

This is one of many fundraisers for this Lions Club, the proceeds of which are distributed to local charities and community activities, with a primary emphasis on organizations throughout the area that serve the blind and visually impaired. For more information on the Scotch Plains Lions Pancake Breakfast or to reserve a place, call Pancake Breakfast Chairman Ron Kelly at (908) 753-8218.

All Saints' Pancake Supper, Ash Wednesday Services Set

SCOTCHPLAINS – The All Saints' Episcopal Church will hold a traditional Pancake Supper on Shrove Tuesday, February 21, and will begin the season of Lent with worship services on Ash Wednesday, February 22.

Shrove Tuesday is the last day before the penitential season of Lent begins. Pancakes have been the popular choice on Shrove Tuesday for generations, partly because the ingredients include food items that might be "given up" for Lent in exchange for plainer fare.

Besides freshly made pancakes with butter and syrup, the Shrove Tuesday Supper will include sausages, applesauce and beverages (coffee, tea and soft drinks). There will be a charge of \$5 for adults and \$2 for children age 10 and under – with a \$15 maximum for a family. Participants are invited to come any time between 6:30 and 8 p.m.

All Saints' Episcopal Church will offer two worship services for Ash Wednesday. Morning worship will be

at 9 a.m. and evening worship will be at 8 p.m. The Ash Wednesday Liturgy will be followed at both, including Holy Communion, a homily from the rector and imposition of ashes. The All Saints' Choir will sing at the evening service. This penitential season is a time of personal reflection in preparation for the celebration of Easter.

The Reverend Jane Rockman is rector. Andrew Kilkenny is organist and choirmaster. All Saints' Church is located at 559 Park Avenue in Scotch Plains (across from Park Middle School). Parking is available behind the church and may be accessed via School Place. For more information, call (908) 322-8047.

Area Church to Present Handel's Opera Serse

MOUNTAINSIDE – A concert reading of Handel's opera *Serse*, sponsored by Sing Through Central (NYC), will be performed on Sunday, February 26, at 4 p.m. at the Community Presbyterian Church, located at 1459 Deer Path in Mountainside.

This concert will benefit the Children's Music Institute in Elizabeth. The opera will be sung in Italian with English synopses provided. Handel's *Serse* features some of his most beautifully written melodies, among them the opening aria, "Ombra mai fu," often played by instrumental ensembles and known as "Largo." For further information, call (908) 232-9490 or visit cpcmountainside.com/music.

Township Reveals Rabies Clinic Dates

SCOTCH PLAINS – The Township of Scotch Plains has announced that rabies clinics are scheduled for the following days in 2012:

Wednesday, May 23, from 6:30 to 8 p.m. at the South-side Fire House, located at the corner of Martine Avenue and Raritan Road, and Wednesday, September 26, from 6:30 to 8 p.m. at the North-side Fire House, located on Senger Place.

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Do You Suffer From Numbness or Tingling Down the Arms or Legs?



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Most numbness/tingling sufferers have no idea what to do when they experience these symptoms.

Although there are many causes of numbness/tingling one of the main reasons is damage to the joints, ligaments, and discs in the neck or low back. Damage may have occurred as a result of an injury or could have developed slowly over time.

In addition to pain, damaged spinal joints and discs (cushions between the bones) will place pressure on the nerves that go down the arms, hand, fingers, and even the upper back. This "pressure" is the cause of numbness/tingling. When left untreated, pain and weakness in the muscles may be the eventual result.

When the problem is in the neck or lower back, using over-the-counter, and even prescribed drugs to fix the cause of the problem is not the answer for many. And if medication fails, surgery might be considered the only other alternative.

Dr. Eric Chludzinski, DC wants to let you know that there is another way. Come see what has given his patients pain and numbness relief. His state-of-the-art facilities are located right in Scotch Plains, NJ. Call today at 908-264-2135.

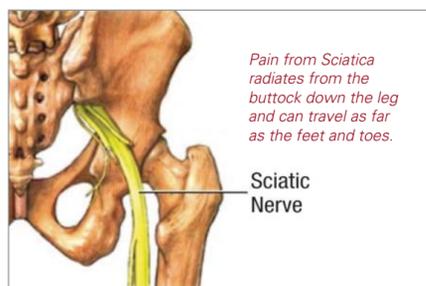
HERE IS WHAT SOME OF HIS PATIENTS HAVE TO SAY.

"I was suffering with back and leg pain for three years and thought my life was over. The only comfort I got was taking pain pills but when they wore off the pain returned. My family found Dr. Chludzinski and they were very pleased with what they read about him. I feel he gave me my life back. The treatment is painless and I felt the difference." –Ellen Epps

For over 10 years, I've had severe debilitating back pain, and saw numerous doctors, trying different treatments, and finally I was told the end result would be surgery, which I didn't want to have. As time went by my pain levels increased to an unbearable state. I couldn't walk, sit, stand, bend, sleep or even think and I thought for sure I would soon be using a cane or possibly a wheelchair. The

thought traumatized me mentally and began to get depressed. A friend notice how much pain I was constantly in and recommended Dr. Chludzinski.

I was in doubt about Dr. Chludzinski being able to help me because I've previously spent 2 years with another chiropractor. He was unable to manage my pain. From the very first week of Dr. Chludzinski's state of the art therapy techniques, my life began to change. The severe sciatica which plagued me for so many years began to lessen and lessen. The herniated disc in my lower back began to allow me movement, and it brought the biggest smile back to my face. His treatments are virtually pain free, comfortable, and totally relaxing. I would recommend "anyone" with severe, debilitating pain, who feels there is no hope or has given up on their previous doctors to come in, see for yourself and receive the blessing of having your life back. I can guarantee you will NOT be disappointed." –Helen Boyce



Pain from Sciatica radiates from the buttock down the leg and can travel as far as the feet and toes.

Sciatic Nerve

ACT NOW TO GET RELIEF FROM YOUR DISCOMFORT.

Contact Dr. Chludzinski at 908-264-2135, and make an appointment at his Scotch Plains office location. For more information, visit njpainandnumbnessrelief.com and find out how you can be free from pain and discomfort!

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