

## Health-Wealth Challenge To Get Underway Jan. 15

COUNTY – Union County will introduce the “Winter 2012 Small Steps to Health and Wealth Challenge,” beginning on Sunday, January 15, and lasting through Saturday, February 25.

The free, six-week program, open to all Union County residents, is an online learning experience developed by the Rutgers Cooperative Extension of Union County, supported in part by the Union County Board of Chosen Freeholders.

“The Winter Challenge is an effective way to convert ambitious New Year’s resolutions, like improving health and saving money, into daily action steps,” noted Freeholder Chairwoman Deborah Scanlon. “The Freeholder Board is proud to support this beneficial program.”

The Winter Challenge is part of Small Steps to Health and Wealth™ (SSHW), a national Cooperative Extension program built around a framework of 25 research-based behavior-change strategies.

The “Winter 2012 SSHW Challenge” is based on the performance of 10 recommended practices on a daily basis: five that involve health and nutrition and five that involve financial management. Participants also can replace one daily health activity and one daily personal finance activity with a unique daily personal challenge of their own.

“Doing even one of the 10 recommended daily practices is a great way to get started on the path to better health and improved

financial security,” said Dr. Karen Ensle, a Rutgers professor who is the Family and Community Health Sciences educator for the Rutgers Cooperative Extension of Union County. Dr. Ensle developed the Small Steps to Health and Wealth™ program with Dr. Barbara O’Neill, also of Rutgers.

Points are assigned for each completed action, which can be entered online. The point system allows for a total of 700 points per week and a possible challenge-wide total of 4,200 points. Prizes will be awarded for participants who report the highest point totals.

Participants also can track and compare their personal progress with the average scores of others taking part in the challenge using the bar graph on the website.

To sign up for the SSHW Challenge, follow the “Challenges” link on the Small Steps to Health and Wealth™ website at [njaes.rutgers.edu/sshw/](http://njaes.rutgers.edu/sshw/). Individuals can set up a user name and password and download a simple one-page user’s guide with instructions on how to proceed. They can enroll in the Challenge entitled “Winter 2012 SSHW Challenge.” Paper tracking forms can be downloaded to keep track of daily activities until they are entered online.

The Rutgers Cooperative Extension of Union County is supported in part by the Union County Board of Chosen Freeholders. To contact the Union County Extension by telephone, call (908) 654-9854.



**MERRY CHRISTMAS, EMILY...** Emily E., of Scotch Plains, is delighted to meet Santa and receive a wrapped gift at the conclusion of The Children’s Institute’s (TCI) Holiday Program. Santa and his elves visited the school and brought presents for all of the preschool and elementary-age students. This is made possible each year by volunteer students and faculty from Seton Hall Prep in West Orange, who shop, wrap and deliver gifts to the children on the last day of school before the holiday break. TCI is a school for children, ages 3 to 21, who have autism and/or learning and emotional disabilities. For more information about TCI, visit [tcischool.org](http://tcischool.org) or schedule a tour of the facility, call (973) 509-3050, extension no. 231.

## Thrift Shop Invites Public To Visit This Saturday

SCOTCH PLAINS – The volunteers of the Fanwood-Scotch Plains Service League Thrift Shop invite members of the local community to stop by the store this Saturday, January 7, for a complimentary cup of coffee, tea or hot chocolate and a snack.

The staff of the thrift shop, located at 1730 East Second Street in Scotch Plains, would like to show its appreciation to the many people who are directly responsible for the continuing success of the store.

In addition to the loyal customers who shop at the store, there are the hundreds of individuals who donate

their gently used clothing, household bric-a-brac, linens, musical instruments, sports equipment and various other items to be sold at the shop.

The shop will be open for business as usual on Saturday at 10 a.m. and will remain open until 1 p.m. For information on becoming a volunteer, ask one of the current members about how to join the staff.

The thrift shop is a completely volunteer-run operation and all profits realized from sales throughout the year are donated back into the local communities’ charitable organizations.

The shop is open Tuesday, Wednesday and Thursday from 10 a.m. to 2:30 p.m. and Friday and Saturday from 10 a.m. to 1 p.m. For more information or directions, call (908) 322-5420. Free parking is available in back of the building and on the street.

## Church to Present ‘Journey to Hebrides’

FANWOOD – The public is invited to enjoy “A Musical Journey to the Hebrides” by Ivan March on Thursday, January 19, at 7:30 p.m. in the Fanwood Presbyterian Church sanctuary. This special program will feature music and pictures. Barbara Menard will present additional readings. There will be no admission charge.

The program will display what has been called “the incredible beauty of the Western Isles” and will include the famous Hebrides Overture of Mendelssohn and a selection of Scottish music. Coffee and shortbread will be served after the program.

The church is located at the corner of Martine and La Grande Avenues. For more information, contact the church office at (908) 889-8891 or [admin@fanwoodpc.org](mailto:admin@fanwoodpc.org), or visit [fanwoodpc.org](http://fanwoodpc.org) or [facebook.com/pages/Fanwood-PresbyterianChurch/3113001609](http://facebook.com/pages/Fanwood-PresbyterianChurch/3113001609).



**WESTFIELD CARES...** Allstate helped collect approximately 60 winter coats for Jersey Cares’ 16th annual coat drive, which was sponsored by state Assemblyman Jon Bramnick (R-Dist. 21). Pictured with the coats, from left to right, are: Allstate New Jersey Corporate Counsel Georgia Flamporis of Westfield, Asm. Bramnick and Ron Banskay, Allstate exclusive agent in Westfield. Coats were donated by Allstate New Jersey regional employees, Mr. Banskay, his support staff, customers and business affiliates.

## Local Library to Showcase Organizer, Silver Fox Songs

WESTFIELD – The Westfield Memorial Library will offer two programs to begin the new year. The library is located at 550 East Broad Street.

On Tuesday, January 17, at 7 p.m., expert organizer and author Jamie Novak will present “Three Steps to a Clutter-free New Year.” She will reveal her trademark three-step system to organize everything, from entryways to offices. Ms. Novak has been seen on HGTV and QVC, and she currently serves as a home blogger for Martha Stewart’s Whole Living.

Aware that her clients are short on time and space, Ms. Novak suggests keeping de-cluttering manageable by working in small blocks of time. Attendees will leave this program with a plan and simple solutions that are easy to implement.

On Wednesday, January 18, at 7 p.m., Silver Fox Songs will present an evening of songs that range from

Ella Fitzgerald to Nancy Wilson, Etta James and Gladys Knight. Rhoda Denet, a formally trained singer, leads Silver Fox Songs. A trio of musicians accompany her, which include Dave McDowell on sax and flute, Hui Cox on guitar and Chuck Batton on percussion.

These programs are free and open to Westfield Memorial Library and MURAL cardholders. MURAL cardholders belong to libraries that are part of the Middlesex Union Reciprocal Agreement Libraries. To see if a library participates, check the Westfield Memorial Library’s website, [wmlnj.org](http://wmlnj.org).

To register for the program, visit [wmlnj.org](http://wmlnj.org) and click on the Online Calendar, or call (908) 789-4090, extension no. 7951.

Library hours of operation are 9:30 a.m. to 9 p.m., Monday through Thursday; 9:30 a.m. to 5 p.m., Friday and Saturday, and 1 to 5 p.m. on Sunday.

## POLICE BLOTTER

### Westfield

Wednesday, December 28, Kimberly Pineiro, 24, of Fanwood was arrested by Scotch Plains police on an outstanding Westfield traffic warrant for \$500. She was turned over to the Westfield Police Department, processed and released on her own recognizance.

Thursday, December 29, Sasha Taylor, 25, of Plainfield was arrested on an outstanding Fanwood traffic warrant for \$179 pursuant to a motor vehicle stop on the 400 block of East North Avenue. Taylor was transported to police headquarters, processed and released on her own recognizance as per the Fanwood Municipal Court.

Thursday, December 29, Taylor Carvalho, 20, of Watchung was arrested on an outstanding Westfield warrant for \$500 at the Scotch Plains Police Department. The Clark Municipal Court also had issued a warrant for Carvalho for \$500. Carvalho was unable to post bail and was committed to the Union County jail, after being turned over to the Union County Sheriff’s Office.

Friday, December 30, Brian Rotchford, 53, of Westfield was arrested on Lamberts Mill Road near Knollwood Terrace on an outstanding criminal warrant for terroristic threats, according to police. He was transported to Westfield police headquarters, processed and committed to the Union County jail in lieu of bail of \$20,000 with a 10-percent cash option.

Saturday, December 31, Samuel Kaufman, 20, of Westfield was arrested during a motor vehicle stop in the area of Mountain Avenue and Orchard Street. Kaufman was wanted on an outstanding Clark warrant with bail set at \$165. A further investigation revealed that Kaufman was in possession of less than 50 grams of suspected marijuana and four oxycodone pills without a legal prescription. He was issued a summons to appear in Westfield Municipal Court on the drug possession charges. Kaufman posted the cash bail for the Clark warrant and was released.

Saturday, December 31, Farrell Markis, 36, of Allentown, Pa. was arrested during a motor vehicle stop on the 500 block of West South Avenue and charged with driving while intoxicated (DWI). Markis was transported to police headquarters, processed and released to a sober adult. Markis also was wanted on an outstanding traffic warrant from Ridgefield Park with bail set at \$1,000. He was released on his own recognizance on the warrant.

### Scotch Plains

Tuesday, December 27, a resident of William Street reported that sometime during the day someone stole his bicycle, valued at approximately \$130, which was left unlocked in his driveway.

Tuesday, December 27, the manager of a store on Route 22 reported that several times during the previous few days an unknown suspect called and would yell obscenities at her.

Wednesday, December 28, a resident of Acacia Road reported that he did work for a customer and he was paid with a check from a closed bank account.

Thursday, December 29, a resident of Byrd Avenue reported that sometime overnight someone knocked over his basketball hoop, valued at approximately \$300, causing damage.

Friday, December 30, a resident of Clydesdale Drive reported that someone smashed her mailbox, valued at approximately \$80.

Friday, December 30, the manager of a Terrill Road store reported that sometime overnight someone entered his store and, once inside, moved items around but did not take anything. According to police, entrance was gained by smashing the front garage window.

Friday, December 30, Jimmy Torres, 23, of Paterson was arrested after a motor vehicle stop on South Avenue on a \$280 outstanding warrant issued by the Woodland Park Court. He was transported to police headquarters, processed and released.

Saturday, December 31, Edward

McNealy, 22, of Plainfield was arrested and charged with hindering apprehension after a motor vehicle stop on Route 22, at which time McNealy provided several false names and identification. He was transported to police headquarters, processed and released.

Saturday, December 31, Gregory Whitman, 22, of Boulder, Colo. was arrested and charged with disorderly conduct after an officer observed Whitman allegedly urinating on the sidewalk at Park and Bartle Avenues. He was transported to police headquarters, processed and released.

Sunday, January 1, the manager of a Route 22 gas station reported that a customer asked for gas and then refused to pay for it. According to police, the matter was resolved by the responding officers.

### Fanwood

Monday, December 26, a resident of the 40 block of Poplar Place reported that someone entered the house and removed jewelry and cash.

Tuesday, December 27, a Fanwood Public Works employee reported that criminal mischief occurred involving the blacktop pavement of a handicap parking slot at Forest Road Park.

Wednesday, December 28, a resident of the 10 block of Waldon Road reported her unlocked motor vehicle was entered and rifled through, but at this time nothing was reported stolen.

Wednesday, December 28, Jonathan Lindsay, 19, of Paterson was arrested and charged with DWI after a motor vehicle stop at South Avenue and Terrill Road. Quincy Montgomery, 20, of Paterson, a passenger in the vehicle, was arrested and charged with possession of suspected marijuana. Both the driver and passenger were processed and released to a responsible person pending their court date.

Thursday, December 29, Cimone Campbell, 38, of Nyack, N.Y. was arrested on an active warrant out of Clifton after a motor vehicle stop at South Avenue and Terrill Road. She was processed and picked up by the Clifton Police Department.

Friday, December 30, Rafael Urena, 21, of Plainfield was arrested on an active warrant out of Holmdel after a motor vehicle stop at Terrill Road and Cottage Way. He was processed and turned over to the Holmdel Police Department.

Friday, December 30, a resident of the 100 block of Tillotson Road reported that his house was burglarized, but it is unknown at this time what was taken.

Friday, December 30, Rena Johnson, 51, of Plainfield was arrested on active warrants out of Plainfield and Piscataway after a motor vehicle she was a passenger in was stopped for a violation at South Avenue and Terrill Road. She was processed and turned over to the Plainfield Police Department.

Sunday, January 1, a business on the 200 block of South Avenue reported that someone attempted to gain entry to the business by breaking the door knob. Entry was not gained, police said.

Sunday, January 1, a resident of the 300 block of Terrill Road reported that someone entered his unlocked motor vehicle and removed a laptop computer, valued at \$600.

Monday, January 2, Randolph Reina, 51, of Plainfield was arrested and charged with DWI after a motor vehicle stop at Russell Road and Madison Avenue. According to police, the officer could detect the strong odor of an alcoholic beverage coming from the driver, at which time he was asked to exit the vehicle to perform field sobriety tests, which he failed. He was processed and turned over to a responsible person.

Monday, January 2, Jessica Burdo, 23, of Plainfield was arrested on an active warrant out of Fanwood after a motor vehicle stop on the 70 block of North Martine Avenue. She was processed, posted bail and released.

Tuesday, January 3, Sean Alfred, 44, of Plainfield was arrested on an active warrant out of Newark after a motor vehicle stop at Midway Avenue and Paul Place. He was processed and released by the Newark Court.



**WINE TASTING...** The Fanwood-Scotch Plains Rotary Club will hold its 11th annual wine tasting, open to the public, at the Stage House in Scotch Plains. It will be held from 7 to 10 p.m. on Wednesday, January 25. The cost is \$75 per person. This event will feature wines from around the world, discussed by specialist Tom Jackson, plus a three-course dinner, appetizers and desserts. All proceeds will benefit local charities. To purchase tickets, call Rotarian Neil Schembre, pictured above, at (908) 405-8941. Reservations are requested by Friday, January 20. Checks should be payable to “The Fanwood-Scotch Plains Rotary Club.”



**BOY SCOUTS AND LIONS...** The Scotch Plains Lions Club works closely with Boy Scout Troop No. 104 of Scotch Plains. The Lions donate to the troop for needed supplies and equipment and present Eagle Scouts with Certificates of Achievement. The Scouts help the club at its benefit Pancake Breakfast events. Pictured at the Lions breakfast this fall, from left to right, are: Top row, Ryan Poladion, Steven Ho, Grant Brown and Raphael Genty; middle row, Lions Ron Kelly, breakfast chairman; Don Wussler and Jerry Kirshenbaum, and bottom row, Jesse Buckridge, Steven Rhein, Grady Szuch, Gabriel Vaz, Scott Kaiser and Jack Thal.

## Fundraising Professionals Elect New Leadership

AREA – Members of the Association of Fundraising Professionals (AFP)-New Jersey Chapter held their Annual Meeting on December 8, electing new board officers and members.

“It is with great honor and privilege that I accept this role to lead one of our professional association’s largest chapters,” said incoming Chapter President Michael J. Baker. “New Jersey’s philanthropy is driven by the members of the AFP-New Jersey Chapter.”

Outgoing President John Carno was presented with an award, thanking him for his service. “Over the past two years, our chapter has been led during challenging times through the leadership of our outgoing president, John Carno,” said Mr. Baker. “I want to thank John for his service and leadership – he has left big shoes to fill.”

The Association of Fundraising Professionals, which represents over 30,000 members in more than 220 chapters throughout the world, advances philanthropy by enabling people and organizations to practice ethical and effective fundraising. The core activities through which AFP fulfills this mission include education, training, mentoring, research, credentialing and advocacy.

The New Jersey Chapter of AFP, one of the largest chapters, is an individual member association that advances philanthropy through education, training and advocacy across the state. It provides programs and services on research, experience and the highest code of ethical principles and standards of professional practice.

To learn more, go to [afpnet.org](http://afpnet.org) and click join now to become a member of the AFP-NJ Chapter. Interested persons also are invited to visit the organization on Twitter (AFPNJChapter); Facebook ([afpnjchapter](http://afpnjchapter)) or LinkedIn ([groups/New Jersey Chapter Association of Fundraising](http://groups/New Jersey Chapter Association of Fundraising)).

The Association of Fundraising Professionals is the leading professional organization for executives of not-for-profit and philanthropic organizations. The New Jersey chapter’s approximately 500 members work to promote the advancement, growth and ethics of philanthropy and volunteerism. To learn more, visit the AFP-NJ website, [afp-nj.org/](http://afp-nj.org/).

See it all on the Web!  
[www.goleader.com](http://www.goleader.com)

## LAWRENCE A. WOODRUFF

Attorney-at-Law

General Practice  
Estate Planning and Probate  
Divorce and Mediation

201 South Avenue E.  
Westfield  
654-8885

Eve. and Sat. Appt’s