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## WHAT'S HAPPENING MONTHLY

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### 13TH ANNUAL DAY OF SERVICE HONORS MLK

On Monday, January 17th, 2022, the Scotch Plains/Fanwood community came together for a day of service to honor the legacy of Dr. Martin Luther King Jr. The opening program was held virtually from the JCC of Central NJ. The Day of Service Co-Chairs were Michelle Shapiro Abraham, Amanda Barnett, and Courtney Agnello.

Noted as being a “Day On” rather than a day off for the national holiday, hundreds of volunteers assisted at local donation drives, as well as participated in educational and service opportunities.

Some of the events planned for the day were a hats & gloves collection for children benefitting the Boys & Girls Club of Union County. Girl Scout Troop 40393 collected yarn donations to use for their Magic Yarn Project. The Fanwood-Scotch Plains YMCA was the drop off location for diapers, food, and household items for refugees. Immaculate Heart of Mary Church was also a drop off location for donations.



*(above) Andrew Abrantes, Owen, and his team from BSA Troop 33 worked hard at Immaculate Heart of Mary church, keeping up with the super amount of pet food, treats, blankets and towels that were donated during the town-wide SP-F MLK Day of service.*

Photos courtesy Immaculate Heart of Mary Church

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*(above) Volunteers sorting food at Immaculate Heart of Mary church*



*(above) YMCA child care students made “kindness rocks”.*


Photo by Fanwood-Scotch Plains YMCA



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# Scotch Plains NJ

WHAT'S HAPPENING MONTHLY

## Renna Media LLC, Publishers

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Scotch Plains Monthly is published by Renna Media. 9,600 newspapers are printed monthly and mailed to every business and resident in the Scotch Plains.

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# “MAN OF THE YEAR” AND “YOUTHS OF THE YEAR” ANNOUNCED

## Congregation Beth Israel

Dr. Michael Margolin, Aaron Perrotta and Abbie Sapira, members of Congregation Beth Israel in Scotch Plains, were honored as “Man of the Year” and “Youths of the Year” respectively at the Northern New Jersey Region of the Federation of Jewish Men's Clubs dinner, held at Temple Beth Ahm Yisrael in Springfield, New Jersey on December 19, 2021.

Dr. Margolin, a Westfield resident, is a past president of Congregation Beth Israel's Men's Club and long-time synagogue volunteer. Aaron Perrotta and Abbie Sapira are juniors at Scotch Plains-Fanwood High School; both teens give some of their time in support of Congregation Beth Israel.

Jonathan Jaffe, Men's Club President at Congregation Beth Israel, said the selection committee chose this year's honorees because of their ongoing, demonstrated commitment to the Jewish community in the Scotch Plains area.

“We were pleased to honor three exceptional individuals within our synagogue community,” Jaffe said. “Dr. Margolin has been a long-time leader of our Men's Club, which has benefitted from his terrific leadership. Meanwhile, Aaron and Abbie are among the youth at CBI who have shown a commitment to the Religious School and Jewish learning over the years, as well as have been involved in numerous volunteer activities. We are honored that we could recognize these three individuals this year, all of whom are our shining stars.”

The Federation of Jewish Men's Clubs presents awards annually to recognize volunteers who have been active leaders within their communities. Congregation Beth Israel is affiliated with The United Synagogue for Conservative Judaism and has an active Men's Club as well as youth program. For synagogue information, call 908-889-1830.



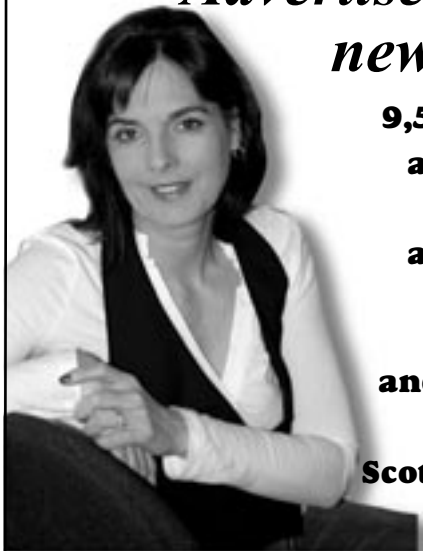
(above, l-r) Photographed at the award ceremony are: David Glass, Northern New Jersey Region (NNJR) President; Abbie Sapira; Aaron Perrotta; Dr. Michael Margolin; and David Julis, NNJR Executive Vice President.

## LOCK YOUR CAR DOORS

### Scotch Plains Police Department

Please LOCK your car doors and do not leave anything of value in it, we are experiencing a rash of thefts from cars and thefts from packages from porch areas in town! The majority of the incidents are happening in the early morning hours, between 1 – 5 a.m., and the theft of the packages are happening at all times of the day. If you see or hear anything suspicious, please contact us immediately! Call 9-1-1 if it is an emergency or (908) 322-7100 ext. 0 if it is a non-emergency.

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## TINA BERLIN WINS 1ST PLACE AT STATE ART SHOW

Twelve artists from Union County have been selected as award winners in the 55th annual New Jersey Senior Citizen Art Show. Tina Berlin of Scotch Plains was awarded – 1st Place, Acrylic by a Non-Professional artist, for the artwork, “Painted Girl”. The 2021 New Jersey Senior Art Show can be viewed online at njseniorarts.com.

The 2021 New Jersey Senior Art Show includes more than 200 artworks created by both professional and non-professional artists, ages 60 and older, from 15 counties across the state. It is co-sponsored by the New Jersey State Council on the Arts and Mercer County’s Division of Culture & Heritage, and is funded by the Council on the Arts with additional support from Mercer County and the New Jersey Association of Area Agencies on Aging.

Union County’s annual Senior Art Exhibit is a project of the Union County Office of Cultural and Heritage Affairs in the Department of Parks and Recreation. The 2021 Union County Exhibit is on view at ucnj.org/senior-art.

As the culmination of county-based senior art shows held this year, the New Jersey Senior Art Show features every artwork that was awarded first-place at the county level in their respective categories. The New Jersey show was juried by art experts Lynn Lymere, Aubrey Kaufmann and Martha Press.



(above) “Painted Girl” by Tina Berlin took– 1st Place, Acrylic by a Non-Professional artist, at the 55th annual New Jersey Senior Citizen Art Show. Courtesy.

### THE UNION COUNTY AWARDEES ARE:

- Eileen Bonacci (Berkeley Heights) – Best in Show by a Professional; and 1st Place, Oil by a Professional artist, for the artwork, “Day at the Beach”
- Tina Berlin (Scotch Plains) – 1st Place, Acrylic by a Non-Professional artist, for the artwork, “Painted Girl”
- Joe Manzella (Cranford) – 2nd Place, Digital Art by a Non-Professional artist, for the artwork, “Many Paths – One Destination”
- Anne Castellano (Cranford) – 2nd Place, Pastel by a Non-Professional artist, for the artwork, “The Cupcake Dog”
- Betsy Fabricant (Elizabeth) – 3rd Place, Craft by a Non-Professional artist, for the artwork, “Covered Bridge, Williamsville, Vermont”
- Natalie Gregorio (Elizabeth) – 3rd Place, Photography by a Non-Professional artist, for the artwork, “Sunflower Sunset”

- Johnnye Hansford (Plainfield) – Honorable Mention, Craft by a Professional artist, for the artwork, “Natural Sinamay and Purple Fascinator”
- Cheryl Payne (Hillside) – Honorable Mention, Mixed Media by a Non-Professional artist, for the artwork, “Women in Their Seasons of Grace”
- Indira Govindan (Springfield) – Honorable Mention, Mixed Media by a Professional artist, for the artwork, “World versus Corona”
- Janice Metzger (Westfield) – Honorable Mention, Pastel by a Professional artist, for the artwork, “Birdsong”
- Paul Lachenauer (Cranford) – Honorable Mention, Photography by a Professional artist, for the artwork, “Liberty State Park”
- Luciano Felicio (Union) – Honorable Mention, Sculpture by a Non-Professional artist, for the artwork, “American Eagle”



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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. Addictions 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!

# RESCUE SQUAD TIPS ON COVID FATIGUE

Submitted by Sue Baldani

People are tired. Tired of being afraid, of wearing masks, of hearing the word COVID. Many of us thought the pandemic would be over by now, but no, it's still here, and it's draining our physical and mental resources.

Pandemic fatigue is real. The World Health Organization (WHO) defines it as being "demotivated" and exhausted with the demands of life during the COVID crisis. This fatigue can lead to a deep sense of anxiety, depression, less productive work environments, and other negative consequences. It may make some people less willing to comply with health regulations, which can prolong the pandemic for everyone. So, what can we do to cope?

First, accept that what you're feeling is normal and many other people are experiencing the same thing. We haven't lived through this type of crisis before, and everyone is doing their best to get through it. But, like with many other mentally challenging situations, it's important to take steps to promote our physical and emotional well-being.

#### HERE ARE SOME WAYS TO DO THIS:

Maintain a regular routine whenever possible. For example, eat meals at the same times every day and stick to regular wake and sleep times.

Focus more on long-term relationships. Stay in close contact with those you feel close to and who can provide a sense of stability. Talk about happy memories or plan to make new ones. Doing this will give you a greater sense of connection with the outside world and help you look towards the future.

Be mindful about relying on alcohol and other short-term fixes. This can easily lead to addiction, which in turn will lead to even more isolation, stress, and anxiety. Instead, practice meditation or yoga and do deep breathing exercises. Find an exercise you enjoy, such as walking or running, which will allow you to breathe fresh air while enjoying the calming sights and sounds of nature. Leave your phone at home, or turn it off.

Limit news coverage. Get the facts you need, but don't let COVID chatter become a constant background in your life. And only pay attention to reputable sources.

Get professional help, if necessary. Let an expert guide you and give you the resources you need to get through these challenging times.

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

#### 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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#### 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." - Question L.

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## FEBRUARY 14 IS NATIONAL ORGAN DONOR DAY

NJ Sharing Network

February 14 is all about sharing some love in New Jersey - and not just because it's Valentine's Day! NJ Sharing Network and its many healthcare partners and volunteers throughout the state are working together to register as many organ and tissue donors as possible in celebration of National Organ Donor Day.

"National Organ Donor Day is about taking action and inspiring others to learn more about how they can save lives through organ and tissue donation," said Joseph S. Roth, president and chief executive officer of NJ Sharing Network. "One organ and tissue donor can save eight lives and restore health to over 75 people. I am confident that everyone's efforts on National Organ Donor Day will go a long way toward bringing hope to those currently waiting for a transplant."

Currently, there are over 110,000 Americans - nearly 4,000 of whom live in New Jersey - waiting for a life-saving transplant. In New Jersey, one person dies every three days waiting for an organ transplant.

However, the generosity of those in the Garden State is providing hope for the future. New Jersey's organ and tissue donor registrations continue to rise thanks to strong community education and outreach efforts as well as simplified ways to register as an organ and tissue donor are also helping to save more lives. It is easy for New Jerseyans to register in any of the following options:

Online at [NJSharingNetwork.org](http://NJSharingNetwork.org); Through the iPhone Health App; In person at your local Motor Vehicle Agency

Observed every year on February 14, National Organ Donor Day is dedicated to spreading awareness and education about organ and tissue donation. It is also a day to recognize loved ones who have given the gift of life, have received a transplant, are currently waiting or did not receive an organ in time. National Organ Donor Day was started in 1998 by the Saturn

Corporation and its United Auto Workers partner with the support of the U.S. Department of Health and Human Services and many non-profit health organizations.

Photo courtesy of NJ Sharing Network



(above) The late Caitlin Nelson, 20, of Clark, gave the gift of life by donating her heart, lungs, kidneys, pancreas, and liver. She also donated over 200 bone and tissue grafts. Her gifts have already helped 50 people.



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“On behalf of our clients, thank you!” declared Ruth Maloney, President of Mobile Meals of Westfield, in accepting donations from the Sheet Metal Workers’ Union No. 22, \$350 Shop Rite food card; and the Optimist Club of Westfield gift of \$50 food cards in support of Mobile Meals’ clients.

Each year, Optimist Club of Westfield distributes food baskets to families and individuals in need. The program spans 31 years. Because of Covid, this year food cards were donated in place of the food baskets. In presenting the donation, Darielle Walsh of Optimist Club of Westfield said, “We are always

looking for deserving families and individuals who can benefit from our food program.”

Mobile Meals of Westfield is a non-profit organization which provides prepared meals for those individuals unable to provide meals for themselves. Mobile Meals serves the communities of Clark, Cranford, Fanwood, Garwood, Mountainside, Scotch Plains and Westfield.

For more information on volunteer opportunities, food services or those wishing to donate can visit the Mobile Meals website at [mobilemealsofwestfield.org](http://mobilemealsofwestfield.org) or call 908-233-6146.



(above, l-r) Row 1: Gene Jannotti, Mike Walsh, Mary Ellen O’Boyle, Darielle Walsh (all of Optimist Club); Ruth Maloney, Josephine Walsh, Cherie Parker (of Mobile Meals). Row 2: Jayson Astel, Ray Kostyack Tony LaPorta (of Optimist Club). For more information about Optimist Club of Westfield, visit [westfieldnj.com/optimist/index.htm](http://westfieldnj.com/optimist/index.htm).

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# IS IT REALLY POSSIBLE FOR A KID TO LEARN HOW TO RUN FASTER?

Retired San Francisco 49ers QB Joe Montana, is arguably one of the greatest NFL players that has ever played football...when his son started playing football it would have made sense for him to help his son learn how to play Quarterback.

But that's not how it went. Joe Montana had to hire a quarterback coach to help his son be a better football player. Here's possibly the greatest NFL QB of all time, needing to hire someone else to help his son. It was not that Joe Montana was not equipped for the job...it was that his son needed a second voice to help him get to the next level.

Many parents who have much less knowledge, experience, and skills than Joe Montana are in the same boat in regards to helping their kids get stronger, faster, and more confident.

Most parents we've come across want their kids to eat healthier, be more active, and have a stronger mindset. But many have told us they need help.

Even with the constant reminders of telling their kids to eat more vegetables, get outside instead of watching TV, practice their sport more, get to bed earlier...they find that sometimes the message falls on deaf ears...and some backup would be helpful toward their vision of helping their kid be the best they can be.

Parents have told us that having us (the Grit Athlete Performance Coaches) as a second voice to help reinforce the habits they want for their kids...is changing the game.

Further...Our Grit Athlete Founder has over 20 years experience with training athletes himself...and certainly knows a LOT more about getting stronger and faster than the average parent...But has all 3 of his children (9, 8 and 6) enrolled in Grit year round...because he knows the power of that second voice.

And after they come through our program, parents tell how it's turbocharging their parenting. Here are some real-life examples that have been reported...

Before, parents struggled with getting kids to eat vegetables...now their kids are asking for more.

Before, parents struggled with getting their kids to get enough sleep...now their kids are getting to bed earlier on their own.

Before, parents struggled with getting their kids to watch less TV or play video games...now they are limiting these activities because they've learned they don't really help them become better athletes.

Before, parents struggled with helping their kids have more confidence...now their kids are doing things out of their comfort zone more often which is helping them believe in themselves which further improves self-esteem.

Before, parents had no clue how to help their kid get faster...now they are faster because they've learned that speed is a skill, and a few simple tweaks can make a kid faster immediately.

Before, parents could not get their kids to make their beds...now their kid makes their

bed each morning on their own because they learned that making their bed in the morning helps them have a better day.

Before, parents struggled with getting their kids to do even one good push-up...now they catch them in their room practicing on their own.

Before, parents wanted their kids to have more determination and grit when training new things...now they are staying calm under pressure and seeking out challenges instead of avoiding them.

Many times it's not about telling your kid to eat more vegetables or stop watching TV...but rather finding the right environment for them to be more successful.

Right in your backyard, there's a team of great coaches waiting to be second voices for your kids...so that all the things you're teaching as parents will be reinforced. But most importantly, the results you're after for your kids will actually become a reality. The Grit Athlete spring Sports Performance session starts on March 21st in Berkeley Heights NJ, visit [www.gritathletes.com](http://www.gritathletes.com) to fill out an application for your child.

*Grit Athlete Performance is a Sports Performance Training Company located in Berkeley Heights that helps kids ages 6-18 get strong, fast, and confident so they can have a bigger and better future. They have just released the dates for their spring program that starts on March 21. Visit [www.gritathletes.com](http://www.gritathletes.com) to register for their spring session...or see below for more details...*

## SPORTS PERFORMANCE TRAINING FOR KIDS AGES 6-18 STARTS MARCH 21ST

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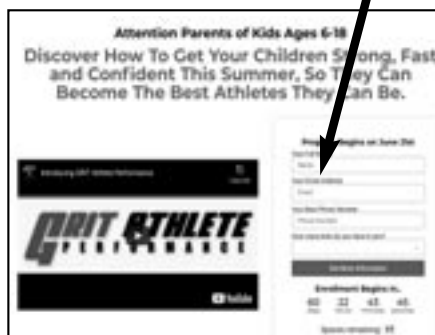
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### STEP 3

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**Warning: The spring session is the most popular session of the year and always sells out before it starts. We strongly encourage you to scan the QR code today and enter your information to make sure your child doesn't get locked out of the spring session.**



# Attention Parents of Kids Ages 6-18

## Give us 12 weeks with your kids and we'll have them stronger, faster, and more confident...guaranteed.

### The GRIT Athlete Performance spring Program

#### 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.

### HAPPY PARENTS TALKING ABOUT THE PHYSICAL AND MENTAL TRANSFORMATION OF THEIR KIDS...

- “When my son started Grit he was quiet, shy, and had some difficulty with movements...Now he is confident in himself, has become more vocal, and is mastering the exercise he struggled with in the past.”  
*- 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*

### STARTS MARCH 21ST

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**Warning: The spring session is the most popular session of the year and always sells out before it starts. We strongly encourage you to scan the QR code today and enter your information to make sure your child doesn't get locked out of the spring session.**

## SONS OF UNION VETERANS OF THE CIVIL WAR

*Submitted by Christopher D. Sands*

The General Phil Kearny Camp #20 of the Sons of Union Veterans of the Civil War (SUVCW) held its quarterly meeting on November 13th, 2021 at the Abraham Clark House, located at 101 West 9th Avenue, Roselle, NJ. Three new members were sworn in and a presentation on FreeMasons in the Civil War was given. Since the new school year has started, the camp has begun planning how it will cover the awarding of the SUVCW ROTC/JROTC to the

approximately thirty schools in the area. The camp covers all of North Jersey above the Raritan River to the New York Border.

The SUVCW is a fraternal organization dedicated to preserving the history and legacy of veteran heroes who fought and worked to save the Union in the American Civil War. The organization meets four times a year and the meetings in 2022 will be on March 5th, May 7th, September 10th, and November 5th, all starting at 1 p.m. For more information, visit [suvchw.org](http://suvchw.org).

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*(above) Camp Commander, Peter Lindsey, swears in Fredrick Dillman and Robert Caruso during the SUVCW Gen. Phil Kearny #20's November 13th meeting.*



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# “LOVE STORIES” CELEBRATES DOG ADOPTION EFFORTS

*Home for Good Dog Rescue*

Petco Love has generously granted Home for Good Dog Rescue \$55,000 towards the mission to leave no dog behind, treating critically ill and abused dogs with medical care at the “Almost Home Wellness Center” in Aiken, South Carolina, and preparing them to be welcomed into a New Jersey family. This show of support will significantly increase the number of dogs saved in 2022.

The mission of Petco Love is to celebrate the positive impact that dog adoption has on families.

Home for Good Dog Rescue is honored and proud to have once again been chosen to participate in this year’s Petco Love “Love Stories” campaign.

“Since 2016, Petco Love has supported the mission of Home for Good Dog Rescue. We are honored and humbled for once again being included in the Love Stories initiative, which shares the impactful stories of how adopted pets change the lives of their families,” said Rich Errico, co-founder of Home for Good Dogs

Rescue. “The organization’s generosity makes a huge difference in our ability to save the lives of dogs in need and place them in loving forever homes.”

Donna Foti, a two-time adopter of Clyde and Finn, was chosen for her heartfelt emphasis that her pups not only changed her life, but they actually “made” her life.

“For me, it’s all about giving and receiving love. And the most unconditional love that I have in my life - the love that fills my heart every single day - is the love that I share with my dogs,” says Foti.

The celebration held recently at the Petco in Clark, NJ was an extraordinary opportunity to share more about our Almost Home Wellness Center in Aiken, South Carolina, which is the heart of the rescue journey, where abused and discarded dogs are cared for, convalesce, and receive lots of love and affection until their journey to New Jersey to find their “home for good”. Home for Good Dog Rescue certainly can expect a long-standing partnership well into the future and are beyond thankful to Petco Love.

## ABOUT HOME FOR GOOD DOG RESCUE

We are a 100% foster-based, non-profit 501(c)(3) dog rescue established in 2010 in Summit, New Jersey, with offices in Berkeley Heights. We socialize, care for, and provide rescue dogs with life-saving medical care at our Wellness Center in Aiken, South Carolina, transport them to New Jersey, and nurture them in our network of foster families while they await adoption into loving homes - giving them a second chance at life.


We have rescued over 9,500 dogs from deplorable and dangerous environments, including high-kill shelters, hoarding situations, and abusive conditions, such as in-breeding and puppy mills, neglect and abuse. We give hope and purpose to the dogs we save and the families who have been enriched through fostering and adoption.



(above, l-r) Al Lopez, Co-Founder HFGDR; Amy Whitney, Director of Development; Donna Foti, HFGDR adopter; Rich Errico, Co-Founder HFGDR; Clyde and Finn, HFGDR rescues


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## LIBRARY IS FINE FREE

### Scotch Plains Public Library

The Scotch Plains Public Library is no longer charging overdue fines for most library materials. Eliminating these fines, while still requiring materials to be returned on time, will allow more people to enjoy materials for education, enrichment, and inspiration. The new policy, approved by the Board of Trustees, applies to items owned by the Scotch Plains Public Library only.

If items are overdue, they will need to be returned before additional items may be borrowed, and fines will be assessed on certain materials, such as high-demand items, literacy kits, and technology equipment. The complete policy can be found on the library website, [scotlib.org/updates-news](http://scotlib.org/updates-news).

“The mission of the Scotch Plains Public Library is to be our community’s center for lifelong learning, not keep people away,” says Michelle Willis, Library Director. “Fines tend to keep patrons away. The vast majority of library patrons return materials promptly when finished so that others may enjoy them. We do not anticipate this practice to change. We want to avoid penalizing busy individuals or families who might accidentally miss a due date. We want everyone in our community to feel encouraged to check out library materials for themselves or their families.”

Existing fines for overdue items will be forgiven to ensure that everyone can start a new chapter at their now fine-free library. The Library encourages anyone who may have overdue items to bring them to the Circulation Desk, so their account can be cleared. Fees for lost or damaged items will remain. Anyone experiencing unusual difficulty in returning library materials or paying fines/fees should contact the Library Director.

## REMINDER TO LOCK YOUR CAR DOORS

### Scotch Plains Police Department

Please LOCK your car doors and do not leave anything of value in it, we are experiencing a rash of thefts from cars and thefts from packages from porch areas in town! The majority of the incidents are happening in the early morning hours, between 1 – 5 a.m., and the theft of the packages are happening at all times of the day. If you see or hear anything suspicious, please contact us immediately! Call 9-1-1 if it is an emergency or (908) 322-7100 ext. 0 if it is a non-emergency.

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## TRANSITIONS - MAKING THE MOST OF CHOICES

On February 21st, the F-SP College Club will present a program via zoom, Transitions - Making the Most of Your Choices, presented by Dr. Melissa Tice.

The program is free and open to the public. To obtain a zoom link to attend this informative program, send an email request to [tishisack17@gmail.com](mailto:tishisack17@gmail.com).

Dr. Melissa Tice earned her Ph.D. from the University of Pennsylvania with her mind set on pursuing an academic career of scientific research and teaching. However, her choice to attend a medical school lecture one night while at Penn on Alzheimer’s disease (AD) inspired her to learn more and to explore the possibility to work on therapies to treat AD. This led to a three-year post-doctoral appointment at the National Institute of Health to learn molecular biology and explore the brain receptors associated with AD. At the end of her post-doc she was faced with two choices- accept a position at Marymount University or set up a lab at Schering-Plough Research Institute to specifically conduct research in AD. Fast forward 30 years after a career in

Pharmaceutical/Biotechnology from the lab bench to the corporate side of drug development via a career in regulatory affairs at Schering/Plough, Merck and Immunomedics, she has come full circle to academics.

Dr. Tice played a key role in regulatory approval for a variety of therapeutics, and hopes to share her knowledge and experience educating the next generation of regulatory professionals. She is currently an Assistant Professor and the Program director of the Regulatory Affairs Graduate School program at George Washington University. She has also established her own regulatory affairs consulting business to assist smaller biotech and non-profit companies in their drug development efforts and to stay current in the ever-evolving field of regulatory affairs. Her key take aways are to always be open to opportunities, to learn and grow with each new experience, both good and bad...and it is never too late to try something new!

Dr. Tice was an active member of the Fanwood-Scotch Plains College Club before moving to VA. and she continues to support the club as a Sustaining Member.



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# MEET FERNANDO PORRAS

By Jahi McDonald, CASA of Union County

By the time this goes to press, my three-month internship will have ended. What will endure, is getting to know and work alongside my fellow intern Fernando Porras. In addition to stepping up to serve as an intern a year ago — and working some 20+ hours a week since in that capacity — he is an active CASA volunteer, well into his second case as a child advocate.

From processing donor thank yous, navigating excel spreadsheets, seeking community involvement amid a virtual fundraising campaign, to shooting videos for social media, sorting and hauling holiday wish list toys, and even donning superhero costumes for Adoption Day, Fernando has been a patient, committed role model for CASA's critical work. His mantra, "Anything for the kids," is one I've heard him say countless times but seen him put into action even more.

While being an advocate and yearlong intern is plenty for a CASA of Union County highlight, it's his personal journey, and all he's made of it, that shines even brighter. After his first CASA case — a 13-year-old boy — closed, he immediately began his current case, advocating for 5- and 10-year-old brothers. His visits, he says, often include intense Beyblades battles. "I remember playing with Beyblades at that age, so it's even more memorable to bond over something I'm familiar with. Also, superheroes! Maybe I'm still a kid at heart," he quips, adding, "As an advocate, you read about their life in stacks of paperwork, but being able to spend time with them as they enjoy the little things? It gives me such a different perspective on life." When he sees their smiles, he says, he's overcome with joy.

And joy is something — like every CASA youth — that Fernando deserves. In April 2018, a month before his college graduation, he was diagnosed with leukemia. He says, "Though I was told the diagnosis was just a matter of 'bad luck' ... my life turned upside down." Sparing the details of hospitalizations, procedures and finishing the tail-end of college amid unknowns and medical crises, let's take Fernando's lead and focus on the positive: August marked three years

in remission. Continued monitoring from his medical team as well as navigating other lifelong health challenges resulting from the very treatments that saved his life are now his norm.

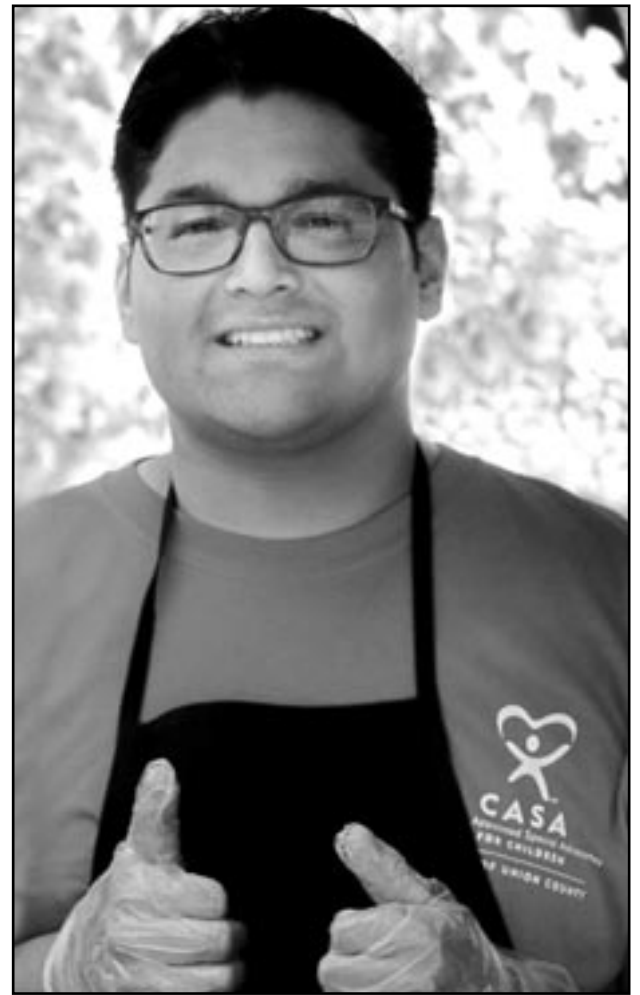
Fernando continues, "In summer 2019, I started trying to piece my life back together. I was discussing the future with a hospital social worker and she told me CASA would be a perfect fit. I'm so glad I took her words to heart; I did my research, went to an information session, and the rest is history."

In addition to advocating for three youth, the 25-year-old cancer survivor used the yearlong intern assignment as a sabbatical of sorts, undergoing an intensive and thorough LSAT study period and he's now amid the nerve-racking law school admissions process. I asked him how he juggles it all, when each ball carries great weight: "I've always been a 'yes' person. If something needs to be done, I'll do it. Some may not see that as a positive as I do ... but there's always time to do more."

In addition to enduring love and respect for his close-knit family, Fernando's fondness for travel also keeps him on his toes. Before he embeds himself in a law school lecture hall, there are plans to travel as much as possible, amid Covid-restraints and minding his health, of course. He recently visited family in Ecuador and soon will share his unwavering support for his beloved Atletico de Madrid soccer team with a jaunt to Spain.

When life was suddenly outside his firm grasp, Fernando reached wider and gripped harder, there's no question. Still, he's always sure to make time for the betterment of others' lives. He fondly quotes an uncle, "Never say you 'can't' do something, because what it really means is that you 'won't.' It's stuck with me and allowed me to work outside my comfort zone ... comfortably."

While experiences make you who you are — and in Fernando's case that certainly proves true — he also reminds me that people make those experiences. For us at CASA, that's Fernando. For Fernando, that's his family, including



(above) Fernando Porras

grandparents who modeled resiliency and hard work, lessons for which he is grateful. When, during the last weeks of his internship, Fernando unexpectedly lost his beloved grandfather, colleagues at services saw firsthand his tightly woven net that is family, and that his commitment to life and bettering it comes from a deep well of connection, generations old.

Asked to look back on recent years, when best-laid plans didn't happen and an unexpected diagnosis did, he offers: "I truly think everything happens for a reason. I'll always have an endless number of unanswered questions — but at the same time, I'll always be grateful that I found CASA of Union County."

In addition to serving as a fall marketing intern for CASA of Union County, Jahi McDonald is a 2020 graduate of Rutgers University-New Brunswick, with plans to begin a career in public relations and marketing.

## ABOUT CASA OF UNION COUNTY

Volunteers with Court Appointed Special Advocates (CASA) of Union County serve as extra eyes and ears for family law judges hearing cases involving the county's abused, neglected or abandoned children removed from home and placed in foster care.

CASA volunteers have court-ordered access to all parties in a foster child's life, including foster parents, doctors, caseworkers, therapists and teachers, and incorporate into court reports findings from these contacts as well as from their own time spent with the youth. Advocates ensure a youth's needs are met and their time in care is as short as possible.

It is CASA of Union County's goal that every Union County foster child have an advocate, yet half of the more than 500 such youth still await one. Could you be their voice? Contact Lucia to learn more [lfield@casaoofunioncounty.org](mailto:lfield@casaoofunioncounty.org) or visit [casaoofunioncounty.org](http://casaoofunioncounty.org).

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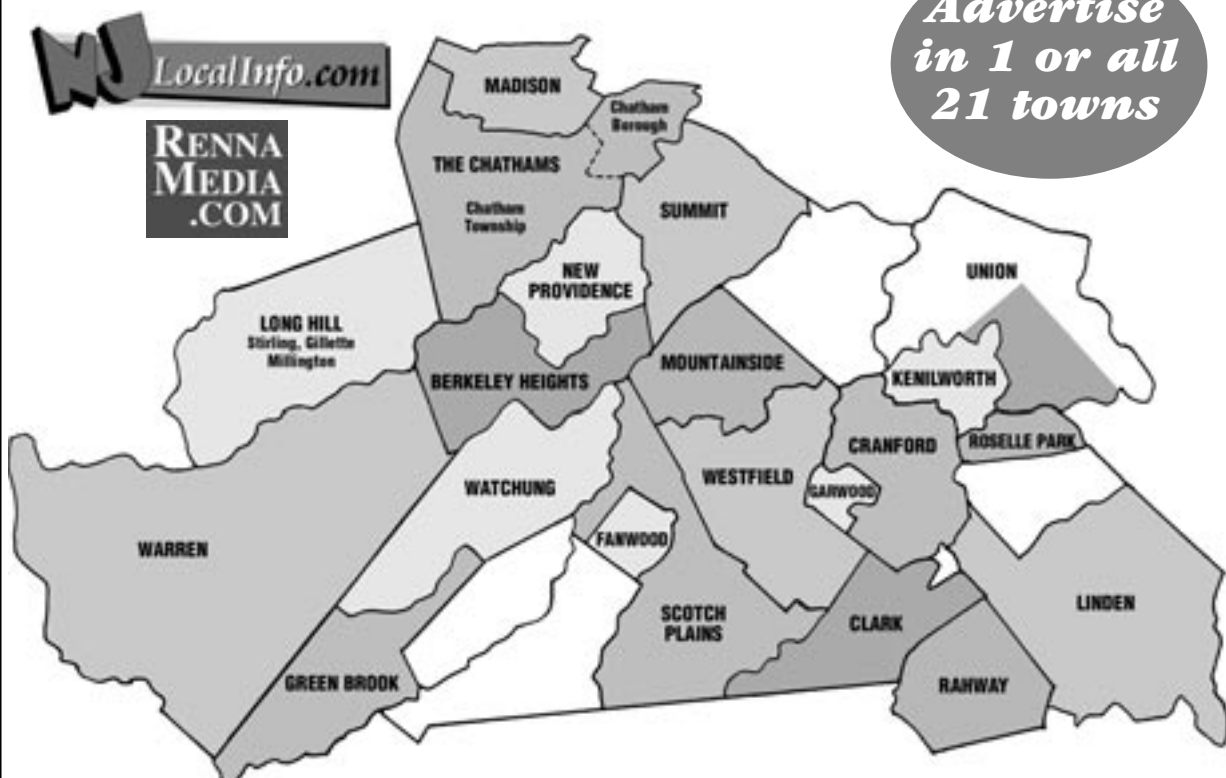
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9 HALF PAGE	6.5" x 9" or 10" x 7"	\$320	\$800	\$1000	\$1300	\$1600	\$1900	\$2200	\$2400
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# NOW ACCEPTING SCHOLARSHIP APPLICATIONS

The Scotch Plains-Fanwood Scholarship Foundation

Graduating high school seniors and current college students in Scotch Plains and Fanwood are invited to apply for scholarships to support their post-high school educational endeavors. The Scotch Plains-Fanwood Scholarship Foundation is currently accepting applications. High school seniors graduating in 2022 who reside in Scotch Plains or Fanwood and residents currently attending college or any other post-high school institution are eligible to apply for scholarship assistance. Booklets and applications are now available at the SP-F High School guidance office, or by downloading an electronic version from the Foundation website at [spfscholarshipfoundation.org](http://spfscholarshipfoundation.org).

The deadline for the Foundation to receive applications - and any supporting documents as indicated - is February 8, 2022. In addition to the application, the Foundation requires a personal essay from the applicant, a letter of reference, and

an official high school or college transcript.

The scholarships offered by the Foundation range in from awards that are needs-based; the intent to pursue education in a particular field; participation in specific activities in high school; or participation in sports. The primary criterion for eligibility is that the applicant should reside in Scotch Plains or Fanwood; an applicant need not be a graduate of the SP-F High School.

Since 1966, the Scholarship Foundation has been able to award over 3,300 scholarships worth over \$3.5 million to students in Scotch Plains and Fanwood. "The Foundation is proud to uphold the commitment to support the educational endeavors of the students in our communities," says Michelle Wywra, President of the Foundation. "We could not accomplish this without the kindness and generosity of our donors, and the participation and support from the community via our fundraising efforts."

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