

# Scotch Plains NJ

## WHAT'S HAPPENING MONTHLY

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### SCOTCH PLAINS' OWN COMEDIAN MIKE MARINO

Submitted by Michael D. Boll, New Jersey Veterans Network

I recently had the honor and pleasure of meeting "New Jersey's Bad Boy of Comedy" Mike Marino. Mike grew up in Scotch Plains, and resides there now in his childhood home.

He is a comic who has performed all over the world and head-lined at some of the biggest stages, clubs, and theaters in the country. This talented comedian has been on the stage with some of the biggest names in the business. Mike has appeared in over 200 national television commercials, received many endorsements, and a Best Actor Clio Award Nomination. He has acted in many prime-time soaps and television shows including: As the World Turns, One Life to Live, Becker, Nikki, Frasier and Party of Five. His film credits include Crooks, Pizza with Bullets, hangin' in Hedo, Steven King's Lucky Quarter and Criticized.

Adding to his great success in film, theatre, commercials and soaps, Mike Marino began touring the world performing and selling out at countless clubs, theatres and casinos. His stand-up material ranges from cutting edge observations of everyday life to his Italian family roots, which recently spun into a television pilot called "Re-Constructing Jersey". His comedic style has landed him guest appearances on "The Tonight Show" as a regular sketch player, "The Martin Short Show", "Canada's Comedy TV", "The Boomer Show", "Wild Pitch", and "Hand Held Comedy Radio". A clip of Mike's appearance on Byran Allen's "Comics Unleashed" earned him over 7 million views (and counting). This led to his current web series "Marino 2016" – an original comedy based on Mike's Road to the White House and wise guy attempt to become the first Italian American President of the United States.

Recently, Untied Brewing Company hosted a comedy show for the New Jersey Veterans Network in New Providence. Both Assemblyman Jon Bramnick, known as New Jersey's funniest lawyer, and Mike Marino performed at the show and it sold out immediately. After the show, I was able to meet Mike and he explained to me how he always supported our uniformed heroes and wanted to really get involved with our team.

A few days later, I met with Mike in his 'Mother's Basement' studio, in Scotch Plains, where he hosts his nationwide podcast show, and we began working on ideas to help the charity. Mike has always supported our uniformed heroes; he was a member of the USO comedy team and entertained the troops in places like Bosnia and Afghanistan. After his comedy tour, Mike was awarded the prestigious "Bob Hope" award. This award is only presented to performers who go beyond the call of duty. Mike has hosted and performed countless times for our brothers and sisters in blue. After the 9-11 tragedy, Mike felt he was obligated to do something for the first responders' families affected by that horrendous and devastating day. He joined up with both the Los Angeles Sheriffs and Police Department, and they do a comedy show every year that raises money for the 9-11 fallen families.

New Jersey Veterans Network is very lucky to have Mike on board and we can't wait to bring joy to these extremely difficult times.



(above) Mike with his many awards including the honors he received for helping veterans. Mike was awarded the prestigious "Bob Hope" award. This award is only presented to performers who go beyond the call of duty.

For more information, and if you would like to follow Mike Marino, please check out his website [mikemarino.net](http://mikemarino.net) and podcast – "Live from My Mother's Basement".

If you are interested in joining the New Jersey Veterans Network team please contact Michael Boll at [mdbollio@optonline.net](mailto:mdbollio@optonline.net). For more information visit [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 mission is to identify veterans and connect them with resources and programs designed to meet their unique set of needs. 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).

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# Scotch Plains NJ

WHAT'S HAPPENING MONTHLY

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Scotch Plains Monthly is published by Renna Media. 9,400 newspapers are printed monthly and mailed to every business and resident in Scotch Plains, NJ.

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Scotch Plains Monthly

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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.

## AUTHOR PETER BROWN INSPIRES COLES STUDENTS

### Coles Elementary School PTA

To kick off the return to school following the holiday break, Coles students had a virtual visit with Peter Brown, author of *The Wild Robot* and many other popular children's books.

Mr. Brown shared his journey from a kid who liked to draw to the author he is today, giving students a peek inside early stories and the illustrations he created when he was just 6 years old.

Mr. Brown also gave students a virtual tour of his studio, where he creates the illustrations in his books.

Students then had an opportunity to sketch Roz from *The Wild Robot* along with Peter. "It

was exciting to learn how to draw Roz and made me feel like an illustrator drawing!" said, Matteo Penoro, a Coles 3rd Grader.

Prior to Mr. Brown's visit, the Coles PTA ran book sales for *The Wild Robot* and *The Wild Robot Escapes*, so students could become familiar with his writing and get excited for the visit. Media Specialist Mrs. Giannacio facilitated a school-wide read aloud of *The Wild Robot* that culminated with Brown's visit.

Events such as these are possible thanks to the hardworking Coles staff and parent volunteers of the Coles PTA.

For more information about Coles PTA, visit [spfk12.org](http://spfk12.org) > PTA.

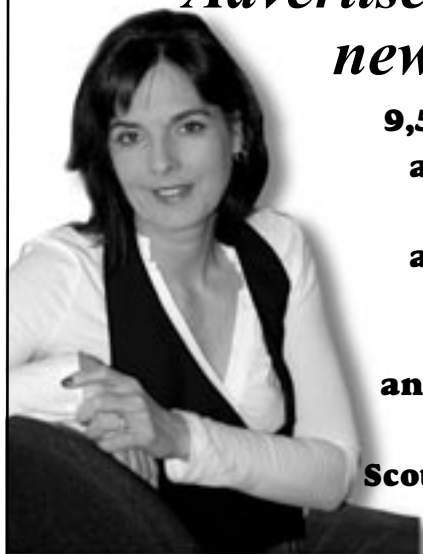


(above) Author Peter Brown gets Coles students interested in the creative processes of writing and illustration at a recent virtual visit sponsored by Coles PTA.



(above) Peter Brown, author of *The Wild Robot*, makes a virtual visit to Coles Elementary School courtesy of Coles PTA.

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# NATIONAL TARTAN DAY AWARD GOES TO BOB CURRIE

The Scottish Coalition USA has announced the 20th Annual National Tartan Day Award will be presented to Robert “Bob” Currie, Commander of the Name and Arms of Currie, for his outstanding contribution as community leader and volunteer to the Scottish American community. The 2022 National Tartan Day

Award will be awarded to Currie at a ceremony in Alexandria, VA on April 5, 2022.

Currie, raised in Scotch Plains and a current resident of Summit, NJ, is a respected leader in the Scottish American community and has been involved in ethnic affairs and historic preservation for the last 30 years.

Currie, along with the support and guidance of the Scots Gaelic community, reestablished the once famed literary dynasty by forming a family society in 1992. Now a “Learned Kindred” as opposed to a Highland Clan, the far-flung Curries have grown from strength to strength, now counting thousands in their membership rolls and multiple social media outlets on Facebook, YouTube, and Twitter among others.

The Society’s signature events include “Tartan Day on Ellis Island” (founded in 2002) and the award-winning “Pipes of Christmas” concerts now in its 24th year. The Society has distributed thousands of dollars in scholarships to deserving

students in the US, Canada, and Scotland.

The Society is also the Title Sponsor of the US National Scottish Harp Championship and was at the forefront of developing cultural heritage tents specifically for harp, fiddle and Gaelic singing at Scottish games in the United States.

In recognition of his years of service to the Scottish American community, Bob received the Ellis Island Medal of Honor in 2017. He has also received an Honorary Doctorate from Edinburgh Napier University in Scotland and was also the recipient of the Saltire Award from St. Andrew’s University in Laurinburg, North Carolina.

In November of 2017, Bob received the International Gaelic Leader Award from Scotland’s Bòrd na Gàidhlig – the departmental public body of the Scottish Government with responsibility for Gaelic. It was established in 2005 and is based in Inverness. Bob is also one of the inaugural Supporters of the new Lord Lyon Society in Edinburgh.



(above) Scottish heritage award-winner Robert Currie

Courtesy Photo

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# ROTARY SUPPORTS UKRAINE – YOU CAN HELP

Submitted by Maria LaMorte-Wright

In response to the humanitarian crisis in Ukraine, the Fanwood-Scotch Plains Rotary Club set up a collection to support Ukrainian refugees who have fled to surrounding countries as well as those who remain in the country. According to the United Nations, the senseless war has forced over 2 million people to flee to surrounding countries, while over a million have been displaced within Ukraine.

The club kicked off a humanitarian relief effort on March 8th. The primary area of focus is sending donations to Shelterbox, a disaster response organization who will provide temporary transitional housing and other essential supplies. They will also send funds to organizations within Ukraine and Poland to help the people remaining within Ukraine and those who have left the country. The list of organizations who will receive money include: Rotary Clubs in Ukraine, the Rotary Club of Warsaw in Poland and Rotary International Disaster Fund.

The FSP Rotary Club sent a \$1,000 donation to Shelterbox, \$1,000 to the Disaster Fund and \$1000 to Rotary Clubs. As of March 16th, Rotarians and members of the community have already donated an additional \$2,500.

The club is also sending supplies to Ukraine and are working with the Greater Westfield Chapter of Unico National. They are collecting aspirin, bandages, band-aids, tourniquet gauze, gauze pads, medical tape and medical gloves. These can be dropped off at Apple Blossom in Scotch Plains through April 15th.

The community is encouraged to participate in this local fundraiser. Tax-deductible donations can be made by going to [fsprotary.org](http://fsprotary.org). If you'd like your donation to be directed toward a specific organization, please include that in the note when donating online.

For additional information, go to [fsprotary.org](http://fsprotary.org) or contact Fanwood-Scotch Plains Rotary President Deanna Dell Bene at [president@fsprotary.org](mailto:president@fsprotary.org).

The Fanwood-Scotch Plains Rotary Club has been serving the community since 1938. The club meets is meeting in person on Wednesdays at noon at the Stage House in Scotch Plains (except the last Wednesday of the month).

For a meeting schedule and further information about the club, go to [fsprotary.org](http://fsprotary.org) or visit their Facebook page: Fanwood-Scotch Plains Rotary Club.

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

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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. 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.
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- No expensive or time consuming rehabilitation.
- No potentially addictive prescription medications.
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#### 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." - Quentin L.

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These problems and the severity are dramatically worse in poorer areas with more industry, diesel fumes and NO TREES. (please see "Earth Day turns 50" in the Star Ledger, it touches on what are children and their children are facing. One of the things they speak of are the "Large bodies of polluted water" we are leaving behind.

Despite these facts and my efforts: dozens of these trees, our "Oldest Residents", are killed in our local neighborhoods each year. Among the many losses: Shade, Solace the Filtering of our Air and Water, the oxygen they provided, ...they also release the Carbon they have accumulated for hundreds of years.

On June 8th, 2021, I hired a tree expert to help

save some of the trees in our area. I showed him dozens of trees in Westfield, New Providence, Summit and Scotch Plains. He used the word "disgusting" to describe what he saw. In his report he writes "that many of these trees can be saved if prompt action is taken".

### HOW CAN YOU HELP SAVE THESE TREES?

Please visit our site and read all the facts **defendourtrees.com** See the:

- 1) "Pictorial of trees that can be saved". These are just a few of the many OLD trees being destroyed and dying in our area. If you live in the area, please write a letter (to your local mayor and town council) demanding this needless destruction of our old trees, stop immediately. Please Email a copy to **defendourtrees.com**
- 2) Please also read "Rooting out Problems" at my site or google it yourself.

It explains: "simple measures for saving trees during construction",

which is the biggest cause of killing our trees. Most importantly, you will recognize what will harm a tree. Make a commitment to share this information with your children and friends.

**Instagram @DefendOurTreesNJ**  
to see other sites and locations.



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**\*PLANTING**

**\*DRAINAGE\***

**\*CLEANUPS\***

**\*MULCH\***

**\*SOD**

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- Curbing
- Limestone Treads
- Diamond Blades

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- Shovels
- Rakes

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- Pipe

## SOIL

Prices per yard

Black Topsoil .....\$38

## MULCH

Black Dyed.....\$32  
Brown Dyed.....\$32  
Red Dyed.....\$34  
Hardwood.....\$26

## QUARRY BASE MATERIALS

Concrete Sand.....\$60  
3/4 Clean Stone.....\$68  
Stone Dust.....\$36  
QP .....\$42

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3/8 Red Stone .....\$80  
3/4 Red Stone .....\$80  
3/4 Goose Egg .....\$106  
1 1/2-3 Goose Egg.....\$110  
3/4 Arctic White.....\$110  
3/8 Riverbed / Pea Gravel.....\$70  
1 Riverbed .....\$80  
1 1/2-3 Riverbed.....\$80

Prices subject to change without notice.

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## LES MISÉRABLES

The Scotch Plains-Fanwood High School Repertory Theatre is proud to present this year's musical production of Les Misérables. The students of SPFHS are thrilled to bring this legendary Broadway musical to our stage and encourage one and all to come out and "hear the people sing!"

Performances will be on Thursday, March 31, Friday, April 1, and Saturday, April 2 at 7:30 p.m. There will also be a matinee on Sunday, April 3 at 2:00 p.m.

All performances will take place in the Maya Ungar Auditorium at Scotch Plains-Fanwood High School, located at 667 Westfield Road, in Scotch Plains, NJ.



Photo by Scotch Plains-Fanwood public schools

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\*Rate shown for new all-electric vehicles. Other rates and terms available based on creditworthiness. Rates are subject to change without notice. Minimum loan amounts vary by term. Loans subject to credit approval. Payment example: A \$20,000 loan at 1.99% APR with a term of 4 years would result in 48 monthly payments of \$433.82.

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## GEORGE WASHINGTON 250 ANNIVERSARY HALF DOLLAR

**Premier Coin & Bullion Exchange (PCBE)** is releasing some of the brilliant, conditioned George Washington Silver half dollars containing 90% of silver. These were commemorative coins minted 40 years ago today to honor the 250th anniversary of George Washington birth date, designed by Elizabeth Jones, its detailed obverse shows Washington astride a horse. The reverse depicts his home, Mount Vernon, above a heraldic eagle. and PCBE is releasing them call now a reserve a few rolls for your portfolio as you will love the quality and shine of each coin!

|                    |                      |
|--------------------|----------------------|
| <b>1-10 ROLLS</b>  | <b>\$30 per coin</b> |
| <b>11-20 ROLLS</b> | <b>\$28 per coin</b> |
| <b>21+ ROLLS</b>   | <b>\$26 per coin</b> |

**MENTION VAULT  
RELEASE CODE:**

**NJR-1022**



**Premier Coin &  
BULLION EXCHANGE**

**CALL NOW  
866-371-0379**

WE ACCEPPT



## KINDERGARTEN & GRADE 1 REGISTRATION NOW OPEN

Scotch Plains-Fanwood Public Schools

Registration for the Scotch Plains-Fanwood 2022-2023 school year for Kindergarten and Grade 1 is now open.

All children who are residents of Scotch Plains or Fanwood who will be five years old on or before October 1, 2022 are eligible to enroll in Kindergarten. Please visit [spf12.org/enrollment](http://spf12.org/enrollment) > Kindergarten Enrollment for details and pertinent links.

All children who are residents of Scotch Plains or Fanwood who will be six years old on or before October 1, 2022 are eligible to enroll in Grade 1. If you are new to the SPF District, visit: [spf12.org/enrollment](http://spf12.org/enrollment)

Please register by May 26 to ensure enrollment in your home school.




**SAVE THE DATE**  
SCOTCH PLAINS FANWOOD HIGH SCHOOL  
**FOOD TRUCK and CRAFT FESTIVAL**  
SUNDAY, MAY 1<sup>st</sup> | 11am - 5pm  
FOOD TRUCKS • CRAFTERS • LIVE MUSIC

**TICKETS ON SALE NOW!**  
ALL PROCEEDS TO BENEFIT SPFHS CLASS OF 2022

BUY BEFORE APRIL 14<sup>th</sup> & SAVE! DAY OF THE EVENT

\$8 PER PERSON \$25 PER FAMILY \$10 PER PERSON \$30 PER FAMILY

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## ANNUAL PANCAKE BREAKFAST IS BACK – APRIL 3

Scotch Plains Rescue Squad

The much-anticipated Scotch Plains Rescue Squad's 12th annual Pancake Breakfast will take place on Sunday, April 3, from 8:00 a.m. - 12:00 p.m. at its building at 1916 Bartle Avenue. This event is hosted by the Scotch Plains Rescue Squad Auxiliary, which raises funds for the all-volunteer squad.

All-you-can-eat pancakes, sausages, and coffee will be offered for just \$5.00 per person (children 5 and under eat free). There will also be a raffle for baskets filled with gifts and goodies donated by the community and area businesses.

It's clear by the number of people who attend that it's a favorite annual event. So, come out with your family and friends and enjoy a hearty, delicious breakfast along with good conversation.

It's a nice way to spend a Sunday morning. And for those with mobility issues, downstairs dining will be available.

The Scotch Plains Rescue Squad Auxiliary meets monthly. It assists the Squad in many capacities—from holding fundraisers to providing meals during crises to performing outreach to Squad and fellow Auxiliary members. Members also attend town functions in order to connect with the community and promote Squad interest.

If you are interested in joining the Auxiliary, stop by the Squad building one evening to pick up an application, or go to [scotchplainsrescuesquad.com/the-auxiliary/](http://scotchplainsrescuesquad.com/the-auxiliary/).

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

## FOOD TRUCK FESTIVAL - MAY 1

Scotch Plains Fanwood High School will be hosting their annual Food Truck and Craft Festival on Sunday, May 1, 2022 between 11 a.m. and 5 p.m. Rain or shine. The event is pet friendly and will be held in the SPFHS parking lot, located at 667 Westfield Road in Scotch Plains.

Admission prior to April 14th is \$8 per person or \$25 per family (Max 6 per family). To pay in advance please Venmo @spfhs2022.

Admission on the day of event is cash only at the entrance, \$10 per person or \$30 per family (Max 6 per family).

The senior class is counting on our community to attend this fundraiser which supports their

year-end activities.

Come out and show your support for local vendors and the Class of 2022's final days together before departing to their new adventures.

Some delicious FOOD TRUCKS include: What's Up Dogs, Cas' Pierogi & Kielbasa, Angry Archie's, Ms Fu's Asian Fusion, Greece Lightening, Black Drop Coffee.

Some of our favorite crafters' offerings: Homemade sauces, Clothing, Personalized Woodwork. Live music and more! You don't want to miss this event.

For more information, please contact Jennifer Palermo at [foodtruckspfhs@outlook.com](mailto:foodtruckspfhs@outlook.com).

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• MASONRY

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(Average house)



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Expires April 30, 2022



## 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.)

**Do You Want  
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Summer Program Now Open**

**Early Bird Registration Expires June 20**

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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.

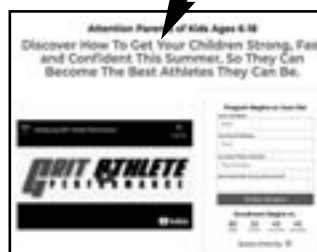


## HOW TO REGISTER

**STEP 1  
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QR Code**



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



**STEP 3  
We'll Notify You  
If You Win.**



**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.

**The Details**  
Dates:  
**JUNE 20-AUGUST 25**  
Please visit [www.gritathletes.com](http://www.gritathletes.com)  
for days/times at each age group  
and for pricing.

Location:  
**GRIT SPORTS PERFORMANCE COMPLEX**  
(Located inside Gabriele Fitness in Berkeley Heights)

**SIGN UP TODAY!**  
**Summer Program**  
**Early Bird Registration**  
**Expires June 20**

## APRIL PROGRAMS FOR ADULTS AT THE SCOTCH PLAINS PUBLIC LIBRARY

1927 Bartle Ave, Scotch Plains, NJ 07076 • (908) 322-5007 • [library@scotlib.org](mailto:library@scotlib.org)  
 Mon, Wed, Thur: 9:30am – 9:00pm • Tue, Fri, Sat: 9:30am – 5:00pm • Sun: Closed  
 Friday, April 15 - Library Closed

### Balance Awareness with Yasmin Ofek Fridays, 10am

All you need are a chair and sneakers to experience this gentle but effective approach to moving confidently throughout the lifespan.

### Bagels and Books

Monday, April 4, 10am

an informal discussion of what participants have recently read and enjoyed.

### What's it Worth with appraiser Mike Ivankovich

Monday, April 4, 6:30pm

Find out what your treasure is worth, or just register to join the program as a viewer.

### How to Recycle Right

Tuesday, April 5, 7pm

sponsored by the Libraries of Union County Consortium. Learn about exactly what should be going into our curbside bins, what should NOT, and why this matters. Also, learn about NJ's upcoming Single-Use Bag Ban and what changes to expect on May 4th.

*The above events are virtual. Registration is required for all events.  
 More information about the library can be found at [scotlib.org](http://scotlib.org).*

### I am Thurgood Marshall Wednesday, April 6, 7pm

Dr. Robert Bartlett will share the story of Thurgood Marshall in character.

### Evening Book Club

Monday, April 11, 7pm

will discuss Hamnet by Maggie O'Farrell.

### Afternoon Book Club

Tuesday, April 19, 1pm

will discuss Tender is the Night by F. Scott Fitzgerald.

### Friends of the Library meeting

Monday, January 24, 7:30pm

Friends of the Library meeting to discuss ways to support the Library.

### Murder on the Mountain

Thursday, April 28, 7pm

Murder on the Mountain: Crime, Passion, and Punishment in Gilded Age New Jersey. Author Peter Wosh will discuss the fascinating true story of Margaret Klem, the last woman to be executed by the state of New Jersey.

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## EARTH DAY RAHWAY RIVER CLEAN-UP - APRIL 23

All volunteers are invited to celebrate Earth Day 2022 with Boy Scout Troop 330, Cub Scout Pack 30 and members of the Rahway River Watershed Association in a clean-up of the Rahway River on Saturday, April 23rd (with a rain date of Sunday, April 24th). The clean-up will focus on areas upstream and downstream of the dam at Winfield Park, New Jersey throughout Rahway River Park. Please plan to stop by the parking area adjacent to the waterfall of the Rahway River by the dam at Winfield Park at 8:45 a.m. to register, pick up bags, gloves, bottled water and snacks, and receive safety information.

Teams will be encouraged to travel to any part of the river within the park where they would like to perform cleanup activities but we specifically will ask folks to always work in small groups for safety purposes with folks socially distanced.

Cleaning up a river and park area is a great way to celebrate Earth Day and if you haven't participated in an event like this before, you will find it invigorating, and you will feel good about what you have accomplished. It is also fun and educational, especially for scouts and young adults as they always find something interesting. Over the 20+ years this cleanup has occurred thousands of folks have participated, including girl scouts, cub scouts, boy scouts, fishermen, local activists and citizens, and we pulled some amazing things from the river.

The clean-up will generally be between 9a.m. till noon, but any amount of time or effort that folks can volunteer is appreciated. There is always a large volume of floatable debris to pick up, and this year there remains substantial debris in the floodplain from Hurricane Ida last fall. The team working registration will provide

suggestions on areas with large volumes of floatable debris.

All participants should wear jeans, long-sleeved shirts, gloves and boots, waders are welcome for folks who like to get a little wet. Each participant should bring a standard 5-gallon carry bucket with a handle (put your name on the bottom), this makes for easy carrying of "stuff" for transfer to the large garbage bags. A mulching rake is also a great asset to have to enable reaching out and pulling debris into shore from the river bank. When we complete the event we do a basic inventory of the "big stuff" that we removed, and within approximately 24 hours Union County Parks removes and disposes of all the trash. There is no RSVP required but if you need more information or think you will attend please let us know by e-mail at [rivercleanup@comcast.net](mailto:rivercleanup@comcast.net).



(above) Celebrate Earth Day 2022 by helping to clean-up the Rahway River on Saturday, April 23rd (with a rain date of Sunday, April 24th). Please plan to stop by the parking area adjacent to the waterfall of the Rahway River by the dam at Winfield Park at 8:45 a.m. There is no RSVP required but if you need more information or think you will attend please let us know by e-mail at [rivercleanup@comcast.net](mailto:rivercleanup@comcast.net).



(above) Some interesting things have been pulled out of the river during the annual Earth Day River Clean-up events

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## CHIMNEY



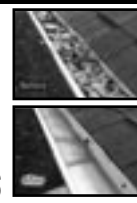
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- REPAIRS
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- REPLACEMENTS



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# 17TH ANNUAL GOLF OUTING TO BENEFIT JOSEPHINE'S PLACE - MAY 9TH

Josephine's Place, nonprofit center for women is dedicated to serving women in an economically poor area who often have little or no knowledge of available resources or opportunity. Josephine's Place opened in 2003, where thousands of women have passed through its doors and have made the center their second home, taking lessons in English, computers, citizenship or participating in parenting and support groups. At Josephine's Place we strive to provide the support and programs to empower all women to achieve their goals and dreams.

Sponsor, register to play or support now! "As a nonprofit we rely on fundraisers and donations to bring the services to the women. The golf outing is our second largest fundraiser. It is a great event with fun had by all," said Gail Driscoll, Josephine's Place's executive director, adding "Last year we had a sold-out event. That's my hope for this year too!" There are many ways to participate: be an event sponsor, play golf, take a chance on 50/50 tickets and raffles, donate or join us for lunch and/or dinner.

Event highlights: outdoor barbecue luncheon, shotgun golf tournament, beverages all day, outdoor cocktail reception/dinner-on-the-grill, awards, raffles and a silent auction!

Cedar Hill Golf & Country Club is a premier golf course and is experienced with golf outings while always adhering to health and safety guidelines.

We are excited to be together with our friends and supporters, and hope to see you on May 9, for a fun day at a great course! Go to [JPGolf2022.givesmart.com](http://JPGolf2022.givesmart.com) to register or call us! 908-436-0099.

Can't join us but want to show your support? There are many sponsorship and donation options available.

Since our creation, women have found a safe haven at Josephine's Place - a welcoming and peaceful environment where they can connect with one another and develop the skills they need to succeed for themselves, their families and their communities.

"Our drop-in center on Elizabeth Avenue has grown over the years. We are so very fortunate to

have the space to offer classes and programs to meet the needs of the women. Our services are free," said Driscoll. While women continue to discover Josephine's Place, the ever-present need for volunteers is increasing. Said Driscoll, "We especially need volunteers to teach English and computer skills."

The topics span a wide variety of subjects such as computer literacy, quilting, English, arts & crafts and exercise. The center also hosts support groups for victims of domestic violence and parents of autistic children, among others. One aspect of Josephine's Place is its focus on health and wellness, in particular physical fitness.

In its 19 years in existence, Josephine's Places has made its mark on the community and has been recognized as an asset by government officials and fellow nonprofit organizations. Established by the Sisters of Charity of Saint Elizabeth, Josephine's Place has grown into its own independent 501c3 nonprofit organization.

Josephine's Place is located at 622 Elizabeth Avenue, Elizabeth; 908.436.0099; [www.josephinesplace.org](http://www.josephinesplace.org).



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## RWJ RAHWAY SURGICAL WEIGHT-LOSS CENTER ACHIEVES NATIONAL ACCREDITATION



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St. Anthony's school reunion

Robert Wood Johnson University Hospital Rahway's surgical weight loss program has received accreditation by the national Metabolic and Bariatric Surgery Accreditation and Quality Improvement Program (MBSAQIP®), a joint quality program of the American College of Surgeons (ACS) and the American Society for Metabolic and Bariatric Surgery (ASMBS).

The accreditation as a Comprehensive Center means that patients seeking surgical treatment for obesity have a high-quality choice at a nationally accredited program that meets the highest standards for patient safety and quality.

"We are immensely proud that the program was recognized as MBSAQIP Comprehensive Center," said Dr. Anish Nihalani, FACS, FASMBS, medical director of the RWJUH Rahway Weight Loss program. "The American Society of Metabolic and Bariatric Surgery (ASMBS) is the national governing body that reviews programs and has rigorous standards for surgical outcomes, pre and post nutritional support and ongoing care of the morbidly obese patient."

MBSAQIP Standards ensure that metabolic and bariatric patients receive multidisciplinary medical care, which improves patient outcomes and long-term success.

RWJ Rahway's commitment to quality care begins with expertly trained staff and the leadership of an experienced bariatric surgeon. The program is tasked with continuous review of surgical data as they continue improving the structure and outcomes expertise necessary to

provide safe, efficacious, and high-quality care to all metabolic and bariatric patients.

To earn MBSAQIP Accreditation, the RWJ Rahway program met essential criteria for staffing, training, facility infrastructure and patient care pathways, ensuring its ability to support patients with obesity. The center also participates in a national data registry that yields semiannual reports on the quality of its surgical outcomes and identifying opportunities for quality improvement. The MBSAQIP Standards, Optimal Resources for Metabolic and Bariatric Surgery, are published by the ACS and the ASMBS.

The program underwent an extensive site visit by an experienced bariatric surgeon who reviewed the center's structure, processes, and clinical outcomes data.

The Centers for Disease Control and Prevention (CDC) estimates about 93 million adults in the United States are affected by obesity, which increases the risks of morbidity and mortality because of the conditions commonly associated with it, such as type II diabetes, hypertension, cardiovascular disease, and cancer, among other health risks.

Metabolic and bariatric surgery has proven to be effective in the reduction of comorbid conditions related to obesity. Working together, the ACS and the ASMBS have developed accreditation standards for metabolic and bariatric surgery to assist patients with obesity in identifying centers that provide optimal patient care.



**FAITH** Lutheran Church

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### Sunday Mornings

Liturgies with Eucharist at 8:00 and 10:00 a.m.

### Passion/Palm Sunday - April 10

8:00 a.m. Spoken Liturgy with Eucharist

10:00 a.m. Festival Liturgy with Eucharist

### Holy Thursday - April 14

12 noon Spoken Liturgy with Eucharist

7:30 p.m. Liturgy with Rite of First Holy Communion

### Good Friday - April 15

12 noon Ecumenical Community Service

7:30 p.m. Service of Tenebrae

### Holy Saturday - April 16

A Day of Silence, Prayer & Reflection

### Easter Celebration - April 17

7:00 a.m. Memorial Garden Liturgy

8:00 a.m. Spoken Liturgy with Eucharist

10:00 a.m. Festival Liturgy with Eucharist

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Egg Hunt Gather Time: **10:15 am sharp!!!**  
Open to boys and girls ages 8 and under.

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# JULIA DRANISHNIKOV SWORN IN AS ADVOCATE FOR FOSTER YOUTH

## CASA of Union County

The new class of community members to step up and train as advocates for Union County foster youth have taken their oath before Union County Superior Court Judge Lara K. DiFabrizio and become the newest volunteers with Court Appointed Special Advocates (CASA) of Union County.

Since 2005, the nonprofit has recruited, trained, supported and supervised nearly 600 community volunteers to advocate for more than 900 such youth, protecting best interests and ensuring needs are met in the courtroom, classroom, and community. As caseworkers, foster placements, and schools can change frequently, CASA volunteers often are the only consistent, caring adult in a youth's corner, helping ensure already experienced trauma is not exacerbated as youth await permanency in a safe and loving home.

Scotch Plains' Julia Dranishnikov has worked in education and volunteered for AmeriCorp. Her

journey in advocacy continues now as a CASA volunteer to positively impact kids in the community.

Judge DiFabrizio presided over the Zoom swearing-in ceremony of Dranishnikov and her classmates Lynda Sun Lee of Berkeley Heights, Katherine (Katie) Rabecki of Cranford, Dina Gharaibeh of Kearny, Lila Monroe of Roselle, and Robert Mallard of Union. In commemoration with gratitude, Judge DiFabrizio noted, "Thank you all for your commitment, passion, hard work, and loyalty to these families that desperately need it. It takes a village and now you're a part of it." Each volunteer will now be matched to a foster youth or foster sibling set, and begin putting their 30-hour training into practice, ensuring their needs are met and best interests are protected while they await permanency.

Anyone passionate about making a difference in a child's life can apply to volunteer; there is no prior experience or background needed to serve as an advocate. Each undergoes a thorough

training process and is supported by CASA staff throughout their work. Successful advocates have varied life experiences and this class is no exception, as professional backgrounds include social work, education, judicial clerkship, health management, and business.

Upon being court-ordered to a case, the CASA volunteer has access to the youth's foster parents, doctors, caseworkers, therapists, and teachers and, through their regular child visits, identify and report to the judge any concerns and needs in order to protect the child's best interests.

As the only nonprofit serving as extra eyes and ears for Union County judges hearing cases of youth in the child welfare system, the organization regularly recruits community volunteers to serve these local child-victims from birth to age 21.

To learn more about CASA of Union County, how to join a training class, and other ways to Change a Child's Story, email [info@casaoofunioncounty.org](mailto:info@casaoofunioncounty.org).



(above l-r) Community members are sworn in as advocates for foster youth. Berkeley Heights' Lynda Sun Lee, Roselle's Lila Monroe, Cranford's Katherine Rabecki; Union's Robert Mallard, Union County Superior Court Judge Lara K. DiFabrizio, Kearny's Dina Gharaibeh; Scotch Plains' Julia Dranishnikov.

Photo by Court Appointed Special Advocates of Union County

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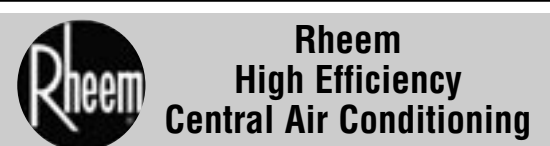
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# BEWARE OF FRAUDS AND SCAMS

Scotch Plains Police Chief Ted Conley

Frauds and scams have become an easy crime of choice in the 21st century.

In 2021, consumers lost more than \$5.8 billion to fraud, up 70% over 2020! Almost 2.8 million people filed a fraud complaint, an annual record. Imposter scams were most prevalent, but investment scams cost the typical victim the most money, CNBC reports

Many of the victims in our community are elderly. But don't be mistaken, criminals are not picky; they will victimize anyone willing to fall for a common scam.

Last year, several Scotch Plains residents were targeted with the commonly-known 'Grandparent' or 'Imposter' scam. A suspect reviews the social media accounts of an elderly individual for personal information, such as family members. Then, the suspect pretends to be the person's grandchild, claiming they need bail, or have been in a serious accident or need to pay

an attorney right now.

Many start the conversation with, 'Hi Grandpa or Grandma, do you know who this is?' (They want victims to say the name of their grandchild so that they can claim to be that person.) Scammers will then instruct the victim to purchase a gift card or wire money to help out in this "emergency." They don't want the victim to think, just act.

The Scotch Plains police are also aware of online shopping fraud as well as investment scams, resulting in large amounts of stolen money.

### HERE ARE FOUR SIGNS TO BE AWARE OF:

1. Scammers pretend to be from an organization you know.
2. Scammers say there's a problem or a prize.
3. Scammers pressure you to act immediately.
4. Scammers tell you to pay in a specific way; gift card, wire the money, etc.

We are asking residents to protect themselves and loved ones by blocking unwanted calls and text messages, by not giving out personal or financial information and to use a smartphone app that detects spam and fraud calls.

Please remember that no reputable company, police department, lawyer, etc. will ask for payment with a gift card or a wire transfer.

If someone calls you seeking money, ask for their name and call-back number. If you receive a text or email with links, even if it appears real, don't click the links. And, most importantly, resist the urge to respond immediately.

If you receive a call, text or email that appears fraudulent, please contact the Scotch Plains Police Department at 908-322-7100. We will stop by your house to take a look at the suspicious message. We would rather take a few minutes to help out a resident, rather than having any more victims to scams.

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| <b>Florham Park Press</b><br>NJ<br>Qty: 5,500<br>Zip: 07932                   | <b>Garwood Times</b><br>NJ<br>Qty: 2,500<br>Zip: 07027     | <b>Green Brook Gazette</b><br>NJ<br>Qty: 3,000<br>Zip: 08812       | <b>BUSINESS • LIFE</b><br><b>KENILWORTH</b><br>NJ<br>Qty: 3,500<br>Zip: 07033 | <b>NJ LIFE in LINDEN</b><br>Qty: 17,900<br>Zip: 07036                                                       | <b>Long Hill LEADER</b><br>NJ<br>Qty: 3,500<br>Zips: 07933, 07946, 07980        |
| <b>MADISON MONTHLY</b><br>NJ<br>Qty: 6,300<br>Zip: 07940                      | <b>MOUNTAINSIDE VIEW</b><br>NJ<br>Qty: 2,900<br>Zip: 07092 | <b>New Providence NEWS</b><br>NJ<br>Qty: 5,100<br>Zip: 07974       | <b>OUR TOWN</b><br><i>Rahway, NJ</i><br>Qty: 13,000<br>Zip: 07065             | <b>ROSELLE PARK MONTHLY</b><br>Qty: 5,600<br>Zip: 07204                                                     | <b>Scotch Plains NJ</b><br>WHAT'S HAPPENING MONTHLY<br>Qty: 9,400<br>Zip: 07076 |
| <b>Short Hills MILLBURN MONTHLY</b><br>NJ<br>Qty: 8,200<br>Zips: 07041, 07078 | <b>Summit Times</b><br>NJ<br>Qty: 9,600<br>Zip: 07901      | <b>Spirit of UNION</b><br>NJ<br>Qty: 6,800<br>Zip: 07083 (partial) | <b>WARREN MONTHLY</b><br>NJ<br>Qty: 6,200<br>Zip: 07059                       | <b>Watchung Post</b><br>NJ<br>Qty: 2,700<br>Zip: 07069                                                      | <b>Westfield MONTHLY</b><br>NJ<br>Qty: 11,800<br>Zip: 07090                     |

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