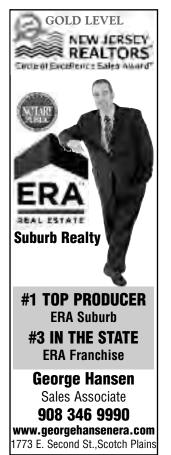
Scotch Plains NJ What's happening monthly

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Issue 24 • September 2017



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MARCHING BAND TO HOST ANNUAL FESTIVAL

The Scotch Plains-Fanwood Marching Band will welcome ten other New Jersey marching bands to the 19th Annual Marching Band Festival on Saturday, September 16, 2017 starting at 6:00 pm at SPF High School.

Admission cost will be \$10.00 for adults, \$7.00 for students and seniors, including a free program with every paid admission. Food, drinks and 50/50 raffle will be available all evening. Scotch Plains Fanwood High School is located at 667 Westfield Road, Scotch Plains, NJ. The festival will take place on the varsity field behind the high school at the rear of the parking lot.

The Festival will include performances by marching bands from: Bridgewater-Raritan High School, Chatham High School, Cranford High School, Edison High School, East Brunswick High School, Fair Lawn High School, Immaculata High School, J. P. Stevens High School, Weehawken High School, Westfield High School and Scotch Plains-Fanwood High School.

The 165 member SPFHS Raider Marching Band will perform their 2017 show - ELEMENTS: Water, Earth, Fire & Air under the direction of Mr. Durand Thomas. Band staff also includes assistant director John Gillick, Chris DiCarlo and Scott Burrows, color guard director Jackie Tumolo and assistant Jackie Close. Student drum majors are Briana McGowan,



(above) The Scotch Plains-Fanwood Marching Band during the 2016 Marching Band Festival. Photos from this and other events can be found online at rennamedia.com.

Samantha Graifer and Audrey Smith.

During the 2017 season, the band performs at SPFHS home and away football games and USBands competitions. In 2014 the SPF Marching Band was the NJ Group 6A State Champion and National Gold Medal Champion. In 2015 SPF Marching Band was the Group 6 Open State Silver Medal Champion. Additional information is available at the Scotch Plains-Fanwood Music Boosters website: spfmusicboosters.org.



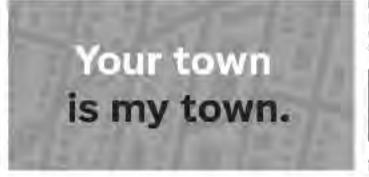








Photos from this and other events can be found online at rennamedia.com and on the Scotch Plains Monthly page on facebook.com Feel free to "Like", "Tag" and "Share."



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Scotch Plains w

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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 tinarenna@ rennamedia.com

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or email info@rennamedia.com

FANNY WOOD DAY SEPTEMBER 17

mean that the fun has to stop! This year, the 22nd annual Fanny Wood Day will return on Sunday, September 17 from 10 a.m. to 5 p.m. in downtown Fanwood along So. Martine Ave. and South Ave.

ACTIVITIES

Fanny Wood Day is much more than just a street fair. Besides the many food and crafts vendors, this year's Fanny Wood Day will host a wide array of activities including the return of kid-friendly activities such as a petting zoo, pony rides, and numerous kiddie rides. Back by popular demand are many of the same contests that were offered last year such as the pizza eating, ice cream eating, the hoola hoop contest and more!!

COME HUNGRY

Fanny Wood Day has something to offer everyone. If contests aren't your thing, grab some

Summer is drawing to a close but that doesn't delicious food from one of the many food exhibitors and trucks, kick back for some serious people-watching, stroll the many interesting booths, visit the local merchants and enjoy live entertainment.

KIDS ZONE

The kids will have fun with the trackless train, pony rides and petting zoo, kiddie rides and more. There will be face painting, temporary tattoos, contests and more.

MUSIC

Musical entertainment will be provided the stage area with a DJ and live entertainers throughout the day.

So mark your calendars and visit the street fair where you'll be sure to run into many friends and neighbors. It's a fun day and a chance to show your support to the community just by showing up and enjoying yourselves.



"CELEBRATE FALL" ARTS & CRAFTS FAIR

Fair, hosted by the Borough of Fanwood and produced by JC Promotions, Inc., will be held on Sunday, September 10 at the Fanwood Train Station. It will feature 50+ artisans selling and displaying their original work. Open to the public from 10 a.m. - 5 p.m., you will find a wide

The Annual "Celebrate Fall" Arts & Crafts variety of items such as paintings, sculpture, ironworks, metal works, glassworks, pottery, jewelry, fashion clothing, garden works and much more. Be sure to come hungry and enjoy the wide variety of food being sold including shish ka bob, french fries, gyros, burgers, kettle corn, zeppoles, ice cream and more.



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BELOW ROME... THE STORY OF THE CATACOMBS

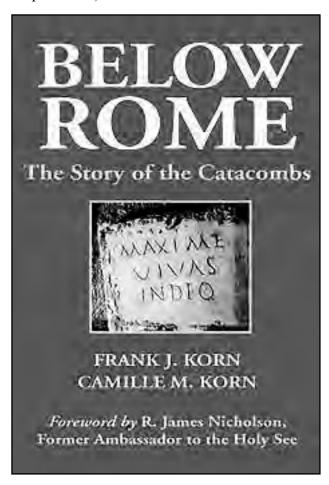
wife Camille have co-authored a book on the subterranean cemeteries of the early Christians. Below Rome... The Story of the Catacombs, published by St. Johann Press, traces the history of Christianity in the capital city of the Roman Empire and the custom of tunneling the subsoil for burial purposes, not only by the local Christian community but also by the Jewish colony of the Eternal City.

In fact, it was the latter group that first conceived the idea of underground necropoli. Both communities disdained the practice of cremation widely used by the pagan populace, preferring instead to inter the bodies of their deceased. The entombment of urns of ashes required relatively little space, whereas the burial of bodies called for far more ground. Thus, for largely economical reasons, the Jews and Christians would purchase tracts of land outside the city walls, in conformity with an ancient law forbidding burial within Rome's fortifications, and gain the necessary ample space by tunneling their property, sometimes as much as five levels deep.

The authors, who travel often to Rome, are residents of Scotch Plains. Frank, a Fulbright Scholar, taught Classical Studies at Seton Hall University. Camille had a long and distinguished secretarial career at St. Theresa School in Kenilworth. Below Rome is his ninth book, her first.

The 189 page hardcover volume may be purchased on Amazon.com, your local book

Scotch Plains residents Frank J. Korn and his store, or from the publishing house: St. Johann Press, P.O. Box 241, Haworth, N.J. 07641. (Include \$5.00 for shipping when ordering from the publisher.)



(above) Scotch Plains authors, Frank and Camille Korn, drink a toast to the release of their book, Below Rome... The Story of the Catacombs.



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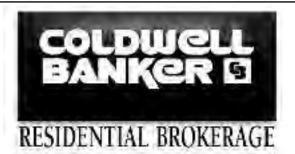
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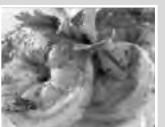
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(above) Rabbi Howard Tilman.

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CONGREGATION BETH ISRAEL WELCOMES RABBI HOWARD TILMAN

Congregation Beth Israel in Scotch Plains has Poconos. He has also worked with college welcomed Rabbi Howard Tilman as its new spiritual leader. His predecessor, Rabbi George Nudell, retired in July after serving as spiritual leader of the Conservative Jewish synagogue for 35 years. Congregation Beth Israel will hold an installation ceremony for Rabbi Tilman during Shabbat services on Friday evening, September

Congregation Beth Israel's Board of Directors voted to hire Rabbi Tilman after a year-long rabbinic search was undertaken by its synagogue professionals and a large group of lay leaders who volunteered their time to find a new rabbi. Throughout the search and selection process, thoughtful consideration was given to feedback provided by congregants, who participated in surveys and focus groups.

Rabbi Howard Tilman was ordained by the Ziegler School of Rabbinic Studies in May 2014, where he received the Eliezer Slomovic Award in Talmud. He previously was a member of the clergy team at the Jacksonville Jewish Center where he served in a variety of roles, including supervising Shabbat and holiday programming, teen educational programming and Israel advocacy. While in Jacksonville, Florida, Rabbi Tilman became a leader among the clergy of the Jacksonville Coalition for Equality and its push for an expanded Human Rights Ordinance in the city. He spoke at City Council meetings and at events around the area in support of this cause.

Prior to the rabbinate, Rabbi Tilman graduated from Northwestern University with a Bachelor of Arts in Communication, and spent three years working as a producer for Sporting News Radio alongside the likes of Troy Aikman, Tony Bruno and Tim Brando. A passionate sports fan his whole life, he appeared on and won an episode of Sports Jeopardy! in August 2016.

Rabbi Tilman has extensive experience working with youth of all ages in multiple synagogues, schools, and at Camp Ramah in the

students and serves as a member of Alpha Epsilon Pi's Council of Rabbis. He enjoys teaching students of all ages, focusing on literary and critical perspectives of rabbinic texts and their modern applications. For his Capstone Project in rabbinical school, he analyzed the similarities between the Talmud and modern social media as well as their educational potentials. At Congregation Beth Israel, Rabbi Tilman will continue to work with youth in the synagogue's Religious School and in its Hebrew High School, Darcone, as well as through B'nei Mitzvah lessons.

Rabbi Tilman is married to Naomi, who works on the Talent Team for Hillel International. Their first child, Micah, was born in July. They reside in Scotch Plains.

"We are thrilled to welcome Howard, Naomi and their newborn son Micah into our synagogue family," said Steve Wiener, President of Congregation Beth Israel. "The Tilmans are a great fit for our community and we look forward to many years of growing together."

Congregation Beth Israel is an egalitarian Conservative synagogue, serving the religious, cultural, educational and social needs of congregants from Scotch Plains, Fanwood, Westfield and surrounding towns. Its Religious School educates students from preschool through tenth grade through experiential grade-specific programs that encompass the family in its curriculum. Synagogue membership is not required for Religious School classes through second grade. Congregation Beth Israel has been recognized as an ABLE Awarded Congregation by the Jewish Federation of Greater MetroWest for its commitment to inclusion and accommodation for all its members. It is located at 18 Shalom Way, Scotch Plains, New Jersey (corner of Martine Avenue). For more information, call Congregation Beth Israel at (908) 889-1830.



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CRUISING ON PARK AVENUE CAR SHOW & CONCERT — SEPT 14







Concert will be held on Thursday, September 14 from 6 p.m. -9 p.m.

All are welcome to check out the cars displayed in downtown Scotch Plains and to enjoy a free live concert by the band "Memphis Rain".

Car enthusiasts and collectors from across the region are welcome to show off their collections and inspire the next generation of motor enthusiasts.

There is no charge to enter a car or attend the event. Cars that wish to be entered can be driven to the Scotch Plains Municipal Building at 430 Park Avenue where they will be parked and the owner can register his or her vehicle.

"We normally get between 50-75 cars," says

The Cruising on Park Avenue Car Show and committee chairman, Ralph Checchio. "It's a fun night for all."

> Attendees can vote for prizes for each car, including "Best in Show" and "People's Choice." About 10 cars are awarded, Checchio said.

> Mayor Al Smith said, "I invite residents and visitors to come to downtown Scotch Plains, see the cars and get a delicious dinner at one of our restaurants." Smith added, "It brings people to our beautiful downtown shopping district."

> In addition to the car show, the band Memphis Rain will play live on the Alan Augustine Village Green beginning at 7 p.m. So, bring some lawn chairs and blankets and let the good times roll!

> For more information, please contact Bob 908-939-8448 LaCosta blacosta@scotchplainsnj.com.





Photos of the 2016 Car Show and other events can be found online at rennamedia.com. and the Scotch Plains Monthly page on Facebook.com. "Share", "Like" and "Tag".





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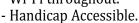
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FANWOOD-SCOTCH PLAINS ROTARY GOLF OUTING ON SEPTEMBER 18, 2017

hosting the Annual Robert H. Kraus Memorial Golf Outing, which will benefit the Robert H. Kraus Memorial Scholarship as well as other Rotary initiatives. The golf outing will take place on Monday, September 18, 2017 at the Shackamaxon Golf and Country Club, 100 Tillinghast Turn, Scotch Plains.

Although the location has not changed, this year the start time will take place earlier in the day. Check-in will begin at 9:00 a.m. with a breakfast buffet from 9:00am to 11am. The Shotgun Start is scheduled for 11:00am with cocktails, dinner and awards from 4:00 pm to 7:00 pm. The event will feature several Hole in One prizes as well as auction prizes, including a foursome at Basking Ridge Country Club, and College and Pro sports tickets.

The scholarship was created to honor the service project.

The Rotary Club of Fanwood-Scotch Plains is memory of Bob Kraus, a long time Rotarian and respected member of the community. It is awarded to a Scotch Plains Fanwood High School graduating senior who will be attending Rutgers University, has been involved in extracurricular activities or volunteerism, and has maintained minimum grade point average of 3.0. The first scholarship was awarded in 2011.

> For information about registration for the golf outing and sponsorship opportunities, go to http://www.fsprotary.org/golf-outing/ or contact Donna at dannunzio22@gmail.com

> The Fanwood-Scotch Plains Rotary Club meets on Wednesdays at noon at the Stage House Restaurant. Guests are invited to join us for lunch, and learn about the good that Rotary is doing worldwide. During the last Wednesday of the month, guests can also participate in a monthly







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SCOTCH PLAINS RESCUE SQUAD TIP OF THE MONTH – THE DANGERS OF TOO MUCH CAFFEINE

In today's society, it seems like our to-do lists are always getting longer while our opportunities for sleep are getting shorter. How often do you hear, "Don't talk to me until I've had my cup of coffee?" Caffeine has become a necessity to many, and possibly an addiction for others.

In small doses, caffeine shouldn't cause too much trouble, although it seems like every other week there's a different opinion on that. However, all studies agree that too much caffeine can lead to problems. Sometimes symptoms can be minor, such as restlessness, upset stomach, tremors, irritability and insomnia. Other times, more serious problems can occur. Younger people especially need to be made aware of these dangers.

As reported by NBC in May 2017, a teenager in South Carolina died from a caffeine overdose. Apparently, within the two hours prior to his death, he had consumed a large diet Mountain Dew, a cafe latte from McDonalds and also some type of energy drink, which together caused a heart arrhythmia. Earlier this year, according to the article, "researchers reported that energy drinks can cause dangerous changes in heart function and blood pressure above and beyond caffeine alone. Another team found similar dangers in 2015."

As recommended by the Mayo Clinic, consume no more than 400 mg of caffeine a day. (One energy drink can have as much as 242 mg.) Of course, people with underlying health issues and/or taking certain medications or herbal

supplements, pregnant women, and young children have to follow their doctor's guidelines about what amount is safe. When cutting back on caffeine, do it slowly, if possible, to avoid the unpleasant withdrawal symptoms such as headaches and fatigue. And remember, caffeine can be found in a large number of things, such as chocolate, tea, soda, pain relievers, and certain alcoholic drinks.

So check the labels on what you're ingesting, and keep your caffeine levels reasonable. You can still have that cup of coffee with dinner, just switch to decaf.

The Scotch Plains Rescue Squad is a volunteer organization of Neighbors Helping Neighbors. With over 90 volunteers, we answer calls not only in Scotch Plains but in surrounding towns as well when needed. Besides answering calls, you will see our ambulances at many special events held in town, such as Scotch Plains Day, the Memorial Day Parade, high school football games, and the summer concerts on the Village Green. We are also available to provide demonstrations for Boys and Girls Scout troops, clubs, and any other group that may be interested in what we do. In addition, we lend out wheelchairs, crutches, canes and other assorted medical equipment free of charge. Please reach out to us if there is something we can do for you. (908) 322-2103 for non-emergencies or scotchplainsrescuesquad@gmail.com

Contributing Author: Susan Baldani, a life member of the Scotch Plains Rescue Squad.





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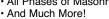
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Verein Newark announced that their joint Annual Oktoberfest will take place at the clubhouse grounds, 787 Featherbed Lane, Clark, NJ. The event will feature German food, beer, music, and traditional Bavarian dancers.

Activities will take place from 5 pm to 11 pm on Saturday, September 9th with the John and Maria Orchestra providing live music between 6 pm and 10 pm. On September 10th, activities will

The Deutscher Club of Clark and the Bayern take place from 12 noon to 6 pm with Bernie's Orchestra providing live music between 1 pm and 5 pm.

> Come and see the dancers that participated and won in the competition held at the 26th Gaufest in Buffalo, New York this past 4th of July weekend.

> The Oktoberfest will be held rain or shine. There is a large pavilion with a dance floor to enjoy the event in case of rain.











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Prices subject to change without notice.

SCOTCH PLAINS PUBLIC LIBRARY

The Library is located at 1927 Bartle Avenue, Scotch Plains, NJ 908-322-5007 • www.scotlib.org

WORLD WAR I TO BE TOPIC OF LIBRARY SERIES

TEA LOVE AT LIBRARY

As the weather begins to cool, Tea Love blogger and founder Catherine Felegi returns to the Scotch Plains Public Library on Saturday, September 16 at 1:30pm for Tea Love: Why Should I Drink Tea? Learn more about why you should drink tea, including potential weight loss, skin benefits, and even possible diabetes control. Felegi will take you through the process of how to make a proper cup of tea and will share with you the latest medical developments regarding each type of tea. Make sure you bring your favorite tea mug for some free samples at the end of the talk!

Note, Catherine Felegi is not a physician. You should refer to your doctor before starting any regimen, including a tea regimen.

This program is free and open to interested members of the public, but advanced registration is required. For more information or to register, go to www.scotlib.org, email library@scotlib.org, call (908) 322-5007 x 204 or stop by the Reference Desk.



Scotch Plains Public Library is one of only four New Jersey institutions to have received a World War 1 and America grant. This grant, along with a generous gift from the Fanwood-Scotch Plains Service League, enables us to offer original programming to commemorate the centennial of American involvement in World War One, and to explore the ongoing experience

of veterans who have served in our lifetimes.

Presented by Library of America with support from the NEH, World War I and America is a two-year initiative that aims to bring veterans and their families together with the general public to explore the continuing relevance of the war by reading, discussing, and sharing insights into the writings of Americans who experienced it firsthand.

September programs at Scotch Plains Public Library include:

• Monday, September 18, 7 pm:

Opening Event: Prelude to War: The Events That Drew the U.S. into WWI, lecture by Tim White, Assistant Professor of History, New Jersey City University • Monday, September 25, 7 pm:

War Illustration: A Straight Unbroken Line, presentations by two illustrators who are active members of the Society of Illustrators' Air Force Art Program and other projects involving the military.

Propaganda Posters of WW1 -- Dennis Dittrich, illustrator, and Associate Professor of Art, New Jersey City University

Observations from an illustrator embedding with warriors in training and on the front lines -- Victor Juhasz, illustrator

• Thursday, September 28, 7 pm: Combat paper and Frontline Arts

Veterans who have created written word and visual art pieces through this project (www.frontlinearts.org/the-story/) will share their work and their stories with attendees.

Registration for these events is recommended. Please visit our website, www.scotlib.org, or call 908-322-5007 x204 for more information and to register. Scotch Plains Public Library is located at 1927 Bartle Avenue, one block from Park Avenue in the center of town.

THE COLLEGE APPLICATION PROCESS

On Thursday, September 14 at 7pm, Lisa Bleich of College Bound Mentor will present What to Expect When You're Applying, to help high school students and their families prepare for the college application process.

Learn how to focus on your strengths and minimize stress and excessive time spent on the process. This interactive workshop will walk you through an activity and strengths assessment, and you will leave with a concrete action plan for how to maximize your remaining high school career. Topics will also include:

- A college timeline by grade
- How your activities reflect your strengths
- SATs, ACTs, APs, IBs, and SAT Subject tests:

- what's the difference and when should you take them?
- How to use your summers to your advantage
- How best to position yourself for the right college in terms of classes, activities, testing, summer, etc.
- Parent vs. student expectations and how to get on the same page

This program is free and open to interested members of the public; advanced registration is recommended.

For more information or to register, go to www.scotlib.org, email library@scotlib.org, call (908) 322-5007 x 204 or stop by the Reference Desk.





The Westfield Young Entrepreneurs Academy (YEA!) welcomes Melinda Sánchez Donio as the new program manager for the 2017-18 academic year.

YEA! is a year-long program in which students in grades 6-12 generate business ideas, conduct market research, write business plans, pitch to a panel of investors, and launch their very own companies. The Greater Westfield Area Chamber of Commerce has been sponsoring the Westfield YEA! program since 2013. Student applications are currently being accepted for the 2017-18 year.

Mario Cesario, former co-program manager said, "I am excited to have Melinda on board as our Program Manager for the 2017-18 YEA! school year. Her experience and expertise will be a great asset to the Young Entrepreneurs Academy and our community. With Melinda leading the pack, this will be our best year yet!

Ms. Donio is an alumna of the University of Pennsylvania, earning a BA in Urban & Environmental Studies in 2002 and a Masters in City Planning in 2003. She has been actively involved in community development and ministry in the Greater Philadelphia Region for more than 20 years.

In 2015, Donio was appointed by the White House to serve as Special Assistant to the

Regional Administrator (RA) for the U.S. General Services Administration's (GSA) Mid-Atlantic Region. Prior to joining GSA, she served as a National Programs Director and Training Coordinator for Esperanza, Inc., one of the largest Hispanic Faith-Based Evangelical networks in the United States.

As a strong proponent for her hometown of Camden, New Jersey, Ms. Donio has served on several boards. In recent years, she served a 5-year term as Commissioner for the Camden Redevelopment Agency and a 2-year term as member of the Board of Trustees for LEAP Academy Charter School. Currently, she serves on the Board of Directors for the Cramer Hill Community Development Corporation and serves on the Salvation Army Kroc Center – South Jersey Advisory Board.

"I am thrilled to be appointed as the YEA! Program Manager. My experience in working with youth and my passion for entrepreneurship makes this position the perfect fit for me. I am excited to work with our staff and volunteers to see this year's cohort turn into CEOs of their own businesses," said Ms. Donio.

For more information about Wesfield YEA!, go to gwaccnj.com/

yea-young-entrepreneurs-academy or email programmgr@yeawestfield.org.



(above) Melinda Sánchez Donio.



BARBERSHOP HARMONY CHORUS FREE PERFORMANCE

The College Club of Fanwood-Scotch Plains welcomes the Morris Music Men on September 18, 2017 at 7:30 pm.

The Morris Music Men are Morris County's barbershop harmony chorus. They are an allmale, a cappella chorus comprised of men from all walks of life and levels of singing experience who share one thing in common: an irresistible urge to sing.

The Morris Music Men sing barbershop style 4-part harmony and are a chapter of the 26,000 member Barbershop Harmony Society. Their director is Nate Barrett, an energetic professional musician who has inspired the group to become the fastest growing barbershop chorus in the Northeast. They sing for many civic and charitable organizations, private groups, churches and fundraisers each year.

Please come and join us for this free program open to the public. The College Club's mission is to support education of our youth and local community, and we encourage you to join us on September 18 at The Fanwood Presbyterian Church located at 74 South Martine Ave, Fanwood, NJ. The program starts promptly at 7:45 pm; light refreshments will be served at 7:30 pm.

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THRIFT SHOP FRESHLY STOCKED

The Thrift Shop at the Fanwood Presbyterian Church opens on Wednesday, September13th with freshly stocked clothing for all ages. Many of these items for sale are new or nearly new.

House wares, linens, 'Bric a Brac', books, craft projects and fabric can all be 'new to you' items.

The volunteers who work at the Shop have been busy and will be filling the shelves and racks continually. All proceeds are donated to many community organizations.

The volunteers are from the area and not all members of Fanwood Presbyterian Church. Many volunteers come to work a morning shift

from 9:30 to Noon and others from 12 Noon to 4 pm. Atime of fellowship is shared over bag lunches. The Thrift Shop would welcome new volunteers. Please stop in to talk with members about joining.

The Shop will be open each Wednesday from 10am to 4pm.

The Thrift Shop is located on McDermott Place at the rear of the Church complex. For further information and directions please call the church office at 908-889-8891 or e-mail admin@fanwoodpc.org.



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ST JOHN'S BACK TO SCHOOL COMMUNITY FAIR

Church is proud to host the 9th Annual Back to School Community Fair. This event is open to all children and their families living in the area. Last year we gave out 155 bags of school supplies and a free meal to all school age children. The children and their families have a great afternoon of fun, good food and fellowship. We will give a free bag of school supplies to each child grades 1 to 12 in our community. The fair will be held

The Outreach Ministry of St. John's Baptist Saturday, September 9, 2017 from 12:00 noon to 4:00 PM, in the church parking lot located at 2387 Morse Ave, Scotch Plains, NJ.

> There are no fees for the event and you do not have to be affiliated with the church.

We invite you to bring your family and friends to this wonderful event. Please feel free to share this information and if you have questions please contact Sylvia Hicks at 908-322-9328 or Cheryl Hailey at 908-251-7190.

AUDITIONS FOR A CHRISTMAS CAROL

CDC Theatre in Cranford will be having auditions for its December production of a musical version of A Christmas Carol. This high energy version of the classic, first performed at Madison Square Garden, is full of heart and optimism. The score was composed by Alan Menken (The Little Mermaid, Beauty and the Beast, Aladdin) with lyrics by Lynn Ahrens (Ragtime, Once on this Island, Seussical).

Auditions will be held at the CDC Theater. located at 78 Winans Avenue in Cranford, on

Tuesday, September 19th at 7pm and Saturday, September 23rd from 11am-2pm. Performance dates are December 8, 9, 10, 14, 15, and 16. Actors are asked to please prepare 32 bars of a musical theatre song in the style of the show and provide clearly printed and legible sheet music in a binder (an accompanist will be provided). Please be prepared to dance at all auditions. Female dancers, please bring tap shoes as well as regular dance footwear.

For additional details visit www.cdctheatre.org

ROBERT WOOD JOHNSON UNIVERSITY HOSPITAL RAHWAY

Annual Community Meeting

Thursday, September 14, 2017 6:00 pm

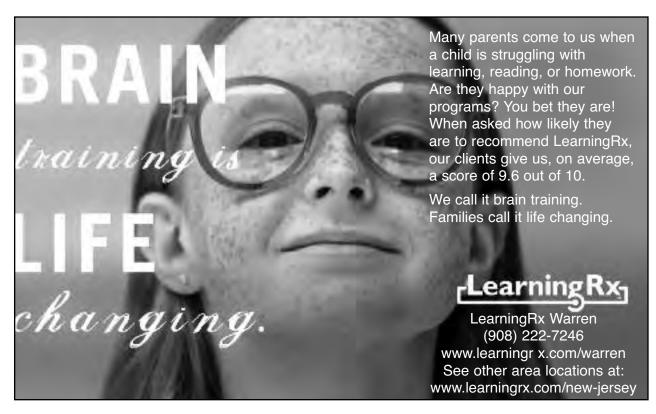
Robert Wood Johnson University Hospital Rahway Conference Room 1

865 Stone Street, Rahway, New Jersey

President and CEO Kirk Tice will discuss new programs, services, hospital financials and current healthcare trends.

Pre-registration is requested. To register call Community Education at 732.499.6193.

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FREE RABIES CLINIC

The Scotch Plains Health Department will be sponsoring a free rabies clinic to vaccinate cats and dogs on Wednesday, September 20, 2017, at Northside Fire House, 6:30 p.m. to 8:00 p.m.

All pets must be accompanied by an adult able to control the animal. Cats should be contained in a "cat carrier" or box and dogs must be leashed or in a carrier.

For additional information please contact the Scotch Plains Health Department at (908) 322-6700 Ext. 309.

MULTI-FAMILY TOWN WIDE MOUNTAINSIDE GARAGE SALE MBER 16 / 9am - 2pm (rain date Sept 17) NO EARLY BIRDS! MAPS AVAILABLE THE DAY OF THE EVENT at the Mountainside Library

(1 Constitution Plaza) and Borough Hall (1385 Route 22 East) MARK YOUR CALENDARS

Print maps the night before by searching Facebook for "Mountainside Newcomers Events."





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DAVID LAZARUS COACHES CHESS TEAM IN ISRAELI FOR COMPETITION

David Lazarus of Fanwood coached the 2017 United States Maccabiah Chess Team in an international competition held in Israel from July 6 to 17, 2017

Locally, Lazarus helps John Moldovan and Patrick Mazillo direct the Westfield Chess Quads on Sundays at the Westfield YMCA. He was recruited to coach by Michael Weinstein of Pine Brook during a tournament in Westfield on April 2, 2017

Lazarus accepted the challenge with the support and insistance of his wife. He underwent extensive background and reference checks and then received a congratulatory welcome letter from Maccabiah National Leader Shane Carr. Many other coaches had been hired in early 2016, so Lazarus quickly made up for lost time in preparing for the competition, undergoing medical tests and information webinars.

On June 27, he and hundreds of others boarded planes to Isreal to take part in the Maccabiah competition. This competition is held every 4 years and attracts athletes from around the world.

The first three weeks included many activities. The first week entailed Israel Connect, six days of excursions to many of Israel's most important and historic sights. On July 4, Lazarus and his junior team of four boys and two girls headed to Haifa, where the junior chess tournament was held. On July 6th, 1,135 US athletes and athletes from 80 other nations converged in Jerusalem for the opening ceremonies. "We had been told this would be the highlight of the games and we weren't disappointed," said Lazarus. "To have 50,000 people cheering you as you walk around the track is something I never thought I would experience in my lifetime. It was surreal and no matter how many times I watch the videos, I still have to pinch myself."

U.S. players, Joseph Zeltsan of New York and Simona Nayberg of California earned the individual boys' and girls' gold medals.

"I was happy with our performance although I had little to do with it. My job was to make sure the kids had the best possible overall experience of appreciating their heritage and on that point I believe we succeeded," said Lazarus.



(above) Coach David Lazarus of Fanwood with his junior team overlooking Jerusalem.



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BLOOD RESERVES CHALLENGED BY PATIENT DEMAND

New Jersey Blood Services, a division of New York Blood Center (NYBC) is asking for help to maintain an adequate supply of all blood types, but especially O-negative – the "universal" blood which can be transfused into anyone in an emergency. In addition, hundreds of additional blood drives need to be scheduled to meet projected hospital demand. Current inventory of several blood types is running below the desired target level.

"It's simple: hospital patient demand for blood often outpaces our best efforts to recruit donors and schedule blood drives," said NYBC Executive Director of Donor Recruitment Andrea Cefarelli. "There are always reasons but we have to overcome that for the sake of hospital patients who need us."

"This is one of the toughest times of the year," Cefarelli added. "We're asking for our dedicated supporters to roll up their sleeves to make sure we're able to provide our hospital partners with whatever they need to take care of their patients."

Blood products have a short shelf life – from five to 42 days, so constant replenishment is necessary. Each and every day there are patients who depend on the transfusion of red blood cells,

platelets and plasma to stay alive. But blood and blood products can't be manufactured. They can only come from volunteer blood donors who take an hour to attend a blood drive or visit a donor center.

To donate blood or for information on how to organize a blood drive Please call Toll Free: 1-800-933-2566 or Visit: www.nybloodcenter.org.

If you cannot donate but still wish to participate in bringing crucial blood products to patients in need, please ask someone to donate for you, or consider volunteering at a local blood drive. The blood mobile volunteer is an integral member of the blood collection team whose task it is assist donors with registration, perform canteen duties and make appointments for their next donation.

Volunteers should have the ability to relate to the public, be able to perform different jobs as needed and have the willingness to follow the rules. For additional information contact Manager of Community Relations & Volunteer Services Jan Zepka at 732-616-8741.

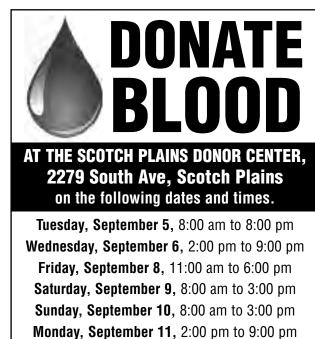
Any company, community organization, place of worship, or individual may host a blood drive. NYBC also offers special community service scholarships for students who organize community blood drives during summer months. Blood donors receive free mini-medical exams on site including information about their temperature, blood pressure and hematocrit level. Eligible donors include those people at least age 16 (with parental permission or consent), who weigh a minimum of 110 pounds, are in good health and meet all Food & Drug Administration and NY or NJ State Department of Health donor criteria. People over 75 may donate with a doctor's note.

Established in 1964, New York Blood Center (NYBC) is one of the largest independent, community-based blood centers in the country. Each year, NYBC provides approximately one million blood products to nearly 200 hospitals in the Northeast. NYBC also provides a wide array of transfusion-related medical services.

NYBC is also home to the world's largest public cord blood bank, which provides stem cells for transplant in many countries, and a renowned research institute, which – among other milestones -- developed the Hepatitis B vaccine and innovative blood purification technology. Visit www.nybloodcenter.org.









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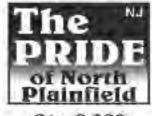
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LAW EXPLORER POST 629 ACCEPTING NEW MEMBERS

returning to school and choosing their after school activities. Law Explorer Post 629, now on its seventh year, is gearing up for another year of exploring the field of law and government through trips, guest speakers, discussions and hands-on activities. Students who are interested in this career path or simply want to learn more about law and government are welcomed to sit in on one of the meetings and discover what the program is all about.

Law Explorer Post 629 is an after school enrichment program where youth have the advantage of seeing and experiencing law and government in a captivating, age appropriate way. The program is open to Union County youth, ages 14 - 20. The youth Explorers meet in the Law Offices of Lucia E. Perpina, Esq., 629 North Wood Avenue, Suite 5, Linden, NJ on Friday nights, from 6:00pm – 7:30pm. In addition

It is that time again when students will be to its educational goals, Post 629 also offers fun outings during the year which may involve hiking, bowling, camping or other non-law related activities to foster teamwork and cohesion within the group. The youth are also encouraged to select and organize a year-long community project (relating to law and/or government) in which all the members will take an active role. Post 629 is not a political group, does not have any political affiliations, and all members must be open minded and accepting of all people.

> Post 629's adult volunteers welcome the opportunity to speak with parents and youth about the program prior to making any commitments regarding membership in the program. If you are interested in the program, you may call (908)718-5877 or simply stop by on a Friday evening. Weekly meetings have already begun and the program accepts members on rolling basis.









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- Provide a correctly sized flue for optimum efficiency of appliance











Long term Easy & Effective

FREE ESTIMATES

Summer Special

COMPLETE SET OF STEPS

Up to 6 Feet, 5 Steps / Brick, Limestone & Concrete

\$2,600 With coupon. Cannot be combined with any other offer. Expires 10/6/2017

or FREE GUTTERS **ANY COMPLETE ROOF**

Expires 10/6/17.

GUTTERS CLEANING (Any Average House) With coupon. Cannot be combined with any other offer.

Expires 10/6/17.

ANY ROOF REPAIR of \$500 or more

Expires 10/6/17.

ANY CHIMNEY REPAIR

of \$800 or more With coupon. Cannot be combined with any other offer. Expires 10/6/17.