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## COLLEGE CLUB 2024 SCHOLARSHIP RECIPIENTS

Celebrating its 91st 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 \$810,000 in scholarships to approximately 595 young women.

Recently, the College Club of Fanwood - Scotch Plains awarded a total of \$31,000 in scholarships to 13 students, 5 of whom are high school seniors who graduated in June and 8 of whom are currently attending college.

The 2024 College recipients are: Minahal Azhar, daughter of Azhar Abbas and Tahiti Parveen, a rising sophomore at Rutgers University; Riley Dwyer, daughter of Michael and Diane Dwyer, who will be a junior at TCNJ in the fall; Jessica Gallagher, daughter of Cheryl and Brendon Gallagher a rising sophomore at TCNJ; Katelyn Gaulin, daughter of Eric and Karyn Gaulin, who will be a junior at TCNJ in the fall; Alexis Gutierrez daughter of German Gutierrez and Marguerite Sahaj, a rising senior at Stony Brook University; Bridget Hernandez, daughter of Hans and Jennie Hernandez who will be a sophomore at the University of Arizona in the fall; Chloe Howell, daughter of Philip and Holly Howell, a rising junior at The University of San Diego; and Natasha Vega, daughter

of Jose Vega and Jacqueline Soto who will be a sophomore at Case Western Reserve in the fall.

The 2024 High School recipients are: Elizabeth Diamond, daughter of Richard and Katarzyna Diamond who will be attending Suny University of New York at New Paltz in the fall; Lily Gaulin, daughter of Eric and Karyn Gaulin a rising freshman at The University of Florida; Katelyn Lester, daughter of Lawrence and Margaret Lester, the recipient of the Marie Leppert Community Service Award, who will be attending the University of Texas in the fall; and Sairah Llano, daughter of Joe and Sapna Llano, the recipient of the Elaine Carmen Education Award, a rising freshman at TCNJ.

The Academic Award of Excellence was presented to Diti Nainwal, Salutatorian of the SPFHS graduating class, daughter of Ritu and Mayank Nainwal, who will be attending the University of Urbana at Champaign 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](http://fspcollegeclub.org).

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(above, l-r) The 2024-2025 scholarship recipients are Alexis Gutierrez, Elizabeth Diamond, Lily Gaulin, Katelyn Gaulin, Bridget Hernandez, Diti Nainwal, Minahal Azhar, Dairah Llano, Natasha Vega, Katelyn Lester, and Jessica Gallagher.

Not pictured: Chloe Howell and Riley Dwyer

Courtesy photo

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## LIBRARY WELCOMES NEW HEAD OF YOUTH SERVICES

### Fanwood Memorial Library

The Fanwood Memorial Library is excited to announce that we have welcomed Amy Donnadio as our new Head of Youth Services.

Amy is passionate about early literacy and library programming, and believes that, “books have the ability to connect and foster understanding within our community.”

We are so happy to add Amy to the Fanwood team this summer, and especially moving forward as we begin to transition into the new library space. Dan Weiss, Fanwood Library Director said that he is, “confident that Amy’s background and experience will help our community’s children and families excel, providing many opportunities for enrichment and growth.”

Amy comes to us from a long career at the Scotch Plains Library where she most recently served as a Youth Services Librarian. She holds a BA in English from Kean University and earned her Masters in Library Science from San Jose State University in 2021.

Please stop by the Historic North-Side Train Station over the summer to say hello to Amy and welcome her to Fanwood.



(above) Amy Donnadio, Fanwood Library Head of Youth Services.

Courtesy photo



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# TALE OF TWO PATIENTS: THE IMPORTANCE OF COORDINATED HEALTHCARE

Submitted by Patricia Buckridee

Recently, our team responded to a call at a residence for a patient who had fallen and lost consciousness. Upon arrival, we assessed the situation, and soon after, paramedics took over, conducting more detailed tests. They discovered that the patient's blood glucose level was dangerously low, a condition also noted in a similar incident earlier that week. Out of curiosity, I examined the patient's medications

and found multiple pill bottles, each prescribed by different doctors and filled at various pharmacies.

A few days later, another call led us to a different residence where a patient had fallen, sustaining significant facial injuries. Here too, the patient's daughter handed me several pill bottles from different doctors and pharmacies.

You may wonder how such situations arise. Unfortunately, they are becoming increasingly common due to the convenience of urgent care centers. Many people opt for these facilities instead of establishing a relationship with a primary care doctor who could oversee and coordinate all aspects of their medical care.

A primary care physician typically conducts a thorough initial physical exam to establish a baseline of your health. Any prescribed medications are recorded and managed centrally under the doctor's supervision. They often recommend that all prescriptions be filled at the same pharmacy to ensure that any potential drug interactions are noted and addressed by the pharmacist in consultation with the doctor. This system ensures a seamless flow of communication and a team approach to patient care, thus minimizing errors and enhancing safety.

In the cases of my patients, neither had a primary care doctor. When health issues arose, they visited local urgent care centers, received

prescriptions from various doctors, and filled these at different pharmacies, sometimes never visiting the same one twice. For instance, the first patient was unknowingly prescribed the same class of diabetes medication only with different names by different doctors due to a language barrier, leading to an overdose that caused her blood sugar to plummet and resulted in repeated falls.

The second patient, treated for hypertension, experienced a similar issue. Unaware of the medications he was already taking, he was overprescribed calcium channel blockers and angiotensin receptor blockers by an urgent care doctor, which significantly lowered his blood pressure, causing dizziness, lightheadedness, and a severe fall.

The best way to prevent such medication errors is to have all medical care coordinated by a single primary care physician and to consistently use one pharmacy for all prescriptions. This approach ensures robust checks and balances, where your doctor has oversight over all medications, and any duplications or interactions are likely to be flagged by your pharmacist. With a healthcare team that knows you well, you are far more protected from the dangerous errors like those described here.

Contributing Author: Patricia Buckridee, a member of the Fanwood Rescue Squad and the Scotch Plains Rescue Squad.

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# ITALIAN EXCHANGE STUDENTS VISIT TOWN HALL

## Scotch Plains Township

Exchange students from Reggio Emilia, Italy visited the municipal building in June and met with town leaders, as part of an ongoing program between Scotch Plains-Fanwood High School

and its Italian counterparts. The program is organized through Carmela Lambert, a world languages teacher at the high school.

Nineteen SP-F students visited Italy in March, hosted by Italian families, attended school, and

also visited neighboring cities. Closing the cycle, the Italian students were in downtown Scotch Plains on June 4, taking a short bus trip around and had lunch at Massa Pizza, as part of their big trip to New Jersey.

Courtesy photo



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# DOUGLAS CLAUSEN REMEMBERED

## Borough of Fanwood

Former Borough Councilman Douglas Clausen passed away in July at the age of 93.

Mr. Clausen was a 50-year resident of Fanwood and spent between 25 and 30 years volunteering for the town. He was one of the original coaches of the Fanwood Youth Organization almost 50 years ago. He also served in United States Air Force.

He served as a member of the recreation commission, the planning board and was a councilman from 1983-1985. He was council president, fire commissioner and police commissioner and ran for mayor.

Mr. Clausen is originally from Rockville Centre, NY, where he graduated from South Side High School. He went on to receive a bachelor's degree in business administration from Lehigh University, where he studied accounting, finance and statistics.

He was an officer in the controller's department for the Continental Insurance Company.

Mr. Clausen's son, David, volunteered for 40

years with the Fanwood Fire Department. David's son, Dante, is also a volunteer Fanwood firefighter.

Douglas Clausen is survived by his wife of 70 years, Jane; his children, Betsy, Beverly, and David; five grandchildren and three great-grandchildren.



(above) Doug and Jane Clausen

Courtesy photos



(above) Doug Clausen served in United States Air Force

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## OVER \$50,000 IN SCHOLARSHIPS AWARDED

### Fanwood-Scotch Plains Rotary

The Fanwood-Scotch Plains Rotary Club honored nine Scotch Plains Fanwood High School students for their academic achievements during their June meeting. Over \$50,000 in scholarships were awarded by the Club this year.

Accompanied by a parent, five of the nine recipients attended. They discussed their college plans, future ambitions and their high school experiences. They all were very enthusiastic and complementary concerning their high school days.

Rotarian and Superintendent of Schools Joan Mast lauded the students for their academic achievements. Outgoing FSP Rotary Club President Al Smith recommended that the students check out college Rotary Rotaract Clubs.

The Scholarships, Recipients and schools they

will attend are:

Garbe Memorial Scholarships, a 4 year \$2,500 per year scholarship totaling \$10,000 - three were awarded:

- Maisie Shimko attending Cornell University,
- Rachel Lacerda attending Montclair University
- Matan Goldstein attending Rutgers University
- Mullin Memorial Scholarship, a 4 year \$2,000 per year scholarship totaling \$8,000
- Taylor Clement attending the University of Rhode Island
- Ethel Perkins Memorial Scholarship, a 4 year \$2,000 per year scholarship totaling \$8,000
- Catie Shwirut attending the University of Delaware
- Robert H. Kraus Memorial Scholarship - a one-time \$3000 award

- David Cooper attending Rutger University
- Dr. Richard Dobyns Scholarship - a one-time \$1000 award
- Ryan Enayati attending the University of Connecticut
- David E. Ringle Memorial Scholarship to SPFHS – Valedictorian - a one-time \$750 award Daniel Wong attending Northeastern University
- David E. Ringle Memorial Scholarship to SPFHS - Salutatorian – a one-time \$500 award Diti Nainwal attending the University of Illinois

To find out more about FSP Rotary Club Scholarships, please go to [fsprotary.org/programs](http://fsprotary.org/programs). If you are interested in finding out more about the FSP Rotary Club, please email [president@fsprotary.org](mailto:president@fsprotary.org)



(above) Rotary Scholarship recipients Maisie Shimko, Rachel Lacerda, Taylor Clement, Catie Shwirut, and Matan Goldstien are shown with Rotarians Steve Goldberg, Susan Pastir, Curt Brand, Joan Mast, and Al Smith

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# 2ND ANNUAL MOVERS, SHAKERS, CHANGE MAKERS EVENT

## SP-F Public Schools

Student Movement Against Cancer (SMAC), Inc., established in 2001 by students of Scotch Plains-Fanwood High School, raised nearly \$6,000 for the nonprofit organization Inspiring Life Together (ILT) during its second annual “Movers, Shakers, Change Makers” held in the spring.

With movement at its core, “Movers, Shakers, Change Makers” invited current students from across the SMAC network to be swept up by fun, physical activities that kept them moving throughout the afternoon and evening. Building off the success of last year’s inaugural event at Union Catholic High School, SMAC was able to double its impact in 2024 by hosting two simultaneous events at two different schools. The 2024 event at Union Catholic High School featured facilitated fitness experiences, friendly games and tournaments, and a chance for student

leaders to meet and mingle. Students from three area high schools made the trip to Scotch Plains for the day’s festivities.

Professional fitness instructors from across Union County volunteered their time and talent to offer custom sessions for attendees. Members of SMAC’s Board of Directors and representatives from Inspiring Life Together were also in attendance to support the cause and its student organizers.

New to the event this year, “Movers, Shakers, Change Makers” placed special emphasis on cancer education and awareness. A representative from ScreenNJ – an initiative backed by the Rutgers Cancer Institute of New Jersey and the New Jersey Department of Health – was on hand to share resources and materials related to cancer screening and prevention. Event goers were also encouraged to take home cancer education information supplied by MD Anderson Cancer

Center and Inspiring Life Together.

SMAC student leaders selected Inspiring Life Together as the event’s beneficiary due to its local impact. ILT is a New Jersey-based nonprofit dedicated to supporting mothers experiencing a breast cancer diagnosis. The funds raised by “Movers, Shakers, Change Makers” will support ILT’s Sustainable Lifestyles Program, an initiative offering ILT mothers post-treatment experiences designed to promote a healthy lifestyle. Services include gym membership, personal training, health coaching, therapeutic spa treatment, attendance at ILT social events, youth activities, and personalized services that align with ILT’s mission.

SMAC, Inspiring Life Together, and “Movers, Shakers, Change Makers” garnered the attention of local businesses who showed an outpouring of support. “Once again, our neighbors and local businesses rallied behind our SMAC students,” shared Danielle Delavaux, SMAC Executive Director. “We are so grateful for the generosity of our sponsors and in-kind donors, and it was only with their help that our students were able to reach their fundraising goal.”

For more information about the event and ways to get involved in SMAC, please visit [supportsmac.org/events](https://supportsmac.org/events) or contact SMAC Executive Director Danielle Delavaux at [danielle@supportsmac.org](mailto:danielle@supportsmac.org).

### ABOUT STUDENT MOVEMENT AGAINST CANCER

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, New York, Pennsylvania, and Louisiana 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.



(above) Event organizers

Courtesy photo

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**SCHEDULE \***

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Tuesday, August 13	8:00 PM	Trolls Band Together (2023)

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# FANWOOD FANJAM ROCKS LAGRANDE PARK

## Borough of Fanwood

Temperatures in the 90s did not deter music enthusiasts and families from turning out for Fanwood FanJam, on Sunday, July 14, at LaGrande Park. The event featured live bands, food trucks, a Kids' Zone and a Beer Garden.

Throughout the day the stage, located under shade trees just off the main ballfield at LaGrande, featured five bands.

FanJam also included over 20 food vendors,

vendors selling goods and services and crafts, a Kids Zone area with rides and attractions, and classic cars which lined Helen Street, 2nd Street, and LaGrande Avenue.

Master of ceremonies was local comedian and impresario Marklyn "MisterDirect" Johnson.

Thanks to the Greater Westfield Area Chamber of Commerce and Fanwood resident Aimee Nuzzo for continually putting on this event.



(above) The Funktion Band was one of several performers.

Photos by Paul J. Peyton



(above) The Greater Westfield Area Chamber of Commerce was represented by Executive Director Lew Kimble, Assistant Director Faith Delaney, and Chamber President Jim Mooney.



(above) The Fanwood Rescue Squad



(above) Classic cars lined up along 2nd Street, Helen Street and LaGrande Avenue.



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