

Scotch Plains Scout Proposes Replacement of Town Flags

SCOTCH PLAINS — In 2003, Scotch Plains residents purchased 162 American flags to grace the downtown business and municipal complex district. After three years of service, the condition of the flags has deteriorated.

Dan Michalak, a sophomore at the Scotch Plains-Fanwood High School and a Life Ranked Boy Scout in Troop 104, proposes a campaign to replace the flags as part of his Eagle Scout Leadership Service Project.

"Lisa Mohn, President of the Scotch Plains Business and Professional Association, suggested the idea. After I saw the condition of the flags, I felt it was my civic and patriotic duty to do something about it," explains Mr. Michalak.

"I met with our Township Manager, Mr. Tom Atkins and roughed out my ideas for replacing the flags. I plan to collect the old flags, have my troop fold them, and retire them with honor. I also want to raise awareness in the community for Scotch Plains' replacement flag fundraising program. Mr. Atkins was very supportive and encouraged me to develop the plan along with several members of the township staff. We agreed to try to complete the replacement in time for the Scotch Plains annual Memorial Day Parade in 2007.

"I want to make sure that the faded and worn flags in place are properly retired with the honor and respect they deserve. Special collection containers will be placed at town hall, the public library and the post office in Scotch Plains for anyone who wants to retire an old flag. My project includes having my Scout Troop work with the local American Legion Post to hold a ceremony for the retirement of the old flags by Flag Day (June 14, 2007)."

Dan believes that the project may also benefit local businesses and houses of worship. Park Avenue receives lots of traffic on any given workday. He said, "If commuters notice the new flags, it might make the Scotch Plains downtown area attractive enough for them to stop and patronize our local businesses, historical areas and houses of worship."

The Flag Replacement Program is expected to cost about \$2,500. Dan is seeking help from Scotch Plains residents, local businesses, civic and social organizations and religious organizations as well.

Monetary contributions to Scotch Plains' Replacement Flag Program are welcome. Please send donations to the Township of Scotch Plains, 430 Park Avenue, Scotch Plains, New Jersey, 07076. Make checks care of Ms. Lori Majeski, Township CFO and be sure to write "Flag Replacement Program" in the memo part of the check. Anyone interested in contributing or volunteering to support the program can contact Dan Michalak by mail at 2236 Rhoda Place, Scotch Plains, New Jersey, 07076.

Guestspeaker Joyce Benz, a Licensed Clinical Social Worker, will share her expertise on various topics of concern to individuals with mental illnesses and their families. The program will be held at the Osceola Presbyterian Church, located at 1689 Raritan Road in Clark.

Ms. Benz's talk will focus on the establishment of psychiatric advanced directives (living wills). This document allows individuals, when they are well, to make decisions in advance about their mental health treatment including medications, voluntary admission to inpatient treatment and electroconvulsive therapy. She also will answer audience members' questions. The Division of Mental Health Services (DMHS), following 2006 New Jersey legislation, encourages the empowerment of those with mental illness to establish advanced directives in writing or to at least document that they were given this option. Copies of the DMHS document will be distributed to the audience during the presentation.

She also will briefly spotlight a few new programs in Union County, including Trinitas Hospital's Screening Diversion program; the Jail Diversion Program involving Trinitas and the Bridgeway Agency, and some recent housing opportunities.

Mrs. Benz serves as program director of Intensive Family Support Services of the Mental Health Association in New Jersey at the Union County office.

The church is handicap-accessible. For more information, please call (908) 233-1628. Refreshments will be served.

Participants will learn babysitting skills (feeding, meal preparation, diaper changing, etc.), childhood development information, basic first-aid and accident prevention, how to handle choking emergencies, fire prevention and safety, the business of babysitting and safety for the babysitter.

Contact the Mountainside Recreation Department at (908) 232-0015 for more information, or visit mountainside-nj.com.

Participants will learn babysitting skills (feeding, meal preparation, diaper changing, etc.), childhood development information, basic first-aid and accident prevention, how to handle choking emergencies, fire prevention and safety, the business of babysitting and safety for the babysitter.

Contact the Mountainside Recreation Department at (908) 232-0015 for more information, or visit mountainside-nj.com.

Participants will learn babysitting skills (feeding, meal preparation, diaper changing, etc.), childhood development information, basic first-aid and accident prevention, how to handle choking emergencies, fire prevention and safety, the business of babysitting and safety for the babysitter.

Contact the Mountainside Recreation Department at (908) 232-0015 for more information, or visit mountainside-nj.com.

Participants will learn babysitting skills (feeding, meal preparation, diaper changing, etc.), childhood development information, basic first-aid and accident prevention, how to handle choking emergencies, fire prevention and safety, the business of babysitting and safety for the babysitter.

Contact the Mountainside Recreation Department at (908) 232-0015 for more information, or visit mountainside-nj.com.

Participants will learn babysitting skills (feeding, meal preparation, diaper changing, etc.), childhood development information, basic first-aid and accident prevention, how to handle choking emergencies, fire prevention and safety, the business of babysitting and safety for the babysitter.

Contact the Mountainside Recreation Department at (908) 232-0015 for more information, or visit mountainside-nj.com.

Participants will learn babysitting skills (feeding, meal preparation, diaper changing, etc.), childhood development information, basic first-aid and accident prevention, how to handle choking emergencies, fire prevention and safety, the business of babysitting and safety for the babysitter.

Contact the Mountainside Recreation Department at (908) 232-0015 for more information, or visit mountainside-nj.com.

Participants will learn babysitting skills (feeding, meal preparation, diaper changing, etc.), childhood development information, basic first-aid and accident prevention, how to handle choking emergencies, fire prevention and safety, the business of babysitting and safety for the babysitter.

Contact the Mountainside Recreation Department at (908) 232-0015 for more information, or visit mountainside-nj.com.

Participants will learn babysitting skills (feeding, meal preparation, diaper changing, etc.), childhood development information, basic first-aid and accident prevention, how to handle choking emergencies, fire prevention and safety, the business of babysitting and safety for the babysitter.

Contact the Mountainside Recreation Department at (908) 232-0015 for more information, or visit mountainside-nj.com.

Participants will learn babysitting skills (feeding, meal preparation, diaper changing, etc.), childhood development information, basic first-aid and accident prevention, how to handle choking emergencies, fire prevention and safety, the business of babysitting and safety for the babysitter.

Contact the Mountainside Recreation Department at (908) 232-0015 for more information, or visit mountainside-nj.com.

Participants will learn babysitting skills (feeding, meal preparation, diaper changing, etc.), childhood development information, basic first-aid and accident prevention, how to handle choking emergencies, fire prevention and safety, the business of babysitting and safety for the babysitter.

Contact the Mountainside Recreation Department at (908) 232-0015 for more information, or visit mountainside-nj.com.

Participants will learn babysitting skills (feeding, meal preparation, diaper changing, etc.), childhood development information, basic first-aid and accident prevention, how to handle choking emergencies, fire prevention and safety, the business of babysitting and safety for the babysitter.

Contact the Mountainside Recreation Department at (908) 232-0015 for more information, or visit mountainside-nj.com.

Participants will learn babysitting skills (feeding, meal preparation, diaper changing, etc.), childhood development information, basic first-aid and accident prevention, how to handle choking emergencies, fire prevention and safety, the business of babysitting and safety for the babysitter.

Contact the Mountainside Recreation Department at (908) 232-0015 for more information, or visit mountainside-nj.com.

Participants will learn babysitting skills (feeding, meal preparation, diaper changing, etc.), childhood development information, basic first-aid and accident prevention, how to handle choking emergencies, fire prevention and safety, the business of babysitting and safety for the babysitter.

Contact the Mountainside Recreation Department at (908) 232-0015 for more information, or visit mountainside-nj.com.

Participants will learn babysitting skills (feeding, meal preparation, diaper changing, etc.), childhood development information, basic first-aid and accident prevention, how to handle choking emergencies, fire prevention and safety, the business of babysitting and safety for the babysitter.

Contact the Mountainside Recreation Department at (908) 232-0015 for more information, or visit mountainside-nj.com.

Participants will learn babysitting skills (feeding, meal preparation, diaper changing, etc.), childhood development information, basic first-aid and accident prevention, how to handle choking emergencies, fire prevention and safety, the business of babysitting and safety for the babysitter.

Contact the Mountainside Recreation Department at (908) 232-0015 for more information, or visit mountainside-nj.com.



CROSSING JORDAN... Woman's Club of Westfield met recently at the Masonic Lodge in Westfield to study the country of Jordan. The members joined in discussion, shared a member's album highlighting a personal trip to Jordan and viewed a travel documentary on this country. Seated in this photo, from left to right, are: Kay Dolan, Phylliss Snyder, Chair Sally Brown, Nina Foley, Josephine Bover-Janssens holding album, Helen Allegro and Pearl Weitzman. For more information, please write: Woman's Club of Westfield, P.O. Box 2428, Westfield, NJ 07091.



SPRINGTIME... Tess Lukowiak and Serena Pantano of the Holy Trinity School in Westfield enjoy the recent springtime temperatures during recess.

NAMI Program to Focus On Advanced Directives

AREA — All are welcome to attend a free public presentation on Tuesday, April 24, at 7:30 p.m. presented by the National Alliance on Mental Illness (NAMI) of Union County.

Guestspeaker Joyce Benz, a Licensed Clinical Social Worker, will share her expertise on various topics of concern to individuals with mental illnesses and their families. The program will be held at the Osceola Presbyterian Church, located at 1689 Raritan Road in Clark.

Ms. Benz's talk will focus on the establishment of psychiatric advanced directives (living wills). This document allows individuals, when they are well, to make decisions in advance about their mental health treatment including medications, voluntary admission to inpatient treatment and electroconvulsive therapy. She also will answer audience members' questions. The Division of Mental Health Services (DMHS), following 2006 New Jersey legislation, encourages the empowerment of those with mental illness to establish advanced directives in writing or to at least document that they were given this option. Copies of the DMHS document will be distributed to the audience during the presentation.

She also will briefly spotlight a few new programs in Union County, including Trinitas Hospital's Screening Diversion program; the Jail Diversion Program involving Trinitas and the Bridgeway Agency, and some recent housing opportunities.

Mrs. Benz serves as program director of Intensive Family Support Services of the Mental Health Association in New Jersey at the Union County office.

The church is handicap-accessible. For more information, please call (908) 233-1628. Refreshments will be served.

Participants will learn babysitting skills (feeding, meal preparation, diaper changing, etc.), childhood development information, basic first-aid and accident prevention, how to handle choking emergencies, fire prevention and safety, the business of babysitting and safety for the babysitter.

Contact the Mountainside Recreation Department at (908) 232-0015 for more information, or visit mountainside-nj.com.

Participants will learn babysitting skills (feeding, meal preparation, diaper changing, etc.), childhood development information, basic first-aid and accident prevention, how to handle choking emergencies, fire prevention and safety, the business of babysitting and safety for the babysitter.

Contact the Mountainside Recreation Department at (908) 232-0015 for more information, or visit mountainside-nj.com.

Participants will learn babysitting skills (feeding, meal preparation, diaper changing, etc.), childhood development information, basic first-aid and accident prevention, how to handle choking emergencies, fire prevention and safety, the business of babysitting and safety for the babysitter.

Contact the Mountainside Recreation Department at (908) 232-0015 for more information, or visit mountainside-nj.com.

Participants will learn babysitting skills (feeding, meal preparation, diaper changing, etc.), childhood development information, basic first-aid and accident prevention, how to handle choking emergencies, fire prevention and safety, the business of babysitting and safety for the babysitter.

Contact the Mountainside Recreation Department at (908) 232-0015 for more information, or visit mountainside-nj.com.

Participants will learn babysitting skills (feeding, meal preparation, diaper changing, etc.), childhood development information, basic first-aid and accident prevention, how to handle choking emergencies, fire prevention and safety, the business of babysitting and safety for the babysitter.

Contact the Mountainside Recreation Department at (908) 232-0015 for more information, or visit mountainside-nj.com.

Participants will learn babysitting skills (feeding, meal preparation, diaper changing, etc.), childhood development information, basic first-aid and accident prevention, how to handle choking emergencies, fire prevention and safety, the business of babysitting and safety for the babysitter.

Contact the Mountainside Recreation Department at (908) 232-0015 for more information, or visit mountainside-nj.com.

Participants will learn babysitting skills (feeding, meal preparation, diaper changing, etc.), childhood development information, basic first-aid and accident prevention, how to handle choking emergencies, fire prevention and safety, the business of babysitting and safety for the babysitter.

Contact the Mountainside Recreation Department at (908) 232-0015 for more information, or visit mountainside-nj.com.

Participants will learn babysitting skills (feeding, meal preparation, diaper changing, etc.), childhood development information, basic first-aid and accident prevention, how to handle choking emergencies, fire prevention and safety, the business of babysitting and safety for the babysitter.

Contact the Mountainside Recreation Department at (908) 232-0015 for more information, or visit mountainside-nj.com.

Participants will learn babysitting skills (feeding, meal preparation, diaper changing, etc.), childhood development information, basic first-aid and accident prevention, how to handle choking emergencies, fire prevention and safety, the business of babysitting and safety for the babysitter.

Contact the Mountainside Recreation Department at (908) 232-0015 for more information, or visit mountainside-nj.com.

Participants will learn babysitting skills (feeding, meal preparation, diaper changing, etc.), childhood development information, basic first-aid and accident prevention, how to handle choking emergencies, fire prevention and safety, the business of babysitting and safety for the babysitter.

Contact the Mountainside Recreation Department at (908) 232-0015 for more information, or visit mountainside-nj.com.

Participants will learn babysitting skills (feeding, meal preparation, diaper changing, etc.), childhood development information, basic first-aid and accident prevention, how to handle choking emergencies, fire prevention and safety, the business of babysitting and safety for the babysitter.

Contact the Mountainside Recreation Department at (908) 232-0015 for more information, or visit mountainside-nj.com.

Participants will learn babysitting skills (feeding, meal preparation, diaper changing, etc.), childhood development information, basic first-aid and accident prevention, how to handle choking emergencies, fire prevention and safety, the business of babysitting and safety for the babysitter.

Contact the Mountainside Recreation Department at (908) 232-0015 for more information, or visit mountainside-nj.com.

Participants will learn babysitting skills (feeding, meal preparation, diaper changing, etc.), childhood development information, basic first-aid and accident prevention, how to handle choking emergencies, fire prevention and safety, the business of babysitting and safety for the babysitter.

Free Wkshp Explains App. Process for Arts Grants

WESTFIELD — The Union County Board of Chosen Freeholders invites community arts organizations, schools, libraries, health and social service agencies and other non-profit groups to attend a grant-writing workshop.

The program begins at 7 p.m. on Wednesday, April 25, in the Union County Administration Annex, located at 300 North Avenue, East in Westfield.

The workshop will provide specific information and guidelines for completing applications for the Union County Fiscal Year 2008 Arts Grant Program. Funds for this program are made available through the New Jersey State Council on the Arts, Department of State, a partner agency of the National Endowment for the Arts.

All non-profit groups and arts organizations that wish to offer an arts project to the public are eligible to apply for grant funds. Arts activities

taking place between January 1, 2008 and December 31, 2008 are eligible for consideration.

"An organization in search of funding needs a well-constructed grant proposal," said Freeholder Chairwoman Bette Jane Kowalski, liaison to the Cultural and Heritage Programs Advisory Board. "This free workshop will take organizers through the process of writing this grant proposal step-by-step and discuss the specific components of a successful application, including a description of the project, the budget and the marketing plan."

To register for the free April 25 workshop or for information about other programs and services, contact the Union County Office of Cultural and Heritage Affairs at 633 Pearl Street, Elizabeth, N.J. 07202 or call (908) 558-2550. NJ Relay users dial 711. Electronically, e-mail culturalinfo@ucnj.org.

Westfield Daycare Reveals Annual Spring Clothing Sale

WESTFIELD — The Westfield Daycare Center will hold its annual Spring Clothing Sale on Friday, May 4, from 9 a.m. to 5 p.m. and Saturday, May 5, from 9 a.m. to 1 p.m.

Sale items will include clothing from newborn to size 14, as well as games, books, videos and other assorted items. All proceeds from the sale will benefit the center's scholarship program.

The Westfield Day Care Center is housed on the upper floor of the Christian Education Building of The Presbyterian Church in Westfield on Mountain Avenue. It has provided care and learning experiences for more than 38

years and currently serves children ages two through kindergarten.

The center is accredited with the National Academy of Early Childhood Programs. The academy, which administers national, voluntary, professionally sponsored accreditation systems for all types of schools and child care centers, is a division of the National Association for the Education of Young Children, the nation's largest organization of early childhood educators.

Gently used clothes, books and toys may be donated to the center on Saturday, April 28, from 9 a.m. to noon, or between 9 a.m. and 5 p.m. the week of April 23 or the week of April 30. To arrange a special pickup, please call Angela at (908) 294-0933. For information about the center's upcoming summer programs or fall enrollment, please call Interim Director Thera Rocco at (908) 232-6717.

Mr. Blasko to Visit Library on April 26

SCOTCH PLAINS — The Scotch Plains Public Library will present author and retired Associated Press writer and columnist Larry Blasko of Summit on Thursday, April 26, at 7:15 p.m.

Mr. Blasko will discuss his newest book, entitled "Opening the Borders: Solving the Mexico/U.S. Immigration Problem for Our Sake and Mexico's."

This book uses liberal doses of humor to make a case for opening the borders in a European Union style joining of forces.

Mr. Blasko served for more than three decades with the Associated Press, working as a writer, editor, columnist and executive.

A graduate of Northwestern University's Medill School of Journalism, he is the author of two other books, "ABCs of Computing, a Plain-English Guide" and "Vamp!", a humorous vampire novel.

The Scotch Plains Public Library has designated April as Author Month at the library. The library is located at 1927 Bartle Avenue. For more information or directions, please call (908) 322-5007.

Make Money With a Home-Based Business

CRANFORD — Anyone who can type can make money at home using a typewriter, word processor or computer.

A course at Union County College in Cranford allows attendees to discover the secrets to profits in the typing/word processing business, including how and where to find clients, 50 ways to advertise services, effective home-office equipment choices, 100 ways to make money with a computer and free national networking information.

Upon completion of the workshop, people will have the freedom to be their own bosses, set their own hours and make more money than before.

A \$10 materials fee is payable to the instructor at the door. The cost to register is \$19, for a total of \$29. The public is invited to come on Monday, May 14, from 8:35 to 9:35 p.m. To register, please call (908) 709-7600. UCC is located at 1033 Springfield Avenue.

OWEN BRAND
Your Home-Town MORTGAGE BANKER
ISB MORTGAGE CO., LLC
Residential - Construction
Commercial - Bridge Loans
Local: (908) 789-2730
Toll Free: (888) 256-4447 ext. 26
obrand@isbmortgageco.com
Licensed Mortgage Bankers - NJ Dept. of Banking
Equal Housing Lender

Unity Yoga LLC.
Spring Forward
New Classes April 23
125 Elmer Street, Westfield
908.233.9697 www.unityyogaNJ.com

The Little Opera Company
A Division of the New Jersey Workshop for the Arts
presents
The Wilkins Theatre
Barber of Seville
2 PM & 8 PM Sat. April 21, 2007
(908) 737-SHOW
www.KEANSTAGE.com
Wilkins Theatre
at Kean University
1000 Morris Avenue
Union, NJ

Law Offices of
STAHL FARELLA & SAROKIN, LLC
Criminal Defense
Civil & Employment
Litigation
DWI & Municipal Court
220 St. Paul Street
Westfield, NJ 07090
908-301-9001
www.stahlesq.com

Experience what everyone is talking about!
The area's most comprehensive fitness and wellness center in Scotch Plains has everything you need to stay healthy!
FEATURES & AMENITIES:
• 150 Group Fitness
• Classes offered each week
• Aquatic Center
• Jr. Olympic Pool
• Therapy & Spa Pools
• Personalized Programs
• Certified Trainers /
• Exercise Physiologists
• Nurses
• Medical Advisory Board
• Full Service Day Spa
• Child Care
• Beautifully Appointed Locker Rooms
• Sauna & Steamroom
• Aqua Therapy
• Physical/Occupational Therapy
• Cardiac Rehab Phase III
• Cooking Classroom
• Healthy Café
STATE-OF-THE-ART EQUIPMENT:
• Treadmills
• Stair Steppers
• Upright/Reclining Bikes
• Ellipticals
• Rowers
• Free Weights
• Selectorized Equipment
• Pilates Reformers
• Cybex
• Stretch Stations
• FreeMotion
• TechnoGym
• Kinesis
• HammerStrength
• Keiser
• LifeFitness
• Precor
• BodyMasters,
and much more...
EDUCATIONAL LECTURES & PROGRAMS / SPECIALTY PROGRAMS:
• Healthy Cooking Classes
• Nutritional Counseling
• Registered Dietician
• Adolescent Programs
• Speakers Bureau
• AED/CPR Training
• Physician Lectures
• Diabetes Education
• Health Screenings
• Stress Management
• Variety of Weight Management Courses
• Wellness Health Fairs
• Youth Programs
• Parent & Me
• Swim Instruction
• Lifesaving Training
See the difference in us.
Feel the difference in you!
Hurry in today!
Grand Opening Savings!
RWJ RAHWAY
FITNESS & WELLNESS CENTER
An Affiliate of RWJ University Hospital Rahway
Open Mon. thru Fri. 5 am to 11 pm, Sat. & Sun. 7 am to 7 pm
2120 Lamberts Mill Rd. Scotch Plains (908) 232-6100