Scotch Plains NJ

WHAT'S HAPPENING MONTHLY

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CIVIL AIR PATROL SQUADRON WINS NJ WING AWARDS

At 7:50 p.m. on Friday, March 27, 2020, cadets and senior members of the New Jersey Civil Air Patrol (C.A.P.) were anxiously waiting for the announcement of the Cadet of the Year and the Squadron of Merit awards. By 8:10 p.m., the members of the NJ-102 Captain "Bud" Jackson Composite Squadron, located in Edison, New Jersey, were elated after winning three out of five awards announced. The squadron was awarded the 2019 NJ Wing Squadron of Merit, as well as the NJ Wing Cadet of the Year Phase 1, awarded to Cadet Staff Sergeant Dhyeyi Kakkad of Watchung, and the NJ Wing Cadet of the Year Phase 3, awarded to Cadet 1st Lieutenant Manali Shah of Scotch Plains.

Out of 24 squadrons in New Jersey, the NJ-102 squadron's achievement is a huge accomplishment. The Captain "Bud" Jackson squadron is the largest squadron in New Jersey with over 140 cadets and senior members. The squadron is very active in every aspect of the Civil Air Patrol, including Cadet Programs, Aerospace Education, and Emergency Services. The StellarXplorers team, competing in a national space competition, placed 3rd in the Northeast Region, making it to the Semi Final stages. The squadron has three CyberPatriot teams, both middle school and high school. The middle school team placed 3rd in their Division, while the high school team placed 3rd in the Platinum tier. Cadets continually train in Emergency Services for support on C.A.P. Search and Rescue and Disaster Relief missions. The squadron received the 2018 and 2019 Quality Cadet Unit Awards, along with the AEX Aerospace Excellence award.

Out of the 855 New Jersey Wing cadets, Cadet Staff Sergeant Kakkad was awarded Cadet of the Year Phase 1 and Cadet 1st Lieutenant Shah was awarded Cadet of the Year Phase 3.

Sergeant Kakkad is a current sophomore at Watchung Hills Regional High School. She has been a keen participant in the squadron's StellarXplorer team in 2019 and 2020. Through this, she is Level 1 certified for STK software.



(above) C/1st Lt Manali Shah at the NJWG Legislative Day on Capitol Hill, representing New Jersey's 12th Congressional District.



(above) Phase 1 Cadet of the Year C/SSgt Dhyevi Kakkad

She has taken two Orientation Flights and earned the General Emergency Services certification. She has achieved her first milestone award and is an active leader of the Aerospace Support Staff department.

Cadet 1st Lieutenant Manali Shah is currently the cadet Executive Officer of the squadron, overseeing 14 Support Staff departments working towards achieving the goals of the squadron. She is a member of the Cadet Advisory Council, both Group and Wing levels. She is certified in several different aspects of emergency services, including Ground Team and Mission Base Staff. Lieutenant Shah attends the Union County Academy for Allied Health Sciences and is a current senior in high school. She is a certified NJ EMT and serves as a cadet volunteer with the Scotch Plains Rescue Squad. In February 2020, Lieutenant Shah was part of a group of cadets selected to travel to Washington D.C. for Civil Air Patrol's annual Legislative Day, as a state representative speaking on behalf of the squadron and wing in meetings with Congressional leaders.

The Captain "Bud" Jackson squadron is very proud of its achievements and its cadets. The squadron will continue to work hard to achieve future successes.

The Civil Air Patrol (C.A.P.) Cadet Program is open to all Middle School and High School students from ages 12 to 18.

For more information about the C.A.P., please contact Captain Jose Vergara at jose.vergara@njwg.cap.gov or visit the CAP webpage at gocivilairpatrol.com.



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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

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KEEPING OUR MINDS AND BODIES HEALTHY

Submitted by Susan Baldani, a life member of the Scotch Plains Rescue Squad

During this pandemic, the focus has been on keeping our bodies healthy, which is a priority. There are many guidelines to help us to do just that, including wearing masks, washing our hands, and maintaining social distancing. But, what about our mental health? Studies have shown that depression, anxiety and suicides are now at an all-time high.

Many factors contribute to these increases, including loneliness from self-isolation, loss of employment, fear for our families and our futures, and dismay at the economic impact to our country. The constant barrage of bad news in the media also heightens our sense of anxiety and sadness. For those who have battled COVID-19 or lost loved ones, and for the healthcare workers fighting on the front lines, these issues are compounded. Facing our own and others' mortality can wear greatly on our mental health.

What's been even more detrimental during this time is our inability to take part in activities that decrease stress, help us cope with anxiety, and bring us enjoyment. Playing sports, going to the gym or spa, getting together with friends, and being with our families often add to our sense of well-being. For many, these options are limited right now.

So, what can we safely do to maintain and improve our mental health? Here are some ideas:

Get outdoors. A change of scenery, along with some fresh air, keeps our minds active.

Exercise. Walk, run, or bicycle around your neighborhood, or take a hike through some local parks.

Go to the beach. There is something about being near water that always makes us feel invigorated.

Connect with family and friends by phone or online. Just hearing loved ones' voices provides an instant lift to our day, and if you can see their faces, even better.

Volunteer. Nothing gives us a better sense of accomplishment and joy than helping others who are less fortunate.

Reach out. If depression or anxiety become overwhelming, call your healthcare practitioner or the National Suicide Prevention Lifeline at 1-800-273-8255. Help is always available; don't hesitate to ask for it.



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. You can call our non-emergency 908-322-2103 or email scotchplainsrescuesquad@gmail.com for more information.



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All state and CDC protocols will be in place to ensure the safety of clients, staff and volunteers. Delivery will be to coolers at client homes rather



than face-to-face.

For questions, or to receive the service or to volunteer, email mobilemealswestfield@hotmail.com, or call 908-233-6146, or visit the website at mobilemealsofwestfield.org where donations are accepted online.

ABOUT OUR MEALS

Our meals are reasonably priced, and unlike other meal delivery services, Mobile Meals has no financial need requirements. Our customers come from all walks of life and financial situations. If you know of anyone who could benefit from receiving daily meals and personal contact, or if you have any interest in volunteering, please contact Mobile Meals of or may be referred by a relative, friend, Westfield at (908) 233-6146.

We operate 5 days a week, Monday through Friday. All our meals are prepared by a trained cook and packaged and delivered by volunteers. Our well-balanced menus change daily.

Mobile Meals serves a hot meal and an optional cold meal. The hot meal consists of soup and crackers, an entree of meat or fish, a vegetable and a starch, bread and butter, a dessert and a beverage (milk or juice). The cold meals consist of a sandwich, a dessert and a beverage.

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SCOTCH PLAINS LIONS CLUB GRANTS SCHOLARSHIP TO KATINA ACKERMAN

Submitted by Jerry Kirshenbaum

Katina Ackerman, a resident of Scotch Plains and a June graduate of Scotch Plains-Fanwood High School was recently awarded the Grausso/Bendel Memorial Scholarship from the Scotch Plains Lions Club. The scholarship is in memory of two former leaders of the Scotch Plains Lions Club, Norm Bendel and Tony Grausso.

This scholarship is awarded annually to a college-bound Scotch Plains-Fanwood High School senior. Preference is given to students who have demonstrated involvement in community service, especially those causes dedicated to the blind and visually implaired.

The Lions clubs are the world's largest and most active service organizations. They have more thean 1.4 million members active in more than 43,000 Lions clubs around the world. They are dedicated to meeting a variety of their community's needs with the associations major service initiative being serving the blind and visually impaired.

Katina was an honor student at Scotch Plains-Fanwood High school. She has been a volunteer at Friends of Valley Brook Action Netwrok which helps and befriends veterans living at Valley Brook Village located at the Lyons VA Hospital. Through this organization she is also involved in the Help Vets Pets program which raises funds for food, supplies and veterinary care for the veterans' pets. Katina intends to attend the

University of Central Florida this Fall studying Hospitality Management/Theme Management.

For more information on the Scotch Plains Lions Club, or to attend a meeting, call the club's president Barbara Anilo at 908-322-4472. The Scotch Plains Lions Club welcomes new members.



(above) Katina Ackerman was recently awarded the Grausso/Bendel Memorial Scholarship from the Scotch Plains Lions Club.

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TWO RESIDENTS GRADUATE THE TRINITAS SCHOOL OF NURSING

Plains residents, received their nursing diplomas from the Trinitas School of Nursing for what would have been the 162nd Convocation Ceremony on May 28, 2020. Although a typical ceremony was not held, 68 women and 11 men became eligible to sit for the registered nurse licensing exam.

Scotch Plains graduates of the School of Nursing include: Cedrick Paul D. Dagdagan, and Sandra Munoz who also received the Second Scholarship Award.

"The Trinitas School of Nursing is so proud of the second graduating class of the new decade, Class of May 2020," said Rose Santee, Dean of the Trinitas School of Nursing, which is affiliated with Union County College, and also awards Associates in Science Degrees to the graduates. "We are very proud of our students, our faculty and staff, and our photographer, Grace Photography, for doing this professional work during a very challenging situation and practicing all precautions including screening, social distancing, hand-washing, and masking (except for graduates at actual photo taking but still socially distant)."

Trinitas School of Nursing, operated jointly by 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 Excellence in Nursing Education status for the 40-class national licensing examination years 2015 - 2020 for Creating Environments that (NCLEX) passage rate of 86.30% on first Enhance Student Learning and Professional writing.

Seventy-nine students including 2 Scotch Nursing a third designation as a Center of Development. The School also holds a 20-year,



(above) Graduate photos were taken individually by Grace Photography and graphic design magic was made to create the class photo.

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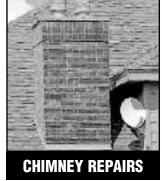
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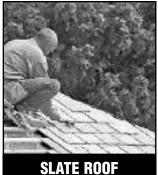
















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CANCER SURVIVORS AND THEIR CAREGIVERS NEED YOUR SUPPORT

Submitted by Ruthanne Brown, American Cancer Society (Northeast Division) Media & Publicity Senior Volunteer

I'm a volunteer for the American Cancer Society, writing on behalf of cancer survivors and their caregivers. I write out of concern for this sector of the population because of the effect Covid-19 has had on them. Eleven percent of New Jersey's Covid fatalities have been individuals who were already battling cancer, then later contracted the virus. This pandemic has caused a myriad of obstacles for cancer patients who've been recently diagnosed or who require

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disruptions in treatment and testing regimens. been postponed or cancelled. However, please This crisis has made it difficult to maintain contact with health care providers, all of whom are overwhelmed and overworked at this point in time. Regular access to treatment is difficult to come by, which increases the probability for cancer cells to spread or even return in some accepted to insure that cancer patients receive patients. A number of research studies have been temporarily suspended; not a good thing when time is of the essence. All of this, plus the financial burden of paying health insurance premiums and medical co-pays is causing widespread anxiety for patients and caregivers alike.

must make this a priority. We must NOT leave cancer patients behind.

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87% of cancer patients are experiencing dramatically. Many ACS fundraising events have know we are ALWAYS here for you with cancer help and information when you need it. Call us ANYTIME day or night at 1-800-227-2345 or visit us on the web www.cancer.org.

> Your generous donations are graciously services they need NOW, and continue to have their needs met in the future.

We at the American Cancer Society are optimistically looking toward the future. Our dedicated volunteers are working on a safe social distancing plan so we may host community events soon. We are especially excited about We collectively, must stand together to protect "Bark For Life of Central NJ", our statewide our most vulnerable members of society. We Dog-Walk & Festival to raise funds and awareness in the fight against cancer. Visit our webpage www.RelayForLife.org/BarkCentralNJ I implore readers to make a contribution to the to make your donation to the American Cancer Society. Check back often for event updates and cancer related information.



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SCOTCH PLAINS-FANWOOD SCHOLARSHIP FOUNDATION DISTRIBUTES OVER \$169,050 IN SCHOLARSHIP AWARDS

Submitted by Michelle Wyrwa

Despite the unprecedented nature of the 2019-2020 school year, the Scotch Plains-Fanwood Scholarship Foundation has continued to fulfill its mission of helping local students achieve their goals of a higher education by distributing over \$169,050 in scholarship aid to 103 deserving students.

Throughout the year, members of the Scotch Plains-Fanwood community generously contributed to the Foundation's "Dollars for Students Campaign," which distributed \$15,000 to various high school and college students who demonstrated both impressive academic achievement and financial need.

Some of these Dollars for Students awards are named in honor of members of the Foundation (in parentheses). The High School students who received such awards are: Taylor Anthony (Lee Stein), Sydney Blacker (Joseph Nagy) and Catherine Buren (Eleanor Kramps). The college students who received Dollars for Students awards are: Jeffrey Lapidus (Recipient Funded), Juliana Wagner (Henry Schweiring), Christine Vilarino (John Lawson), Giancarlo Castro, Mackenzie O'Brien, Moustafa Amer and Vanessa Handy.

In addition, several individuals, families and community organizations have entrusted funds to the Foundation's stewardship. This year, local

students have received the following awards: The Adrian Andrews Memorial Scholarship, Summer Carver; The Besson Family Memorial Scholarships, Ryan Flynn and Kayleigh Downey; The George Bryan Memorial Scholarship & Award, Ethan Morrobel; The Charlie Brown's Fresh Grill Scholarship, Jake Samitt, The Mauro and Rulene DiFrancesco Scholarship Award, Brian Weideli; The Mauro and Rulene DiFranesco Saint Bartholomew Graduate Scholarship, Jessica Mongold; The Camille DiNizo Memorial Scholarship, Lauren Gettler, The Frank & Eileen DiNizo Memorial Scholarship, Jordan Clement; The Follow Your Dream Scholarship, Robert Dencker; The Karen and Joseph Franzone Memorial Scholarship, Alexandra Machinski; The Friday's Place Scholarship, Lauren Kieltyka; The Frank Fumosa Memorial Scholarship, Lea Cerini; The Girl Scout Scholarship, Sara Rata; The Doris Koues Memorial Nursing Scholarship, Tiffany Grovas-Acosta; The William and Ruth Linge Scholarships, Carina DelCore and Valeria Macchini; The John and Marie Losavio Memorial Scholarship, Megan Sheehy; The John J. Maggs Memorial Scholarship, Nicholas LaFerrera; The William J. McGinn Memorial Scholarship, Kailey Bondarowicz; The Courtney E. Metzger Memorial Scholarship, Gabrielle Moore-Skillman Aloe; The Memorial

Scholarships, Jessica Edelman (college recipient) and Samantha Yip (high school recipient); The Katherine Newcomer Memorial Scholarship, Joy Lytch; The James O'Hara Powers Memorial Scholarships, Eli Wolman and Kayla Giuffi; The Dr. Muriel H. Ramsden Memorial Scholarship, Madison Toll; The Terry and Arlene Riegel Scholarship, Colin Dwyer; The Dr. Robert V. Scalera Scholarship, Nicole DeFrancesco; The LaVerne Schnell Memorial Scholarship, Carolina Samuelian; The School One Retired Elementary Educators and Staff Scholarship, Garret Clausen: The Scotch Plains-Fanwood Ice Hockey Association Scholarship, Ryan Lamberta; The Plains-Fanwood Lacrosse Scholarship, Patrick Mochnal and Jadie Pearl; The Nancy Hart Schott Memorial Scholarship, Joy Lytch; The SPFHS Italian Club Scholarship, Antionette Chango; The SPFHS Italian Honor Society Scholarship, Valeria Macchini; The James V. Sochan Memorial Scholarship, Mariami Kurdovanidze; The Franklin Maine and Helen McConnell Spooner Scholarship, Katherine Chouinard: The Jeffrey Spring Memorial Scholarship, Tiffany Grovas-Acosta; The Lina Suriano Memorial Scholarship, Clara Masback; The Mary Carolyn Werts Wood Class of 1951 Memorial Scholarship, Christopher Fugett.

In addition, the following students have

(continued on page 13)

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SCHOLARSHIP FOUNDATION (continued from page 12)

The Philip Cappio Memorial Scholarship, Malcolm Kahora; The Fred Chemidlin, Jr. Memorial Scholarship, Ethan Morrobel; The Class of 1967 – First to Receive, First to Give Back, Madilynne Slifer; The Class of 1979 Alumni Scholarship, Andres Trujillo and Gabrielle Klausner; The Marco M. Giasullo Memorial Scholarship, Jake Hahn; The Laurie Prusik Memorial Scholarship, Julianna Scarcella; The Kerri Villane Sunshine Scholarship, Lauren Azzarella and Emma Hastrup.

The Class of 1960 Memorial Scholarship funds non-academic expenses including on-campus housing, room and board at Rutgers University for four years. This award has an approximate annual value of \$15,000. This year's recipient, Joseph Marta, joins previous recipients Johnathan Ramos (2019) and Thomas Bruckman (2018) in receiving this generous award. The monies received for this scholarship are not included in the total dollar amount awarded listed above, as the amount to be awarded will be determined during the school year.

One of the Foundation's deepest partnerships is with the Fanwood-Scotch Plains Rotary Club and the Rotary-Garbe Foundation, which funds numerous generous scholarships administered by the SPF Scholarship Foundation. The Rotary Garbe Foundation Scholarships, awarded for four years, went to John Veglia, Kyle Marquardt and Sofia Casimiro (2020); Tyler Dvorin, Joshua Venick and Giancarlo Castro (2019); Rosella Cuomo, Rhiannon Leonardo, and Patrick Gannon

received awards new to The Foundation this year: Occhipinti (2017). The William Mullin Memorial Scholarship, awarded for four years, went to Isabella Richardson (2020), Massimo Modica (2019), Julia Dunlap (2018), and Taylor Sirchio (2017). The following students received The Ethel Perkins Memorial Scholarship, awarded for four years: Sarai Romero (2020), Saniya Dalvi (2019), Niva Patel (2018) and Brianna Sorrentino The David Ringle (2017).Memorial Valedictorian Award was awarded to Carina DelCore, and the Salutatorian Award was awarded to Johnathan Yu. The Robert H. Kraus Memorial Scholarship was awarded to Emily Herman; the Dr. Richard W. Dobyns Turn Around Award was awarded to Jack Deitch.

> The Foundation began in 1966 with a donation from the SPFHS PTA – a partnership that flourishes to this day. Each school's PTA contributes at least two scholarships to graduates who have attended their schools. The SPF PTA Council also awards scholarships to SPFHS graduates. In addition, the Scholarship Chairperson for each PTA serves on the Foundation's Screening Committee.

> The Brunner PTA scholarships this year were awarded to: Alexa Chan (Dr. Albert DeSousa Memorial Scholarship), Christopher Downey (Brunner PTA Scholarship) and Miriam Kother (Brunner PTA Scholarship).

> The following scholarships were awarded by the PTA to former students at J. Ackerman Coles Elementary School: Carl M. Kumpf Scholarship, Sophia Wilkins; Carol Patten Scholarship, Tara Wolman; Michelle Crisafulli,

Scholarship, which was awarded to Jennifer Fleck.

From the Evergreen Elementary School PTA, the following scholarships were awarded: Dr. Beverlee Kaminetzky Memorial Scholarship, Gabrielle Khan; Kehs-Aakjer Memorial Scholarship, Michaela Genty; Mary "Chickie" Giraud Memorial Scholarship, Nicholas LaFerrera.

The Park Middle School PTA's McTB Scholarships were awarded to Michael Besante and Olivia Zambrio.

The PTA Council Awards: Manya Ungar Scholarship, Mason Glod; Dr. Margaret Hayes Scholarship, Josephine Cerino; Dr. Carol B. Choye Scholarship, Megan Sheehy; Health and Wellness Scholarship, Cassidy Novello.

From the School One Elementary School PTA, the following scholarships were awarded: James V. Cerasa Scholarship, Hannah Lancaster; Jeffrey Grysko Scholarship, Himanee Hendre.

The SPFHS PTA awarded the Robert Adams, Jr. Scholarship to Brandon Weinberg and the Dr. Terry K. Riegel Scholarship to Christopher Tsuchiya.

Finally, the Terril Middle School PTA awarded the John C. Foulks Scholarships to Connor Alchus and Henry Saltzman.

Congratulations to these outstanding scholars and our deepest thanks to all of our partners who have stood by us for 54 years.

For further information, please visit our website spfscholarshipfoundation.org or contact the Foundation's president, Michelle Wyrwa at spfscholarshipfoundation@gmail.com.

*Some expiration dates apply so don't delay



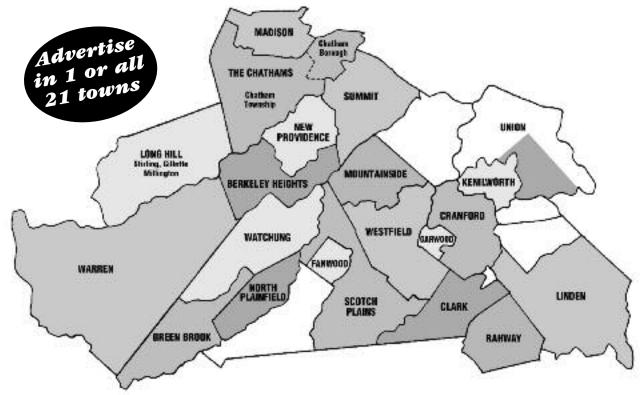
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if you want your business featured online and in print. See sample show below.



BOB MARKEY -SAVE THE TREES OF RAHWAY

During the past 20 years, over 2000 of Rahway's street trees have died or were removed and never replaced. Resident Bob Markey is producing a three-episode video which provides viewers with a sobering look into this serious crisis affecting Rahway's trees. The video also provides a toolbox to fix the tree problems and to rebuild Rahway's urban forest. There is a plan to accomplish it, but the effort needs help and support.

Markey states, "This crisis didn't happen overnight, nor is it the fault of any individual, city department or elected official. Over the years mistakes and oversights have been made."

The Arbor Day Foundation certified Rahway as a Tree City USA Community in 1997 with two primary requirements: Form a Tree Board and Enact a Tree Ordinance.

The video is to raise awareness and solicit help in the effort to rebuild, restock and restore Rahway's urban forest.

Folks can help by sending an email to Help@SaveTheTreesofRahway.org, and by subscribing to Save The Trees of Rahway YouTube Channel, and by following the group on Facebook.

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