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Published by Renna Media

Issue 31 • March 2018

FANWOOD'S GO RED WOMEN'S HEALTH FAIR

**Murderer
or hero?**

BUDLAND

Tom Kranz

New fiction by
Fanwood author

Available at
Amazon
B&N
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(above) Fanwood Mayor Colleen Mahr in the middle of the large "Go Red" group.

The Chelsea at Fanwood, was the site of Fanwood's "Go Red Women's Health Fair," part of the nationwide "Go Red" campaign by the American Heart Association to raise awareness of heart disease, the #1 cause of death in women. The fourth annual event featured healthy food, speakers on heart health awareness for women, vendors, chair massages, acupuncturist, and free blood pressure screenings by the Fanwood Rescue Squad.

Photos by Tom Kranz.



(above) Fanwood Rescue Squad EMT Lisa Walker checks the blood pressure of a visitor.

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COUNCILMAN PUBLISHES FIRST NOVEL

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PROMOTE YOUR COMMUNITY EVENT

Community service organizations, schools and sports teams are encouraged to submit news of upcoming events or highlights and photos from recent events.

Organizations who are interested in submitting content, please email

editor@rennamedia.com

Fanwood Post is online at www.rennamedia.com like us on [facebook.com/Fanwood Post](https://www.facebook.com/FanwoodPost)

It took ten years of on-again, off-again effort but Fanwood Councilman Tom Kranz has published his first novel, inspired by his experiences in television news and a fantasy of exacting swift justice for an objectionable, even criminal boss.

"Budland" is the story of how Bud Remmick, a successful TV assignment editor, went from newsroom manager to prison inmate. Bud's plan sounded good on paper--do the lenient prison time for killing his blackmailing, criminally abusive boss, get out in a few years, and move on with his life. But the realities of prison, including a near-fatal attack and the strain on his loyal wife, force him to face his lifelong denial of a deep-rooted anger that not even he can fully fathom.

"I know it's a leap of faith to read a first-time novel, but I think you may be pleasantly surprised," Kranz says.

While the self-published novel is based loosely on some of Kranz's own experiences, the characters are composites and not based on any particular individuals.

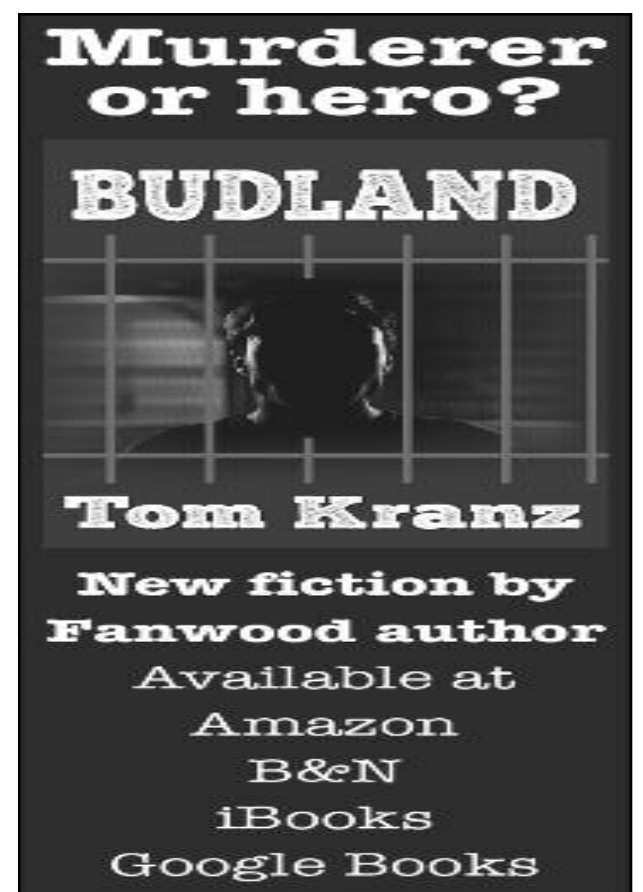
"There's humor and compassion and a despicable bad guy whose behavior pushes some of today's hot buttons on sexual abuse in the workplace," adds Kranz who previously wrote a non-fiction book, "Liveshot: Journalistic Heroism in Philadelphia". Both are available on Amazon in paperback and Ebook.

A graduate of Temple University, Kranz worked for eleven years at WCAU-TV, the NBC affiliate in his native Philadelphia. He then worked for 15 years at CBS News, where he managed reporters, producers and photographers, wrote and edited scripts and did some field producing that took him to many American cities, Chile, Israel and Japan.

Kranz currently serves as Director of Communications for Chelsea Senior Living, a Fanwood based company. He is in his fifth year as a Fanwood Councilman and approaching twenty years as a volunteer EMT on the Fanwood Rescue Squad.



(above) Tom Kranz



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HIGH SCHOOL REPERTORY THEATRE PRESENTS 'ONCE UPON A MATTRESS'

The SPFHS Repertory Theatre is proud to present this year's production of Broadway's hit musical "Once Upon a Mattress." Performances will be held on Friday, March 9; Saturday, March 10; Thursday, March 15; Friday, March 16; and Saturday, March 17 at 7:30 p.m.; and Sunday, March 11 at 2 p.m.

All shows take place at Scotch Plains-Fanwood High School, 667 Westfield Road, Scotch Plains, New Jersey.

This comedic musical is an adaptation of the Hans Christian Andersen fairy tale "The Princess and the Pea."

The story takes place long ago and in a faraway kingdom where King Sextimus is unable to speak due a curse that has been placed on him and therefore his mean wife, Queen Aggravain, has taken over as the ruler of the kingdom. Queen Aggravain has decreed that her son, Prince Dauntless, who is seeking a bride, can only marry a princess of true blood, one who is sensitive enough to feel a pea that is underneath a pile of mattresses when she sleeps. Further, the Queen has declared that until he is married, no one else in the kingdom is permitted to wed. This is quite a problem for Lady Larken and Sir Harry, as Lady Larken is pregnant with Sir Harry's baby. This conundrum drives Sir Harry's determination to find a match for Prince Dauntless so that he can marry.

With the dramatic arrival of the unrefined

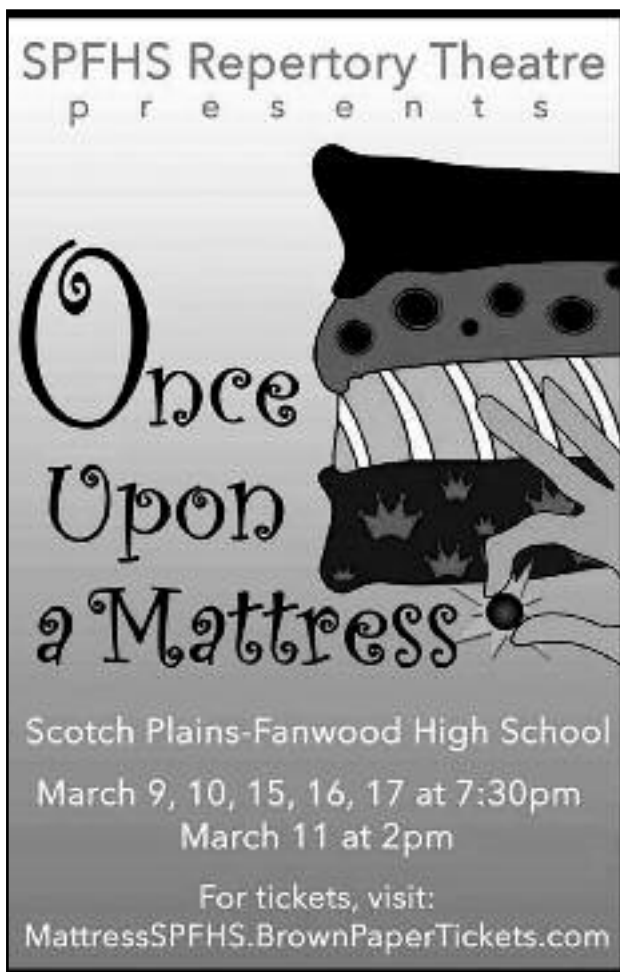
Princess Winnifred, who hopes for the Prince Dauntless' hand, there is much hilarity; the Queen schemes to make sure that Winnifred isn't her son's soulmate, and Sir Harry, the King and the Jester work together to help Dauntless and Winnifred find their happily ever after.

The cast features a total of 54 students, 14 of whom are seniors, and is under the direction of Ms. Courtney Nemec, Director, SPFHS Repertory Theatre, a 5th grade teacher at Park Middle School; and Mrs. Jan Allen, SPFHS Choral Director, SPFHS Repertory Theatre Music Director and Producer. The show has a large stage crew and importantly, features a pit band as well.

According to Allen, "With over a hundred students involved in the show between the cast, crew, pit, costuming and stage management, it's really exciting to see this production come together. We've got a very talented group bringing 'Once Upon a Mattress' to life and we are really looking forward to performing this for the community."

Tickets may be purchased at MattressSPFHS.brownpapertickets.com and are \$13 for students/seniors and \$15 for adults.

All tickets will be \$10 for the Thursday, March 15 performance only. Seniors with Gold Cards may contact Kathleen Sheehy at ksheehy405@gmail.com to arrange for their ticket.



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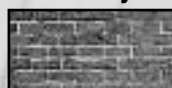
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ROTARY CLUB BREAKFAST TO BENEFIT FRAZEE HOUSE

The Scotch Plains-Fanwood Rotary Club will host their first Pancake Breakfast at the newly renovated Scotch Hills Country Club in Scotch Plains. The event will take place on Sunday,

March 25, 2018 from 8 a.m. to 1 p.m., and the price will be \$10 per person. Pancakes, eggs, ham, turkey sausage, coffee, tea, and juice will be served and there will be prize drawings every 30 minutes.

For many years, the Scotch Plains Lions Club hosted the annual Pancake Breakfast. In March 2017, they held their final breakfast because the longtime organizers, Ron and Jane Kelly, relocated and there wasn't anyone in the club who could run the event. The Fanwood-Scotch Plains Rotary Club agreed to take over as of this year.

Proceeds from the breakfast will benefit the Save the Frazee House project (crowdrise.com/savethefrazeehouse), a local restoration effort managed by the Rotary Club. The Frazee House is a farmstead that has been standing for more than 270 years, and has been celebrated as an example of vernacular

architecture from the 1700's. According to local legend, British General Cornwallis marched through the property after the Battle of Short Hills in 1777, and asked Aunt Betty Frazee to hand over bread for his tired and hungry troops.

To this she replied, "Sir, I give you this bread through fear, not in love." Cornwallis and his troops did not touch the bread, but they did take just about everything else. Betty's husband, Gershom Frazee, was a carpenter and very likely built the home himself between 1720 and 1740, influenced by the area's early Dutch homes.

The Fanwood-Scotch Plains Rotary Club has been serving the community since 1938. Meetings are held on Wednesdays at noon at the Stage House Restaurant, 366 Park Avenue, Scotch Plains, New Jersey. Guests are invited to attend and learn about the good that Rotary is doing worldwide. For further information, go to fsprotary.org or visit the Facebook page.

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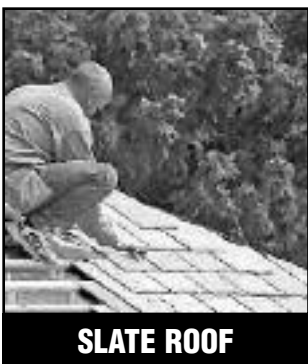
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Ask us about our new voluntary membership contribution

Fanwood Recreation has announced that registration is now open for its spring and summer children's programs, beginning with a full slate of after-school programs starting in April. Coming back are LEGO Club, Golf, Child's Play Challenge Course, Babysitting Certification, Junior First Responders, and Tennis. Plus, for our youngest athletes, US Sports Institute offers Sports Squirts and Soccer Squirts.

The summer season launches on June 25 with Fanwood Recreation's Summer Park Program, an eight-week day camp that runs from June 25 to August 17 for children entering grades K to 6. And beginning on July 9 the three-week Teens & Tweens Travel Camp takes campers entering grades 6 to 9 on daily field trips to a wide variety of fun destinations.

Summer sports programs include: Junior Tennis Lessons, Sports Squirts, Squirts Soccer,

T-Ball Squirts, Golf, Lacrosse, Multi-Sports, Child's Play Challenge Course, SPF Baseball Camp, and SPFS Soccer Camp.

Skills programs include: Pony Camps; Babysitting Certification; Junior First Responders; Math, Reading & Writing Prep; and Sewing/Fashion.

Science & Technology programs include: Video Game Design, Brick City Engineers LEGO, and Junior Scientists.

Creative programs include: Mining & Crafting with Minecraft LEGO, Creative Kids, Kids for Kids Camp: A Mindfulness Moment, Myth-Masters, and World of Wizardry.

And more programs are still being added!

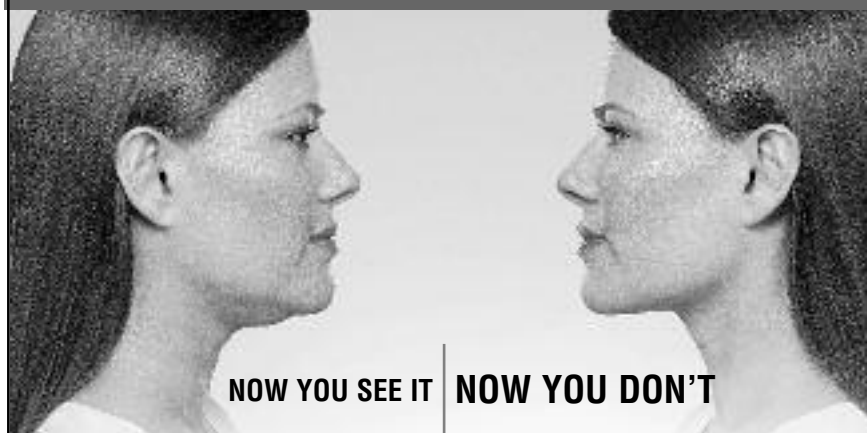
Fanwood Recreation is located at 75 North Martine Avenue, New Jersey. For more information about all these programs and to register online for most of them, please go to fanwoodrecreation.org.

FANWOOD'S ANNUAL EASTER EGG HUNT

Fanwood's Forest Road Park will host Fanwood's Annual Easter Egg Hunt on Saturday, March 24, which begins eggs-actly at 10 a.m. The rain date is March 31, same time and place. All children 10 and under are invited to meet the Easter Bunny and join the fun! Over 1000 eggs filled with all sorts of goodies, including hundreds of prize tickets, will be

hidden around the park! Plus, even more prizes will be given out for the winners of the jellybean-counting, chocolate egg-counting, bunny drawing and egg decorating contests. Bring your own completed drawings and decorated eggs. For more information, go to fanwoodrecreation.org or call Fanwood Recreation, 908-370-7092.

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UNION COUNTY CLERK JOANNE RAJOPPI TO BE PRESENTED WITH “WOMEN IN AMERICAN HISTORY” AWARD



March is Women’s History month and the Crane’s Ford Daughters of the American Revolution (DAR) chapter will be presenting Joanne Rajoppi, Union County Clerk, with the National Society of the Daughters of the American Revolution “Women in American History” award on Saturday, March 10, 2018, at noon at the Cranford Community Center, 220 Walnut Avenue, Cranford, NJ.

The “Women in American History” award, sponsored by the NSDAR, is designed to recognize worthy women, and celebrate their contribution to history, culture, and society.

Joanne Rajoppi is the first woman County clerk in the 154-year history of Union County. She is the former Mayor of Springfield, former Union County Freeholder and first woman chairman of the Freeholder Board, and former NJ Assistant Secretary of State during the Byrne Administration. She has been an advocate for women running for public office, writing her first book, “Women in Office: Getting There and Staying There” in 1993.

As an author, her first book published in 2013 chronicled the military service of her great-grandfather during the American Civil War titled

“New Brunswick and the Civil War: The Brunswick Boys in the Great Rebellion” letters he wrote to his family. She followed the story with the Hamilton women after the war writing her most recent book: “Northern Women in the Aftermath of the Civil War: The Wives and Daughters of the Brunswick Boys.” This book was published in 2017. Ms. Rajoppi will be presenting a power-point program on her most recent book and copies of the book will be available for purchase.

The public is invited to join us for the presentation with a reception to follow. The Crane’s Ford chapter will also be celebrating its 74th Anniversary, chartered on March 8, 1944.

The NSDAR is a volunteer women’s service organization dedicated to promoting patriotism, historic preservation, service to veterans and meaningful community service.

Membership is open to any woman 18 years or older who can prove lineal descent from an ancestor who aided in achieving American Independence.

For more information or DAR application please contact our chapter Registrar, Patricia Campanelli at patushkat@aol.com

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PIONEER NURSING INSTRUCTOR NEVER QUIT, DESPITE RACISM

Submitted by Tom Kranz



As the first black faculty member at Muhlenberg Nursing School in Plainfield, New Jersey, Corliss Henry remembers being on the receiving end of plenty of racist comments from both students and staff.

"I experienced it, yes," she said while chatting at The Chelsea at Fanwood assisted living residence where she now lives. "But you know what, I managed."

A lifelong registered nurse, Mrs. Henry grew up in the Bronx but lived in Plainfield most of her life. Since she was a little girl, she had a passion for helping others, which led her to pursue her career in nursing, earning her Bachelor's degree from Hunter College in New York and then her Masters from New York University. She went on to teach nursing at Muhlenberg when being black and being a nurse was a rare combination. The racism was palpable but Corliss believes that the civil rights movement made a difference.

"I never took it home," she said. "I didn't go to sleep with it. Because I knew I was what I was meant to be. I hung in there, I didn't quit."

During the summer months when there were no classes, she worked as the plant nurse at Lockheed on Route 22 in North Plainfield, now the site of the Watchung Square Shopping Center.

Mrs. Henry took a new job at Middlesex County College in 1968 where she taught nursing for 24 years. She loved reaching young adults so

they could chase their dreams.

Today at age 93, she remains a positive influence at The Chelsea at Fanwood, with a smile and a good word for just about everyone.



(above) Corliss Henry at The Chelsea.

Photo by Tom Kranz.



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NATIONAL ALLIANCE ON MENTAL ILLNESS (NAMI) MARCH 2018 EVENTS

Are you feeling stressed and alone in trying to cope with the effects of a loved one's mental health illness? Join our peer led group monthly meetings and gain insight from others facing similar challenges. NAMI hold their Union County Family Support Group Meetings the third Tuesday of every month. The next meeting will be held Tuesday, March 20, 7:30 to 9 p.m. at First Presbyterian Church of Cranford, 11 Springfield Avenue, Cranford, New Jersey. For more information, call 908-233-1628 or email namiunioncounty@yahoo.com.

Free Course on Mental Illness. The NAMI Family-to-Family Education Program begins on Thursday evening, March 22. Presented by the Union County Chapter of NAMI, the course meets 7 to 9:30 p.m. on Thursday evenings, over a consecutive 12-week period. Course ends on May 31. It is free-of-charge, with all necessary materials furnished at no cost.

The course is offered specifically to the parents, siblings, spouses, teen-age and adult children, and significant others of individuals with severe and persistent mental illness. In a confidential setting, loved ones will learn how to understand and support their ill relative while maintaining their own well-being. The program is not appropriate for individuals who, themselves, suffer from one of the major mental disorders. The course is taught by NAMI members who have completed intensive training.

Curriculum topics include schizophrenia,

bipolar disorder (manic depression), clinical depression, panic disorder, obsessive-compulsive disorder, and others, the clinical treatment of these illnesses, and how caregivers can learn to cope more effectively. Attendees will learn about the biology of the brain, new research, medications, skills needed to successfully communicate with a relative, and how to deal with critical periods. Other topics include advocacy, fighting stigma and problem solving.

Classes will meet at St. Agnes Church, 332 Madison Hill Road, Clark, New Jersey. Registration is required prior to the beginning of the course. Call Pat at 732-382-0762 or email patroman2@aol.com. Please include in the subject line: F2F class. A F2F teacher will contact you with the details. Refreshments will be served.

Understanding New Perspectives on Mental Health Diagnoses. The Union County NAMI invites the public to hear a presentation by Anne Lopez, Director of Community Education/Outreach with the Mental Health Association of New Jersey. Her goal and mission is to empower families and individuals living with a mental health diagnosis or substance abuse through education and support.

The presentation will be held Tuesday, March 27, at 7:30 p.m. at RWJ Rahway Fitness and Wellness Center, 2120 Lamberts Mill Road, Scotch Plains, New Jersey.

For more information, call 908-233-1628 or email namiunioncounty@yahoo.com.

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in life, love, and loss with a sharp tongue and an eye toward social unrest and boozy personal upheaval. His writing is generally pop-sensible, but can deliver elements of blues, rock, and Americana.

The Performance Series takes place at the Patricia M. Kuran Cultural Arts Center also known as "The Old Carriage House".

The Arts Center faces Watson Road; however, it is part of the Fanwood Borough Hall property and the actual address is 75 North Martine Avenue, Fanwood, New Jersey.

Showtime is 7 p.m.

Suggested donation is \$15; \$10 for seniors and students. For more information, visit: fanwoodperformanceseries.org.

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MAYOR FEATURED ON NEW JERSEY PLANNING CONFERENCE PANEL

Submitted by Natalie DeAngelo

Mayor Colleen Mahr recently served as a panelist on the “Who Runs the World? Girls! Power, Money, and Law” session during the New Jersey Planning Conference in New Brunswick, New Jersey. Mayor Mahr shared her experiences in public service, highlighting her efforts to revitalize Fanwood, alongside five other influential women on the panel.

“Being on this panel was a great opportunity. Not only was I able share my stories about Fanwood and my experiences in public service, but I also was able to interact with my fellow panelists and participants on how we can all

improve our communities,” said Mayor Mahr.

As a result of Mayor Mahr’s efforts to revamp buildings in downtown Fanwood into captivating retail and residential spaces, the town has seen a boost in economic growth and investments. The story of redevelopment in Fanwood has become a case study in small-town transit-oriented-development. Spurning the traditional approach of having a single developer work with local government to assemble properties through eminent domain, Mayor Mahr and Fanwood officials worked hand-in-hand with local property owners to create a cohesive and updated

downtown. This approach empowered the local businesses and helped to retain beloved local institutions while making way for additional growth.

Recognized by the State of New Jersey with inclusion in the New Jersey Redevelopment Handbook as well as receiving the 2014 Smart Growth Award for their transit-oriented-development project, the Borough was tapped to host the October 2017 New Jersey Redevelopment Authority for a workshop directed to planners and developers facing similar challenges.

The other speakers included Committeewoman from Union Township Michèle Delisfort, Village President of South Orange Village Sheena C. Collum, Summit Mayor Nora Radest, Senior Managing Director of Phoenix Advisors LLC Sherry L. Tracey, Partner of McManimon, Scotland & Baumann, LLC Erin K. Law, and Member of Chiesa Shahnian & Giantomasi, PC Lisa John-Basta.



(above) Mayor Colleen Mahr recently participated in the NJPC panel.

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