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TROOP 104 COMPLETES 72-MILE TREK AT PHILMONT RANCH

Submitted by Maximus Mercurio

Nine Scouts from Troop 104 of Scotch Plains successfully completed a 10-day, 72-mile trek at the Philmont Scout Ranch this past July. This unforgettable hiking adventure up rocky vertical trails and through grassy meadows at elevations often 9,000-10,000 feet above sea level was a life-changing experience the crew is proud to have endured.

The trip began with a two-day stay in Colorado so the scouts could acclimate to the high altitudes. While in Colorado, the troop visited the Garden of the Gods, a national Natural Landmark located in Colorado Springs. The Garden contains rocks of red and pink sandstone which were formed millions of years ago, creating a gorgeous scenic area with breathtaking views. Later, the crew went to the top of Pikes Peak, which is one of Colorado's many mountains and tops 14,000 feet. It's known for its easy accessibility, having a single road that takes roughly 2 hours to drive up.

After going white-water rafting on the Arkansas River, the troop headed to Cimarron, New Mexico where the Philmont Ranch is located.

Philmont Scout Ranch is operated by The Boy Scouts of America and is located in the Sangre de Cristo Range of the Rocky Mountains in northeastern New Mexico.

Philmont is known for its high-adventure backpacking treks and programs that include activities highlighting the history of the Old West. Although the troop had many programs, some highlights included: fly tying and fishing, and 3D archery.

The crew's biggest challenge was climbing up Mount Phillips, which is an 11,721 foot peak. It's the second highest mountain that Philmont has to offer after Baldy Mountain.

The last climb of the trek was to the top of the Tooth of Time which rises 9,003 feet above sea level. It's a mountain that has a tooth-shaped rock outcropping at the top, and it's considered to be the official icon of the Philmont Scout Ranch. During the days of wagon trains, the Tooth served as a major landmark for guides, who used it to determine the cut-off for heading to Santa Fe or the Oregon Trail. It's visibility from base camp and the incredible 360-degree view it has to offer over a large area of the ranch was perfect for ending the trek there.

Troop 104 is sponsored by All Saints Church in Scotch Plains and meets every Monday night when SPF schools are in session. Their website is <http://t104.us>.

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(above) Scouts from Troop 104 successfully completed a 10-day, 72-mile trek at the Philmont Scout Ranch.



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Scotch Plains NJ
WHAT'S HAPPENING MONTHLY

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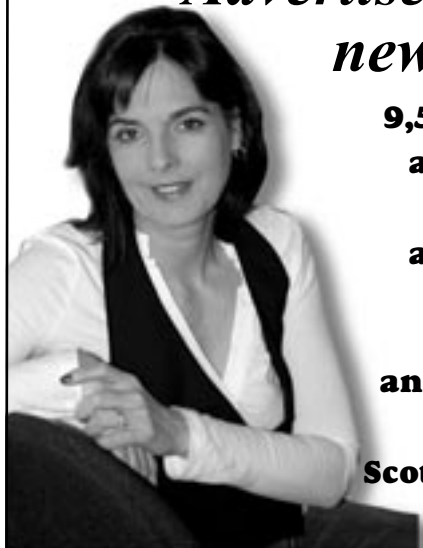
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Community service organizations, schools and sports teams are encouraged to submit news of upcoming events or highlights and photos from recent events.

Organizations who are interested in submitting content, please email editor@rennamedia.com or call 908-858-4012

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HOMETOWN HEROES BANNER PROGRAM DEADLINE OCT. 10.

Scotch Plains Township

Scotch Plains, in partnership with the Borough of Fanwood, American Legion Post 209 and Veterans of Foreign Wars Post 10122, is once again opening the Hometown Heroes Banner Program, seeking to honor more of our local Veterans and those currently serving in the United States Armed Forces.

The program honors Veterans (living and deceased) and Active Duty Military personnel who live or have lived in Scotch Plains or Fanwood. Banners for those who were a part of previous phases will continue to be put up each Memorial Day and Veterans Day. This will be the final chance to participate in the Banner Program.

Please note that we cannot honor any requests to place a banner in a particular location. The fee is \$150 per banner, but discounts are provided for hardship.

Veterans are eligible if they are serving or have served in any one of the following branches of the United States Armed Forces: Air Force, Army, Coast Guard, Marines, Navy, Merchant Marines or Women Airforce Service Pilots (World War II).

Applications must be completed online no later than October 10. To apply: please visit <https://hometown-pride.com/scotch-plains-fanwood-nj/>. Checks should be submitted to SPF Hometown Heroes, PO Box 627, Scotch Plains,

New Jersey 07076. Please put the name of the Banner Veteran in the Memo line.

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EVANGEL CHURCH SERVICE FOR SERVICE 2021

When Hurricane Ida arrived with devastating floods throughout New Jersey, Evangel Church was in the midst of planning its biannual Service for Service for the weekend of October 8-10th. This is where hundreds of volunteers from the church give up a Sunday service to be of service to their surrounding communities. Service for Service, incidentally, had its inception in 2013, one year after Superstorm Sandy. Senior Pastor, Chris Morante, along with Director of Ministries, Maria Cortes, quickly realized that waiting until October was not an option, so they began to mobilize.

In addition to helping congregants who were impacted, they put out a call and began forming response teams to go directly to neighbors who needed help. They dispatched sump pumps, shop vacs, and fans and had boots on the ground where flooding was the worst. Volunteers helped people

empty the saturated contents of basements and garages and even tore out ruined carpeting. Pastor Chris secured a block of rooms at a hotel in Woodbridge for those who were completely displaced and volunteers manned a 'care center' where hot meals were brought in and people could receive basic necessities. One of Evangel's partnering organizations, Convoy of Hope, sent a tractor trailer filled with cleaning supplies which were boxed and distributed to approximately 600 families. "When the world is at its worst, we believe the church should be at its best," said Pastor Chris.

Although the heart behind Service for Service has been in motion since the beginning of September, the actual event is still taking place. If anything, supporting their neighbors through the devastation of Ida has fanned into flame the desire to be of service on the weekend of

October 10th. Projects include packing 100,000 meals for Feed My Starving Children, assembling hygiene kits for Convoy of Hope, and an anti-human trafficking outreach to local motels. Besides these larger projects, they will also provide light handyman services to seniors both inside and outside of the church community.

When Pastor Chris considered Service for Service 2021, the question that came to his heart was, "Where is Evangel Church?" The answer was loud and clear - "The church is not a place, it's a people, it's not a building, it's a body." This belief is what motivates Evangel to give up meeting for a Sunday service to serve their community with Christ's love.

For more info, visit evangelchurch.com. Evangel Church is currently located in Scotch Plains and Woodbridge, NJ.

TREES PLANTED IN MEMORY OF COVID-19 VICTIMS

Scotch Plains Township

A grove on the site of the historical Frazee House is was dedicated on Thursday, Sept. 30 to memorialize township residents who died from complications of COVID-19.

The township has planted Kwanzam Cherry trees in memory of residents who the community has lost. The tree was selected because of its deep pink spring blooms that last for weeks, prompting the annual Cherry Blossom Festival in Washington D.C. and other events that entice people to routinely visit.

"We could think of no better place than Frazee House Park to create this lasting tribute," said Mayor Josh Losardo. "It is a passive park at the corner of Raritan and Terrill roads, home to the Scotch Plains Community Garden, a walking path and chessboard top picnic tables. We hope the tree memorial will give residents yet another reason to explore the park."



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FRAZEE HOUSE OCTOBER FESTIVITIES

The ancient Frazee farmstead will host October festivities on its site.

“We’re excited to once again host activities at the Frazee farmstead, home of Aunt Betty Frazee, a brave woman who stepped onto her porch to defy the British on their march past her house in 1777,” said Andy Calamaras, president of the Rotary Frazee House committee. The committee has spearheaded a 14-year project to rescue the house’s structure and ready it for restoration to the American Revolutionary period. Last year, the external renovation of the Frazee House was completed and this year the internal renovation is scheduled to begin.

All three events, besides providing engagement to county residents and lovers of history, will benefit the “Save the Frazee House” project, an effort to complete the renovation of the historic house.

The Frazee House Ghost Walking Tour will take place at the site during the weekends of October 9-10. The 90 minute tours will be led by renowned psychic-medium Jane Doherty and will begin with a short orientation at the restored Frazee homestead, including details about the spirit world. It will proceed with a walk along the property, stopping at each “ghost hangout” to reveal the stories and secrets there. The Frazee House Committee is excited to introduce this new event. Tickets are \$25 per person and must be purchased in advance. Additional information can be found on the Frazee House website, frazeehouse.org.

The Great Pumpkin Patch is ongoing from October 5 through 31. During this event, pumpkins of all sizes will be sold every day, from 11 a.m. to dusk at the Frazee site. The location will be decorated for Halloween and is the perfect setting for fall photos.

Finally, the Rotary Frazee House committee and the Township of Scotch Plains will host the 5th annual Harvest Festival at the Frazee Farmstead. Activities will entice every age group: live music, games, pony rides, a petting zoo, food trucks, pumpkin tossing, a haunted trail and the

Great Pumpkin Patch. “We’ve made amazing progress on the Frazee renovation,” said Calamaras. The Harvest Festival is another opportunity for the community to visit the site and see for themselves — rain or shine at the

Frazee House site, 1451 Raritan Road in Scotch Plains, Saturday October 16, from 12:00 p.m. to 5:00 p.m.

More information about the Frazee House and events can be found at frazeehouse.org.

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RUMORS IS COMING TO CDC THEATRE - OCTOBER 9-24

Rumors by Neil Simon will open the fall 2021 season at CDC Theatre in Cranford and according to the New York Times it "Has nothing on its mind except making the audience laugh!"

Five neurotic couples gather for a dinner party, but the best laid plans go wildly awry when guests arrive early only to discover their host has shot himself, the hostess and servants are missing, and dinner not ready. As confusions and miscommunications mount, the evening spins off into farcical hilarity. American playwright and screenwriter Neil Simon (1927-2018) is widely regarded as one of the most successful, prolific and performed playwrights in theatre history.

"I like Rumors specifically because it's an over the top, silly, high-energy farce and I knew it would be a blast to direct, as well as to see.", said director Zach Mazouat recently. "I enjoy that it is truly an ensemble piece with lots of evenly sized roles and not a star vehicle. For a play, a cast size of 10 is pretty large, which gives the audience a chance to experience a lot of ridiculous characters to enjoy. Even though I proposed it pre pandemic I think it's a great show for audiences to come back to the theater with. It's fun and light-hearted and should have the audience laughing from start to finish. Coming out of a rough year I think we all need a good laugh and a healthy dose of escapism."

The cast includes, Sean Lynch-Littlejohn, Lori Travers, Ian Fedegreen, Elle Michaeli, Mark Zebro, Shannon Ludlam, Byron Hagan, Victoria Navarro, Joe Leo and Rod Belle. Information on how to get tickets can be found by visiting the theatre's website cdctheatre.org.



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If Knee Surgery Sounds Scary, It Should

Have you 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.
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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.

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Scot Paris MD, FACS



Here's what our patients have to say

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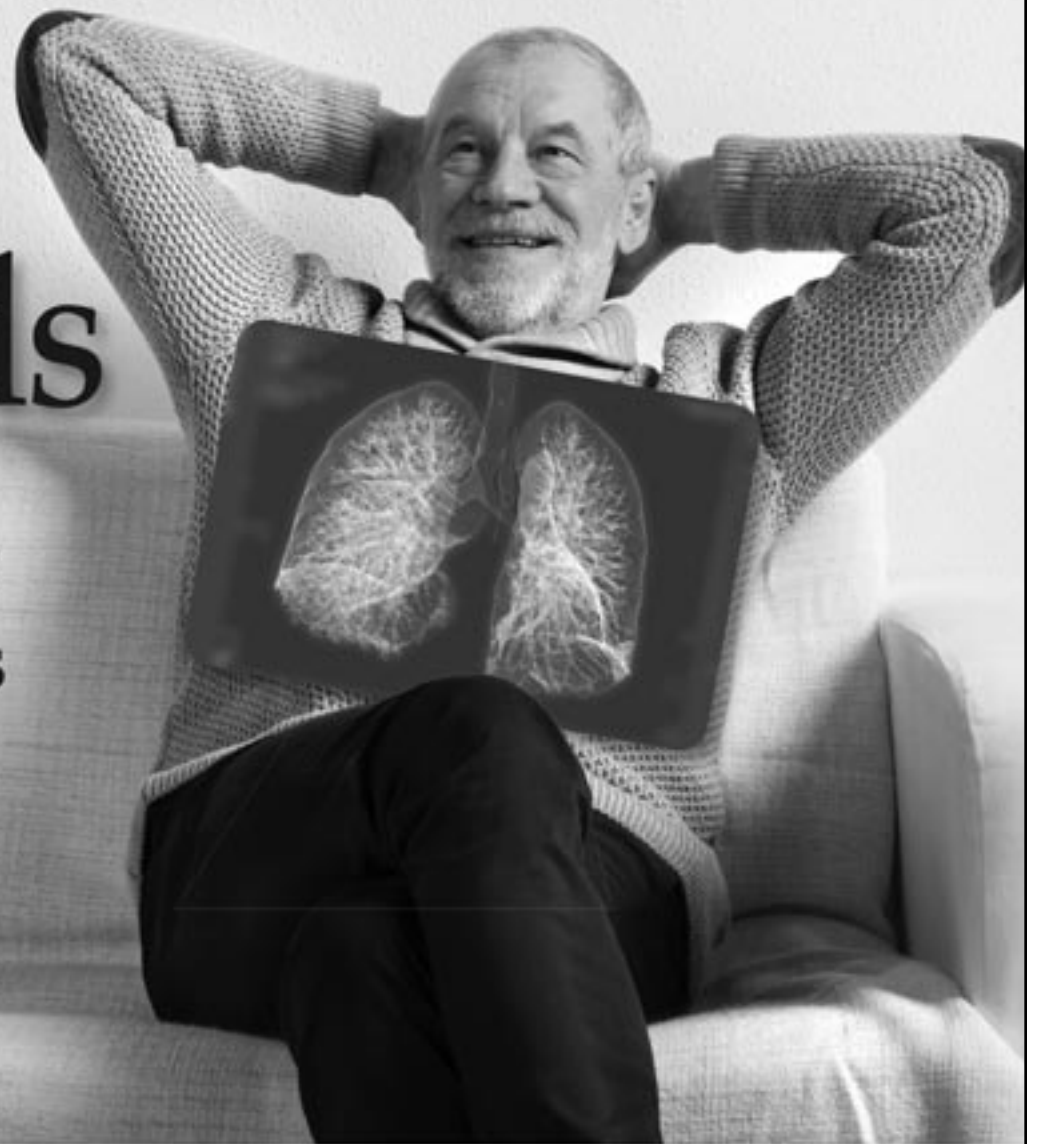
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Local Sports Performance Program Forced to Shut Down Registration

The Fall Grit Athletes Sports Performance Program is now shut down. The Berkeley Heights Based Athlete Performance has no more available spots for their fall program due to high demand from local parents looking for their kids to get an edge. They opted to shut down registration before taking on more kids into the program, even though there were people on the waiting list.

The bright spot is they have begun early registration for their highly anticipated winter program. The winter program has always been the most popular and is also highly likely to be sold out before it even starts. Grit Athlete performance announces the early enrollment of their winter athlete performance training program.

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.

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- Jen O'Brien, Grit Athlete Parent

- "My son is more disciplined and confident in himself"

- Steve Hughes, Grit Athlete Parent

- "I have watched my children become more confident and vocal."

- Christine Stramandinoli, Grit Athlete Parent

- "His confidence has shot up in the last few months...and has carried forward to the way he approaches other activities like sports and schoolwork. My son is now making his bed daily and exercising every day."

- Catherine Solfaro, Grit Athlete Parent

GET MORE INFORMATION

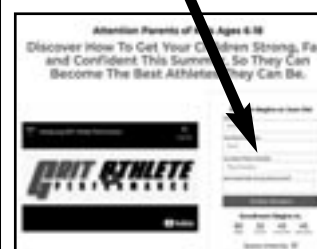
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Early Bird Registration Expires October 15th

CASA SALUTES ITS VOLUNTEER CHILD ADVOCATES AT BBQ

Court Appointed Special Advocates (CASA) of Union County, the only local nonprofit advocating for youth from birth to age 21 involved in the child welfare system due to abuse, neglect and abandonment, took time-out on a recent sunny Sunday afternoon to fete its community members who are trained as child advocates and continuously give of their time to ensure the best interests of Union County's most vulnerable youth are protected and their needs are met.

Seeley's Picnic Grounds in Watchung Reservation was host to a guest list that included each of the organization's nearly 170 current volunteer advocates and their families and dogs, its funders, and court personnel with whom the organization regularly works as cases are heard by Union County Superior Court. CASA staff and several members of the Board of Trustees

served guests such as ribs, pulled pork, hotdogs, burgers, and sides and dessert galore. Executive Director Mariel S. Hufnagel's husband Anthony was grill master.

Amid the frivolity of lunching, chatting and even competition at the cornhole and KanJam playing fields, CASA volunteers and staff still managed to make time for advocacy work, too. Each year as the summer draws to a close, the organization runs a school supply drive to ensure every foster youth served has a new backpack chock-full of needed supplies so their first day feels full of promise. The park's pavilion became backpack depot where advocates checked in to secure their foster youth's backpack, lunchboxes, and supplies.

Anne Collart, President of the Board of Trustees, was among those welcoming advocates. "It was a gorgeous day, and the


perfect setting for CASA of Union County to give its time for all those who gift their time for local foster youth, and keep the organization moving forward in its mission. Today, we wanted to be in their corner, and encourage each advocate to relax, connect and enjoy our gratitude for all they do."

Since 2005, the nonprofit has recruited, trained, supported and supervised nearly 600 volunteers to advocate for more than 900 youth, protecting best interests in the courtroom, classroom and community, and helping ensure already experienced trauma is not exacerbated as youth await permanency in a safe and loving home.

For details on the advocate experience and joining upcoming information and training sessions, email Lucia at info@casafunioncounty.org.



(above) Among the CASA volunteers attending were, from left, James Walker Jr. of Elizabeth, Isabella Blumberg of Springfield, Barbara Bagger of Westfield, Arlene Sumner of Linden, Carmen Iyala of Scotch Plains, Quetzali Sevillano of Rahway, Lara Gibbemeyer and Robert Bridgeman of Westfield, Flor Maria Mendez of Elizabeth, Mollie Yang of Mountainside, Fernando Porrás of Clark, Katherine Romano of New Providence, Shelley Grobe of Cranford, Kristen Kim of Westfield, Rebecca Muston of Summit, Teresa Lastella of Clark, Kevin JeanCharles of Roselle, Donna Isidron of Clark, Karime Herrera of Elizabeth, Komal Nankani of Summit, Lisa Kalichman of South Orange, Sean O'Leary of South Plainfield, Carolyn Colonna of Fanwood, Cynthia Evans of Scotch Plains, and Lydia Pernia of Linden.



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FLINTLOCKS RUN CUB SCOUT WOOD TOOLS BADGE PROGRAM



(above) A happy family with completed bird houses



(above) Bob Pysher instructing the scouts on tool use and safety

Submitted by Dr. D. Michael Hart
 The Flintlocks BSA, Inc. ran the Cub Scout Wood Tools Program at the Watchung Mountain District Spring Cub Family Camporee at Boy Scout Camp Winnebago in Rockaway, NJ this spring.

Fifty-three Cub Scouts earned a Woodcraft badge by learning about how to use wood tools, safety measures, and building a small bird house. The program starts with one of the Flintlocks explaining how to use wood tools properly and important safety measures. After the Cub Scouts build their bird house, they may practice using screwdrivers and a coping saw. The parents work with the children, and the Flintlocks offer guidance.

The Camporee has many different activities, including Archery, Batting cages, BB guns, First Aid Classes, and Fishing Derby, Climbing wall, Basketball, Volleyball, a 2-mile Hike, Rockets and Catapults. The shooting sports programs have NJ State Certified Instructors. Since it is a family camporee, and since girls may now join scouts, entire families may enjoy the fun, and the scouts earn various badges. Attendance at the camporee was 150 scouts with an equal number of parents. This was one of the first big events at the scout camp since the shutdown

over a year ago.

The Flintlocks BSA, Inc are a group of 27 retired scouters who volunteer every week all year round to help the scout camps of the Patriot's Path Council. They are incorporated as a separate 501c3. Facebook page is "Flintlocks". They do maintenance at the camps, build cabins, tent platforms, picnic tables, etc. In 2018 they built a STEM lab classroom for scientific related merit badges. The members also volunteer to help the scouts with various programs throughout the year. The Flintlocks purchase lumber from a lumber mill, then make the parts for the craft kits in their wood shop which are sold at the Council Scout shops. Bird houses have the bottoms attached with screws since a mother bird wants to build a new nest every year. The old nest needs to be cleaned out in the fall so a new family can start over again in the spring.

The Watchung Mountain District of the Patriot's Path Council, Boy Scouts of America serves the communities of: Berkeley Heights, Fanwood, Garwood, Gillette, Long Hill Township, Meyersville, Millington, Mountainside, Murray Hill, New Providence, North Plainfield, Scotch Plains, Stirling, Summit, Warren, Watchung, and Westfield.



(above) The five Flintlock volunteers Chuck Hoeckele, Bob Pysher, Jeff Huppert, Frank Wallace, and Dr. D. Michael Hart.

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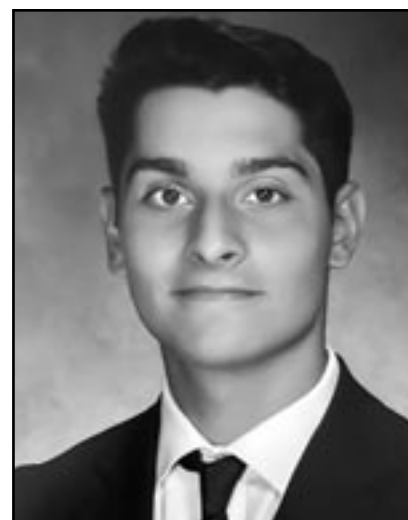
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SCOTCH PLAINS-FANWOOD CHAPTER OF UNICO AWARDS SCHOLARSHIPS



(above, l-r) Georgio Elenis, Elisa Herstatt, and Kyle Sellinger,



(above, l-r) Jade Glassman, Elisabeth Pickel, and Nicholas Tittanegro.

The Scotch Plains-Fanwood Chapter of UNICO held their annual Scholarship Awards Dinner virtually on May 25, 2021. A total of \$11,000 in scholarships was awarded to six recipients this year. Our recipients are as follows: Georgio Elenis, Jade Glassman, Elisa Herstatt & Kyle Sellinger. Elisabeth Pickel & Nicholas Tittanegro both were awarded the Brian Piccolo Award. Congratulations and best of luck to all!

UNICO is the largest Italian-American service organization in the United States. The organization's objectives are to promote the image of Italian Americans, to serve the community, and to contribute to charitable, cultural and educational organizations and projects.

The Scotch Plains-Fanwood Chapter of UNICO was chartered in 1973. Our chapter has raised and donated thousands of dollars annually to support scholarship programs, organizations and individuals in the New Jersey area. Since 1974, we have co-sponsored the St. Barts/UNICO Italian Festival, which attracts thousands of visitors over Labor Day weekend.

UNICO great pride in its rich history, cultural heritage, and dedicated membership. Our local chapter also has been recognized as "Volunteer of the Year" and has earned its place in our community for service to others and charitable contributions since its inception. For more information about Scotch Plains-Fanwood Chapter of UNICO spfunico@gmail.com or visit unicospf.org.

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Balance Awareness

Fridays, 10 a.m.

All you need are a chair and sneakers.

Evening Book Club

Monday, October 4, 7 p.m.

Discuss *The Catcher in the Rye*, J.D. Salinger.

Genealogy 101

Tuesday, October 5, 6:30 p.m.

with librarian April Earle shares her best tips on how to get search databases, and focus on documents that might be more significant than you'd think.

Valcour

Monday, October 18, 7 p.m.

The 1776 Campaign that Saved the Cause of Liberty with historian Jack Kelly. Learn the story of one of the most crucial and least known naval campaigns in the Revolutionary War.

Afternoon Book Club

Tuesday, October 19, 1 p.m.

will discuss *The Exiles* by Christine Baker Kline.

Night Sky Observation

Tuesday, October 19, 6:30 p.m.

weather permitting. Bob Reichman will bring his telescope for in-person viewing.

Cookbook Club

Thursday, October 21, 7 p.m.

will meet virtually to discuss the dishes we prepared from *Love & Lemon Everyday*. Stop in the Library to select your recipe and register.

Creatures of the Night

Tuesday, October 26, 7 p.m.

Bats of New Jersey with Ethan Gilardi of the Conserve Wildlife Foundation of NJ.

Unless otherwise noted, the above events are virtual. Registration is required for all events. More information about the library can be found at scotlib.org.

58TH EDITION CALENDAR NOW AVAILABLE

Fanwood-Scotch Plains College Club

The 58th edition of the Fanwood-Scotch Plains College Club Community Calendar for September 2021 through September 2022 provides the currently available dates of school events for the Scotch Plains-Fanwood School District K-12, Union Catholic High School and St. Bartholomew Academy. It also contains listings of local Houses of Worship, advertisements for local businesses, contact information for approximately 100 local organizations and a 2023 calendar preview.

Each year the College Club honors one of its long-time advertisers in the calendar. This year's featured advertiser is The Bike Stand, 1778 East Second Street, Scotch Plains. Steve Willis, the owner of The Bike Stand, has been a member of the Scotch Plains community for 40 years and he has supported the College Club for over 35

years.

The Bike Stand offers a varied selection of bicycles for sale but is best known for its quality mechanical work, offering exceptional turnaround time on most repairs.

Due to the loyalty and support of nearly 100 local advertisers, the entire purchase price of \$10 goes directly into the club's scholarship fund for scholarships that are awarded annually. The Community Calendar is a community service as well as a major source of scholarship funds each year. In May the College Club awarded \$31,500 in scholarships to eleven young women.

The College Club Community Calendar can be purchased from College Club members, the Fanwood and Scotch Plains libraries, and the following local merchants: Norman's Hallmark, Apple Blossom Flower Shop, Fanwood Larder, Scotchwood Florist and Shear Magic.



(above) College Club members Joanne Sheffield and Mari McDevitt congratulate Steve Willis, owner of The Bike Stand, for being selected as the featured advertiser in the 2021-22 College Club Community Calendar.

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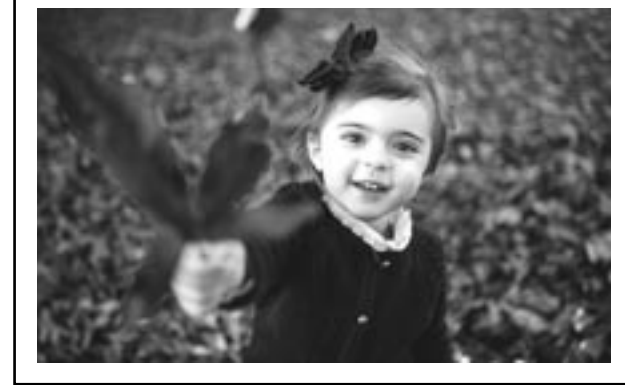
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UNION COUNTY ANNUAL DAY OF PRAYER - OCT. 6

As the nation continues to reckon with the effects of the COVID-19 pandemic, the seventh annual Union County Day of Prayer will serve as “A Memorial Service to Those in Our Memory” on Oct. 6.

The event will be held at 7 p.m. at Holy Trinity Roman Catholic Church in Westfield and is sponsored by Union County Interfaith Coordinating Council and Community Access Unlimited.

The annual Day of Prayer brings the community and leaders of different faiths together for an evening of music, prayers of unity and reflective readings. UCICC works to build bonds within the interfaith community and promotes the respect, inclusion and welcoming of others at houses of worship.

“We cannot do justice to all of the lives that have been taken from us at the Union County Day of Prayer on Oct. 6th, but we can begin to do so together,” said Pastor Carmine Pernini of Zion Evangelical Lutheran Church in Rahway. “We can take a few small steps to appreciate the gift that is the life we have yet to live together by honoring those loved ones, those impossible times we have made it through, and those trials that have forged who we are and will be from this side of the pandemic.”

The event includes speakers, musicians and readers representing major Abrahamic and Indian religions; among the performers scheduled are students of the Muslim Community Center of Union County and Eliezer Almonte of Comunidad Cristiana in Elizabeth. Masks are required and attendees will observe social

distancing.

UCICC works closely with Community Access Unlimited to promote accessibility in the local faith community for individuals with developmental disabilities. Past events have included weekly interfaith services and introducing members to different houses of worship in the area.

“Religion and communities of faith are an important part of spiritual life that everyone should have access to regardless of their abilities and needs,” said Walter Kalman, associate executive director of Advocacy, Communications and Resource Development at CAU. “We are proud of our continuing partnership with UCICC and the growing community and the teamwork it has fostered.”

ABOUT COMMUNITY ACCESS UNLIMITED

Community Access Unlimited (CAU), celebrating 42 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.caunj.org or by mail at 80 West Grand Street, Elizabeth.

TURN AROUND, DON'T DROWN

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

When Tropical Storm Ida recently tore through our area, over 25 people in New Jersey died, mostly from drowning. Although some of these deaths couldn't have been prevented, others could, especially those that occurred on our roads.

According to the Centers for Disease Control and Prevention, over half of all flood-related drownings occur when a vehicle is driven into hazardous flood water. The next highest percentage of flood-related deaths is caused by walking into or near flood waters.

In their desire to get to their destinations, many people underestimate the power and force of water. When coming upon a flooded road, instead of backing up and finding an alternate route, they tell themselves that their vehicles can get through just fine, often misjudging how deep the water truly is. Many times, this leads to tragedy. Once in the middle of these flood waters, cars often stall and people find themselves stranded and in trouble.

If they're lucky, rescue crews are nearby and can pick them up before the water gets even higher or their cars are washed away by flash flooding. If they're not, and can't make it back to dry land, they often drown. Driving into flooded waters also puts first responders at risk when they have to venture into these dangerous waters to save others.

So the next time you drive up to a flooded road, turn around. Don't take the chance; don't gamble with your life and that of others. Drive to higher ground and find a safe place to wait until the water recedes and it's safe to travel once again.



(above) Scotch Plains Rescue Squad urges residents to stay safe and “turn around, don't drown” when they encounter flood waters.

Photo by the Scotch Plains Rescue Squad

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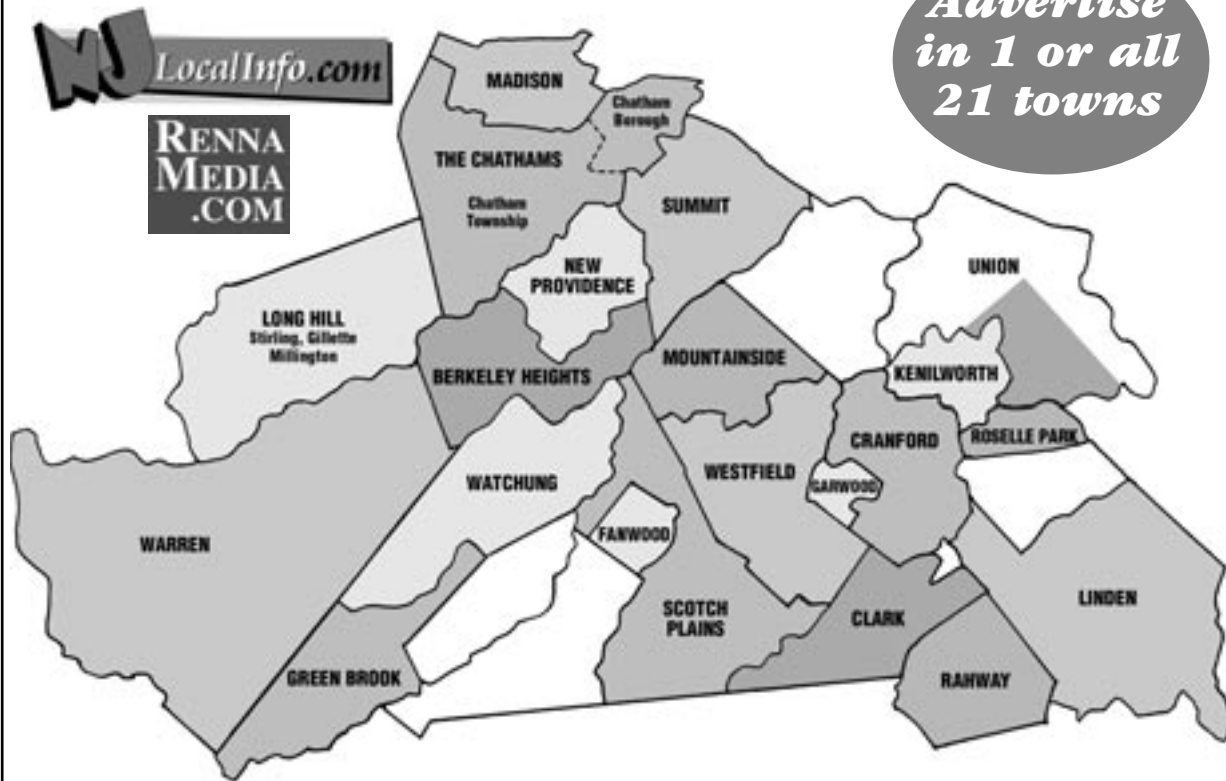
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6 Units	6.5" x 6.25" or 10" x 4"	\$240	\$600	\$900	\$1200	\$1400	\$1600	\$1800	\$2000
9 HALF PAGE	6.5" x 9" or 10" x 7"	\$320	\$800	\$1000	\$1300	\$1600	\$1900	\$2200	\$2400
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COATS AND COSTUMES FEATURED FOR FALL

Fanwood-Scotch Plains Thrift Shop

With colder weather and Halloween fast approaching, now is the time to shop the non-profit Thrift Shop at 1741 East Second Street in Scotch Plains. Run by the Fanwood-Scotch Plains Service League, a local all-volunteer organization, the store is currently featuring costumes and related “spooky” accessories in all sizes for the upcoming Halloween holiday, along with lightweight jackets, warm coats, boots and a wide variety of fall-inspired home décor items you are sure to “fall in love” with.

Store hours are Tuesday through Friday from 10:00 a.m. to 2:30 p.m., and Saturday 10:00 a.m. to 1:00 p.m. To protect our volunteer staff and other store patrons, face masks are required of everyone entering the store. Children are welcome provided they are accompanied by an adult.

The Thrift Shop operates thanks to the generosity of many donors who supply the store with merchandise they no longer need. The store

carries a wide selection of constantly replenished clothing, shoes, bric-a-brac, linens, household goods, toys, games, books, DVDs and more. Our donors’ kindness is poured back into the community, as all proceeds outside of operating expenses are provided to local non-profit organizations or used for student scholarships. To learn more about the Service League and types of donations accepted call the store during Thrift Shop business hours: 908-322-5420.



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