

Scotch Plains NJ

WHAT'S HAPPENING MONTHLY

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COMMUNITY CELEBRATES NATIONAL NIGHT OUT 2023

Scotch Plains Township

National Night Out, a national community-building campaign that promotes police-community partnerships, was held on Tuesday, August 1st on the Village Green. There was live music from a guitarist, free hot dogs, inflatable games, equipment demonstrations and the ever-popular Dunk-a-Cop tank. Police, fire and rescue squad personnel, along with elected officials, interacted with Scotch Plains residents of all ages during the three-hour event.

The event was sponsored by the Township of Scotch Plains, Scotch Plains Police Department, Scotch Plains Fire Department, and Scotch Plains Rescue Squad, along with corporate sponsors, Nelson Espeland Group - Allstate Insurance, K9 Resorts, Stage House Tavern in Scotch Plains, Lou's Automotive, Cinemark, and Sabrett.

National Night Out culminates annually on the first Tuesday in August. National Night Out enhances the relationship between neighbors and law enforcement while bringing back a true sense of community. Furthermore, it provides a great opportunity to bring police and neighbors together under positive circumstances. For more information visit natw.org.



Photos by Scotch Plains Township

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SP-F FUTURES TEAM WINS 7U CHAMPIONSHIP

In their 1st year of travel baseball, the Scotch Plains Fanwood 7u Futures played an incredible summer season with the New Providence Green League. They finished the season with 8 wins and 2 losses. They won playoff games against Watchung Hills Gray 7u and Branchburg Bulldogs 7u to advance to the championship game. In the Championship game, they outscored

Watchung Hills Blue 7u in a 13-12 victory on July 27th at Booth Field to claim the title of NPGL 7u Champions.

The whole team trained incredibly hard and worked together this season. Everyone contributed in a big way to winning the championship game and a successful season.

Courtesy photo



(above) Coaches: Matt Taylor, Joe Accardi, Joe Llano, JR Luccarelli, and Bryan Schneider. Players: JT Accardi- # 5, Henry Apfelbaum - # 21, Mason Cerchio- # 9, Jaiden Llano- # 99, Asher Luccarelli - # 25, Stephen McKee - # 13, Finn Pantano - # 7, Jayden Pence - # 15, Miles Rodriguez - # 11, Myles Schneider - # 3, Sterling Simo - # 1, and Luke Taylor - # 23.

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DIVINE NINE HELPS TO PRESERVE SHADY REST

Submitted by Liz Nolley Tillman

Through a coordinated effort driven by the National Pan-Hellenic Council of Central Jersey (NPHC of CJ), members of New Jersey's Divine Nine, joined forces to raise \$5,750 to support the Preserve Shady Rest Committee's efforts to preserve and restore the historic significance of the Shady Rest Golf and Country Club.

Located in Scotch Plains, New Jersey, Shady Rest Golf and Country Club opened in 1920 as



the first African American Golf and Country Club in the United States. The country club was home to John Matthew Shippen Jr., the first American Born African American Golf Professional and has hosted Jazz and Blues Legends like Ella Fitzgerald and Duke Ellington.

Through the NPHC of Central Jersey's Divine Nine for Shady Rest fundraiser, the nine historically Black fraternities and sororities comprising the NPHC, collectively known as the Divine Nine, formed teams to collect donations reflective of the founding years of each organization to support the preservation and restoration of the Shady Rest Clubhouse.

In one month, 179 Divine Nine members, chapters and supporters across NJ raised \$5,750 that was presented by NPHC of Central Jersey President Roger Wingate, member of the Mu Gamma Gamma Chapter of Omega Psi Phi Fraternity, Inc. and Divine Nine for Shady Rest Initiative Chairman Liz Nolley Tillman, NPHC of CJ Parliamentarian and President of the Phi Eta Omega Chapter of Alpha Kappa Alpha Sorority, Inc. to Tom Donatelli, Chair of the

Preserve Shady Rest Committee at the Scotch Plains Township and Social Justice Matters Juneteenth Celebration on June 17, 2023. The celebration and check presentation took place in front of the historic Shady Rest Golf Clubhouse in Scotch Plains, NJ.

The National Pan-Hellenic Council of Central Jersey (NPHC of CJ) is a non-profit, public service organization whose members are comprised of those holding membership in the nine Black Greek Letter Organizations known as the "Divine Nine". Its members include the following chapters serving Union, Middlesex and Somerset Counties in New Jersey:

- Alpha Phi Alpha Fraternity, Inc. - Zeta Nu Lambda and Theta Psi Lambda Chapters
- Alpha Kappa Alpha Sorority, Inc. - Nu Xi Omega, Phi Eta Omega and Theta Phi Omega Chapters
- Omega Psi Phi Fraternity, Inc. - Omicron Chi and Mu Gamma Gamma Chapters
- Kappa Alpha Psi Fraternity, Inc - Plainfield Alumni and New Brunswick Alumni Chapters
- Delta Sigma Theta Sorority, Inc. - Central Jersey Alumnae Chapter
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Fanwood-Scotch Plains Service League Thrift Shop

After a two-week end-of-summer closing, the non-profit Thrift Shop operated by the Fanwood-Scotch Plains Service League (FSPSL), located at 1741 East Second Street in Scotch Plains, will re-open for business on Tuesday, September 5.

The opening marks the start of FSPSL's much-anticipated annual designer handbag event. This is the best time of the year to find gently-used handbags from Michael Kors, Kate Spade, Coach, Cole Haan and other famous brands, along with wallets for men and women and a variety of evening bags for all types of special events.

Upon the shop's reopening customers will also find the store shelves stocked with fall

merchandise, including clothing and autumn-themed décor. In the Linen Department, a wide variety of vintage aprons will be available, from everyday practical to holiday fancy. Besides quilts, bedding, throw pillows, table cloths, napkins and curtains, beautiful winter fabrics like ultrasuede and woolens will be priced at approximately \$1 a yard. Material is precut and ready for sale.

Store hours are Tuesday through Friday from 10:00 a.m. to 2:30 p.m., and Saturday 10:00 a.m. to 1:00 p.m. Drop by the store early in the month for the best selection of handbags and to shop a wide selection of constantly replenished clothing, shoes, bric-a-brac, linens, household goods, toys, games, books, CDs and DVDs. Children are always welcome provided they are accompanied by an adult.

The all-volunteer Service League thanks all patrons and contributors of goods for their ongoing support of the Thrift Shop. All store proceeds outside of operating expenses are plowed back to the community. Due to our donors and customer sales, \$60,000 in grants to local organizations and student scholarships were made in 2023 and many goods found a second, useful life rather than landing in a landfill.

Help us keep up the good work! Call for more information about store donations and volunteer opportunities during Thrift Shop business hours: 908-322-5420.



(above) FSPSL's much-anticipated annual designer handbag event will begin Tuesday, September 5. Due to donors and customer sales, \$60,000 in grants to local organizations and student scholarships were made in 2023 and many goods found a second, useful life rather than landing in a landfill.

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COLLEGE CLUB SEEKS COMMUNITY SUPPORT

The College Club of Fanwood-Scotch Plains is beginning its 91st year of community service with two events that can benefit participants as well as help the College Club raise funds to continue its mission of empowering young women through education by awarding scholarships annually. This past year the club awarded \$25,500 to 12 local young women. To date, the College Club has awarded approximately \$780,000 in scholarships to 582 young women.

On September 23rd the College Club will hold a Giant Yard Sale from 9:00 a.m. - 3:00 p.m., at 29 Fieldcrest Drive in Scotch Plains. All are invited to enjoy outdoor shopping for an extensive variety of reasonably priced items. Furniture, dishes, glassware, clothing, jewelry, household items, toys and baby items are some of the items that will be available to purchase. The rain date is September 24th.

The College Club can help you declutter your closets by participating in the College Club's Used Clothing Drive which will be held on September 30th from 9:00 a.m. - 11:00 a.m. at 59 Russell Rd., Fanwood.

Items that can be donated include wearable clothing, belts, handbags, backpacks, and hats. Shoes can be donated but need to be in separate bags. Soft household items such as linens, blankets, pillows, towels, comforters, and curtains will be accepted as well as stuffed animals and small toys.

All items should be placed in tied plastic trash bags. Additional information can be obtained by calling Cathy at 908-322-1362.

The 60th edition of the College Club Community Date Calendar will be available to purchase at both events as well as raffle tickets. All proceeds from both activities as well as calendar sales and raffle tickets will go directly into the club's scholarship fund.

Anyone interested in learning more about the College Club will have an opportunity to talk with club members at both events.

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Carol Mullen, "Monarch," collage, 18x3x.5 in.
 Melissa Stern, "Deflated," 2020, sculpture, 43x18x17 in.
 Lisa Ficarelli-Halpern, "Joy, after Reynolds," 2023, oil on canvas, 62x38 in.

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FREE SERVICE FOR EREV ROSH HASHANAH

Congregation Beth Israel (CBI) in Scotch Plains will hold its annual family service on Erev Rosh Hashanah, Friday evening, September 15, from 5:30 to 6:30 p.m. This child-friendly service is free and open to the community. Tickets are not necessary for attendance, but registration is encouraged at cbinj.org/event/erevrh5784.

The one-hour service will usher in the Jewish New Year with songs, stories and prayers. Rabbi Howard Tilman and Cantor Jacob Greenberg will officiate. "This special service is designed to be accessible and interesting to people of all backgrounds and experience levels, from kids to adults, so that everyone has the opportunity to celebrate the holiday," said Rabbi Tilman. "It's a great way to start the New Year."

The community is also invited to attend CBI's outdoor Shofar-blowing gatherings, which will provide opportunities to hear the sounds of the Shofar, the ancient horn traditionally blown during the Jewish High Holy Days. In preparation for Rosh Hashanah, CBI members will blow the Shofar in front of the synagogue building at 6:00 p.m. on: Sunday, September 10; Wednesday, September 13; and Thursday, September 14. No registration is necessary.

Community members are also invited to participate in CBI's ceremony of Tashlich (translated as "casting off sins") on Sunday, September 17, at 5:00 p.m. in the synagogue's side parking lot.

For questions or to request accommodations, contact the synagogue office at (908) 889-1830 or office@cbisp.org.

BLOCK PARTY ON EAST SECOND ST. - SEPT. 9

Scotch Plains Township

As Scotch Plains continues to highlight its many great businesses in town, all residents are invited to the inaugural East Second Street block party, featuring a car show, set for Saturday, September 9, 2023.

This event (with a rain date of Sunday, September 10) will shine a spotlight on all of the great products and services, as well as tasty delights, that are offered along the business corridor. With many new residents moving to town in recent years, this event is the perfect way in which to showcase local businesses to a whole new market.

There is no cost for businesses to participate in the block party. Merchants will put out racks of merchandise for sale and service providers will offer free demonstrations. Restaurants and

other eateries will develop block party "specials" to further entice customers, as well as to offer free tastings.

Scotch Plains will be providing police and DPW services for the event. East Second Street will be closed between Park and Hunter avenues, as participants take to the streets to enjoy the car show and get to know local merchants.

"We are eager and excited to promote the East Second Street corridor during what we hope will become an annual fall event," said Mayor Josh Losardo. "Please join us in making this event an amazing success for now and for years to come."

Anyone with questions or comments is urged to contact Deputy Town Manager Margaret Heisey at mheisey@scotchplainsnj.com or 908-322-6700, ext. 314.

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THE 105TH SEASON AT CDC THEATRE SET TO OPEN WITH HEAD OVER HEELS

CDC Theatre in Cranford 105th season will open with the musical *Head Over Heels* which is set to run from October 13th through 28th.

Head Over Heels is the bold new musical comedy from the visionaries that rocked Broadway with *Avenue Q* and *Spring Awakening*. This laugh-out-loud love story is set to the music of the iconic 1980's all-female rock band The Go-Go's, including the hit songs, "We Got the Beat," "Our Lips Are Sealed," "Vacation," Belinda Carlisle's "Heaven is a Place on Earth" and "Mad About You."


Head Over Heels is an hilarious, exuberant celebration of love; the story of what happens when the royal court of Arcadia is threatened by the mystical Oracle of Delphi with the loss of its "Beat," the divine power that ensures the

kingdom's prosperity. King Basilius, whose own title is at stake, forces the members of the royal family and court on a journey to the woods in an attempt to escape the Oracle's seemingly unavoidable prophecies. Through a plot containing usurped kingship, unlikely lovers, and gender-fluid disguises, *Head Over Heels* preaches unconditional love and acceptance of yourself and everyone you know, and uses some of the greatest pop rock hits of the late 20th century.

The season will continue with a musical *The Wizard of Oz* in December, the farce *The Musical Comedy Murders of 1940* in March and *The Producers* in May.

For additional information and the best ticket prices, visit cdctheatre.org.

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Sep 8	NJ Symphony Chamber Players
Sep 12	Members' Book Group
Sep 13	Native Plant Walk
Sep 19	Twilight History and House Tour
Sep 21	Experience Tai Chi in the Garden
Sep 28	Lecture: Gardening Can Be Murder! with Marta McDowell
Oct 5	Birder's Walk
Oct 8	Lecture: Nature's Best Hope with Doug Tallamy
Oct 11	Creative Arts Day in the Garden
Oct 20	Composting 101
Oct 26	Experience QiGong in the Garden
Oct 27	Members' Beer Tasting and Evening Stroll
Nov 3	Harvesting Honey
Nov 4	Closing Day
Nov 5	Lecture: The Gates of Greenwood with Peter McCourt
Nov 5	Members' Closing Day

See the full program calendar at:
greenwoodgardens.org/programs



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 - 3/4 Arctic White.....\$135

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IS IT REALLY POSSIBLE FOR A KID TO LEARN HOW TO RUN FASTER?

Retired San Francisco 49ers QB Joe Montana, is arguably one of the greatest NFL players that has ever played football...when his son started playing football it would have made sense for him to help his son learn how to play Quarterback.

But that's not how it went. Joe Montana had to hire a quarterback coach to help his son be a better football player. Here's possibly the greatest NFL QB of all time, needing to hire someone else to help his son. It was not that Joe Montana was not equipped for the job...it was that his son needed a second voice to help him get to the next level.

Many parents who have much less knowledge, experience, and skills than Joe Montana are in the same boat in regards to helping their kids get stronger, faster, and more confident.

Most parents we've come across want their kids to eat healthier, be more active, and have a stronger mindset. But many have told us they need help.

Even with the constant reminders of telling their kids to eat more vegetables, get outside instead of watching TV, practice their sport more, get to bed earlier...they find that sometimes the message falls on deaf ears...and some backup would be helpful toward their vision of helping their kid be the best they can be.

Parents have told us that having us (the Grit Athlete Performance Coaches) as a second voice to help reinforce the habits they want for their kids...is changing the game.

Further...Our Grit Athlete Founder has over 20 years experience with training athletes himself...and certainly knows a LOT more about getting stronger and faster than the average parent...But has all 3 of his children (9, 8 and 6) enrolled in Grit year round...because he knows the power of that second voice.

And after they come through our program, parents tell how it's turbocharging their parenting. Here are some real-life examples that have been reported...

Before, parents struggled with getting kids to eat vegetables...now their kids are asking for more.

Before, parents struggled with getting their kids to get enough sleep...now their kids are getting to bed earlier on their own.

Before, parents struggled with getting their kids to watch less TV or play video games...now they are limiting these activities because they've learned they don't really help them become better athletes.

Before, parents struggled with helping their kids have more confidence...now their kids are doing things out of their comfort zone more often which is helping them believe in themselves which further improves self-esteem.

Before, parents had no clue how to help their kid get faster...now they are faster because they've learned that speed is a skill, and a few simple tweaks can make a kid faster immediately.

Before, parents could not get their kids to make their beds...now their kid makes their bed each morning on their own because they learned that making their bed

in the morning helps them have a better day.

Before, parents struggled with getting their kids to do even one good push-up...now they catch them in their room practicing on their own.

Before, parents wanted their kids to have more determination and grit when training new things...now they are staying calm under pressure and seeking out challenges instead of avoiding them.

Many times it's not about telling your kid to eat more vegetables or stop watching TV...but rather finding the right environment for them to be more successful.

Right in your backyard, there's a team of great coaches waiting to be second voices for your kids...so that all the things you're teaching as parents will be reinforced. But most importantly, the results you're after for your kids will actually become a reality. The Grit Athlete fall Sports Performance session runs September 5th until December 2nd in Berkeley Heights NJ, visit www.gritathletes.com to fill out an application for your child.

Grit Athlete Performance is a Sports Performance Training Company located in Berkeley Heights that helps kids ages 6-18 get strong, fast, and confident so they can have a bigger and better future. They have open registration for their fall program that starts on September 5th and runs til December 2nd.

Visit www.gritathletes.com to register for their fall session...or see below for more details...

**Do you want
GRIT ATHLETE PERFORMANCE
to help your child get faster, stronger,
and more confident?**

The Fall Program begins September 5th.

**Scan the QR code to see if
there is any availability left.**

The program ends December 2nd.



**Scan QR Code for cost,
timeslots, and dates.**

Attention Parents of Kids Ages 6-18

UPDATE: THE GRIT ATHLETE PERFORMANCE FALL PROGRAM HAS OPENED REGISTRATION!

Scan below to submit an application.

We'll have your kid stronger, faster,
and more confident...guaranteed.

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.

HAPPY PARENTS TALKING ABOUT THE PHYSICAL AND MENTAL TRANSFORMATION OF THEIR KIDS...

- "When my son started Grit he was quiet, shy, and had some difficulty with movements... Now he is confident in himself, has become more vocal, and is mastering the exercise he struggled with in the past."

- Jen O'Brien, Grit Athlete Parent

- "My son is more disciplined and confident in himself"

- Steve Hughes, Grit Athlete Parent

- "I have watched my children become more confident and vocal."

- Christine Stramandinoli, Grit Athlete Parent

- "His confidence has shot up in the last few months...and has carried forward to the way he approaches other activities like sports and schoolwork. My son is now making his bed daily and exercising every day."

- Catherine Solfaro, Grit Athlete Parent

- We saw a noticeable difference in his throwing - he could throw it further and faster! The training definitely paid off!"

- Dara, GRIT Athlete Parent

GET MORE INFORMATION (STARTED SEPTEMBER 5TH)

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



Warning: Our Fall season begins September 5th and we tend to sell out early. Please respond promptly so we can give you the best chance to grab a spot. Scan the QR Code and enter your information to find out more about the Fall Program.

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20% OFF Rug Cleaning Sale!
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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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RELIEF FROM CHRONIC KNEE PAIN

FDA Approved Treatment to Avoid Surgery

DON'T BLAME THE ARROW FOR MISSING THE TARGET

Just like tens of millions of other Americans, you were looking for relief from your chronic knee pain. You thought Viscosupplementation injections might be the answer, but the results were disappointing and painful. Don't assume the treatment wasn't right. That could very well be like blaming the arrow for its path to the target when the problem might be the archer. If you didn't get the pain relief you were hoping for, chances are your injection treatment was off target. Unlike blind injections or even ultrasound targeted treatments found elsewhere, **Northeast Spine & Wellness Center** uses diagnostic fluoroscopy to make sure the area that needs treated is the exact area where the injection goes. This is the most advanced method of delivering this pain relieving treatment with 95% accuracy to give you the results you're looking for. The use of Fluoroscopy guided injections sets **Northeast Spine & Wellness Center** apart. The end result is you living pain free from your chronic knee pain. You can avoid the lengthy and painful road of knee replacement surgery. You can avoid the endless trial and error assortment of potentially addictive prescription medications. This treatment, using fluoroscopy guided injections has seen a success rate of above 85% in those suffering from knee pain related to osteoarthritis, and that includes people with bone on bone involvement. You've suffered from chronic knee pain long enough. Call **Northeast Spine & Wellness Center** now for a RISK FREE consultation.



If Knee Surgery Sounds Scary, It Should

Have you have been told you are facing knee replacement surgery? Have you been told about all the downsides you could be facing? First and foremost, there are NO guarantees that knee replacement surgery will be the answer to your pain, but let's look further:

- Surgery is costly, regardless of the percentage of services covered by insurance.
- Surgery requires lost time from work and typically requires a regimen of rehabilitation and medications.
- With surgery, there is always a risk for unwelcomed complications. And you could be back to where you started, or worse.
- Medications will be required for relief from surgery and you have been down that road before. Addictions to these pain medications can cause potential side effects, something you do not want to experience.
- Rehabilitation can take years.

Consider This Alternative To Surgery

Northeast Spine & Wellness Center offers you a real opportunity and a painless way to say goodbye to your knee pain without any surgery. Here are just a few of the important benefits you should consider?

- Diagnostic fluoroscopy accurately targets the pain, unlike blind injections.
- Guided fluoroscopic injections are virtually pain free, unlike blind injections.
- No lost time from work or family.
- No expensive or time consuming rehabilitation.
- No potentially addictive prescription medications.
- Recovery time is almost instant, not months or years.

How Does This New Treatment Work?

Relief begins almost as fast as it takes to pronounce the treatment. It's called Viscosupplementation Therapy. To begin with, it starts with **Northeast Spine & Wellness Center** investing in the use of diagnostic fluoroscopy. This enables them to target the exact location of your knee pain with pinpoint accuracy. What follows is a simple injection that causes little to no pain, especially when compared to what you may be living with daily. That explains what you will see on the surface of this revolutionary treatment. What's taking place below the surface is how and where the natural healing process takes place. The injection of a Hyaluronic acid called Hyalgan. This gel-like substance was approved by the FDA in 1996. Hyalgan is a natural substance that mimics the synovial fluid that is already produced by your body in your joints. Osteoarthritis sufferers in particular see a reduction in this much needed synovial fluid in their knee joints. Without that cushioning layer of protection, the cartilage in your knee can begin to wear away leading to the rubbing of bone on bone. Through Viscosupplementation Therapy, this natural substance immediately goes to work reducing the swelling and inflammation in the joint and adding a coating layer of protection. Think about Dorothy taking the oil can to The Tin Man. You'll begin to feel that same kind of relief and quite possibly feel like you're ready for a dance down the yellow brick road to recovery yourself. And with a success rate of over 85% in alleviating pain associated with osteoarthritis, it's easy to see why this treatment is so readily covered by Medicare and by most major insurance providers. Diagnostic fluoroscopy to target the pain. Viscosupplementation Therapy to relieve the pain. Simple, fast and no surgery!

Do you Suffer from any of these Symptoms?

There are a number of reasons why you developed Osteoarthritis pain. It can develop with age or because of heredity. It could be from repetitive stress from a job or some glory days in athletics. Of course your concern is with the symptoms you face daily and how to make them end, hopefully without surgery or the use of potentially addictive medications. **Northeast Spine & Wellness Center** understands the symptoms you have been living with and can help. If you have any of the symptoms below, please call us today. Relief is a phone call away.

- **Pain** - Whether it's a sharp aching or maybe a burning sensation, the pain can range from irritating to debilitating.
- **Swelling** - This can cause tenderness and soreness to the entire knee area, making walking or going up and down stairs painful, getting in and out of bed or bathtubs difficult and dangerous just name a few activities affected by swelling.
- **Stiffness** - Getting up out of bed or after sitting for a period of time gets more and more difficult. This loss of mobility can be more than a hindrance. It can be dangerous if you need to move quickly.
- **Loss of muscle strength** - This can lead to balance issues and the strong possibility of falling.
- **Joint deformity** - Not just unsightly, but painful as well.
- **Creaking Joints** - Can be painful and a sign of more discomfort to come.
- **Sleepless nights** - Losing sleep over your suffering is not just irritating, but potentially dangerous because of so many other health concerns that can be affected by loss of sound sleep.

Let Me Show You Targeted Relief From Your Knee Pain

Every day, I see patients suffering from knee pain due to arthritis, osteoarthritis, sports injuries or other conditions. Many have been told that they are in need of knee replacement surgery. Other patients say they have been prescribed various prescription medications to deal with the pain.

Something else I see almost every day, are patients that have tried viscosupplementation knee injections elsewhere and found it to be a painful and ineffective experience because the injections were not administered using fluoroscopic guidance. Instead of using the incredibly accurate diagnostic fluoroscopy we use at **Northeast Spine & Wellness Center** these patients experienced a blind injection technique, which can be as inaccurate as playing pin the tail on the donkey.

Once I am able to explain to my patients about the pin point accuracy of using diagnostic fluoroscopy and the amazing results viscosupplementation can provide, they are thrilled to get started. They are even more thrilled when they feel the relief. Please contact **Northeast Spine & Wellness Center** today to schedule your RISK FREE consultation.
Call 732-827-0800

Scot Paris MD, FACS



Here's what our patients have to say

"I'm dancing without pain. I can move with no problem whatsoever. I can go up and down steps with no pain."
- Patricia G.

"Over 85% relief for the first time in 15 years, suffering with knee pain. My life is getting back to normal."
- Perry O.

"After only four visits, I have absolutely no pain! The staff is "top-notch."
- Question L.

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ANNUAL 9-11 REMEMBRANCE

Scotch Plains residents are invited to attend the annual 9-11 remembrance, to be held Monday, September 11 at 6 p.m. at the Alan Augustine Village Green, 430 Park Ave.

The Township will remember three residents who died in the terror attacks: James Walsh, Mark David Rothenberg and Matthew Horning.

The Alan Augustine Village Green is home to a 9/11 Memorial. It includes steel from the World Trade Center and was funded through generous donations from residents and businesses throughout the town and was organized by a 9/11 Memorial Committee.

It is important to note the role that Scotch Plains' emergency responders played on that day. Township firefighters were assigned to Ladder 78, which was the closest firehouse to the Staten Island Ferry coming from Lower Manhattan. This made it the first stop for NYC firefighters returning from Ground Zero for temporary rest. That experience bonded SPFD with Ladder 78. In fact, following the annual Tunnel to Towers Run, township firefighters participating in the run return to Ladder 78 for a special reunion.

The Scotch Plains Rescue Squad also assisted on 9/11 by treating the injured and washing dust and debris from people who were at Ground Zero that fateful morning.

Scotch Plains police officers responded, as well. Police Chief Jeff Briel, along with officers Officer Cheney, Sgt. Donnelly, Sgt. Cassidy and Sgt. Hayeck., assisted in the running of a PBA command post providing support to rescue personnel and the delivery of supplies to Ground Zero. Sgt. Brian Hayeck drove family members to and from Ground Zero and Pier 94 searching for survivors. Sgt. Hayeck provided this service for countless families for almost four weeks.

Mayor Josh Losardo said. "For those of us who lived through 9/11, the pain and confusion, the sorrow and heartache, these feelings come back to us when we think of where we were when we learned the horrific news that a plane had crashed into the World Trade Center. The pain was raw then. And is raw and hurts today still."

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COUNTY COLLEGE LONGTIME GOLF COACH INDUCTED INTO HALL OF FAME

Union College of Union County, New Jersey is proud to announce that longtime Golf Coach and Dean of STEM William Dunscombe was inducted into the National Junior Athletic Association (NJCAA) Golf Hall of Fame at this year's NJCAA Division III National Golf Championship held in June in Chautauqua, New York.

The induction took place at the National Golf Coaches Annual meeting, held in conjunction with the NJCAA Division Golf Championships. Dean Dunscombe started his golf career at Union in 1975, serving as Head Golf Coach until 2019. Over the course of his coaching career, Dean Dunscombe had 18 NJCAA National Tournament appearances (both individual and teams), more than 500 career wins, one Region XIX Championship, seven Garden State Athletic Conference Champions, and coached one All-American player. Four of his athletes went on to play professionally. Dean Dunscombe was inducted into Union's own Hall of Fame in 1981.

"The Union community is incredibly proud of Dean Dunscombe and thanks the NJCAA for their recognition of his vast contributions over the past 40 plus years," stated Union's President Dr. Margaret M. McMenamin. "It is the support of coaches, like Dean Dunscombe, that help our athletes to grow and develop their skills. Dean

Dunscombe has inspired many student-athletes during his time coaching, and he should be proud of the mark he has made on them. This is a tremendous recognition."



Courtesy photos

(above) William Dunscombe was inducted into the National Junior Athletic Association (NJCAA) Golf Hall of Fame.

TOWN WIDE GARAGE SALE SET FOR SEPT. 9

Looking to make a few dollars while clearing out your attic or garage? Or are you hoping to find some "new" treasures for a low price? Start sorting out your items to join in the Mountainside Town Wide Garage Sale, organized by the Mountainside Newcomers Club. We provide lawn signs, a participant map, and many sources of advertising to help make this event so popular. The sale will be held on Saturday, September 9, 9 a.m. - 2 p.m., rain or shine.

Please email mtsdnewcomers@gmail.com with any questions, and visit this link to register: forms.gle/LhhH2aiK7e27hKiFA

**MOUNTAINSIDE
TOWN WIDE GARAGE SALE**

**SATURDAY - SEPT. 9
9 A.M. - 2 P.M.**

MAP PICK UP AT THE LIBRARY - 8 AM SALE DAY

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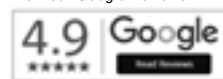
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The Summit Old Guard was founded in Summit in 1930 and meets every Tuesday at the New Providence Presbyterian Church located at 1307 Springfield Ave. Our motto is “Come for the Programs. Stay for the Friends.” September speakers include heavyweight boxer Gerry Cooney, Journalist and author Mark Di Ionno, John Staunton EMT and Trustee of the Summit First Aid Squad, and a timely presentation by two local experts on the history of the rapidly approaching World Series. Please join us. Our programs are free to the public, and we welcome you!

On Tuesday, September 5th, Mark Di Ionno Pulitzer Prize finalist writer of the Star-Ledger will speak about his several humanitarian relief trips to Ukraine, his travels there, and the people he met in Ukraine and in Poland. Di Ionno has also written on New Jersey’s Revolutionary War trails and history.

On September 12th, John Staunton will speak about his 38 years with the Summit Volunteer First Aid Squad, as an EMT and as trustee.

Staunton will also explain the role of EMS services, how 9-1-1 works, and the 61-year history of the Summit Squad.

September 19th, Gerry Cooney will step into the ring. A member of the New Jersey Hall of Fame, many will recall his match with Larry Holmes in 1982. A boxer from 1977 to 1990 Gerry’s record was 28 – 3, with 24 wins by a knockout. In 2019 he wrote “Gentleman Gerry: A Contender in the Ring, a Champion in Recovery.”

Finally, just in time for the first pitch of the World Series, John Cronin and John Nolan will speak September 26, 2023 on the “Fall Classic,” contested since 1903. Both of these local baseball fans and experts will share their incredible knowledge and expertise.

Past speakers and much much more can be viewed at <https://SummitOldGuard.org> but we encourage people to drop in on our meetings which take place at the church at 10:00 AM every Tuesday. “Come for the Speakers. Stay for the Friends.” We look forward to meeting you.



(above) Mark Di Ionno, (above) John Staunton, Gerry Cooney, John Cronin and John Nolan



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WOOFSTOCK SUMMER MUSIC FESTIVAL

Home for Good Dog Rescue

Join us for our epic Home for Good Dog Rescue summer music festival event – WOOFSTOCK! Mark your calendars for Saturday, September 9th, and Sunday, September 10th, 2023. You don't want to miss this annual bash at Brook Valley Farm, 336 Loantaka Way, Chatham, NJ.

This is Home for Good's largest adoption day of the year and is a blast for the whole family. This event is pet-friendly, so be sure to bring your beloved pup to join the fun! All Home for Good

Dog alum are invited to reunite with their siblings and former foster families.

Live music will be rockin' on both days from the popular band The Cliffs. Endless entertainment includes food trucks, craft vendors, beer and wine, prize raffles, children's activities, and of course Dog Adoptions!

Gates open 11 a.m. Activities commence at 12 noon and conclude at 5 p.m.

Pre-registered tickets are \$30 for adults & \$12 for children (12 and under). Pre-registration will close on Thursday, Sept. 7th at 6 p.m. Tickets at

door: \$35/adult.

To become a sponsor for Woofstock 2023, please email development@hfgdr.org, or go to this link: <https://bit.ly/38VjhQU>

To become a food or craft vendor at Woofstock 2023, please email volunteer@hfgdr.org

ABOUT HOME FOR GOOD DOG RESCUE

Home for Good Dog Rescue (HFGDR) is a 501(c)(3) non-profit organization headquartered in Berkeley Heights, NJ. We rescue dogs from high-kill shelters in the South, transport them to our rescue, and give them a second chance at life. As a uniquely 100-percent foster-based rescue, we place each dog into a loving foster home until adoption, and since our inception, we have rescued over 10,000 dogs and given them loving homes for good. For more information visit homeforgooddogs.org.

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OPEN HOUSE – SEPT 3

The Osborn Cannonball House Museum will be open for visitors on Sunday, September 3rd, 2023 from 2:00 – 4:00 p.m. 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. See our exhibits of colonial era living and a 19th century parlor.

The Museum is located at 1840 Front Street, Scotch Plains, NJ. 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.



ITALIAN FESTIVAL SEPT. 1ST – 4TH

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.

This year's festival schedule and featured musical acts are as follows:

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 the 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 greatest 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.

ITALIAN HERITAGE ESSAY CONTEST

SPF UNICO

The Scotch Plains Fanwood chapter of UNICO is excited to announce an upcoming contest opportunity for local students in grades 5-8. The Columbus Day Italian Heritage Essay Contest is a chance for young participants to connect with their roots and explore their family history.

Open to Scotch Plains and Fanwood students of Italian descent, this contest is divided into two age groups: Grades 5 & 6 and Grades 7 & 8. Participants should focus the essays on their ancestors' immigration journey from Italy to America, their family history, and what their Italian heritage means to them.

The essay submissions should be between 1 to 3 pages, double-spaced, and emailed to spfunico@gmail.com by October 6. Entries will be evaluated based on their content, creativity, and connection to the theme. One winner will be chosen from each age group and awarded a \$100 prize.

The essay winners will be announced on October 14 at 10 a.m. during the annual Columbus Day Italian Heritage Event located at the Scotch Plains Town Hall Village Green, or inside Town Hall in case of inclement weather. Refreshments will be served following the ceremony. Contest participants need not be present at the Heritage Event but are encouraged to attend.

The Columbus Day Italian Heritage Essay Contest provides an excellent outlet for Scotch Plains and Fanwood students to explore their heritage, express their gratitude for their Italian roots, and take part in a community event that recognizes their cultural identity.

UNICO is the largest Italian-American service organization in the USA, and the SPF chapter is celebrating its 50th year. To learn more about becoming a UNICO member or obtain additional information on UNICO events, please visit their official website at unicospf.org or email them at spfunico@gmail.com.

5K PIZZA RUN & FAMILY FUN RUN - OCT 15

Registration is now open for the Fanwood 5K Pizza Run & 1-Mile Family Fun Run, which will be held on Sunday, October 15th, 2023. The Fun Run will begin at 11 a.m. and the 5K will begin at 11:30 a.m. After crossing the finish line, all registered runners can enjoy free pizza, courtesy of Fanwood's own Fabio's Bistro Italian Restaurant and Nick's Pizza & Deli, and other refreshments. And this year the event features a new USATF Certified route that begins and ends in front of Fanwood Borough Hall at 75 North Martine Avenue.

For more information about the run and to register, please go to fanwoodrecreation.org. Runners who register by October 2nd are guaranteed a race t-shirt. Online registration closes October 13th, 2023, at 11:59 p.m. In-

person registration will be available on the day of the race.

This event is sponsored by the Fanwood Recreation Commission, a group of dedicated volunteers who strive to improve and expand recreational opportunities within the Fanwood community. All race proceeds go to benefit Fanwood Recreation events, parks and facilities.



FRI - SAT, SEPT. 29-30 2023

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2023 SCHOLARSHIP RECIPIENTS ANNOUNCED

College Club of Fanwood-Scotch Plains

Celebrating its 90th. Anniversary, the College Club of Fanwood Scotch Plains continues its tradition since its inception in 1933: to support the pursuit of a college education for young women in the Scotch Plains and Fanwood communities by providing scholarships. To date the College Club has awarded approximately \$780,000 in scholarships to 582 young women

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.

This is the 87th year that female students, seeking financial assistance to pursue a four-year college degree, have been helped by the club’s fundraising efforts. Two of the club’s largest efforts are the annual spring luncheon and clothing drive in the fall.

The High School awards were also presented at the SPFHS annual awards assembly.

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.



(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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Some of the most interesting and meaningful discussions occur when we talk about subjects that really matter to us. What is important to you? What fills you with joy? What do you seek in life? What do you believe? Alpha was created as an opportunity to examine important topics that ask us to reevaluate what we believe and why.

The four in-person meetings begin with a meal, followed by a short video on various Christian topics, small group discussions and conclude with some summary comments. The other meetings are conducted on Zoom. There are twelve meetings in total. While it seems as though only people with faith are the target audience, all are welcome whether a believer, an atheist, or an agnostic. Come and bring a friend.

Listening is critical to this format. It is as important to understand other points of view as much as to be understood. Dialogue is expected to be respectful not confrontational. No one is forced to talk if they simply choose to listen.

The comments of those who have done the Alpha Program offer the best reasons to "Try Alpha":

"I needed a spiritual tune up and I got it." "It was a safe place to discuss deep topics of faith." "I found a new energy and peace about my faith." "It gave me a sense of hope." "I found my faith again."

The next Alpha Program will begin on Monday, September 18, 2023 with a dinner at 7 p.m. in the Nazareth Center at Immaculate Heart of Mary (IHM) Church, 1571 S. Martine Avenue, Scotch Plains. Since most meetings will be on Zoom it will require access to a device for the Zoom meetings. Links and directions for Zoom will be provided to those who register. Participation is capped at 30 people. Sign up by visiting the IHM website: ihmparish.net. If you have any questions about Alpha, email: office@ihmparish.net or call: 908-889-2100.



(above) Immaculate Heart of Mary Church in Scotch Plains to host a free spirituality seminar. Registration is required, please visit ihmparish.net/alpha. If you have any questions about Alpha, email: office@ihmparish.net or call: 908-889-2100.

Following a summer hiatus, members of Elizabeth Snyder-Continental Chapter of the Daughters of the American Revolution (DAR) resume monthly meetings on Sept. 12 with a busy fall agenda.

Upcoming events include the State Meeting, collecting pet food as a DAR Day of Service project, honoring veterans at an assisted living facility, collecting holiday gifts for hospitalized veterans and participating in Wreaths Across America.

Chapter members will report on summer activities, including greeting new citizens, DAR Continental Congress in Washington, D.C., and a workshop to preserve historic cemeteries. Members are also working on a state project to create an index of N.J. Revolutionary War veterans by county.

Do you have an ancestor who served in the American Revolution, or donated goods, services or paid a supply tax? We can help you with your research and DAR application.

DAR is a service organization open to women 18 and older who can prove descent from a

patriot of the American Revolution. Elizabeth Snyder-Continental Chapter is based in Green Brook and serves areas in Somerset, Middlesex and Union counties. Contact ESCchapterDAR@gmail.com or learn more at DAR.org.



(above) DAR members attended a summer workshop on how to preserve historic cemeteries at the Presbyterian Church in Morristown, N.J.

Courtesy photo

COMMUNITY CALENDAR AVAILABLE FOR PURCHASE

The 60th edition of the Fanwood-Scotch Plains Community Date Calendar for September 2023 through September 2024 will be hot off the press and available for purchase as of September 1st. Sales of the Community Date Calendar are a major source of scholarship funds for the F-SP College Club. This year the College Club awarded \$25,500 to 12 local young women and the current scholarship recipients are featured on the cover of the calendar.

This community service project, produced by 17 members of the College Club includes information for more than 70 clubs and organizations in Fanwood and Scotch Plains in addition to a wealth of information about school, church and municipal government activities. The calendar also includes a 2025 calendar preview.

Due to the generosity and support of local

advertisers listed in the calendar, the \$10 donation for each calendar sold will go directly into the College Club's scholarship fund.

The College Club Community Date Calendars are available for purchase at Norman's Hallmark, Scotchwood Florist, Mountain Deli, Shear Magic, Apple Blossom Flower Shop and the Scotch Plains Library, as well as from College Club members.

The College Club is hopeful that community members who have supported the sales of the community date calendars in the past will continue to do so and will contribute to the success of this major fundraiser.

Anyone interested in taking one of the few open advertising spaces in the 2024-25 College Club Community Date Calendar, please call 908-917-5979.

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BIG WEEKEND COMING UP - SEP 29, 30, OCT 1

Scotch Plains Weekend begins Friday, September 29th, with Family Movie Night and Pumpkin Painting. Saturday, September 30, Rose

Checchio Walk. Sunday, October 1 – Scotch Plains Day. More information and details will be posted at scotchplainsnj.gov.

Walk to Support Breast Cancer Research Through Play for P.I.N.K.

Registration Fees:
 Before Sept 30: \$25
 Day-Of Event: \$30
 Kids 12 & Under: \$10

Margaret Heisey, Co-Chair
 908-322-6700, Ext. 314
mheisey@scotchplainsnj.com

Beth-Ellen Hornstein, Co-Chair
Citaraevents@gmail.com




THE ROSE CHECCHIO WALK TO WIPE OUT BREAST CANCER

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Saturday, September 30
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MENTAL ILLNESS IN THE FAMILY - HOW TO COPE

The NAMI Family-to-Family Education Course will be offered by the Union County Chapter of NAMI (National Alliance on Mental Illness). The course will be starting on Thursday evening, September 14, 2023, and meet each Thursday from 7 - to 9:30 p.m. over a consecutive 9-week period. It is free-of-charge, with all necessary materials furnished at no cost.

The course is offered specifically to the parents, siblings, spouses, teen-age and adult children, and significant others of individuals with severe and persistent mental illness. The program is not appropriate for individuals who, themselves, suffer from one of the major mental disorders. The course is taught by NAMI

members who have completed intensive training.

Curriculum topics include schizophrenia, bipolar disorder (manic depression), clinical depression, panic disorder, obsessive-compulsive disorder etc., the clinical treatment of these illnesses and how caregivers can learn to cope more effectively. Attendees will learn about new research, medications, skills needed to successfully communicate with a relative and how to deal with critical periods.

Capacity is limited. To register or if you have questions contact Pat Roman at 732-397-8123 or email patroman2@aol.com. Please include in the subject line: F2F Course. A F2F teacher will contact you with the details.

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Marketing Toolbox

Renna Media offers a full range of marketing services, in print and online, hyper-local to regional, for every budget and market size.

NEWSPAPER ADVERTS

We mail 160,000 newspapers to every home and business in 24 towns. You can advertise in any number of towns. Ads start at \$60.

FULL COLOR PRINTING

We print flyers and menus, full color, two sided, on coated stock for only \$45 per thousand.

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Insert your flyer into the newspapers and get it mailed to every home and business for \$60 per thousand and as low as \$30 per thousand for higher quantities.

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Online ads and press releases designed and placed to drive traffic to your website and get your phone ringing.

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Florham Park Press NJ Qty: 5,500 Zip: 07932	Garwood Times NJ Qty: 2,500 Zip: 07027	Green Brook NJ Gazette 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
MADISON MONTHLY NJ Qty: 6,300 Zip: 07940	MOUNTAIN SIDE VIEW NJ Qty: 2,900 Zip: 07092	New Providence NEWS NJ Qty: 5,100 Zip: 07974	OUR TOWN Rahway, NJ Qty: 13,000 Zip: 07065	ROSELLE PARK MONTHLY Qty: 5,600 Zip: 07204	Scotch Plains NJ WHAT'S HAPPENING MONTHLY Qty: 9,400 Zip: 07076
Short Hills MILLBURN MONTHLY NJ Qty: 8,200 Zips: 07041, 07078	Summit Times NJ Qty: 9,600 Zip: 07901	Spirit of UNION NJ Qty: 6,800 Zip: 07083 (partial)	WARREN MONTHLY NJ Qty: 6,200 Zip: 07059	Watchung Post NJ Qty: 2,700 Zip: 07069	Westfield MONTHLY NJ Qty: 11,800 Zip: 07090

NEWSPAPER AD RATES

Units	Size	1 TOWN	3 TOWNS	6 TOWNS	9 TOWNS	12 TOWNS	15 TOWNS	18 TOWNS	21 TOWNS	24 TOWNS
1 Unit (Business card)	3.25" x 2"	\$60	\$150	\$250	\$350	\$400	\$450	\$500	\$550	\$600
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								
FRONT PAGE BOX	1.5" x 4.5"	\$240								

Rates are per month. Artwork included in price. Newspapers are black on white.

Back cover, front page banner and front box reserved on first-come, first-served basis. Current advertiser has right of first refusal.

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Make Checks payable to Renna Media, 202 Walnut Avenue, Cranford, NJ 07016



FREECYCLE MARKET

SATURDAY, SEPTEMBER 9, 2023

RAIN DATE: SEPTEMBER 10

Let's find new uses for old items rather than discarding them in the trash and having them end up in the landfill. The best part is all items will be FREE!

BROOKSIDE PARK | 1255 HETFIELD AVE | SCOTCH PLAINS

HOW TO DONATE (Appointment Only):
 Scotch Plains residents are invited to sign up on Community Pass to secure a drop off time for donation items. Space is limited! <https://register.capturepoint.com/scotchplains>
 Drop off times are 8:30 am - 9:00 am, 9:00 am - 9:30 am, 9:30 am - 10:00 am

ACCEPTED ITEMS:
 All items must be pre-sorted into acceptable categories, boxes, and in working order before dropping off. Accepted items include: Books, Children's Toys (no bicycles), Puzzles & Games, Holiday Decorations, Small Appliances, Kitchen Items (no glassware), Sports Equipment

SHOPPING:
 Shopping is scheduled to take place from 10:30 am - 12:30 pm and is open to residents in Scotch Plains and beyond!

For more information or to volunteer to help at this event, contact the Department of Parks & Recreation: 908-322-6700 x 223 or bdavis@scotchplainsnj.com



FALL RECREATION PROGRAMS

Fanwood Recreation

Registration is now open for a variety of Fall programs for kids, including Hip Hop Dance, SAT Boot Camp, Young Rembrandt's Elementary Drawing, Fashion Design: The Wrap Hoodie, Junior Tennis Lessons, Musical Theater Class, Soccer, Multi Sports, Basketball, Track & Field and more!

For adults, Fanwood Recreation offers Pickleball Lessons and Bridge.

For Seniors, Fanwood Recreation offers Zumba Gold, Gentle Yoga and Aerobics.

For more information about all these programs and to register, please go to fanwoodrecreation.org.

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Joe Renna at 908-447-1295
 email: JoeRenna@RennaMedia.com

\$10 PER POST
 Block of 20 for \$200
 Single post is \$20




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We need 30 Ugly Homes with Ugly Kitchens, Bathrooms, Siding, Window, etc., Inside or Outside that need fixing or Remodeling. We will Repair and Remodel them and shoot video for training film and future TV show on Home Remodeling Work.

Must Sign Release, for purpose of filming job! This must be a complete remodeling job, not just patch up work. This remodeling is to be specially priced, with compensation going back to the homeowner for a signed release.

Serious Inquiries Please!

CALL 833-375-1472
 Ask for TV Project Department, for job evaluation and estimate of cost and compensations!

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MENUS \$85 PER 1,000

FLYERS - \$45 PER THOUSAND
 8.5" x 11" / Full color / 2 sided / 60lb gloss coated stock
 Tri-fold add \$10 per thousand. Minimum order \$450

LARGE MENUS - PRINTING - \$85 PER THOUSAND
 For quantities more than 50,000 cost is \$55 per thousand.
 11"x17" / Full color / 2 sided / 60lb gloss coated stock. Min. order \$850
 Includes folding (quarter fold or tri-fold, with or without coupons tab)

INSERTED AND MAILED TO EVERY HOME AND BUSINESS \$60 per thousand. (as low as \$30 per thousand depending on quantity.)
 Minimum order \$400



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