

Published by Renna Media

#### Issue 19 • July 2015

#### 4TH OF JULY FIREWORKS NOMAHEGAN PARK SPRINGFIELD AVE. Fireworks begin at 9:05 p.m. There will be food vendors in the park offering zeppoles,

pork & beef barbecue, sausage and hot dogs, ice cream and assorted drinks from 2:00pm until 10:00pm.

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#### **POLITO AND NARUS HONORED BY CRANFORD ROTARY**

The Rotary Club of Cranford honored two outstanding members of the Cranford Community at a Rotary meeting on June 11. Cranford Police Lieutenant Chris Polito was given the Dr. Edward M. Coe Award and Cranford High School faculty member Barbara Narus received the Vincent Sarnowski Award. "Both individuals represent the very best of their chosen vocation" said Lou Brigando, Cranford Rotary's Vocational Chair.

"Lieutenant Polito is a 16-year veteran of the Cranford Police Department and has been the Executive Director of the Cranford P.A.L. for over 10 years. Lt. Polito has quietly changed the lives of thousands of young people in Cranford through sports" according to Chief James Wozniak who nominated Lt. Polito. The honorarium he received as part of the Edward Coe award will be donated to the Michael Wielgus Foundation.

The Edward M. Coe Award is given to a member of the uniformed municipal services on a rotating basis, as suggested by the Cranford Rotary and recommendation of the appropriate Municipal Chief or other Cranford Official. Dr. Coe was a member of the Cranford Rotary from 1949 until his death in 1997. He was past President of the Rotary and a founding member of the Cranford First Aid Squad.

School Superintendent and Rotarian Gayle Carrick presented Barbara Narus with the Vincent F. Sarnowski Award. Ms. Narus runs the Teacher Cadet Program and was nominated for the honor by Superintendent Carrick. Ms Narus has asked that the honorarium that is associated with the award go to the College Woman's Club.

The Vincent F. Sarnowski award is given to a Cranford Educator as recommended by the Cranford school system. Mr. Sarnowski was Superintendent of the Cranford Public Schools until 1973 and was a Past President of the Cranford Rotary Club.

The Rotary Club of Cranford was established in 1923 and provides diverse programs that support education, and other community services. Past beneficiaries of Rotary support include Cranford Schools and Scholarship Recipients, Cranford First Aid Squad, Cranford Family Care, Cranford Cerebral Palsy League, Cranford United Way, Cranford Historical Society, Cranford PAL and the Rotary International Foundation. The Cranford Rotary Club meets every Thursday morning at 7:45 am at the Cranford Community Center. Any business or professional, active or retired, is cordially invited to attend our meeting. For additional information, please contact Membership Chair Rich Feder at 908-276-8086.

Cranford Monthly can be viewed online at: www.rennamedia.com and on the Facebook.com/CranfordMonthly. Feel free to "Like", "Tag", and "Share."



(above) Barbara Narus and Cranford School Superintendent and Rotarian Gayle Carrick.



(above) Lieutenant Chris Polito and Lou Brigando, Cranford Rotary's Vocational Chair.



## **CRANFORD MONTHLY**NJ

*Cranford Monthly* is published by Renna Media. 9,500 newspapers are printed monthly and mailed to every business and resident in Cranford.

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Non-Emergency Police		
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Administrator908-709-7205		
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Clerk		
Court Administrator908-709-7242		
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Economic Development908-709-7208		
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Health Inspector908-709-7225		
Judge		
Prosecutor		
Public Defender908-709-7242		
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Recreation & Parks908-709-7283		
Recycling908-709-7217		
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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!

Call: 908-418-5586 Fax: 908-709-9209 Email: info@rennamedia.com

## THANK YOU TO THE THE CRANFORD COMMUNITY

Letter to the Editor:

This letter comes with sincere thanks to all who participated in honoring the men and women who lost their lives while defending our country's freedom.

The Memorial Day Committee members: Master of Ceremonies Barbara Bilger, Mark Dingelstedt, Jerry Dobbins, Elizabeth Mathieu, Heinz Ricken and Chris Sands. VFWPost #335: Commander Jim D'Arcy, Grand Marshal Arthur Snyder, and all of the members of Cranford's VFW Post #335. An extended thanks to the Military Order of the Purple Heart & the Vietnam Veterans of America Chapter 779 for their participation in this year's parade.

Volunteers of the Recreation & Parks Advisory Board: Don Barone, Carolyn Capone- Pugliese, Sue Cave, Marita Dow, Chairperson Martha Garcia and Wally Shackell. Mayor and Township Committee: Mayor Andis Kalnins, Deputy Mayor Lisa Adubato, Commissioner Mary O'Connor, Commissioner Bob D'Ambola and Commissioner Tom Hannen.

Clergy Council: specifically Rev. Msgr. Timothy Shugrue and Sr. Pastor Chris Kile. The Recreation and Parks Staff: Bill Babkowski, Lori Donnelly, Gerry Fedorchak and Patty Kozlowski.

Cranford Police Department, Cranford Fire Department, Cranford First Aid Squad Cranford Department of Public Works, Cranford Board of Education, TV 35 and many more.

An extended thanks for the efforts of many other individuals who participated and volunteered their time and energy which made our Memorial Day parade a success.

Stephen Robertazzi, RA, CPO

Director, Cranford Recreation & Parks Swim Pool Utility





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



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#### **MONDAY - THURSDAY**

Lunch 11am • 3:30pm	Dinner 3:30pm - 10:00pm
Adult\$7.99	Adult\$11.59
Kids 7-10\$5.99	Kids 7-10\$6.99
Kids 3-6\$3.99	Kids 3-6\$5.99
2 & UnderFREE!	2 & UnderFREE!

#### **FRIDAY - SATURDAY**

Lunch 11am • 3:30pm	Dinner 3:30pm - 10:30pm
Adult\$7.99	Adult\$11.59
Kids 7-10\$5.99	Kids 7-10\$6.99
Kids 3-6\$3.99	Kids 3-6\$5.99
2 & UnderFREE!	2 & UnderFREE!

#### SUNDAY ALL DAY DINNER

11am - 1	
Adult	
Kids 7-10	
Kids 3-6	
2 & Under	

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# HIBACHI

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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.

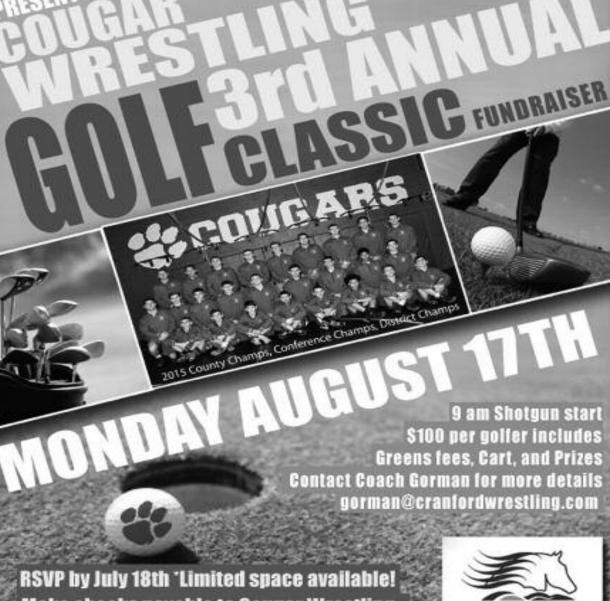
Whether you own an old home or a brand new one, there are a number of things that can fall short of requirements during a home inspection. If not identified and dealt with, any of these 11 items could cost you dearly in terms of repair. That's why it's critical that you read this report before you list 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 order a FREE Special Report, visit www.njhomeinspectiontraps.com or 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.

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August 10th - 14th • 9:00 a.m - 12:00 p.m. Ages 3-6

Let's bring Anna and Elsa to life in this fun and interactive camp! Don't forget Olaf and Sven, too! Let It Go while we dance and play games to the beautiful music Frozen! - \$250

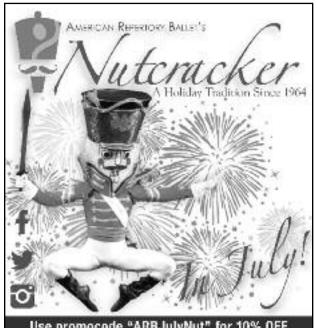
#### SUMMER DANCE INTENSIVE August 3rd - 7th • 9:00 a.m. - 2:00 p.m. • Ages 10 and up

Our Summer Intensive is available to all students ages 10 and up who have some dance experience and the drive to learn more! Your dancer will be exposed to technique in Ballet every day (pointe for our more advanced dancers),

Jazz, Hip-hop, Modern, Lyrical, Contemporary, Tap, Partner Dancing, Improvisation and more! A specialty class in teaching students HOW to choreograph only helps the dancer to be more well-rounded. Based on dance experience, each student will be placed within your appropriate level of dance for the week. Your dancer will participate in 4 classes per day, starting with an hour and a half of Ballet, followed by three classes in each of the different styles of dance. \$300

#### Our Fall schedule is available at www.beyonddancenj.com





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## **CRANFORD ROTARY AWARDS SCHOLARSHIPS**

At the June 11 meeting of the Rotary Club of Cranford, Rotary Scholarship Committee Chair Steve Lieberman introduced the recipients of the 2015 Rotary Scholarships. In presenting the scholarships to graduating seniors, Mr. Lieberman said "This was a very difficult year with so many excellent students applying for scholarships, but after reviewing numerous applications and interviewing many students, we are pleased to be recognizing the best of the best".

The Cranford High School students selected to receive Rotary Scholarships based on their involvement in their school and in the community are Louis Cappucci, Kaitlyn Carroll, Jennifer Schneider, and Julia Wilson. Brendan Kane received the Rotary Leadership Scholarship.

Louis, who will be attending Holy Cross University majoring in economics or Italian, represented all of the students when he said that he has benefitted from his service as much as he gave. Kaitlyn, who collected equipment for children in a Newark gym where she played volleyball, will attend Loyola University

Maryland to major in speech pathology. Jennifer will major in economics at Syracuse University and has worked to raise awareness of veterans' issues as well as obtained tablets for use by the vets in the Veterans Memorial Home in Edison. Julia, who will attend DeSales University, volunteers with the Cranford First Aid Squad and coaches a Special Olympics swim team.

Brendan was awarded Rotary's Leadership Award, and will be attending Seton Hall University in a five-year MBA program, majoring in sports management and marketing. His many leadership activities included spearheading the Cranford High School Buzzoff in which students shaved their heads to raise funds for cancer research, and collecting spare change from fellow-students at lunch, raising over \$1000 for Relay for Life.

Scholarship awardees, each of whom will receive \$3,000 towards their college education. The scholarships are underwritten by the Cranford Rotary Scholarship Foundation, with funds collected from the annual Cranford Rotary Golf tournament.



(above, l-r) Louis Cappucci, Jennifer Schneider, Brendan Kane, Julia Wilson, Kaitlyn Carroll, and Steve Lieberman, Chair of the Rotary Scholarship Committee.





## **CRANFORD HIGH SCHOOL CONCERT CHOIR PERFORMS AT CARNEGIE HALL**

School Concert Choir performed at Carnegie Hall in New York with world-renowned composer and conductor, John Rutter. The Cranford students led several other choirs from around the country in singing Rutter's Requiem with a professional orchestra and soloist in celebration of Maestro Rutter's 125th

Cranford High School Concert Choir has enjoyed a long relationship with Mid-America Productions, one of the production companies at Carnegie Hall, and is regularly invited to sing on their concert series.

The Cranford High School Concert Choir is comprised of is comprised of sixty-five students

On Monday, May 25th the Cranford High conducting engagement at Carnegie Hall. The grades ten through twelve. The choir enjoys a rich tradition of excellence in choral music dating back to the 1950s.

> During the 2014-2015 school year, seventeen of the Cranford choral students participated in the New Jersey All-State Choruses and ten in the American Choral Directors' Association's National Honor Choirs.



(above) Members of the Cranford High School Concert Choir in front of Carnegie Hall before their performance on Monday, May 25.



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#### LIBRARY NOW OFFERING AUTOMATIC RENEWAL

The Cranford Public Library recently upgraded its Polaris automated library system, which, along with a number of other enhancements, includes an automatic renewal feature. Henceforth, any borrowed items that come due will be renewed automatically on their due date, except for items that are reserved or have reached their renewal limit.

Cranford Library director John Malar noted, "I think our patrons will really like this feature. It will cut down on the number of items that are overdue, which will, in turn, cut down on the amount of overdue fines patrons will have to pay.

Our library, along with many other Polaris libraries, had been requesting this enhancement for some time, and I am very glad that it's become available at last."

#### **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

#### **FRIENDS OF THE LIBRARY MUSEUM PASSES**

The Cranford Public Library recently added the Battleship New Jersey Museum and Memorial to its museum pass program. The library also lends passes to the Cooper-Hewitt National Design Museum, the Frick Collection, Grounds for Sculpture, the Guggenheim Museum, the Intrepid Sea, Air & Space Museum, Liberty Hall Museum at Kean University, the Montclair Art Museum, the Morris Museum, the Museum of the City of New York, the New-York Historical Society Museum, and the DiMenna Children's History Museum. Purchased for the library by the Friends of the Cranford Public Library, the passes can be borrowed by adult Cranford

The Cranford Public Library recently added e Battleship New Jersey Museum and emorial to its museum pass program. The prary also lends passes to the Cooper-Hewitt ational Design Museum, the Frick Collection, rounds for Sculpture, the Guggenheim

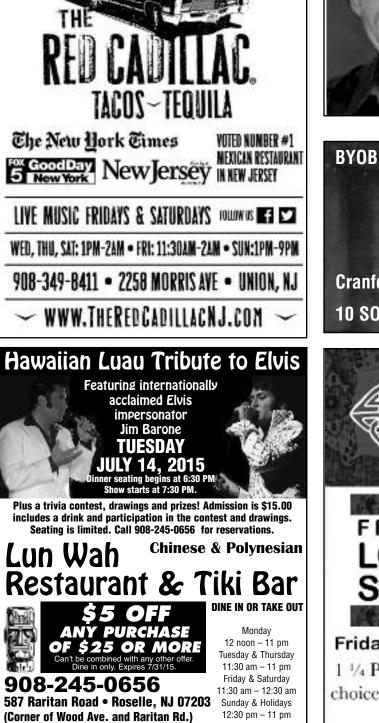
> To see if a pass is available, search the library catalog at catalog.cranfordlibrary.org/polaris using the museum name. More information about the library pass program and about each museum can be found at cranford.com/library/ friends/museumpass.asp.

> For questions about the program, please call the library at 908-709-7272 or email the library at library@cranfordnj.org.

#### ENJOY AN EVENING OF MUSIC WITH CRANFORD NATIVE JOHN KORBA ON MONDAY, JULY 6



The Friends of the Cranford Public Library invite you to enjoy an evening of music with singer/keyboardist John Korba on Monday, July 6, at 7:30 p.m. in the Cranford Community Center, 220 Walnut Avenue. A Cranford native, Mr. Korba is equally comfortable performing pop, jazz, and R&B. He has toured with Phoebe Snow and Hall & Oates, and he played in the house bands for Rent, the long running Broadway musical, and Rain, the Broadway tribute to the Beatles. In 2012 he released a solo CD entitled In the Muse, an eclectic mix of pop standards ("Almost Like Being in Love"), classic pop (the Beatles' "Julia," Danny O'Keefe's "Magdalena"), blues ("C.O.D. Blues"), and R&B (Donny Hathaway's "Tryin' Times"). Admission to the program is free and all are welcome.





#### FRIDAY NIGHT LIVE! SUMMER NIGHTS IN DOWNTOWN CRANFORD CONTINUES ON JULY 10TH

The streets of downtown Cranford has been rockin with music, yoga, legos contests, giant games and entertainment starting Friday, June 12. The Friday Night Live! series will kicked off with a "Rockin Block Party" and will continue one Friday night each month through October.

Future Friday Night Live! nights include "Legos, Legos Everywhere" contest on July 10. Bring your own legos and have a blast. On August 21, Alluem will be back with the annual Rock Yoga Night and other Cranford businesses

will participate in Wellness & Fitness activities. On September 4, downtown streets will become "Jersey Boardwalk Nights". The series will conclude on October 23 with "Wild & Crazy Scarecrows" as part of the 8th Annual Scarecrow Stroll. Every event will include music, entertainment, activities for kids,

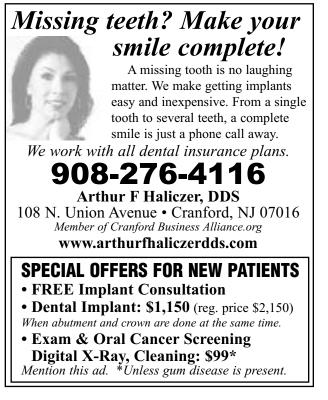
For more information about each event, activities and entertainment like the downtown Cranford Facebook page, www.facebook.com/downtowncranford.

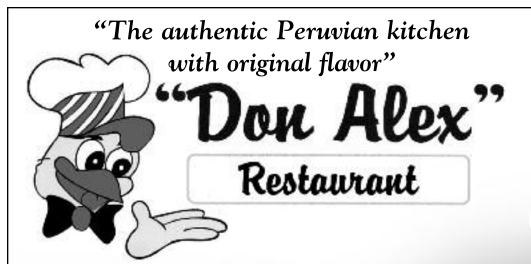
Photo by David Palmucci

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Photos of this and other events can be found at www.rennamedia.com and on the Facebook.com/CranfordMonthly. Feel free to "Like", "Tag", and "Share."





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#### CLAIRE BROWN CELEBRATES HER 20TH YEAR CANCER-FREE

Claire Brown (lifelong Cranford resident), celebrates her 20th year cancer-free by cutting the ribbon to start off the "Survivor Celebration Lap" at the American Cancer Society's Relay For Life of Kenilworth on Saturday, June 13, 2015. Claire is accompanied by her daughter, ACS volunteer Ruthanne Brown. 500 participants including 40 teams raised over \$52,500 in donations to help The American Cancer Society "Finish the Fight" against cancer. 55 caregivers were also in attendance at the overnight event.

Photo credit: Louis Mormile Photography



## **CRANFORD CHAMBER AWARDS SCHOLARSHIPS**

Each year the Cranford Chamber of Commerce awards five scholarships to Cranford high school students for their outstanding community service.

This year there were four Community Service Scholarships awarded, one each to Michael Armstrong, Olivia Dineen, Gabrielle Meadows and Thomas Siliato. The Chamber also awarded a Kurt Petschow, Sr. Memorial Award, which was presented by Kurt Petschow, Jr. to Austin Brogan for exceptional volunteerism in our community.

These individuals should be quite proud, as these scholarships reflect not only their success in the classroom, but also their contribution in our community.

The Cranford Chamber of Commerce would like to congratulate our recipients along with all the 2015 graduating students of Cranford High School and wish them much success.

## **CRANFORD WEST RE-OPENING FOR SEASON**

The Cranford Recreation and Parks Department is pleased to announce that Cranford West will be re-opening on July 3rd thru 5th for the weekend. (2 night minimum on Holiday weekends). Cranford West is a rustic style camp located in Hope, New Jersey.

Cranford residents have the opportunity to unwind after a long week to enjoy fishing, boating, hiking, picnicking and the local scenery and attractions the area has to offer.

Reservations will begin on Friday, June 19th at 9am for the 4th of July weekend.

Reservations will continue for other weekends in July through September, two weeks prior to the weekend requested. The Community Center is open to take reservations Monday through Thursday from 9am to 9:30pm, Friday from 9am to 5:30pm and Saturday (in June only) from 9:30am to 4:30pm. Cabin and tent sites are \$25.00 per night.

Residents must be 21 and older and show proof of residency.

If you have any questions, please call 908-709-7283 (Option #2).



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Dr. Scot Paris, MD using fluoroscopy during a knee injection.



#### **CAR SHOW WILL BE HELD ON JULY 8TH**

Cranford's second Classic Car Show of the season was held on June 10th in downtown Cranford. The weather was beautiful and the show was a huge success with over 115 cars on display. Fifties music was provided by All Star Entertainment and there were Hula Hoop contests, demonstrations by Satori Academy of Martial Arts and Sharon Fit Belly Dancers performing for the crowd.

Mayor Andis Kalnins took some time to officiated at the ribbon cutting and Grand Opening for the Satori Academy of Martial Arts, which is located at 29 Alden Street.

There were trophies awarded to twelve cars,

Cranford's second Classic Car Show of the along with a People's Choice Award trophy ason was held on June 10th in downtown given to Mr. Bob Calvano for his 1914 Overland vehicle.

The next Car Show will be held on July 8th on N. Union Avenue and Miln Street. The streets will be closed at 5:00 p.m. and free registration will begin for all classic vehicles.

All four of the car shows were sponsored by Lightbridge Academy, Innovators In Educational Child Care, located at 560 South Avenue, E. Cranford.

For additional information please contact the Chamber office at 908-272-6114 or cranfordchamber@comcast.net.



(above) Mayor Andis Kalnins officiated at the ribbon cutting and Grand Opening for the Satori Academy of Martial Arts, which is located at 29 Alden Street.

#### **CRUISER NITES IN DOWNTOWN CRANFORD**

Take a stroll down memory lane by attending our Annual Cruiser Nites in downtown Cranford. This year our Cruiser Nites have been changed from Thursday nights to Wednesday nights. The dates for the events which begin at 5:00 p.m. and end at 9:00 p.m. are July 8 and August 12. There is no charge no enter your car and no charge for the public to attend.

There will be many beautiful cars on display from N. Union Avenue to Springfield Avenue. The downtown streets of Cranford will be closed from 5:00 - 9:00 p.m., with the entrance for car registration on North Avenue and Alden Street.

There will be 50's music provided by All Star Entertainment, hula-hoop contests for the children, and an exhibition by Satori Academy of Martial Arts. There will be trophies awarded for the different car categories.

Cruiser Nites in Cranford are a great time for all. We invite you to bring your favorite classic car for a night of relaxation and fun with your friends. If you have any questions, please feel free to contact the Cranford Chamber of Commerce office at 908-272-6114.

Photos of this and other events can be found at www.rennamedia.com and on the Facebook.com/CranfordMonthly. Feel free to "Like", "Tag", and "Share."

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## **BROOKSIDE IGNITES STUDENTS IMAGINATION WITH VISITING AUTHOR SERIES**

Brookside Place School celebrated the art of imagination with two special visits by wellknown children's authors. First, Elizabeth Levy shared her personal writing inspirations with Brookside's students in May. The second author visited the children in June. Known for her work on Scholastic's popular Amber Brown series, Ms. Levy wrote Amber Brown: Horses Around which was a Book of the Month Club selection and a Junior Literary Club Selection for 2014.

"When you write, you always want to write about bits and pieces of your life," said Ms. Levy as she showed the children photos of herself with horses and dogs, and immediately afterward displayed covers of her published books that featured similar-looking horses and dogs. "Everything in our life becomes the stories in which we write."

Levy has worked as a full-time writer for over 40 years, and has published over 100 books with over 6 million sold. She held three separate sessions so that each student from kindergarten through 5th grade had the opportunity to meet with her.

"The children were excited to meet an author

who wrote so many stories that are in our library," said Brookside Principal Michael Klimko. "Ms. Levy's visit really made her popular books come alive for our students. It's as if she stepped out of the book herself – and put a real person to the name that appears on the book's cover."

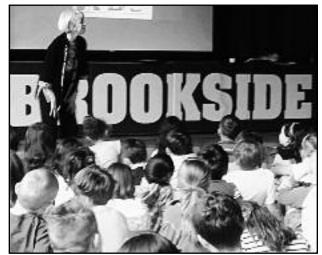
Ms. Levy shared words of wisdom from her decades of experience in the literary field. She also discussed the many people who are responsible for publishing the books that the students read, including writers, illustrators, editors, publishers and distributors.

"There are so many people involved in the process. It's important to take constructive criticism positively," she advised as she showed her editor's markings on a draft of Amber Brown. "Even with all these corrections, the story was better for it."

In early June, author Laura Sassi of Cranford will visit with the students. The two-part series is intended to encourage students to learn more about creative writing. The visiting author series is arranged and funded by the Brookside PTA.

"When I was growing up, some kids loved

music and some loved art. I was one of those kids who loved making up stories," Ms. Levy said in her closing remarks. "If you love what you do, you will find the magic within you."



(above) Brookside Place School students listen as well-known children's author Elizabeth Levy talks about the art of the imagination. Levy,

who writes for the popular Amber Brown series, visited Cranford Public Schools as part of a two-part visiting author series arranged and funded by the Brookside PTA.



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#### **SENIOR SUMMER CANASTA PROGRAM**

Cranford Recreation and Parks Department would like to announce that a Senior Summer Canasta program will be held at the Cranford Community Center for all Cranford Seniors who are interested. The program will begin on Tuesday July 7, 2015 from 1-4 p.m. through, Tuesday August 25, 2015. For further information please contact Cranford Community Center at (908) 709-7283.

#### **NETWORKING EVENT**

July 15th - Wednesday Networking Luncheon - Noon **PAIRINGS PALATE & PLATE** 10 Walnut Ave., Cranford Guest Speaker will be: Jennifer Cabrera - Attorney at Law Topic: "Five things every small business owner should know about the law." Cost \$12 Members - \$17 Future Members RSVP: cranfordchamber@comcast.net or call 908 272 6114



#### CRANFORD FARMERS MARKET

The Cranford Community Farmers Market kicks off on Thursday July 10th and runs every Thursday until October 30th. The Market takes place in Municipal Lot#1 at the corner of North Union and Springfield Avenues between the hours of 2:00 p.m. and 7:00 p.m. The Jersey Fresh farmers are Melick's Town Farm and Peaceful Valley Orchards. Specialty food vendors include Hoboken Farms, Pickleicious, The Juice House, Backiel's Lithuanian Bakery and Patricia and Paul's Fine Oils and Balsamics.





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## CUB SCOUT PACK 103 SPORTS NIGHT

annual Sports Night at Memorial Field in Frisbee, football, soccer and track. Cranford on Friday May 31st.

demonstrations and skills competitions in Game. Pack 103 currently has 135 active Cub

Cub Scout Pack 103 of Cranford hosted its various sporting events such as rugby, ultimate Scouts, and will hold a registration night in early

This summer Pack 103 will also be hosting a The fun filled night included introductory Family Picnic and attending a Red Bulls Soccer

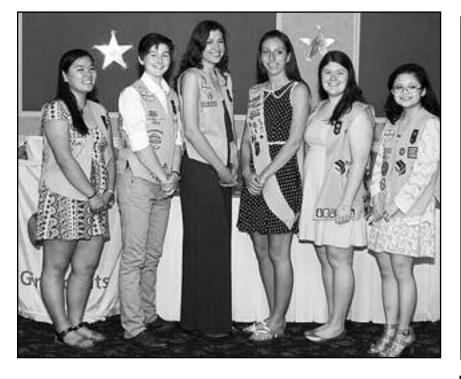
September.

If you are interesting in joining the Pack, please visit our website http://pack103cranford.webs.com/.



#### **GIRL SCOUTS OF CRANFORD ARE MAKING A DIFFERENCE**

On Wednesday, May 27, 2015, Girl Scouts of Cranford honored a group of sister scouts who have achieved the ultimate recognition in the scouting community due to their commitment to service and a desire to make a difference in the community. At the awards dinner held at the Westwood in Garwood, several young women were the recipients of the highly prestigious Girl Scout Gold Award, which represents the highest achievement in Girl Scouting, the Girl Scout Silver Award, which is the highest award a Girl Scout Cadette can earn, and the Distinguished Girl Scout Service Award and Scholarship -2015 which requires over 40 hours of community service as a mentor to younger scouts.



(abovel-r) Gold Awardees: Sarah Cassidy, Bonnie Caldwell, Jillian Walter, Jennifer Schneider, Rebecca Durant, Sabrina Huwang

 (right, top, l-r) Distinguished Service Awards: Distinguished Service Awardees: Jennifer Schneider, MaryKate Winter;
Guest Speakers, Jessica Dryer, Lockey Maisonneuve, Tammie Crispino; Distinguished Service Awardees: Caitlin Torrico, Michelle Mason, Leah Jayne

(right, l-r) Silver Awards: Silver Awardees, Isabella Stoto, Amber Bretz, Grace Varg; Guest Speakers, Jessica Dryer, Lockey Maisonneuve, Tammie Crispino; Silver Awardees, Julia LoGiudice, Natalie Schindler, Katherine Ruane Congratulations to all of the honorees!

Girl Scout Gold Awards were presented to: Bonnie Caldwell, Sarah Cassidy, Rebecca Durant, Sabrina Huwang, Jennifer Schneider, Jillian Walter.

Girl Scout Silver Awards were presented to: Cadette Troop 40334 – Samantha Berry, Katherine Ruane, Isabella Stoto, Grace Varga. Amber Bretz, Julia LoGiudice, Natalie Schindler

Though not in attendance, Girl Scout Silver Awards were also earned by Cadette Troop 40046 members Julia Lachenauer and Mary Grace McNamara

Distinguished Girl Scout Service Award and Scholarships -2015 were presented to: Leah Jayne, Michelle Mason, Jennifer Schneider, Caitlin Torrico, MaryKate Winter.

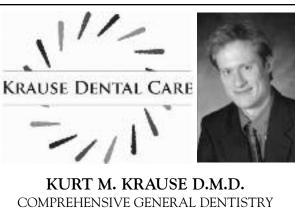








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#### WE CARE \$3,000 FOR SUICIDE PREVENTION

Nearly 100 runners and walkers took strides to help prevent suicide and help people in crisis on May 30th when CONTACT We Care held its Second Annual Alive and Running 5K Walk/Run at Nomahegan Park in Cranford. The event raised nearly \$3,000 for the nonprofit.

Headquartered in Westfield, CONTACT We Care is a suicide prevention agency that operates a suicide prevention and crisis intervention hotline and provides suicide prevention training to the public, community groups and businesses. Just \$15 pays to answer one call or text to the hotline from someone in crisis or contemplating suicide. More than 200 volunteer listeners and texters field more than 15,000 calls and texts annually.

"This event is a way to raise awareness about

suicide and mental health issues and to raise funds to help us address these issues," said Joanne Oppelt, CONTACT's executive director. "One in four American adults experiences mental health illness in any given year. This event helps us raise funds to attempt to counter those statistics.

CONTACT We Care serves Central and Northern New Jersey and is a primary responder to calls to the national suicide prevention line (1-800-273-TALK or 1-800-SUICIDE) that originate in New Jersey. Callers also reach CONTACT by dialing 908-232-2880 or texting "CWC" to 839863.

Anyone interested in becoming a volunteer listener or text consultant at CONTACT We Care should contact the agency at 908.301.1899.



# Kick your Knee Pain Good-Bye!

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