

Scotch Plains NJ

WHAT'S HAPPENING MONTHLY

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MARTIN LUTHER KING CELEBRATED WITH DAY OF SERVICE

The Fanwood Scotch Plains Martin Luther King Day of Service was held on January 21st, 2019.

Led by a planning committee made up of several community members, numerous events were held at various locations throughout Fanwood and Scotch Plains including JCC of Central NJ, Goddard School, Fanwood Presbyterian Church, St. John's Baptist Church, Willow Grove Presbyterian Church, Temple Shalom, All Saints Episcopal Church, and the Fanwood Scotch Plains YMCA.



(above) Sandwich Making for the Hungry: Girl Scout Troop 40091, 6th graders from Terrill Middle School, made about 1,000 sandwiches which were distributed to several area soup kitchens. Members of the community donated the items to make the meat and cheese sandwiches.



(above) The Hunter family of Scotch Plains



(above) Brownie Troop 40782 made Valentine's for Veterans.



(above) The Fanwood Scotch Plains Rotary Club sponsored 'Rise Against Hunger' which is driven by the vision of a world without hunger. Their mission is to end hunger in our lifetime by providing food and life-changing aid to the world's most vulnerable. Volunteers packed 10,000 meals in an assembly-line of highly nutritious dehydrated meals comprised of rice, soy, vegetables, and 23 essential vitamins and minerals.



(above) The Union County College Soccer Club volunteered for the 'Rise Against Hunger' meal packing effort held at the YMCA.

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CASINO NIGHT FUNDRAISER - FEBRUARY 22

Scotch Plains NJ WHAT'S HAPPENING MONTHLY

Scotch Plains Monthly is published by Renna Media. 9,500 newspapers are printed monthly and mailed to every business and resident in Scotch Plains.

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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

Scotch Plains Monthly is online at www.rennamedia.com like us on [facebook.com/Scotch Plains Monthly](https://www.facebook.com/ScotchPlainsMonthly)

The Fanwood-Scotch Plains Rotary Club will hold their Casino Night Fundraiser on Friday, February 22, 2019 at 6:00 p.m. at Shackamaxon Country Club in Scotch Plains. Tickets are \$85 per person and include a buffet dinner and \$100 in casino play money. Doors will open at 6:00 p.m. and gaming begins at 6:30 p.m. All attendees must be at least 21 years of age.

Tickets and sponsorships can be purchased at fsprotary.brownpapertickets.com. For further information about the event, including sponsorship opportunities, contact FSPRotaryClub@gmail.com. There are a limited number of tickets available and the event was sold-out last year. Everyone is encouraged to purchase their tickets early!

The fundraiser will support the many charitable activities managed by the Fanwood-Scotch Plains Rotary Club, a thriving organization with 70 members. The club currently sponsors local and international causes, as well as scholarships for Fanwood-Scotch Plains High School students.

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. On the last Wednesday of the month, members can participate in a service project for Mobile Meals of Westfield and/or attend a friendship lunch. 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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MEET CHRIS FUENTES AND THOMAS SNIHUR OF THE SCOTCH PLAINS RESCUE SQUAD – NEIGHBORS HELPING NEIGHBORS

Chris Fuentes, our newly elected Deputy Chief for 2019, joined the rescue squad in 2008 when he was 28 years old. Before becoming a member of the SPRS, he was an active riding member on the Edison First Aid Squad No. 2, where he started as a probationary cadet at the age of 16. After leaving Edison, he still wanted to continue to volunteer and ended up on the Scotch Plains squad since it was closer to his home. All in all, he has been riding on an ambulance for 20 years.

“One of the main reasons I volunteer is the fact

I am truly helping my friends and neighbors. Since the organization does not bill for services and we get no income from taxes, I truly feel proud that we get to help people when needed,” said Chris.

When asked about his most memorable call, he mentioned a cardiac arrest call with a very overweight patient located on the second floor of a home. “Once we had to transport, we had to figure out a way to get him down, while continuing compressions. It took a lot of manpower and a lot of repositioning, but we got him down the stairs on a backboard. I am still wondering, to this day, how we pulled it off.”

Besides being our Deputy Chief, Chris was previously a 2nd Vice President and an Alternate Delegate to the EMS Council of NJ. In addition to his volunteer work, he works full-time in the Training/QA department for a non-profit company that supports people with developmental disabilities.

When asked why someone should volunteer with our squad, he said that “the squad is a great stepping stone for a career in the medical field. You also gain a second family.”

Thomas Snihur, another member, joined the Scotch Plains Rescue Squad in 2011 at the start of his senior year of high school. He was just 17 years old and has now been riding for seven years. “I always enjoyed the sciences and had a strong desire to help others. I felt the rescue squad was the best way to fulfill both. The opportunity to gain exposure to the world of medicine while volunteering and giving back to my community remains a privilege I am incredibly grateful for,” he said.

Thomas also went on to say that it is “far more than just another activity I have volunteered in; it has truly become a part of my life. I love the ability to help others and give back to my community which has done so much to help me get where I am today. I also love the fast-paced nature of Emergency Medical Services. EMS forces you to problem solve and think critically, often times in tense situations, which is

something I really enjoy.”

Thomas is currently a third-year medical student at St. George's University School of Medicine and is strongly considering a career as an Emergency Medicine physician.

His most memorable day on the squad occurred when he was on spring break from college. A few minutes into his shift, he and his partner were dispatched to a report of a patient with chest pain. Shortly after they arrived on the scene, the patient went into cardiac arrest. They immediately started CPR and transported the patient to the hospital. Roughly four hours later they got dispatched to a different location with the same complaint - chest pain. Little did they know they would be facing another patient in cardiac arrest. Again, they initiated high-quality CPR and continued to do so until arrival at a local hospital. Tom wondered if they would ever hear the outcome of these patients. They knew that they had provided the highest quality of care possible through their training. Weeks later they learned they had saved not only one life, but two lives that day. Thomas stated that he is “honored to have helped these patients and am overjoyed about their positive outcome.”

“I would strongly encourage anyone with a desire to help others and/or an interest in medicine to apply for membership to our organization. The rescue squad offers the opportunity to help others and gain medical knowledge. It is an immensely fulfilling endeavor and for me and is truly an honor to be a part of. Finally, we are a family. The constant support and camaraderie within our organization makes us all believe the Squad is a special place,” he said.

Please reach out if you would like to join your neighbors and become a part of our organization. You can go to scotchplainsrescuesquad.com for an application or email scotchplainsrescuesquad@gmail.com. You can also call us at (908) 322-2103 (non-emergencies only.)

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

michael lamela CPA



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LOCAL BASEBALL PLAYERS AND COACHES WILL BE HONORED AT ANNUAL "HOT STOVE" AWARDS DINNER, SUNDAY, FEB. 10 SPECIAL GUEST SPEAKER: DWIGHT "DOC" GOODEN

The Union County Baseball Association will induct four new members into the Union County Baseball Hall of Fame at the organization's 83rd annual Hot Stove League Dinner on Sunday, February 10, 2019 beginning at 1:00 p.m., at The Gran Centurions in Clark, New Jersey.

The four new inductees into the Union County Baseball Hall of Fame include:

Rich Biddulph of Roselle, an All-State catcher for Roselle Catholic High School and longtime coach of American Legion Baseball teams in Cranford and Roselle;

Walter Podgurski of Union, an All-State second baseman for the Farmers, who went on to play for the University of Pennsylvania and was drafted by the Minnesota Twins;

Chris Roof of Berkeley Heights and Scotch Plains, a standout player at Governor Livingston High School and Montclair State University and longtime coach at Governor Livingston;

Tom Urban of Elizabeth, a varsity infielder at Thomas Jefferson High School, baseball coach in Elizabeth and at Arthur L. Johnson High School in Clark, and director of the Union County Baseball Association Summer and Fall leagues.

The special guest speaker at the annual event will be Dwight "Doc" Gooden, the former award-

winning pitcher for the New York Mets and the New York Yankees. Gooden's headline-grabbing 16-year Major League career – including Rookie of the Year and Cy Young awards with the Mets and his no-hitter while pitching for the Yankees – remains a hot topic of discussion nearly two decades after he threw his final pitch.

Scholastic athletes from throughout Union County also will be honored at the afternoon awards ceremonies on Feb. 10 for their accomplishments in high school, college and Union County Youth Baseball leagues. Among these honorees will be Luis Amaro of Roselle Park; Jamie Belfer and Danny Serretti, both of Berkeley Heights; and Ed Kushner of Linden.

Tickets for the 83rd annual Hot Stove League

awards dinner may be purchased online at UCBA-NJ.org or by writing to the Union County Baseball Association, PO Box 176, Fanwood, New Jersey 07023.


Sponsored by the Union County Baseball Association, in cooperation with the Union County Board of Chosen Freeholders and the Department of Parks and Recreation, the Hot Stove League awards dinner is the primary annual fund-raising effort for the Union County Youth Baseball Leagues. The summer and fall leagues have given more than 40,000 boys and girls an opportunity to participate in an organized baseball program for the past 70 years.

For more information call Jim Iozzi, UCBA president, at 908-917-2523.




(above) Dwight "Doc" Gooden will be the guest speaker at the 83rd annual Hot Stove League Dinner on Sunday, February 10, 2019.

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JULIETT L. SAMMS AMONG TRINITAS SCHOOL NURSING GRADUATES

One hundred and twelve students received their nursing diplomas at the Trinitas School of Nursing's 161st Convocation Ceremony held at St. Michael's Church in Cranford including Victor T. Bloodgood of Fanwood, and Juliett L. Samms of Scotch Plains. Surrounded by family, friends, and staff that supported their efforts every step of the way, 99 women and 13 men proudly accepted their pins and diplomas. They also became eligible to sit for the NCLEX-RN registered nurse licensing examination.

"The Trinitas School of Nursing congratulates the Class of January 2019," said Dr. Rose Santee, Dean of the Trinitas School of Nursing, a diploma in nursing program which is affiliated with Union County College that also awards the Associate in Science Degree to the graduates.

"The administration, faculty and staff continue their commitment to the success of all our nursing students using innovative strategies to promote student success. We prepare our graduates to be entry-level nurses in today's dynamic health care environment."

Graduate nurses took part in the occasion in various ways. The ceremony began with "America the Beautiful," sung by Huguette Jean, accompanied by her husband Arrold Jean on the piano. The Welcome speech was given by Anaelisa Ramirez, while the Senior Class Address was delivered by Rebecca O. Thompson and the Closing remarks were given by Pamela Santamarina.

Trinitas School of Nursing, a collaborative nursing program of Trinitas Regional Medical

Center and Union County College, currently holds full accreditation from the Accreditation Commission for Education in Nursing (ACEN) and the New Jersey State Board of Nursing. The National League for Nursing has awarded the School of Nursing a third designation as a Center of Excellence in Nursing Education status for the years 2015 - 2020 for Creating Environments that Enhance Student Learning and Professional Development. The majority of the full-time faculty and administration are doctorally prepared and hold certifications as NLN Certified Nurse Educators (CNE). The School holds a 25-year, 50-class national RN licensing examination (NCLEX) average pass rate of 95% on first attempt.



(above) Trinitas School of Nursing Class of January 2019 photographed outside St. Michael's in Cranford.

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SCOTCH PLAINS RESCUE SQUAD ANNUAL PANCAKE BREAKFAST – FEB. 24

The Scotch Plains Rescue Squad will hold its annual Pancake Breakfast on Sunday, February 24th, 2019 from 8 a.m. to 12 noon, at its building located at 1916 Bartle Avenue. Seating is available on both the first and second floor. This event is hosted by the Scotch Plains Rescue Squad Auxiliary, which raises funds for the volunteer squad.

All-you-can-eat pancakes, fruit, coffee and sausages are offered for just a \$5 per person entry fee. There is also a raffle for baskets, which are filled with goodies donated by the community and area businesses. This is the 10th year this event is being held, and it's clear by the number

of people who attend that it's something the community looks forward to every year.

So come out with your family and friends and enjoy a hearty, delicious breakfast along with good conversation. It's a nice way to spend a Sunday morning.

The Scotch Plains Rescue Squad relies on ongoing community support. These contributions enable the Squad to fulfill their motto, Neighbors Helping Neighbors - We Work For Pride Not Pay. The squad looks forward to continuing to faithfully serve those who call for help.

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

THRIFT SHOP AT THE FANWOOD PRESBYTERIAN CHURCH

The Thrift Shop at the Fanwood Presbyterian Church is open Wednesdays with the usual hours of 10 a.m. to 4 p.m. Thrift Shop, run by volunteers, is located at the rear of the church complex on McDermott Place.

All proceeds from the sale of the gently used clothing and household items are returned to the community through non-profit groups.

New and gently used clothing, household items, brica-brac (Old cameras and lenses are

now featured), craft, sewing items and books are restocked weekly.

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The party celebrating the 100th Anniversary Season at CDC Theatre will be in full swing when the musical Mamma Mia! opens on February 15, 2019. Over 60 million people worldwide have fallen in love with the characters, the story and the music that make up Mamma Mia! ABBA's hits tell the hilarious story of a daughter's quest to discover the identity of her father, bringing three men from her mother's past back to the island they last visited 20 years ago.

The show's director, Sean Lough, recently shared his enthusiasm. "When it comes to having fun directing, Mamma Mia! is going to be a tough one to beat. Mamma Mia! is one of the world's most popular musicals, so we are excited to bring it to New Jersey audiences as part of our 100th Season! The cast is made up of true ABBA fans; it would be hard not to be working on this show. At our first rehearsal, everyone had huge smiles on their faces as it hit them that we get to

perform classic ABBA songs, not just sing them in our cars. This show is a true celebration. It's like we're having a party every night."

The large cast is led by Mandy Feiler, Michelle Sblendorio and Donna Faraone as Donne, Tonya and Rosie with Lindsay Maron playing Donna's daughter, Sophie. Michael Dooley, Mark Smith and James Lopez are Sophie's potential dads and Evan Krug her fiancé, Sky.

Tickets and additional details can be found by visiting the theatre's website, cdctheatre.org. For the best selection, and prices, tickets can be purchased ahead of time online following links on the website. Located at 78 Winans Ave. in Cranford, NJ, CDC Theatre has been designated the NJACT Theatre of the Year. This production is made possible by funds from the Union County Office of Cultural & Heritage Affairs, a partner of the New Jersey State Council on the Arts.



(above) Mamma Mia! opens on February 15 for the 100th anniversary season at CDC Theatre.



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Made possible by funds from the Union County Office of Cultural & Heritage Affairs, a partner of the New Jersey State Council on the Arts.



COLLEGE CLUB OF FANWOOD-SCOTCH PLAINS SCHOLARSHIP

The College Club of Fanwood-Scotch Plains 2019-2020 scholarship application forms can be obtained from the SPFHSC Counseling Office or at spfk12.org or fspcollegeclub.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 \$30,750 were awarded for the academic year 2018-2019 to 12 students, 7 of who were high school seniors of the Class of 2018 and 5 who were attending College.

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.

This will be the 83rd year that female students seeking financial assistance to pursue a four-year college degree have been helped by the club's fund-raising efforts. To date, the College Club has awarded approximately \$630,000 in scholarships to approximately 530 women.

Application materials must be postmarked on or before February 15, 2019 to be considered.

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TRANSPORTATION IS KEY TO CANCER CARE

Would you drive a mile to save a life? An estimated 53,260 New Jerseyans will learn they have cancer this year and getting to their scheduled treatment will be their greatest concern. Every day thousands of cancer patients need a ride to treatment here in the Garden State, but some may not have a way to get there.

For the last six years Meg Wilkens has been helping so many of her neighbors during the toughest times of their lives. She has been driving New Jersey residents to their cancer treatments through the American Cancer Society's volunteer Road To Recovery program, which provides free transportation to and from treatment for people with cancer who do not have a ride or are unable

to drive themselves.

"Transportation shouldn't be a roadblock to cancer treatment," said Wilkens. "Even with help from family and friends, sometimes patients have trouble getting every ride they need. I am a second-generation Road To Recovery driver, my father did it when I was growing up. I knew when I retired I wanted to give back and help people."

The American Cancer Society is always looking for volunteers, if you have a current, valid driver's license, own or have regular access to a safe, reliable vehicle, then you're already on the road to volunteering. For more information call the American Cancer Society at 800.227.2345 or visit cancer.org.

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Submitted by Johanna Salvemini

High school seniors wishing to apply for the Adele DeLeeuw Scholarship should obtain applications now from their school guidance office. The scholarships range from \$1,000 to \$5,000. Deadline for submission of applications is Thursday, March 7, 2019.

Previous DeLeeuw scholarship recipients already in college are eligible to re-apply. They must submit complete official transcripts of college grades with a new application.

This is the twenty-fourth year the scholarships have been offered. To date, the Adele DeLeeuw Scholarship Fund, which is a fund of the Plainfield Foundation, has awarded over 1.3 million dollars. The awards are made in accordance with the terms of a bequest from Ms. DeLeeuw, author of 75 books, journalist and arts activist.

The Plainfield Rotary Scholarship Foundation, headed by Michael R. Townley, acts as selector for the scholarships. Area Rotary Clubs assist in

the selection process. Only students attending high schools in Plainfield, North Plainfield, South Plainfield, Warren, Watchung, Scotch Plains, Fanwood and Edison are eligible. Location of high school, not student's residence, is the qualifying factor. The student must also be accepted to an accredited college or university.

Applicants must plan to major in one of the following areas of study: art, poetry, writing, journalism or engineering. They must demonstrate the scholastic aptitude and interest to pursue study in one of these specified areas. They must also prove financial need.

Interested students should consult their guidance counselors to obtain the necessary application information or go to the Plainfield/North Plainfield Rotary Club website at rotarypnp.org/cs-adele-deleew-scholarship.php. Questions may be directed to Johanna Salvemini, Scholarship Administrator, at 908-755-8098.

SERVICE LEAGUE SEEKS SCHOLARSHIP APPLICATIONS

Submitted by Barbara Rappaport

The Fanwood-Scotch Plains Service League is now accepting applications for scholarships from Fanwood-Scotch Plains resident seniors graduating high school in 2019, and those residents currently attending college or post high school technical schools. Applications can be obtained from the Scotch Plains - Fanwood High School (SPFHS) guidance office. Submission deadline is Friday, February 15, 2019.

Recipients are selected with particular emphasis on demonstrated commitment to volunteerism and community service in high school and college. Financial need, outside employment, and demonstrated ability to succeed at post-high school studies are also part of the decision making process.

The Fanwood-Scotch Plains Service League is an all-volunteer, non-profit organization that, through its Thrift Shop, has served our communities since 1974. Since its founding, the League has donated over \$3 million for local causes. Anyone interested in learning more about the League or League membership is invited to call 908-322-5420, visit our website at scotchplainsthiftshop.weebly.com or speak to any of our volunteers at The Thrift Shop, 1741 E. 2nd Ave., Scotch Plains. Check out our Facebook page "Fanwood-Scotch Plains Service League" and give us a "Like." Hours are Tuesday / Wednesday / Thursday / Friday 10:00 - 2:30 and Saturday 10:00 - 1:00. Free parking on the street and in the rear of the building (enter parking lot via Willow Ave.).

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7:00pm - 8:00pm, Pre-registration - 6:45pm

**The First Presbyterian Church of Stirling
258 Central Avenue, Stirling, NJ 07980**

Thursday, February 28th, 2019

7:00pm - 8:00pm, Pre-registration - 6:45pm

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Even if your family is not eligible for need-based aid, we will cover the best strategies on how to pay for college in the most cost efficient basis - without it putting a strain on the rest of your finances.

In this workshop, you will learn:

- How to increase your college-related tax deductions and tax credits
- How to pick colleges that will give you the best financial aid packages
- How to send your child to an expensive private university for less than a state school
- Which assets are taken into consideration when the U.S. Department of Education calculates your Expected Family Contribution (EFC)
- How to pay for college in a failing economy without relying on 529 plans, expensive private student loans or raiding your retirement accounts
- How to get ahead by developing a customized plan to meet all the college costs you will incur as a family
- How to lower your "out-of-pocket" costs and get the maximum amount of money from each school

Here is what parents like you are saying about our **FREE College Funding Workshop...**

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*Rosie Palumbo,
Parent of High School Junior*

"Information was clear, easy to understand and straight forward. Excellent presentation - no hidden agendas."

*Lynn McKenna,
Parent of High School Senior*

"Opened up opportunity to look at colleges we thought were out of our price range."

Barbara Eames, Parent of High School Sophomore

"Covered a lot of ground - easy to follow and moved quickly."

*Sara Pogue,
Parent of High School Junior*

"Demystified the college funding process"

*Joseph Mozzarella,
Parent of High School Senior*



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FEBRUARY 14TH 2019

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SECOND COURSE- Mixed Green Cranberry Walnut Salad
THIRD COURSE- Choice of Roasted Cornish Hen, Flat Iron steak or Honey Glazed Salmon served with Wild Rice & Asparagus
FOURTH COURSE - Choice of Chocolate Covered Strawberries or Lava cake

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MICHAELA MCCLAIN BAND TO PERFORM AT NORTHERN NEW JERSEY'S MOST INTIMATE COFFEEHOUSE

The Salem Roadhouse Café, 829 Salem Road, Union, NJ, proudly presents The Michaela McClain Band, performing on Saturday, February 9, 2019.

Michaela McClain is a singer/songwriter born and raised in Bernardsville. Her "folky-soul" sound is reminiscent of Carol King, Norah Jones and Alicia Keys, and "her warm groove creates an atmosphere of love that's irresistible." Her musical influences range from Carlos Jobim, Ella Fitzgerald, Indigo Girls to India Arie. Michaela writes the music for the band.

Bandmates are: Meredith Foreman, drums; Brad Schwartzseid, bass; and Raul Abbad, guitar.

At her 2016 and 2017 performances at the Roadhouse Cafe, Michaela demonstrated her solid songwriting and performing capabilities while accompanied by an extremely multi-talented band. Each band member wowed the audiences with their individual playing, as well as playing together as a dynamic band.

The featured visual artist for the February show is Derek Jay Dent. Derek does some incredibly creative work with collage themed around jazz and music. His work will be on display for everyone before, during and after the show, with gallery lights up full at door opening and during the break, and immediately after the show.

Fans won't want to miss this live, up front and personal event.

All ages are welcome. It's a wholesome show, so bring the entire family!

Doors open 7:30 p.m. The show starts at 8:00 p.m. Admission is \$20 and includes the show, snacks, beverages and dessert.

Proceeds help local charity missions.

Plan now for an evening of great music in Northern New Jersey's Most Intimate Coffeehouse™.

ABOUT SALEM ROADHOUSE CAFÉ

Dedication best defines the Salem Roadhouse Café: dedication to excellent music and dedication to the community. In its tenth year, The Salem Roadhouse Café reaffirms its commitment to both.

Started in 2008 by members of Townley Presbyterian Church with a grant from the Presbytery of Elizabeth, the Roadhouse Café continues to operate as a non-profit that raises funds for several carefully chosen local charities. That may be its social mission... but the Roadhouse Café is and has been a solid performance venue beloved by the musicians who play there because of its special intimacy with the audience.

CHURCH MUSIC, IT'S NOT

The Roadhouse Café has always offered its stage to local and independent main stream musicians. It's a clean, safe place for people who enjoy listening to live music, in a world of clubs and bars. Jazz, rock, folk and other groups have performed. During the past ten years well over 100 different entertainers have appeared. Local fine artists also display their works.

COMMUNITY ORIENTATION

The Salem Roadhouse Café has raised funds for many carefully chosen charities. They include: The Presbytery of Elizabeth E-port Center, Center For Hope Hospice, Community Food Bank, Monarch Housing, Angel Paws Animal Rescue, National MS Society, Haiti Disaster Relief, Hurricane Sandy Disaster Relief, The Union County YWCA Domestic Violence Program, Making It Possible To End Homelessness, Camp Johnsonburg, The Music Institute, Groundwork Elizabeth, Union Twp. Police "Santa In Blue" toy campaign and others. Thousands of dollars have been raised for these deserving charities.

The musicians who play the Roadhouse often ask to return as soon as possible. The Roadhouse has given them a place with a beautiful stage, good acoustics, a live, attentive audience, and a sound system that is first class.

Now well into its eleventh year of operation, the Salem Roadhouse Café features many of the performers who have graced the stage in the past, as well as talent that is new to the Café stage.

SALEM ROADHOUSE CAFE

This month: Rock

MICHAELA MCCLAIN BAND

SATURDAY, FEBRUARY 9, 8:00 PM

DOORS OPEN AT 7:30 PM ADMISSION: \$20.00 STUDENTS \$15.00

Admission includes snacks, beverages, tea, coffee & desserts



Michaela McClain is a singer/songwriter born and raised in Bernardsville. Her "folky-soul" sound is reminiscent of Carol King, Norah Jones and Alicia Keys, and "her warm groove creates an atmosphere of love that's irresistible." Her musical influences range from Carlos Jobim, Ella Fitzgerald, Indigo Girls to India Arie. Bandmates are: Meredith Foreman, drums; Brad Schwartzseid, bass; and Raul Abbad, guitar. At her 2016 and 2017 performances at the Roadhouse, Michaela demonstrated her solid songwriting and performing capabilities while accompanied by an extremely multi-talented band.

Original art work by Visual Artist **DEREK JAY DENT** will be on display at the
ROADHOUSE GALLERY OF FINE ARTS

2019 Show proceeds benefit local mission charities

All shows are featured on UNION TV34's "UNION AFTER DARK" nightly music series
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NEWARK BAIT AND FLYCASTING CLUB

The Newark bait and Flycasting Club was founded in 1907 and remains the oldest fishing clubs in the nation. We are listed on Amazon Smile and are a recognized 501(c)3 nonprofit. We provide outings to support veterans, adults and children as well as people with disabilities which focus on environmental education, fishing knowledge and practice.

We are always looking for new members, donations, and volunteers if anyone would like to get involved.

Our monthly meetings are held at the Kenilworth VFW, located at 33 S. 21st St., Kenilworth, NJ, on the first Tuesday of each

month at 7 p.m. (except July and August). There is no fee to attend a meeting.

Our Annual Kids Seminar will be held on Tuesday, March 5, 2019 at 7:00 p.m., at the Kenilworth Veterans Center, V.F.W., 33 South 21st street Kenilworth, NJ. A Guest speaker to be announced and topics of discussion will be safety while fishing, fish identification, and practice casting.

Prizes will be awarded and snacks will be served. There is no fee to attend.

For more information visit nbfcc.org or contact Bob Jones BJonesJRNJ@hotmail.com or 908-272-3545.

WEEK OF CODE AT SCHOOL ONE

A two-day coding tutorial was designed for School One students. A representative from Microsoft worked with the students in small groups to engage them in computer programming. This personalized, hands on experience provided students in Grades K through 4 the fundamentals of coding in an age appropriate environment. Students were excited to learn different computer languages, build projects with code, and watch their creativity come to life.



(above) Lillian Dinegar, 1st grade student at School One, has fun learning to code.

Photo by Scotch Plains-Fanwood Public Schools

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APRIL 7 - 2pm

Sing of Spring: An Afternoon of Gershwin, with pianist Gil Scott Chapman on keyboards and Lauren Scales, vocalist.

MAY 5- 2pm

Ed Goldberg and the Odessa Klezmer Band, in honor of Jewish American History Month.

JUNE 2 - 2pm

David Bowie Learn and Listen, with Rob Fusari, in anticipation of Space-themed Summer Reading.

No registration needed.



The IRS is urging the public to be aware of suspicious individuals claiming to be from the IRS.

Thousands of people have lost millions of dollars and their personal information to tax scams. Scammers use the regular mail, telephone, or email to set up individuals, businesses, payroll, and tax professionals.

Scammers and cyberthieves continue to use the IRS as bait. The most common tax scams are phone calls and emails from thieves who pretend to be from the IRS. Scammers use the IRS name, logo, fake employee names and badge numbers to try to steal money and identities from taxpayers.

Taxpayers need to be wary of phone calls or automated messages from someone who claims to be from the IRS. Often, these criminals will say taxpayers owe money and demand payment right away. Other times, scammers will lie to taxpayers and say they're due a refund. The thieves ask for bank account information over the phone. The IRS warns taxpayers not to fall for these scams.

Below are several tips that will help filers avoid becoming a scam victim.

IRS EMPLOYEES WILL NOT:

- Call demanding an immediate payment. The IRS won't call taxpayers if they owe taxes without first sending a bill in the mail.
- Demand payment without allowing taxpayers to question or appeal the amount owed.
- Demand that taxpayers pay their taxes in a specific way, such as with a prepaid debit card.
- Ask for credit or debit card numbers over the phone.
- Threaten to contact local police or similar agencies to arrest taxpayers for non-payment of taxes.
- Threaten legal action, such as a lawsuit.

If taxpayers don't owe or don't think they owe any tax, and they receive an inquiry like this, they should:

- Contact the Treasury Inspector General for Tax Administration. Use TIGTA's "IRS Impersonation Scam Reporting" web page to report the incident.
- Report the incident to the Federal Trade Commission. Use the "FTC Complaint Assistant" on FTC.gov. Add "IRS Telephone Scam" to the comments of your report.

In most cases, an IRS phishing scam is an unsolicited, fake email that claims to come from the IRS. Some emails link to sham websites that look real. The scammers' goal is to lure victims to give up their personal and financial information. If the thieves get what they're after, they use it to steal a victim's money and identity.

For those taxpayers who get a phishing email, the IRS offers this advice:

- Don't reply to the message.
- Don't give out your personal or financial information.
- Forward the email to phishing@irs.gov. Then delete it.
- Don't open any attachments or click on any links. They may have malicious code that will infect your computer.

For more information visit www.irs.gov or call your local police department non-emergency number.

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The next meeting, featuring a comic performance, will be held on February 25, 2019 at the Scotch Plains American Legion, located at 237 Park Ave, Scotch Plains, NJ at 6:30 p.m.

If you are interested in attending please contact Michael D. Boll via email mdbollio@Optonline.net, or call/text (973) 332-1556.



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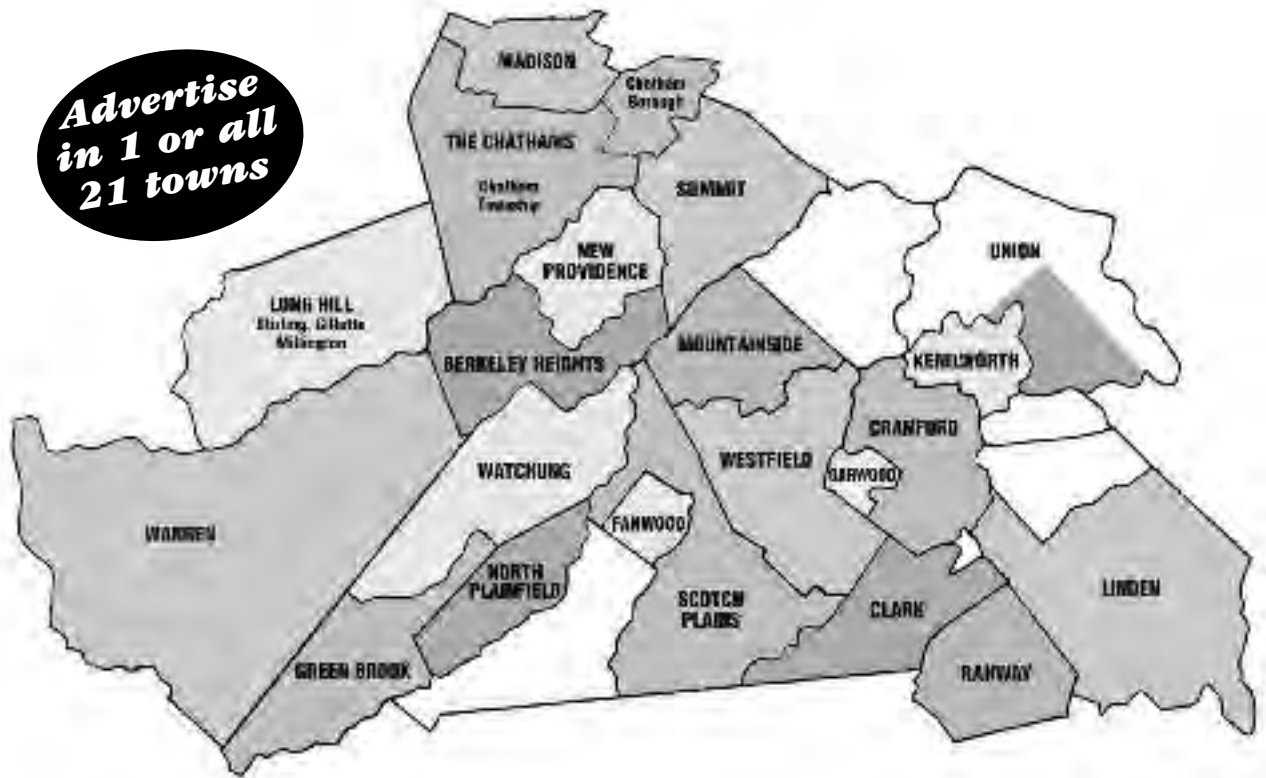
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SCOTCH PLAINS RESCUE SQUAD: PHOBIAS – WHAT DO YOU FEAR?

Submitted by Sue Baldani,

a life member of the Scotch Plains Rescue Squad

While doing research on phobias, I expected to find the usual ones such as fear of spiders, clowns, water, and driving over bridges. However, I was amazed at the number of phobias out there, the odd names that they have and the specific fears mentioned.

For example, did you know that some people fear peanut butter sticking to the roofs of their mouths? It's called arachibutyrophobia. Or that others are afraid of the color yellow? That would be xanthophobia. Ironically, the fear of long words is sesquipedalophobia, so the name of the phobia itself would be enough to bring on anxiety in people with it.

As defined by Healthline.com, "A phobia is an excessive and irrational fear reaction. If you have a phobia, you may experience a deep sense of dread or panic when you encounter the source of your fear."

Do you fear having a phobia? If so, you have phobophobia, which sounds pretty redundant.

These fears are very real to the people who suffer from them and phobias can make everyday living a real challenge. But what causes phobias, and what can be done to help manage them?

According to the Anxiety and Depression Association of America (ADAA), "Scientists believe that phobias can be traced to a combination of genetic tendencies, brain chemistry and other biological, psychological, and environmental factors." While being attacked by a dog as a child may lead to a fear of dogs (cynophobia), other fears often come from out of the blue and are nonsensical, such as

papyrophobia, a fear of paper.

The ADAA lists a variety of treatment options such as cognitive-behavioral therapy (CBT), exposure therapy, anxiety management, relaxation techniques, and medications. One or a combination of these may be recommended.

So the next time someone tells you that they're afraid of the sun (heliophobia) or the rain (ombrophobia), don't just tell them to get over it. Many people know their phobias are irrational, but they can't just wish them away.

About the Scotch Plains Rescue Squad

The Scotch Plains Rescue Squad is a volunteer organization of Neighbors Helping Neighbors. With over 90 volunteers, we answer emergency 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. Our Auxiliary Group holds fund raisers and provides other much needed support for our members.

Please reach out to us if there is something we can do for you, or if you would like to become a part of our organization.

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