



BASEBALL IS IN MY DNA

A History of Baseball in Freehold, New Jersey 1857-1973

Part history book, part memoir, *Baseball Is in My DNA* traces the history of baseball in Freehold, New Jersey—and the intertwined story of the Cashion family. In addition to a broad look at the growth of baseball throughout the region, Cashion shares intimate insights, including terrific stories about his brother, “Mr. Baseball of Freehold,” David “Dem” Cashion. Photographs, newspaper articles, and players’ recollections bring to life more than 100 years of the “baseball stronghold” in the Garden State, including early rules, team rosters, tryout tales, and eccentric ball players.

Gift your baseball enthusiast with a treasure trove of baseball history in small-town America.

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Glenn Cashion enjoyed a highly successful 40-year career serving in senior leadership positions, both stateside and globally, for several of the largest telecommunications companies in the U.S. Today, he is active with Brown University’s alumni association, the Marine Corps League, and several local historical organizations. Above all, he treasures time with his family.

“Wonderful job of capturing Freehold’s passion for our beloved game of baseball. We all played! Brings back fond memories of my ball playing days, even when I was called out on strikes by ‘Dem.’ Baseball mirrors the history of this country, and this book provides a rich journey through those old glory days.”

—BRUCE SPRINGSTEEN

“Baseball was everything and everywhere in Glenn’s hometown, and in unearthing and telling these stories, he also tells the story of a love affair with America’s game—his own, his family’s, his town’s, and his country’s.”

—KEVIN COYNE, Author of *Marching Home: To War and Back With the Men of One American Town*; Adjunct Professor, Columbia School of Journalism; Freehold historian

“A beacon into the spectacular history of Freehold baseball. Glenn’s meticulous research and narrative offer insight into what Freehold’s baseball culture was like over the last 100+ years. As a teammate on the Freehold Townsmen, I found the section on Dem’s fantastic baseball life to be captivating.”

—ROGER KANE, Former Mayor of Freehold, NJ; Member of the Freehold Townsmen baseball team



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