

Scotch Plains NJ

WHAT'S HAPPENING MONTHLY

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SCHOLARSHIP FOUNDATION HONORED BY COUNCIL

The Scotch Plains-Fanwood Scholarship Foundation was honored at the Scotch Plains Township Council meeting on Tuesday, June 13, 2023.

Presenting the Foundation with a Resolution, the Township Council recognized the efforts of the Foundation to address the vital need for post-high school education and the increasing financial responsibility that it places on the students and their families. The Resolution highlighted many facets of the Foundation including awarding more than \$4 million in scholarships since its inception in 1966, the means in which it fundraises, as well as the Foundation's volunteers and its supporters.

In attendance were many of the Foundation's Trustees, including Foundation President Michelle Wyrwa who thanked the Township Council and shared a personal story of how impactful being a part of the Foundation has been in her life.

Wyrwa, who joined the Foundation in 2016 and first became aware of the organization when she served as PTA President at Evergreen Elementary School said, "About a decade ago I attended my first scholarship night at the high school and it became, and remains, one of my favorite nights of the year."

After becoming the Foundation President in 2019, she fostered relationships with the donors and heard their stories about the members of the community they were honoring. Wyrwa said, "I understood what scholarship night was all about, connecting our community's past with its future. It is magic!"

Wyrwa believes that the Foundation does more than provide financial assistance to the community's students, "I believe that the greatest gift we can give these students is the knowledge that their community believes in them and is cheering them on for their future success."

The Scotch Plains-Fanwood Scholarship Foundation awarded 131 scholarships on May 31st at the annual Senior Scholarship Night. The Foundation is always fundraising for the students of Scotch Plains and Fanwood and accepting new scholarship opportunities. You can donate to the Foundation by visiting spfscholarshipfoundation.org/donate-2/ or, if you are interested in establishing a scholarship of your own, please contact the Foundation at spfscholarshipfoundation@gmail.com.

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 deserving 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.



(above) The Scotch Plains-Fanwood Scholarship Foundation was honored at the Scotch Plains Township Council.

Courtesy photo

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UNICO ITALIAN FESTIVAL – SEPT. 1ST – 4TH

Scotch Plains NJ WHAT'S HAPPENING MONTHLY

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The Scotch Plains-Fanwood Chapter of UNICO, in collaboration with St. Bartholomew's Church and St. Bartholomew's Academy, is thrilled to announce the highly anticipated return of the 49th Annual Italian Festival. This vibrant celebration of community, culture, and culinary delights is set to take place from September 1st to September 4th, 2023, at the St. Bartholomew the Apostle Roman Catholic Church located at 2032 Westfield Ave in Scotch Plains.

The festival has been a beloved tradition since 1974, honoring San Nicola di Bari, the patron saint of the town of Montazzoli, Italy. Over the Labor Day weekend, residents from Scotch Plains, Fanwood, and surrounding communities come together to revel in the festivities, creating cherished memories that span generations.

This year's festival promises to be an unforgettable event, uniting attendees in a celebration of Italian heritage. A wide-range of attractions await guests, including captivating live music, exhilarating amusement rides, family-friendly game booths, and, of course, a tantalizing array of delectable Italian cuisine.

Beyond the excitement and entertainment, the festival serves as a means to raise funds for various local scholarships and community events organized by SPF UNICO and St. Bartholomew's. One of the festival's most anticipated fundraisers is the renowned Super 50/50 raffle, which amassed over \$63,000 last year. The winners of this raffle will be announced during the festival's grand finale on Monday, September 4th, at 8:00 p.m.

The four-day extravaganza would not be possible without the dedication and support of numerous volunteers and sponsors. From managing ticket sales to overseeing game booths and everything in between, the festival relies on the generosity and commitment of community members. Anyone interested in volunteering or sponsorships is encouraged to visit the festival's official website at sbuitalianfestival.com.

This year's festival schedule:

FRIDAY, SEPT. 1, 4:30PM-10:30PM.

- 7pm: Wolf Creek - Performing country, southern, & classic rock.

SATURDAY, SEPT. 2, 4:30PM-10:30PM.

- 5pm: Italian Mass at St. Bartholomew Church.
- 6pm: Mike Aromando and the Metropolitan Italian Strolling Band
- Performing traditional Italian Music.
- 7pm: The Jersey Jukebox
- Performing hits from the 50's to 80's.

SUNDAY, SEPT. 3, 4:30PM-10:30PM.

- 7pm: The Broadcasters
- Performing classic rock.

MONDAY, SEPT 4, 3PM-8PM.

- 5pm: Jimmy and the Parrots
- Performing Jimmy Buffet's hits.
- 8pm: Super 50/50 raffle drawing.

Scotch Plains-Fanwood UNICO, St. Bartholomew's Church, and St. Bartholomew's Academy invite everyone to join in the celebration of the 49th Annual Italian Festival. Let us come together, embrace the rich heritage of Italy, raise funds for the community, and create memories that will last a lifetime.

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LEGENDARY TEACHER, COACH AND COMMUNITY ICON WILLIAM LEE DIES

Submitted by Tom Kranz

William Lee, who touched thousands of lives as a teacher, coach, volunteer and driving instructor, died on Saturday, July 22nd, 2023, at a rehab facility in Virginia. He was 88.

Learning to drive through the Lee Driving School was a rite of passage for young men and women in the Fanwood-Scotch Plains community for 38 years.

"I do have patience," he said in February. "I've had to slow them down, had them speed up or do

one thing or the other, but it worked out well."

Even before the driving school, Mr. Lee was a ubiquitous presence as a coach and physical education teacher, first at Terrill Middle School from 1968 to 1977, then at Scotch Plains-Fanwood High School from 1977 until his retirement in 1993.

Coaching brought him a unique opportunity in the early 1980s when he went to Africa to coach the national basketball team of the Republic of Burundi.

"My brother-in-law had contacts in Burundi and learned they were looking for a coach for their national team," recalls Lee's wife, Josephine. "Bill went to Africa every summer, 1981 to 86, to coach them. He took them to the Central African Games in Angola."

During one trip, he met a promising player, Fiacré (pron: fee-AHK-ra), who came back to New Jersey and lived with them while he attended high school and college.

Mr. Lee was a long-time elected member of the Fanwood Democratic Committee and served as the Mayor's Designee on the Fanwood Planning Board. His family were among the original residents of Kramer Manor, a development near McGinn Elementary School created in the 1920s to provide housing for black families who might otherwise have been denied. He later moved to Terrill Road in Fanwood where he lived for many years before moving to Plainfield after retiring from the driving school in 2022. He and Mrs. Lee moved to Lancaster, Virginia in June.

Mr. Lee was honored in absentia at this year's Juneteenth celebration in Scotch Plains for his legacy as a teacher, community icon and resident of Kramer Manor. His son William Lee III was presented with a quilt commemorating his life made by local school children.

In addition to his wife Josephine, Mr. Lee is survived by daughter Debbie; son William, his wife Patrice and their children Noah, Elijah and Nia; son Daryl, his wife Jennifer and their two daughters Ella and Olivia; son Fiacré and extended family members Ira and Jennifer. Additional surviving family members are Mr. Lee's brother Robert W. Lee and his wife Shirley, his sisters Brenda Lee and Constance Mills and a host of nieces, nephews and friends. Mr. Lee was predeceased by his sisters Rose Upshaw and Patricia Craig and his son Arnold.

A memorial service will be held sometime in August in Fanwood.



(above) Bill and Josephine Lee in February 2023

Courtesy Photos



(above) Mr. Lee in 1981 with members of the Burundi national basketball team

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THE FUTURE OF REAL ESTATE

GEORGE A. CASTRO IV (21) SELLS RECORD-BREAKING \$4.36 MILLION DOLLAR MANSION

By: Abraham Friedman

CASTRO - When it comes to the world of business, there is no mistaking that attaining success is anything but an effortless feat. Simply charting a clear-cut way to do so necessitates utmost tenacity and discipline, and to then realize such a goal pivots on consistency. This is precisely what can be said in regard to Real Estate, where one's expertise in communication and character must stand at the forefront of every endeavor, making it a demanding profession, regardless of age. Thus, it's nothing short of outstanding when the youngest in the industry work their way up to greatness, and in regard to those who have gone as far as to break records, look no further than George A. Castro IV of Premier Homes who, at just 21 years old, has realized unprecedented triumph in his career through a most recent transaction worth millions, making a name for himself as the true future of real estate.

Having been acclaimed time and again for his unwavering dedication and ingenuity as a businessperson, it is beyond doubt that George Castro has made impactful strides within the Real Estate industry, and the vast recognition brought about by his latest sale of a new residence is no exception. Located at 420 Ludlow Avenue in Spring Lake, New Jersey, the property was built by "AllertonFox Construction", one the biggest commercial construction and development companies in Manhattan, New York, and is but one of many multi-million dollar homes throughout the prestigious neighborhood.



As with all his previous work, George enthusiastically took this unique opportunity presented to him, procuring a contract on the property under 30 days from the original listing date. The residence was initially listed at \$3,995,000, and was ultimately sold for \$4,367,000, a whopping \$372,000 above the original listing price. While this in itself is an exceptional accomplishment, it is made even more significant by George's remarkably young age, recognized as the most ever expensive residential sale by a 21-year-old in the entirety of the United States.

Castro emphasizes the importance of his medium of both marketing and selling, a crucial variable in his mastery of Real Estate. In the case of most Realtors who are selling million-dollar properties, they often focus solely on the market and local areas surrounding a particular residence, which is considered an outdated means to advertise to affluent buyers. Meanwhile, George has been marketing luxurious properties to purchasers not only from New York but several states throughout the country and even overseas. It is exactly this which differentiates him from the majority of agents. "There are many rich and affluent purchasers in Manhattan who live in small apartments but are paying hundreds upon thousands of dollars in rent," he states. With his concentration on efficient and contemporary ways of selling, George has been able to hone into this market and grant a myriad of buyers, whether near or far, the opportunity of purchasing opulent homes in New Jersey.

With his record-breaking achievement, George Castro's eminence in the tri-state area's Real Estate scene is ever-increasing and has been actualized by the aptly named "Wonder Boy" in the short span of only 3 years, at that. First setting foot in the industry at 18, his talent in Real Estate was put to the test by the adverse impact of the COVID-19 pandemic, which brought change to our lifestyles, and hence, the state of the business. George rose to the challenge without hesitation, honing his potential with ceaseless determination to be greater than meets the eye. "If you're looking to think at all, you might as well think big, and in the Real Estate industry, it's important to always look to have the upper hand" he says.

By virtue of his prowess and passion for Real Estate, George Castro has come to establish himself not only as a distinguished professional in an industry marked by competition but as a paragon of his age. Through 2022 and beyond, he has earned numerous commendations as a top agent in the Premier Homes company and the state of New Jersey. More than that, George is the youngest realtor to have received the 2022 Gold New Jersey Realtors Circle of Excellence Sales Award, further underscoring his ascendancy in the industry, all through skill well beyond his years.

In recent times, opportunities for prosperity have been sought out on a progressively larger scale, giving rise to new and innovative talent more so than ever before. However, it is George Castro who has proven that the scope of one's success hinges on the individual mindsets of those who strive for it. As he strongly believes "There are no limits to what you can accomplish, except the limits you place on your own thinking. Usually those who are the most competent and committed, are the ones that rise to the occasion."

A black and white advertisement for Lawrence Law. At the top, the word "LAWRENCE" is written in a large, serif font, with "LAW" in a smaller, spaced-out serif font below it. A horizontal line separates this from the text "DIVORCE & FAMILY LAWYERS" which is in a bold, sans-serif font. Below this is a black and white portrait of a woman with blonde hair, identified as Jeralyn Lawrence, Esq. To the right of the portrait, the text "Can't get a trial date? We can help." is written in a serif font, followed by "Mediate - Arbitrate" in a bold, sans-serif font, then the phone number "(908) 645-1000" in a bold, sans-serif font, and finally the website "www.lawlawfirm.com" in a bold, sans-serif font.

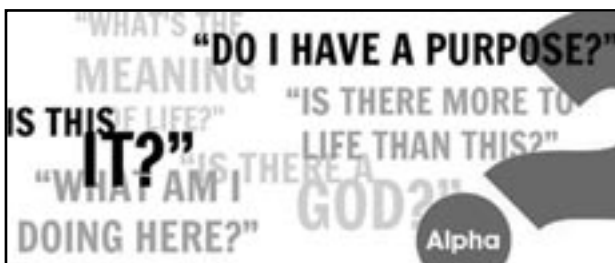
A free spirituality seminar is being offered by Immaculate Heart of Mary Church in Scotch Plains, NJ. Most meetings are on Zoom. In a world of isolation, anonymity, and keyboard-warriors, Alpha offers content and guidance for churches, ministries, and individuals to create a space for honest and open conversations about life's biggest questions. Everyone is welcome and no questions are off limits.

"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

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, September 18, 2023, 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.

"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 visit ihmparish.net/alpha or call 908-889-2100. If you have questions about Alpha, please email office@ihmparish.net.



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“AFRICAN ACCENTS” CELEBRATES AFRICAN FABRIC MONTH IN SEPTEMBER

The Cultured Expressions Sewing & Quilting Studio in Rahway is marking African Fabric Month in September with a special event at the Barron Arts Center in Woodbridge on September 7, 2023. Studio owner Lisa Shepard Stewart will share her passion for the unique textile arts of the Continent, and how to use them creatively. Learn how and why the fabrics are made traditionally, and view some of the most recent projects she has made with them. Sewing skills are NOT required to enjoy this informal presentation of creative ideas and inspiration. “Of course, if you ARE inspired to learn to sew after the presentation, we do offer beginner classes at the studio, and lots of virtual classes”, says Lisa.

African Fabric Month promotes the beauty and cultural significance of textiles like bogolan (mudcloth), kente cloth, adinkra, batik, ankara

prints and more. Their suitability and versatility for DIY enthusiasts ranges from fashion and quilts to home décor, crafts and gifts. Embellishments like Krobo beads and brass accents from Ghana will also be shown and discussed as the perfect finishing touches for any project.

(NOTE: The lecture is FREE but advance reservations are required; please call Barron Arts Center at 732-634-0413)

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GERRY COONEY SPEAKS TO ROTARY CLUB

Gerry Cooney, former heavyweight professional boxer, was the speaker at the Rotary Club of Westfield May meeting. Mr. Cooney, a Fanwood resident, talked to the club about his professional boxing career, his triumphant battle with addiction, and his recently released autobiography "Gentleman Gerry, A Contender in the Ring, A Champion in Recovery".



(above, l-r) Rotary Club of Westfield President Tony LaPorta and "Gentleman" Gerry Cooney. Courtesy photo

Sheet Metal Workers' Union No. 22 recently presented Mobile Meals of Westfield a \$1,000 ShopRite gift card donation. Representing the union was Business Representative, Financial Secretary/Treasurer Jason Rooney. Accepting the donation was Mobile Meals Operations Manager Josephine Walsh.

Mobile Meals of Westfield is a non-profit organization which provides nutritious and affordable hot meals for those unable to provide meals for themselves. The organization serves the communities of Clark, Cranford, Fanwood, Garwood, Mountainside, Scotch Plains and Westfield. For more information about the organization, visit mobilemealsofwestfield.org or call 908-233-6146.

Sheet Metal Workers' Union No. 22 serves Union, Morris, Somerset and Sussex Counties. The union members support veterans, the homeless and non-profit organizations as part of their community assistance programs. In addition, new union members, as part of their

apprenticeship, provide 20 hours of community service annually over a five-year period for a total of 100 hours. For more information on the union, visit SMWIALU22.ORG.



(above) Union representative Jason Rooney and Mobile Meals Operations Manager Josephine Walsh.

Courtesy photo

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AN EMT BEATING THE ODDS

Submitted by Karoline Hocevar

Joining the Scotch Plains Rescue Squad has been one of the best things I have ever chosen to do. Being in a work environment that relays fortitude, kindness, and communication is vital to growing as a professional and person. Being able to ask for help as a first responder and have an understanding ear in return is something that many EMTs and first responders can't say they have. The Scotch Plains Rescue Squad has an

environment that brings out the best in people. It cultivates good EMTs, and most of all, cultivates a family.

When someone first decides to take the plunge and join the field of healthcare, whether they realize it or not, they are presented with odds. The odds of failing or succeeding, loving what they do or crossing their fingers with the hope that a call won't come in. The most challenging of all is whether they will be one of the unlucky ones who experience a toxic work environment.

According to the National Institute of Health, close to 50% of front-line healthcare workers in the United States say they have experienced a toxic work environment at some point. That's the severity of the odds with which people are faced.

As a 16 year old joining the field during a pandemic when the bridges of our noses still suffered from the dents left behind by the masks that protected our world, I felt so burdened by the

fear of not being able to overcome the statistics. Now, three years later, I can confidently say I did.

I'd love to take all the credit, but as the saying goes, it takes a village. If it weren't for the others who were in my class, the crew chiefs who taught me so much, the life members who were able to answer any question in the book, the auxiliary members who made me feel loved, and chief Dan Sullivan who always pushed me to continue to grow, I wouldn't have beaten the odds.

I wish I could go back in time and calm my anxious self as I waited in the parking lot before walking in for my membership interview. I would tell her that inside the walls of the Scotch Plains Rescue Squad, there are no odds to beat. There aren't 50% of us who find working in healthcare miserable and/or who fear coworkers and superiors. There's no fraction of us who wish we could be anywhere else other than right here, helping our community.



(above) Karoline Hocevar, EMT and Scotch Plains Rescue Squad member

Courtesy photo

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Carol Mullen, "Monarch," collage, 18x3x.5 in.
Melissa Stern, "Deflated," 2020, sculpture, 43x18x17 in.
Lisa Ficarella-Halpern, "Joy, after Reynolds," 2023, oil on canvas, 62x38 in.
Giants, Dragons & Unicorns: The World of Mythic Creatures is organized by the American Museum of Natural History, New York (amnh.org).

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COLLEGE CLUB 2023 SCHOLARSHIP RECIPIENTS ANNOUNCED

This past May, the College Club of Fanwood–Scotch Plains awarded a total of \$25,500.00 in scholarships to 11 students, 5 of whom are high school seniors who graduated this June and 5 of whom are currently attending college. These awards included a special education award donated in honor of a current College Club Member, Elaine Carmen, The Academic Award of Excellence, and a memorial award in honor of a College Club Past President, Marie Walford as well as the Marie Leppert Community Service Award in honor of the Club's Past President and dedicated community leader.

The 2023 College recipients are: Tracy Ann Bagdonas, daughter of John and Jean Bagdonas, a rising junior at Fordham University; Riley Dwyer, daughter of Michael and Diane Dwyer, recipient of the Elaine Carmen Education Award who will be a sophomore at TCNJ in the fall; Katelyn Gaulin, daughter of Eric and Karyn Gaulin, a rising sophomore at TCNJ in the fall; Alexis Gutierrez daughter of German Gutierrez and Marguerite Sahaj, who will be a junior at Stony Brook University; and Chloe Howell, daughter of Philip and Holly Howell, recipient of the Marie Walford Memorial Award, who will be a rising sophomore at The University of San Diego in the fall.

The 2023 High School recipients are: Minahal Azhar, daughter of Azhar Abbas and Tahira Parveen, who will be attending Rutgers University in the fall; Orenca Casimiro, recipient

of the Marie Leppert Community Service Award, daughter of Ciro and Jaquelin Casimiro, who will be attending the University of Pennsylvania in the fall; Jessica Gallagher, daughter of Cheryl and Brendon Gallagher, who will be attending TCNJ in the fall; Bridget Hernandez, daughter of Hans and Jennie Hernandez, who will be attending the University of Arizona in the fall; and Natasha Vega daughter of Jose Vega and Jacqueline Soto, who will be attending Case Western Reserve University in the fall.

The Academic Award of Excellence was

presented to Riley Bhatia, SPFHS Class Valedictorian, daughter of Julian and Kelly Bhatia, who will be attending Kenyon College on the fall.

The College Club hosts monthly informative programs presented by guest speakers on the third Monday of every month September–April; free and open to the public. Anyone interested in more information about the College Club of Fanwood-Scotch Plains or would like to become a member please visit the club's website at fspcollegeclub.org.

Courtesy photos



(above, l-r) The 2023 Scholarship Recipients: Chloe Howell, Katelyn Gaulin, Alexis Gutierrez, Bridget Hernandez, Riley Bhatia, Minahal Azhar, Riley Dwyer, Natasha Vega, Jessica Gallagher and Orenca Casimiro. Not pictured: Tracy Bagdonas

Courtesy photo

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MOVERS, SHAKERS, CHANGE MAKERS EVENT SUCCESS

SMAC, Inc.

The Student Movement Against Cancer (SMAC), Inc., founded in 2001 by Scotch Plains-Fanwood High School students, raised over \$4,000 for the Emmanuel Cancer Foundation at its first-ever signature event, entitled “Movers, Shakers, Change Makers.” Held on May 13th, the event was conceptualized and executed by



(above) SMAC co-founder David Baumwoll poses with other founding members Tracy Salmon Svetcov and Barie Salmon Miller and UC SMAC Advisor Mike Conte at Movers, Shakers, Change Makers.

SMAC’s student leaders from its network of eleven high schools and colleges in New Jersey and New York.

With “movement” at its core, current students from across the SMAC network were swept up by the fun, physical activities that kept them moving throughout the evening of May 13. The fundraiser’s activities featured a DJ dance party, facilitated fitness experiences, friendly games and competitions, and chance for student leaders to meet and mingle. Professional facilitators from Union County businesses included Joint Motion Physical Therapy, Little Flower Yoga, Brassy Buddha Yoga, the Family Martial Arts Center, and Martial Arts America. Members of SMAC’s Board of Directors and representatives from the Emmanuel Cancer Foundation were also in attendance to support the cause and its student organizers.

The organization chosen to be this year’s beneficiary was the Emmanuel Cancer Foundation (ECF), a New Jersey based non-profit dedicated to supporting families experiencing a pediatric cancer diagnosis. The organization, celebrating its 40th anniversary in 2023, has a long legacy of welcoming SMAC students as volunteers. The funds raised have been directed to ECF’s Emergency Financial Assistance Program, an initiative aimed to support families confronting extraordinary hardships, including eviction and utility shut offs.

SMAC, the Emmanuel Cancer Foundation, and “Movers, Shakers, Change Makers” garnered the attention of local businesses who showed an outpouring of support. “The generosity we saw from private business owners was humbling,” said SMAC’s Executive Coordinator Danielle Delavaux. “Our student organizers set a lofty goal for their fundraiser, one that could only be achieved with the help of the community. Businesses in and around the Scotch Plains area rose to the challenge by contributing much-needed funds and in-kind donations that made the evening – and larger effort – a great success.”

For more information about the event and ways to get involved in SMAC, please visit supportsmac.org/events, or contact SMAC Executive Coordinator Danielle Delavaux at danielle@supportsmac.org.

Student Movement Against Cancer (SMAC), Inc. is a 501(c)3 non-profit organization dedicated to empowering the next generation of cancer fighters. Created in 2001, SMAC began when a small group of friends at Scotch Plains-Fanwood High School banded together to help their friend, Rob Mattar, as he battled cancer. Since then, SMAC has become a network of student-led chapters around New Jersey and Pennsylvania who raise funds for cancer causes, launch awareness campaigns, and support their communities. SMAC has raised over two million dollars for cancer causes since its founding.



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- 1 1/2-3 Goose Egg.....\$125
- 3/4 Arctic White.....\$135

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OUTSTANDING HIGH SCHOOL ATHLETES HONORED

Borough of Fanwood

Scotch Plains-Fanwood High School's amazing high school athletes took center stage at the July regular meeting of the Fanwood Mayor and Council held on Monday, July 17th, 2023.

Record setting track and field achievements by Boys' and Girls' Track-and-Field athletes were recognized by the Council which presented proclamations congratulating them on the following:

Jenai Berry for State Sectional Championship in the 800-meter race and for setting a new SPF High School record in the 800

Jenai Berry, Delaney Farley, Keira Kelly and Mia Trombetta for being named All Americans

or their performance in the 800-meter Sprint Medley Relay

Nate Rayan for one amazing achievement after another in the 110 high hurdles winning numerous meets, setting meet records and winning a spot in the upcoming U20 Pan American Games in Puerto Rico

Nate Rayan, Ameen Zubair, Justice Larkin and Ian Hopkins for their performance in the Shuttle Hurdle Relay winning Union County and National Championships

Kieran McElroy Barker and members of the Boys' Varsity Volleyball team for a 31-1 season which brought them Group Three victories and accolades for outstanding teamwork



(above, l-r) Boys' Track: Councilwomen Patricia Walsh and Gina Berry, Nate Rayan, Ameen Zubair, Coach Rich McGriff, Justice Larkin, Ian Hopkins and Mayor Colleen Mahr.

Photos by Tom Kranz



(above, l-r) Girls Track: Councilwomen Patricia Walsh and Gina Berry, Jenai Berry, Delaney Farley, Mia Trombetta, Kiera Kelly, Coach Jeff Koegel and Mayor Colleen Mahr

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. Additions 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.

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This year's Summer Reading theme is All Together Now. Visit our website for details.

Monday Movies

Mondays at Noon

We'll show Monday Movies in our downstairs meeting room.

Balance Awareness with Yasmin Ofek

Friday, August 4 at 10am

a gentle but effective approach to moving confidently throughout the lifespan.

Registration is required for this virtual class.

Hypertension Clinic

Friday, August 4, 10am to Noon

in the Adult Room with a public health nurse from Union County. Walk-ins welcome.

Bring Your Own Book

Monday, August 7, 10am

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

Registration is required.

Guided Meditation,

Thursday, August 10, 7pm

with Barbara Brown in the downstairs meeting room. Please register in advance.

Let's Monet paint event

Monday, August 21, 6:30pm

Registration is required.

Senior Book Chat

Wednesday, August 23, 2pm

an informal book discussion at Jerseyland Park. Please register in advance.

Balance Awareness with Yasmin Ofek

Friday, August 25 at 10am

a gentle but effective approach to moving confidently throughout the lifespan.

Registration is required for this virtual class.

An Evening with Beatles Expert Tom Frangione

Monday, August 28, 7pm

Registration is recommended.

Drop In Crafting

Tuesday, August 29, 1-2:30pm

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Drop In Crafting

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FANWOOD-SCOTCH PLAINS ROTARY INDUCTS NEW OFFICERS

Submitted by Maria LaMorte-Wright

On Wednesday, June 7, 2023, Al Smith was inducted for his second term as President of the Fanwood-Scotch Plains Rotary Club (F-SP Rotary) for the 2023-2024 Rotary year. The other new officers include Susan Pastir (President-Elect), Curt Brand (Secretary) and Don Rosenberg (Treasurer). Officers and board members were sworn in by Past District Governor Ann Walko. Walko received a Paul Harris award for her dedicated service to the Rotary club, the local community and the Rotary district. She was also recently honored with the Good Scout Award from the Patriots Path Council Boy Scouts of America. District Governor Designate Jeannie Tsukomoto presented President Al Smith with a Paul Harris award for his contributions to the Rotary Foundation and Maria LaMorte-Wright was honored to receive the Fred Chemidlin Service Above Self Award.

Al Smith spoke about the Rotary club's accomplishments over the past year and plans for the new Rotary year. He will continue to focus on revitalizing the club, increasing diversity and spreading awareness about Rotary to the local community. Smith noted he is very excited to continue to lead the Rotary Club for another year, and has already introduced some changes to revitalize the club, including offering a new meeting structure. The first three meetings of the month will be held at 12:15 p.m. The first meeting is virtual and the following two are in-person at the Stage House in Scotch Plains. The fourth meeting of the month is held at 6:30 p.m. at Darby Road. Members are not required to attend meetings but are asked to volunteer and provide service to the community, per the Rotary motto "Service Above Self".

The F-SP Rotary Club contributes to the community by bringing service projects to life. They are currently focused on mental health, food insecurity, health and wellness. Annually, many volunteer hours are served by Rotary members, including support for food banks, distributing dictionaries to all third graders in the F-SP school

district, holiday toy collections, luminary sales, the restoration of the historic Frazee House, supporting at-risk girls in Uganda, and contributing to dialysis machines in India. The Rotary club also supports local youth through the annual distribution of over \$50,000 in scholarships. This year they celebrated their 85th Anniversary and received resolutions from the Borough of Fanwood and the Township of Scotch

Plains, for their service to the community.

The Rotary International Presidential theme for 2023-34 is "Create Hope in the World". The F-SP Rotary Club invites people to join them in making a difference in the community and in the world. For more information, visit the Fanwood-Scotch Plains Rotary Facebook page or the website at fsprotary.org. Or contact President Al Smith at president@fsprotary.org.



(above, l-r) Front row: District Governor Designate Jeannie Tsukomoto, PDG Ann Walko, President Al Smith, President-Elect Susan Pastir and Secretary Curt Brand.



(above) F-SP Rotary Foundation Scholarship recipients attended a dinner in their honor.

Courtesy photos

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ARC OF UNION COUNTY RAISES \$41,000

The Arc of Union County, a non-profit agency serving more than one-thousand adults with intellectual and developmental disabilities, raised over \$41,000 at its first annual Swing Into Summer Golf Invitational on June 21st at Galloping Hill Golf Course in Kenilworth.

Golfers from local and regional businesses, private individuals and other supporters enjoyed a full day of golf, breakfast, lunch and numerous prizes. Among them was a raffle for an all-expense paid luxury three-day, two-night stay at the exclusive Kiawah Island Golf Resort in South Carolina won by Ryan Frangopoulos of Macro Technology.

The event also served as a passing of the torch from The Arc of Union County's long-time Executive Director Frank Caragher, who retired at the end of June after 49 years of service to the IDD community, to his successor, Edwin Asuta, who took over in January.

For 74 years, The Arc of Union County has offered a lifespan of services including family support, early intervention, education, residential, day habilitation and employment services. All

proceeds will directly support these programs.

The Arc is grateful to Galloping Hill Golf Course and GAPGEM LLC Golf Event Management for their essential roles in making this event a success. We also thank our 23 sponsors without whose support this event wouldn't have been possible. They are:

Risk Strategies, Meeker Sharkey Hurley, Excel Air, Frieri Law Group, Macro Technology, NJM Insurance, The Branna Agency, Columbia Bank Foundation, Document Solutions, Springbrook Wealth Advisors powered by Ameriprise Financial, Withum, Coordinated Compliance Solutions, Caffrey Landscaping, Carracino's Auto & Truck Service, Fuscon, J & E Auto Body, Improcom, MargFinancial, The Robbins Agency, The Dudas Family, Kenilworth Carwash, TK Books, and PSE&G.

Learn more about The Arc of Union County, its programs and services, at arcunion.org or follow us on Facebook, Instagram, and LinkedIn. And for an early start on next year's golf event, contact Marianne Kranz at mkrantz@arcunion.org.

OSBORN CANNONBALL HOUSE MUSEUM OPEN AUGUST 6TH

Our ladies have donned their antique Edwardian cool summer attire to welcome visitors. Come visit our Colonial-era museum where you'll hear the story of the Osborn Family, who were instrumental to the early development of Scotch Plains. The Osborn Cannonball House will be open for visitors on Sunday, August 6th, from 2:00 – 4:00 p.m. The Museum is located at 1840 Front Street, Scotch Plains, NJ 07076. Admission to the museum is free but donations are always welcome. For more information email Info@HistoricalSocietySPFNJ.org or call 908-322-6700 Extension 230.



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2 Units	6.5" x 2" or 3.25" x 4"	\$100	\$250	\$400	\$500	\$600	\$700	\$800	\$900	\$1000
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
18 FULL PAGE	10" x 14"	\$400	\$1000	\$1400	\$1800	\$2200	\$2500	\$2800	\$3000	\$3400
2-PAGE SPREAD	21" x 14"	\$700								
BACK PAGE	10" x 14"	\$500								
FRONT PAGE BANNER	8.25" x 2"	\$320								
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Submitted by Peter DeSarno

Perhaps it is because I see today due to the generous life changing gifts of two donated corneas, I tend to become very reflective when I collect the donated glasses that are received in the Lions drop box.

When I sort the glasses and package them to be sent into the Lions Processing Center, I am reminded of the good in people who are eager to help. I look at all the glasses that were once worn on the faces of members of our community which form a beautiful mosaic representing so many different shapes, sizes, colors, glasses for the old and young....and think that this is beautiful on many levels. I then think about the people who will experience that magical moment I had when sight is restored.

The New Providence Lions Club Eyeglass collection site is in front of the New Providence Library which is located at 377 Elkwood Ave. Since January 2022 we have collected 2,165 pairs of glasses.



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