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## CARA ARGILA WINS VFW PATRIOT'S PEN ESSAY CONTEST



Photo by Scotch Plains-Fanwood Public Schools

(above, l-r) Joe McCourt; Sarah Odim; Cara Argila; Mrs. Argila; Mr. Argila; Ralph Gerace, Assistant Principal of Terrill Middle School; Officer Arthur Bruschetti, SLEO for Terrill Middle School; Dr. Kevin Holloway, Principal of Terrill Middle School; and Dr. Margaret W. Hayes, Superintendent of Schools.

Submitted by Patricia Kane

On Thursday, February 28, 2019, Cara Argila, an eighth-grade student at Terrill Middle School, was honored in Ms. Odim's Language Arts class for her participation in the VFW Patriot's Pen Essay Contest.

Chairman of the contest, Joseph McCourt of Memorial Post 10122 in Scotch Plains-Fanwood, visited the school along with Cara's family and Dr. Margaret W. Hayes, Superintendent of Schools, to present Cara with the honor of winning first place over 6,000 participants in grades 6 to 8. Cara achieved first place overall in Post 10122, Union County and the State. Cara was presented with a Certificate of Achievement and a monetary award for her essay. Dr. Kevin Holloway, Terrill Middle School Principal, was also presented with a plaque honoring Cara's achievements, which will be displayed at Terrill until January 2020.

Cara wrote about the topic, "Why I Honor the American Flag". She expressed her heartfelt appreciation and support for those who served in the many branches of the military, especially her father, uncle and grandfathers. She stated, "My father, uncle and grandfathers all served in the military and I am honored that they protected our country so we can have rights, freedom and privileges."

Cara's essay will be entered into the VFW's National Essay Contest,

where she will have an opportunity to win a grand prize scholarship of \$5,000. Terrill Middle School and the Scotch Plains-Fanwood Public School District are incredibly proud of Cara on her accomplishments.

(Essey appears on age 2)

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## CARA ARGILA VFW AWARD WINNING ESSAY

### WHY I HONOR THE AMERICAN FLAG

By Cara Argila

The American flag means many things to many people. To some, it as a beacon of freedom; to others, a reminder of why some give their lives for our nation. Others see our flag as a symbol of power and dominance around the world. I see it as a reminder of my family members who proudly served in the United States military. Those 50 stars and 13 stripes are why my father, uncle and two grandfathers made their contribution to protecting the United States of America.

I honor the American flag because it is part of my identity as an American citizen and I am thankful to be part of the greatest nation in the world. I honor the flag as a way to show my respect to all who have served. Some served and came home to continue contributing to our nation through work and family. Others made the ultimate sacrifice. I honor their memory whenever I see our flag. When I cheer at football games, I look at our flag on the field and sing the American anthem. I feel a twinge of sadness for those that gave their lives to protect the flag and our way of life; but then I feel pride and happiness that our country has remained free because of the men and women who fought for the flag.

My father, a surgeon, was a major in the US Army during the Vietnam War. My one grandfather served in the US Army Air Force during World War II. My other grandfather served in the US Navy from 1946-1951. Finally, my uncle was a pilot in the US Air Force in the 1970's. All of these men were and are fiercely proud of their time in the service. Their experiences in the military helped form the kind of men they grew to be. Responsible, honorable, respectful and hard-working. These men in my life have instilled the same values in me and for that, I honor the flag.

I am grateful that this symbol of ours has given many generations a purpose and meaning to their lives. I look at the flag and remember that I am part of something grander and larger. I am an American.

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## COMMUNITY FOUNDATION DONATES \$1,000 TO CARING CONTACT

Peter J. Chemidlin, the President of the Board of Trustees of the Fanwood Community Foundation, presented a \$1,000 grant to Caring Contact on March 12, 2019. The Fanwood Community Foundation was established in 1998 by Bob and Carol Kraus, Fred Chemidlin and Ted Frankenbach as a way to better the Fanwood community and its citizens. Since its inception The Foundation has granted more than \$10,000 in grants to Fanwood area organizations in need.

“We are the first line of defense against suicide,” said Janet Sarkos, Caring Contact’s Executive Director. “Studies show suicidality decreases during the course of the phone session to a crisis line. Hopelessness and psychological pain continue to lessen in the weeks following a call. Caring Contact is truly thankful for this donation from the Fanwood Community Foundation. Their generosity will ensure that Caring Contact has more trained listeners available to answer hotline calls, and that we will be able to quickly and effectively prioritize the needs of our most fragile callers, increasing the number of people who benefit from contacting us and reducing the incidence of suicide in New Jersey.”

Caring Contact is an award-winning, volunteer-staffed caring and crisis hotline providing active listening support and best-in-class education to the Central and Northern New Jersey community. They attentively and compassionately serve those in emotional distress

and educate communities about the power of personal connection. Caring Contact is affiliated with CONTACT USA, the National Suicide Prevention Lifeline and the American

Association of Suicidology. If you, or someone you know, is in crisis and need someone to listen, call us at 908-232-2880. To learn more, visit [www.caringcontact.org](http://www.caringcontact.org).



(above, l-r) Peter J. Chemidlin, President and Trustee, Fanwood Community Foundation; Janet Sarkos, Executive Director Caring Contact; and Robert Evans, President, Board of Trustees, Caring Contact.

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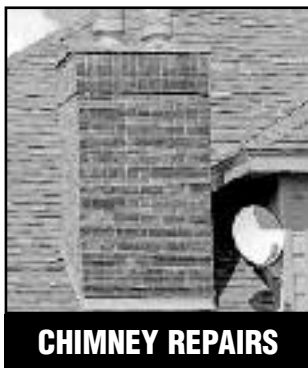
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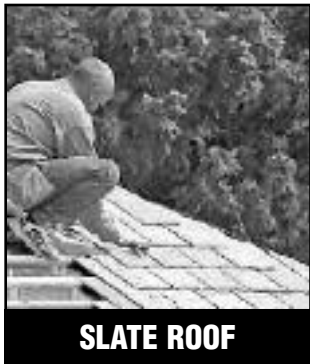
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# CHAMBER CHOIR SHINES AT STATE MUSIC EDUCATORS CONFERENCE

On Thursday, February 21, 2019, the Scotch Plains-Fanwood High School Chamber Choir, under the direction of Ms. Jan Allen, performed at the annual New Jersey Music Educator Association State Conference in East Brunswick, New Jersey. The Chamber Choir was selected from a very competitive application pool from the State of New Jersey. The choir world was buzzing about how great the Scotch Plains-Fanwood Students performed!



(above) First Row: Cristabella Fortna, Audrey Smith, Rachella Carlino, Vanessa Handy, Tori O'Conner and Rachel Schuman. Second Row: Ms. Jan Allen, Chamber Choir Director; Peter Canevari, Josh Venick, John DeMarco, Brent Mankin, Matt Mahmet, Billy Kasper, Paolo Bayotas III, Roy McGowan, Katie Lamendola and Shannon McCreesh.

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**Passion/Palm Sunday, April 14**  
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**Holy Thursday, April 18**  
 Spoken Liturgy with Eucharist at 12:00 noon  
 Liturgy with Rite of First Communion at 7:30 p.m.

**Good Friday, April 19**  
 Ecumenical Community Service at 12:00 noon  
 Tenebrae Service with Stripping of the Altar at 7:30 p.m.

**Saturday, April 20**  
 A Day of Silence and Meditation

**Easter Celebration, April 21**  
 Memorial Garden Service at 7:00 a.m.  
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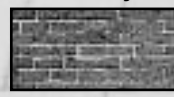
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# ELEMENTARY AND MIDDLE SCHOOLS READ ACROSS AMERICA WEEK

*Submitted by Patricia Kane*

All five elementary schools participated in many exciting activities to celebrate Read Across America Week. Whether it was wearing pajamas to school, crazy hair day, performing random acts of kindness or taking part in a number of Dr. Seuss activities, our elementary students, parents, teachers, Board of Education members, as well as members of our community, found fun ways to promote their love of reading.

Park Middle School's P.A.L.S. students (Peer and Leadership Support) walked over to School One and Terrill Middle School P.A.L.S. students visited J.A. Coles to read to the younger students.

Photos by Scotch Plains-Fanwood Public Schools



*(above, l-r) What do the McGinn School principal, media specialist, music teacher and school nurse all have in common? Their love of Dr. Seuss! The McGinn School students and parents were greeted by these wonderful educators as they celebrated Dr. Seuss' birthday. Pictured are John Lohn (media specialist), Thing 1; Charlie Jackson (music teacher), Thing 2; Dr. Sasha Slocum (McGinn School Principal), "Principal Of All Things!"; and Cheryl Ward (school nurse) Thing 3.*



*(above) Justin Fiory, Principal of School One, dressed as Cat in the Hat with Officer Bob Mertin (SLEO), Sgt. Gottlick and Officer Rusin of Fanwood and Officer Florio of Scotch Plains.*



*(above, l-r) Guest readers included Al Smith, Scotch Plains Mayor; Officer Stomer, Fanwood Police Department; Dr. Karen Kulikowski, Board President; Steve Goldberg, Scotch Plains Business Association; Gail Moser, former School One parent; Dr. Karen Wetherell, Principal of Coles School; Deb Brody, Board Member and Dr. Sasha Slocum, Principal of McGinn School.*

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Photo by Michael J Photography.




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# BRUCE SPRINGSTEEN TRIBUTE BAND HEADLINES MUSIC FESTIVAL

Submitted by Eric Sokolsky

The organizers of the Rockin' For Autism Music Festival announced that its 2018 fundraising efforts resulted in it becoming the top autism awareness fundraiser for Autism New Jersey (autismnj.org). The third annual music festival raised more than \$17,500 – an increase of more than 30% from 2017. Highlights from last year's festival can be found at rockin4autism.org.

In addition, Rockin' For Autism also announced that its fourth annual music festival will be held on Sunday, April 28, 2019 from 11:00 a.m. to 6:00 p.m. at La Grande Park (200 La Grande Avenue, Fanwood, NJ), headlined by The BStreet Band, the original Bruce Springsteen tribute band.

Rockin' For Autism is the brainchild of 17-year-old Fanwood resident Mallory Banks, who since 2011 has raised more than \$52,000 in honor of her brother, Ethan (age 19). Miss Banks, an Autism Awareness Junior Ambassador for the past eight years, ranks among the top young adults who raise money for autism in New Jersey. Over the past three years, the Rockin' For Autism Music Festival has raised more than \$41,000 through its merchant raffles, silent auctions, bake sales, event sponsorships, donations and other fundraising activities.

"Autism New Jersey is incredibly grateful for the broad community awareness and fundraising efforts generated by the Rockin' For Autism Music Festival and the Banks family," said Ellen Schisler, Associate Executive Director of Autism New Jersey. "Through their support, and the



(above) The BStreet Band, the original Bruce Springsteen tribute band, will be headlining the 4th Annual Rockin' For Autism Music Festival on Sunday, April 28, 2019 at LaGrande Park in Fanwood.

support of all of our donors, Autism New Jersey has been able to provide much-needed services and programs to individuals and families affected by autism spectrum disorder. But we are particularly proud of the ongoing commitment and dedication shown by Mallory Banks in support of our mission."

As in years past, the festival will feature music from a variety of local bands and artists, a wide assortment of food trucks and local restaurants, a beer garden sponsored by Sheelen's Crossing, a boulevard of local merchants and vendors, plus street performers, costumed characters and lots of fun activities for families.

"Last year, thousands of people attended The Rockin' For Autism Music Festival to hear great music, eat great food and support a great cause, and because of them, Rockin' For Autism reached a major fundraising milestone," said Jeff Banks, father of Mallory and Ethan and co-chairman of the event. "This year's festival will have more music, more food, more activities and attractions, and everything else that makes Rockin' For

Autism such a great family-friendly event. Our goal this year is to raise \$20,000 for Autism New Jersey so we hope the community will join us in this effort."

Rockin' For Autism is actively seeking volunteers, vendors, merchant donations and corporate sponsors. For more information, or to donate, volunteer, sponsor or exhibit at the event, please contact info@rockin4autism.org.

## ABOUT ROCKIN' FOR AUTISM

Rockin' For Autism is an annual music festival dedicated to raising awareness and funds for Autism New Jersey, the largest statewide network of parents and professionals dedicated to improving lives of individuals with autism spectrum disorders. Since its inception in 2015, the Rockin' For Autism Music Festival has raised more than \$41,000 for autism-related services and programming.

Please visit us on Facebook or rockin4autism.org, and follow us on Instagram (@Rockin\_for\_Autism) and Twitter (@Rockin4Autism).



(above) Fanwood Mayor Colleen Mahr (left) joins Rockin' For Autism Music Festival volunteers in presenting a \$17,500 check to Ellen Schisler of Autism New Jersey (4th from left). Rockin' For Autism was Autism New Jersey's top autism awareness fundraiser in 2018.

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## REGISTRATION FOR REC SPRING AND SUMMER

With offerings for preschoolers through high schoolers, Fanwood Recreation's Spring after-school schedule offers a variety of Sports, Academic Enrichment, Art and other programs, most of which begin the week of April 1st.

Offering more than 40 programs, Fanwood Recreation's Summer schedule is busier than ever! Sports, Academic Enrichment, Arts & Crafts, Science & Technology, Ponies and more—there's a program to indulge just about every child's interests! For more information and to register, please go to [fanwoodrecreation.org](http://fanwoodrecreation.org).

## ACCEPTING SUMMER COUNSELOR JOB APPLICATIONS

Fanwood Recreation is now accepting applications for paid positions for its Summer Park Program at La Grande Park and its Tweens and Teens Travel Camp! View qualification information and download a counselor application by visiting [fanwoodrecreation.org/job-applications](http://fanwoodrecreation.org/job-applications).

## JOIN THE THRIFT SHOP

The Fanwood-Scotch Plains Service League is an all-volunteer, non-profit organization that has served the local communities since 1974. Anyone interested in learning more about the League or membership is invited to call (908) 322-5420 visit the League's website at [scotchplainsthiftshop.weebly.com](http://scotchplainsthiftshop.weebly.com) or speak to any of the volunteers at the Thrift Shop. Checkout the organization's Facebook page, "Fanwood-Scotch Plains Service League," and give the League a "Like."

Shop hours are Tuesday thru Friday, 10 a.m. to 2:30 p.m., Saturday, 10 a.m. to 1 p.m. Volunteers will gladly accept new and gently used donations during business hours. Volunteers will provide tax receipts. Tax receipts can be used for saleable items.

Parking is available on the street and in the rear of the building. Visitors may enter the parking lot via Willow Avenue.

## FACES OF REALITY PRESENTATION AT SPF HIGH

The Grim Reaper visited the students of Scotch Plains-Fanwood High School recently as part of the Faces of Reality presentation. During the day, students that agreed to participate left their classes escorted by the Grim Reaper. They then received a sign and a dark purple t-shirt. This was to represent their "death." This number signifies the number of people that will die in an alcohol related automobile crash.

According to Mothers Against Drunk Driving (MADD), one person dies every 51 minutes due to an alcohol related automobile accident in our country daily. Additionally, there were 48 students that agreed to participate by wearing bandages around their heads or on their non-dominant arm. This represented the number of people who are injured daily due to an alcohol related automobile accident. One person is injured every two minutes according to MADD. There were approximately 80 students that participated in the program during the day.

The presentation started with the Grim Reaper removing students from classes. The students then returned to class wearing either light purple

or dark purple shirts representing either death or injury due to a drugged, drunk or distracted driver.

At the end of the day, juniors and seniors attended an assembly that highlighted the consequences of making a poor decision while driving. Speakers included Officer Elliott Bernard from the Fanwood Police Department; Detective Chris Aversa, School Resource Officer (SRO); Mr. Bill Mariani from Rossi's Funeral Home; and Health and Physical Education teacher Ms. Ashleigh Boyce. Officer Bernard and Detective Aversa spoke about the immediate aftermath of a motor vehicle crash. Mr. Mariani spoke about what it is like to plan the funeral of a young adult. Ms. Boyce spoke about her experience during her senior year of college when her boyfriend was struck and killed by a drunk driver.

The program was sponsored by the Municipal Alliance, the Scotch Plains-Fanwood PTA, SPFHS, DECA and the District Student Assistance Coordinator, Ms. Knodel-Gordon.




(above) Students at Scotch Plains-Fanwood High School participated in a "Faces of Reality" presentation to raise awareness about the harms of driving under the influence of drugs or alcohol.

Photo by Scotch Plains-Fanwood Public Schools

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**Contact: Carmela at 908-499-4782**



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(above, l-r) Sponsor Joe Renna of Renna Media; Second Place finisher Saverio Paradiso of Fanwood-Scotch Plains Boy Scout Troop 33, and Jim Parlapiano, Cranford Troop Volunteer.

# SAVERIO PARADISO WINS SECOND PLACE IN BOY SCOUT CHESS TOURNAMENT

Saverio Paradiso of Scotch Plains-Fanwood Boy Scout Troop 33 took second place honors in the 2019 Munsee District of Boy Scouts 6th Annual Chess Tournament. Saverio won three of his four games, and drew one to finish with a score of 3.5. The tournament was held at the Cranford Community Center, in Cranford, NJ on February 23, 2019.

First place winner was Andrew Terhune of Rockaway Troop 113 finishing with a perfect score of 4.0, winning all four of his games. Third Place was Joshua McDonald of Branchburg

Troop 90 finishing with three wins and a score of 3.0. Trophies in the form of traveling chess sets were awarded to first, second, and third place finishers.

Twenty-six contestants participated in the tournament that is organized by Joe Renna of Renna Media, and Tournament Director John Moldovan. This tournament also met the 6a requirement for the scouts to earn a Chess merit badge. Lunch was provided for all participants and spectators by Big Apple Pizzeria, located on Walnut Avenue in Cranford.



(above) Liam Ott was one of three players from Troop 33



(above) John Boyle of Fanwood-Scotch Plains Boy Scout Troop 33 finished with a 2.5 score at The Munsee District of Boy Scouts 6th Annual Chess Tournament

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## GIRL SCOUT WEEK

Scouts from Troops 40105 and 40547 presented Girl Scout cookies to the Fanwood Borough Council during their March 18, 2019 meeting and read tributes to Scouting from the

podium. It is the 107th anniversary of the Girl Scouts. Fanwood and Scotch Plains Scouts sold 53,000 boxes of cookies during this year's drive.



## MAYOR FOR A DAY

Katie Wilbur, a third grader at McGinn Elementary, was Mayor for a Day and presided the March 18, 2019 Fanwood Council Meeting with Mayor Colleen Mahr, reading the Open Public Meetings Act at the beginning of the meeting and several other proclamations.



(above) Katie Wilbur and Mayor Colleen Mahr  
Photo by Borough of Fanwood

## MARKETING STRATEGIES FOR BUSINESS GROWTH



Participants will discover how communicating with customers regularly can help a small business stay connected, and generate increased referrals, repeat sales, and unwavering customer loyalty. Attendees will learn best practices and proven strategies and will have plenty of time to ask questions, share experiences, and network with peers.

**DATE:** April 18, 2019

**TIME:** 9:00 am - Noon

**LOCATION:** Small Business Administration office (10th floor)  
2 Gateway Center  
Newark, NJ 07102

Corner of McCarter Highway & Market Street, one block from Newark Penn Station

**COST:** \$20

**REGISTER:** <https://www.gwaccnj.com/events/marketing-strategies/>

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**Space is limited. Please register by April 8.**



**Joe Renna, Renna Media**

Joe has been in business since 1984 supplying businesses with a full array of marketing and advertising services. From developing business and marketing plans

to multimedia production, Renna Media has focused on the needs of the local business owner offering customized, affordable, advertising opportunities for every size business.

Mr. Renna's presentation will address the different aspects of building a marketing plan and tuning up existing ones.

Participants will leave with the information to guide them in developing a plan that will get them the best return for their marketing budget. The presentation will encourage questions from the audience and will address specific challenges facing their business.



**Michael Pilla, Pilla Creative Marketing**

Michael has built his career on achieving business objectives by combining the best of art and technology, creating "Micro Celebrities"—helping clients to build a targeted, loyal, online community of fans and followers, customers and clients.

After working for several online agencies, Mr. Pilla founded Pilla Creative Marketing in 2003 to bring the power of online marketing to businesses and organizations — creating branding, websites, social and email marketing for companies in Arts & Entertainment, Food and Beverage, and Professional Services.

Participants will learn how to start and build a strong permission-based customer list, get their audience to open, read and act on their email, and leave with real-world insights and knowledge they can put to work immediately to help their business succeed.

## JONATHAN YU ACCEPTED TO NEW JERSEY ALL-STATE ORCHESTRA

Jonathan Yu, an eleventh-grade student at Scotch Plains-Fanwood High School, has been accepted into the New Jersey All-State Orchestra for 2019 as a result of his successful clarinet audition at the All-State level. Jonathan will now represent our music program and perform with the State's most talented high school musicians in November 2019 at the Boardwalk Hall in Atlantic City and at the New Jersey Performing Arts Center in Newark.



Photo by Scotch Plains-Fanwood Public Schools



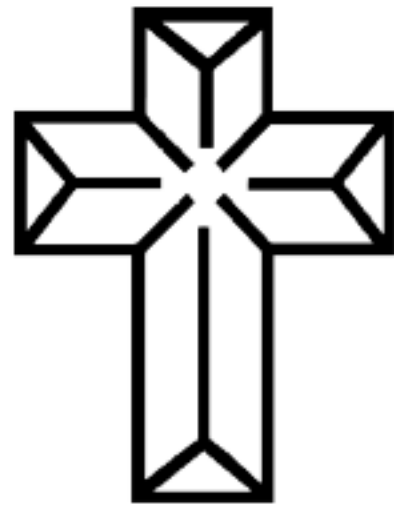
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