

Scotch Plains NJ

WHAT'S HAPPENING MONTHLY

Published by Renna Media

Issue 12 • September 2016

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SUSAN BOYKIN SWORN IN AS FOSTER CHILD ADVOCATE

Union County Superior Court Judge Daniel R. Lindemann recently administered oaths to 16 Union County residents - among them Susan Boykin of Scotch Plains - to serve as extra eyes and ears for Family Court judges on cases involving abused, neglected or abandoned children currently in foster care. This marks the 30th training class since Court Appointed Special Advocates of Union County began in 2005. A 17th volunteer was sworn in at a later date.

The new CASA volunteers completed 30 hours of training over six weeks. After performing the oath, Judge Lindemann stepped off the bench and thanked each advocate for committing to serve children in need of a voice. A member of the nonprofit's board participated, and each new advocate was provided a commemorative pin and certificate. During a celebratory luncheon that followed, advocates were matched to their new case. Before starting that work, though, they observed court proceedings to see other CASA volunteers in action. Already, most are in the trenches, working their cases and making inroads for their assigned youth.

Volunteers with varied backgrounds and experiences make successful advocates, and this class is no exception: Ages

range from 33 to 80 and include parents, empty-nesters and non-parents; careers include health professionals, school personnel, attorneys and stay-at-home parents. Several experienced abuse in their own childhoods, and one was a CASA years ago who returned to help another child now that her schedule allowed. Most have no prior knowledge of the foster system.

CASA volunteers have court-ordered access to all parties in a child's life, including foster parents, doctors, caseworkers, therapists and teachers, and incorporate into court reports findings from these contacts as well as time spent with the youth. Volunteers advocate both in the community and court to ensure their youth's needs are met and time in care is as short as possible. There are 600 Union County children in foster care; CASA of Union County advocates for approximately one-quarter of those and its mission is to provide an advocate for every child that needs one.

The next training class kicks off Sept. 27 in Westfield. For details on that training class, or other ways to help stand up for foster children, contact Lisa at (908) 527-7048 or lporis@casaofunioncounty.org.

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(above) Shown with CASA of Union County's Interim Director Lori Morris, far left, is the newest graduating class of volunteer advocates, Team 30. From left are Vanessa Chivers, Summit; Susan Boykin, Scotch Plains; Cynthia Galligan, Summit; Linda Fuller, Berkeley Heights; Delores Perkins, Roselle; Caroline Parker, Elizabeth; Erica Sack, Summit; Sharyn Perlstein, Springfield; Kristin Sanborn, Summit; Anne Koons, Westfield; Nicole DellaVecchia, Cranford; Tracy Forsyth, Summit; Janice Fusaro, Westfield; Lorraine Loza, Kenilworth; and Bev Luehs and Ellen Moore, Summit. Not shown: Tawana Love of Linden, sworn in at a later date.

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PROMOTE YOUR COMMUNITY EVENT

Community service organizations, schools and sports teams are encouraged to submit news of upcoming events or highlights and photos from recent events.

Organizations who are interested in submitting content, please email
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COLLEGE CLUB OF FANWOOD-SCOTCH PLAINS ANNUAL CALENDARS AVAILABLE

The College Club of Fanwood–Scotch Plains has annually produced a calendar that provides dates of the school holidays, testing periods, closings, concerts and activities (such as PTA meetings, music boosters, sporting events, Rep Theatre, etc.) for all the Scotch Plains Fanwood public schools (elementary, middle and high school) and parochial schools (Union Catholic and St. Bart's). The calendar also provides listings of the local Houses of Worship, contact information for all clubs and organizations, and advertisements from our local businesses in the community. It is a great way to stay in touch and not miss the exciting opportunities throughout the year. The College Club welcomes all to attend the free monthly speaker presentations held at the Chelsea in Fanwood; the speaker topic and dates are posted in the calendar.

The mission of the College Club is to support the education of the young women in our community and 100% of the profits from these calendars go directly into the scholarship fund to be dispersed yearly. This past May, the College

Club of Fanwood–Scotch Plains awarded a total of \$27,750 in scholarships to 10 local students, 6 of whom were high school seniors who graduated this past June and 4 of whom are currently attending college. Please help support our mission and this worthy cause.

The calendars can be purchased for \$10 at the Scotch Plains and Fanwood libraries and the following local businesses: Norman's Hallmark, Scotch Hills Pharmacy, DiFrancesco Realty, and Apple Blossom Flower Shop.



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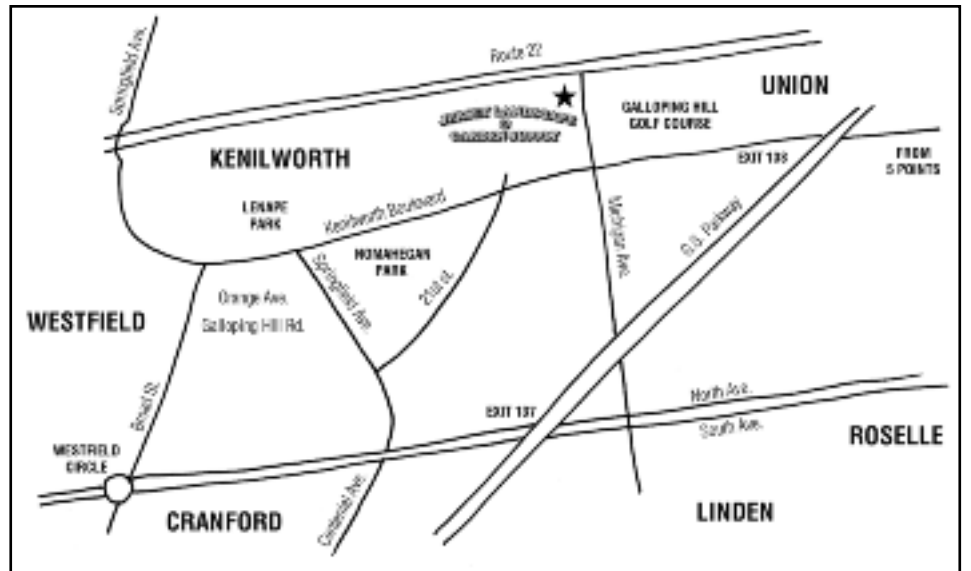
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RESCUE SQUAD TIP OF THE MONTH: TEENAGERS AND PRESCRIPTION DRUGS

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

Parents are usually diligent about talking to their kids about drugs and alcohol. However, when they think of drugs, most tend to focus on marijuana, heroin, cocaine and other well-known street drugs. Often overlooked are the drugs sitting in their own medicine cabinets.

Prescription drug abuse among teens is a national health crisis. A survey launched by The Partnership at Drugfree.org, in conjunction with the MetLife Foundation, "showed that 24 percent of high school students -- more than 5 million kids -- have abused these medications." Many have done so before their 14th birthdays. It also showed that 56 percent of these drugs were found right at home. Friends are also a common source of different types of drugs. Kids who are on Ritalin and Adderall will sometimes share these drugs with school mates who do not suffer from ADHD.

There also seems to be a misconception among not only teens but their parents as well that prescription drugs are somewhat safer than street drugs. After all, they were dispensed by a doctor.

However, any drugs taken that are not used to treat a particular symptom or prescribed for a particular individual whose weight and tolerance are taken into account can lead to dangerous consequences.

Therefore, it is important to keep track of all medications and keep them in a safe place. Some pain killers, like Oxycontin, contain opioids, which can mimic the effects of heroin. Taking these can cause low blood pressure and a slow breathing rate, and in some cases, can actually suppress breathing. Anti-anxiety medications and sedatives such as Xanax and Valium can also cause these symptoms along with memory problems. Overdoses often lead to coma and death. Stimulants, such as Ritalin and Adderall, can cause heart problems, dangerously high body temperatures, high blood pressure, as well as seizures and hallucinations if not taken as directed.

If you notice any of these symptoms in your teenage son or daughter (or any person), call 911 to obtain medical help immediately. There are

medications such as Narcan that can reverse the effects of narcotics, and possibly save his or her life. This is why it is crucial to get help as soon as possible.

The Scotch Plains Rescue Squad is a volunteer organization of Neighbors Helping Neighbors. With over 90 volunteers, we answer calls not only in Scotch Plains but in surrounding towns as well when needed. Besides answering calls, you will see our ambulances at many special events held in town, such as Scotch Plains Day, the Memorial Day Parade, high school football games, and the summer concerts on the Village Green.

We are also available to provide demonstrations for Boys and Girls Scout troops, clubs, and any other group that may be interested in what we do. In addition, we lend out wheelchairs, crutches, canes and other assorted medical equipment free of charge. Please reach out to us if there is something we can do for you. scotchplainsrescuesquad@gmail.com or call (908) 322-2103 for non-emergencies.



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SCOTCH PLAINS-FANWOOD REGIONAL PUBLIC SCHOOLS BACK TO SCHOOL

Scotch Plains-Fanwood Public Schools welcomed back approximately 5,500 students to a full day of school on Tuesday, September 6th. We were particularly excited that our first class of full-day kindergarten students will be joining us. Finishing touches are being made to the additions at Evergreen and McGinn Schools. These additions were financed through our operating budget, which is within the state mandated cap requirements, and our communities will not bear additional costs associated with referendums.

Over 345 kindergarteners will be welcomed into 18 classes across the district. The program is staffed by a combination of returning kindergarten teachers, teachers who asked to transfer to kindergarten, and teachers who are new to our district. They have collaborated throughout the summer to plan for this exciting program focused on student centered learning and guided by the New Jersey Department of Education's Kindergarten Implementation Guidelines.

Our Preschool Program continues to provide services for early childhood learning in a cost effective manner. Tuition is being maintained at the rate of \$3,100 and tuition does not apply to classified and at-risk students. Enrollment is continuous and new students are welcome!

We are celebrating staff who are taking on new roles in our district. Lisa Rebimbas, formerly Park Middle School principal, is now our new Director of Special Services. Dr. Jocelyn Dumaresq, formerly our District English Language Arts Supervisor, is Park

Middle School's new principal, and Elizabeth McKenna, formerly English teacher at Scotch Plains-Fanwood High School is our new District English Language Arts Supervisor.

During the summer months, many of our teachers participated in professional development to enhance the upcoming school year organized by Dr. Joan Mast, Assistant Superintendent, and our district supervisors. The SPF Summer PD Academy was well subscribed this year, and teachers from all grade levels engaged in a variety of workshops ranging from Art History for Global Perspectives to Formative Assessment and Co-Teaching Strategies. Google Classroom featured students working with teachers in a collaborative learning environment.

Summer curriculum work enriches our programs. This summer the focus was on integrating elementary language arts and social studies, Media Center experiences for kindergarten and first grade, connecting math and literature in primary grades, expanding the middle school Connected Math Program to sixth grade, revising the Full Option Science Program (FOSS) units in kindergarten through grade five, and aligning middle school science with the Next Generation Science Standards (NGSS).

Scotch Plains-Fanwood High School will be offering a new Advanced Placement course in Environmental Science. Students will make good use of our new greenhouse, donated by Thomas Hargreaves, as they design experiments in plant science. Updated learning resources support our programs and eleventh and twelfth

grade students in You and the Law as well as Advanced Placement European History will be using new texts and online resources.

Our new teachers participated in an intensive three-day orientation program and on September 1 and 2, professional development and staff meetings prepared everyone for the new school year. Again this year, a highlight of our opening of school program was our "Teachers Teaching Teachers" workshop that focused on deepening understanding of student engagement.

Under the guidance of Deborah Saridaki, School Business Administrator, and Anthony Miranda, Buildings and Grounds Director, our skilled buildings and grounds crews and custodians accomplished many summer projects including upgrades on interior doors as well as classroom re-configurations needed for new programs. In addition, roof improvements have been made at Park Middle School and Coles, McGinn and School One. New HVAC units have been installed for Park's second floor and Brunner's second floor. McGinn has a new boiler. Coles and Evergreen have new windows and paving projects were completed at Coles, Evergreen and McGinn.

Back-to-School evening presentations are planned for Elementary Schools on September 22, Middle Schools on September 15, and SPFHS on September 29. For a complete calendar of school events for the 2016-2017 school year, as well as a calendar of athletic competitions, please visit our website at www.spfk12.org.



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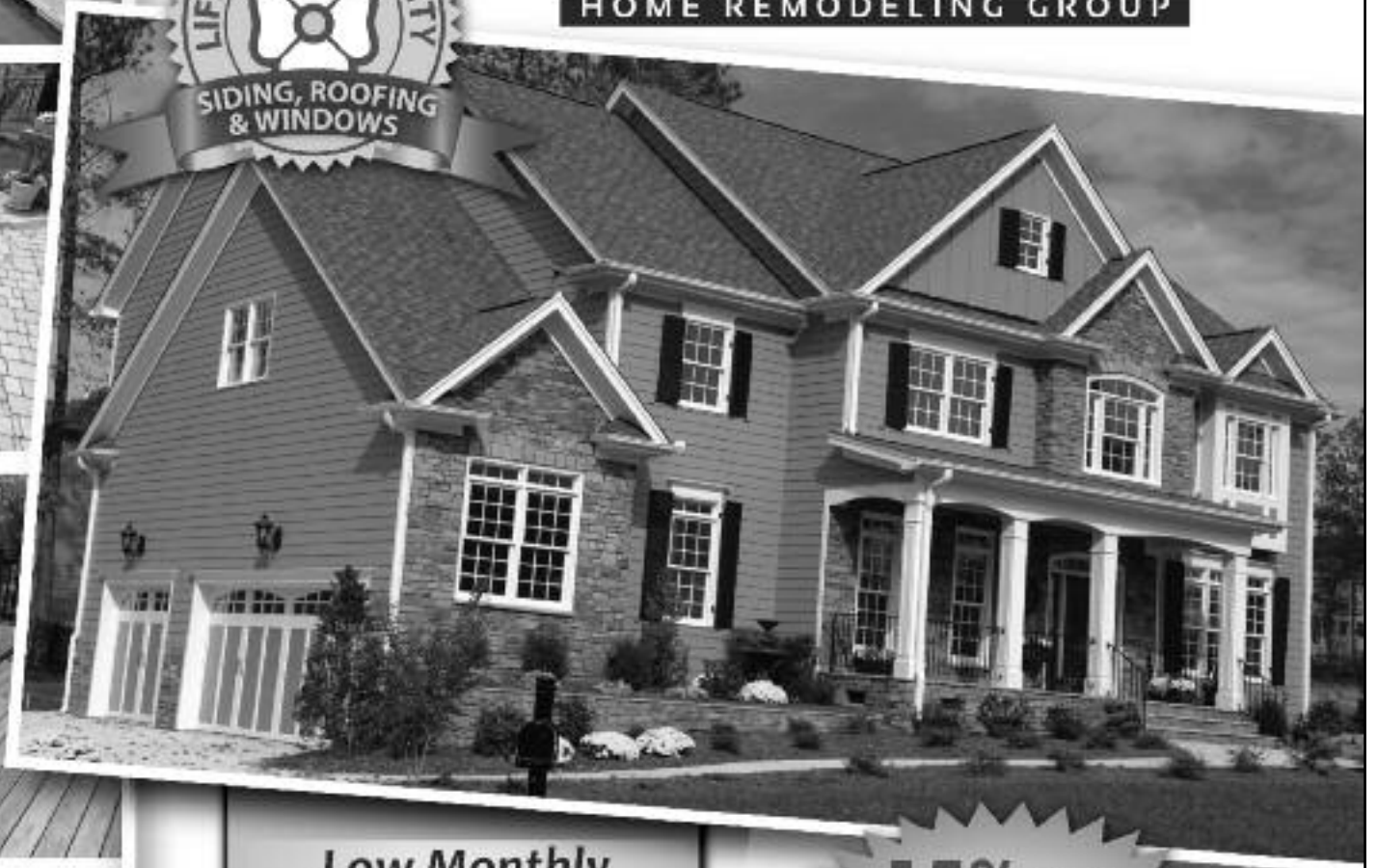


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HARVEST HOMECOMING CELEBRATION AT COMMUNITY GARDEN

The Rotary Frazee House and the Scotch Plains Fanwood Community Garden will host a Harvest Homecoming fund raiser at the Frazee House, the site of the SPF Community Garden, 1451 Raritan Road in Scotch Plains, on Saturday October 1st, from 11:00 am to 3:00 PM.

The event will celebrate the success of the new Community Garden, and a return to the land, all of the good things that come from it. It is a salute to the pre- Revolutionary days, when

the land was a flourishing farm and community gathering place, owned by Elizabeth and Gershom Frazee. The proceeds will support the non-profit organizations: the continued growth of the SPF Community Garden as well as the continued restoration of the Frazee House.

Activities will include Live Music, Pony Rides, a Petting Zoo, Food Trucks, Face Painting, children's crafts, Square Dancing, and Art from local artists will be available for display and sale, ...and much, much more! A representative from

the SPF Community Garden will be present to answer questions about the garden and there will be a farm to table demonstration.

We invite the entire community to attend and bring the entire family. Enjoy the entertainment, food, and learn about the Frazee property and the Community Garden.

Admission is free and all are welcome! For more information about the Fanwood-Scotch Plains Rotary Club, the Frazee House and the SPF Community Garden, go to fsprotary.org.

SERVICE LEAGUE THRIFT SHOP PREPARES FOR HALLOWEEN

The Fanwood-Scotch Plains Service League Thrift Shop located at 1741 East Second St., Scotch Plains, will be ready October 1 for Halloween. The shop will have everything ready for Trick or Treaters and partygoers.

All Halloween decorations will be available for your haunted house. Of course there will be a large selection of costumes to choose from. Many current characters as well as the classics.

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WHEN IT COMES TO PREVENTING SUICIDE, YOU MATTER!

September is Suicide Prevention Month. It's a time when organizations, communities and individuals throughout the nation will bring attention to how each of us can be a part of the solution to end suicide. Can you imagine feeling so hopeless that you'd consider taking your own life? For some what feels unthinkable is optional, and the experience often goes unnoticed and unaddressed. The unfortunate reality is that suicide is the 10th leading cause of death in America; occurs every 12.3 minutes; and, takes the life of approximately 117 individuals on any given day. Those who complete suicide most often suffered in silence and were desperate to end their emotional pain. Experts believe that people don't really want to die, but in a moment choose a permanent solution to solve a temporary problem that felt overwhelming. However, suicide can be prevented and help is available. Therefore, our challenge as a society, neighborhood, family member, friend or concerned individual is to be educated about suicide prevention, and prepared to take action in the event that we find ourselves in the difficult position to assist someone in distress.

It's important to know that we should always take a person serious whenever they suggest they no longer want to live. Also, we must understand that age, ethnicity, gender or economic status does not protect a person from experiencing suicidal thoughts or behaviors. It is always right to tell somebody who can partner with you to keep the person safe whether that be a parent, spouse/partner, adult sibling, teacher, doctor or police officer to name a few. Finally, in a crisis immediately call 911 or the National Suicide Hotline at 1-800-273-TALK (8255).

There are many opportunities to learn more and equip ourselves with helpful information. A few resources to assist us in our efforts to obtain important knowledge includes: 1) New Jersey Hopeline at 1-855-654-6735 or www.njhopeline.com - includes a live chat option; and, 2) National Suicide Prevention Lifeline (www.suicidepreventionlifeline.org). The list is not exhaustive nor intended to exclude a host of organizations that are invaluable in the effort to prevent suicide. It's simply a beginning step that each of us can take. Suicide prevention is everyone's business. So, speak up, speak out,

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GWACC FOUNDATION 2016 SCHOLARSHIPS

RAISING RESILIENT GIRLS

On Tuesday, September 27th at 7:30 pm at Edison Intermediate School, the Junior League of Elizabeth Plainfield will host a program on "Raising Resilient Girls," presented by Simone Marean, Executive Director and Co-Founder of the internationally recognized Girls Leadership. Her presentation, which is open to the public, will cover the development of girl dynamics from preschool through high school years.

This presentation for parents and teachers will focus on how to help girls practice assertive, self-expression, emotional intelligence, and healthy relationships, preparing them for a life of personal and societal leadership.

Attendees will have the opportunity to learn how and why girls of all ages are aggressive with one another, the importance of emotional intelligence for healthy conflict, the role of mistakes and the limitations of blame, the concept of contribution, as well as establishing a road for healthy conflict. The one-hour program will be followed by a 30 minute Q&A session.

To RSVP for the event, which is being sponsored by the Junior League of Elizabeth Plainfield, please visit www.girlsleadership.org or email Patty@GirlsLeadership.org.

The Greater Westfield Area Chamber of Commerce Foundation (GWACC) awarded five local high school seniors \$750 scholarships each toward their college education. As the GWACC Foundation was formed in 2015, this is the first year that the Foundation is providing scholarships. Each winner is a Business major with a solid academic and community service record. The GWACC represents the towns of Fanwood, Garwood, Mountainside, Scotch Plains, and Westfield and the winners were selected from students attending these local high

schools. The 2016 recipients were: Matthew Guastamacchia, Union Catholic HS; Hopper Murray, Westfield HS; Nicholas Stone, Scotch Plains-Fanwood HS; Jordan Tyler, Governor Livingston HS for Mountainside and Mark Woitkowski, Arthur Johnson HS for Garwood.

The GWACC Foundation, a newly formed 501 (c)(3) organization, was founded to raise money for local scholarships and nonprofit organizations. To find out more about the Foundation, contact Gene Jannotti, Executive Director, at 908-233-3021.

FANWOOD PRESBYTERIAN CHURCH

HOMEcomings SUNDAY

On September 11th, Fanwood Presbyterian Church will hold a "Homecomings Sunday" with a return to two services of worship.

The traditional service will be at 9:30 a.m. with beautiful music by the Sanctuary Choir, directed by Marcello Velame.

From 10:30 to 11:15 a.m., refreshments and fellowship will take place in Westminster Hall along with registration for Sunday school and Music Programs, also information about all committees and groups at Fanwood Church.

The contemporary service will be held for the first time in their new dining room/ chapel location at 11:15 a.m. with the praise band playing. 'We are very excited to be in a more intimate and casual setting and hope you will join us if you like contemporary Christian music' said Rev. David Jahnke.

A welcome is extended to all who are interested to come to these and all programs of the church.

For further information and directions please call the church office at 908-889-8891 or e-mail admin@fanwoodpc.org.

THRIFT SHOP IS FRESHLY STOCKED

The Thrift Shop at the Fanwood Presbyterian Church will be freshly stocked with clothing and house hold items, some brand-new, when it opens from 10:00am on September 8th .

The Thrift Shop, run by volunteers, is located at the rear of the church complex on McDermott Place will be open each Wednesday from 10am to 4pm.

All proceeds from the sale of the gently used clothing and household items are returned to community through non-profit groups.

If your clothing is no longer becoming to you they should be coming to us. Donations will be welcome on Wednesdays from 10am until 1pm. Please no electronics or toys.



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SEEKING YOUTH TO VOLUNTEER AS YOUTH FACILITATORS FOR IMAGINE, A CENTER FOR COPING WITH LOSS

Imagine, A Center for Coping with Loss, a free grief support center for children and adults coping with loss due to death, is recruiting youth volunteers for its Fall 2016 class of Volunteer Youth Facilitators and for the Imagine Youth Advisory Council (iYAC.) Youth Facilitators provide support to children ages 3 to 12 who have experienced the death of a parent, sibling, or caregiver while iYAC provides advice, outreach and event support.

Caroline Sullivan, 17, of Cranford, has served as a youth facilitator in one of Imagine's children's groups for a year after attending a one

day, seven hour training. Propelled by her experience as a bereaved child who received support, Caroline is now dedicated to helping other children while they grieve.

The experience thus far has been life-changing. Caroline stated, "Volunteering for this program has given me the opportunity to provide for others the same support and acceptance that was once provided for me. Imagine breaks down the walls that separate us in the rest of our lives and provides a unique space for coping with loss any way that's necessary."

Volunteers come from all walks of life and

need no special background other than a willingness to listen, a heart inclined to serve, and the ability to be with children and adults in pain without trying to fix, solve or give advice. No prior experience is necessary. Volunteers must be at least 14 years old. Volunteers serve as companions and loving listeners for those who are grieving.

Imagine is a free year-round peer grief support center located in Westfield, New Jersey and serving all of Union County and beyond. Imagine serves children age 3-18 who have had a parent or sibling die, with concurrent support groups for their parents or guardians. Support for children and teens living with a parent or sibling with a life-altering physical illness is also available through Imagine's Coping with Illness program. Free year-round support groups are also available for adults 18 and up who have had a friend, sibling, parent or other important person in their life die, or who have a parent, sibling or friend living with an illness.

If you are interested in learning more about the upcoming training scheduled for September 10, 11:30 a.m. – 6:30 p.m., or about Imagine, please contact Connie Palmer, LCSW, Imagine's Clinical Training Director at connie@imaginejnj.org or 908-264-3100. For information about iYAC contact Program Director Mandi Zucker at mandi@imaginejnj.org or 908-264-3100 or visit www.imaginejnj.org.



(above) You too can be a Teen Facilitator! Pictured are our Fall 2015 Teen Training Class members: Conor Larkin-Westfield; Noelle Blackford-Westfield; Sarah Ward-Westfield; Aleacia Jensen-Scotch Plains; Julia Sikora-Scotch Plains; Caroline Sullivan-Cranford, Olivia Turner-Westfield; Julia Salvato-Westfield; Katie Sullivan-Westfield; Imagine Program Assistant Corey Wisler of Scotch Plains; Patrick Sullivan-Cranford; Kimmi Zimmerman-Westfield.

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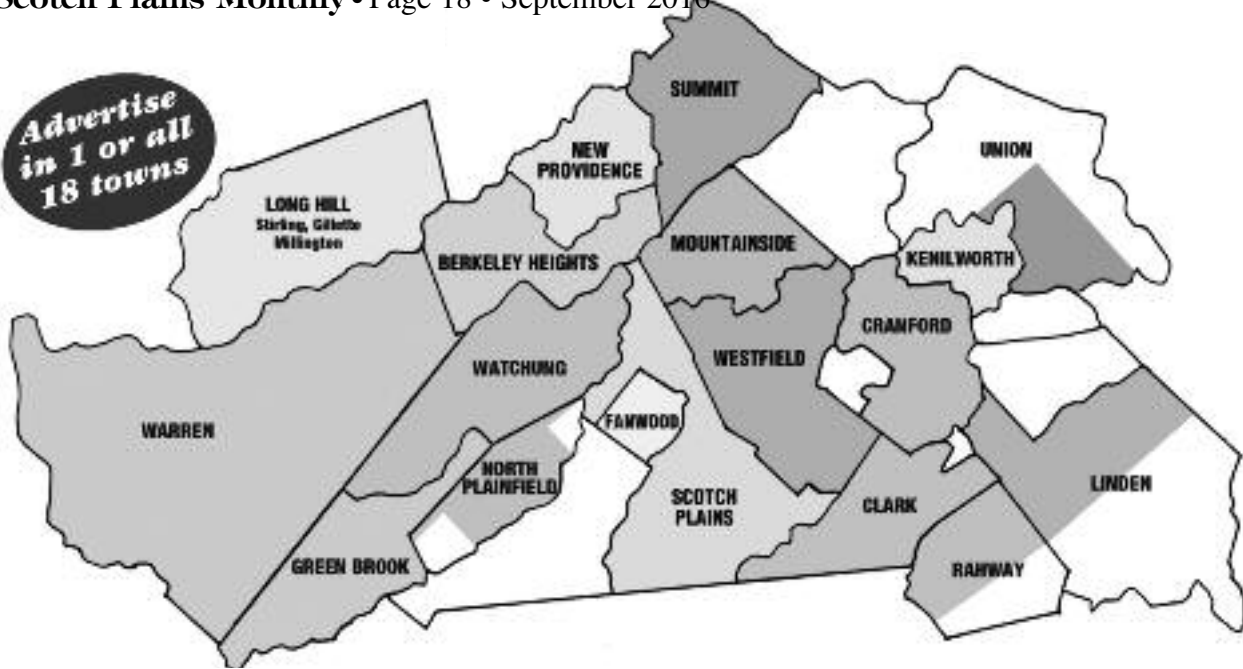
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The event will feature a spectacular live two-hour Broadway-caliber show by the renowned Beatles tribute band "Beatles Faux Sale," which has won acclaim for capturing the voices, style, appearance, instruments and stage setup of the famed Fab Four so authentically and remarkably well as to create the sensation of participating in an actual 1960s Beatles concert. The band will present Beatles trivia and prizes during intermission, and a 50/50 raffle and gift auction

will also take place during the event.

Admission to the dinner and show is \$55. Advance reservations (by September 9) are requested. The event seating plan accommodates eight to ten people per table. Early reservations are encouraged to ensure availability and avoid disappointment. For reservations/tickets, please call 908-709-0434, 908-709-0391 or visit Especially Yours Florist (13 North 20th Street, Kenilworth), where tickets for the event also are being sold.

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