

Scotch Plains NJ

WHAT'S HAPPENING MONTHLY

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ST. BARTHOLOMEW CELEBRATES 75 YEARS OF SERVICE

Submitted by: St. Bartholomew's 75th Anniversary Committee

After many years of not having a place of worship within their own town, Roman Catholic Scotch Plains and Fanwood residents turned to the Archdiocese of Newark hoping for a parish to be established within their hometowns. On July 10, 1946, intense efforts began to establish a Roman Catholic parish in Scotch Plains beginning with a "Letter of Appeal" to the Most Reverend Thomas Joseph Walsh, the Archbishop of the Newark Diocese at that time. Nearly two years later, on June 4, 1948, Archbishop Walsh granted their request and issued a "Letter of Establishment". On June 16, 1948, Reverend John S. Nelligan was appointed as the church's first pastor. About 5 months later, on November 21, the "groundbreaking ceremony" took place, and the rest is history. Local Roman Catholics have had a hometown place of worship for 75 years.

Current pastor, Reverend John J. Paladino was appointed pastor on May 1, 2005. Through his vision and dedication for the past 18 years, St. Bartholomew the Apostle parish continues to expand and spread the Good News of Jesus Christ.

Since 1948, St. Bartholomew's parish has celebrated many religious holidays, sacraments, and events with their parishioners. Religious ceremonies performed to date include 11,389 Baptisms, 10,694 First Holy Communions,



(above) Knights & Dames Honorees
with Fr. Matthew, Bishop Lorenzo & Fr. John

10,091 Confirmations, 2,876 weddings and 3,858 funerals and countless masses and other services and sacraments.

The celebrations for this diamond jubilee of the inception of St. Bartholomew Church and 75 years of service to the Scotch Plains-Fanwood community have begun. The festivities kicked off Friday, March 3rd with their "First Friday" Mass. The Mass was celebrated by Bishop Elias Lorenzo, OSB of the Archdiocese of Newark along with Fr. Matthew Gonzalez and Deacon Bob Gurske both of St. Bartholomew's Church. Scotch Plains Mayor Josh Losardo and Township Manager Al Mirabella were in attendance and presented the parish with a proclamation for this milestone. After Mass, over 110 guests attended The Prime Timers luncheon which was organized by parishioner and 75th anniversary committee member Gail Iozzi.

The festivities continued on Sunday, March 5th, with the Knights and Dames prayer service concelebrated by Bishop Lorenzo, Fr. John Paladino, Fr. Matthew Gonzalez and Deacon Bob Gurske. The following parishioners were recognized for their contributions to the St. Bartholomew parish community through the gift of their time, talent, and treasure:

Jack Cirrito, Darlene Coronato, Kelly & Christine Dencker, The Fenandoe Family, John Paul & Brooke Hamel, Deacon Donald Hessemer, Shirley Iovino, Michael & Sharon LaForge, Martha Marino, Andrew MacDonald, Michael & Otilia Michalisin, The Nitro Family, Rev. David Santos, Daniela Sellinger, Kelly Watson

Other celebrations during the diamond jubilee year will include a Golf Outing on May 8, Parish Picnic on June 11, the Faith Based Speaker Series (various dates) and the 75th Anniversary Gala Celebration on November 17. The final celebration will be the 75th Anniversary Mass at the church on November 19, 2023 and will be celebrated by Cardinal Joseph W. Tobin, CSsR of the Archdiocese of Newark.

For more information regarding the parish and these 75th Anniversary events, visit St. Bartholomew the Apostle Church's website at stbartholomewchurch.org. All are welcome!



(above, r-l) Prime Timer's Luncheon organizer
Gail Iozzi with her mother Rose Cerminaro

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13TH ANNUAL PANCAKE BREAKFAST – APRIL 23

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

The Scotch Plains Rescue Squad’s 13th annual Pancake Breakfast will take place on Sunday, April 23, 2023, from 8:00 a.m. to 12:00 p.m. at its building located at 1916 Bartle Avenue. This event is hosted by the Scotch Plains Rescue Squad Auxiliary, which raises funds for the volunteer squad.

All-you-can-eat pancakes and sausage, along with coffee and juice, will be offered for just a \$7.00 per person entry fee (children 5 and under eat free). There will also be a raffle for baskets, which are 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 something the community looks forward to every year. 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 give back at the same time. And for those with mobility issues, downstairs dining will be available.

The Scotch Plains Rescue Squad Auxiliary meets once a month, and its grass roots function is to assist the Squad in many capacities – from holding fundraisers and providing meals during crises to performing outreach to 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/.



(above) The Scotch Plains Rescue Squad’s 13th annual Pancake Breakfast will take place on Sunday, April 23, 2023, from 8:00 a.m. to 12:00 p.m. at its building located at 1916 Bartle Avenue. This event is hosted by the Scotch Plains Rescue Squad Auxiliary, which raises funds for the volunteer squad.



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UPCOMING EVENTS: Registration required. Visit our website for a complete list of events.

TUESDAYS 11AM - Tai Chi

THURSDAYS 11AM CHAIR YOGA

WED, APRIL 5
1:00pm - 2:30pm
**IMPORTANCE OF RESEARCH
IN ALZHEIMER’S DISEASE**

WED, APRIL 12
10:30am - 11:30am
**THE SIX PILLARS
OF BRAIN HEALTH**

THUR, APRIL 27
10:30am - 11:30am
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NIAGARA FALLS AUTHOR TALK APRIL 17

College Club of Fanwood-Scotch Plains

Kevin Woyce is a life time resident of the garden state, an author and photographer who specializes in regional American history.

He has written books about lighthouses, New Jersey State Parks, Niagara Falls, the Statue of Liberty and favorite Christmas traditions. His books are illustrated with his original black & white photographs plus some vintage images.

On April 17th he will present Niagara, the Falls and the River. His program will explore the history of the Niagara Falls region- from Native American legends to modern-day parks and attractions. Attendees will meet the area's explorers and settlers, the daredevils who risked their lives for fame and fortune, the businessmen who harnessed the Falls' power, and the conservationists and visionaries who saved the Falls for generations of visitors. The program will be illustrated with Woyce's original photographs and historic images.

The program is free and the public is invited to attend on April 17th at Fanwood Presbyterian Church, 74 Martine Avenue (McDermott Street entrance) at 7:30 p.m.

Additional information about the College Club of Fanwood-Scotch Plains can be obtained by sending an email to Collegeclub.fsp@gmail.com.

FPS PRESENTS THE OUTCROPS - APRIL 15, 2023

The Outcrops bring their original blues-infused rock'n'roll to Fanwood's arts center on April 15, to open the spring season of the Fanwood Performance Series.

Lead singer Cassidy Rain's vocals have been compared to Bonnie Raitt and Susan Tedeschi, while lead guitarist Bryan Schroeder draws on influences such as Duane Allman, Derek Trucks and Jerry Garcia. The rhythm section infuses their music with a funky, soulful feel. The result is a sound that mixes rock, blues and soul, and their live shows have a range of

dynamics, including electric and acoustic numbers.

Showtime is 7 p.m. at the Patricia M. Curran Cultural Arts Center ("Old Carriage House"), 135 Watson Road, on the grounds of Fanwood Borough Hall. For more information visit fanwoodperformanceseries.org/

Suggested donation: \$15 adults / \$10 students and seniors - CASH at the door.

Reservations are recommended. Let us know how many seats to hold! Just send us an email at fanwoodperformance@gmail.com.



(above) The Outcrops Original blues-infused rock 'n' roll, will perform on Saturday April 15 - 7 p.m.

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Relay For Life of Scotch Plains will be on May 12th from 5 p.m. – 10 p.m. at Scotch Plains-Fanwood High School.

Relay For Life is a volunteer-led experience that unites communities across the world to celebrate cancer survivors, remember loved ones lost to cancer, and raise funds to improve the lives of people with cancer and their families through advocacy, research, and patient support, to ensure everyone has an opportunity to prevent, detect, treat, and survive cancer.

The Relay for Life of Scotch Plains raised more than \$50,000 for the American Cancer Society's mission in 2022. We are aiming to raise the same if not more this year!

Since 1985, Relay For Life has raised \$6.8 billion, allowing the American Cancer Society to invest \$3.1 billion in cancer research, contributing to 3.5 million fewer cancer deaths. Dollars raised each year by over 250,000 Relay participants across the country help support the American Cancer Society's mission in countless ways – providing education and advocating for the needs of cancer patients and their families and providing essential services throughout their cancer journey.

There are many ways to get involved.

Join: Join a Relay Relay For Life of Scotch Plains community to connect with survivors, caregivers, and others impacted by cancer in

your local community. Visit

RelayForLife.org/ScotchPlainsNJ to sign up for Relay and join

your community in the fight against cancer.

Donate: Your donation fuels the American Cancer Society's fight against cancer. Visit RelayForLife.org/Donate or donate to your own team today.



ABOUT THE AMERICAN CANCER SOCIETY

The American Cancer Society is a leading cancer-fighting organization with a vision to end cancer as we know it, for everyone. For more than 100 years, we have been improving the lives of people with cancer and their families as the only organization combating cancer through advocacy, research, and patient support. We are committed to ensuring everyone has an opportunity to prevent, detect, treat, and survive cancer. To learn more, visit cancer.org or call our 24/7 helpline at 1-800-227-2345. Connect with us on Facebook, Twitter, and Instagram.

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EASTER AT OSBORN CANNONBALL HOUSE APRIL 2

Come celebrate an early Easter celebration with us at The Osborn Cannonball House Museum. The museum will be open to the public on Sunday, April 2, 2023 from 2:00 – 4:00 p.m. Children can play Easter egg games, make and decorate a bunny mask to wear, and enjoy a special Easter candy treat!

You can also view our springtime antique clothing exhibit along with a special display of antique bonnets and hats. Costumed docents will be available to give tours of the c. 1760 house and tell you the story of the Osborn family, one of the early founding families of Scotch Plains, their 13 children, and the amazing story of how the house came to be known as the “Cannonball House”.

The Museum is located at 1840 Front Street, Scotch Plains, NJ 07076. Admission to the museum is free but donations are always welcome.



CELEBRATE EASTER, HONOR EARTH DAY

Fanwood-Scotch Plains Thrift Shop

There is still time to SPRING into shopping at the Fanwood-Scotch Plains Service League Thrift Shop. The store is now featuring seasonal clothes and spring and Easter décor, bric-a-brac, and small toys and books perfect for filling in Easter baskets.

April is also the perfect time to put some environmentally-sound practices into high gear. With Earth Day celebrated on Saturday, April 22, it makes sense to not only clean up our community parks and streets, but to also clean out your closets and donate items you no longer need or want for re-sale at the Thrift Shop.

Clean clothes and household goods in good condition have an excellent re-sale rate at the Thrift Shop. That means your donated items have a much better chance that their use will continue to live on instead of being relegated to garbage and landfills. It's a boon to the environment as well as to our shoppers, many of whom routinely come to the store to replenish their families' wardrobes and to buy household items at very modest prices.

Besides a wide variety of regularly replenished clothing in sizes from infants to plus-size adults, the Thrift Shop also boasts shoes; all types of accessories from scarves to pocketbooks; bric-a-brac; linens; toys, games, books and DVDs. Goods sold at the store come strictly from donations, and all store proceeds outside of operating expenses are donated by the Fanwood-

Scotch Plains Service League to local non-profit organizations or used for student scholarships. It's a winning proposition for donors, buyers and the environment.

Items for donation can be dropped off at the Thrift Shop any time during regular store hours. The shop is located at 1741 East Second Street, Scotch Plains. Hours are Tuesday through Friday, 10:00 a.m. to 2:30 p.m., and Saturday 10:00 a.m. to 1:00 p.m.

To learn more about the Fanwood-Scotch Plains Service League, the types of donations accepted and volunteer opportunities, please call the store at 908-322-5420.

You can also visit the Scotch Plains Thrift Shop web site scotchplainsthriftshop.weebly.com/ or Facebook page.



(above) Hop into the Thrift Shop for a great selection of Easter décor and spring clothing for men, women and children.

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SALEM ROADHOUSE CAFÉ ANNOUNCES MARK ADAMY BAND

The Salem Roadhouse Café presents the Mark Adamy Band, Saturday, April 15, 2023. The doors open at 7:15 p.m., show starts at 8 p.m. Admission is \$20 and includes show, snacks, non-alcoholic beverages, and dessert. The venue is located in the basement of Townley Presbyterian Church, 829 Salem Rd, Union, NJ. The Roadhouse operates as a non-profit that raises funds for several carefully chosen local charities.

Mark Adamy is a multitalented keyboardist and vocalist who works with artists around the globe as a live performer and recording artist. This includes his own band: The Mark Adamy Band, which is a group of accomplished musicians that has thrilled listeners with its original stylings fusing pop, rock, jazz, R&B, world, and spiritual music.

Mark has enjoyed popularity as a sought-after talent for special events, productions, and performances. Mark has won honors including Entertainer of the Year and Boston Music award nominations. He has shared the stage with greats like Chaka Khan, James Brown, The Four Tops, John-Lee Hooker, Pieces of a Dream, Howard Hewitt, Phil Driscoll, Phil Keaggy, Roger Humphries, and many others. Mark has played in many Broadway productions as well as music directing off-Broadway productions in NYC.

Mark's concert credentials are extensive with acts such as the Coasters and the Cadillacs.

As always, the Salem Roadhouse Café is live, intimate, up front, and personal. All ages are welcome.

ABOUT SALEM ROADHOUSE CAFÉ

It's not "church music." It's music music. Folks who've come to the Salem Roadhouse Café know that it's a clean, safe place for people who enjoy listening to live music — in a world otherwise filled with clubs and bars. The Roadhouse has always offered its stage to local and independent mainstream musicians. Jazz, rock, folk, and other groups have performed. What's the common thread? They're all great musicians playing the kind of music people like to hear. There's no message, just music.

The Roadhouse started in 2008 by members of Townley Presbyterian Church with a grant from the Presbytery of Elizabeth. Hey — that's why we're located where we are, 829 Salem Rd, Union, NJ. The Roadhouse operates as a non-profit that raises funds for several carefully chosen local charities. That's its social mission.

But the many musicians who've played the Salem Roadhouse Café see it as a solid performance venue. They love it because of its special intimacy and great audiences. They say people here "really listen." Ask any of the musicians you meet here — they love to play the Roadhouse, and they want to come back often.

The Salem Roadhouse Café has raised funds for many carefully chosen charities. They include: The Presbytery of Elizabeth E-port Center, Center For Hope Hospice, Community Food Bank, Monarch Housing, Angel Paws Animal Rescue, National MS Society, Haiti Disaster Relief, Hurricane Sandy Disaster Relief, The Union County YWCA Domestic Violence Program, Making It Possible To End Homelessness, Camp Johnsonburg, The Music Institute, and others. Thousands of dollars have been raised for these deserving charities.

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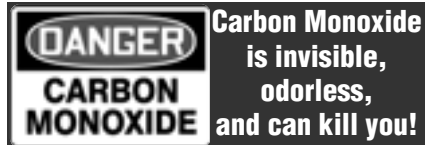
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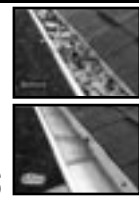
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RECREATION DIRECTOR EARNS STATEWIDE AWARD

Scotch Plains Township

The Township's Director of Parks and Recreation, Julie Buonaguro, is this year's recipient of the William D. Foelsch Rising Professional Award through the New Jersey Recreation and Park Association.

Awards are designed to honor and identify dedicated leaders, employees, and volunteers in the field of Parks and Recreation, and to recognize the state's outstanding Recreation and Park agencies for excellence in programming,



(above) Julie Buonaguro, is this year's recipient of the William D. Foelsch Rising Professional Award through the New Jersey Recreation and Park Association.

Courtesy photo

HONORING THE PURIM HOLIDAY

Volunteers from the Sisterhood of Congregation Beth Israel (CBI) in Scotch Plains prepared gift bags with groggers, treats and traditional hamantaschen cookies to be delivered to the entire congregation before the Jewish holiday of Purim.

CBI's Sisterhood also donated Purim gift bags and boxes of hamentashen to seniors in the Berg-Lieppe Adult Enrichment Program at the JCC of Central NJ in Scotch Plains.

In addition, CBI's Sisterhood fulfilled the commandment on Purim to give presents to those in need by making donations on behalf of the synagogue to two non-profits that help feed the hungry: the food pantry at the Jewish Family Service of Central New Jersey and Leket Israel, the National Food Bank of Israel.

Courtesy photo



(above, l-r) Laura Queller and Linda Weissbrod, Purim Co-Chairs; and Nikki Leske, CBI's Sisterhood President.

publicity, and facility design.

Buonaguro oversees the planning, organizing and direction of all recreational programs, activities and events in Scotch Plains. In addition, through her active involvement in the New Jersey Recreation and Park Association – through which she has won this award - she provides Scotch Plains with the latest industry trends to refine and expand programming. Moreover, Buonaguro is a Certified Park and Recreation Professional through the Association.

"Julie recognizes the crucial role that parks and recreation plays in our community," said Councilman Matt Adams, liaison to the Recreation Commission. "She has been heavily involved in developing our master plan, as we focus on facility needs to accommodate growing demand. I know she will continue to be an invaluable partner in the process, as we identify new ways in which to serve residents. I could not

be more pleased that Julie has won such a distinguished award for a job well done."

Adams noted that Buonaguro was a key player in determining \$1.3 million in park improvements last year – the largest revitalization of parks, recreation and youth sport spaces, to date. She is also leading the way for a number of other facility improvements the Township Council is considering.

Prior to joining Scotch Plains, Buonaguro was the general manager of i9 Sports in Virginia, where she developed, planned, and coordinated youth sports leagues, camps, and clinics, among many other roles. She earned a graduate degree from Georgetown University in Sports Industry Management and an undergraduate degree in Sports Administration from Lock Haven University. A native New Jerseyan, Buonaguro graduated from Governor Livingston High School in Berkeley Heights.

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See our work first then call

Gene Gregory at (908) 322-0253

Dedicated to saving our "OLDEST RESIDENTS" our OLD trees. Please Google: Trees Save Lives (New York times) and Better with age.

Both describe the **importance of Preserving our Old Trees.**

Did you know?

- 1) In 2020 we recorded the "Highest Carbon Rate And Global Temperatures in human history".
- 2) That science said: "The only way to curb this phenomena GLOBALLY is to save our OLD trees."
- 3) Each full grown tree releases 15 to 20 liters of oxygen each day, while absorbing Carbon Monoxide.
- 4) **All the Carbon these OLD trees have consumed is released back into our atmosphere when they die.**
- 5) Three trees properly placed can save 35% in cooling costs.

Should this not be a requirement for new construction?

Despite these Facts: DOZENS of these OLD trees are needlessly damaged and destroyed in our local neighborhoods, during construction each year.

Many more trees are put into Decline through IMPROPER PRUNING.

These stressed trees are the first to die in drought situations as we saw this past year. PLEASE also (google) read **Rooting out Problems.** It explains "Simple Procedures"

for saving trees during construction. Have your whole family read this article which will help them recognize when a tree is being harmed.

Help save our local trees at defendourtrees.com





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**ATTENTION PARENTS
OF KIDS AGES 8-18**

**SCAN BELOW TO ENTER
TO WIN 40 FREE
ATHLETE PERFORMANCE
TRAINING SESSIONS
AT GRIT IN BERKELEY HEIGHTS**



**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.

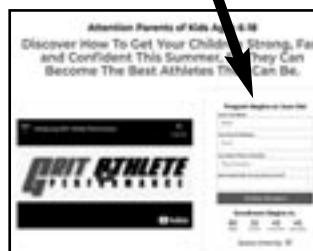


HOW TO REGISTER

**STEP 1
Scan This
QR Code**



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



**STEP 3
Coach Mike will
call you and set
you up**



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 19-AUGUST 24

Age Groups

6-10 (Spaces Remaining: 11)
11-13 (Spaces Remaining: 7)
14+ (Spaces Remaining 13)

Location: Sessions are held at the
GRIT SPORTS PERFORMANCE COMPLEX
(Located inside Gabriele Fitness in Berkeley Heights)

**Early Bird Registration
Expires June 19**

AWARDS BREAKFAST CELEBRATION

The YWCA of Union County

The YWCA of Union County will host its annual TWIN event on Thursday, May 11, 2023 at the Embassy Suites Hotel in Berkely Heights, NJ from 8 am to 9:30 am.

Debbie-Ann Anderson, Union County Director of Human Services will serve as the Keynote Speaker at the event and will receive the Lifetime Achievement Award for her dedication to improving the lives of those in need. Anderson has an extensive background in programs serving families, as well as vast experience with corporate, non-profit and community affairs organizations.

YWCA Executive Director Karen Geer stated, "We are very excited to honor Debbie-Ann with this award. She has been a champion for the YWCA and its mission. Her support and commitment to our programs has enabled us to deliver more vital services to those in need."

Anderson began her professional fundraising career in 2004 at the Muscular Dystrophy Association (MDA) in Towson, Maryland. She joined the United Way of Greater Union County in 2008 and served as its Executive Vice President. Anderson also served as Executive Director of HomeFirst Interfaith Housing Services and was appointed Union County Director of Human Services in 2017.

Five additional honorees will be presented awards for Racial Justice, Community Service, Young Professional, YWCA Ally, and Business & Industry Leadership. Nominations will be submitted by sponsors of the event by visiting www.ywcaunioncounty.org/twinawards2023. Individual tickets to the TWIN event are \$150 and can be purchased at www.ywcaofunioncounty.org or by emailing events@ywcaofunioncounty.org.

The YWCA of Union County is dedicated to

eliminating racism, empowering women, and promoting peace, justice, freedom and dignity for all. Its mission is to empower survivors of domestic violence to become safe and free from abuse, and to promote social justice and eliminate violence against women and girls. We accomplish this mission through the provision of comprehensive, client-centered services, and through education, collaboration and advocacy that builds safe, informed and supportive communities.

Its programs include a 24-hour Domestic Violence Hotline (908-355-HELP), Community Support Services, Family Justice Center, and Residential Programs, PALS (Peace: a Learned Solution), and Community & Professional Education.

For more information, please visit www.ywcaofunioncounty.org or call (908) 355-1995.



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Music and Lyrics by
LIN-MANUEL MIRANDA

Book by
QUIARA ALEGRÍA HUDES

Conceived by
LIN-MANUEL MIRANDA


Fridays/Saturdays
May 5—20
at 8pm

Sunday, May 14
at 2pm

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908-276-7611

Made possible by funds from the Union Co. Office of Cultural & Heritage Affairs, a partner of the New Jersey State Council on the Arts.

IN THE HEIGHTS is presented by arrangement with Concord Theatricals. www.concordtheatricals.com



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Sayaka Ganz

Reclaimed Creations

Produced by David J. Wagner, L.L.C., David J. Wagner, Ph.D., Curator/Tour Director

The Galleries at Kean University present Sayaka Ganz RECLAIMED CREATIONS, an amazing art exhibition featuring sculptures of animals in motion, utilizing reclaimed plastic objects, rich in color and energy.

On view January 18 - May 6, 2023
Open to the public
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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."
- Quenton L.

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Call 732-827-0800
for your RISK-FREE Consultation!



EARTH DAY RAHWAY RIVER CLEAN-UP – APRIL 22

Rahway River Watershed Association

All volunteers are invited to celebrate Earth Day 2023 with a clean-up of the Rahway River with Union County Parks and Recreation's Rahway River Park on Saturday, April 22nd (with a rain date of Sunday, April 23rd).

The clean-up will focus on areas upstream and downstream of the dam at Winfield Park, New Jersey in Cranford, Clark, Linden and Rahway. Please come by the parking area adjacent to the waterfall of the Rahway River by the Bloodgood Dam at Winfield Park at 8:45 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. We specifically ask all folks to register and to work in small groups for safety purposes. Everyone under 18 must have their parent's signature on the attached Individual Waiver form as well as adult supervision to participate.

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 25 years this cleanup has occurred thousands of folks have participated, and pulled some amazing things from the river improving its quality.

The clean-up will generally be between 9 a.m. – 12 p.m., 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. 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. After the event there is an inventory of the debris removed, and within approximately 24 hours Union County Parks and Recreation removes and disposes of all the trash.

There is no RSVP required but if more information is required please contact rivercleanup@comcast.net or the Rahway River Watershed Association at CleaCarchia@outlook.com.

IMAGINE SEEKS LOVING LISTENERS FOR JUNE TRAINING

You may be familiar with Imagine and know that the non-profit provides free peer support groups for children, youth, young adults and parents/guardians who are grieving. Did you know that the groups are facilitated by an amazing team of volunteer facilitators? Imagine's volunteer facilitators come from all walks of life and no special background is required other than a willingness to listen, a heart inclined to serve, and the ability to be with children and adults in

grief without trying to fix, solve or give advice. No prior experience is necessary.

Volunteers must be 18 years or older. Spanish-speaking volunteers are needed as well. Volunteers serve as companions and loving listeners for those who are grieving and help create a safe space where participants can share tears and embrace the joys of life.

Here's how some of our current volunteer facilitators have described their experience:

"Being an Imagine volunteer has been the most fulfilling and worthwhile volunteer experience I've ever had. I feel that the model is just what it should be, and I love being a part of it. I think being an imagine volunteer helps me fulfill my desire to be a good person." Aimee-6+ years as Imagine Facilitator

"People outside of Imagine are always supportive when they hear that I volunteer at a grief support center. But I know it can be a little confusing to hear that volunteering at a grief support center is the best night of my week. And that's the magic. That as a volunteer, the joy is not in what we bring, but what we take home from our participants." Rob-4+ years as Imagine Facilitator

"I have found the people at Imagine to be among the best that I have ever met." Diane-6 months as Imagine Facilitator

If you'd like to join Imagine's amazing team

of volunteer facilitators, there is a training planned for June 2 - 4. Each training is held from 9 a.m. - 5a.m. each day over 3 days at Imagine's Mountainside center. Imagine asks that you plan to attend the entire training. Participants in the training will have an opportunity to learn companionship and facilitation skills while sharing stories with one another and providing each other with support. Many of Imagine's facilitators come away from the training feeling truly connected to one another and describe the experience as "life changing" Participants also come away better prepared to support those at Imagine, and those in their lives who have experienced a loss.

If you'd like to join one of the upcoming trainings, please visit Imagine's website at imagineinj.org or call the center at 908-264-3100. Imagine's staff and volunteers hope to welcome you to the team!

Imagine is a 501c3 nonprofit that offers free year-round grief support groups for children ages 3-18 and young adults 19-30 who are coping with a loss due to death. Concurrently, support groups are available for the parents and guardians of the children in the groups and offered in English and Spanish. Imagine also offers grief and loss education and training to the community. For more information please contact Imagine at 908-264-3100 or info@imagineinj.org.

An **AUGUST WEEK** on the *Ocean Beach*
Popham Beach, Maine

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- *PLANTING
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SPFHS CHAMBER CHOIR VISITS ROTARY MEETING



(above) On December 14th, the Scotch Plains/Fanwood High School Chamber Choir joined the Rotary Club to kick off the holiday season with their beautiful singing.

Courtesy photo

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UNICO DONATES TO PRESERVE SHADY REST

The Scotch Plains - Fanwood UNICO chapter donated \$1,000 to the Preserve Shady Rest Committee during a presentation held at the Shady Rest Clubhouse on March 10th.

In 1921, the Shady Rest Golf and Country Club became the first African American owned and operated country club in the United States. It was also home to John Shippen Jr., the first American-born golf professional, and featured entertainment by legendary jazz musicians including Duke Ellington, Cab Calloway, Count Basie, and Billie Holiday. The Preserve Shady Rest Committee, formed in 2013, is committed to preserving the historical significance of the facility. This includes the restoration of the clubhouse (originally built as a farmhouse in the 1700's), the creation of a multi-purpose center and museum, and the recognition of the site as a national historic landmark.

"UNICO is honored to make a \$1,000 donation to help preserve Shady Rest", said Angelo Ucciferri of the Scotch Plains-Fanwood UNICO Chapter. "Our UNICO chapter has been proudly contributing to charitable, cultural, and educational organizations in the Scotch Plains - Fanwood community for 50 years, and we are grateful to the Shady Rest Preservation Committee for recognizing and preserving this important historical heritage within our town."



(above, l-r) UNICO member, Angelo Ucciferri presented the donation check to Shady Rest Preservation Committee chairman, Tom Donatelli. Courtesy photo

READ ACROSS AMERICA WEEK

Fanwood/Scotch Plains Public Schools

"Diverse stories provide kids with different perspectives and help them see how others think and feel – In words of Marley Dias – Ambassador and Founder of Read across America. This was never truer than the week of February 27th at JA Coles Elementary School.

Along with many schools across the country, Coles Elementary participated in the National Read Across America Week. Taking place every March, Read Across America is the largest US celebration of Reading, and aims to encourage children and teens to read through events and activities taking place at school.

Coles School staff members and Coles PTA delivered an incredible Read Across America Week to students, which promoted a theme of "Diversity in Literature." The whole week was packed with diversity topics that were introduced to children at all grade levels. Friday, March 3rd, Coles welcomed Guest Readers for each classroom. These included many of our local leaders, including Dr. Mast, Scotch Plains-Fanwood Superintendent of Schools, Scotch Plains Mayor Josh Losardo, Gina Berry from Fanwood Council, Fanwood and Scotch Plains police, Scotch Plains Fire department, Scotch Plains Library, JCC, John Mooney, Editor/Publisher of TAP into Scotch Plains and Fanwood as well as local authors and business owners.

A special part of the Coles Read Across America Week this year was "Change for Change," a campaign conceived by Coles 4th grade student Ben Steinberg. Ben's vision was to raise funds for more books focused on people with different disabilities. Coles PTA helped launch a campaign in partnership with Coles school for students to fill coin jars in their classrooms with extra change from home.

Upon the conclusion of this successful campaign, Ben, pictured here with Dr. Mast, said "No matter what their (people) age they can always make a change. Anyone can make a change no matter what they think, or if they have

a disability, or look different, or are younger, they can always make a change. Never give up."

Congratulations to Ben for leading a successful Change for Change campaign and thank you to all Coles Read Across America PTA volunteers, Scotch Plains and Fanwood community, celebrity guest readers, and Coles school for making this special week at Coles one to remember.



(above) Dr. Mast with Ben

Photo by Fanwood/Scotch Plains Public Schools

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 Monday, Wednesday, Thursday: 9:30 AM - 9 PM; Tuesday, Friday, Saturday: 9:30 AM - 5 PM; Sunday: Closed
 Friday, April 7 - Library Closed

Bring Your Own Book

Monday, April 3, 10am

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

Registration is required.

Memoir Writing Group

Wednesday, April 12, 2pm

A six-session virtual program designed to help you capture your memories. Registration is required, space is limited.

Guided Meditation

Thursday, April 13, 7pm

A virtual program with Barbara Brown.

Registration is required.

Hypertension Clinic

Friday, April 14, 10am to Noon

Inside the Library with a public health nurse from Union County.

Balance Awareness with Yasmin Ofek

Fridays at 10am

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

Composting for Climate Action

Monday, April 17, 7pm

Learn about the power of composting with Isaac Bearg of the NJ Composting Council. Registration is required for this virtual program.

Afternoon Book Club

Tuesday, April 18, 1pm

Will meet inside the Library to discuss Rules of Civility by Amor Towles.

Senior Book Chat

Wednesday, April 19, 2pm

An informal book discussion at Brookside Park. Register through Community Pass with the Scotch Plains Recreation Department.

Evening Book Club

Thursday, April 20, 7pm

Will meet virtually to discuss The Buddha in the Attic by Julie Otsuka.

Virtual Trivia Night

Monday, April 24, 7pm

With an April theme. Register as a group or on your own.

Drop In Crafting

Tuesday, April 25, 1-2:30pm

Bring your current work-in-progress to the Library to work alongside other crafters.

Memoir Writing Group

Wednesday, April 26, 2pm

Second session of Memoir Writing Group for pre-registered participants.

More information about library news and events can be found at scotlib.org.

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FANWOOD SENDS JOE NAGY HAPPY 100TH BIRTHDAY WISHES



(above) Joe and Claire in their Fanwood home in 2021.

Photo by Tom Kranz

Joe Nagy, who served Fanwood for many years as its unofficial historian and all-around reliable volunteer, turned 100 recently with a large family gathering and fond wishes from his friends here.

Joe and his wife Claire moved from their long-time home on Oakwood Court to an assisted living community in Hackettstown last year. His family gathered to celebrate Joe's birthday on February 11th, a party complete with cake and dozens of well wishes from old friends including numerous cards from students at Brunner Elementary School.

Joe is a World War II veteran who served in the Army's 78's Infantry Field Artillery Battalion,

retiring as a Major after serving 20 more years after the war. In Fanwood, he served on the board of the Scotch Plains-Fanwood Scholarship Foundation, the Historic Preservation Commission and volunteered for many other projects over the years.

In a letter to Joe, Mayor Colleen Mahr wrote, "My heartfelt thanks to you for the many contributions you have made to the Fanwood community for so many years. You have enriched the lives of countless residents and students and are a beloved institution here."

Joe was joined by his three children, three grandchildren and three great grandchildren at his birthday party.



(above) Group photo at Joe's party

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HOLY WEEK SERVICES AT FAITH LUTHERAN

Faith Lutheran Church in New Providence invites area residents to each of its liturgical services during Holy Week.

On Passion or Palm Sunday, April 2, two Eucharistic liturgies will be conducted, one at 8 am and the other at 10 am. The title of the sermon at both liturgies will be "Hope in the Past." The music at the 10 am liturgy will be provided by the Sanctuary Choir, accompanied by trumpet and organ.

On Holy Thursday, April 6, a spoken Eucharistic liturgy will be conducted at 12 noon and a fully sung Eucharistic liturgy will be offered at 7:30 pm. The title of the sermon at both services will be "Hope for Today." At the evening service, the rite of First Communion will be given to persons in the fifth grade, who are preparing for confirmation.

On Good Friday, April 7, at 12 noon, a Community Ecumenical Service will be held at Faith. Clergy of the New Providence and Berkeley Heights churches will lead the service.

On Good Friday, at 7:30 p.m., a Tenebrae Service, with the Stripping of the Altar, will be conducted. The subject of the sermon will be "Hope for the Future." The music of the service will be provided by the Sanctuary Choir.

Saturday, April 8 will be a day of silence and meditation. Faith's sanctuary will be open for prayer and reflection.

On Easter Sunday, April 9 at 7 a.m., Faith will hold in its garden a brief service, which will include the lighting of the Paschal Candle. At 8 a.m. there will be a Spoken Liturgical Service with Eucharist, accompanied by organ, brass and timpani. At 10 a.m., Faith will conduct a Festival Easter Processional and Eucharist Service. The music at 10 a.m. will be provided by the Sanctuary Choir, Children's

Choir, the Faith Bell Ringers, brass, timpani, and the organ; all coordinated by Shea Velloso, Minister of Music. The title of the sermon at both services will be "Hope for Tomorrow."

Faith conducts an open communion table. All visitors, who are baptized members of the Christian church, are welcome to the Lord's Table.

The pastor of Faith is Rev. Jane McCready. For more information about these worship opportunities, call the church office at 908 464 5177 or visit famfaith.org. Faith is located at 524 South Street in New Providence.

Links for the services that will be livestreamed. Find Faith on Facebook at Faith Lutheran, New Providence; Faith's website, famfaith.org/online-services; YouTube channel youtube.com/FLCNJAV



FAITH Lutheran Church
524 South Street - New Providence - NJ
famfaith.org - 908-464-5177 - The Rev. Jane McCready, Pastor

Sunday Mornings
8:00 and 10:00 a.m. Liturgies with Eucharist
8:45 a.m. Education Hour

Passion/Palm Sunday - April 2
8:00 a.m. Spoken Liturgy with Eucharist
10:00 a.m. Festival Liturgy with Eucharist

Holy Thursday - April 6
12 noon Spoken Liturgy with Eucharist
7:30 p.m. Liturgy with Rite of First Holy Communion

Good Friday - April 7
12 noon Ecumenical Community Service
7:30 p.m. Service of Tenebrae

Holy Saturday - April 8
A Day of Silence, Prayer & Reflection

Easter Celebration - April 9
7:00 a.m. Memorial Garden Liturgy
8:00 and 10:00 a.m. Liturgies with Eucharist

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FANWOOD-SCOTCH PLAINS ROTARY CELEBRATES 85TH ANNIVERSARY

The Fanwood-Scotch Plains Rotary Club has been serving the community since 1938. They will celebrate their 85th anniversary at the Gran Centurions in Clark, NJ on April 14th, 2023. Simultaneously, the club is also offering a 50/50 raffle fundraiser which will be drawn at the 85th celebration dinner/dance at 10:00 p.m. All proceeds will support the club's charitable giving.

The anniversary celebration will honor the club's good works, celebrate the happy memories carrying them out, and will be a lot of fun! Tickets are \$85 and include a cocktail hour, dinner, dancing, special remembrances of the club's 85 years, and recognitions. An open beer, wine, and soda bar will be available for the entire evening with a cash bar for mixed drinks. FSP Rotary President Al Smith encourages members of the public to attend, especially those who have been directly impacted by the club's local or international initiatives.

Only 2,000 raffle tickets are available for sale

with four prizes of \$12,000, \$4,000, \$2,000, and \$2,000 if all tickets are sold. Each raffle book contains 5 tickets at \$20 a ticket. With a maximum of 2,000 tickets available for sale, the odds of winning one of the four prizes are reasonable. Tickets can be purchased at the Fanwood Larder and Apple Blossom Flower Shop on Saturday April 1 and April 8. Other businesses who have supported the club's raffle tickets sales include John's Meat Market and Fabio's Bistro. For a complete listing of local businesses who are supporting the sale of raffle tickets, see the club's Facebook page or website. The club asks that you not only support the fundraiser, but also support our local businesses.

All funds raised by the 50/50 raffle will be used for charitable giving. They will be allocated to various local projects, including the Frazee House Foundation's current phase of interior restoration, stocking food pantries, assisting and honoring first responders, assisting veterans and seniors, and much more.

We recently donated \$500 to help purchase needed gear for local EMTs to ably assist autistic patients, and \$500 to the Preserve Shady Rest Committee in honor of Black History Month. The Rotary Club also has a separate Rotary-Garbe Foundation which awards scholarships to local high school students every year.

Internationally, we have supported projects including assisting abused girls in Uganda, helping to purchase dialysis machines in support of a Rotary Club in India, setting up Latrines in Nicaragua, and purchasing a Shelterbox for the crisis in Syria and Turkey. Our major international project this past year has been humanitarian aid for Ukraine. So far, we have donated over \$12,000 in aid to Ukraine.

Check out the FSP Rotary Club's Facebook page at facebook.com/fsprotary or their website at fsprotary.org for more details about the 85th Anniversary event and raffle fundraiser, and to learn more about the club. Contact president@fsprotary.org with any questions.



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NJ CIVIL AIR PATROL ATTEND NATIONAL LEGISLATIVE DAY

Submitted by 2nd Lt Jacqueline Betancurt-Ortiz

Civil Air Patrol's Capt. "Bud" Jackson Composite Squadron NJ-102, located at J.P. Stevens High School, Edison, NJ., is home to approximately 150 cadets who reside in Edison, Woodbridge and Scotch Plains. Several New Jersey members of the Civil Air Patrol (U.S. Air Force Auxiliary) participated in the annual "National Legislative Day" event held in Washington D.C. from March 1st - 3rd 2023. This National event had Senior (adult) and Cadet (youth) members from across the United States converge on the halls of Congress to advocate for continued CAP Defense Appropriation funding.

Civil Air Patrol is a non-profit organization and auxiliary of the U.S. Air Force, supporting communities at the local, state, and national level as part of the U.S. Air Force's "Total Force." Thirteen cadets from the New Jersey Wing (NJWG) were selected to travel to Washington, D.C.

Several of these amazing cadets from the Captain "Budd" Jackson Composite Squadron along with cadets from other squadrons, presented their personal experiences and skills obtained in Civil Air Patrol Cadet Programs with the offices of NJ Representatives Gottheimer,

Kean, Kim, Menendez, Norcross, Pallone, Pascrell, Payne, Sherrill, Smith, Van Drew, Watson-Coleman, as well as the offices of Senators Booker and Menendez. As Cadet Lt. Col. Varija Mehta said "My participation in the Cyber Patriots program which is one of many programs that Civil Air Patrol has to offer, has given me the opportunity to meet people that are in the military that work in the cyber security industry that pursue cyber security as a career and are real life role models to me".

Additionally, we were also represented by Cadet A. Kittel who was one of four cadets invited to participate in the Wreath Laying Ceremony at the Tomb of the Unknown Soldier.

In addition to representing New Jersey, Cadets also had the opportunity to explore Washington D.C. landmarks including the Library of Congress, Supreme Court, Washington Monument, Lincoln Memorial and the Smithsonian Air and Space Museum.

ABOUT CIVIL AIR PATROL

Established in 1941, Civil Air Patrol is the official auxiliary of the U.S. Air Force and as such is a member of its Total Force. In its auxiliary role, CAP operates a fleet of 555 single-engine aircraft and 2,250 small Unmanned Aircraft Systems (sUAS) and performs about 90% of all search and rescue operations within the contiguous United States as tasked by the Air Force Rescue Coordination Center. Often using innovative cellphone forensics and radar analysis software, CAP was credited by the AFRCC with saving 108 lives last year. CAP's 58,000 members also perform homeland security, disaster relief and drug interdiction missions at the request of federal, state and local agencies. As a nonprofit organization, CAP plays a leading role in aerospace education using national academic standards-based STEM (science, technology, engineering and math) education resources. Members also serve as mentors to over 24,000 young people participating in CAP's Cadet Programs. Visit njwg.cap.gov or GoCivilAirPatrol.com for more information.



(above) Pictured in front of the Capitall Building: Cadets (Youth) Members: Annika Santhanam, Niyati Shah, Jadon Pinto, Varija Mehta, Rodrick-Josh Zapanta, Abdullah El-Dessouky, Gerard Monteiro, Henry Szumigala, Babu Narayanan, Nick Zaster, Luke Patterson, T. Jones, and Allyson Kittel. Senior (Adult) Members: Col. Andrew Liput (NJ Wing Commander), Col. Joe Abegg, CMSgt Allan Lu, CAP, (USAF Ret), Maj. William Petzinger, Capt. Jacob Umoke, 1st Lt. Rik Jones, 2d Lt. Jacqueline Betancurt- Ortiz

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Florham Park Press NJ Qty: 5,500 Zip: 07932	Garwood Times NJ Qty: 2,500 Zip: 07027	Green Brook Gazette NJ Qty: 3,000 Zip: 08812	BUSINESS • LIFE KENILWORTH NJ Qty: 3,500 Zip: 07033	NJ LIFE in LINDEN Qty: 17,900 Zip: 07036	Long Hill LEADER NJ Qty: 3,500 Zips: 07933, 07946, 07980
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4 Units	3.25" x 8" or 6.5" x 4"	\$180	\$450	\$700	\$900	\$1100	\$1300	\$1500	\$1700	\$1900
6 Units	6.5" x 6.25" or 10" x 4"	\$240	\$600	\$900	\$1200	\$1400	\$1600	\$1800	\$2000	\$2200
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
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IMAGINE ANNOUNCES NEW BOARD OFFICERS

Imagine, A Center for Coping with Loss is pleased to announce our new Board Officers. While welcoming those stepping into officer positions, Imagine Executive Director, Lindsay Schambach acknowledged the contributions of former Board officers. Imagine has had such a strong pipeline of dedicated individuals whose leadership has made such a difference in the community. Lindsay is honored to announce the new team of Board Officers.

Stepping into the role of Board Chair is former Board Vice Chair, Dr. Jeffrey Peris of Scotch Plains. Dr. Peris has extensive Board experience, having held prominent leadership roles following a distinguished management career leading pharmaceutical and healthcare companies. Dr. Peris served as Chairman of Allied Health Care International; Corporate VP, Chief Learning Officer for Wyeth; Vice President of Human Resources, Investor Relations & Communications for Abbott Laboratories; and Vice President of Human Resources and other Senior Executive positions for Merck & Company. In addition to serving as Chairman of the Board of Allied Healthcare International, he is currently on the Boards of Overlook Hospital and several other non-profit organizations. He is married with 3 children, 8 grandchildren and 2 grand puppies.

Imagine's new Board Vice Chair is Ethan Kramer also of Scotch Plains. Ethan is the Chief Investment + Development Officer for PM Hotel Group ("PM"), a hotel company based in Chevy

Chase, MD. Prior to, Ethan was the co-founder of Paramount Hotel Group and served as President since its inception in 1999. In January 2022, Paramount's management company merged with PM Hotel Group. He is also a veteran of Prime Hospitality Corp, having coordinated the expansion of two national brands managing the investment of over \$800 million in new hotel development. As Senior Vice President of Development and Construction during the period 1995 through mid-1999, he grew the AmeriSuites (now Hyatt Place) chain to 100 hotels. Ethan lives in Scotch Plains with his wife, Debby Hall, a nursing home administrator and health care hero.

Imagine's new Board Treasurer is Don Bucciarelli of Westfield. Don is a CPA with many years of experience in public accounting. He is currently a partner in the Assurance practice of Ernst & Young LLP (EY) in New Jersey, specializing in audits of both private and public companies from a broad range of industries. Don has been active in several local not-for-profit organizations including a role as Treasurer of the United Way of Greater Union County. He has also supported Imagine and its relationship with Ernst and Young as a Circle of Hope member and Table Captain at Imagine's annual fundraising event.

Stepping into the role of Board Secretary is Bob Kelly of Cranford. Bob joined Imagine's board in 2018. He is a Senior VP and wealth advisor at Farther, an investment advisor



(above, l-r) Dr. Jeffrey Peris and Ethan Kramer of Scotch Plains.

Courtesy photos

headquartered in San Francisco. A graduate of Boston College, Bob lives in Cranford, NJ with his wife Jessica and three children. He spends his free time volunteering for local non-profits, traveling with family, golfing, and coaching youth basketball.

As she welcomed Imagine's new Board Officers, Lindsay Schambach said: "It is inspiring to me to work alongside these wonderful individuals who are so willing to dedicate their time and talents to our mission and cause. They lead and volunteer so selflessly and humbly. Their passion for our mission keeps us all grounded and determined to remove every barrier possible for families who need our services. From the bottom of our hearts, thank you to our former and current Board Officers and all of our Board members and volunteers. Imagine's staff couldn't fulfill our mission without your compassion and generosity."

Imagine is a 501c3 nonprofit that offers free year-round grief support groups for children ages 3-18 and young adults 19-30 who are coping with a loss due to death. Concurrently, support groups are available for the parents and guardians of the children in the groups and offered in English and Spanish. Imagine also offers grief and loss education and training to the community. For more information, please visit www.imageninj.org or contact Imagine at 908-264-3100 or info@imageninj.org.

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