

Scotch Plains NJ

WHAT'S HAPPENING MONTHLY

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COLES STUDENTS FOCUS ON GIVING, RESPECT, AND SAFETY

Scotch Plains Public Schools

Since the start of the 2022 school year, the Coles student calendar has been filled with events and opportunities to demonstrate some of the school community's core values - supporting others in our community, respect, and making healthy and safe choices.

SUPPORTING LOCAL FAMILIES IN NEED

Students carried on the tradition of the Sharing Lunches Program, in which students prepare and share lunches with local families in need. In partnership with the Salvation Army, 170 lunches were donated by students to feed families. Sharing Lunches is a cornerstone of the Coles Kids Care effort and is an easy way to engage even the youngest of students in giving back to our local community.

Coles students also got into the Halloween Spirit with a Halloween Costume Drive, and donated over 100 new or gently used costumes to be distributed to local children in need via the Salvation Army of Plainfield. Another Coles Kids Care program, the Halloween Costume Drive is a reminder of how holidays are an important time to give, and to help others enjoy and participate in holiday fun.

RESPECT & EXPECTATIONS ASSEMBLIES

Coles hosted several assemblies at the start of the year, including assemblies focused on respect, as well as on expectations for how students show one another respect throughout the school day and while in common situations such as walking in the hallways, playing at recess, and sitting on the bus.

COLES WALK TO SCHOOL DAY

In early October, many Coles students and their families put on their walking shoes or readied their bikes to participate in the Coles Walk to School Day. Accompanied by Dr. Joan Mast, Superintendent of SPF Public Schools, Scotch Plains Mayor Josh Losardo, Deputy Scotch Plains Mayor Elizabeth Stamler, Skip Paal and members of the Scotch Plains Fire Department, and Sgt. Brown and members of the Scotch Plains Police Department, Coles families walked throughout the school's neighborhood, arriving safely and on time for the start of the day. This event is part of the International Walk to School Day campaign, which aims to empower communities to make walking and biking to school a safe and appealing option.

Photos by Scotch Plains Public Schools



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SERVICE LEAGUE THRIFT SHOP ANNUAL DOLL AND TOY EVENT

Scotch Plains NJ WHAT'S HAPPENING MONTHLY

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The non-profit Fanwood-Scotch Plains Service League Thrift Shop will host its ever-popular annual Doll and Toy event beginning Tuesday, November 8, at 1741 East Second Street in Scotch Plains. Christmas-themed bric-a-brac will also be out for sale to jump-start your holiday spirit.

Toy items for sale include some 50 vintage Barbie dolls courtesy of a generous donor who gifted her collection to the Thrift Shop. All of these Barbie dolls are in their original boxes and were never played with or used, including Dentist Barbie, Pet Doctor Barbie, Barbie & Curious George, and more. You will also find porcelain dolls in their original boxes such as Faithful Friends by Heidi Ott (Beth and Benjamin) and dolls by Seymour Mann (Abigail and Erin), along with many other baby dolls and accessories.

Other toys will also make this a great opportunity to shop for children from infants to teens. Find trucks and cars, books, crafts, stuffed animals, and puzzles and board games that are 100 percent complete, all either new or in excellent condition. Name brands such as Fisher-Price, Melissa & Doug, Lego, and more are all well represented.

And, for yourself or the grown-ups on your holiday list, don't miss the one-day "Jewelry Extravaganza" taking place on Saturday, November 19, when the front displays within the store showcase a wide array of vintage jewelry and other high-end items donated throughout the

year. It is a one-day chance for discriminating buyers to scoop up very good quality necklaces, bracelets, earrings, rings, pearls, watches, sterling silver and more at extremely reasonable prices.

Thrift Shop hours are Tuesday through Friday from 10:00 a.m. to 2:30 p.m., and Saturday from 10:00 a.m. to 1:00 p.m. The shop will be closed Thanksgiving Week from Tuesday, November 22 through Friday, November 25, opening on Saturday, November 26 for "Small Business Saturday." Remember to shop early for the best selections. Have questions? Call the store during Thrift Shop business hours: 908-322-5420.



(above) Toys on sale appeal to children of all ages including dolls of all shapes and sizes will line the shelves of the Fanwood-Scotch Plains Thrift Shop during the annual Doll and Toy event starting November 8.

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TINY TIM FUND NEEDS VOLUNTEER CAROLERS

Volunteers are needed to help the Tiny Tim Fund continue its mission of providing financial assistance to local families to pay for children's medical expenses.

The Tiny Tim Fund is a registered NJ Non-Profit Corporation 501(c)(3) that raises funds to provide financial assistance to help families pay for the medical expenses of children in Fanwood and Scotch Plains. 100% of funds collected are dispersed for medical expenses including doctors, dentists, and psychological counseling. The organization has been assisting local families since 1983.

The Tiny Tim Fund is administered by a volunteer board of trustees, which consists of Fanwood and Scotch Plains citizens from varied sections of the community.

This year there are two ways that volunteers can help the members of the Tiny Tim Fund board raise funds to be able to continue its mission.

The Tiny Tim Fund Board is inviting community members who have enjoyed the tradition of caroling on Tiny Tim Carol Night and spreading holiday cheer while soliciting donations to form a group and commit to caroling on December 5. A carol group can be made up of family members, neighbors, co-

workers, scout groups, church organizations, etc., and a group can select a date to carol that is more convenient if needed.

Since carol groups will not be able to reach all neighborhoods in Fanwood and Scotch Plains, volunteers are also needed to deliver solicitation letters to homes in Fanwood and Scotch Plains during November and December.

To register a carol group, receive information about materials and the collection site, or to volunteer to deliver letters please contact

Barbara at 732-259-6348

or email brranilo@gmail.com

or Mary Beth at 732-616-7695

or email tinytimspf@gmail.com.

The Tiny Tim Fund actively solicits donations once during the year and the board members are hopeful that community members who have generously supported the Fund in the past will make it possible for the Tiny Tim Fund to continue to assist current cases as well as to be able to accept new referrals and requests for financial assistance for medical expenses during the coming year.

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COLLEGE AND CAREER NIGHT - NOV. 15

UNION COUNTY'S GOT TALENT AT KEAN ON NOVEMBER 19

Union County's Got Talent (UGT) is a major fundraising event that supports the Union High School Performing Arts Company and the Douglas Michael Krueger Scholarship Fund, both of which directly benefit the students of Union Township.

Union's Got Talent has been a major community success and, this year, we have gone county-wide.

Our contestants this year either live, work or attend school in Union County. We have 20 contestants from various towns in Union County.

The show, on November 19, 2022, will be hosted by Kean University and will take place at Kean's Enlow Recital Hall.

Tickets are available only online at unionsgottalent.org. Tickets will not be available at the venue. Enlow Hall is a small theater with only 300 available seats. We advise that patrons buy their tickets early.

This year, UHSPAC and the DMK Scholarship Fund will be partnering with the Township of Union's Cultural Arts Committee with sponsorship by Investors Bank, Union's Special Improvement District and BCB Bank to present UGT on Saturday, November 19, 2022.

The College Club of Fanwood-Scotch Plains, in cooperation with the Counseling Department of Scotch Plains-Fanwood High School, will host the 69th Annual College and Career Night. More than 130 universities are scheduled to attend College Night on Tuesday, November 15, from 7 p.m. to 8:30 p.m. at Scotch Plains-Fanwood High School located at 667 Westfield Road, Scotch Plains.

All students in the 10th, 11th, and 12th grades from Scotch Plains, Fanwood, and neighboring private and parochial schools are invited to attend. This event gives students and their parents an opportunity to gather information and speak directly with representatives from colleges, universities, branches of the military, and technical schools. A list of schools and institutions that will be in attendance is posted on the Counseling website of Scotch Plains-Fanwood High School and will continue to be updated until the night of the event.

Additional information about the College Club

of Fanwood-Scotch Plains can be obtained by sending an email message to Collegeclub.fsp@gmail.com.



(above) The 69th Annual College and Career Night will be held on Tuesday, November 15, from 7 p.m. to 8:30 p.m. at Scotch Plains-Fanwood High School.

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RESCUE SQUAD SPREADING NEWS OF 988 HOTLINE

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

We all know that dialing 911 can be a lifesaver, and now, so is calling 988. This new three-digit dialing code became active on July 16, 2022, and is a lifeline for those contemplating suicide.

The counselors who respond to the calls, texts, and chats provide caring support and guidance to those in crisis. Many studies have shown that after calling for help, people tend to feel less suicidal, less depressed, less overwhelmed, and more hopeful.

Previously known as the National Suicide Prevention Lifeline, it's now the 988 Suicide & Crisis Lifeline. However, the previous number, 800-273-8255, is still in use as well. The Lifeline's network of over 200 crisis centers has been operating since 2005, and in its years of existence, has received over 20 million calls from those in distress.

The 988 number can be dialed from any state in the country and is accessible to non-English speakers and those who are deaf. Veterans can also use this new option to contact the Veterans

Crisis Line. All they have to do is dial 988 and then choose the number 1.

Veterans can also connect through text at 838255 and through chat at VeteransCrisisLine.net/Chat. According to the Military Veteran Project, 22 veterans commit suicide every day.

With COVID-19 exacerbating mental health issues, this easy-to-remember hotline number is more important than ever. According to the Lifeline website, "Suicide is the second-leading cause of death among young people, and, prior to the COVID-19 pandemic, was the tenth leading cause of death in the nation (CDC, 2019). Every year in the U.S., more people die by suicide than in car accidents, and more suicide deaths occur than homicide and AIDS deaths combined."

To learn more, go to 988lifeline.org/current-events/the-lifeline-and-988/.

To find information about the Scotch Plains Rescue Squad, or to become a member, go to scotchplainsrescuesquad.com.

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SHINING STARS “CHRISTMAS SPECTACULAR” – DEC. 9

Celebrate the holiday season when the Shining Stars take the stage for their 2022 “Christmas Spectacular” set for Friday, December 9 at 7:00 p.m. The show will take place on the main stage at the historic Union County Arts Center in Rahway as this talented cast sings and dances to many of your holiday favorites.

With many cast members from all over Union County and beyond, Shining Stars Network has been producing live programming for the special needs community for ten years.

This year’s Christmas Spectacular marks the return of the Shining Stars to one of the most beautiful theaters in New Jersey and will feature 35 special needs cast members and their volunteer buddies from local high schools, who serve as mentors to the cast during rehearsals.

Two previous Shining Stars shows at UCPAC drew more than 1,000 audience members for each performance, and already, the buzz is building in the community.

“We’re so excited to ring in the holiday season,” noted Shining Stars Network co-founder and President Mike Curci. “Our stars are ready to share their smiles, energy and amazing talents with everyone. This will be a great way to cap off our 10th anniversary celebration.”

“We strongly believe in creating an inclusive environment for our cast, and our buddies are an integral part of the Shining Stars experience,” noted Shining Stars co-founder and director Sally



(above) The Shining Stars will take the stage for their 2022 “Christmas Spectacular” on Friday, December 9 at 7:00 p.m.

Curci. “We are so excited to bring a new show to the stage and cannot wait to connect with our incredible audience again to celebrate the holiday season.”

Shining Stars Network is wrapping up a big year, which included their annual “Evening of Shining Stars” Spring Show, Summer Performing Arts Workshop, and their successful Paper Mill Playhouse debut performing in front of a sold-out audience at the Paper Mill Brook Side Cabaret.

“Shining Stars Network is not only about performing, but more importantly we’re about building self-confidence and self-esteem,” said Shining Stars co-director Nicole Greene. “Our cast members are not only talented, but inspire us every day, and we are all very excited about taking the stage again to share another magical

night with the audience.”

Tickets are on sale now at UCPAC.org. For groups of 10 or more, email shiningstarsnetwork@gmail.com.

The night will also feature a Tricky Tray and 50/50 raffle. Doors will open at 6:00 p.m.

Shining Stars Network is a 501(c)3 not-for-profit organization based in Cranford, N.J. that offers opportunities in the performing arts for the special needs community.

Plans for the 2023 season include their 2nd “Reach for the Stars” Gale, set for March 14 at the elegant Park Chateau Estate & Gardens in East Brunswick.

For more information on Shining Stars Network or to make a donation, please visit shiningstarsnetwork.org.

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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!

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.'"
- Question L.

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NOVEMBER PROGRAMS FOR ADULTS

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Mon, Wed, Thur: 9:30am – 9:00pm
Tue, Fri, Sat: 9:30am – 5:00pm
Sun: Closed

Mon, Nov 8 - Library Open Only for Election; Closed for Library Business
Fri, Nov 11 - Library Closed; Wednesday, Nov 23 - Library Closes at 2:00 p.m.
Thur, Nov 24 & Fri, Nov 25 - Library Closed for Thanksgiving

Hypertension Clinic

Friday, November 4, 10 a.m. to Noon
inside the Library with a public health nurse from Union County.

Balance Awareness with Yasmin Ofek

Fridays, November 4 & 18, 10 a.m.
All you need are a chair and sneakers to experience this gentle but effective approach to moving confidently throughout the lifespan. This is a virtual class.

Bring Your Own Book

Monday, November 7, 10 a.m.
an informal discussion of what participants have recently read and enjoyed. This discussion will take place outside the Library, weather permitting. If weather is inclement, the discussion will move to Zoom.

Guided Meditation session

Monday, November 7, 7 p.m.
Barbara Brown will lead a virtual mindfulness-based Guided Meditation session.

Virtual Trivia Night with an Autumn theme

Monday, November 14, 7 p.m.

Afternoon Book Club

Tuesday, November 15, 1 p.m.
discuss Oh William! by Elizabeth Strout. This discussion will take place inside the Library.

Evening Book Club

Thursday, November 17, 7 p.m.
meet virtually to discuss Beartown by Fredrik Backman.

Friends of the Library Meeting

Monday, November 21, 7:30 p.m.
Registration is required for all virtual programs. More information about the library can be found at scotlib.org.

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CANDICE TESTA NAMED UNION COUNTY TEACHER OF THE YEAR



(above) Candice Testa

Candice Testa, a First Grade Teacher at William J. McGinn Elementary School in the Scotch Plains-Fanwood School District, has been named Union County Teacher of the Year.

Candice Testa graduated with a bachelor's degree from the University of Scranton and a master's degree from Rutgers University. For the past 20 years, she has influenced the lives and guided the learning of hundreds of elementary students. Her dedication to her profession can be seen each day, where she regularly encourages and meets the needs of all levels of learners in her first-grade class. As a teacher leader, Candice supports her colleagues where her door is always open to veteran and young teachers alike. She serves as the President of the Scotch Plains-Fanwood Education Association where she has molded a tight-knit community of educators and staff who recognize their best interests will be met during the school year and beyond. Candice is a recipient of the Building Teacher Leader Capacity Grant Project, awarded by Kean University, in collaboration with the New Jersey Department of Education (NJDOE). Advocating for her students has been her drive and knowing that she played a part in their success over the last two decades is her greatest accomplishment.

Courtesy photo

RAHWAY'S FALL FISHING FLEA MARKET NOV. 19

The Rahway Fall Fishing Flea Market will be held on Saturday, November 19th, 2022, from 9 a.m. to 2 p.m., at St. Thomas Church Hall, 1400 St. Georges Ave., Rahway, NJ. A wide variety of salt and fresh water fishing tackle will be on display for anglers looking for great buys.

New, used, antique, custom fishing and boating items will be available to all. Door prizes will be given away every half hour which include rods, reels, tackle and much more. Food and refreshments are sponsored by St. Thomas Holy Name Society. Admission price is \$5 per adult, children 12 and under are free. For show or vendor information visit fishingfleamarkets.com or call 732-381-2165.

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JAZZ, FOLK AND MORE AT FANWOOD'S ARTS CENTER

The Fanwood Performance Series will present an evening of original music crossing multiple genres on Saturday, November 12.

Forbidden Tropics will bring its special blend of Afro-Peruvian jazz to the stage, and singer-guitarist Matt Bednarsky will perform his songs mixing strands of folk, rock, jazz and blues.

Central Jersey-based Forbidden Tropics, led by guitarist Alejandro Ataucusi, began releasing music in 2018 and has just brought out its first full-length album, "Peruvian Rhapsody." Its combination of Afro-Peruvian rhythms with elements of jazz results in a unique sound that attracts fans of jazz and Latin music alike.

Matt Bednarsky is a Connecticut native who

has lived in New York, Italy, Peru, Nashville and Costa Rica, and is now based in Pennsylvania's Lehigh Valley. He has released four full-length studio albums and has played for audiences in the U.S., Canada, Europe, and Australia. His genre-nebulous style is characterized by poignant, thoughtful lyrics and soothing yet dynamic vocals.

Show time is 7 p.m. at the Patricia M. Kuran Cultural Arts Center, also known as the "old carriage house," at 135 Watson Road, adjacent to Fanwood Borough Hall. The suggested donation for admission is \$15, or \$10 for senior citizens and students. All donations support the all-volunteer organization. Light refreshments will

be available for purchase during intermission.

The Fanwood Performance Series is a presentation of Mayor Colleen Mahr and the Fanwood Cultural Arts Council, made possible in part by a HEART (History, Education, Art Reaching Thousands) Grant from the Union County Board of County Commissioners. Audiences enjoy the experience of great performances, up close, in a historical setting and a convenient suburban location.



(above) Forbidden Tropics, a special blend of Afro-Peruvian jazz, will perform at the Fanwood Performance Series in November.



(above) Matt Bednarsky will bring his genre-nebulous style to the stage for the Fanwood Performance Series.

Courtesy photos

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FIVE GIRL SCOUTS EARN SILVER AWARDS

Fanwood Scotch Plains Girl Scouts Service Team

Five cadettes from Girl Scout Troop 40304 of Scotch Plains, NJ, earned their Silver Award, one of the highest awards in Girl Scouting. To earn this award, Girl Scouts work independently or in small teams to complete a project that addresses an issue in the community and effect a lasting change.

Taylor Mingoia worked with the Township of Scotch Plains to create a fun, colorful and interactive space at Brookside Park. Remembering how she used draw games on the blacktop with chalk to play on when she attended summer camp at the park, Taylor was excited to be able to create something that will brighten up the park, and that children will use and enjoy. With the help of family and friends, Taylor painted 2 four-square games, 2 Twister games, 4 hopscotch races, 3 finish the pictures, and 3 selfie stations for everyone to enjoy, and completed this expansive blacktop project in time for the start of the 2022 summer camp at the park. Taylor is grateful that kids will get to enjoy her hard work on this colorful Silver Award project.

Normandie Beversluis and Elyse Lamberti wanted a way to engage younger children in outdoor activities, so their Silver Award project idea focused on creating a fairy trail that can make taking a hike more interactive and interesting. After exploring different locations for the trail, Normandie and Elyse reached out to Girl Scout Heart of NJ Council Camp Director Deborah Hooker to propose installing a fairy trail at Camp Henry Lou Hoover in Middleville, NJ. Working closely with Ms. Hooker, Normandie and Elyse used an existing trail in the middle of camp and converted it to a "Fairy Tale Trail". The

trail itself is an easy, flat trail that is perfect for the beginner hiker. The project not only included installing fairy doors, enchanted elements and a storytelling area, it also provides a great introduction to the 7 principles of "Leave No Trace", an important part of protecting and preserving natural spaces. Normandie and Elyse wrote fairy stories that teach each of the seven principles and the stories can be accessed through QR codes on tree-safe tags posted along the trail. They hope that the trail encourages imagination and an appreciation for nature to anyone that visits.

Samantha Lionetti and Claire Abadir collaborated with both Union County and the Township of Scotch Plains for their Silver Award project, which aimed to promote inclusivity and diversity. The project involved installing an Inclusive Little Free Library ("Library") at Ponderosa Farm Park, a county park located in Scotch Plains, NJ. Sam and Claire reached out to teachers and publishing professionals for recommendations on books with themes that supported their cause. With the recommendations, they distributed flyers and contacted local businesses for book donations to put in the Library. They were happy to see how much support there is for greater awareness of the diversity within the community and the importance of inclusivity from the responses they received. The donated books were added into the Library with a custom bookplate to recognize a business or individual's participation in the project. Sam and Claire are excited to have been able to put this welcome feature into the park to provide fun and an educational resource.

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The Scotch Plains-Fanwood Chapter of UNICO gathers annually for an Italian tradition, homemade winemaking. This year, the chapter made a Super Tuscany Blend, a blend of Sangiovese, Merlot and Cabernet grapes. With the help of George Featherman and other staff members of Grape Expectations in Bridgewater, the process began with the grape crushing. A week later, the grape pressing took place. The wine will continue to ferment, then age and condition for several months. The final Super Tuscany blend will be bottled and ready to enjoy

in late spring.

UNICO National is the largest Italian-American organization in the US. Our objective is to promote the image of Italian Americans, to serve the community, and to contribute to charitable, cultural and educational organizations and projects. To learn more about our local Chapter or if you are a US citizen of Italian descent and would like to join our chapter, please visit our website at unicospf.org or email spfunico@gmail.com.

Courtesy photo



(above) The Scotch Plains-Fanwood Chapter of UNICO continued their annual tradition of wine-making this year.

UNICO WELCOMES TWO NEW MEMBERS

The Scotch Plains-Fanwood Chapter of UNICO recently swore in its two newest members, Gina Barber and Marla Mackey. UNICO is the largest Italian-American organization in the US. Our objective is to promote the image of Italian Americans, to serve the community, and to contribute to charitable, cultural and educational organizations and projects. To learn more about our local Chapter or if you are a US citizen of Italian descent and would like to join our chapter, please visit our website at unicospf.org or email spfunico@gmail.com.



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FARMERS MARKET PHOTO ALBUM



(above, l-r) Love the Soup, Old Village Farm, Family Band Hotsauce, Mishti Chocolate, Forever Green.



(above, l-r) Savory Spoon Cafe, Frolla Pasticceria, Ort Farms, Aunt Lullies.



(above) Ronny Brook Farms, Sustainable Hause, Loin d'ici, Frolla Pasticceria, Gourmet Nuts and Dried Fruit.



(above) Jersey Spirits Distilling Co., Foraged Feast, Blessings Pastries, Wafulls, Au Honey, Bakiels Authentic Bakery Products.

Photos from this and other events can be found online at rennamedia.com and on Scotch Plains Monthly page on [facebook.com](https://www.facebook.com)

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THE SHADY REST FOUR CENTURIES IN A WEEKEND

The historic Shady Rest Country Clubhouse, located at 820 Jerusalem Road in Scotch Plains, listed in the National Registry of Historic Places, is the first African-American owned country club in America. Shady Rest was a location for Four Centuries In A Weekend, which is celebrated annually and features many historic sites throughout the state of New Jersey. On Sunday, October 16th the museum and grounds were opened to visitors who were treated to live jazz music, free mini golf, refreshments and more.

The historic building is still in use. It is often used for group meetings and other social gatherings such as weddings, parties, and more. For more information, or to book your event at Shady Rest, please visit scotchhillsgolfcourse.com/shady-rest/ or contact the Scotch Plains Recreation Department at 908.322.6700 x221.

ABOUT THE SHADY REST COMMITTEE

The Preserve Shady Rest Committee celebrates the history of the Shady Rest Golf &

Country Club and promotes its enjoyment by a diverse community.

Founded in 1921, the Shady Rest Clubhouse was a gathering place for all-star athletes, a-list jazz performers, cultural leaders and neighborhood families alike seeking recreation and entertainment. The first in the nation to serve a majority-Black community, the Shady Rest Golf & Country Club and its grounds reflect the rich inclusive history of Scotch Plains then and now.

The Committee preserves and provides public access to The Clubhouse and grounds, which achieved listing on the National Register of Historic Places this summer. Would you like to help us raise awareness to preservation efforts and make connections with the next generation of caretakers? Join our mailing list to hear about upcoming meetings and events or make a donation to support restoration efforts and future programs at the Clubhouse at preserveshadyrest.org



(above) Live jazz music played in the ballroom where Ella Fitzgerald, Louis Armstrong and other jazz legends played.



(above) Visitors were invited to color jazz themed pictures while listening to live jazz music.



(above) Members of the Shady Rest Committee.



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SCOTCH PLAINS HOSTS ANNUAL COLUMBUS DAY CELEBRATION

The Scotch Plains Fanwood Chapter of UNICO and the Scotch Plains Italian American Club hosted a Columbus Day Celebration on Saturday, October 8th, 2022. The celebration of Italian heritage started at 10 a.m and was held at the Alan M. Augustine Village Green. Music and

light refreshments were available to guests. The ceremony also featured brief overviews of Laura Swidersky and Dorianne Perrucci's families experiences in Scotch Plains. The event concluded with the ceremonial laying of the wreath.



(above) Laura Swidersky and Dorianne Perrucci with members of the SPF UNICO, Italian American Club, and Scotch Plains Mayor Josh Losardo for the ceremonial laying of the wreath.

CALLING ALL VETERANS JOIN THE ROTARY CLUB FOR LUNCH

The Fanwood-Scotch Plains Rotary Club is hosting a Veterans Appreciation lunch at their meeting on Wednesday, November 16, 2022 at 12:15 p.m. at the Stage House Restaurant in Scotch Plains. They'll honor veterans in the club as well as veterans in the local community. The Rotary Club is very grateful to all men and women who served the United States Armed Forces and will pay tribute to those who served, those who continue to serve and those who made the ultimate sacrifice. Veterans in the towns of Fanwood and Scotch Plains are invited to attend but must register in advance because space is limited. To register for the event, Veterans can contact Susan Pastir at secretary@fsprotrary.org or Al Smith at 908-317-4646.

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