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THE IMPORTANCE OF A BACHELOR'S DEGREE

Scotch Plains resident Jeffrey H. Toney, Ph.D., Kean University provost and vice president for academic affairs, told a statewide gathering of leaders in higher education, government and business that the value of bachelor's degree cannot be measured in dollars and cents. Serving as an expert panelist at the New Jersey Association of State Colleges and Universities (NJASCU) annual Higher Education Symposium, held in the fall at the Trenton War Memorial in Trenton, Toney said the value of a college degree is measured in opportunity.

"You can't measure freedom from a cycle of poverty, of escaping from the tyranny of limits imposed by where you were born, what you look like, or whom you love. You can't measure the value of proving those wrong who didn't have faith in you, or the joy of following your dreams, of finding a career that never feels like work because you love what you do. You can't describe the beauty of a vista at the top of a mountain until you've climbed the path. A college degree can do all that, and more," Toney said.

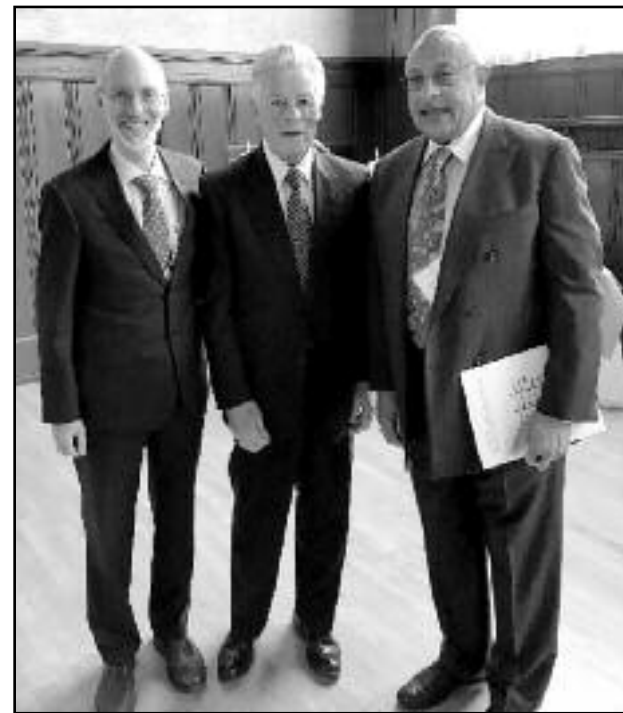
Noting that 85 percent of the jobs expected by 2030 haven't been invented yet and that a post-secondary education is needed for 99 percent of the new jobs added to the economy since 2011, Toney urged those in attendance to work together to eliminate obstacles to higher education for all prospective students.

"I have the honor to speak to you today because great teachers and mentors took a kid like me – first in his family to go to college – by the hand and guided me, sometimes pushed me, up the path. Too many young men and women have potential locked inside them," he said.

The purpose of NJASCU's annual event is to stimulate discussion among state government, business and higher education leaders about significant issues challenging New Jersey's public higher education institutions and affecting not only the hundreds of thousands of enrolled students, but also every resident and business in the state. The two breakout sessions at this year's event focused on The Importance of a Bachelor's Degree for New Jersey's Economy and Institutional Strategies to Contain Costs and Public-Private Partnerships. The keynote speaker was former New Jersey Governor James Florio, who said the value of a bachelor's degree goes beyond the individual.

"Less obvious is the value of a bachelor's degree for sustaining a civil society and our democracy. The bachelor's degree provides the tools to accommodate change, to develop analytical skills, to acquire intellectual courage, to engage with and understand others," Florio said. "Higher education is crucial to prepare a new generation of leaders."

New Jersey Department of Labor and Workforce Development Assistant Commissioner Jeffrey Stoller gave a presentation that charted two documented trends – with more education, median incomes increase dramatically and unemployment rates plummet. He offered eight cornerstones of success to promote and encourage higher education, including increasing high school/college partnerships and strengthening two- and four-year college partnerships. In both of these areas, Kean



(above, l-r) Kean University Provost and Vice President for Academic Affairs Jeffrey H. Toney, former New Jersey Governor James Florio and Thomas Edison State University President George Pruitt.

University is a leader in the state.

Also participating in the symposium were New Jersey Senate Minority Leader Tom Kean Jr.; New Jersey Assembly Higher Education Committee Chairwoman Mila Jasey; New Jersey Assembly Majority Leader Louis Greenwald; Assemblyman Andrew Zwicker; The College of New Jersey President R. Barbara Gitenstein, Ph.D.; Montclair State University President Susan A. Cole, Ph.D.; Ramapo College President Peter P. Mercer, Ph.D.; Stockton University President Harvey Kesselman, Ed.D.; Thomas Edison State University President George A. Pruitt, Ph.D.; William Paterson University President Kathleen Waldron, Ph.D.; New Jersey City University Business School Dean Bernard McSherry, DPS; Rowan University Senior Vice President for Facilities Donald E. Moore; New Jersey Business and Industry Association President Michele Siekerka, J.D.; NJASCU CEO Michael Klein, Ph.D.; and NJ Spotlight Editor John Mooney.

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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 or call 908-858-4012

MICHAEL LAMELA OPENS SCOTCH PLAINS OFFICE

Michael Lamela, CPA, celebrated the grand opening of his new office location at 210 Haven Avenue, Scotch Plains, New Jersey during the month of December 2017. Family, friends, clients, and members of the Scotch Plains Business Network International were on hand for the ribbon cutting, followed by an evening of business networking.

Since first opening his doors to the community three years ago, Lamela has provided a personal approach towards servicing the needs of many businesses and individuals. He recognizes there is a significant deficiency in the attention that most businesses and individuals get from their

accountants, and believes that it leads to missed opportunities and potentially overpaid tax liabilities. As a result, Lamela takes a proactive approach in assisting his clients in identifying tax saving opportunities and educating them on the financial effects of their decisions.

Michael Lamela CPA, LLC is now accepting appointments for the preparation of 2017 tax returns. Mike invites you to call him today at 908-939-8070 or email him at mike@lamelacpa.com for more information!

You can also visit him online at lamelacpa.com.

Happy Tax Season!



(above) Scotch Plains Mayor Al Smith was on hand to help with the Ribbon cutting ceremony.

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The Fanwood-Scotch Plains Rotary Club will hold a Casino Night Fundraiser on Friday, February 9, 2018 at 6:30 p.m. at Shackamaxon Country Club in Scotch Plains.

Tickets are \$65 per person and include a buffet dinner and \$100 in casino play money. All attendees must be at least 21 years of age. Doors will open at 6:30 p.m. and gaming will occur between 7 and 11 p.m. Tickets can be purchased on Eventbrite (Eventbrite.com).

For further information about the event, including sponsorship opportunities, contact Carmela Resnick at cresnickart@gmail.com.

The fundraiser will support the many charitable activities managed by the Fanwood-

Scotch Plains Rotary Club, a thriving organization with over 50 members. The club currently sponsors local and international causes, as well as scholarships for Fanwood-Scotch Plains High School students. As the club continues to grow, it plans to expand its service initiatives and support for non-profit organizations.

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 and at 6 p.m. at Darby Road on the last Wednesday of the month. Guests are invited to attend and learn about the good that Rotary is doing worldwide.

For further information, go to fsprotary.org.

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SCOTCH PLAINS DOWNTOWN REDEVELOPMENT 2017 SUMMARY REPORT

The Scotch Plains Downtown Redevelopment Committee (SPDRC) recently published its 2017 annual summary report to the Township Council. Tom Stowe, Project Coordinator for Redevelopment, presented the key findings and recommendations compiled in the report on behalf of the SPDRC at the Tuesday, January 16, 2018 Town Council Business Meeting. The Town Council voted to accept the report and publish the report on the Township's website.

The summary report covers important topics such as: downtown study areas, tiers, and phases, the vision/mission statement for downtown redevelopment, goals and principles, the

importance of "critical mass" (increased density of development downtown), how the Township's Affordable Housing settlement will drive mixed-use development downtown, infrastructure, growing Scotch Plains' tax base/tax stabilization, ideas on transit and transportation services, and summary information on the two concepts designed by our Township Planner for development on publicly owned properties downtown.

The SPDRC was established as an Ad Hoc Subcommittee of the Township Council on March 21, 2017 through Resolution 2017-75. The Downtown Redevelopment Committee is comprised of 21 members, including Township professionals, residents, and business owners.

The purpose and objective of the SPDRC is to advise and assist the Mayor and Township Council relative to the redevelopment of Scotch Plains' downtown. The information provided in this report helps fulfill the objective and purpose of the SPDRC by summarizing the findings, recommendations, and research of the SPDRC for 2017, and the information is intended to guide

the Township Council as it makes decisions regarding redevelopment plan(s) and our downtown's future.

The Township Council will continue to review the findings, recommendations, and research found in this report and decide on appropriate courses of action. The Township Council has the ultimate say on downtown redevelopment, and the SPDRC looks forward to continuing to assist the Township Council on downtown redevelopment in 2018. The SPDRC will continue to hold monthly public meetings on the second Wednesday of the month at 7 p.m. at Town Hall.

The key findings and recommendations of the report can be found on pages 2 to 5. Provided in the remaining pages of the report are more detailed explanations and information on the key findings and recommendations.

To view the full 2017 annual summary report to the Town Council, please visit: scotchplainsnj.gov/departments/downtown-redevelopment-committee/2017-summary-report

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A scholarship fund of \$1 million was established by the late Adele DeLeeuw to assist needy students in the Plainfield area for their pursuit of post-secondary education. The fund is managed by PNC Advisors (PNC), and is administered by the Plainfield Foundation through the Rotary Club of Plainfield-North Plainfield.

Adele DeLeeuw was a well-known author of books for children of all ages, a prominent Plainfield resident for almost her entire life. She was a patron of the arts and literature, and took a special interest in young people.

Adele lived in Plainfield with her parents and her sister, Cateau, who was an artist. Her father was a consulting engineer with an office in New York City.

After their father and then their mother passed away, Adele and Cateau continued to reside in Plainfield. They were members and proud supporters of many literary and arts organizations in the area.

Adele was also a champion for her City of Plainfield. An article in the Courier News from 1979 said that Adele "relishes giving the Queen City, her home since 1914, an oral or written boost."

She had the opportunity to give that support in her freelance writings for the Courier News over an eight-year period. Her opinion pieces were well-received, and were eagerly anticipated by many readers.

Adele died on June 13, 1988. She was predeceased by her sister, Cateau. With no immediate survivors, Adele set aside a portion of her estate for a scholarship program to be administered by the Plainfield Foundation.

Reflecting her own and her family's interests, Adele stipulated in her will that the annual earnings from her scholarship endowment would be awarded to graduating seniors from high schools in Plainfield, North Plainfield, South Plainfield, Edison, Fanwood, Scotch Plains, Watchung, and Warren. She further stipulated

that eligible seniors must pursue a course of study in art, poetry, writing, journalism, or engineering; courses of study that reflected her own family's careers and interests.

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(above, l-r) Deborah Saradaki, Business Administrator for Scotch Plains-Fanwood Public Schools swore in the newly-elected board of education members on January 10, 2018. Mrs. Amy Boroff (Fanwood), Mr. Evan Murray and Dr. Cynthia Clancy (Scotch Plains).

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SCOTCH PLAINS RESCUE SQUAD TIPS FOR DEALING WITH SINUSITIS

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

This past winter, many of us experienced not just the common cold, but sinusitis. As someone who has never had this before, I had no idea how painful it could be.

Many of the symptoms mimic that of the common cold, with stuffy or runny nose, itchy eyes and nose, and sneezing and/or coughing. However, sinusitis also presents with pain around the eyes and nose, headache, postnasal drip, and even pain in the roof of the mouth and teeth. If these symptoms are still present after 10 days, if you have a fever, or if there are underlying health conditions such as asthma or bronchitis, a doctor needs to be seen. Sinusitis can also lead to infections, which can cause even more pain, earaches, sore throat, heavy green or yellow discharge, and swelling of the eye area. If this is the case, antibiotics will be needed.

Otherwise, there are a few things that can be done at home. Massaging the eye area, using a humidifier to keep nostrils moist, and applying heat to the nose and eye area are a few of the most common treatments. There are also some over the counter sinus decongestants available, and some people find that cutting out dairy products cuts

down on the mucus. Drinking more water and staying hydrated is important as well.

Since the common cold is one of the causes of sinusitis, it's important to take precautions against catching one. Wash hands frequently, eat healthily, and try to avoid people who are showing symptoms of a cold.

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

FREE CHILD, TEEN, AND ADULT GRIEF SUPPORT

Free support groups are available for children, teens, and parents coping with loss due to death or illness on Monday, Tuesday, or Wednesday evenings from 6:30-8:30 p.m. at Imagine located at 244 Sheffield Street in Mountainside, NJ.

Imagine is a free year-round peer grief support program for children age 3-18 and young adults 18-30 who have had a parent, brother, or sister die, or who are living with a family member with a life-altering physical illness. Concurrent support groups are available

for parents and guardians in both programs. Imagine also provides educational workshops and on-site bereavement and crisis support for businesses, corporations, schools and community agencies.

Imagine supports children and families coping with loss and fosters resiliency and emotional well-being for all those who grieve.

If you or someone you know could benefit please contact Imagine at 908-264-3100 or email info@imagine.nj.org.



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www.cozycornerdeli.net (for catering menu)

COLLEGE CLUB OF FANWOOD-SCOTCH PLAINS ACCEPTING SCHOLARSHIP APPLICATIONS

The College Club of Fanwood-Scotch Plains 2018-2019 scholarship application forms can be obtained from the SPFHS Counseling Office or at spfk12.org or at collegeclubfsp.org. Scholarships are awarded annually to women who are 1) high school seniors or 2) college students, and who plan to pursue a Baccalaureate Degree at a four-year college. Scholarships totaling \$28,500 were awarded for the academic year 2017-2018.

To be eligible for consideration, high school applicants must be residents of Fanwood or Scotch Plains. College applicants must be local residents of Fanwood or Scotch Plains at the time they graduate from high school. Scholarships are awarded based on three primary characteristics of the applicants: 1) financial need, 2) academic achievement, and 3) character of the applicant.

Application materials must be postmarked on or before February 15, 2018 to be considered.

UPCOMING BLOOD DRIVES IN SCOTCH PLAINS

Location: Scotch Plains Donor Center, 2279 South Avenue, Scotch Plains

New Jersey Blood Services would like to announce that it is conducting blood drives in Scotch Plains which are open to the public.

Monday, February 5 - 2 to 9 p.m.

Wednesday, February 7 - 2018, 2 to 9 p.m.

Friday, February 9, 2018 - 11 a.m. to 6 p.m.

Saturday, February 10, 2018, - 8 a.m. to 3 p.m.

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DEAN'S LIST AT UNIVERSITY OF DELAWARE

The following students from Scotch Plains have been named to the University of Delaware Dean's List for the Fall 2017 semester: Francesca Arvizzigno, Justin Kaufman, Madison Maisel, Alyson McGrath, Nicole Nilsen, Ryan Peterson, Paige Crandall, Kelsey Werkheiser,

Jacob Sutterlin, Natalie Zimmermann, and Evan Scharf.

To meet eligibility requirements for the Dean's List, a student must be enrolled full-time and earn a GPA of 3.33 or above (on a 4.0 scale) for the semester.



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YFCS OFFERS SUPPORT TO NJ VETERANS, MILITARY AND THEIR FAMILIES

In an effort to continue raising awareness about the amazing work nonprofits are doing in our community, the Greater Westfield Area Chamber of Commerce (GWACC) would like to highlight Bravest First, a program developed by Youth & Family Counseling Service (YFCS). Bravest First was created in 2015 to support the critical counseling needs of New Jersey's veterans, military members and their immediate families.

Based on 2012 data from the Department of Veterans Affairs, the number of veteran suicides averages 22 per day. In light of these staggering numbers, YFCS recognized the need for mental health care services to support the New Jersey military community. The Bravest First program is a free service provided through the generous donations of individuals and companies to YFCS.

"We know how important it is to have affordable access to mental health care services, especially when it comes to our bravest," said Carol M. Pedro, LPC, Executive Director of YFCS. "By partnering with organizations like Bonds of Courage as well as the GWACC, we are able to increase awareness about this free service we offer to the veteran and military community of New Jersey."

The YFCS is a non-profit social service agency and one of the very few regional counseling centers offering professional "family systems" based psychological counseling, prevention,

education, crisis intervention, and supportive services to all income levels. Since its establishment in 1918, YFCS has served over 50,000 people—empowering and restoring countless lives in the community.

"We are delighted to be working with nonprofit organizations like YFCS," said Stephanie Branna, Board Member and Chair of the GWACC Nonprofit Committee. "It is important to support our veterans and military in all capacities including mental health care, which is why the GWACC is committed to raising awareness about free programs like Bravest First."

For more information about YFCS and the Bravest First program, please call (908) 233-2042 or visit yfcsnj.org.

ABOUT YOUTH & FAMILY COUNSELING SERVICE

For nearly 100 years, the Youth & Family Counseling Service has promoted the mental health and well-being of youth, families and the larger community in Union County and surrounding areas through the provision of high-quality, affordable counseling services.

ABOUT THE GREATER WESTFIELD AREA CHAMBER OF COMMERCE

The GWACC has 500 members serving five communities in Union County: Fanwood, Garwood, Mountainside, Scotch Plains and Westfield.

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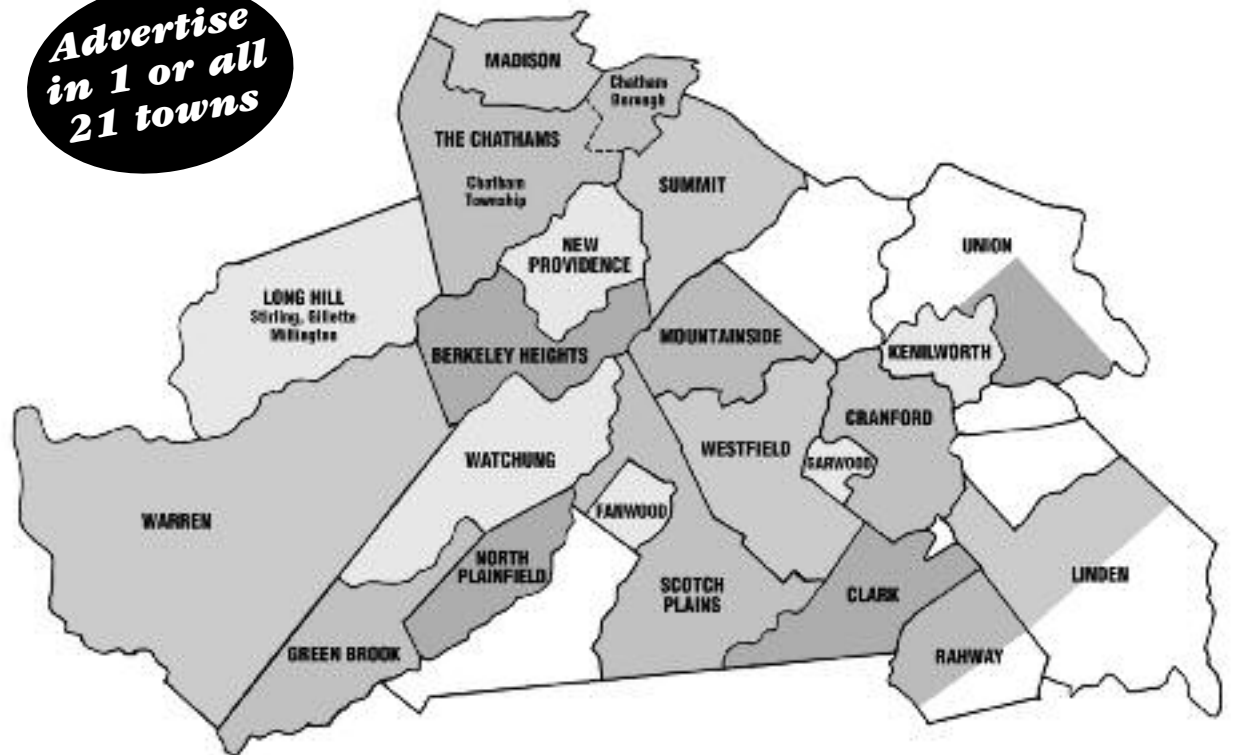
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Creature Comfort Pet Therapy will present the benefits of pet therapy at the College Club of Fanwood-Scotch Plains meeting on February 26, 2018 at 7:30 p.m. The Creature Comforts team of dedicated staff and volunteers are committed to sharing their animals' love by visiting people in need of comfort and therapy.

Creature Comforts has more than 160 pet therapy teams. Though the majority of pet teams are dogs, rabbits, cats, a potbelly pig, and a mini horse have also been certified as pet therapy animals. Volunteer teams provide almost 200 visits per month to facilities that include nursing

homes, schools, libraries, hospitals, hospice, and veterans' programs.

Benefits of visits with a therapy animal may include decreased anxiety, increased communication and socialization, reduced pain, lower blood pressure and improved reading skills.

This program is open to the public, is free of charge and will take place on February 26, 2018 at The Fanwood Presbyterian Church, 74 South Martine Avenue, Fanwood (McDermott Street entrance) at 7:30 p.m. after a brief refreshment period.

COPING WITH MENTAL ILLNESS

Are you feeling stressed and alone in trying to cope with the effect of a loved one's mental illness?

The Union County affiliate of NAMI/National Alliance on Mental Illness offers monthly peer led group meetings to support those who care for a loved one who struggles with a mental health issue. Join the discussion and perhaps gain

insight from others facing similar challenges.

The NAMI Union County Family Support Group meetings are held the 3rd Tuesday of every month, 7:30-9 p.m., at the First Presbyterian Church of Cranford, 11 Springfield Ave., Cranford, NJ. In case of inclement weather please call 908-233-1628 or email namiunioncounty@yahoo.com.

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