# CRANFORD MONTHLYNJ

Published by Renna Media Issue 12 • December 2014

Cranford Chamber of Commerce, St. Michael Church and Two River Bank presents

SANTA CLAUSE IS COMING TO TOWN ...AGAIN

**SATURDAY, DEC 20** See Page 14 for Details

#### **SANTA'S MAILBOX**

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### **CRANFORD WELCOMES IN THE HOLIDAY SEASON**

On Friday, November 28th, The Cranford Chamber of Commerce held holiday events downtown at the North Union & Springfield Avenue Gazebo. The festivities were focused around decorating the gazebo tree and in the evening Santa arrived, by a fire truck, to light it. Children had the opportunity to meet with Santa and take a photo with him afterwards. The Cranford Jaycees offered free hot chocolate to attendees.







(left) Donna Lagerza and Josephine Stack collected clothing donations for The Junior League of Elizabeth-Plainfield.





(above) Cranford Jaycees provided free hot chocolate.





(above) Cranford girl scouting troops took turns decoration the tree, including Junior Troop # 40444.

View, share and download photos of this event and others at www.RennaMedia.com



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Clerk	908-709-7210
Court Administrator	908-709-7242
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Economic Development	908-709-7208
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Engineer	
Health Inspector	
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Prosecutor	
Public Defender	
Public Works	908-709-7217
Recreation & Parks	908-709-7283
Recycling	908-709-7299
Registrar	
Swim Pool	
Tax Assessor	
TV 35	

NEED HELP?

If you or anyone you know will be in need of help with snow shoveling please contact us

**CRANFORD MONTHLY** • Page 2 • December 2014

**SNOW IS ON THE WAY!** 

ASAP so that we can get you on the list!

The Cranford High Assistance Program (CHAPS) is a volunteer group composed of high school students in the under grades. They mostly help elderly people with things like snow shoveling and a variety of other services which include but are not limited to raking, moving materials, landscaping, housekeeping, making and delivering dinners, and offering help for events. They also recommend responsible baby



and pet sitters.

To contact CHAPS visit: http://chapsnj.wix.com/chaps or email Chapsnj@gmail.com.



# CHRISTMAS HOLIDAY SHOPPE AND SOUP FESTIVAL ON DEC. 13TH AT CRANFORD UNITED METHODIST CHURCH

The Cranford United Methodist Church is happy to announce its 4rd annual Christmas Holiday Shoppe on Saturday December 13, 2014. This will be a charming local venue for kids and adults alike to do their holiday shopping. Over 45 vendors will offer a large variety of merchandise, crafts and gifts. There is sure to be something for everyone!

This year, ten fabulous homemade soups will be available as part of a Soup Fest at lunchtime. Baked goods and lunch will be available for purchase, too. The Shoppe will run from 10 am - 3 pm in the church's education building at 201 Lincoln Avenue, corner of Walnut and Lincoln Aves., Cranford.

The Cranford High School Madrigals will perform. So come early and stay for the most fun and best bargains.

Skip the mall, the crowds and the hassles and join us for a great day of unique shopping! If you would like to be a vendor at this event or need more information please call Marti at (908) 276-0936 or send a message to office@cranfordumc.com.

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Reserve space in the next issue. Call Tina today at 908-418-5586 or email info@rennamedia.com



Socialcide: How America is Loving Itself to Death is available at:

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Contact: Leo J. Battenhausen / leojbatt@aol.com

# **SOCIALCIDETM**

Searing New Book Exposes Nation's Rotting Social Fabric, Proving Americans Are Literally "Loving Themselves to Death".

In his ground-breaking and controversial book, 'Socialcide: How America is Loving Itself to Death', Leo J. Battenhausen shows the other side of the American Dream – one where individuals are so obsessed with themselves that emotional and social problems have taken on a destructive new aggression. By exposing the problem through a unique fusion of social and psychological observations, Battenhausen hopes that citizens will stop committing 'Socialcide' and rebuild themselves into a race that is a model for global dignity and respect.

There's no way to sugar-coat the conclusions of Licensed Clinical Social Worker, Leo J. Battenhausen; Americans have become so obsessed with themselves that their country's once-great bedrock of dignity and respect is crumbling from underneath them. Childhood social problems prevail at record levels, crime is becoming more heinous and the average American is now just a deranged sociopathic shadow of their former self.

Battenhausen calls this shift 'Socialcide'. In his new book, 'Socialcide: How America is Loving Itself to Death', he presents this fatal problem in its true light, while urging all Americans to change and make their nation great once again.



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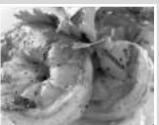
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Kids 7-10\$5.39	Kids 7-10\$6.99
Kids 3-6\$3.39	Kids 3-6\$5.99
2 & UnderFREE!	2 & UnderFREE!

#### FRIDAY - SATURDAY

Lunch 11am -	3:30pm	Dinner 3:30	pm - 9:30pm
Adult	\$7.99	Adult	\$10.99
Kids 7-10	\$5.99	Kids 7-10	\$6.99
Kids 3-6		Kids 3-6	\$5.99
2 & Under		2 & Under	FREE!

#### SUNDAY ALL DAY DINNER 11am · 10pm

Adult	\$10.99
Kids 7-10	
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2 & Under	•

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# 11 CRITICAL HOME INSPECTION TRAPS TO BE AWARE OF WEEKS BEFORE LISTING YOUR HOME FOR SALE

Cranford NJ - According to industry experts, there are over 33 physical problems that will come under scrutiny during a home inspection when your home is for sale. A new report has been prepared which identifies the eleven most common of these problems, and what you should know about them before you list your home for sale.

Whether you own an old home or a brand new one, there are a number of things that can fall short of requirements during a home inspection. If not identified and dealt with, any of these 11 items could cost you dearly in terms of repair. That's why it's critical that you read this report before you list your home. If you wait until the building inspector flags these issues for you, you will almost certainly experience costly delays in the close of your home sale or, worse, turn prospective buyers away altogether. In most cases, you can make a reasonable pre-inspection yourself if you know what you're looking for, and knowing what you're looking for can help you prevent little problems from growing into costly and unmanageable ones.

To help homesellers deal with this issue before their homes are listed, a free report entitled "11 Things You Need to Know to Pass Your Home Inspection" has been compiled which explains the issues involved.

To hear a brief recorded message about how to order your FREE copy of this report call toll-free 1-888-243-5861 and enter 3002. You can call any time, 24 hours a day, 7 days a week.

Get your free special report NOW to learn how to ensure a home inspection doesn't cost you the saleof your home.

This report is courtesy of All Towne Realty Realtor. Not intended to solicit buyers or sellers currently under contract. Copyright © 2014.

### **PROJECT READY**

Tuesday, January 6, 2015: Start of a new session of Project Ready at St. Joseph Social Service Center

Project Ready is a free 6-week job readiness and computer skills training class designed for adults who are actively looking for work. Volunteer tutors help students identify skills, write resumes, practice interviewing, and search for jobs. Basic computer skills, including Microsoft Word and Excel, are also taught. The program runs Tuesday through Friday from 9:30 am until 2:30 pm. The next session begins January 6, 2015 and ends on February 12, 2015. For more information, please call us at (908) 353-1045, Ext 8. Projectreadyprg@yahoo.com. Project Ready is located within St. Joseph's Social Service Center located at 118 Division St. Elizabeth, NJ.

# FREE HELP FOR CAREGIVERS

If you are caring for someone 60 years of age or older and you feel stressed, frustrated or overwhelmed there is help available. Catholic Charities offers confidential counseling sessions for caregivers of Union County residents. We also provide information and assistance in regards to senior and caregiver services offered in your local area. Our licensed social worker can meet with you at 505 South Ave East, Cranford NJ 07016 or in your own home for your convenience. Please call 908-497-4011 to make an appointment! You don't have to do it all on your own!

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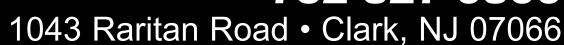
— Quenton L.

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# GRAND OPENING - 22 FARMER'S MARKET

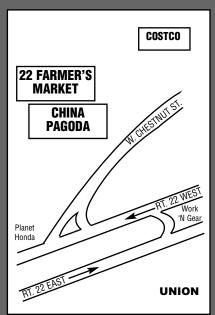


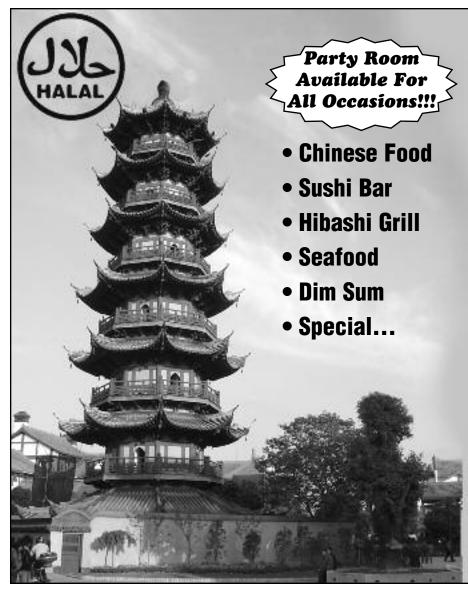
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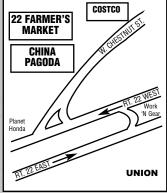
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### CRANFORD ROTARY AT THE FOODBANK

Cranford Rotary recently spent a morning volunteering at the Community FoodBank of NJ in Hillside. "Working with the FoodBank is a natural fit for our Club", says Rich Feder, the Cranford Rotarian who coordinated the event. "Both organizations are concerned with service, especially to the local community".

On October 18, nine Cranford Rotarians, ten St Michael's Religious Education students, and four of the students' parents gathered at the FoodBank and packed Senior Boxes, which will provide food for two weeks for home-bound

something of a record, filling 361 boxes.

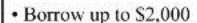
Mike Flynn coordinated the students who helped with the boxes, who were Kelly Baker, Dylan Fahy, Colin Flynn, Ella Fukazawa, Brendan Hanlon, Catherine McMullan, Sophia McMullan, Rebecca Newman, Erin Trojan, and Monika Wlodarski.

The Rotary Club of Cranford was established in 1923 and serves the Cranford community through service projects, sponsorships and scholarships. Over \$250,000 in scholarship

seniors. Word was that the Rotary group set funds have been awarded over the last twenty years. Recent beneficiaries of other Rotary support include Cranford Family Care, Cranford First Aid Squad, Cranford PAL, Cerebral Palsy League and the Rotary International Foundation. The Cranford Rotary Club meets every Thursday morning at 7:45 am at the Cranford Community Center. Any man or woman, actively employed or retired, is cordially invited to attend our meeting. For additional information, please contact Membership Chair Mike Flynn at 908 272-2827.







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### **CRANFORD POOL AND FITNESS CENTER**

The Cranford Pool and Fitness Center is pleased to announce our new affiliation with Starfish Aquatics Institute. Beginning January 2015 the Starfish Aquatics curriculum will be used in our swim school program. Starfish Aquatics Institute, a nationally recognized curriculum for swim instruction, emphasizes water safety and promotes skill development by recognizing the achievements a swimmer makes as they advance through the program. In partnership with Human Kinetics, SAI offers state-of-the-art training courses and also provides risk management services to the aquatic industry.

Recently, staff members from the Cranford Pool and Fitness Center successfully completed the Starfish Swimming Instructor trainer course. The Starfish Swimming curriculum is designed for students aged 6 months to adult. Benchmarks are established at each stage in the program that combines both swimming and safety skills. Students will receive acknowledgment of individual achievement as they accomplish benchmarks. Correct swimming techniques are taught from the very beginning, providing an easy transition to swim team or lifetime fitness swimming. Our Instructors are over 18 years of age and are certified swim trainers through Starfish Aquatics Institute.

Many are also Certified Water Safety instructors. All have training in First Aid, CPR and AED.

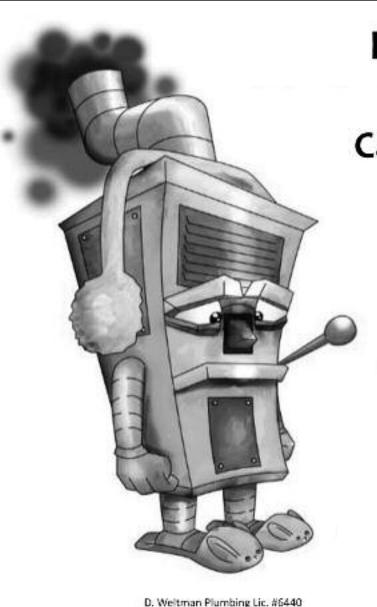
"We are very proud to have the Cranford Pool and Fitness Center join the SAI family," said Leslie Donavan, President of SAI. "We believe our focus on professionalism and accountability gives our Training Centers the opportunity to lead the industry in effective and safe programming."

Founded by Jill White, a renowned aquatics expert, SAI uses an integrated experiential approach to learning. All SAI training programs

incorporate this innovative technique. Cranford Pool and Fitness Center will be using the StarGuard® Lifeguard Certification program and the Starfish Swimming® Instructor Certification program. "The Starfish Swimming program is a total curriculum based on core competencies that are ideal for any teaching situation," said Donavan. "It is an effective swimming instruction system for all ages and abilities, from infant through swim team."

For information on Cranford Pool and Fitness Center hours and programs, please call 908-709-7260 or visit www.cranford.com/pool.





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### **CRANFORD HIGH SCHOOL ART SHOW**

On December 17th the Cranford High School school library from 6:30 - 8:30 p.m. Art Department will be hosting its fall semester Art Show.

The opening reception will be held in the high—is free and open to the public.

featured artwork will be from the Photography, Crafts, Graphic and Fine Arts classes. The show



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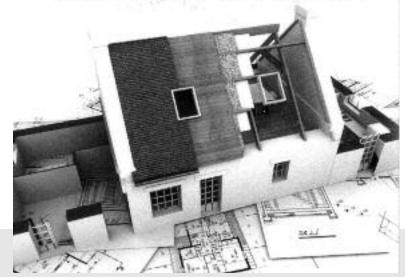
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### **CRANFORD VFW VETERANS BREAKFAST A HUGE SUCCESS**

Submitted by Jim D'Arcy, Commander Cranford VFW Post #335

An overflow crowd attended Cranford VFW Post #335 for their annual Veterans' Breakfast held on Sunday, November 9th, at the Post Home in Cranford. In attendance at the affair were such notables as Assemblyman John Bramnick, Cranford Mayor Andis Kalnins,

Chief of Police James Wozniak, Commissioner Carolyn Vallero, Commissioner and former Mayor Tom Hannens, and former Mayor Barbara Bilger, who is also a member of the VFW's Ladies Auxiliary.

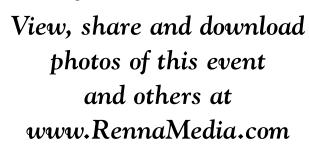
The Key note speaker Lt. Col. Timothy

McLaughlin of Mountainside, gave a very exciting talk on his personal military experiences capped off with a poignant video presentation of his Iraqi deployment balanced against his personal family obligations.

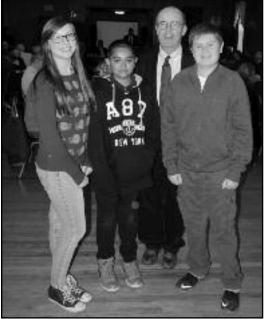
As always, Social Studies instructor Paul Maloney of Hillside Avenue School, brought down several students to address the audience on what Veterans Day means to them. Students Tom Gilmartin, Faith Ricca and Rohan Atreya received terrific ovations from a very impressed crowd for their efforts.

The annual "Role Call" was called which saw veterans of each war or conflict rise to their feet when their particular war was announced. When World War II was called, the five proud Veterans in attendance of that great war rose as one, to the delight of a thankful audience.

The "sit down" breakfast was wonderfully cooked and served to all the attendees by the VFW's Ladies Auxiliary who have been contributing this effort to the Post for decades.







(above, l-r) Faith Ricca, Rohan Atreya, teacher Paul Maloney and Tom Gilmartin.



(above) Members of the Cranford High School Baseball team were in attendence.



(above) Members of the VFW's Ladies Auxiliary



### DAMIEN OWENS MEMORIAL GOLF OUTING RAISES \$21,000 TO BENENFIT CRANFORD FAMILY CARE

"It was just amazing," were the first words an overwhelmed Barry O'Donovan expressed when commenting on the success of the "Damien Owens Memorial Golf Outing".

The Memorial Golf Outing held on September 30, 2014 at the Shackamaxon Country Club in Scotch Plains drew 120 golfers with over 160 people attending the post-golf banquet. More importantly, the charity event brought over \$21,000 in Damien Owens' memory to the benefit of Cranford Family Care, a non-profit organization helping needy families of Cranford.

"We originally figured we could get maybe 50 to 60 golfers and raise \$5,000 on the high side for our cause but our numbers exceeded even our wildest dreams."

Damien Owens, a native of Inchicore, Dublin, Ireland was the much loved manager-greeter for the last 6 years at the Kilkenny House until his sudden death from an illness this past May. "He was just a lovely man, always greeting us with a smile and a warm handshake. A true gentleman," a patron said of Owens.

The memorial was the brainchild of O'Donovan, proprietor of the Kilkenny House Restaurant and Pub in Cranford. "When we started the pub some six years ago, Damien my best friend, was right there with me all the way. Who would have thought that in six short years we could have made such an impact on our community to attract such a grand amount of people and money to our cause?"

O'Donovan added "we never had a chance to properly say goodbye to Damien with an old fashioned Irish wake and knowing how generous and caring he was to the people of Cranford, this outing just gave us an opportunity to honor the man that meant so much to us.'

Besides his time at the Kilkenny House, Owens had his long career as a Maitre D' at such well known New York City establishments as The Four Seasons, the Pierre Hotel and the Rainbow Room.

'We owe the success of our outing to our amazing committee, who simply outdid themselves through their tireless efforts," said O'Donovan. The committee consisted of Ellen Basil, Karen Salway, Barbara Bilger, Dottie Baniewicz, Jim D'Arcy and Jim D'Arcy III. O'Donovan also



(above l-r) The formal presentation of the check to Cranford Family Care was held recently at the Kilkenny House concurrently with a ribbon cutting ceremony in the back dining room which become so appropriately named "The Damien Room." Pictured are Karen Salvvay, Dotttie Baniewicz, Kathy Willis, Executive Director Cranford Family Care, Michele Dangle, Barbara Bilger, Carolyn Dittmar, Barry O'Donovan, Jim D'Arcy, Peggy Murray. Not pictured Ellen Basil.

thanked the many volunteers, friends and family that added to making it a great day for all involved.

The formal presentation of the check to Cranford Family Care was held recently at the Kilkenny House concurrently with a ribbon cutting ceremony in the back dining room which become so appropriately named "The Damien Room."

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### **SEND US YOUR NEWS**

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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### PIES FOR CRANFORD FAMILY CARE . . .

time to pay it forward! Mrs. Gosselin organized a wonderful giving experience during this Thanksgiving season. Third grade children were able to make apple pies to benefit Cranford

Livingston Avenue School students took some families. They made 12 pies to donate to Cranford Family Care. The students in class 3N peeled, cut and mixed apples to make the pies. They showed excellent teamwork and were proud to be a part of such a good cause!



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Drs. Arnold and Maxine Lehrer has written many articles about issues that touch upon some real or imagined experience in life. Some of the articles are "Unconscious", "Awareness", "Worthiness", "Finding Goodness", "Respect", "Pleasure", "Fantasy", "Intentions vs. History", "Anger", "Blame", "Depression", "Grief and Mourning", "Anxiety", "Stress", "Marriage", "Living", "Love", "Separation", "Getting Over a Crisis", and "Pedophilia".

Drs. Arnold and Maxine Lehrer encourages you to read their articles listed found on their website. If the articles stimulate you to think or feel about yourself or people that are important to you, please feel free to discuss this with either Dr. Arnold or Dr. Maxine at (908) 654-3677.

# weakness rather than a strength. Women were sometimes allowed to voice some few inner needs

Not asking for assistance is seen as a virtue in too much of our world. False pride or fear of rejection causes many to avoid even just an inner acceptance of the fact that they could use the help of another person to improve their life. Many avoid even letting their friends know what they are feeling, thinking or doing, if they let themselves have a friend. Few even take the chance of making friends with their mate, if they let themselves mate. Revealing oneself to any other or even to oneself is often avoided as if it will make one too vulnerable to attack.

LETTING PEOPLE HELP

Our American culture of "ask no help" developed partly due to the utter lonely alienation from the foreign lands most of us came from. Whether we arrived on these shores by our choice or someone else's force we were a people cut off from all that had been important to us and which possibly was a support to us. If we were able to exercise choice and freedom in our endeavors we then had some chance to use some of our inner strengths to control our environment. The cultural and geographic environment may have had little familiar support or warmth that we could turn to. Family and friends were months and at least 3,000 or more miles away. We had to keep it all to ourselves. Even our former culture may not have allowed people to discuss their hurts with each other.

If we were slaves, we had no chance to exercise positive control over our life. We could only control our reactions, which also taught us to hold back the expressions of distress that might have allowed us to secure assistance. Those natural expressions could have brought us harm from those who controlled our lives.

However, even now, the illusion particularly amongst men, of having to take care of everything alone has a strong hold upon our culture. Asking for help has been viewed as a without losing their pride and were more easily able to seek help. Actually, most men are brought to medical or psychological help by the women in their lives.

If one's parents could not help one because they could not understand or accept what had to be done, said or felt in order to help them we may have learned to feel that we are beyond help. We learned to think that one "should" not ask for assistance or understanding, a sad alienating attitude. Indeed, if our culture or family were resentful of our necessary requests for help, we may have unconsciously learned to hide our own needs since their expression caused us pain from those very persons that we needed the help from.

We may have been made to feel inferior for needing help in spite of the reality that all of us need it in some way at some time. If our parents were hurt by their parents when they requested assistance, then the chances are that we are passing on that difficulty to our children in some way. We may be intrusively helping them too much or not responding with comfortable intimacy of a respectful, joyful, freeing kind.

Usually if we have not been related to with comfortable intimacy then we will select a mate or relationship that repeats that pattern which we learned, without realizing that we are doing it. Even if we realize what we are doing we may not allow ourselves to make the inner connections that might help us to improve our life. To avoid feeling the pain of our life we may try to avoid the knowledge of it that might help us.

No one can solve all of life's deeper problems alone. Seeking psychotherapy can be the beginning of some hope for those who can hope.



### . . . MORE PIES FOR FAMILY CARE



(above) Mrs. Denise Addona's Orange Avenue School 5th grade class made apple pies to donate to Cranford Family Care.

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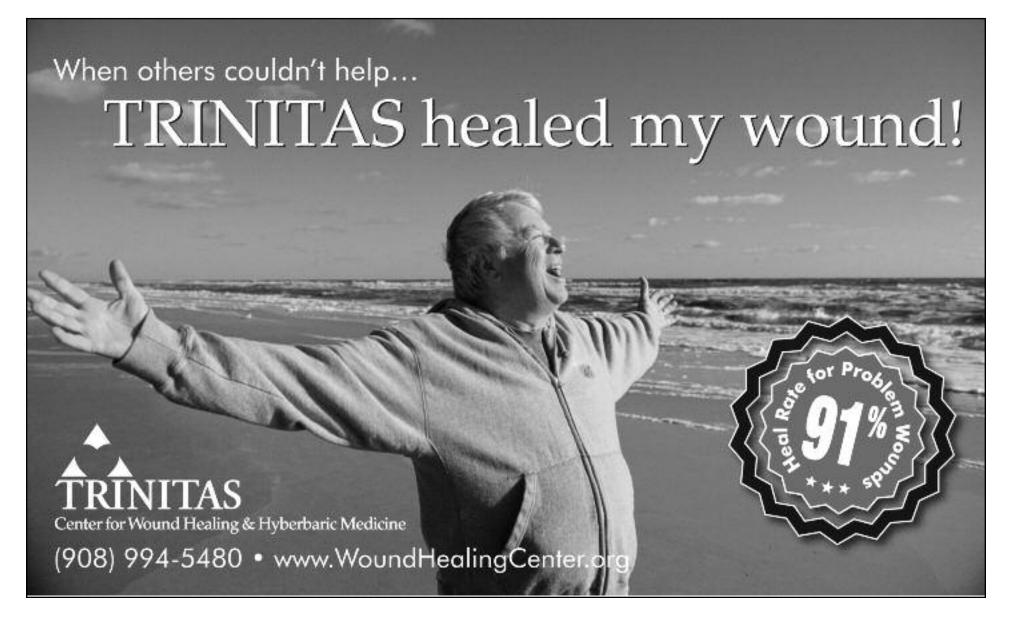
The Union County College Business Industry Institute is offering New Spanish for the Workplace class. It is designed to encourage improved communications between English speaking employees and Spanish speaking associates, customers, clients and other people in the workplace. This program will focus on the words and phrases needed to communicate at work with minimal difficulty. It will not create fluency in Spanish but will enable you to welcome and communicate at a basic level.

This is a twelve hour course to meets: Tuesday, Jan 13, 2015 - 8:30 to 11:30 am Thursday, Jan 15,, 2015 - 8:30 to 11:30 am Tuesday, Jan 20, 2015 - 8:30 to 11:30 am Thursday, Jan 22, 2015 - 8:30 to 11:30 am

Participants must commit to attend the entire 12 hour program under the requirements of the NJBIA grant which funds this and allows us to bring it free of charge.

NOTE: We can bring this program to your business for your employees (groups of 10 or more). Email or call for details.

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### **BOY SCOUT CHRISTMAS DECORATION SALE**



(above) Cranford Scout Jack Garcia

Cranford's Boy Scout Troop 80 annual Christmas decoration fund raiser is on going.

Every Saturday and Sunday from 9 a.m. -3 p.m. the scouts will be outside of the First Presbyterian Church on the corner of N. Union and Springfield Avenues until December 21st or until they run out of inventory.

Door Wreaths: Small \$20 – Large \$40 Grave Blankets: Small \$25 – Medium \$35 -Large \$45

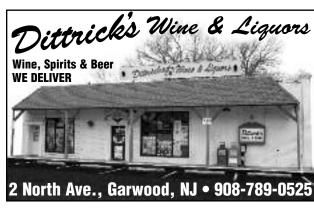
White Pine Roping: 36 foot \$25

Home delivery is available via email requests to troop80wreaths@aol.com. For more information visit www.toop80-bsa.com.

## SANTA WILL MAKE A SECOND APPEARANCE DECEMBER 20TH

Santa will make a second appearance in Cranford on December 20th. He is being sponsored by the Cranford Chamber of Commerce, St. Michael Church and Two River Bank.

His first stop will be at Centennial Village from 10 a.m. to 12 noon at the corner of Lincoln and Centennial Avenues. He will then return to the gazebo on the corner of N. Union and Springfield Avenues from 1 p.m. to 4 p.m. for his Annual Holiday Trolley rides around Cranford. All these events are open to the public and are free of charge.









## **CRANFORD ORGANIZATIONS TEAM UP TO ENTERTAIN HOSPITALIZED VETERANS**

The Volunteer Service to Veterans Committee of Crane's Ford DAR teamed up with the CDC Community Theater of Cranford and the Linden High School JROTC to entertain hospitalized veterans at the VA Lyons Medical Center in Bernards Twp.

Leader of the Cranford Dramatic Club Outreach Group, Anjanette Valiante, organized a program of patriotic and standard songs and accompanied with piano. Maureen Monroe a member of CDC brought a group of young performers to the Medical Center to sing.

The Linden High School NJROTC also participated in an afternoon with the veterans. Cadets Magda Kozak, Amanda Foreman, Brendon Birch and Jon Garcia helped serve refreshments.

DAR Veteran Committee chairwoman Bonnie

Goodwin planned and organized the afternoon along with the following DAR members, Mary Leonard, Carolyn Youngs, Helen vanGelder, Bonnie Turner, and Betty Duckworth. With donations of gift cards from ShopRite, Stop & Shop, and Wegmans the DAR was able to purchase snacks and drinks for the veterans.

The Crane's Ford DAR has been volunteering with annual parties for the Lyons facility veterans for over 21 years. The CDC Outreach Group has been collaborating for the past 11

The DAR is a national service organization of women who have ancestry to participants of the American Revolution War, both combat and those who provided goods and services to the American cause. Prospective members may visit the website www.dar.org to learn more.

**CRANFORD MONTHLY** • Page 15 • December 2014

## **CRANFORD REC ANNOUNCES DANCES FOR CRANFORD TEENS**

The Cranford Recreation and Parks Department would like to announce the following dates for our 6th, 7th and 8th grade

> Teen Dances: December 5th, 2014, January 9th, 2015, February 6th, 2015, March 6th, 2015.

All recreation dances are held at the Cranford Community Center from 7:00pm to 10:00pm. Students will be able to purchase a ticket at the school they attend on Wednesday or Thursday; the week of the dance. The cost of a ticket is \$5.00.

Cranford students who attend a private school may purchase a ticket at the Community Center on Wednesday or Thursday, the week of the dance, between the hours of 3:00pm - 4:30pm. Tickets will NOT be sold at the door!!! Further questions may be directed to the Recreation and Parks Department at 908-709-7283.



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**STUFFED PEPPER (1)** with potato & vegetable CHICKEN CROQUETTES with potato & vegetable LINGUINI with meatballs

BAKED STUFFED SHELLS PARMIGIANA with garlic bread BAKED MANICOTTI PARMIGIANA with garlic bread **FGGPLANT PARMIGIANA** with linguini STUFFED CABBAGE with potato & vegetable

#### **SATURDAY & SUNDAY BRUNCH** 7 A.M.- 3 P.M.

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**GREAT FUN FOR THE KIDS!** 

## **MELISSA ISAAC OF CRANFORD NAMED MISS GARDEN STATE**



Melissa Isaac of Cranford was voted First Runner-Up for the title of Miss New Jersey at the 2015 International Junior Miss New Jersey State pageant held in November at the Crowne Plaza Monroe in Monroe Township, NJ. Melissa was also presented with a trophy as "Miss Photogenic".

As the First Runner-Up Melissa earned the appointed title of Miss Garden State and an invitation to compete in the International Junior Miss National Pageant this coming July in Virginia Beach, Virginia.

Melissa is a 2013 graduate of Cranford High School where she was a member of the cheerleading squad, concert choir and orchestra. She is currently a second year student at Seton Hall University in South Orange working on her Bachelor of Science degree in Nursing.





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Abdou Law Offices, LLC provides quality legal services in various areas of practice for commercial clients, as well as individuals. We strive to ensure that all of our clients get the benefits of personalized attention and value that they would expect at a small firm. but with the competence, skill, Tamer (Tom) Abdou, Esq. and diligence that is expected from a large law firm. We are engaged in the areas of practice in which we have extensive experience and, more importantly, where we have obtained impressive results for our clients.

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# POLICE AND TOWNSHIP EMPLOYEES PARTICIPATE IN "JEANS FOR TROOPS DAY" TO SUPPORT VETERANS

In the spirit of Veterans Day and in support of military veterans in the community, the Cranford Police Department joined together with employees from every Township department to participate in the GI Go Jeans for Troops Day on November 12, 2014. The GI Go Fund is a 501(c)(3) nonprofit charitable organization that provides assistance to all military veterans, with a focus on veterans from Iraq and Afghanistan, by helping them find employment, access housing, and secure their educational and health benefits. Jeans for Troops Day is a program that encourages businesses, schools, and government agencies to actively support projects that directly aid military veterans.

In exchange for providing a charitable donation of \$5 to assist veterans, participating Cranford Township employees "dressed down" and wore jeans instead of business attire. For

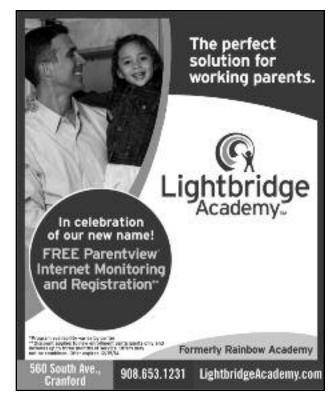
In the spirit of Veterans Day and in support of ilitary veterans in the community, the ranford Police Department joined together in lieu of blue jeans.

Cranford Police Officers, this means traditional uniform or utility pants were shelved for the day in lieu of blue jeans.

Cranford's participation in the program was suggested by Deputy Mayor Lisa Adubato and coordinated by Cathy Scotti, Assistant to the Township Administrator. Scotti stated that participation was voluntary, but over 50 employees signed on to support the charitable fundraising event.

Cranford Police Chief James Wozniak stated that his agency's participation was a no-brainer. "Any time we can make a contribution, and demonstrate the pride and respect we have for military veterans, we will be first in line." The chief added that several Cranford Police officers are military veterans.

Residents seeking additional information, or wishing to support the efforts of the GI Go Fund, can visit www.gigofund.org/jeansfortroops.



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# Warmest Wishes for a Happy Holiday Season.

Wishing you a happy holiday season and a joyous New Year from the NYCB Family of Banks to your family.



# ATLAS BRASS QUINTET HEADLINES ST. MICHAEL CHRISTMAS CONCERT

The Atlas Brass Quintet headlines the "Advent and Christmas Service of Lessons and Carols" at St. Michael Church, Cranford, Sunday December 14 at 4pm. The brilliant brass sounds of the professional quintet will resonate throughout the excellent acoustics of St. Michael for an inspirational event.

Dr. David Bower, Director of Music and Organist at the church, has announced in addition to the quintet program featuring the Choirs of St. Michael, including the Parish Vocal; Handbell; Youth; and vocal soloists. Dr.





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Bower issues an invitation to the public "Join us to celebrate in singing the carols of the Advent and Christmas seasons along with our very special guest brass with our organ and choirs." A free will offering will be taken to support the music program.

Familiar carols "O Come, All Ye Faithful"; "I Saw Three Ships"; "O Holy Night"; "Gesu Bambino"; "Nativity Carol" and "Cradle Song", both by John Rutter; Mass of "The Bells"; and both "The First Noel" and "Hark! The Herald Angels Sing" with brass accompaniment are part of the program. The popular Handbell Choir including children of the parish will perform pieces including "Joy to the World", and the Youth Choir instrumental and vocal members will also be part of the program.

The Atlas Brass founder and leader is Ed Hirschman who played lead trumpet while in the Rutgers Univ. band. He has performed with the Allentown Symphony, Bruce Springsteen, Maynard Ferguson and others. Trumpeter Mike Green studied trumpet with Byron Autry at Michigan State Univ. He currently maintains an active schedule of professional trumpet performance in a wide variety of venues with brass ensembles, orchestra and jazz combos.

Dr. Craig Levesque on horn is a graduate of the Univ. of New Hampshire with B.A. in Music Theory and Composition; M.A. Music History; and Rutgers Univ. with Ph.D. Theory and Composition. Dr. Levesque teaches at Rutgers Univ. and The Westminster Conservatory of Music where he teaches Horn and Composition. Trombonist Jim Penkala teaches music in Hamilton Township, NJ. He received his BA from Trenton State and his M.M. at the Univ. of Michigan. His performances have been with the Symphony, Delaware Trenton Valley Philharmonic, Papermill Playhouse Orchestra among others.

Dr. Mark Benson playing Bass Trombone has served on the faculties of Michigan State, Penn State and Ferris State Universities and also the National Arts Camp at Interlochen. He is a graduate of Central Michigan Univ. with B.M. in Music Performance and Michigan State Univ. with M.M. and Ph.D., Music Theory and Composition.

Music Director of St. Michael Dr. David Bower oversees and directs the adult, handbell, children's and resurrection choirs; youth ensemble; and cantor ministry. He earned his Bachelor of Music at S.U.N.Y. and his M.M. from Westminster Choir College, both degrees in organ performance; and Ph.D. in music from New York Univ.

The Advent Gospel Readings will be presented by Rev. Msgr. Timothy Shugrue, Pastor of St. Michael; Rev. Robert Gajewski and Rev. Wilson Paculan, Parochial Vicars at St. Michael. The Church is located at 40 Alden St., Cranford, NJ with phone 908-276-0360.





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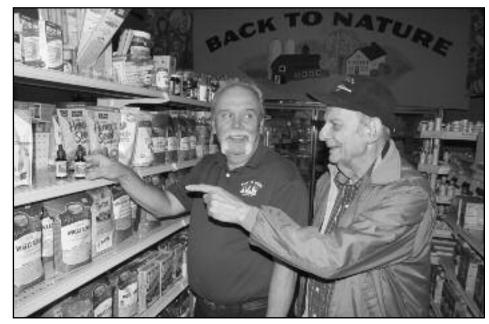
The origins of Peri-gum come from a father's love and some ingenuity. individual's gum health. Lesky's success is a testament to the man's hard Perigum, tag lined "Nature's gum solution", was local resident Joe work and dedication to his family's health. Lesky's answer to his son's dire oral health dilemma.

Lesky, who now resides in Cranford, was born and raised in Carteret. He's a grandfather and a retired mechanical engineer, he has had a long history and success in inventing that has led to the Peri-Gum product.

After serving in World War II with the U.S. Navy, Lesky studied mechanical engineering at the University of Missouri. Soon after, Lesky returned to New Jersey and has had a history of successful career projects, including designing the world's largest fermentor for Merck, which was used to make Vitamin 12, as well as helping to invent and patent material to tune television sets with RCA in Somerville in 1961.

In 1997, Lesky's son, Jim, was diagnosed with severe periodontal disease at the age of 31. After hearing that the peridontist was insisting on surgery to remove his teeth, Jim and his father were inspired to come up with their own natural remedy. Combining his professional experience as an inventor and engineer, and his passion for natural remedies, Lesky designed Peri-Gum out of 7 herbal extracts and essential oils in the hopes of alleviating his son's oral health problems and staving off an expensive and invasive surgery.

After his son's success with using Peri-Gum, Lesky has expanded his clientele and has received a US patent for his unique design. There have been many personal accounts of Peri-Gum's successes in improving



(above, l-r) Charlie Baniewicz, owner of Back to Nature Health Food located at 13 Walnut Avenue in Cranford, stocks the shelfs with Peri-Gum under the supervision of Joe Lesky, the product's inventor.







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### **GETTING TOGETHER TO** TALK ABOUT PETERSTOWN

The public is invited to attend a book discussion

**GUEST SPEAKER JOE RENNA** 

Author of The Peterstown Book

#### CRANFORD - HANSON HOUSE

Union County Historical Society monthly meeting

#### **DECEMBER 14, 2014**

2:00 pm

Home of the Cranford Historical Society 38 Springfield Ave • Cranford, NJ (908) 276-0082

### **WINTER REGISTRATION FOR REC PROGRAMS**

The Cranford Recreation and Parks Department is pleased to announce our Winter 2015 programs (Session 2). Registration for Cranford Residents only can be done in person and on-line beginning Monday, December 8th. Most programs start the week of January 5th 2015.

#### **PRE SCHOOL** AND KINDER PROGRAMS

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

#### **YOUTH PROGRAMS**

• Elementary Cooking, US Sports classes (First Play Basketball Ages 5-8), Golf for Juniors (indoors), Intro to Rock, Keyboard 101, Guitar 101, Science Matters, Fashion (Gr. 2-5), Parisi Speed Clinic, Kid Safe Self Defense, Lights!Camera!Kids!Action!, Wizardly Wonders, Junior Scientists, Little Bakers Workshop, Intro to Robotics, Pre-Engineering with LEGO®, Art Class, Mannerations (Social Etiquette & Dining Programs), Fashion First Workshop (Gr.6-12), Creative Art Lab, Jewelry Design, Volleyball (Gr.7-12) and Astronomy Stargazers.

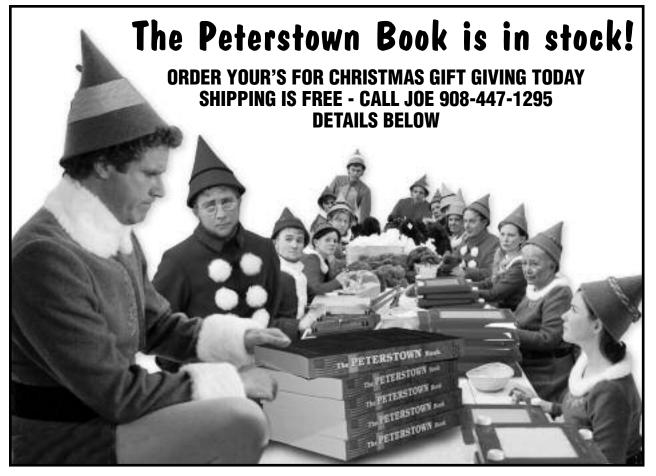
#### ADULT PROGRAMS

(all programs are for adults age 18+)

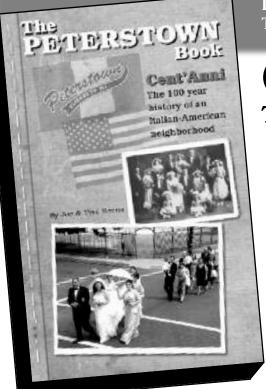
• Adult Beginner/Intermediate Tai Chi, Pilates, Piano Astronomy Stargazers, Yoga (Mondays or Wednesdays), and Body Barre AM & PM.

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 online or https://register.communitypass.net/cranford. For further information, please call the Recreation Department at (908) 709-7283



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Tina Renna

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## **RENNA MEDIA NAMED 2015 SMALL BUSINESS OF THE YEAR** BY THE GATEWAY REGIONAL CHAMBER OF COMMERCE

The Gateway Regional Chamber of Commerce is the largest business association in the New York Metropolitan area with about 1,200 members. The group's long history dates back to 1911 when it was founded as the Elizabeth Chamber of Commerce by John D. Rockefeller and other New Jersey industrialists. Today the Gateway Chamber serves as an umbrella organization for a dozen regional and local chambers and networking groups.

Each year the Chamber selects three businesses as their large, medium and small businesses of the year. They have selected the publishers of Cranford Monthly, Renna Media as the small business of the year for 2015. The honor of large company of the year goes to Linden petroleum company Infineum USA L.P. and Summit investment firm R Seelaus & Co. was named as the medium company of the year. The Linden Chamber of Commerce was named the Chamber of the Year.

Joe and Tina Renna were nominated and selected not only for the success of their business but the community service aspect of their business plan. Renna Media publishes twelve community newspapers that are mailed free to 58,000 homes and businesses on a monthly basis. The focus of the newspapers is to support the community service organizations in the towns that they publish in. Non-profits can promote events at no charge. The publications also recognize individuals and businesses that perform community service. The newspapers also serve as a calendar of upcoming events for the towns, schools, and libraries.

All newspapers can befound on-line at RennaMedia.com Feel free to View, share and download photos

## **LATEST PHOTO ALBUM** ON RENNAMEDIA.COM



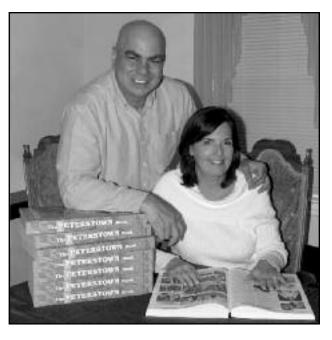
**Cranford Tree Lighting** 2014

Renna Media launched their newest publication Cranford Monthly in January of 2014, it is mailed to every home and business in town. It joins other Union County publications in Clark, Linden, Rahway, Kenilworth, and Union, along with six newspapers in their western zone, Warren, Watchung, Long Hill, Green Brook, Dunellen, and North Plainfield.

Tina and Joe also publish Around About Peterstown on a bi-monthly basis. This publication is less of a business venture and more of a labor of love. The Peterstown Newspaper attempts to record the oral history of the Elizabeth neighborhood Joe grew up in. In September of 2013 they published The Peterstown Book, a one hundred year history of the Italian American Neighborhood.

The biggest benefit to being a Gateway Chamber member is networking. The smallest companies have access to the largest. The Chamber hosts approximately 180 networking events a year. Prospective members are invited to events also. If a business is a member of one group then they are automatically a member of all groups.

The groups include: Linden Chamber of Commerce Clark Chamber of Commerce Kenilworth Chamber of Commerce Warren Chamber of Commerce Somerset Hills Business Network Irish Business Association Gateway Association of Business Women Workforce Education Committee



#### **AWARDS DINNER:**

Approximately 600 people from a broad range of businesses attend the Gateway Regional Chamber of Commerce annual awards dinner. This year's event will be held on

February 9, 2015 from 6:00 pm to -9:00 pm at the Newark Airport Marriott Hotel, 1 Hotel Road, Newark, NJ

Anyone interested in attending or becoming a member can call Kate Conroy at 908-352-0900 email kateconroy@gatewaychamber.com or visit the website at www.gatewaychamber.com

#### RENNA MEDIA FAMILY OF NEWSPAPERS 58.000 MAILED MONTHLY

Reserve space in the next issue. Call Tina today at 908-418-5586 or email info@rennamedia.com

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Monthly



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Qty: 6,500



Zone 2 = 25,000 Printed and Mailed

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Qty: 3,500 Mailed to every Mailed to every home and business in Gillette, Millington and Stirling

Dunellen



Qty: 3,000 Mailed to every

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Qty: 5,500 5,000 mailed to omes & businesses. 500 dropped at distribution points.	Qty: 6,500 Mailed to every home and business in Clark.	Qty: 9,500 Mailed to every home and husiness in Granford.	Qty: 6,50 Mailed to every and busines in North Plain 07060 zip co
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Cranford, NJ

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### THE CRANFORD LIBRARY

Library Hours: Monday to Wednesday, 10 a.m. to 9 p.m. Thursday and Friday, 10 a.m. to 5 p.m.- Saturday, 10 a.m. to 4 p.m. Phone: 908-709-7272 • Email: library@cranfordnj.org • Web: cranford.com/library

# **BORROW A MUSEUM PASS FROM LIBRARY!**

passes to 11 outstanding institutions in New York City and New Jersey?

Purchased for the library by the Friends of the Cranford Public Library, the passes can be borrowed by adult Cranford Library card holders (and adult members of the Friends of the Cranford Public Library with MURAL borrowing privileges).

The library currently lends passes to the Cooper-Hewitt National Design Museum

**LIBRARY UPDATES** 

Thanks to funding provided by the Friends of

the Cranford Public Library, the Cranford Public

Library is now offering a weekly email service

featuring news about its programs and services.

If your email address is already on file with the library, you may already be receiving this

service. If you are not receiving emails and

would like to, just send an email to

cranfordlibrarynews@gmail.com and you will

be added to the list. The service is free and you

"DRIVE-IN MOVIE"

Babies and Toddlers ages 1-4 are invited to

construct a cardboard car and take in a show at

the Cranford Public Library's "Drive-in Movie"

on Wednesday, December 10 at 10:15am or

Saturday, December 13 at 11:00 a.m. in the

Library's Raddin Room. The library is located at

224 Walnut Avenue. Registration is required,

you can reserve a spot by calling or stopping in

the library. Admission is free and all Cranford

residents are welcome. For a list of other

upcoming programs, visit the library Web page

at cranford.com and click on the Children's

can unsubscribe at any time.

Did you know that the library lends museum (scheduled to re-open on December 12, 2014). the Frick Collection, Grounds for Sculpture (Hamilton, NJ), the Guggenheim Museum, the Intrepid Air, Sea & Space Museum, Liberty Hall Museum at Kean University, the Montclair Art Museum, the Morris Museum, the Museum of the City of New York, and the New-York Historical Society Museum, which includes access to the DiMenna Children's History Museum

> The number and ages of individuals admitted varies with each institution. Passes are available on a first come, first served basis. They cannot be reserved or renewed. To see if the pass you want is available, click here and search by the name of the museum. Click here for a full description of the program, including links to

# the museums mentioned above.

#### Cranford Public Library is continuing its ongoing Classic Film Night. Films will continue to be shown on Tuesday nights at 7 PM. The

**CLASSIC FILM NIGHTS** 

films run the gamut from mystery, comedy and romance, to thrillers and melodramas. Upcoming films are:

- December 9 Raiders of the Lost Ark Adventure. Directed by Steven Spielberg; starring Harrison Ford and Karen Allen. 115 minutes.
- December 16 Some Like It Hot 1959. Comedy. Directed by Billy Wilder; starring Marilyn Monroe, Jack Lemon, and Tony Curtis. 120 minutes.

To review the list of films in the series, visit the library web site and click on "Events." The films will be shown at the Cranford Community Center, 220 Walnut Avenue, unless otherwise noted. Admission is free and all are welcome.

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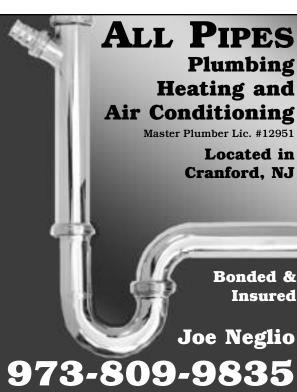
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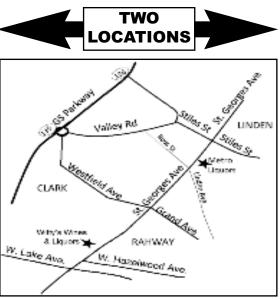


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WHIS	SKY	
Ballantine	1.75L	\$29.99
Black & White		
Buchanan's 12yrs old		
Bushmill's Irish		•
Canadian Club		
Canadian Mist		
Chivas Regal		
Chivas Regal		
Chivas Regal 18 yrs old		
Clan Macgregor		
Clan Macgregor		
Crown Royal		
Crown Royal		
Dewars 12 yrs old		
Dewars 12 yrs old		
Dewars White Label		
Dewars White Label	1.75L	\$31.99
Gentleman Jack	750ml	\$28.99
Gentleman Jack		
Glenfiddich 12 yrs old		
Glenmorangie 10 yrs old		
Glenlivet 12 yrs old	750 ml	\$38.99
Glenlivet 12 yrs old	1.75L	\$74.99
Grants	750ml	\$13.99
Grants	1.75L	\$23.99
Jack Daniels	750ml	\$24.99
Jack Daniels	1.75L	\$43.99
Jameson	750ml	\$27.99
Jameson	1.75L	\$48.99
Jim Beam Whisky	1.75L	\$28.99
Johhnie Walker Blue	750ml	\$179.99
Johhnie Walker Blue		
Johnnie Walker Black	750ml	\$29.99
Johnnie Walker Black		
Johnnie Walker Double Black		•
Johnnie Walker Red		
Johnnie Walker Red		
Knob Creek 9 yrs old	750ml	\$31.99
Knob Creek 9 yrs old		
Macallan 12yrs old		
Makers Mark	750ml	\$26.99
Makers Mark	1.75L	\$49.99
Old Smuggler		
Seagram V.O		
Seagrams 7		
Woodford Reserve	1L	\$34.99

#### GIN **Bombay Saphire** ......1.75L .....

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Cardenal Mendoza	750ml	\$37.99
Courvoisier V.S	750ml	\$25.99
Courvoisier V.S		
E & J V.S. Brandy		•
E & J V.S. Brandy		
E & J V.S.O.P. Brandy		
E & J V.S.O.P. Brandy		
Hennessy V.S		
Hennessy V.S.		
Leroux Blackberry		
Leroux Blackberry		
Paul Masson Amber	750ml	\$10.99
Paul Masson Amber		
Paul Masson Peach		
Remy Martin 1738		•
Remy Martin V.S.O.P.		
Remy Martin V.S.O.P.		
•		•

#### **VODKA**

Absolut (regular)	750ml	\$19.09
Absolut (regular)		
Belvedere Vodka	750ml	\$27.99
Belvedere Vodka	1.75L	\$44.99
Ciroc (all types)	750ml	\$29.99
Ciroc (all types)	1.75L	\$58.99
Finlandia	750ml	\$15.99
Finlandia	1.75L	\$24.99
Fris		1
Grey Goose		
Grey Goose (all types)		
Ketel One	750ml	\$22.99
Ketel One		1
Majorska		
Majorska		
Pinnacle (all types)		
Pinnacle (all types)	1.75L	\$19.99
Skyy		
Smirnoff Vodka 80 proof		
Smirnoff Vodka (all types)		
Sobieski		•
Sobieski		1
Soplica		
Soplica		
Stolichnaya (all types)		
Svedka (all types)		
Svedka (all types)		
Tanqueray Sterling		
Tanqueray Sterling		
Three Olives (all types)		
Three Olives (all types)		
Traveler's Vodka	1.75L	\$10.99

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Bailey's Irish Cream	1.75L	\$38.99
Carolans Irish Cream	750ml	\$10.99
Kahlua	750ml	\$16.99
Kahlua	1.75L	\$32.99
Krupnik	750ml	\$13.99
Licor 43		
Licor 43		
Patron XO Café	750ml	\$22.99
Patron XO Café	1.75L	\$39.99
Southern Comfort	750ml	\$17.99
Southern Comfort	1.75L	\$26.99
RUM		

Bacardi Light	/50ml	\$14.99
Bacardi Light & Gold	1.75L	\$19.09
Captain Morgan Spice	1.75L	\$25.99
Malibu	750ml	\$16.99
Malibu		•

#### **TEQUILA**

Avion Silver	750ml	\$33.99
El Jimador Reposado	750ml	\$19.99
El Jimador Reposado	1.75L	\$29.99
Jose Cuervo	750ml	\$17.99
Jose Cuervo	1.75L	\$32.99
Patron Silver	750ml	\$39.99
Patron Silver	1.75L	\$84.99
		•

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<b>Dab</b> (16oz) cans	. 24pk	. \$21.99
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_and Shark	. 24pk	. \$23.99
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Pabst Blue Ribbon cans		
Pilsner Urquell	. 24pk	. \$28.99
Sagres Beer	. 24pk	. \$17.99
Sam Adams Lager	. 24pk	. \$28.99
Stella Artois loose bottles		
Super Bock	. 24pk	. \$19.99
Tecate cans	. 24pk	. \$16.99
Tyskie (500ml)		
Warka Radler (500ml) cans	. 24pk	. \$23.99
fuengling Lager cans and bottles		
Zywiec (11.2oz)		
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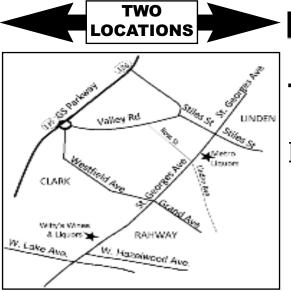






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Andre (All Types)	750ml	\$ 5.99
Apothic Red		
Arbor Mist Deserts		
Avalon (Cabernet Sauvignon)		- 1
Barefoot All Types	1.5L	\$10.29
Bartenura Moscato	750ml	\$10.99
Beringer White Zinfandel	750ml	\$ 4.99
Beringer White Zinfandel	1.5L	\$ 8.69
Black Box (All Types)	3L	\$21.99
Blackstone (All Types except Chardonnay)	750ml	\$ 6.99
Blackstone (All Types)	1.5L	\$13.99
Bogle (Chardonnay and Merlot)	750ml	\$ 6.99
Bolla	1.5L	\$12.99
Cakebread Napa Valley (Cabernet Sauvignon)	750ml	\$59.99
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Caymus Napa Valley (Cabernet Sauvignon)		
Chateau ste Michelle Columbia Valley Cabernet and M	lerlot 750ml	\$13.99
Chateau Ste. Michelle Columbia Valley Chardonnay		
Chateau Ste. Michelle Columbia Valley Riesling		
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Clos du Bois Cabernet, Merlot		
Cockburns Ruby and Tawny Porto		
Concha Y Toro Frontera		
Coppola Diamond Cabernet Sauvignon, Merlot		-
Coppola Diamond Chardonnay		
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Cupcake (All types, except Prosecco and Moscato)		
Don Perignon	-	
Dreaming Tree (All Types)		
Eco Domani (Pinot Grigio)		
Fish Eye (All Types)		
Flip Flop (All Types)		
Franzia (Crisp White, Blush, Sangria, Chilable red)		
Freixenet		- 1
Gato Negro (All Types)		
Gazela Vinho Verde		:
Ghost Pines (Merlot and Red Blend)		
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Kendall Jackson Vintners Chardonnay		
Kim Crawford (Sauvignon Blanc)		
Korbel (All Types except Natural and Organic)		
La Marca (Proseco) La Crema Sonoma Pinot Noir		
Liberty Creek (All Types)		- 1
LINGITY OIGGN (All Types)	1.3L	ψ 1.33

Lindemans (All Types)		
Louis Jadot Beaujolais		
Louis Jadot Beaujolais Villages		
Louis Jadot Pouilly Fuisse		
Luna di Luna (All Types)		
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Martini & Rossi Asti	750ml	\$11.99
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Papi (All Types)	1.5L	\$10.99
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Real Sangria	1.5L	\$11.99
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