

# Scotch Plains NJ

## WHAT'S HAPPENING MONTHLY

Published by Renna Media

Issue 69 • June 2021



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## COMMUNITY RALLIES AT "JAMMING FOR JACOB DAY"

The Scotch Plains Fanwood community came together on May 15th, 2021 for "Jamming for Jacob Day." This fundraising event was sponsored by the Scotch Plains Township council to support Jacob Benedicto, a third baseman and catcher for the Scotch Plains-Fanwood 12U Blue baseball team.

The event incorporated the annual "Kids Jam" fundraiser to help offset Jacob's medical costs. The initial purpose of "Kids Jam" was to raise funds for the baseball team's trip to Cooperstown, N.Y., home of the Baseball Hall of Fame. This year money was raised for the "Jam Kancer in the Kan Foundation."

Jacob is being treated for a rare form of cancer, known as Rhabdomyosarcoma. Teammates, friends, family, and members of the community have all rallied around him to support Jacob's off-the-field battle.

The Kan Jam Tournament had a great turnout on a beautiful day as teams of two competed for a Playstation 5 console. Teams consisted of Jacob's fellow team mates, friends, parents, members of the Scotch Plains Fire Department, and the SPF High School Student Movement Against Cancer (SMAC) Group.

The fundraising goal was to match Jacob's jersey number 34, at \$34,000. If you want to donate or have any questions visit [jamkancerintheKan.com](http://jamkancerintheKan.com) or email [info@jamkancerintheKan.com](mailto:info@jamkancerintheKan.com).



More photos on page 12.

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

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# Scotch Plains NJ

WHAT'S HAPPENING MONTHLY

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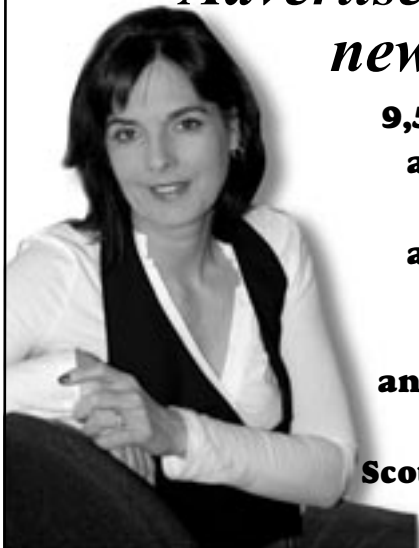
## PROMOTE YOUR COMMUNITY EVENT

*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](http://www.rennamedia.com) like us on [facebook.com/Scotch Plains Monthly](https://www.facebook.com/ScotchPlainsMonthly)*

### Advertise in this newspaper



**9,500 papers are printed monthly and mailed to every household and business in Scotch Plains.**

*Reserve space in the next issue. Call Tina today at 908-418-5586 or email [info@rennamedia.com](mailto:info@rennamedia.com)*

## WALK OR RUN TO SUPPORT SERVICES FOR PEOPLE WITH SPECIAL NEEDS JUNE 21-26

Hop on a treadmill, go to a local park, or walk or run in your neighborhood to support services for people with disabilities and youth at risk in New Jersey!

The Community Access Unlimited virtual Ira Geller Walkathon runs the week of June 21-June 26. On June 26, individuals living near Warinanco Park in Roselle are invited to walk or run in the park. Registration details are available at [caunj.org](http://caunj.org) and on our event flyer.

Walker or runner tickets are \$30 and include a Walkathon t-shirt & race bib.

All event proceeds will support CAU programs serving more than 3,000 individuals and families in New Jersey, including housing, academics, employment training, day program and support

services for people with disabilities and youth at risk. These programs serve the agency's mission to create an all-inclusive, accessible world where everyone can lead a fulfilling life as part of the greater community.

CAU's annual Walkathon is named in memory of Ira Geller, a CAU member known for his advocacy for people with special needs who worked tirelessly to raise funds for the agency.

Walkers and runners are encouraged to invite friends, family and coworkers to join them virtually in the Walkathon June 21-26. Run or walk a route of your choosing and share your success on social media using #CAUWalk2021. When you're done, make sure to submit your photos to [sthana@caunj.org](mailto:sthana@caunj.org) for a chance to win a prize! Prizes will be awarded for: most dollars raised, best team photo and most creative challenge.

To learn more about CAU, visit [www.cauj.org](http://www.cauj.org) or follow the agency on Facebook, Twitter and Instagram. Learn more about supporting the agency and become a monthly donor at [www.cauj.org/support-us](http://www.cauj.org/support-us).

### ABOUT COMMUNITY ACCESS UNLIMITED

Community Access Unlimited (CAU), celebrating more than 40 years in 2021, supports people with special needs in achieving real lives in the community. CAU provides support and gives voice to adults and youth who traditionally have little support and no voice in society. CAU helps people with housing, life skills, employment, money management, socialization and civic activities. CAU also supports opportunities for advocacy through training in assertiveness, decision-making and civil rights. CAU currently serves more than 3,000 individuals and families, with the number served growing each year.

For more information about CAU and its services, contact us by phone at 908.354.3040, online at [www.cauj.org](http://www.cauj.org) or by mail at 80 West Grand Street, Elizabeth, NJ 07202.

COMMUNITY ACCESS UNLIMITED  
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JUNE 26, 2021  
10:00 AM

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(above) Walkathon 2020 at Warinanco Park.

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# COLES SCHOOL CELEBRATES ITS STAFF

SP/F Public Schools

Staff Appreciation Week at Coles Elementary School was busy! The week started off with handwritten notes for teachers and staff from students. These notes went in balloon bouquets that were made by CZ Balloons, a business owned by a Coles Moms.

On Tuesday staff was treated to breakfast donated from Coles families and bagels from Fanwood Bagels. Wednesday was the loved Granola Bar with handmade granola from the Berdan family.

Thursday, Hershey's Deli catered lunch for the staff along with more family lunch donations.

Friday was a delicious popcorn and candy bar - a fun treat for all the sweet staff! Each staff member was also given a bag of goodies put together by Coles families. Everyone really went above and beyond for our "You Lift Us UP" week to show their appreciation for this hardworking staff.



(above) Balloon bouquet baskets filled with notes of appreciation

Photos by Scotch Plains Fanwood Public Schools

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## RELIEF FROM CHRONIC KNEE PAIN FDA Approved Treatment to Avoid Surgery

### DON'T BLAME THE ARROW FOR MISSING THE TARGET

Just like tens of millions of other Americans, you were looking for relief from your chronic knee pain. You thought Viscosupplementation injections might be the answer, but the results were disappointing and painful. Don't assume the treatment wasn't right. That could very well be like blaming the arrow for its path to the target when the problem might be the archer. If you didn't get the pain relief you were hoping for, chances are your injection treatment was off target. Unlike blind injections or even ultrasound targeted treatments found elsewhere, **Northeast Spine & Wellness Center** uses diagnostic fluoroscopy to make sure the area that needs treated is the exact area where the injection goes. This is the most advanced method of delivering this pain relieving treatment with 95% accuracy to give you the results you're looking for. The use of Fluoroscopy guided injections sets **Northeast Spine & Wellness Center** apart. The end result is you living pain free from your chronic knee pain. You can avoid the lengthy and painful road of knee replacement surgery. You can avoid the endless trial and error assortment of potentially addictive prescription medications. This treatment, using fluoroscopy guided injections has seen a success rate of above 85% in those suffering from knee pain related to osteoarthritis, and that includes people with bone on bone involvement. You've suffered from chronic knee pain long enough. Call **Northeast Spine & Wellness Center** now for a RISK FREE consultation.



### If Knee Surgery Sounds Scary, It Should

Have you have been told you are facing knee replacement surgery? Have you been told about all the downsides you could be facing? First and foremost, there are NO guarantees that knee replacement surgery will be the answer to your pain, but let's look further:

- Surgery is costly, regardless of the percentage of services covered by insurance.
- Surgery requires lost time from work and typically requires a regimen of rehabilitation and medications.
- With surgery, there is always a risk for unwelcomed complications. And you could be back to where you started, or worse.
- Medications will be required for relief from surgery and you have been down that road before. Additions to these pain medications can cause potential side effects, something you do not want to experience.
- Rehabilitation can take years.

### Consider This Alternative To Surgery

**Northeast Spine & Wellness Center** offers you a real opportunity and a painless way to say goodbye to your knee pain without any surgery. Here are just a few of the important benefits you should consider?

- Diagnostic fluoroscopy accurately targets the pain, unlike blind injections.
- Guided fluoroscopic injections are virtually pain free, unlike blind injections.
- No lost time from work or family.
- No expensive or time consuming rehabilitation.
- No potentially addictive prescription medications.
- Recovery time is almost instant, not months or years.

### How Does This New Treatment Work?

Relief begins almost as fast as it takes to pronounce the treatment. It's called Viscosupplementation Therapy. To begin with, it starts with **Northeast Spine & Wellness Center** investing in the use of diagnostic fluoroscopy. This enables them to target the exact location of your knee pain with pinpoint accuracy. What follows is a simple injection that causes little to no pain, especially when compared to what you may be living with daily. That explains what you will see on the surface of this revolutionary treatment. What's taking place below the surface is how and where the natural healing process takes place. The injection of a Hyaluronic acid called Hyalgan. This gel-like substance was approved by the FDA in 1996. Hyalgan is a natural substance that mimics the synovial fluid that is already produced by your body in your joints. Osteoarthritis sufferers in particular see a reduction in this much needed synovial fluid in their knee joints. Without that cushioning layer of protection, the cartilage in your knee can begin to wear away leading to the rubbing of bone on bone. Through Viscosupplementation Therapy, this natural substance immediately goes to work reducing the swelling and inflammation in the joint and adding a coating layer of protection. Think about Dorothy taking the oil can to The Tin Man. You'll begin to feel that same kind of relief and quite possibly feel like you're ready for a dance down the yellow brick road to recovery yourself. And with a success rate of over 85% in alleviating pain associated with osteoarthritis, it's easy to see why this treatment is so readily covered by Medicare and by most major insurance providers. Diagnostic fluoroscopy to target the pain, Viscosupplementation Therapy to relieve the pain. Simple, fast and no surgery!

### Do you Suffer from any of these Symptoms?

There are a number of reasons why you developed Osteoarthritis pain. It can develop with age or because of heredity. It could be from repetitive stress from a job or some glory days in athletics. Of course your concern is with the symptoms you face daily and how to make them end, hopefully without surgery or the use of potentially addictive medications. **Northeast Spine & Wellness Center** understands the symptoms you have been living with and can help. If you have any of the symptoms below, please call us today. Relief is a phone call away.

- **Pain** - Whether it's a sharp aching or maybe a burning sensation, the pain can range from irritating to debilitating.
- **Swelling** - This can cause tenderness and soreness to the entire knee area, making walking or going up and down stairs painful, getting in and out of bed or bathtubs difficult and dangerous just name a few activities affected by swelling.
- **Stiffness** - Getting up out of bed or after sitting for a period of time gets more and more difficult. This loss of mobility can be more than a hindrance. It can be dangerous if you need to move quickly.
- **Loss of muscle strength** - This can lead to balance issues and the strong possibility of falling.
- **Joint deformity** - Not just unsightly, but painful as well.
- **Creaking Joints** - Can be painful and a sign of more discomfort to come.
- **Sleepless nights** - Losing sleep over your suffering is not just irritating, but potentially dangerous because of so many other health concerns that can be affected by loss of sound sleep.

### Let Me Show You Targeted Relief From Your Knee Pain

Every day, I see patients suffering from knee pain due to arthritis, osteoarthritis, sports injuries or other conditions. Many have been told that they are in need of knee replacement surgery. Other patients say they have been prescribed various prescription medications to deal with the pain.

Something else I see almost every day, are patients that have tried viscosupplementation knee injections elsewhere and found it to be a painful and ineffective experience because the injections were not administered using fluoroscopic guidance. Instead of using the incredibly accurate diagnostic fluoroscopy we use at **Northeast Spine & Wellness Center** these patients experienced a blind injection technique, which can be as inaccurate as playing pin the tail on the donkey.

Once I am able to explain to my patients about the pin point accuracy of using diagnostic fluoroscopy and the amazing results viscosupplementation can provide, they are thrilled to get started. They are even more thrilled when they feel the relief. Please contact **Northeast Spine & Wellness Center** today to schedule your RISK FREE consultation.

Call 732-827-0800

Scot Paris MD, FACS



### Here's what our patients have to say

"I'm dancing without pain. I can move with no problem whatsoever. I can go up and down steps with no pain."  
- Patricia G.

"Over 85% relief for the first time in 15 years, suffering with knee pain. My life is getting back to normal."  
- Perry O.

"After only four visits, I have absolutely no pain! The staff is "top-notch."  
- Quenton L.

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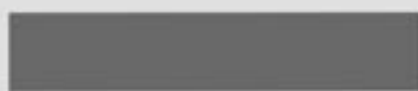
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## CASA TAPS NEW LEADER MARIEL HUFNAGEL NAMED TO NONPROFIT HELM

Court Appointed Special Advocates (CASA) of Union County is pleased to announce the selection of Mariel S. Hufnagel as Executive Director. The nonprofit recruits, trains, supervises and supports community volunteers to advocate for abused, neglected and abandoned Union County children placed in foster care or residential facilities and awaiting a safe and permanent home.

“The board and staff consider ourselves fortunate to have found a leader with such deep passion for and commitment to children living in foster care,” said Dr. Ron Silver, president of the Board of Trustees. “Combined with her prior post as a nonprofit executive director, numerous leadership certifications and her doctorate degree underway, Mariel is well-positioned to lead CASA of Union County into its most bright and meaningful future yet. Additionally, she brings personal experience as a foster parent; an invaluable perspective as she ushers the board and staff in continuing to advance CASA’s mission. We look forward to working with her.”

Previously executive director of The Ammon Foundation, Mrs. Hufnagel led and facilitated its vision, mission and strategic plan to empower

individuals in addiction recovery by combating stigma and providing strategic support to remove barriers and enable personal success. She also is a former advocacy organizer for the National Council on Alcoholism and Drug Dependence-New Jersey (NCADD-NJ). Mrs. Hufnagel holds both Master’s and Bachelor’s degrees in Public Administration from Kean University, and is completing her doctorate in Organizational Leadership from Adler University. In addition, her lived experience as a foster parent provides an insider’s perspective as the organization continues its work to ensure every foster youth has an advocate – a consistent, caring adult presence – in their corner.

“I am truly honored to have been entrusted by the Board of Trustees to lead CASA of Union County, an organization whose mission epitomizes my personal and professional commitment to ensuring that the voiceless have

voices,” said Mrs. Hufnagel. “There is no more vulnerable population in Union County than its foster youth. I look forward to working closely with the incredibly hard-working staff, our tireless advocates and all of our community partners. Together, we will ensure the next level of growth for CASA of Union County by continuing tenacious recruiting, vetting, training and supporting of volunteer advocates while exploring and implementing strategic and innovative community partnerships and initiatives.”

Through court-ordered access to foster parents, doctors, caseworkers, therapists and teachers, CASA volunteers ensure the best interests of foster youth remain priority as all parties work toward establishing a safe, stable and permanent home. For details on becoming an advocate or other ways to get involved, contact Walia Worrill at [wworrill@casaoofunioncounty.org](mailto:wworrill@casaoofunioncounty.org).



(above) Mariel S. Hufnagel is the new Executive Director of Court Appointed Special Advocates (CASA) of Union County.



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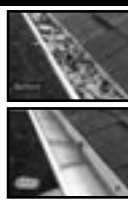
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## REGISTER FOR SUMMER REC PROGRAMS

Fanwood Recreation is offering these summer programs and camps for kids: Summer Park Program, Fashion Design, Karate, Junior Tennis Lessons, Golf, Skateboarding, Soccer, Multi-Sports, T-Ball, Girls Lacrosse, Babysitting

Certification, Junior First Responders and Yoga. All programs will be held outdoors and run in accordance with health safety guidelines.

For more information and to register, please visit [fanwoodrecreation.org](http://fanwoodrecreation.org).

## SENIOR "GRAB & GO" LUNCH PROGRAM

Scotch Plains residents can participate in Union County's "Grab & Go" Box Lunch Program, which provides meals to seniors 60 years and older with a suggested donation of \$1.75.

Tuesdays and Thursdays from 11:30 a.m. to 12:30 p.m. at the Shady Rest at Scotch Hills CC (820 Jerusalem Rd.).

For more information or to make a reservation, call the Union County Division of Aging at 908-527-4870 or 908-558-2297.

Meals will be available for pick-up on

## SEEKING SUPPORT FOR SCHOLARSHIP FUND

### Fanwood-Scotch Plains College Club

The College Club is seeking community participation for two raffle drawings that will take place on October 3, 2021 at Brookside Park in Scotch Plains. Winners need not be present.

awarding annual scholarships to young women in our community for over 80 years. The club is looking forward to awarding \$31, 500 in scholarships for the upcoming 2021-22 school year.

Raffle tickets are available for a 50/50 drawing with three cash prizes and the other is for a \$500 Shop Rite gift card. 50/50 tickets are \$2 per ticket or a book of ten for \$20. The Shop Rite tickets are \$5 per ticket with 500 tickets available.

Please consider supporting this very worthy cause since the College Club has not been able to hold fundraising events due to the pandemic.

All proceeds will go directly into the club's scholarship fund. The College Club has been

Anyone interested in purchasing Shop Rite raffle tickets can contact Dorothy Lusk at 908-230-4917 or [dorothyculleylusk@gmail.com](mailto:dorothyculleylusk@gmail.com) and for 50/50 tickets contact Sue Spirko at 908-472-8515 or at [sslkt@verizon.net](mailto:sslkt@verizon.net).

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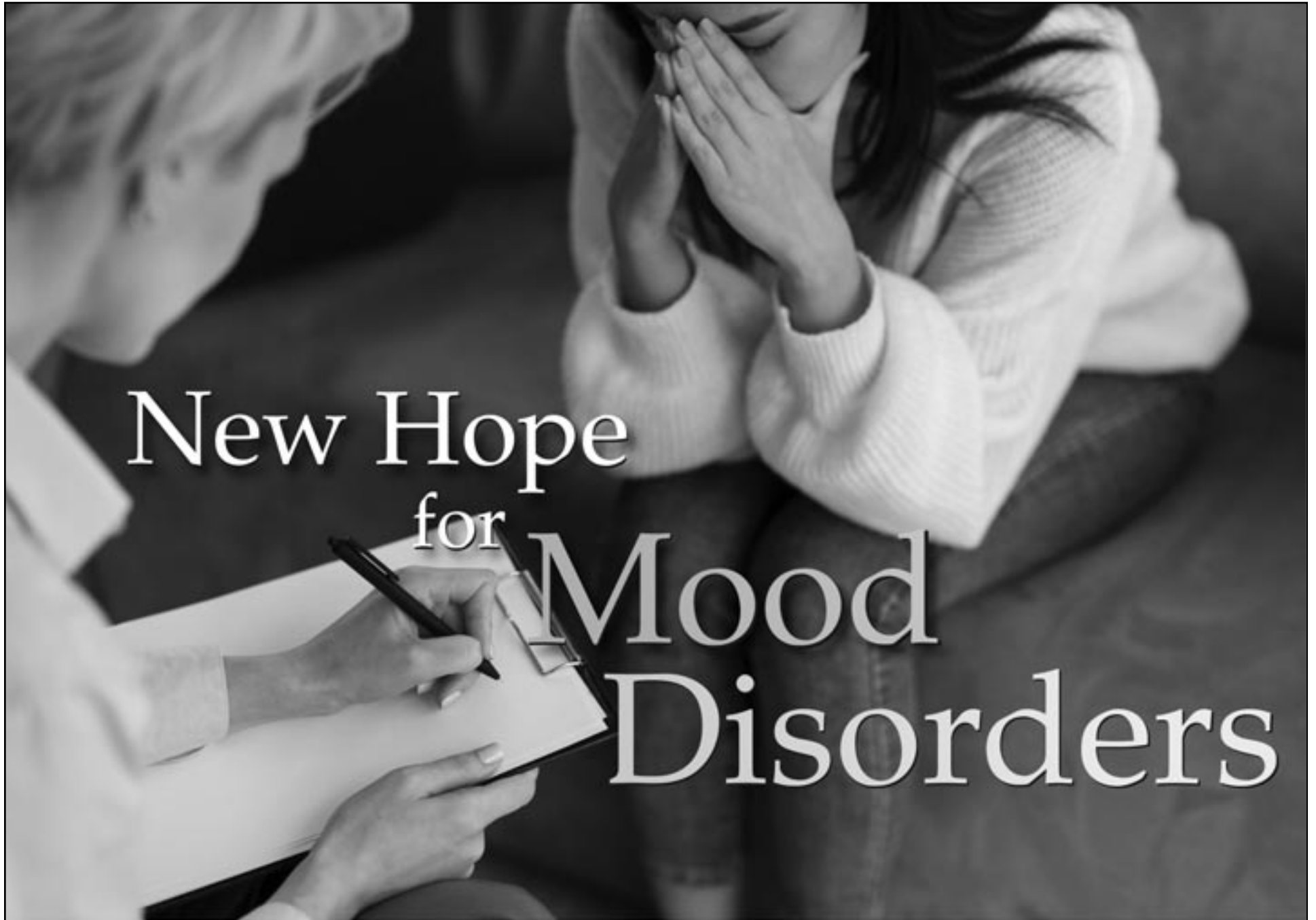
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One of the state's largest and comprehensive hospital-based Behavioral Health programs is offering new hope to patients with life-affecting mood disorders.

The new Mood Disorders Program at Trinitas Regional Medical Center has centralized all major treatments into a single, customized delivery system – one that now includes, medication, psychotherapy, esketamine and Electroconvulsive Therapy (ECT).

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225 Williamson Street  
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[www.TrinitasRMC.org](http://www.TrinitasRMC.org)

## CAMP PATRIOT RUN, RUCK, RIDE CHALLENGE TO SUPPORT DISABLED NJ VETERANS

Backpacks For Life and New Jersey Veterans Network are teaming up to host the 1st Annual Camp Patriot Run, Ruck, Ride Challenge from June 17 to 20, 2021.

Camp Patriot's mission is to empower American Disabled Veterans by providing them the right relationships and assistance so that they can once again enjoy the great outdoors. The proceeds raised from this event will help send disabled New Jersey Veterans to attend Camp Patriot. The event will take place both virtually and in-person over the span of five days. This allows individuals to participate from the comfort of their own homes, neighborhoods, local parks or join us in person at our event location which will be announced at a later date on our registration page.

"We're excited to get back out there, bring together the community and help raise money to send deserving Veterans to Camp Patriot." - Brett D'Alessandro, President of Backpacks For Life  
"The New Jersey Veterans Network is excited to be teaming up with Backpacks For Life and doing an event to shed a light on our Anti-Suicide and PTSD Awareness campaign. All funds raised will go towards sending disabled New Jersey Veterans to Camp Patriot in Montana." - Michael Boll, President of New Jersey Veterans Network

To learn more about the event and register to

participate, visit <https://tinyurl.com/runruckride>. With your registration, you receive an event bib, t-shirt and challenge coin.

Backpacks For Life is a 501(C)3 nonprofit organization that serves the homeless and at-risk veteran community. By regularly distributing backpacks filled with essentials to Veterans on the streets and providing mentorship to at-risk Veterans and their families, Backpacks For Life

aims to bridge the gap between Veterans and the resources available to them.

New Jersey Veterans Network's mission is to help New Jersey Veterans and their families enjoy a sustainable quality of life by creating a network of Community Veteran Liaisons ("CVL") whose role is to identify veterans, and connect them with resources & solutions designed to meet the unique set of veteran needs.

## SCOTCH PLAINS FARMERS MARKET NOW OPEN

The Scotch Plains Farmers Market kicked off its 29th season in May. The Farmers' Market is

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## ATTENTION PARENTS OF KIDS AGES 6-18

# 31 IDEAS TO HELP KIDS EAT BETTER, RUN FASTER, GET STRONGER AND BECOME THE BEST VERSION OF THEMSELVES

*Cut This Page Out and Put on Your Refrigerator* →



### **Eat Better**

- Drink AT LEAST 4 Water bottles
- Have a fruit or veggie with each meal
- Have nuts instead of chips as a snack
- Have a source of protein in each meal
- Take a multivitamin
- Limit sweets to only one serving

### **Get stronger**

- Perform 50 bodyweight squats
- Perform 50 pushups
- Perform a plank for 60 seconds 3 times
- Perform 25 vertical jumps
- Get at least 8 hours of sleep a night

### **Be Happier**

- Get at least 30 minutes of exercise
- Do a morning routine that you enjoy
- Write 5 things that you are grateful for
- Adopt a Growth Mindset
- Listen to music whenever you can

### **Run Faster**

- Do 10 hill sprints
- Perform 15 Broad Jumps
- Sprint for 50 yards
- Perform single leg jumps
- Perform High Knee Marches

### **Build Confidence**

- Do something outside of your comfort zone
- Read a book
- Practice or spend time on your hobbies
- Learn a new skill
- Work towards a new Goal

### **Be More Active**

- Walk during TV show commercials
- Schedule exercise time
- Whenever you see a commercial for a car company, perform 10 squats
- Find a buddy, and exercise with them
- Try a new method of exercise every week (i.e. biking, running, lifting weights, etc.)

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**ATTENTION  
PARENTS  
OF KIDS  
AGES 6-18**

# Summer Athlete Performance Camp in Berkeley Heights

**Discover how to get your children strong, fast, and confident this summer...so they can become the best athletes they can be.**

**This program is for your child if:**

- They want to get better at sports but struggle because of **lack of speed, strength or stamina.**
- They **eat more junk food than healthy food** and you need another voice to help them understand how important a healthy diet is during these developmental years.
- They **need to improve their confidence** and you want them to start to get better at recovering from their mistakes.
- They're doing pretty good right now but want to take their performance in their sport to a **higher level.**

**Here's what parents can expect to happen:**

- **They will get stronger** which means when they show up to their sport they'll be able to perform better than ever.
- **They will run faster and jump higher** so they can show up to their next season and people will start asking what the heck have they been doing.
- They'll become **more coordinated and improve agility** which means they'll pick up new skills their coaches teach them faster.
- **Your children will start to eat better** because we'll be educating them daily on what's good and what they should avoid...don't be surprised if they start asking you to buy more vegetables.
- **Confidence will skyrocket.** When kids get stronger, faster and more fit...their confidence will rise ...so will their self-esteem which means their performance in every aspect of life will get better.
- **Their mindset will improve.** We're going equip your child with very specific mindset skills that'll help them learn how to transform how they think about mistakes and failures.



## HOW TO REGISTER

**The Details**

Dates:  
**JUNE 21-AUGUST 27**

Age Groups

- 6-8 (Spaces Remaining: 11)
- 9-13 (Spaces Remaining: 8)
- 14+ (Spaces Remaining: 13)

Please visit [www.gritathletes.com](http://www.gritathletes.com) for days/times at each age group

Location: Sessions are held at the **GRIT SPORTS PERFORMANCE COMPLEX** (Located inside Gabriele Fitness in Berkeley Heights)

**Early Bird Registration Expires June 21**

**STEP 1**  
**Scan This QR Code**

**STEP 2**  
**Enter Your Info When You Get To This Page**

**STEP 3**  
**Leo Will Call You To Set You Up**

**About Grit Athlete Performance** (A Gabriele Fitness Company)  
GRIT helps kids ages 6-18 get strong, fast and confident so they can build a bigger and better future. They are located in Berkeley Heights inside Gabriele Fitness. All Grit coaches have been handpicked via a very lengthy interview process by Gabriele Fitness founder, Vince Gabriele.

## DONATE BLOOD DURING BLOOD SHORTAGE

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Blood products also typically have a short shelf life – ranging from five to 42 days, so constant replenishment is needed.

There remains an emergency blood shortage due to the coronavirus pandemic, which has limited the amount of walk-in community blood drives at such convenient locations as schools, libraries and houses of worship.

New Jersey Blood Services (2279 South Ave., Scotch Plains), a division of New York Blood Center, is part of one of the largest independent, community-based, non-profit blood centers in the United States that provides lifesaving blood products and services to nearly 200 hospitals in the tri-state area.

In order to be an eligible donor, you must be at least 16 years old (with parental permission or consent for those under 18 years of age), who weigh a minimum of 110 pounds, are in good health and meet all FDA and state Department of Health donor criteria. People over 75 years old may donate with a doctor's note.

To donate call (908) 232-9234, or schedule online: [donate.nybc.org/donor/schedules/zip](https://donate.nybc.org/donor/schedules/zip)



(above) To learn more about New Jersey Blood Services visit the Scotch Plains Township channel on Youtube to view "Business of the Week: New Jersey Blood Services".

## NATIONAL EMS WEEK - HONORING THE PEOPLE WHO ANSWER THE CALL

May 17th through May 22nd is National EMS Week, which was instituted in 1974 by President Gerald Ford. It's a time to recognize and celebrate EMS practitioners and the important services they provide to our nation's communities. This past year has made that more apparent than ever.

Dealing with COVID-19 has pushed many in the industry to the brink of despair and exhaustion, but even so, they continue to answer the call. The Scotch Plains Rescue Squad (SPRS) is fortunate to have EMTs who put their own safety concerns aside to help their neighbors in need. Over the past year, there's actually been an influx of applicants who wanted to join in the fight against this deadly pandemic, and the squad is thankful for this additional help.

During the worst days of the COVID-19 crisis, residents and business owners often showed their gratitude by delivering meals to the EMTs on

duty. This outpouring of appreciation made a meaningful impact on all those serving.

In its 84th year of service, this life-saving organization's volunteers are proud to be here for the community of Scotch Plains and surrounding towns, handling all types of emergency calls. New members are always welcome to assist with calls, as well as standbys at high school football games, summer concerts on the Village Green, Scotch Plains Day, and other community events. In addition, squad members provide demonstrations for Boy and Girl Scout troops, clubs, and any other groups that may be interested in learning about what the squad does.

For more information, or to volunteer or donate, please go to [scotchplainsrescuesquad@gmail.com](mailto:scotchplainsrescuesquad@gmail.com) or call (908) 322-2103 (for non-emergencies).

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



(above) Scotch Plains Rescue Squad members.

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# GREEKFEST "TO GO" – JUNE 4 – 5

If you're looking for some good homemade Greek food, Holy Trinity Greek Orthodox Church in Westfield is hosting their Annual GreekFest but it's "TO GO". Get some delicious take-out on Friday, June 4th from 4 – 9 p.m., and Saturday June 5th from 11 a.m. – 9 p.m.

Some of their specialties like Pasticcio, Souvlaki, Gyros, and desserts like Baklava and

Galatopuriko will be available to order on-line at NJGREEKFEST.COM.

So, order online at NJGREEKFEST.COM, and pick up your food in the parking lot of the church located at 250 Gallows Hill Road, Westfield, NJ. Who knows? There may be dancing in the isles!!

And remember, everyone can be Greek for a day at NJGreekFest!

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## 2021 "JAMMING FOR JACOB DAY" PHOTO ALBUM

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



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## NETWORK HELPS VETS AND FAMILIES LIVE BETTER LIVES

*Submitted by Michael D. Boll, President*

Memorial Day weekend is one of the most challenging for the New Jersey Veterans Network and its team of volunteers and mentors. This is a difficult time for many veterans because they reflect on their brothers and sisters that didn't make it home. Every day our nation loses 22 veterans to suicide, and it seems that number isn't coming down. If you are a veteran, or a family member, who is feeling alone, or are in need of assistance, we are here for you. Please reach out to us.

Our team focuses on helping our veterans and first responders have a better way of life through our volunteer mobile outreach mentoring program. We believe by aggressively seeking out veterans in need and contacting them before they are in crisis, we can really have some positive results. Contacting a person in need first is a great way to build trust and make it easier to begin a friendship. People will do better when they have human contact in their lives, too many programs are automated and lack the empathy and compassion needed to help someone in crisis.

We are not afraid to tell our veterans and first responders that they are loved and we strive to give them purpose. The team immediately empowers and gives its members a new family unit to be part of again. Nearly everyone that joins the team wants to help others and make a difference in someone else's life. Helping others definitely is a medicine that will make you become a better person, and you'll feel really

good about it.

New Jersey Veterans Network is constantly keeping active thru our Operation Rebound Racing Team which hosts numerous hikes, runs, bike rides and all other types of physically challenging events. However, we also focus on non athletic events like hosting a BBQ, comedy show, tailgate, camping trip, and several other fun outings throughout the year. But it doesn't stop there, the team works well with other charities and hosts numerous food drives and clothing events which normally take place at our veteran hospitals and shelters. If you would like to help, there is something for you to contribute.

Most recently, in April, our outreach director Frank "Doc" Schupp spearheaded our "Helping Heroes" program, and "Hero Day". These two programs were responsible for providing over 3,000 veterans and National Guardsmen throughout the state with food, PPE, and personal items.

In the last few years New Jersey Veterans Network has grown and has been able to save lives, provide cars, employment, housing, clothing, food, toiletries, and so much more to heroes.

In the next few weeks, we will be launching a statewide anti-suicide and PTSD awareness campaign. We have joined forces with the NJ VFW, NJ American Legion, NJSPBA, NJ FMBA, NJ FOP, NJ Veterans Affairs, State Legislators, and numerous other groups and organizations.

### HOW YOU CAN HELP

Financial donations are great but we mostly rely on volunteers and donated resources. Our charity allows donors the opportunity to choose where their funds go and the volunteers get to play an active role in changing someone's life.

If you are interested in joining the team as a volunteer, or are a veteran in need of assistance or comradeship, please contact us at [NJVN1775@gmail.com](mailto:NJVN1775@gmail.com) or call 973-332-1556. Visit online at [NJVN.org](http://NJVN.org).

### ABOUT NEW JERSEY VETERANS NETWORK

We are a group of veterans and volunteers dedicated to helping our veterans and their families live better lives. Our team is raising awareness of our veterans needs by organizing public speaking engagements, meeting with business and political leaders across the state and sponsoring fundraising events. Our mission is to identify veterans and connect them with resources and programs designed to meet their unique set of needs. To ensure that EVERY single one of our veterans, who have sacrificed so much for this great country, receives the resources that they require and deserve.

If you are interested in joining our team, would like us to speak at your event, or contribute to our mission, call 973-332-1556 or email [mdbollio@optonline.net](mailto:mdbollio@optonline.net). To learn more visit [njvn.org](http://njvn.org).



(above) Operation Rebound Racing Team family hiking and camping trip at Watchung Reservation. If you are interested in donating, joining the team as a volunteer, or are a veteran in need of assistance or comradeship, please contact us at [NJVN1775@gmail.com](mailto:NJVN1775@gmail.com) or call 973-332-1556. Visit online at [NJVN.org](http://NJVN.org).

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# SPFHS REPERTORY THEATRE PRESENTS: THE SPONGEBOB MUSICAL

Scotch Plains-Fanwood High School Repertory Theatre is proud to present the New Jersey high school premiere of the Broadway hit The SpongeBob Musical.

Performances will be held on Friday, June 4 at 5:30 p.m., Saturday, June 5 at 2:00 p.m. and 6:30 p.m., and Sunday, June 6 at 11:00 a.m. and 4:00 p.m. All performances will take place outdoors at the Perry Tyson Football Stadium at Scotch Plains-Fanwood High School, located at 667 Westfield Road, in Scotch Plains. A livestream option will be available for the performance on Friday, June 4th. Please visit [www.spfrep.com](http://www.spfrep.com) for more information.

The SpongeBob Musical follows our favorite eponymous yellow sponge and his undersea friends -- like Patrick, Squidward, Sandy, and Mr. Krabs -- in the ocean floor town of Bikini Bottom. When their community suddenly faces an existential threat, they soon learn the value of working together during the most uncertain of times. When speaking to Director Morgan Knight, he shared "The SpongeBob Musical actually touches on many themes which audiences will find surprisingly relevant: a community's response to a disaster, and the everyday acts of heroism that get us through troubled times. This is a musical for right now."

The entire community is invited to share in this comical and heartwarming production. The SpongeBob Musical will be performed outdoors on a concert stage designed for this production. When asked about this unique performance setting, Assistant Director Courtney Nemec replied, "We're so excited to put on a live performance! It's been so much fun to rehearse outside in this beautiful spring weather. We can't wait for the community to join us."

The score of The SpongeBob Musical is

unique for a modern musical. Trey Shore, the Pit Orchestra Director remarked, "SpongeBob is particularly interesting because it employed songwriters ranging the gamut from John Legend to Aerosmith, yet despite that it still manages to feel like one cohesive musical whole." Choreographer, Kara Drake, is excited for the eclectic dance styles in SpongeBob. "The choreography of this show is fun and colorful, just like the characters. It has a little mix of every style -- hip hop, jazz, musical theatre, and even tap...that's what makes it so exciting!"

The SpongeBob Musical involves over 75 student actors, instrumentalists, stylists, and production crew from the Scotch Plains-Fanwood community. The cast and crew are under the artful direction of Mr. Morgan Knight (Director), Mrs. Jan Allen (Musical Director, Producer), Ms. Courtney Nemec (Assistant Director), Ms. Kara Drake (Choreographer), Mr. Trey Shore (Pit Orchestra Director), Mr. Jeffrey Allen (Set Designer), and Ms. Joanne Sprague (Costume Designer). One of the biggest challenges for this year's outdoor performance has been the social distancing protocols in place due to COVID-19. "Everything is different this year," says Jan Allen, the Musical Director and Producer. "It definitely requires some adjustments for the students vocally, but we are very excited for the presentation." Safety for students, staff and patrons is a top priority this year. Audience seating will be arranged to allow for social distancing between parties and all patrons will be required to wear a mask.

The ticket cost for The SpongeBob Musical performances is \$18 for students and senior citizens, \$20 for adults. The live streaming option is \$20 and will only be available for the performance on Friday, June 4 at 5:30 p.m. Please

visit [spfrep.com](http://spfrep.com) for livestream and ticketing information. The Perry Tyson Field stadium is wheelchair accessible. Audience members in need of wheelchair accessible seating, along with any senior citizens who would like to use their "Gold Card," may contact Victoria Fortna at [vfortna@gmail.com](mailto:vfortna@gmail.com) or call 908-787-7492 to make arrangements. The SpongeBob Musical is a rain or shine event. In the event of heavy rain or thunderstorms, a performance may be paused, delayed, or cancelled. All tickets are non-refundable and non-exchangeable, except in the event of a show cancellation.

## COLES SCHOOL CELEBRATES EARTH DAY

*Submitted by Elizabeth Valcich*

The Earth Day committee at JA Coles School was busy this April. They planned two Earth Day projects to promote recycling for both students and parents. First, the Superhero Recycled Project asked students to create superheroes using recycled materials like paper towels rolls, egg cartons and craft supplies. The wonderful creations are on display in the main lobby of Coles for all students and staff to see.

The committee also conducted a shoe collection and collected over 150 pairs of shoes. Jack Rabbit in downtown Westfield will distribute shoes that are in good condition to various charities and donate "loved" shoes with rubber soles to companies that upcycle the rubber into rubberized wood chips for playgrounds.



*(above) Nathan and Ben help collect and count shoes.*



*(above) Recycled Superhero Projects on display at JA Coles School*

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<p><b>FRIDAY</b> <b>JUNE 4</b></p> <p><b>5:30 PM*</b></p> <p><small>* LIVE STREAMING OPTION AVAILABLE!</small></p>	<p><b>SATURDAY</b> <b>JUNE 5</b></p> <p><b>2:00 PM</b> <b>6:30 PM</b></p>	<p><b>SUNDAY</b> <b>JUNE 6</b></p> <p><b>11:00 AM</b> <b>4:00 PM</b></p>
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**TICKETS AVAILABLE** [spfrep.com](http://spfrep.com)

## FLINTLOCKS - EX BOY SCOUT READY FOR ACTION

*Submitted by Dr. Michael Hart*

The Flintlocks, BSA, Inc. met for their Annual Meeting on Thursday, April 15, 2021. They elected the new slate of officers for the coming year; updated their Bylaws and Mission Statement; reviewed the accomplishments of the previous year; and discussed projects the Council needs to have done to prepare for summer camp and the upcoming year.

The Flintlocks are a group of retired scouts who devote themselves to helping the Patriot's Path Council of the Boy Scouts of America (BSA). They meet every Thursday at Camp Winnebago, all year round. They are organized as a 501c3 non profit corporation. All of the members are registered with the BSA. They provide a variety of skilled services to the

Council. They have built cabins, picnic tables, painted the dining hall, built the archery range, built all the structures at the waterfront, financed, built and equipped the STEM Lab at Allamuchy Scout Reservation, repaired damage to camp structures, etc. In addition to building structures and doing repairs and maintenance, they also volunteer at many Council activities throughout the year. More than half of the Flintlocks have been awarded the Silver Beaver or have received other Council and National Awards. They typically provide approximately 5,000 hours of volunteer skilled labor every year. Last year was interrupted by COVID shutdowns, and the camps were not operational last summer, but now the Flintlocks are all vaccinated and ready to get back to work. The Council plans to open the summer

Scout camps again, but there has been a lot of storm damage over the winter which needs to be repaired. The Flintlocks are ready to pitch in.

The Officers and Trustees elected for the coming year are as follows: John Koneski, President; George Van Dyke, Vice President; Michael Hart, Secretary; Russ Jenkins, Treasurer; Ted Marquardt, Chair of the Trustees; Bob Pyscher, Trustee; Bob Germinder, Trustee; and Frank Wallace, Trustee.

The Flintlocks suggest getting vaccinations, hand washing, face masks, social distancing, and temperature checks. They can be found online at their Facebook page, "Flintlocks". Guests are always welcome. For more information contact Secretary Dr. Michael Hart at [drmhart@yahoo.com](mailto:drmhart@yahoo.com).



*(above) The Flintlocks, a group of retired scouts who devote themselves to helping the Patriot's Path Council of the Boy Scouts of America, pose for a picture during their meeting.*



*(above, Back, l-r) Newly elected officers: President John Koneski; Secretary Dr. Michael Hart; Treasurer Russ Jenkins; Vice President George Van Dyke; (front) Trustees Bob Germinder; Bob Pyscher; Chair of Trustees Ted Marquardt; missing Trustee Frank Wallace.*

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## SERVICE LEAGUE THRIFT SHOP

The Thrift Shop, located at 1741 East Second Street in Scotch Plains, is run by the Fanwood-Scotch Plains Service League, an all volunteer non-profit organization which has served local communities since 1974. We are pleased to announce that we will return to our original schedule of days opened as of June 1. Due to the pandemic we were closed from mid-March until Labor Day when we returned with a three day schedule following all CDC guidelines, which we will continue to maintain as they evolve. Our schedule will be as follows: Tuesday through Friday from 10:00 a.m. to 2:30 p.m. and Saturday

10:00 a.m. to 1:00 p.m.

We continue to offer selections of clothes, shoes, handbags, bric-a-brac, linens, pictures, toys, games, books, CDs and DVDs. We also feature seasonal specials.

We are able to run this Shop selling gently used items, in good condition, that are generously donated. We accept donations during our regular hours when the shop is open. Donations can be dropped off in the back of the shop which can be accessed through the Willow Avenue driveway. Our telephone number during business hours is (908)322-5420.

## NOW HIRING: SCHOOL CROSSING GUARDS

The Township of Scotch Plains is looking to fill several school crossing guard positions via the Police Department.

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School Crossing Guards work approximately 15-20 hours per week, Monday through Friday,

during the regular school year at designated locations in the township, assisting elementary, middle, and high school students.

Crossing Guards are paid \$15 per hour. Applications are available for pickup at Town Hall. For more information, please call Sergeant Brown at 908-322-7100 ext: 104 or email [j.brown@scotchplainspd.org](mailto:j.brown@scotchplainspd.org).

## VINTAGE & ANTIQUES CRAFTS FAIR – JUNE 13

Hosted by the Borough of Fanwood, two Vintage & Antiques Crafts Fairs will be held on Sundays June 13 and October 24, 2021 in the Fanwood Train Station (south side). Featuring 50+ exhibitors selling vintage items from days gone by along with hand made items from artisans and craftspeople. This free event is open to the public from 10 a.m. -5 p.m. There will be a selection of food so come hungry and enjoy.

### PARKING

The event is held on the south side of the station. There is parking for visitors on the north side of the train station. You can walk over to the south side with the adjoining walking bridge. The GPS address for parking is 238 North Avenue, Fanwood, NJ.

For more general information, or on becoming an exhibitor please, contact JC Promotions at 201.998.6311, [events@jcpromotions.info](mailto:events@jcpromotions.info).

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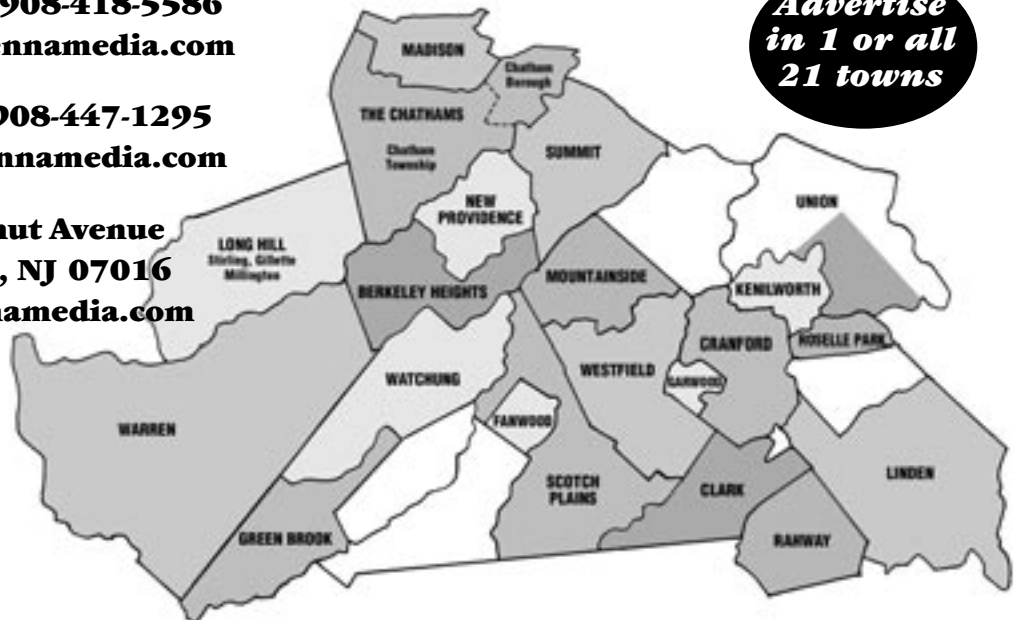
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### NEWSPAPER AD RATES

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Units	Size	RATE FOR ANY 1 NEWSPAPER	RATE FOR ANY 3 NEWSPAPERS	RATE FOR ANY 6 NEWSPAPERS	RATE FOR ANY 9 NEWSPAPERS	RATE FOR ANY 12 NEWSPAPERS	RATE FOR ANY 15 NEWSPAPERS	RATE FOR ANY 18 NEWSPAPERS	RATE FOR ALL 21 NEWSPAPERS
1 Unit (Business card)	3.25" x 2"	\$60	\$150	\$250	\$350	\$400	\$450	\$500	\$550
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4 Units	3.25" x 8" or 6.5" x 4"	\$180	\$450	\$700	\$900	\$1100	\$1300	\$1500	\$1700
6 Units	6.5" x 6.25" or 10" x 4"	\$240	\$600	\$900	\$1200	\$1400	\$1600	\$1800	\$2000
9 HALF PAGE	6.5" x 9" or 10" x 7"	\$320	\$800	\$1000	\$1300	\$1600	\$1900	\$2200	\$2400
12 Units	10" x 8"	\$360	\$900	\$1200	\$1500	\$1800	\$2100	\$2400	\$2700
18 FULL PAGE	10" x 14"	\$400	\$1000	\$1400	\$1800	\$2200	\$2500	\$2800	\$3000
2 PAGE SPREAD	21" x 14"	\$700							
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