

CRANFORD MONTHLY_{NJ}

Published by Renna Media

Issue 4 • April 2014

Cranford Jaycees
**EASTER EGG
HUNT**
APRIL 12TH

10 am sharp

**BEHIND
ORANGE AVE.
SCHOOL**

Cranford Jaycees

**PANCAKE
BREAKFAST**
APRIL 13TH

7:30 am - noon

CRANFORD VFW
479 South Ave.

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ECRWSE

OFFICER HEARNS ASSISTS WITH SPECIAL DELIVERY

On Sunday, March 30, 2014 at approximately 8:59am, Cranford Police officers were called to 85 James Avenue on a reported pregnant woman who had passed out. First to arrive on scene was Officer Nelson Hearn, a veteran officer with over 11 years of patrol experience. Once at the residence, he found Jody Copier, age 31, who was awake and in labor. Copier's husband Scott Kraft was also present at the scene.

Hearn immediately moved to assist and saw that the baby's feet were presenting first in an imminent breech birth, a rare and potentially life threatening delivery presentation. Hearn drew on his years of experience to reassure and position Jody while using a towel and supporting the baby during the delivery. Kace Kraft was born at 9:11am, weighing in at 4 pounds 1 ounce. Cranford First Aid Squad personnel and an advanced life support unit from the Monmouth Ocean Hospital Service Corporation arrived with moments of the birth.

The family was transported to Saint Barnabas Medical Center (Livingston, NJ) by first aid personnel. According to Scott Kraft, both mother and child are doing well. The couple has since decided to recognize Hearn's efforts by giving Kace the middle name Nelson.

Officer Hearn was excited to assist with the birth and happy that Kace will share his name. "It's an honor and a blessing," he stated, "to be part of something special in their lives."

Cranford Police Chief James Wozniak had plenty of well wishes for the family and praise for his officer. "This is a great job all around, and I'm thrilled that the result is a



(above) Cranford Officer Nelson Hearn welcomes Kace Kraft into the world.

happy, healthy baby boy. This is the kind of thing my officers train for," he noted, "but it is still rewarding to see the actions of a Cranford police officer having a positive impact on someone's life. I'm incredibly proud of Officer Hearn and everyone else who was present."

LIDIA'S HOSTS CHAMBER'S MARCH NETWORKING EVENT



Lidia's Cuban Kitchen hosted the March Cranford Chamber of Commerce networking event.

Anyone interested in joining the chamber or hosting an event can contact the chamber (908) 272-6114 or email CranfordChamber@comcast.net

There are two events scheduled for April. Details can be found in the Chamber Chatter message on page 2.

(left, l-r) Ken Buniewski of Track Three Media, Chamber president Kurt Petschow, Owner Lidia of Lidia's Cuban Kitchen, and Bob Hoeffler Chamber Executive Director

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Non-Emergency Fire.....	908-709-7360
Non-Emergency First Aid.....	908-272-2222
Administrator	908-709-7205
Attorney	908-709-7200
Building and Construction.....	908-709-7213
Clerk.....	908-709-7210
Court Administrator	908-709-7242
Downtown Business & Economic Development	908-709-7208
Library	908-709-7272
Engineer	908-709-7218
Health Inspector.....	908-709-7238
Judge	908-709-7242
Prosecutor	908-709-7242
Public Defender	908-709-7242
Public Works	908-709-7217
Recreation & Parks	908-709-7283
Recycling	908-709-7299
Registrar.....	908-709-7238
Swim Pool.....	908-709-7260
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TV 35	908-709-3995

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Did you or someone you know accomplish something amazing? We are interested in hearing about your latest achievement (accomplishment, honor, award, etc.). Do you have an event that you need help publicizing? Then send Cranford Monthly your news!

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CHAMBER CHATTER: MESSAGE FROM THE PRESIDENT

The Chamber would like to thank Lidia's Cuban Kitchen for hosting March's networking event. As always, the food and atmosphere was excellent. Also, CONGRATULATIONS to Lidia's and her great staff – they have just celebrated their 1 year anniversary.

The event included Nancy Burke, Marketing Manager from Union County College as guest speaker. The Chamber is very happy to announce that we will be joining in a partnership with Union County College. This partnership will be offering both free and paid classes and seminars with a wide range of topics. Stay tuned for more information in the upcoming months.

In April, the Chamber will be hosting two exciting events.

The first event is a Lunch Networking event at Brooklyn Pizza to be held on April 16th. We are very excited to announce that our guest

speaker will be the new Police Chief, James Wozniak. We ask that you RSVP to the Chamber office as soon as possible. Due to a high demand for tickets, they are going fast.

The second event is Breakfast with the Easter Bunny! The breakfast will be held at The Garlic Rose on April 19th. This event is a family favorite that sells out every year. Again, please RSVP at the Chamber office as soon as possible.

The Chamber is also updating its website to let people know what business are running special Easter Events. So tune in and check out what Cranford has to offer.

Thank you and Happy Easter from the Cranford Chamber of Commerce.

Kurt Petschow

President

Cranford Chamber of Commerce

CHAMBER OF COMERCE NETWORKING EVENT

April 16th - 12 noon

The Cranford Chamber of Commerce is pleased to announce that at our next Networking Event will be held on April 16th, 12 noon at Brooklyn Pizza, located at 2 South Avenue East. Our guest speaker will be Chief James Wozniak of the Cranford Police Department. Chief Wozniak was recently appointed the new police chief on March 1st.

Our Networking events have become very popular, with approximately 45 people attending each event. These events will be held monthly at various business locations in Cranford. Because they sell out quickly, it is recommended that you RSVP to the chamber at 908-272-6114 if you would like to attend. The cost for chamber members is \$10.00 and non-members are \$15.00.

Networking Really Works!!



(above, l-r) Chamber president kurt Petschow welcomes new members Patrick McMullan, president of ALCS Capital and Brittany Hush, general Manager of The Office Beer bar & Grill, at the March networking event hosted by Lidia's Cuban Kitchen.

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After helping countless local knee pain sufferers discover relief, local Doctor warns... **“If You Or A Loved One Are Scheduled For Knee Surgery Then, Read This Article Before It’s Too Late!”**

There is a safe, non-surgical FDA cleared treatment now available locally that has been proven to effectively reduce and even eliminate knee pain... and the best part is It’s Covered By Most Insurance Including Medicare!

Union County, New Jersey- A century ago the average American lived to about 50 years of age. Today we’re living to nearly 80 years of age. While that fact alone is astonishing even more so is that today’s population remains active well into their 70’s and 80’s. It is no longer uncommon to hear about a 70 year old playing tennis, or an 80 year old shooting a round of golf with friends. However for the estimated 50 million adults in the United States who have some form of arthritis, the image of an active lifestyle may seem all but a distant memory, until now...

A revolutionary new non-surgical treatment called Viscosupplementation (VS) Therapy is providing hope and relief for many knee pain sufferers. Offered locally by Northeast Spine & Wellness Center, this procedure is minimally invasive, requires no surgery, can provide immediate relief, and has little to no recovery time.

If you are experiencing any of the following symptoms in your knee or joints, chances are your pain is due to a condition called osteoarthritis, and you may be a candidate for care:

- **Pain:** Your joints may ache, or the pain may feel burning or sharp. For some people, the pain may come and go. Constant pain or pain while you sleep may be a sign that your arthritis is getting worse.
- **Stiffness:** When you have arthritis, getting up in the morning can be hard. Your joints may feel stiff and creaky for a short time, until you get moving. You may also get stiff from sitting.
- **Muscle weakness:** The muscles around the joint may get weaker. This often happens with knee arthritis.
- **Swelling:** Arthritis can cause swelling in joints, making them feel tender and sore.
- **Deformed joints:** Joints can start to look like they are the wrong shape.
- **Reduced range of motion and loss of use of the joint:** As your arthritis gets worse, you may not be able to fully flex, or extend your joints. Or you may not be able to use them at all.
- **Cracking and creaking:** Your joints may make crunching, creaking sounds.

If you are experiencing any of the above mentioned symptoms, don’t worry, there is hope. Many that have undergone VS Therapy report these very symptoms, only to see them reduced or even eliminated after receiving care.

Until recently, the only advice for many suffering from knee and joint pain was to:

- Try exercising
- Try physical therapy
- Try pain pills
- Try muscle relaxants
- Try pain shots
- Try dangerous surgery

If you are tired of trying treatments that don’t provide lasting relief, or if you are afraid to try any of these treatments, don’t worry. If you have tried any of these treatments and experienced little to no relief, you may still be a candidate for Viscosupplementation Therapy. Call (732) 827-0800 and schedule a no cost screening today! *You have nothing to lose but your pain!*



According to the American Academy of Orthopaedic Surgeons (AAOS), there are about 270,000 knee replacement operations performed each year in the United States; this image depicts the procedure.

How does this therapy work?

Northeast Spine & Wellness Center uses high tech medical equipment and decades of experience to pinpoint problem areas with extreme accuracy. Viscosupplementation is then injected into the knee joint and bonds with naturally occurring joint fluid to create a lubricating and cushioning layer. This reduces pain, inflammation, and swelling of the joint. Most patients compare the treatment to getting a flu shot and report little pain or discomfort.

What is injected into the knee?

Hyaluronic acid (Hyalgan) is a natural substance extracted from rooster combs and purified to mimic the lubricating substance (synovial fluid) that occur naturally in the joint. In patients with osteoarthritis synovial fluid “dries up,” allowing the cartilage of the joint to rub against itself and other surfaces causing pain, inflammation, and in most cases damage to the joint. Think of this treatment like oiling a squeaky door hinge. Once applied, the squeaking stops and the door moves more freely.

When will I feel results?

Most feel an immediate reduction in pain and return to normal activities in weeks.

Considering surgery?

People who suffer from knee pain typically try supplements or pain medications before seeking help from a doctor. When all else fails and the pain is too much, some feel surgery is the only option.

How do I know that this is right for me?

The American Academy of Rheumatology recommend the use of Hyalgan for treatment of osteoarthritis of the knee. At Northeast Spine & Wellness Center we will give you an honest and fair evaluation of your particular knee pain. To accommodate demand, we have opened our schedule to provide “no cost” screenings.

Real Patients, Real Stories, Real Relief!

“My knee feels great. I was a bit skeptical when I first read about the program in the paper but from the moment I walked through the door I knew that this program was going to be different. The entire atmosphere from the attitude of the staff to the office itself put me at ease. I had already had a total knee replacement and wanted to try something rather than go through another painful surgery. After completing the program my initial impression was correct. I can now dance again which I have not done in years, and my lifestyle is on its way back to normal.”

- Elizabeth B.

Surgery is no longer your only option. Hope does exist, and this therapy has helped others like you.

So what are you waiting for? Pick up the phone and call us today to schedule your risk-free, no-obligation, screening at no cost to you. Since adding this medical breakthrough to our practice, the response has been overwhelming. So we’ve added extra lines to accommodate your calls. If our line is busy, or if you are re-directed to voice mail, please leave a message or call back. Living pain free and getting your life back is well worth the time and effort it might take to get a hold of us so that we can schedule your no-cost screening. So keep calling - help is only a phone call away... (732) 827-0800. While you are trying to reach us, please feel free to visit www.NESpineCenter.com where you can learn more about Viscosupplementation Therapy and how it may be the right solution to your knee pain.



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* Testimonial appearing in this advertisement represent typical outcomes which have been closely monitored. However, there is no guarantee that this procedure will work for everyone. At Optima Physical Medicine & Rehabilitation Centers we only accept patients that are candidates and who we truly believe we can help.



Cranford Historical Society

Presents

"VICTORIAN HAT BOX TEA"

Fundraiser

SATURDAY, MAY 3, 2014

12:00 pm-2:00 pm

HANSON HOUSE

38 Springfield Avenue, Cranford, NJ

Price: \$20.00 per person

**Featuring: Guest Speaker
Gail Alterman/Costume Curator**

Come and wear your Victorian hats, Victorian dress, is optional, and enjoy an afternoon of fun, laughter and good company while enjoying a spot of Tea, Tea Sandwiches and Dessert.

Three Hat Boxes filled with items and a Victorian ornate gold frame wall mirror will be raffled off as well as a 50/50 raffle.

RSVP by April 18, 2014, seating is limited.

Proceeds to benefit the restoration of the Hanson House living room furniture.

Mail check and contact info to

Cranford Historical Society

38 Springfield Avenue, Cranford, NJ 07016

or call (908) 276-0082



Cranford Jaycees Annual Easter Egg Hunt & Pancake Breakfast



Saturday, April 12th

10AM SHARP

Behind Orange Ave School

FREE Admission • Children Ages 0 - 9

Please bring
non-perishable food items
for donations to
Cranford Family Care

(in need of coffee/tea, mayo, ketchup, canned meats, snacks, canned milk, breakfast items, kids snacks, juice boxes)

Sunday, April 13th

7:30 AM to 12 PM

**Cranford VFW
479 South Ave.**

\$7 per adult • \$5 per child • \$20 entire family
Pancakes, Eggs, Sausage/Bacon, Coffee, Juice

Proceeds to benefit
Cranford First Aid Squad

The Easter Bunny will be present at both events!

Please click on the links below to follow us on Facebook and Twitter



Easter Brunch



Bagels - Danish - Muffins - Croissants

Fresh Fruit Display - Tossed House Salad - Caesar Salad

Omelette Station - Carving Station - Pasta Station

Eggs - Home Fried Potatoes - Bacon - French Toast - Pancakes

Vegetable Quiche - Tilapia Francaise - Chicken Rollatini

Sliced Steak Bordelaise - Penne Vodka

Assorted Cakes and Pies - Coffee and Tea

Mimosas and Bloody Marys

Seatings From 11AM - 2PM

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(Prices do not include tax and gratuity)



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DETECTIVES RECEIVE AWARD FROM FBI

Cranford Police Department detectives have been recognized by the Federal Bureau of Investigation (FBI) for their efforts in solving a series of armed bank robberies that occurred

between November 2013 and September 2013, and spanned four counties.

The robberies included the August 10, 2013 robbery of Garden State Community Bank in

Cranford and the September 11, 2013 robbery of Lusitania Savings Bank in Hillside NJ. The investigation culminated in the arrest of Andrew Thomas and Jennifer Pinto following the Hillside robbery.

At a ceremony held on February 12, 2014 at the Newark Field Office of the FBI, Special Agent in Charge Aaron Ford presented certificates of appreciation to members of the Cranford Police Department Investigative and Traffic Divisions. The United States Attorney for the District of New Jersey, Paul J. Fishman, was in attendance, as was Cranford Police Chief Eric G. Mason.

The following officers received certificates and letters of recognition from the FBI: D/Lt. Edward Davenport, D/Sgt. Gerard Quinn, D/Sgt. Christopher Polito, Det. John Swandrak, Det. Robert Montague, Det. Ryan Greco, Det. Russell Luedecker.

Current Cranford Chief of Police James Wozniak cited the interagency cooperation that led to the arrests. He stated, "Crime doesn't always recognize municipal and county borders, and to ensure our continued success we need to constantly develop and maintain working relationships with our neighboring agencies."

Also recognized in the ceremony were investigators from Clark, Woodbridge, Hillside, Watchung, Edison, Newark, and the Somerset County Prosecutor's Office.



(above, l-r) Lt. Edward Davenport, Det. Robert Montague, Det. Ryan Greco, FBI SAC Aaron Ford, Det. John Swandrak, Sgt. Gerard Quinn, Det. Russell Luedecker.

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BEFORE



AFTER



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CHAMBER AND GARLIC ROSE HOST EASTER BUNNY

The Cranford Chamber of Commerce and the Garlic Rose are happy to again welcome the Happy Easter Bunny to Cranford for the Annual Breakfast with the Bunny, which will be held on Saturday, April 19th at the Garlic Rose Restaurant, 28 North Avenue, W. The breakfast will begin at 9 a.m. and the Happy Bunny will arrive at 9:45 a.m. The cost of the event is \$10.00 for children and \$15.00 for adults. Each year this event sells out and it is recommended that you make your reservations early by calling 908-963-1160.

After attending the breakfast at the Garlic Rose, the Happy Bunny will walk to the gazebo at N. Union and Springfield Avenues from 11 a.m. to 12:30 and will be available to take pictures with the children for a cost of \$3.00.

The bunny will then hop down to Centennial Village and will be available for picture taking from 12:45 to 2:00 p.m. at the corner of Lincoln and Centennial Avenues.

In the event of inclement weather these events will be cancelled. Please call 908-272-6114 the day of the event for further information. Happy Easter and we look forward to your visit with the Happy Bunny.

J. Robert Hoeffler
Executive Director
(908) 272-6114

SAINT MICHAEL'S CATHOLIC LEAGUE JV CHAMPS

The 2014 Saint Michael's Cranford JV Green Boys Basketball Team was co-champion of the Suburban Catholic League regular season and the Suburban Catholic League playoff champion. The team compiled a record in the league, playoffs and tournaments of 17-3.



(above, l-r) On Floor: Caleb Carter; 1st Row Kneeling: Andrew Palacio, Anthony Serson, Patrick Devlin, Nicholas Cummins, Matthew Kelly; 2nd Row: Matteo Patrone, Frank Kress, Jack Carolan, Tommy Navitski, Matthew Casasus, Isaac Carter, Jordan Bell, Ezra King, JT Russell; Last Row: Head Coach Chris Serson, Assistant Coach David Cummins, Assistant Coach Daryl Carter, Assistant Coach Mike Bell.



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- *Movie Madness
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- *Hip Hop 'til You Drop
- *'Tween Scene

Dance Intensive for
ages 13 & up



CDC THEATRE PRODUCTION OF "DOUBT" TO OPEN MAY 2 AND WILL RUN THROUGH MAY 17

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Rehearsals have begun for the final production in 95th season at CDC Theatre in Cranford. *Doubt, A Parable* is slated to open May 2 and run through May 17. The 2005 Pulitzer Prize and Tony winning drama was also made into an Academy Award nominated film starring Meryl Streep and Philip Seymour Hoffman.

In this brilliant and powerful drama, Sister Aloysius, a Bronx school principal, takes matters into her own hands when she suspects the young Father Flynn of an improper relationship with one of the male students.

The cast of the CDC production includes Terry Darling of Cranford as Father Flynn, Janet Aspinwall of Edison as Sister Aloysius, Corinne Chandler of Woodbridge as Sister James and Tiffany Wilson of Plainfield as Mrs. Muller.

Audience members who purchase tickets in advance for the Saturday, May 3 performance are invited to attend a special, pre-show reception at the theatre and will have the opportunity to meet and speak with the director of the show, Gina Lupe. Information and tickets are available at www.cdctheatre.org or by calling 908-276-7611.



(above, l-r) Corinne Chandler, Janet Aspinwall, Terry Darling, Tiffany Wilson and Gina Lupe Photo Credit: William Chamis, CDC Theatre

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WRESTLING WRAP-UP (continued)

CRANFORD MONTHLY • Page 9 • April 2014

At the district level freshman Tom Digiovanni, freshman Chris Scorese, freshman Brian McGovern, junior Gavin Murray and sophomore Niko Cappello were all crowned Champions with Chris Scorese winning the Outstanding Wrestling award. Freshman Anthony Capece took a second, and sophomore Andrew Tompkins, junior Nick Ballas, and seniors Corey Birch, Mike Pastor, and Jon El-Khoury all placed third. In addition to the accolades that the wrestlers earned Assistant Coach Justin Bonitatis was awarded the District 11 Assistant Coach of the Year honors.

At the region level junior Gavin Murray earned his 100th career victory on his way to being crowned Region 3 Champion. Freshman Tom DiGiovanni and sophomore Niko Cappello both finished in third place earning all three the prestigious honor of advancing to the state level at Atlantic City. At Boardwalk Hall all three wrestlers won their first bout advancing them to the next round, where only Gavin was fortunate enough to continue on. Section 212 was packed with family, friends, and alumni all decked out in their Cranford gold shirts showing unconditional support for their wrestlers. An unseeded Gavin put together a string of victories which included pinning the number 2 seed in the quarter finals and beating the number 3 seed in the semi finals. In exciting fashion Gavin wrestled his way to the state finals where only 7 other Cranford wrestlers have graced the circle.

An undefeated Gavin was pitted against the heavy favorite from Paulsboro, the nationally ranked wrestler who was the number one seed in

the 138lb bracket. None of that phased Gavin as he approached this as any other match. He went out there to win, and he wrestled a tough three periods giving his all. He pushed the pace of the match from start to finish, a pace that his opponent had trouble keeping. After the final whistle Gavin fell short of the victory by one point, but earned the respect of all in attendance with his style of relentless wrestling. State runner up as a junior is an excellent achievement for Gavin, his family, and the entire Cranford wrestling program. In addition to these great achievements, Gavin Murray was recently named the Union County Wrestler of the Year 2014!

"I am so proud of the way Gavin wrestled this tournament, I am proud of all three of the boys

that represented Cranford down here. All year we have been preaching that hard work pays off and to never give up, each match is a six-minute fight, and that's what we saw here this weekend, the will to win!" Said Coach Gorman.

The season came to an end at Boardwalk Hall in Atlantic City with much of the state talking about Cranford wrestling as an up and coming program. It is no secret that the Cranford PAL program has been growing and having great success for years. They are producing well balanced wrestlers who will continue to feed the high school wrestling room for years. So if you thought Cranford Wrestling was knocking at the door this year, you may anticipate that they will be kicking that door down next year and for years to come.



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CUB SCOUTS OF PACK 103 FACED OFF FOR PINEWOOD DERBY RACE

Cranford, NJ - The spirit of Pinewood Derby racing has been a family tradition for young men and their adult racing partners for over 50 years. It has never been done better than it was on Saturday morning February 1st at The First Presbyterian Church here in Cranford.

New comers to the Pinewood Racing circuit initial impression of Bates Hall of the First Presbyterian Church is "Wow! This is a big deal"! Racing posters decorate the walls, caution tape is set up around the 31-foot long gravity driven track, computers are attached to the finish line and the results are projected on a big screen on the stage, high above the racing arena. The results are Swiss-watch precise, displayed in the thousandths of a second and converted to a mile per hour computation. The winning times were running in the 240 mph range!

In all 117, of the 137 total members of Pack 103 were registered as racers. They are separated into 5 rank related categories. Each of the 130 races were run separately starting at 9:00 am. through 3:00 pm. At the end of each race, trophies with the Cub Scout's own car attached were awarded for speed and design as well as 15 specific categories.

Bob Scheurer Cub Master of Pack 103 made mention of his favorite moment each year is watching the faces of the new first grade Tiger scouts as their cars go down the track for the first time. This year Cranford was very proud to host the district finals at our Community Center on Walnut Avenue held on March 8th.

The Boy Scouts of America uses fun events like the Pinewood Derby to make developing life skills fun. The Pinewood Derby was created by a Cub Master from Manhattan Beach, California, Don Murphy of Pack 280C in 1953. He created it to be a father son activity. At that time the soap box derby was the scout activity for Boy Scouts. Mr. Murphy an aeronautic engineer and the father of a 10 year old Cub Scout wanted something that he and his son could do together for fun, competition and skill

building. It was soon adopted by the national scouting council and has become the yearly highlight of every Cub Scout in America since. Today racing partners often times include mom,

granddad or grandma. For more history of the Pinewood derby go to <http://www.pinewoodpro.com/pinewood-derby-history.php>



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HEARING SOCIETY SCHOLARSHIP AVAILABLE

The Hearing Society is pleased to announce that it is currently accepting applications to its Sarah H. McGhee Memorial Scholarship fund for the school year 2014-2015. These scholarships provide financial assistance to high school students who have documented hearing loss and have been accepted into accredited two-year colleges or vocational schools (\$2,000) or four-year colleges or universities (\$4,000). A special characteristic of these awards is that they are renewable for one to three years providing the student maintains satisfactory grades.

Application forms are available on request by contacting Mrs. P. Hanigan, Scholarship Chairperson, 1213 Wyoming Avenue, Mountainside, NJ 07092, or by calling her at 908 233 4512 (voice). Applications must be submitted no later than May 16, 2014.

The Hearing Society is a not-for-profit organization that has served people with hearing impairments in Union County since 1932. The society also sponsors a class in speech (lip) reading at the First Baptist Church in Westfield, and welcomes interested people from the area to attend.

For more information about the Society, contact Alice Knecht, 908 688 8241 (voice), or online at alirobkn@aol.com.

RAISING THE HOUSE



(above) This house, located in Cranford on Riverside Drive across from the river and the dike, is one of several in town being elevated to protect it from flooding. The house will have an approximate 12 ft cement wall supporting it.

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| | Oyster Cocktail (Raw) East Coast Blue Point Oysters, Horseradish Cocktail Sauce |
| | Little Neck Clams Spicy Tomato Broth, Sliced Fennel, Garlic Crostini |
| Second Course | Eggplant Rollatini Ricotta Cheese, Spinach, Parmesan, Mozzarella, Fresh Tomato Sauce |
| | Salada de Chevre Arugula, Goat Cheese, Beets, Lemon, Garlic Olive Oil |
| | Endive Salad Anjou Pear, Roquefort Cheese, Candied Walnuts, Red Wine Vinaigrette |
| | Mediterranean Salad Baby Greens, Feta Cheese, Cucumbers, Tomatoes, Onions, Kalamata Olives, Lemon Extra Virgin Olive Oil |
| | New England Clam Chowder Fresh Diced Clams, Idaho Potatoes, Smoked Applewood Bacon |
| Main Course | Minestrone Soup |
| | Red Snapper Livornese Pan Seared Filet Snapper, Fresh Tomato Broth, Capers, Spanish Olives |
| | Shrimp & Scallops Pan Seared, Truffle Oil, Served over Wild Mushroom Risotto |
| | Ahi Tuna Sushi Grade Japanese Fresh Tuna, Sesame Seed Crust, Avocado, Crabmeat Salad |
| | Seafood Fra diavlo Shrimp, Lobster, Scallops, Clams, Mussels, Calamari, Diavlo Sauce over Linguini Pasta |
| | Rack of Lamb Pan Seared Fresh Baby Lamb Chops, Fresh Berry Garlic Glaze, Garden Vegetables |
| | Surf & Turf Veal and Shrimp Francese, Mashed Potatoes, Vegetables, Lemon White Wine |
| | Dessert Option Crème Brulee 4.00 Bread Pudding 4.00 |

*** A \$8 charge will apply for prix fixe entrée sharing. Any of the above specials may be ordered ala carte without the first & second course for \$29. Bon appetit.

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Cranford, NJ - It's common knowledge that small businesses are the economic engine of the U.S. economy, (88% of small businesses in New Jersey employ fewer than 5 people) but what may not be so well-known is the power of microloans to get those small businesses started, growing and thriving.

UCEDC has worked long and hard to serve fledgling entrepreneurs and hard-working business owners, and 2013 yielded our greatest success!

We were proud to be recognized by the US SBA as New Jersey's 2013 leading microlender at the SBA Annual Lenders Awards Ceremony. We topped New Jersey's other lenders in fiscal year 2013 (Oct 1 - Sept 30) by lending \$2 million in microloans to 71 small businesses. Our calendar year figures tell an even more impressive story:

92 MICROLOANS FOR A TOTAL OF \$2.4 MILLION.

The microloan program provides loans up to \$50,000 to help small businesses and certain not-for-profit childcare centers to start-up and expand when they can't qualify for conventional lending. We reached the top ranking by creating the Storm Recovery Loan Program to help businesses impacted by Hurricane Sandy. Made possible by support from Investors Bank and the Hurricane Sandy NJ Relief Fund, this 2%, no collateral working capital loan helped sustain the economic anchors of storm-devastated communities throughout the state.

With the addition of our first SBA 504 commercial real estate loan, several Community Advantage 7a loans and our Line of Credit program for Union County businesses, we achieved a historic lending level in 2013: 102 approved loans for close to \$4 million. With our help, over 800 much-needed jobs were created or retained.



(above) The UCEDC team at the SBA Awards Ceremony.

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ARE YOU AN INFORMED INVESTOR?

Come and find out at a free interactive workshop at the Cranford Community Center on April 16, at 2:00 p.m. The Community Center is located at 220 Walnut Avenue. The workshop will focus on best practices for selecting a broker or brokerage firm, investing red flags, commonly raised legal claims against financial professionals, and options available to people who think they may have a legal claim against a broker. The seminar will be presented by Chloe Mickel and Holly Norgard, third-year law students at Seton Hall Law School and members of the school's Investor Advocacy Project. Admission is free and all are welcome. The workshop is sponsored by the Cranford Public Library. For questions about the workshop, please call the library at 908-709-727.

INTERNET MARKETING AND SOCIAL MEDIA

A representative of SCORE will present a free seminar entitled "Internet Marketing and Social Media" at the Cranford Community Center, 220 Walnut Avenue, Cranford, on Wednesday, April 23, at 7:00 p.m. The program is sponsored by the Cranford Public Library and all are welcome. Registration is required.

SCORE is a nonprofit association dedicated to entrepreneurial education and the formation, growth, and success of small business nationwide. SCORE's 10,500 retired and working volunteers provide free business counseling and advice as a public service. For further information about SCORE, visit them on the Web at essexhudsonunioncounties.score.org, or call their Newark office at 973-645-3982.

Call the library to register at 908-709-727.

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AMBER BROWN AUTHOR INSPIRES STUDENTS

Elizabeth Levy shares insights and stories at Orange Avenue School

"Do your teachers talk to you about adding details to your writing?" children's author Elizabeth Levy asked the group of fifth-grade students.

A resounding, "Yes!" went up from the audience. "Well, welcome to the world of writing!" Levy responded enthusiastically. "Authors work very hard to include the right details in their stories. They want the details that make the characters and the places they live come to life. Always remember, if the detail is interesting to you, it will be interesting to your reader."

And Ms. Levy should know a thing or two about what interests young readers. She is the author of more than 100 children's books including some for the acclaimed Amber Brown series. Ms. Levy began writing for the children's book series after her dear friend and originator Paula Danziger died in 2004.

"Paula was always my first reader," Ms. Levy explained. "She would tell me to put a red line

though the funny lines. A blue line through the sad lines. And when I looked at the page, what would I see? Purple! The funny and the sad together, just like real life."

Levy shared lots of writing advice with the students and encouraged them to write from the heart. "You have to get to the deepest parts of you to make your writing come alive. Don't be afraid of the way you feel."

She also told them not to be discouraged by the editing process.

"Do you think your teachers give you too many comments on your work?" she asked. Another resounding, "Yes!" from the crowd. "Well, take a look at this."

Levy shared her writing drafts, pages full of arrows, red lines, scribbled comments in the margins, and even long letters from editors about character motivation and development.

"See what goes into it? Don't be scared or annoyed by rewrites and revisions. It is part of the process. It is part of what makes your writing

and your stories better."

Ms. Levy is the author of *My Life as a Fifth Grade Comedian*, *If You Were There When They Signed the Constitution*, *Amber Brown On the Move*, the *Invisible Ink* series and many others.

During her day at the school, Ms. Levy made three, grade-level presentations to students in grades three, four and five. She also shared lunch with twelve children where they discussed the creative-writing process, asked questions about her many travels, and even shared some of their favorite knock-knock jokes.

This special day was made possible by the OAS PTA Assembly Program.

For more information on Elizabeth Levy, please visit www.elizabethlevy.com. For more information on Orange Avenue School, a suburban 3 – 8 school in Cranford, visit www.cranfordschools.org/oas/

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(above) Children's author Elizabeth Levy (center) with students from Orange Avenue School in Cranford. Ms. Levy recently spoke to the elementary students about the art of creative writing.

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PARKS AND REC OPENINGS FOR SPRING PROGRAMS (SESSION 3)

The Cranford Recreation and Parks Department is pleased to announce that there are still openings for our Spring 2014 programs (Session 3). Registration for Cranford Residents only can be done in person and on-line. Most programs start the week of April 7th. The programs that still have openings are listed below:

PRE SCHOOL AND KINDER PROGRAMS

Fridays with My First Friends, All Sports for Kids (Tuesday or Friday), Science Matters, Mommy and Me Music, Pre-School Arts and Crafts, US Sports classes, Stretch and Grow (new), Spanish Enrichment (new), Kinder Book Club (Tues or Thurs), Kinder Yoga (Tues or Thurs), and Kinder Cooking & Arts and Crafts (Monday or Friday).

YOUTH PROGRAMS

Elementary Cooking, Golf for Juniors (outdoors), Intro to Rock, Keyboard 101, Guitar 101, Science Matters, Trendy Threads, Junior Ceramics, Kid Safe Self Defense, Lights!

Camera! Kids! Action!, Young Magicians, Junior Scientists, Little Bakers, Intro to Robotics, Art Class, Mannerations – Dining Program (April 8th), Creative Art Lab, Jewelry Design, and Astronomy Stargazers.

ADULT PROGRAMS

(ALL PROGRAMS ARE FOR ADULTS AGE 18+)

Adult Self Defense, Adult Beginner/Intermediate Tai Chi, Adult Ceramics (April 9th), Pilates, Piano, Astronomy Stargazers, Yoga (Mondays or Wednesdays), Body Barre (Monday and Wednesdays) and Zumba.

For more details on these programs, please go to our website www.cranford.com/rec, click on INFORMATION and click on our brochure.

Registration can be done in person at the Community Center or online at <https://register.communitypass.net/cranford>. For further information, please call the Recreation Department at (908) 709-7283.

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The Spring Event

APRIL IS ADULT LEARN-TO-SWIM MONTH

CRANFORD MONTHLY • Page 17 • April 2014

April has been declared "Adult Learn-to-Swim Month" by the Swimming Saves Lives Foundation, the charitable arm of U.S. Masters Swimming. The Cranford Pool & Fitness Center and Cranford Masters Swimming, are supporting this event by offering an adult Learn-to-Swim Fest on Saturday, April 12 from 6:00pm to 8:00pm on a drop-in basis.

The event is free to anyone 18 and over who wants to learn to swim, or swim better. Customized instruction will be conducted by experienced Red Cross instructors.

Curious about Masters swimming? It's not as scary as it sounds. Thinking about trying a triathlon or an open-water swim, or just want to get more out of your laps? U. S. Masters members and coaches will be on hand to help you through a basic workout.

Many adults make sure their children learn to swim, but they themselves do not.

Many adults who can't swim will go boating, thinking the boat will keep them safe.

Many are afraid of the water, or nervous about looking silly in front of others. Young adults don't want to be put in classes with children, or

don't want to admit that they can't swim. This is the perfect opportunity to overcome all these scenarios, to learn with others in the same "boat" in a relaxed and fun atmosphere.. This is the perfect opportunity to do something for yourself, to start an exercise program that can last a lifetime, to learn a skill that can be beneficial in so many ways.

Water is a versatile medium that can provide a gentle and supportive environment for the handicapped, present a high-level challenge to an experienced athlete, and everything in between. But it can be dangerous to the uninitiated. According to the Centers for Disease Control, 37 percent of American adults cannot swim the length of a pool. This puts them at risk of drowning when in or near a body of water.

That fact becomes significant when one considers how many people in New Jersey use pools and state parks as primary recreation destinations. And how many more go to the shore? Every day, 10 people drown in the United States. 8 of these are adults. For this reason, the governors of five states, including

New Jersey, have endorsed the Learn-to-Swim initiative.

U. S. Masters Swimming is a national organization of adult swimmers, encompassing all levels from those who swim for fitness, to pool and open water competitors.

The Swimming Saves Lives Foundation helps fund and promote adult learn-to-swim programs throughout the country. Its mission is to reduce the number of drowning incidences and introduce the physical and emotional benefits of swimming to adults who may not otherwise have the opportunity.

The Cranford Indoor Pool conducts regularly scheduled adult lessons on Wednesday evenings from 7:30pm to 8:30pm for members and non-members. The next class starts April 9 and runs through May 7. Call the pool at 908-709-7260 to register. Registration for the Learn-to-Swim Fest is helpful, but not required. Drop-ins welcome. Dial ext. 1 at the above number for a manager, or ext. 4 for Sally for information on Masters swimming or the Fest. Be sure to bring a friend or family member for a fun and informative evening.



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JOIN THE CRANFORD CLAY COURTS CLUB

The Cranford Clay Courts Club has announced that memberships are now available for the upcoming 2014 Outdoor Tennis Season. The historic club, located on Springfield Avenue in Cranford opposite the similarly historic Cranford Canoe Club, is one of the few "soft Court" (Har-Tru) tennis facilities in New Jersey with a lighting system that allows for evening play. The Cranford Clay Courts were built in the 1920s and were municipally operated until 1991. Facing a budgetary shutdown of the courts by the town, a group of local tennis enthusiasts formed the Cranford Clay Courts Club in 1992, and has operated and maintained the courts to the present day. Membership dues support the operation and expense of maintaining the Club's facility. Membership is open to both Cranford residents and non-residents.

Regardless of skill levels, the Club welcomes players of all ages. There is a new Club Ambassador program for the 2014 season. A club member will partner with a new member to

facilitate the new member's entry into the Club. The ambassador will arrange for the new player to meet other members of a comparable skill level, and will help schedule games or practice sessions with existing members. Any players interested in joining the Club are also invited to schedule a practice session with a Club Trustee in order to become familiar with the Club's facilities.

The Club also offers a Tennis Academy which now enters its tenth season of offering tennis clinics lessons to groups of children or adults. Academy information is available on the Club's website (www.Cranfordtennis.com). Adult lessons will start in May and children's lessons begin in June after school is out.

Courts are usually open for play from April through November. Additional Membership or Club information is also available by calling Eliot Howell at 908-507-5469. Applications are also on the Club's website (www.Cranfordtennis.com).

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Hundreds of Cars Marked Down to Clear Inventory

North Plainfield, NJ- Global Auto Mall, a well-known local automotive sales dealer, has more than just snow piling up. The recent rough weather has left them with a huge surplus of brand new cars, trucks, SUVs that need to be sold. A Snow Emergency Sales Event is being held to clear out their inventory to make room for new shipments.

This special event will have hundreds of cars to choose from ranging from brand new models to pre-owned vehicles all priced to move quickly.

The Snow Emergency Sales Event will feature major brands including: Chevrolet, Hyundai, Jeep, Kia, Mitsubishi and a large variety of over 250 pre-owned makes and models.

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1-866-645-4337 for easy directions.**

The Global Auto Mall Sales team is prepared to move as much inventory as possible to manage this overstock and are offering great deals on their entire inventory to Local Residents like



yourself only. Global's General Sales Manager, Rich Locurto, says, "Our prices are already great and with the added specials it won't be hard to find a great price on the vehicle you want."

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Credit problems are never a problem at Global Auto Mall. All are welcome to call in for information or visit during

this event. A Global financing expert is onsite and available to work out a great loan and financing plans for every customer. Their financing office is prepared to work with any customer's budget.

The Snow Emergency Sales Event is scheduled for a limited time only. Once it's over, it's over! Hurry in to Global Auto Mall today and drive home with the vehicle you've always wanted at a price you'll love. For further information please call anytime at 1-866-645-4337, or visit www.globalautomall.com.

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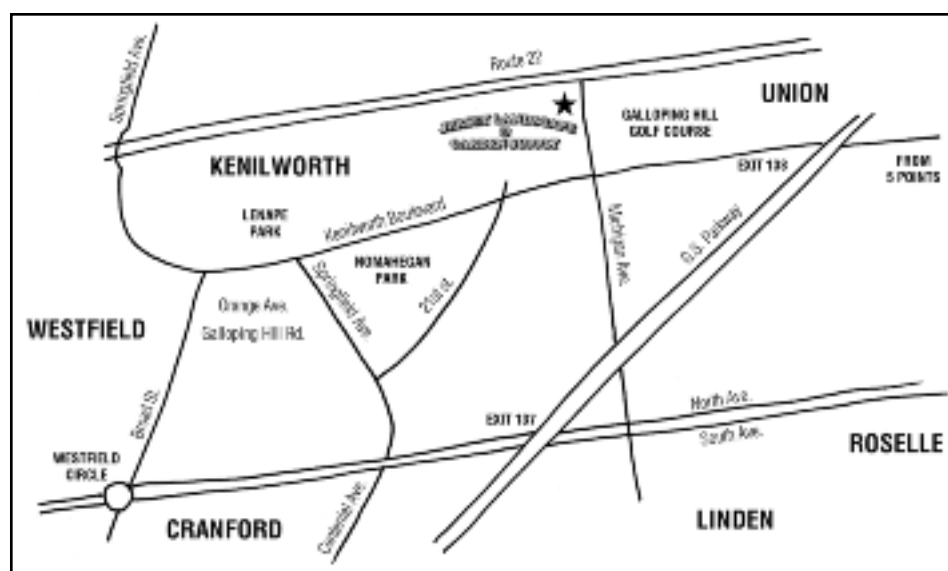
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