

# Scotch Plains NJ

## WHAT'S HAPPENING MONTHLY

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### ANNUAL SCOTCH PLAINS DAY FALL FESTIVITIES

Photos from this and other events can be found online at [rennamedia.com](http://rennamedia.com) and on *Scotch Plains Monthly* page on [facebook.com](http://facebook.com) Feel free to "Like", "Tag" and "Share"

The Township of Scotch Plains hosted its annual Scotch Plains Day Fall Family Festival on Sunday, October 1st in the downtown district on Park Avenue.

Community groups were encouraged to participate by setting up tables. The event also featured vendors, food trucks, a ravioli eating contest, family entertainment, inflatable rides, a petting zoo, and live music provided by the Brother John Brown Band.



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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 [tinarena@rennamedia.com](mailto:tinarena@rennamedia.com)**

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## MARIA DANIEL CHOREGRAPHS "HIP HOPERA"

Scotch Plains resident Maria Daniel took on the unique opportunity to choreograph Hip Hop dances for a live opera that premiered in Charlottesville, VA on October 28.

The opera is an American Premiere of Jean-Philippe Rameau's *Sympathy* and featured an international cast of singers, musicians and Daniel's Hip Hop choreography.

This unique fusion of Hip Hop dance and live opera/orchestra is called a "Hip Hopera." Daniel's daughter, 10th grade student at Scotch Plains Fanwood High School Niara Daniel is serving as Assistant Choreographer. The two travel together on weekends to Charlottesville to oversee the dancers. Scotch Plains Fanwood High School 9th grader Valdon Daniel III will be a featured dancer in the Hip Hopera.

An attorney, a professor and a dance educator, Maria Daniel mentors and trains youth Dance Ambassadors in both Scotch Plains and in Central Virginia.

### ABOUT THE PRODUCTION:

Conducted by one of America's foremost performers of early music, Christine Brandes, and directed by VHO's Artistic Director Miriam Gordon-Stewart, *Sympathy* tells the story of two lovers whose relationship is put to the test. Our characters turn to self-help gurus, to best-selling theories and to public protest to try and stay together. But will they find their bliss?

In this reimagining of a Baroque masterpiece, never before performed in the United States, Victory Hall Opera continues its trademark theatrical exploration by pairing opera with hiphop dance in a contemporary mashup.

In collaboration with Resident Ensemble "Early Music Access Project" led by Charlottesville's David McCormick (formerly of Three Notch'd Road), and hiphop choreographer Maria Daniel, VHO will showcase the beauty of Baroque music in an innovative and thought-provoking way.



(above) Cast of Hip Hopera.



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## WALK FOR BREAST CANCER SCOTCH PLAINS

Play for P.I.N.K. sponsored the annual Walk for Breast Cancer to Benefit the Breast Cancer Research Foundation on Saturday, October 14. Over 140 participants walked a one mile loop around the downtown and surrounding neighborhoods raising over \$2600.00

Scotch Plains held a walk last year at the request of Councilwoman Rose Checchio, "I am thrilled that we were able to have Play for P.I.N.K. sponsor the walk this year, and that the walk benefits the Breast Cancer Research Foundation. Through my own research, I learned that this organization is one of the nation's most fiscally responsible non-profits. As a breast cancer survivor, it is extremely important to me that the funds raised are going directly to

research."

Many teams came out in support of friends and family members, or in support of raising awareness and finding a cure to this dreadful disease that affects so many women, men and their families every day. A great showing was made by Team Britt, who brought over 50 participants to downtown Scotch Plains to offer support and encouragement to their friend.

Mayor Al Smith offered heartfelt words to the walkers, "As a person deeply affected by this terrible disease, I commend you all for being here today, walking with us and continuing to show and share your strength with those who battle breast cancer every day."

Event Co-Chairperson, Beth Ellen Hornstein

commented, "Play for P.I.N.K. is thrilled to have the opportunity to hold an event in Scotch Plains that offers an activity that almost anyone can participate in. We look forward to returning next year and growing this event to benefit the Breast Cancer Research Foundation. I'd like to thank my co-chairs, Marcy Lechner and Margaret Heisey for their dedication hard work and commitment to this cause." Ms. Hornstein is also the Play for P.I.N.K. Golf Outing Chair Person of Shackamaxon Country Club and serves on the National Advisory Board for the organization.

Play for P.I.N.K. is in over 250 country clubs in the United States and celebrated its 18th year at Shackamaxon Country Club in July. To learn more visit [www.playforpink.org](http://www.playforpink.org).



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## FOOD DRIVE DURING YOM KIPPUR HOLIDAY

Congregation Beth Israel in Scotch Plains conducted a food drive for hunger relief during the holiday of Yom Kippur. Congregants brought non-perishable food to the synagogue at the start of the Jewish High Holy Day, and the collected food was donated afterwards to the food pantry of Jewish Family Service (JFS) of Central New Jersey in Elizabeth. Congregation Beth Israel's

food drive was called "The Corners of Our Fields," which references the Biblical commandment for farmers to leave the corners of their fields unharvested in order to feed the needy.

Performing acts of charity is commanded year-round, but is particularly encouraged during the holiday of Yom Kippur.



(above) Volunteer Susan Klapper transporting donated bags of food to JFS.

## There's You There's Me and There's Us HELLENIC THERAPY CENTER



Maria Sikoutris DiIorio, MA, EdS, MFT, LPC  
 Clinical Director, Hellenic Therapy Center

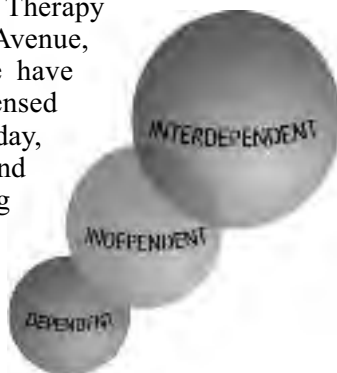
There are many different ways that people relate to one another in relationships. People generally tend to relate to each other in three ways: Independent, co-dependent and inter-dependent. Some people are very independent in relationships, others are co-dependent (which means they put aside their own well-being to maintain the relationship). Co-dependence leads to seeking validation and acceptance from others. The healthiest way we can interact with those close to us is by being truly inter-dependent. This is where two people are involved with each other, however, do not sacrifice themselves nor compromise their values in order to maintain the relationship. Having inter-dependence in a relationship is often recognized as the healthiest form of an intimate relationship. Inter-dependent relationships provide equality and balance. Being too independent, or co-dependent do not offer balance.

With inter-dependent relationships, one does not neglect their own needs. They recognize the importance of maintaining their own identity outside of the marriage and feel confident in

expressing their opinions while still being sensitive to the other person. One way of ensuring that your relationship is on the road to inter-dependence is to maintain your own identity and interests as an individual as well as balancing the couple relationship. This is very challenging for many couples especially if we have been in co-dependent or independent relationships in the past. Inter-dependent relationships require effort, nurturing and healthy boundaries. Establishing healthy boundaries in a couple relationship oftentimes requires eliminating guilt, self-doubt and focus on the other. Inter-dependence in a relationship requires balancing self (your own interests) and that of the couple interests; it does not mean we neglect the other. There may be times when one person in a relationship makes a sacrifice. Compromising can help a couple achieve a balance between the needs of both parties, as long as one person doesn't consistently neglect his needs. It is often difficult to distinguish dependent vs an inter-dependent relationship. Taking responsibility for your own happiness and not expecting your partner to be the answer for all your happiness can provide for a very healthy and loving new relationship.

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# SCOTCH PLAINS CHESS CLUB STUDENT FINISHES TOP 10 IN STATE

*Submitted by Alfonse Akins*

Benjamin Liang, a member of the Scotch Plains Chess Club, finished in the Top 10 of the 2017 New Jersey Elementary (K-8) Chess Championship hosted by the New Jersey State Chess Federation in Morristown, New Jersey. Ben is a founding member of the Scotch Plains Chess Club and has been very active since the inception of the club earlier this year. Under the direction of the Chess Club instructor, Errol

Singh, Ben competed against 88 other players from across the state in the elementary school division.

The Scotch Plains Chess Club is extremely grateful to the Scotch Plains Library Staff for their help and support over the last year - especially our Library Director, Ms. Michelle Willis. Their team has provided tremendous support to run the Scotch Plains Chess Club since the start of the program. As of our last meeting,

membership enrollment has grown from the original 8 students to more than 75! Our average attendance rate is approximately 30 students per session - more than the planned maximum headcount of 16!

Founded and managed by the Scotch Plains Recreation Vice Chairman, Mr. Alfonse Akins, the Scotch Plains Chess Club is an organization dedicated to the advancement of Chess in the town of Scotch Plains. Our instructors work hard to maintain a good balance between teaching serious Chess and allowing the students to connect and network socially in an environment that supports their social and intellectual development. We just try to minimize the silliness without making things too boring for the kids. Our Club is semi competitive and the students love it!

Since we never turn away any student, we are now in need of additional equipment (chess sets and clocks) for the students that show up during our scheduled sessions. Simply put, we need additional Chess sets to keep every student occupied.

If you have the means to help, please go to these Amazon links (Chess Sets: <http://a.co/25XDKt3> AND Chess Clocks: <http://a.co/2klkL5j>) to purchase and donate a set to our club at P.O. Box 216, Scotch Plains, NJ 07076.

If you would like more information, please contact Alfonse Akins at (917) 426-2449 or email at [spfchessclub@gmail.com](mailto:spfchessclub@gmail.com).

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*Volunteers from the Men's Club of Congregation Beth Israel in Scotch Plains built the synagogue's Sukkah (booth) on Sunday, October 1, in preparation for the Jewish holiday of Sukkot. In keeping with tradition, the volunteers erected the Sukkah on the synagogue's outdoor patio to replicate the temporary huts that their ancestors dwelled in while wandering in the desert. Throughout the week-long celebration of Sukkot, which began October 4 at sundown, congregants and Religious School students were able to eat in the synagogue's Sukkah.*

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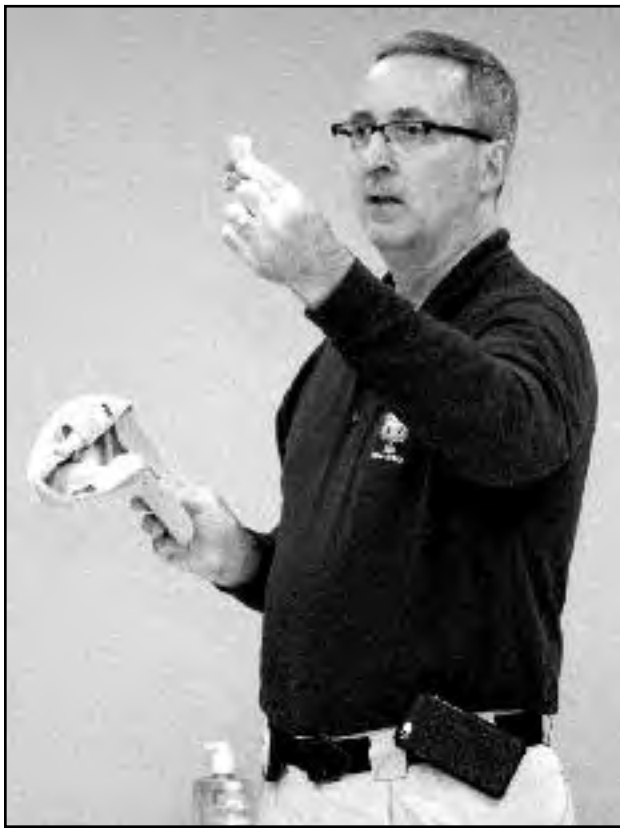
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(above) DEA Special Agent McMahon shows how a baseball cap sweatband can hide a drug packet.

## “HIDDEN IN PLAIN SIGHT”: DRUG AWARENESS FOR PARENTS

Parents from Fanwood and Scotch Plains got an education Wednesday, October 11, on the places and things where their kids could be hiding drugs. The "Hidden In Plain Sight" presentation by the Drug Enforcement Administration NJ Office has a simple message

for parents: Don't think it can't happen to your kids.

The easy availability of prescription drugs, marijuana, heroin and other substances has contributed to rampant overdoses across New Jersey, including Union County. Fanwood police alone have administered the opioid antidote Narcan nine times in recent months.

Tim McMahon, Special Agent of the Drug Enforcement Administration NJ Division, brought all the furnishings of a child's bedroom with him at the Forest Road Park recreation building in Fanwood. He demonstrated how everyday items in a child's room, including a baseball cap, soda cans, clothing, wall outlets, even candy, can be used to hide drugs. He encouraged parents to be nosy, snoop around in their kids' rooms, check their phones and know their friends.

The event was co-sponsored by the Fanwood and Scotch Plains Police Departments, DEA, SPF PTA and the Municipal Alliance Committee.



(above, l-r) Fanwood Police Chief Trigo and Scotch Plains Police Chief Conley.

Ludmila Kozlova  
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## MAYOR'S CHARITY GALA FESTIVITIES ANNOUNCED

The Scotch Plains Mayor's Charity Gala Committee is pleased to announce the honorees and festivities for the 27th Annual Mayor's Charity Gala to be held on Friday December 8th, 2017.

This year, the Gala will honor a Female, Male and Couple Volunteers of the Year as well as a Volunteer Organizations for their service towards the Scotch Plains community. The honorees are as follows:

**Female Volunteer of the Year:**

*Paulette Coronato*

**Male Volunteer of the Year:**

*Vinnie Losavio*

**Couple Volunteer of the Year:**

*Pamela & Richard Duthie*

**Volunteer Organization of the Year:**

*The Frazee House*

This year's Gala will take place at the Shackamaxon Country Club in Scotch Plains from 6 p.m. to 11:30 p.m. and will feature a special raffle of two(2) \$1,000 American Express Gift Cards, as well as a silent auction and tricky tray offering a variety of prizes all donated by generous individuals, organizations and corporations.

Tickets to the Mayor's Charity Gala are \$85 and can be purchased by visiting [www.scotchplainsnj.gov](http://www.scotchplainsnj.gov) clicking the "Recreation Registration" Community Pass link and selecting "2017 Mayor's Gala, or by calling the Scotch Plains Recreation Department at 908-322-6700 x220.

The Gala, a non-partisan event, gathers all segments of the community for a full evening of dining, dancing and celebration of voluntarism. Proceeds from the evening go to support several local volunteer organizations.

For information about sponsoring or donating an item for the Mayor's Charity Gala, please contact the Scotch Plains Recreation Department at (908) 322-6700 x220.

## COLLEGE CLUB NOVEMBER 20TH MEETING

The College Club of Fanwood-Scotch Plains welcomes Scotch Plains native and current Fanwood resident Lt. Beverly Peal for the program at its November 20, 2017 meeting. She will describe her involvement in the International Association of Women Police and the United Nations, serving as an advocate for empowering women and children through education and leadership training.

Lt. Peal attended Union County College and obtained a NJ Paramedic Certification and an AA in Biology. She also graduated from Rutgers University with a BS in Criminal Justice and is working on an MAS at Fairleigh-Dickson University. She began serving the community of Scotch Plains in 1982 as a volunteer EMT with the Scotch Plains Rescue Squad and then as a paramedic. In 1993 she became a Scotch Plains Police officer and rose through the ranks. She became involved in the International Association of Woman Police (IAWP) as well as several other similar organizations and began to travel all over the world attending training conferences. In 2012, she was appointed to the Board of

Directors to fill the vacancy of the Region 2 Coordinator, which led to her invitation to speak at the United Nations (UN).

She will describe her experiences at the UN, speaking before a contingent of African Leaders. The UN represents 62 countries and has been endorsing the empowerment of women and the suppression of crimes against women and children through education and leadership training. She will cover the discussion before the UN contingent on the exploration of these issues and the best practices for incorporating women's presence in Police forces including recruitment, retention and promotional opportunities.

Please come and join us for this free program which is 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 November 20 at The Fanwood Presbyterian Church located at 74 South Martine Ave, Fanwood, NJ.

The program starts promptly at 7:30 p.m.; light refreshments will be served before the program.

## SCOTCH PLAINS LEAF COLLECTION 2017

Fall Leaf Collection is underway. There will be three rounds of leaf collection, weather permitting. The Township would like to remind residents that this collection is for leaves only, and crews will be dispatched on both the Northside and Southside of the Township. PLEASE, no BRANCHES or LIMBS and remember to leave space along the curblin for water to flow freely to the catch basins.

Biodegradable paper bags are acceptable. Please keep as many cars off the road as possible.

Please check the Township website [www.scotchplainsnj.gov](http://www.scotchplainsnj.gov) for details.

## GRANDMA'S ATTIC 2017 Annual Bazaar SATURDAY, NOVEMBER 4, 2017

10am to 4pm

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# SPF BOARD OF EDUCATION HONORS NEWLY TENURED TEACHERS



On October 12, the Scotch Plains-Fanwood Board of Education honored twenty-two teachers and three administrators for having attained tenured.

The following teachers and administrators were recognized:

**Park Middle School:**

Bryan Erndl, Alexandra Hanner, Rhanica McCabe, Amanda Vacchio, Elizabeth Whichard;

**Terrill Middle School:**

Raul Furnaguera, Matthew Gunther, Amanda Nail, Alexandra Neidig, Jenea Pope, Amanda Salcedo, Courtney Scott, Lisa Siringano, Kimberly Tinker;

**McGinn School:** John Lohn;

**Scotch Plain-Fanwood High School:** Antonio Gaetano, Bethany Henry, William Konig, Andrea Kushnir-Piede, Raymond Moskal, Heidi Novak, Fathia Zaami.

The following administrators also received tenure:

Justin Fiory,  
School One Principal;  
Erin Mullman,  
Supervisor of Elementary Programs;  
Andrea Tomesko,  
Supervisor for Special Services.

## CALLING ALL VETERANS – JOIN THE ROTARY CLUB FOR LUNCH!

The Fanwood-Scotch Plains Rotary Club is hosting a Veterans Appreciation lunch at their meeting on Wednesday, November 8th at 12 p.m. at the Stage House Restaurant in Scotch Plains. They'll honor Veterans in the club as well as Veterans in the local community. The Rotary Club is very grateful to all men and women who served the United States Armed Forces and will pay tribute to those who served, those who continue to serve and those who made the ultimate sacrifice. Veterans in the towns of Fanwood and Scotch Plains are invited to attend but must register in advance because space is limited.

To register for the event, Veterans can contact Julie Murphy at (800) 258-9249 or [julie@franchisefalcon.com](mailto:julie@franchisefalcon.com).



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## “WHO CARES FOR THE CAREGIVER?”: A PRESENTATION BY DR. EUBANKS

The Union County affiliate of the National Alliance on Mental Illness (NAMI) will present Dr. Robin Eubanks, a motivational trainer, educator and author, at their November 28th public meeting. Dr. Eubanks will lead a workshop designed to help caregivers realize that “self-care is not selfish. You as a caregiver cannot serve from an empty vessel.” This workshop will present tools for emotional survival for caregivers particularly during the holiday season. Dr. Eubanks feels that it is so important for caregivers to know that they are not

alone.

Union County NAMI exists to support all who care for a loved one who struggles with mental illness. Come join us for Dr. Eubanks’ program and learn new ways to support yourself.

Our meetings are always free and open to the public. The meeting will begin at 7:30 p.m. on November 28 at the RWJ Rahway Fitness and Wellness Center, located at 2120 Lamberts Mill Rd., Scotch Plains, NJ.

For more information call 908-233-1628 or email [namiunioncounty@yahoo.com](mailto:namiunioncounty@yahoo.com).

## SHIP AT SAGE TO ANSWER MEDICARE OPEN ENROLLMENT QUESTIONS ON NOV 16

It’s Medicare Open Enrollment time (October 15 through December 7) and SHIP (State Health Insurance Assistance Program) at SAGE will offer free assistance in reviewing your Medicare coverage for 2018.

A free program to discuss Medicare plans and options, and answer questions to prepare for open enrollment will be held at SAGE Eldercare, 290 Broad Street, Summit, on Thursday, November 16, 6 - 7 pm. The program will also be offered December 4, 1 - 2 pm.

SAGE Eldercare serves as the SHIP representative for Union County. Staff and volunteers are available for free, personalized, confidential, and objective Medicare counseling on decisions about coverage; help with claims, billing, or appeals; and provide information on programs for people with limited income and resources, as well as to help you reassess your coverage.

The counselors receive ongoing training from the Division on Aging Services, New Jersey Department of Human Services.

“It is recommended that you obtain advice and guidance from someone who is not affiliated with a particular health care insurance company

so that you can compare plans without any bias. Personalized Medicare counseling is available, free of charge, from SHIP counselors, such as those who volunteer their time at SAGE,” said Elyse Drucker, Union County SHIP Coordinator.

For more information or to register for the Medicare Open Enrollment programs, please call: 908.598.5548 or email: [education@sageeldercare.org](mailto:education@sageeldercare.org).

To make an appointment with a SHIP counselor, please call: 908.273.6999 or email: [ship@sageeldercare.org](mailto:ship@sageeldercare.org).

If you live outside Union County, visit [www.medicare.gov/contacts](http://www.medicare.gov/contacts) or call 1-800-MEDICARE to get the phone numbers of SHIP representatives in other NJ counties or in other U.S. states.

SAGE is committed to being the leading provider of programs and services to meet the changing needs of older adults, their families, and caregivers in Union, Essex, Morris, and Somerset Counties.

For more information, please call 908.273.5550 or visit [www.sageeldercare.org](http://www.sageeldercare.org).

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### Holiday Celebration and Tree Trimming Contest

On Sunday, December 3, Scotch Plains invites residents to a hometown holiday celebration featuring a community tree decorating contest, horse drawn carriage rides, visit and photos with Santa, hot chocolate and donuts, cookie decorating, face painting and more!

Santa arrives at 3:00 p.m. and goes back to the North Pole at 5 p.m. after he lights the town tree. This event is sponsored by the Scotch Plains Business and Professional Organization and the Cultural Arts Committee.

**Admission is free. Join us in supporting our local food banks by donating nonperishable food items to our Food Collection Van.**

There are a limited number of trees available to decorate.

Please contact Margaret Heisey at 908-322-6700 ext 314

or download registration forms from the Township's website: [www.scotchplainsnj.gov](http://www.scotchplainsnj.gov).

### WALK TO SCHOOL DAY

Superintendent of Schools Dr. Margaret Hayes walked to school with (left to right) Mark Migliaccio, John Laudman, and Massimo Passucci on Wednesday, October 4. Many of the students in Scotch Plains participated in this annual event of walking to school with their principal, teachers, police officers, firemen, and even the Mayor of Scotch Plains.



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## JUNIOR LEAGUE OF ELIZABETH-PLAINFIELD ANNOUNCES 2017-2018 BOARD OF DIRECTORS

The Junior League of Elizabeth-Plainfield (JLEP) is excited to share their 2017-2018 Board of Directors. This year's board includes a complementary mix of returning and new board members who are excited to come together to plan another year of fulfilling events for JLEP, including kicking off 95 years as a Junior League chapter in the Spring. JLEP's Board of Directors: President Nydia M Diefenbach, President Elect Suzanne Gallagher, Treasurer Naomi Benson, Nominating Placement Ashleigh Nudo, and Sustainer Reps Josephine Stack and Teri DiFrancesco.

For almost 95 years, JLEP has been helping women and children in need in the greater Union County area. From the League's signature projects Career Closet and Teen Closet to the League's annual Angel Tree partnership with Healthy Families Elizabeth, JLEP is proud of the volunteer work it accomplishes and the positive impact it provides to the local community. JLEP

is a small but mighty league that loves the work they do!

ABOUT the Junior League of Elizabeth-Plainfield:

The Junior League of Elizabeth-Plainfield is a chapter of the Association of Junior Leagues International, Inc. and is an organization of women committed to promoting voluntarism, developing the potential of women, and improving communities through the effective action and leadership of trained volunteers. Its purpose is exclusively educational and charitable. In spring 2018, JLEP will celebrate 95 years as a Junior League chapter.

JLEP operates from September through May during the League's calendar year. To learn more about JLEP, please go to [www.jlepnj.org](http://www.jlepnj.org) or email [information@jlepnj.org](mailto:information@jlepnj.org). You may also contact Nydia M Diefenbach, President 2017-2018, Junior League of Elizabeth-Plainfield at (908) 709-1177.



(above l-r) Teri DiFrancesco, Ashleigh Nudo, Naomi Benson, Suzanne Gallagher, Nydia Diefenbach, Josephine Stack

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# A CHRISTMAS CAROL COMING TO CDC THEATRE

Ebenezer Scrooge and his ghostly encounters will come to life at CDC Theatre beginning December 8. Written and scored by Broadway heavy hitters, Alan Menken (Disney's Beauty and the Beast, Disney's The Little Mermaid, Little Shop of Horrors) and Lynn Ahrens (Ragtime, Seussical, Once on This Island), A Christmas Carol is a spectacular adaptation of Charles Dickens' most well-known story; proving its staying power with a decade-long run at the Theatre at Madison Square Garden.

This family friendly show will be directed by Matty Price. "I chose a Christmas Carol because it has a wonderful message about change," said Price. "That change for the better is possible and it is never too late to change. I think it applies to all people in all walks of life and at any stage. Our cast represents this with the variety of ages we have onstage working together to create this show. I think telling this familiar tale in the

musical theatre style makes it new and exciting and the story will feel right at home on the CDC stage!"

Ebenezer Scrooge is a prosperous curmudgeon who believes that personal wealth is far more valuable than the happiness and comfort of others. With an infuriated "Bah! Humbug!", Scrooge sums up his feelings about Christmas tidings and charitable giving, but he's forced to face his selfish ways when on Christmas Eve three ghosts lead him through his Past, Present and Future. Thanks to their guidance, Scrooge recognizes his faults and greets Christmas morning as a changed man and with a cheerful "Happy Christmas!"

The production boasts a talented cast of over 30 local performers and will run for 8 performances from December 8 through December 16. Details and ticket information can be found at [cdctheatre.org](http://cdctheatre.org).

**A Christmas Carol**  
A LEGENDARY MUSICAL

Music—Alan Menken      Lyrics—Lynn Ahrens

Thurs/Fri/Sat      Sat/Sun  
Dec 8, 9, 14, 15, 16      Dec 9, 10, 16  
7:30pm      1:30pm

CDC Theatre  
Celebrating 99 Seasons in Cranford  
78 Winous Ave. 908.276.7617 [cdctheatre.org](http://cdctheatre.org)



(above l-r) Charity Elves Amanda Dunsdon, Kylie Francis, Kimmi Zimmermann, Annamarie Carlo and Michele Greenspan prepare to dance into CDC Theatre in December.

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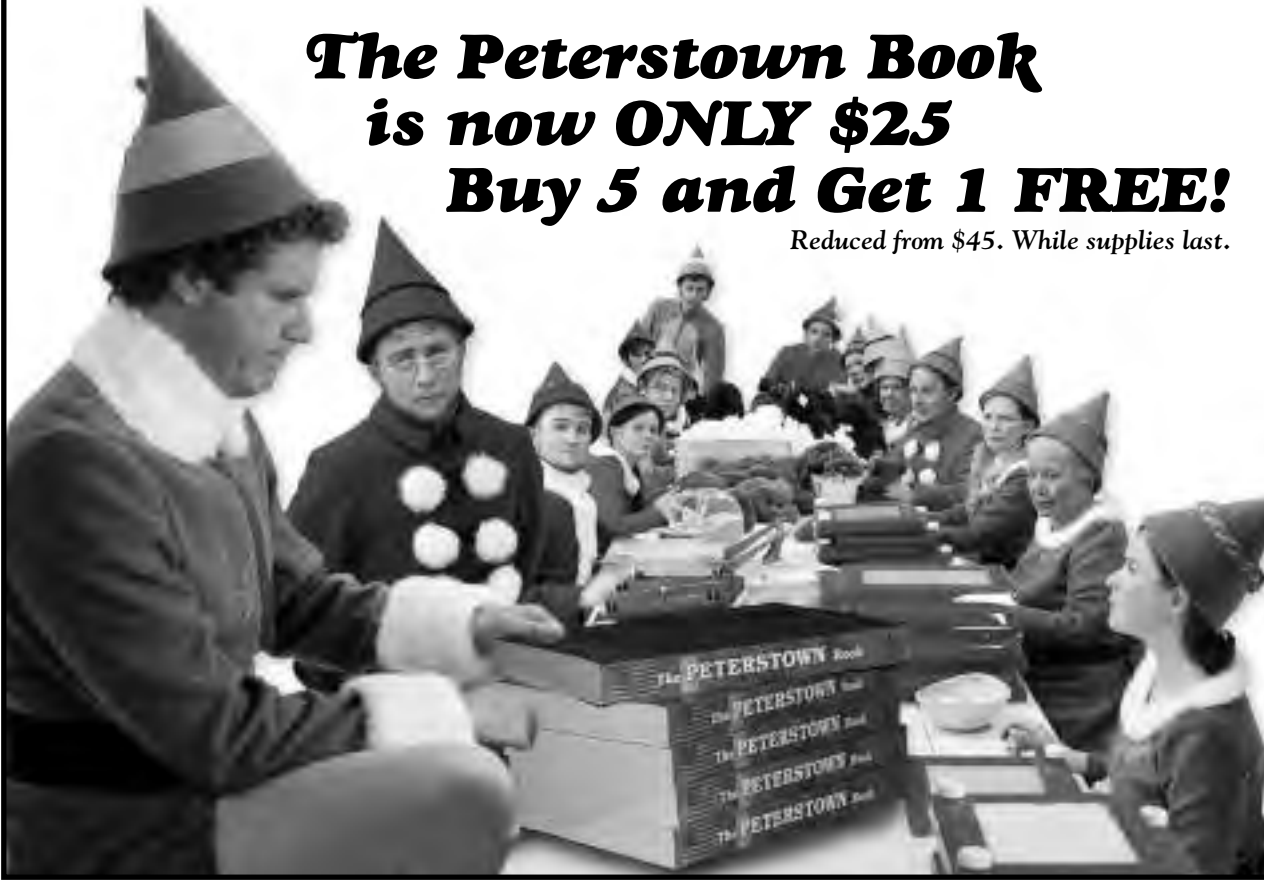
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