

# Scotch Plains NJ

## WHAT'S HAPPENING MONTHLY

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### 14TH ANNUAL MLK DAY OF SERVICE

The 2023 Scotch Plains/Fanwood Martin Luther King Day of Service took place on Monday, January 16th, 2023.

Participants had the option to volunteer throughout Fanwood and Scotch Plains either virtually or in-person, or by making donations.

The JCC of Central New Jersey hosted the opening program which began their day of volunteering. Activities at this location included high school students and older adults had the opportunity to participate in a Racial Healing Circle. The event's goal was to create a safe and structured space to dialogue with a diverse group of neighbors by sharing lived experiences.

The Fanwood-Scotch Plains YMCA hosted many community activities. Some of the scheduled events included making Valentine cards to be given to veterans. Collections included towels to be donated to Plainfield Animal Humane Society and Home for Good Dogs; and winter hats & gloves to benefit the Boys & Girls Clubs of Union County.

The Borough of Fanwood collected baby items, diapers, and feminine products for Moms Helping Moms.

More community events are highlighted in the photo captions corresponding to this article.

*(More photos on pages 10 and 11)*



*(above) Immaculate Heart of Marcy Church in Scotch Plains hosted a Bingo luncheon for approximately 95 senior citizens.*



*(above) A 'Dignity Drive' was sponsored by the Alpha Kappa Alpha Sorority.*



*(above) Volunteers made sandwiches at Willow Grove Presbyterian Church in Scotch Plains.*

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

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# TINY TIM FUND EXTENDS THANKS FOR FUNDRAISING SUPPORT

## Scotch Plains NJ WHAT'S HAPPENING MONTHLY

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Once again, the participation and generous donations from citizens of the Fanwood and Scotch Plains communities have helped the Tiny Tim Fund to have a successful fundraiser. The trustees look forward to being able to continue the organization's mission of providing financial assistance to local families to pay for the medical needs of their children during the coming year.

Sincere appreciation is extended to the Girl Scout Troops and individual members of the community who shared holiday spirit and collected donations on Tiny Tim Carol Night in December. Special thanks is extended to Dustin



*(above, l-r) Carolers: Stephanie Licata, Whitney Bernard and Jocelyn Hoyos spread holiday cheer on Tiny Tim Carol Night and collected donations.*

Noel, the Manager of the Stage House restaurant in Scotch Plains, for graciously providing a warm room in The Stage House which served as a collection site on Carol Night as well as a place for the carolers to enjoy refreshments provided by the Tiny Tim Board members and The Stage house.

Carol Night was followed by the distribution of solicitation letters to homes throughout Fanwood and Scotch Plains. The trustees are grateful to the volunteers from the community who helped to deliver the letters which included SGA, the Interact Club and SCN groups from SPF High School.

The Tiny Tim Fund actively seeks donations once each year during the holiday season. Donations are accepted and appreciated at any time during the year.

Donations and requests for assistance can be mailed to: The Tiny Tim Fund Inc., PO Box 181, Fanwood, NJ 07023

The Tiny Tim Fund is a registered New Jersey non-profit corporation 501(c)(3) that raises funds to provide financial assistance to help families pay for the medical needs of children in Fanwood and Scotch Plains including doctors, dentists and mental health needs. The Tiny Tim Fund is administered by a volunteer Board of Trustees and there are no administrative fees. The organization has been assisting local families since 1983.

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## AUTHOR INSPIRES STUDENTS

*Submitted by the Coles PTA*

Coles staff and students enjoyed two author visits this December.

Karen Rostoker-Gruber met virtually with Pre-K students and shared her book, *A Crowded Farmhouse Folktale*. Students enjoyed listening to the story and making animal noises along with the author.

The next day, Coles hosted Lesa Cline-Ransome for its first in-person author visit since 2019. Students enjoyed learning about Ms. Ransome's life by seeing photographs of her family and home office.

Coles student J.J. said, "I was surprised to see so many books in her home office. It looked like a library!"

Ms. Ransome told students as a child her favorite thing to do was go to the library and read and how that inspired her to become an author. Many of her books are about important people in history and she shared how she researches them by reading and visiting historic sites before writing. Ms. Ransome shared excerpts from some of her books and her book making process including sketches and final illustrations created by her husband and illustrator James Ransome.

Third grader Mia commented that she thought the visit was "excellent and she did not want it to end."

The Coles PTA was very excited to offer an in person visit after such a long hiatus.



(above) Coles staff and students welcomed two author for visits this December.

Photos by Coles PTA

## C.A.R. PROVIDES YOUNG PEOPLE WITH LEADERSHIP TRAINING

Training tomorrow's leaders to serve our country and preserve our nation's history is the mission of the Children of the American Revolution (C.A.R.). Members honor those who came before and paved the way for what we have today.

The nation's oldest and largest patriotic youth organization, C.A.R. offers membership to girls and boys from birth to age 22 who can prove lineal descent from a man or woman who supported the cause of American independence.

Local C.A.R. groups, known as societies, are sponsored by chapters of the Daughters of the American Revolution (DAR) or Sons of the American Revolution. Here in central New Jersey, Elizabeth Snyder-Continental Chapter DAR in Green Brook sponsors the Pis-Cat-A-

Qua Society C.A.R. Members may participate in state and national activities that focus on patriotism, service, and education about our American heritage.

Harriett Lothrop, a 19th century children's author from Concord, Mass., presented the idea for a children's organization to the DAR in 1895. Organized "for the training of young people in true patriotism and love of country," C.A.R. has promoted this vision to hundreds of thousands of members over the years. These boys and girls are the leaders of yesterday, today and tomorrow.

New members are welcome. Contact Elizabeth Snyder-Continental Chapter DAR at ESCchapterDAR@gmail.com, or learn more online at NSCAR.org.

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## SHAKESPEARE'S COMEDY TWELFTH NIGHT COMING TO CDC THEATRE

“Better a witty fool, than a foolish wit.”, “If music be the food of love, play on.” and “Some are born great, some achieve greatness, and some have greatness thrust upon ‘em.” are just a few of the familiar lines from William Shakespeare’s Twelfth Night.

A talented cast is preparing to present one of the Bard’s finest comedies at CDC Theatre in Cranford for seven shows running from February 10th to the 25th and is being directed by Susan Speidel. Ms., Speidel currently serves on the faculty of the Kean University Theatre

Conservatory and is a lecturer for the Osher Lifelong Learning Institute at Rutgers University. Holding a range of academic degrees, she has studied acting and directing at HB Studios in New York City and at the Globe Theater in London. She served for 20 years as Director of Education for the Tony-Award winning Paper Mill Playhouse and has directed more than 50 plays and musicals.

“A woman, disguised as a man, falls in love with her boss, only to be pursued by the woman her boss is determined to marry. Confused?“, asked Ms. Speidel recently, “You’re not alone, but Twelfth Night, Shakespeare’s witty look at gender confusion, invites us to put convention aside, stretch the boundaries of “acceptable” attraction, and that, in the end, love is love is love is love. The play is filled with relatable characters contending with mistaken identities, unrelenting desire, hilarious pranks, and

unrequited love – not to mention cross-dressing, duels, and deception – all offered up with a generous dash of merriment!”

Twelfth Night combines love, confusion, mistaken identities and joyful discovery all while telling a story of fickle fortune, mourning, love and reunion. Set in the free-wheeling, mirror-ball world of the 1970s, the celebratory nature of Shakespeare’s play is heightened with a series of Top-Ten hits that enhance the production and move the action forward with a disco beat. Shipwrecked twins, gender-bending romance and a bumper crop of fools, from the wise to the ridiculous, guarantee a full-blown evening’s entertainment.

CDC Theatre is celebrating its 104th season in Cranford, NJ at 78 Winans Ave. For best ticket selection and prices, visit [cdctheatre.org](http://cdctheatre.org) for additional information.



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#### 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."*

- Quentin L.

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# IMMACULATE HEART OF MARY CHURCH TO HOST "ALPHA" SESSIONS

Is There More to Life Than This? In a world of isolation, anonymity, and keyboard-warriors, Alpha offers content and guidance for churches, ministries, and individuals to create a space for honest and open conversations about life's biggest questions. Everyone is welcome and no questions are off limits.

Alpha is a place to connect with other people who are open to exploring life, faith, and meaning. Alpha fosters honest, open, and judgment-free conversations for anyone to explore the Christian faith. Each session includes a time to connect with others (often over a free meal), watch a short video on an element of the Christian faith, and then a chance for each person to share thoughts and questions with the group.

"I was invited to participate in the Alpha pilot. From the initial meeting, I knew this was something that I wanted to be a part of," explains Nancy Schreck. "After completing the pilot, I joined the Alpha team to help plan for the future of Alpha at IHM. It's a wonderful opportunity for people at any level of faith to meet new people and explore new ideas."

Sessions are free to attend and are scheduled on Monday nights at 7:30 p.m. The first meeting will be live and in-person on Monday, February 13, 2022 beginning at 7 p.m. in the Nazareth Center of Immaculate Heart of Mary (IHM) Church: 1571 S. Martine Ave. Scotch Plains. Good food and conversation will be offered to all in attendance. Most meetings after that will be hosted on Zoom. Links and directions will be provided to those who register. Participation is capped at 30 people.

"When I offered tech support for the pilot program at IHM, I had no idea what I was in for. I'm not very religious. But Alpha was an unexpected surprise!" offers Gabe Lamberty. "The program is interesting and entertaining. And it's nice to meet new folks from the community. Overall an unforgettable experience."

"I'm looking forward to the Alpha experience," says Lou Zappo. "It sounds like a lot of fun, and who knows, I might learn something about myself."

Registration is required, please go to our website at [ihmparish.net/alpha](http://ihmparish.net/alpha) or call 908-889-2100. If you have questions about Alpha, please email [office@ihmparish.net](mailto:office@ihmparish.net).

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# CELEBRATING AND HONORING THOSE WHO SERVE OUR COMMUNITY

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

The Scotch Plains Rescue Squad held its annual Installation Dinner on January 7, 2023. The all-volunteer organization has been responding to the urgent medical needs of the people of Scotch Plains and surrounding communities for 86 years.

During the dinner, officers were sworn in and members were commended for their years of service. One member, Harold Hill, whose father was one of the founding members of the rescue squad, was honored for his incredible 65 years of service.

Thank you to the members below for your service, and to all the members for their unselfish commitment to making our town a greater and safer place to live.

Operational Line: Chief - Daniel Sullivan; Deputy Chief - Robert Gurske; Deputy Chief - Fred Thomas

Administrative Line: President - Joan Lozowski; 1st VP - Jerry Handsman; 2nd VP - Robert Foerster; Secretary - Joanne Gurske; Treasurer - Raneë Muirhead; Chaplain - Robert Gurskel; Delegates - Daniel Sullivan, Joan Lozowski, Patricia Buckridee; Alternate Delegates - Fred Thomas, Raneë Muirhead, Karolyn Buckridee; Trustees - Ed Fiedler, Carolyn Sorge, Chang Yaramothu

Emergency Medical Service Council of NJ Years of Service Awards: Harold Hill, 65 Years; Deborah Loh, 40 Years; Carolyn Sorge, 35 Years;

Joan Lozowski, 35 Years; Steven Wheeler, 30 Years; Robert Foerster, 30 Years; Aprilnicole Gano, 20 Years; Christopher Fuentes, 15 Years; Karolyn Buckridee Raymond, 15 Years; Christopher Smith, 15 Years; Chang Yaramothu, 15 Years; Wyatt Ferguson, 5 Years; Adam Ganzman, 5 Years; Anjali Patel, 5 Years; Raj Bhatt, 5 Years; Rachael Siegel, 5 Years; Fred Thomas, 5 Years

To become a member, go to [ScotchPlainsRescueSquad.com](http://ScotchPlainsRescueSquad.com) for more information.



*(above) The Scotch Plains Rescue Squad swore in new officers and commended members on their years of service at their annual Installation Dinner.*

Photo by Sean P. Sullivan

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## COLLEEN HAS A RESTORED FAMILY HEIRLOOM – HER OWL

Colleen McKenna of Summit has fond memories of a particular owl artwork that hung in her home as a child. With age, the frame and support backing had become weak and frail. Colleen couldn't display it any longer. She had a gut-wrenching decision to make about the fate of the owl artwork. But like fashion, home décor trends tend to go in and out of style. Things we may have considered outdated a few years ago have made their way back into the spotlight. Well, that was the case with Colleen's owl. It was back in vogue. So, she decided to have it repaired and brought it to SAGE Restoration Workshop.

The workshop volunteers were able to reconstruct the original frame and put a new backing on it. The owl is now sturdy again. Renewed with vigor for many more years of appreciation.

"Thank you to the team at the SAGE workshop," said Colleen. She added, "It was a pleasure to work with them and I am happy to support our seniors." Today the owl, representing wisdom and knowledge, hangs again in her home.

Since 1961, the SAGE Eldercare Workshop has offered the public fine-quality furniture repair. The volunteers will consider repairing any

piece of furniture that can be carried into the workshop. The Workshop has a reputation throughout Union County and beyond for its fine reweaving of caned and rushed chairs. Our artisans are all highly trained volunteers. Proceeds from the Workshop benefit SAGE programming. Prices are reasonable and depend upon the condition of the chair or furniture item and the materials required in the restoration process.

The Workshop started out over fifty years ago as a place for older men who no longer had access to a home workshop. Dozens of women have worked in the historically male enclave. Most volunteers are former professionals including investment bankers, college professors, physicians, and scientists. Over the years, they have taught each other caning, rushing and a myriad of other techniques needed to fix the aging furniture brought to them for restoration.

The Workshop is in the basement of the SAGE building at 290 Broad Street, Summit and is easily accessible. Shop hours are Mondays through Fridays, 8:30 a.m. – 11:30 a.m. For more information about the service or to schedule an appointment to bring in furniture, call 908-598-5531.



(above) Colleen McKenna of Summit with her family heirloom owl frame.

Courtesy photos



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### UPCOMING EVENTS: Registration required.

Visit our website for a complete list of events.

**WED, FEB 15**  
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**TUE, FEB 21**  
2:00 pm -- 3:00 pm  
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**THU, MAR 2**  
10:30 pm - 11:30 pm  
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## 14TH ANNUAL MLK DAY OF SERVICE PHOTO ALBUM



*(above) Immaculate Heart of Marcy Church in Scotch Plains hosted a Bingo luncheon for approximately 95 senior citizens.*



*(above) Volunteers made sandwiches at Willow Grove Presbyterian Church in Scotch Plains.*



*(above) Immaculate Heart of Marcy Church in Scotch Plains hosted a Bingo luncheon for approximately 95 senior citizens. Also, in conjunction with All Saints' Episcopal Church, volunteers delivered 105 food boxes to homebound seniors.*



*(above) Opening Ceremony at The JCC of Central New Jersey included a Choir*

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

# 14TH ANNUAL MLK DAY OF SERVICE PHOTO ALBUM



(above) Hope for Health & Hygiene collected basic hygiene products to be distributed.



(above) Volunteers delivered 105 food boxes to homebound seniors and delivered 105 food boxes to homebound seniors.



(above) At the YMCA Scotch Plains Girl Scout troop #40053 made inspirational 'Quote Boxes' to be distributed to hospitalized children.

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

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## SUVCW NEW MEMBER

The General Phil Kearny Camp #20 swore in its newest member on December 22 at the Abraham Clark house in Roselle, NJ. Senior Airman Nathan Sands was home on leave from the Air Force and was sworn in by Camp Secretary Clark McCullough.

The Sons of Union Veterans of the Civil War (SUVCW) is a fraternal organization preserving the history of those that fought in the Civil War, including hereditary membership from a Civil War Veteran or associate membership. To learn more visit [suvchw.org](http://suvchw.org).

General Phil Kearny Camp #20 meets five times a year at 1 p.m. at the Abraham Clark Memorial House, located at 101 W 9th Ave, Roselle, NJ. 2023. Dates are March 18, May 6, September 9, October 28, and November 11.



(above) Camp Secretary Clark McCullough swears in Nathan Sands.

Courtesy photo

## UNICO SCHOLARSHIP OPPORTUNITY

The Scotch Plains-Fanwood Chapter of UNICO, a local Italian-American service organization, is dedicated to helping local students maximize their talent and potential through educational pursuits. In the 49 years since our Chapter began, our organization has offered scholarships to graduating high school seniors.

This year, our chapter will be offering four \$2,500 scholarships. All graduating high school seniors of verifiable Italian heritage who plan to attend a post-secondary vocational, technical, or trade school, a 2-year community college, or a 4-year college/university are encouraged to

apply! Applicants must reside in Scotch Plains or Fanwood to be considered for an award. (Exception: Children of SP-F UNICO members in good standing have no residency requirements.) Awards are based on a combination of financial need, extracurricular activity and civic involvement, and academic excellence.

Please visit our Scholarship Program page at [unicospf.org](http://unicospf.org) for full requirements and to apply. Applications are due March 1, 2023.

Questions may be directed to our scholarship chairpersons at [spfunicoscholarship@gmail.com](mailto:spfunicoscholarship@gmail.com).

## COLLEGE CLUB WILL HOST SPF STUDENT SCIENTISTS ON FEB. 27TH

Sanveei Suresh, Madeline Marcovecchio, Sophia Seith and Audrey Ricks, the winning team in NASA's TechRise Student Challenge, will present their experiment, the current status of their project and what they have learned working with NASA researchers, at a meeting hosted by the Fanwood/Scotch Plains College Club on Feb. 27th.

The team's vision was to create a futuristic, hydroponic farming technique that could possibly be used to explore food production in a non-gravitational environment and could become a possible food source for astronauts.

NASA's (National Aeronautic & Space Administration) TechRise Student Challenge invited teams of sixth to twelfth grade students to design, build and launch science and technology

experiments on high altitude balloon flights during 2022-2023. The challenge offers hands-on insight into the design and test process used by NASA-supported researches.

The College Club of Fanwood-Scotch Plains holds monthly meetings that include informative and entertaining programs that are free and open to the public. The club also offers its members interest groups, community outreach activities and fundraising projects to generate funds for annual scholarships that are awarded to young women in our community.

Additional information about The College Club of Fanwood-Scotch Plains can be obtained by sending an email to: [collegeclubfsp@gmail.com](mailto:collegeclubfsp@gmail.com).

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# SCHOLARSHIP FOUNDATION APPLICATIONS – DEADLINE FEB. 7

*For Graduating High School Seniors and current college students in Scotch Plains and Fanwood.*

The Scotch Plains-Fanwood Scholarship Foundation is currently accepting applications for high school seniors graduating in 2023 who reside in Scotch Plains or Fanwood, and residents currently attending college or other post high school institutions for scholarships. Booklets and applications are now available at the guidance office at Scotch Plains-Fanwood High School or by downloading an electronic version from the Foundation website at [spfscholarshipfoundation.org](http://spfscholarshipfoundation.org).

The numerous scholarships offered by the Foundation range in criteria; some awards are need-based, while others have criteria such as the intent to pursue an education in a particular field or participation in certain activities in high school. The major criterion for eligibility is that the applicant resides in Scotch Plains or Fanwood; an applicant need not be a graduate of the Scotch Plains-Fanwood High School. 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 deadline for the Foundation to receive applications - and any supporting documents as indicated – is February 7, 2023. Applicants may submit their completed applications to the designated drop box located in the guidance office at Scotch Plains-Fanwood High School through February 7th at 3 pm or mail them to:

The Scotch Plains-Fanwood Scholarship Foundation, Attn: Screening Committee, P.O. Box 123, Fanwood, NJ, 07023. Late applications will be returned; if submitting via the U.S. postal service, please allow ample time for delivery.

Since 1966, the Foundation has been able to award thousands of scholarships worth over \$4 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.”

The Scotch Plains-Fanwood Scholarship Foundation’s Board of Trustees is a 100% volunteer-run 501c3 non-profit organization. To learn more about this year’s scholarship offerings, visit [spfscholarshipfoundation.org](http://spfscholarshipfoundation.org).

**ABOUT THE FOUNDATION:**

Since 1966, The Scotch Plains-Fanwood Scholarship Foundation has been awarding scholarship assistance to graduating seniors and current college students residing in Scotch Plains and Fanwood. To date, the Foundation has awarded over \$4 million to thousands local students. Scholarships are made possible by the Foundation’s efforts during its annual Dollars for

Students campaign. In addition to the Dollars for Students awards, the Foundation administers over 50 separate honorary and memorial scholarships, funded via individuals or groups from the local community and beyond. Scholarship assistance is made possible by Scotch Plains and Fanwood businesses, organizations, community members, and other contributions. For more information visit [spfscholarshipfoundation.org](http://spfscholarshipfoundation.org).



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## HEROES WHO SAVED ACCIDENT VICTIM'S LIFE RECOGNIZED



(above) Bridget Keyes, a nurse from Berkeley Heights, attended a Fanwood Borough Council meeting to thank first responders who saved her life.

### Fanwood Borough

At its final regular December meeting of 2022, the Fanwood Borough Council and Mayor Colleen Mahr honored the people they called true heroes for intervening during an October automobile accident in which the driver suffered cardiac arrest.

Bridget Keyes, a nurse from Berkeley Heights, went unconscious on October 25, 2022, and crashed her car into a fire hydrant on Martine Avenue. Rose Budka, a radiology technician who happened to be driving by, stopped to assist, assessed that Keyes had no pulse, and began CPR. Another passerby, Scotch Plains Fire Battalion Chief Dennis Hercel, also stopped and joined the life-saving effort by taking over CPR. Additional Scotch Plains Fire and Fanwood Fire

units responded. Ultimately, Ms. Keyes was transported to a hospital with a pulse. She recovered and had a defibrillator implanted and made a full recovery.

"It was determined by hospital staff that the quick reaction by Ms. Budka and Battalion Chief Hercel, along with other responders, is the sole reason the victim survived the incident," read Mayor Mahr from the proclamation.

Keyes, Budka and Hercel were reunited at the Council meeting, each receiving a copy of the proclamation. Ms. Keyes had hugs for Ms. Budka and Mr. Hercel and expressed gratitude during brief remarks. She told the Council that doctors are still unsure why her heart stopped as she had no apparent underlying condition or previous history of heart problems.

## DO YOU KNOW ABOUT NJ 211?

The 211 system is found throughout the United States and is devoted to connecting people in need to the resources that can help. While each 211 operates independently, all of the more than 200 organizations provide a network of local support that people can call on with confidence when they need help and simply don't know where to turn. In New Jersey, our motto has been: Need Help? Start Here.

NJ 211 provides live assistance 24 hours a day, every day of the year. Our services are free, confidential and multilingual. There are several ways to reach us: By phone (simply dial 2-1-1); via text (send your zip code to 898-211); email (info@nj211.org); or chat on-line: nj211.org/contact-us. Whichever method you choose, you will be communicating with a community resource specialist who has been educated about federal, state and local systems created to help people who are struggling.

NJ 211 also serves as the State Homeless Hotline and New Jersey's Utility Assistance Hotline.



(above) Fanwood Borough Mayor Mahr, Bridget Keyes, Rose Budka and Fanwood Battalion Chief Hercel

Photos by Tom Kranz

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## RESCUE SQUAD AUXILIARY PANCAKE BREAKFAST DONATIONS NEEDED FOR GIFT BASKETS

The Scotch Plains Rescue Squad Auxiliary is gearing up to host another amazing Pancake Breakfast on Sunday, April 23, 2023. To help make this annual get-together even more fun and exciting, donations are being collected for gift baskets that will be auctioned off during the event.

Only new items will be accepted, and no shoes, clothing or stuffed animals are needed. Please consider donating items for inclusion in the following themed basket prizes: baking, gardening, sports, pets, health, children, scrapbooking, coffee/tea, comic book, arts and crafts, Italian dinner, games, vacation, and crazy socks. Baskets and ribbon would also be very much appreciated.

The Auxiliary will be collecting donations on the following dates and times at the Rescue Squad building at 1916 Bartle Avenue:

- Every Tuesday in March (7, 14, 21, and 28) from 7-9 p.m.
- Every Friday in March (3, 10, 17, 24, and 31) from 7-9 p.m.
- Every Saturday in March (4, 11, 18, and 25) from 10 a.m. - 2 p.m.

The Scotch Plains Rescue Squad Auxiliary meets once a month, and its grassroots function is to assist the Squad in many capacities – from holding fundraisers and providing meals during crises to performing outreach to the squad and fellow auxiliary members. Members also attend town functions, such as fairs, concerts, and holiday events, in order to connect with the community and promote Squad interests.

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

## MENTAL HEALTH RESOURCES IN COUNTY

Learn more about mental health resources available in Union County. Join us on February 28, 2023 at 7:30 p.m., featuring guest speaker Joyce Benz, LCSW of the Mental Health Association of New Jersey in a Zoom presentation.

This is a unique opportunity to get up-to-date information on established resources and new

programs, ask questions and share information with others looking to improve the quality of life for a loved one with a mental health diagnosis.

This presentation is hosted by NAMI of Union County and is open to the public. Register in advance for this Zoom meeting at [namiunioncountynj.org](http://namiunioncountynj.org).

## ANCHOR PROPERTY TAX RELIEF

The State of New Jersey has extended the deadline for filing your ANCHOR benefit application to February 28, 2023. The Affordable New Jersey Communities for Homeowners and Renters (ANCHOR) program will provide up to \$1,500 to homeowners with 2019 gross incomes up to \$150,000, and up to \$1,000 for those with gross incomes of between \$150,000 and

\$250,000 in that year. ANCHOR is also an important program for the tenants, who can receive \$450 if their gross income was \$150,000 or less in 2019.

To apply, visit the Division of Taxation's website: [nj.gov/treasury/taxation/anchor](http://nj.gov/treasury/taxation/anchor) The state has also established an ANCHOR hotline at 1-888-238-1233.

## LIBRARY PROGRAMS

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Mon, Wed, Thurs: 9:30 AM - 9 PM;  
Tue, Fri, Sat: 9:30 AM - 5 PM; Sun: Closed

### Balance Awareness with Yasmin Ofek Fridays at 10 a.m.

A gentle but effective approach to moving confidently throughout the lifespan. Registration is required for this virtual class.

### Bring Your Own Book

Monday, February 6, 10 a.m.

An informal virtual discussion of what participants have recently read and enjoyed. Registration is required.

### A virtual presentation about Major Taylor Wednesday, February 8, 7 p.m.

The Fastest Bicycle Rider in the World, who broke racial barriers and left a legacy that shapes cycling and our cities today. Registration is required.

### Friends of the Library Meeting

Monday, February 13, 7:30 p.m.

Friends of the Library will meet inside the Library.

### Evening Book Club

Thursday, February 16, 7 p.m.

Will meet virtually to discuss *The Sun Also Rises* by Ernest Hemingway.

### Afternoon Book Club

Tuesday, February 21, 1 p.m.

Will meet inside the Library to discuss *The Personal Librarian* by Marie Benedict and Victoria Christopher Murray.

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## QUILTING CLUB MEETS AT THE ROSELLE PARK LIBRARY

The Quilting Club meets on the 2nd & 4th Thursdays of the month at the Roselle Park Memorial Library from 1 – 3 p.m. No registration or membership is required.



Participants are from Roselle Park and surrounding towns. Newcomers are always welcomed. You don't need any crafting experience to enjoy the company of other crafters and creative exploration. Feel free to bring a project to work on, and / or a finished item to show others.



(above) Diane Fleming of Westfield & Nancy Bassman of Scotch Plains



(above) Kris Adams of Fanwood

## SECRET SERVICE AGENT SPEAKS TO SENIORS ABOUT IDENTITY FRAUD

The first meeting of the Fanwood Seniors Club for 2023 launched Monday, January 9, 2023, with a strong message about identity fraud from the U.S. Secret Service.

Special Agent Scott Keenan, invited by Fanwood Police Director Mike Bramhall, provided a detailed presentation on the many hats worn by Secret Service agents. In addition to protecting the President, Vice President, and various VIPs, the Secret Service also investigates scams against senior citizens - the theft of personal and financial information



(above) Lt. Dan Kranz, Officer Tyler Flowers, Police Director Mike Bramhall, and Senior Coordinator Kathleen Holmes listen.

Photos by Tom Kranz

through email, texts, phone calls, regular mail, and in-person visits.

“Eighty percent of losses through these types of fraud occur among those 65 and older,” Keenan told a very attentive audience. Seniors are easy targets, he explained, because many live alone or are lonely, they have savings, they have good credit, and are often unlikely to report the incident out of fear of embarrassment.

His message to prevent being victimized apply not only to seniors but to anyone:

- Never click on email links, even if the email looks legitimate (phishing)
- Never give passwords, usernames, social security numbers or other personal info to anyone over the phone, via text or email
- Anyone claiming to be from your bank should

raise suspicions; call the bank yourself at a number you know and trust to confirm

- Requests for you to act “urgently” should be regarded suspiciously

The Fanwood Police Department urges vigilance against identity theft and will respond to any complaint of identity theft or fraud. They also have an extensive list of guidelines to prevent identity theft and fraud here: [fanwoodnj.org/wp-content/uploads/2022/04/Identity-Theft-Fanwood-PD.pdf](http://fanwoodnj.org/wp-content/uploads/2022/04/Identity-Theft-Fanwood-PD.pdf)

The Fanwood Seniors Club meets three Mondays a month at Forest Road Park. For information or to join, show up at a meeting or contact Kathleen Holmes, Fanwood Senior Coordinator, at 908-322-8236, ext. 123, or [kholmes@fanwoodnj.org](mailto:kholmes@fanwoodnj.org).

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# POLICE CHIEF TED CONLEY RETIRES

Scotch Plains Police Chief Ted Conley officially retired from the department on February 1, 2023 after completing 25 years of service with the Scotch Plains Police Department.

Chief Conly lived or worked in Scotch Plains for the majority of his life and is most thankful to the wonderful, outstanding people of Scotch Plains, saying "This is such a great town to live and grow up in, but the main thing that makes this town so welcoming is the people who live and work here. They bring you in like you are part of their family, and it is such a nice feeling."

He is proud that the Department will be an Accredited Law Enforcement Agency for the

third time. This promotes the standards of the department to the highest level in the state. It provides another level of checks and balances where the New Jersey State Chiefs Association inspects and reviews the policies of the department and makes sure that all of the officers of the agency are following each policy, as they are written.

Chief Conley thanked all of the officers of the Scotch Plains Police Department for making his career such a pleasurable one, stating "It has truly been an honor and a privilege working alongside some of the finest law enforcement officers around!"



(above) Scotch Plains Police Chief Ted Conley officially retired from the department on February 1, 2023 after completing 25 years of service.

Courtesy photo



(above) Ted Conley's swearing-in ceremony for the position of Captain, with Sharon, son Jack, and daughter Ciara.

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4 Units	3.25" x 8" or 6.5" x 4"	\$180	\$450	\$700	\$900	\$1100	\$1300	\$1500	\$1700	\$1900
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9 HALF PAGE	6.5" x 9" or 10" x 7"	\$320	\$800	\$1000	\$1300	\$1600	\$1900	\$2200	\$2400	\$2700
12 Units	10" x 8"	\$360	\$900	\$1200	\$1500	\$1800	\$2100	\$2400	\$2700	\$3000
18 FULL PAGE	10" x 14"	\$400	\$1000	\$1400	\$1800	\$2200	\$2500	\$2800	\$3000	\$3400
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