

CR Residents Urge Freeholders to Oppose

for the board. He and other freeholders said they have to get all the facts on the project before taking a position, although Freeholder Bette Jane Kowalski, a Cranford resident, said she is opposed to the project.

Another resident, Mike Norman, said a petition opposing the project has already generated 900 signatures.

Freeholder Vice-Chairman Mohamed Jalloh said the board has to make sure the project is "sound," "makes sense" and to see if the board can provide any influence on the college regarding the project.

He said the college could construct the field regardless of whether the county opposes the project.

Union County to Present History Grant Workshop

CRANFORD — The Union County Board of Chosen Freeholders has announced that a history grant-writing workshop will be held from 6:30 to 8:30 p.m. on Wednesday, April 23, at the Cranford Community Center, located at 220 Walnut Avenue in Cranford.

"The grant-writing workshop is intended for Union County-based non-profit groups including historical societies, schools, museums, libraries, municipal governments and other organizations seeking funding for a history project or event that promotes better understanding of Union County and New Jersey history," said Freeholder Bette

Jane Kowalski, liaison to the Cultural and Heritage Programs Advisory Board. "Attendees will learn about the two types of competitive grants available through the Union County History Grant Program administered by the Office of Cultural and Heritage Affairs."

The history staff will present an overview of the grant program and a step-by-step approach to preparing the application budget and narrative. Applications and guidelines will be available at the workshop. Participants are encouraged to come prepared to discuss project or event ideas.

The maximum request for a General Operating Support (GOS) grant is \$7,500 and it is available only to Union County-based history organizations. Other non-profits may request a Special Project (SP) grant up to \$5,000. The funds are awarded on a competitive basis.

Special Project applications from "Four Centuries in a Weekend" site participants marking New Jersey's 350th birthday (1664-2014) are encouraged. The state themes are Diversity, Innovation and Liberty. Funding for this program is made available through the New Jersey Historical Commission, a division of the Department of State.

To confirm attendance at the April 23 workshop in Cranford or to receive more information, contact the Union County Office of Cultural and Heritage Affairs, 633 Pearl Street, Elizabeth, N.J. 07202; (908) 436-2912. New Jersey Relay users may dial 711. Requests also may be e-mailed to ewashington@ucnj.org.

Probitas Verus Honos

Stanley Kipness
Cranford

Local Letter to the Editor

Removal of 700 Trees for Sports Complex In Flood Area Is Illogical

Get your sump pumps ready! There is a need! The intelligentsia at Union County College are planning to demolish 4.3 acres of woodland in Cranford. Their plan includes a sports field and a track. Run-off water is to be piped under several streets into the Nomahegan Lake that connects to Rahway River! Plans meet minimum state requirements for minimal flood control. We in Union County are still recuperating from flooding. We need more than minimum!

Officials and students claimed this need because of inconvenience and a flood zone. Scheduling sometimes requires early or late afternoon practice. College vans take too long to get to the Berkeley Heights sports fa-

cility. They claim they can't use the field across the street from the campus (near the aforementioned lake) because it is in a flood zone!

Approximately 84 athletes are on the teams. Athletes from the other three campuses would commute to Cranford for practice. What's their benefit?

Logical taxpayers and flood victims know the difference between want and need. Exacerbating flooding and misplaced priorities must be addressed. This is a serious health and safety issue. Flood prevention is a need! The removal of 700 mature trees for a sports complex in a flood prone area is an illogical want.

Panelists to Help Families Cope With Food Issues

CRANFORD — Fearless Parent and The Thinking Moms' Revolution will present an event for the community entitled "Stirring the Pot: How Food Makes Us Sick, Keeps Us Well and Drives Us Crazy." It will be held on Saturday, May 3, from noon to 5 p.m., at the Calvary Tabernacle Church, located at 69 Myrtle Street in Cranford.

Health and nutrition experts will be on hand to address some of the pressing food issues faced by families today and to provide realistic strategies for parents. Featured panelists will include Kelly Brogan, M.D.; Sayer Ji of GreenMedInfo, a health and nutrition informational website; Jennifer Fugo of Gluten Free School; Camille Miller of Northeast Organic Farmers Association of New Jersey, and Louise Kuo Habakus of Fearless Parent.

The panelists will offer practical solutions to common food issues, special diets and will discuss the science behind certain diets such as gluten-free and paleo diets. Parents will learn how to feed their families with nutrient dense foods on a budget as well as the facts about genetically modified foods (GMOs). There also will be a question-and-answer session in which parents can ask questions on any food issues.

In addition, the event will feature a health coach round robin

for parents to get straight answers and easy-to-understand strategies regarding diet issues facing families today.

Dozens of local health-conscious vendors will provide samples of their products. Attendees will receive a gift bag, and healthy lunch options will be available for purchase with advance registration. To register, visit fearlessparent.brownpapertickets.com. More information about the host organizations is available at fearlessparent.org and thinkingmomsrevolution.com.

This event will be open to the public with an admission cost of \$25/\$36 including lunch option before Friday, April 25, and \$35 after April 25 (no lunch option).

Trinity Invites All For Holy Weekend

CRANFORD — The Trinity Episcopal Church invites everyone to celebrate Holy Weekend with its congregation. Trinity is located at 119 Forest Avenue in Cranford. All services will be celebrated by the Reverend Dr. Gina Walsh-Minor, rector.

"Join the disciples gathered for the Last Supper on Maundy Thursday. Discover something about what is meant by 'good' about Good Friday. All culminating with the joyful celebration of the Resurrection on Easter morning," said Reverend Walsh-Minor. The Holy Weekend schedule is as follows:

Thursday, April 17 – 7 p.m.: Maundy Thursday and Agape Meal followed by the Vigil.

Friday, April 18 – 3 p.m.: Stations of the Cross and 7:30 p.m.: Good Friday Liturgy.

Easter Sunday, April 20 – 8 a.m. Mass (Holy Eucharist Rite I) and 10 a.m. Mass (Holy Eucharist Rite II).

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