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EDISON SCHOOL PAYS TRIBUTE TO AMERICA'S VETERANS

Edison Intermediate School in Westfield thanked America's veterans on November 8 in a filled gymnasium decorated in red, white and blue banners paying tribute to the country's servicemen and women.

Special guest, Christopher Bolton, a former Sergeant in the Air Force and father of Edison Principal, Dr. Matthew Bolton, described to the students how he gave up a comfortable life to join the military. "I was taught at home that benefits come with responsibilities," he said. In describing how sacrifices are made by those in the military he explained, "Personal comforts sometimes must be given up for the benefit of the whole."

In addition to Christopher Bolton, other invited veterans lined the bleachers while being entertained by the school's concert band and 8th grade chorus under the direction of John Scozzaro, Kenneth Horn, and Kristine Smith-Morasso. The Veterans Day

event also included readings by students and a slide show accompanied by a medley of Armed Forces theme songs.

Social Studies teacher and Master of Ceremony, John Stasi, reminded those in attendance "We had a peaceful Election Day thanks to our veterans. Our veterans protect our rights. Say 'Thank You' every chance you get."



(above) Edison Intermediate School's concert band, under the direction of John Scozzaro, entertained the Veterans Day assembly with a musical prologue, "Armed Forces on Parade."



(above) The 8th Grade Chorus of Edison Intermediate School in Westfield, under the direction of Kristine Smith-Morasso, sang the "Star Spangled Banner" while Westfield High School 10th grader and Boy Scout, Gianni Pizzi, presented the American flag during the Veterans Day Commemoration Ceremony in Westfield's Edison Intermediate School.

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CASA GALA LAUDS WESTFIELD VOLUNTEER

Still, 'urgent need' for more local advocates

More than 300 community members, movers and shakers, advocate volunteers and other supporters of Court Appointed Special Advocates (CASA) of Union County gathered recently for its fifth annual Foster the Dream gala to celebrate the volunteer-based nonprofit's success in protecting the best interests of local youth placed in foster care due to abuse, neglect or abandonment — and highlight in particular the exemplary work of two., including Westfield's Barbara Bagger.

Presented the Dream-Keeper Award for Outstanding Volunteerism, Bagger is both an adoptive and biological mother, and wife to former state Sen. Richard Bagger. She advocates for four foster youth with histories of substance abuse, homelessness, medical and educational needs, sexual and physical abuse, and neglect. Through 15 court appearances, the judge has accepted 60 of her 76 recommendations. Long-time Summit resident Marité Robinson, previously a CASA volunteer out-of-county who then volunteered 10 years as a board member for CASA of Union County, received the Honorable Jo-Anne B. Spatola Dream-Maker Award.

As dinner guests celebrated with cocktails, dancing, auctions, raffles, wine pulls, ice cream bar, fresh popcorn takeaways, and a gif-photo booth that stole the social-media show, there was another more serious message of the evening: there continues to be a dire need for additional community volunteers to serve as advocates.

Said Executive Director Marla Higginbotham, "Barbara and Marité are shining examples of the power of passionately preserving the welfare of others. Each have busy lives and other responsibilities yet they choose to serve and change the course for children without a safety net. They are that safety net. It's CASA of Union County's privilege to have them. Despite these great strides and all the work of our dedicated advocates, nearly half the local youth in foster care still need their own Barbara or Marité, their voice in the system. As the only organization in the county providing this service to the judiciary,

it's our duty to trumpet the urgent need for more volunteers to step up, speak up and lift up a fragile child. The power to change the trajectory of a life is there for the taking."

CASA volunteers are court-empowered to speak to all parties in the child's life and serve as eyes and ears for the judge. Nearly half of the more than 500 Union County youth in care still need a CASA volunteer to protect their best interests. Two advocate training sessions are forming now that incorporate six in-person classes with online coursework: Saturday mornings starting Feb. 24 and Tuesday evenings starting April 3. For details, contact Lisa Poris at 908-293-8135.



(above) Westfield's Barbara Bagger accepting CASA of Union County's Dream-Keeper Award for Outstanding Volunteerism.

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WESTFIELD HIGH SCHOOL COMMUNITY SERVICE CLUB

The Westfield High School Community Service Club announces leaf-raking services for Westfield residents this fall with donations targeted for hurricane relief in Texas and Puerto Rico.

If any residents would like to hire club members for raking or would like to donate to the club to support community service efforts, please contact club adviser Warren Hynes at whynes@westfieldnj12.org.

In addition to the startup of leaf raking, the WHS Community Service Club made and delivered 200 meals to homeless and other low-income individuals in Manhattan in October through the club's collaboration with Bridges Outreach, a Summit-based nonprofit. The club has delivered meals via Bridges for 12 years to Irvington, Newark and Manhattan, and club members provide much-needed food and fellowship to individuals in need.



(above l-r) Preparing to distribute meals in Manhattan on a Friday night in October are Westfield High School students Emma Wolynez, Jack Colby, Emma Krueger, Tyler Wright, and Alex Wendel. Not pictured are Peter Morariu, Jordan Binkowitz, Mackenzie Dulski, and Chloe Landau.

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JEFFERSON SCHOOL GAVE CHILDREN IN SHELTERS A TREAT

Just in time for Halloween, approximately 20 members of Jefferson Elementary School's Early Act Club in Westfield collected and donated more than 70 new and gently used Halloween costumes to children who are currently living in homeless shelters. The event was sponsored by NJCARES, a non-profit organization who distributed the costumes to children living in shelters to help them celebrate the holiday.

The Early Act Club of Jefferson School is a school wide service learning club for fifth grade students.

It is sponsored by the Westfield Rotary Club

and it mimics the ideals of the organization, "service above self." Some of the annual character building projects include: Wednesday Lunches, Halloween Costume Collection, The Giving Tree, "Souper Bowl" food drive, and Jefferson's School Store. "It provides young students the opportunity for gaining an increased

awareness and knowledge of their community and the world," states Jefferson teacher and adviser Joanne Ryan. "At a young age, all students can easily be encouraged to be caring and helpful. Their minds are open to recognize the dignity and worth of each individual which builds respect for others."



(above l-r) Wearing or holding some of the costumes are Jefferson fifth graders Mahika Dang, Gabby Pardo, Alyssa Hourie, Qunlan Doherty, and Joseph Simone, (seated, l-r) Ben Duan and Harrison Earnst.



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WESTFIELD GIRLS ICE HOCKEY GIVES BACK TO THE COMMUNITY

The Westfield High School Girls Ice Hockey Team knows the meaning of giving back to show appreciation for all the good they have received in their young lives.

Last year was the inaugural season for the Girls Ice Hockey team. They wanted to do something to give back to the community after all the support they received to help get them on the ice. They chose to fundraise and donate to Imagine, a free year round grief support center providing support for children, teens, young adults and their parents who are coping with loss due to death or illness.

The team had a "Yoga on the Green" fundraiser at Shackamaxon Country Club in June. Alleum Yoga lead the yoga and Space did the singing bowls.

With the proceeds, the team purchased an item from Imagine's Wish List: an orange area rug to for their orange room. This helped brighten the space used by the children in Imagine's peer support group for 6-9 year olds. It was a hit with the kids!

Imagine would like to thank these mature young people who already know the meaning of giving back at such a young age. Here's to these future philanthropists!

For more information about Imagine or for grief support visit www.imaginenj.org.



(above l-r) Hannah Brogan, Ally Hornstein, Sara Wasserman, Sara Miller, and Maddie McDevitt. Contributors not pictured are Stella Billek, Julia Clifford, Julia Colleran, Jamie DeDea, Emily Greaney, Alana Allen-Jones, Maddie Katz, Megan Raftery, Maddie Sherry, Alex Sumas and Zoe Tedeschi.

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A total of 23 winter concerts will take place in the Westfield Public Schools this season. The first one begins with Edison Intermediate School's band concert on December 5th and will conclude with the Westfield High School Chorale of Love Songs on February 10.

Westfield senior citizens are once again invited to the final rehearsal of Westfield High School's Winter Choral Concert on Wednesday, December 20, in the High School's auditorium, 550 Dorian Road, from 11:45 a.m. – 12:20 p.m.

WINTER CONCERTS IN WESTFIELD PUBLIC SCHOOLS SPECIAL SENIOR CITIZEN EVENT ON DECEMBER 20

ALL CONCERTS LISTED BELOW BEGIN AT 7:00 PM (unless otherwise noted)

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- Washington Band & Chorus

12/6/17

- McKinley 5th Grade Band & Orchestra

- Roosevelt Intermediate School Band @ WHS

12/7/17

- Westfield High School Band

12/11/17

- Franklin, Tamaques, Washington & Wilson Strings @ WHS

12/12/17

- Edison Intermediate School Orchestra @ WHS

- Franklin Chorus

12/13/17

- Jefferson 5th Grade Band, Chorus & Orchestra

- McKinley Chorus

- Roosevelt Intermediate School Orchestra @ WHS

- Tamaques Band & Chorus

12/14/17

- Westfield High School Orchestra

12/18/17

- Franklin Advanced Band

12/19/17

- Edison Intermediate School Chorus @ WHS

- Wilson Band & Chorus

12/20/17

- Roosevelt Intermediate School Chorus @ WHS

- For Senior Citizens 11:45 AM @ WHS

12/21/17

- Westfield High School Chorus

1/10/18

- District Band Night @ WHS

1/11/18

- District Orchestra Night @ WHS

1/17/18

- District Choral Night @ WHS

2/10/18

- WHS Chorale Night of Love Songs



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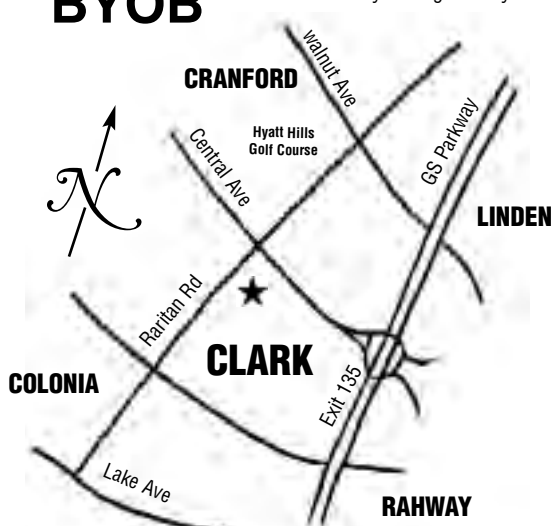
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YFCS OFFERS SUPPORT TO NJ VETERANS, MILITARY AND THEIR FAMILIES

In an effort to continue raising awareness about the amazing work nonprofits are doing in our community, the Greater Westfield Area Chamber of Commerce (GWACC) would like to highlight Bravest First, a program developed by Youth & Family Counseling Service (YFCS). Bravest First was created in 2015 to support the critical counseling needs of New Jersey's veterans, military members and their immediate families.

Based on 2012 data from the Department of Veterans Affairs, the number of veteran suicides averages 22 per day. In light of these staggering numbers, YFCS recognized the need for mental health care services to support the New Jersey military community. The Bravest First program is a free service provided through the generous donations of individuals and companies to YFCS.

"We know how important it is to have affordable access to mental health care services, especially when it comes to our bravest," said Carol M. Pedro, LPC, Executive Director of YFCS. "By partnering with organizations like Bonds of Courage as well as the GWACC, we are able to increase awareness about this free service we offer to the veteran and military community of New Jersey."

The YFCS is a non-profit social service agency and one of the very few regional counseling centers offering professional "family systems" based psychological counseling, prevention,

education, crisis intervention and supportive services to all income levels. Since its establishment in 1918, YFCS has served over 50,000 people—empowering and restoring countless lives in the community.

"We are delighted to be working with nonprofit organizations like YFCS," said Stephanie Branna, Board Member and Chair of the GWACC Nonprofit Committee. "It is important to support our veterans and military in all capacities including mental health care, which is why the GWACC is committed to raising awareness about free programs like Bravest First."

For more information about YFCS and the Bravest First program, please call (908) 233-2042 or visit www.yfcsnj.org.

About Youth & Family Counseling Service

For nearly 100 years, the Youth & Family Counseling Service has promoted the mental health and well-being of youth, families and the larger community in Union County and surrounding areas through the provision of high-quality, affordable counseling services.

About the Greater Westfield Area Chamber of Commerce

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THE WESTFIELD RECREATION DEPARTMENT WILL HOST ITS 27TH ANNUAL HOLIDAY CONCERT

The Westfield Recreation Department will host its 27th Annual Holiday Concert featuring the Westfield Community Concert Band and the Edison Intermediate School Broadway Singers on Friday, December 8, 2017 at 7:30 p.m. at a special venue, Westfield High School in Westfield. This free public concert culminates a year-long series of performances by the Westfield Community Concert Band in celebration of the band's 105th anniversary concert season. The band performed its first annual Holiday Concert at the Roosevelt Intermediate School in December 1990 with the Roosevelt "Sharps and Flats" chorus.

Highlighting a program of holiday favorites, the band will perform John Wasson's setting of Jingle Bells, the renowned 1857 composition by James Pierpont. The words and music were written for a Thanksgiving program at Pierpont's church in Boston. Originally entitled "One Horse Open Sleigh", it was so well received that the children were asked to repeat it for another performance at Christmas. It has been a famous Christmas song ever since.

The band's program all includes, Twas in the Moon of Wintertime, a contemporary arrangement by Robert Smith of what is considered the earliest Christmas carol written in North America, Shalom!, by Philip Sparke, Snow!, by Jerry Brubaker, and Christmas Variations, by Roland Kernan. The band will also perform an arrangement of Albert Hague's popular score for the 1966 animated classic How the Grinch Stole Christmas, and Leroy Anderson's holiday standard, A Christmas Festival, written in 1950 for the Boston Pops.

The Broadway Singers will also perform a selection of holiday music featuring the choir's unique arrangements and choreography, including Here Comes Santa Claus, Kindle the Lights of Hanukkah, Have Yourself a Merry Little Christmas, and Let It Snow!

The program will conclude with a combined performance of Irving Berlin's "White Christmas" with both the band and choir, an annual tradition dating back more than twenty-five years.

The Westfield Community Concert Band is

conducted by Dr. Thomas Connors, now in his eleventh season with the band. Westfield music educators Kenneth Horn and Stephen Markowski, vocal specialists in the Westfield School District, co-direct the Edison Broadway Singers.

Members of the Westfield Community Concert Band recently participated in Westfield's Holiday Tree Lighting event, performing traditional Christmas music as a festive backdrop for the lighting of the Christmas tree at the north side Westfield train station along with a special appearance by Santa and Mrs. Claus for hundreds of families in attendance. As the band completes its milestone 105th concert season, the band continues to seek out area musicians to perform a wide variety of concert band literature for its many area concert events. Interested musicians should contact Dr. Connors through the band's website, info@westfieldcommunityband.com. The band rehearses each Wednesday evening from 7:15 p.m. to 9:30 p.m. in the community room located in the Westfield Municipal Building 425 East Broad Street.



Dr. Thomas Connors will conduct the Westfield Community Concert Band for its 27th annual Holiday Concert on Friday, December 8th at 7:30 p.m. at Westfield High School in Westfield. The band will be joined by the Edison Intermediate School Broadway Singers, directed by Kenneth Horn and Stephen Markowski.

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CELEBRATE THE NEW YEAR FAMILY-STYLE WITH NEW JERSEY FESTIVAL ORCHESTRA AND BROADWAY SOLOISTS

On Sunday, December 31, at 7pm, under the baton of Maestro David Wroe, New Jersey Festival Orchestra again presents one of New Jersey's most popular New Year's Eve musical celebrations. This year's performance, "Puttin' on the Ritz," offers a special discount tickets for kids under 18 and promises a superb review of American stage, screen and television musicals that will be appreciated by the entire family.

"The line-up of this year's program reads like a Who's Who of the best of American musical theater," said Maestro David Wroe. "It's a chance for adults to reminisce to songs they all know, for kids to learn more about and enjoy some of the most exciting characters to grace the stage and screen, and for us all to revel in the genius of America's finest composers."

This year's performance features guest vocalists direct from the Broadway stage and beyond: sopranos Marissa McGowan (Broadway A Little Night Music, Les Mis, Bonnie and Clyde) and Hannah Shankman

(Broadway Les Mis, Wicked), tenors Michael Mendez (Broadway Chaplin), and Adam Monley (Broadway Les Mis).

Continued Wroe, "The fun of this program comes from the interaction of our guest artists and orchestra as well as the great repertoire. It's music that calls for dramatic interpretation, drawing comedic, heart breaking, passionate, and exhilarating performances from all."

The New Year's Eve celebration, eagerly anticipated by much of central New Jersey, has been made possible through the generous sponsorship of The NJ State Council on the Arts and The Westfield Foundation. With a 7pm start and a convenient Westfield High School location with ample parking, the concert is a perfect beginning to New Year's Eve revels.

TICKET INFORMATION

Tickets \$42, \$56 and \$70, with a special discount price of only \$15 for kids under 18, may be purchased on line www.njfestivalorchestra.org or by calling the NJFO box office at (908) 232-9400.



(above, l-r) Marissa McGowan, Michael Menendez, Adam Monley, and Hannah Shankman



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For TICKETS & INFORMATION go to www.njfestivalorchestra.org
or call (908) 232-9400



GRAND OPENING OF WESTFIELD BALLROOM

The Westfield Ballroom, formerly Fred Astaire of Westfield, celebrated the grand opening of their brand new location at 361 South Avenue East on October 28th. Students and staff were on hand for the ribbon cutting ceremony followed by breakfast and live music by the band, "Save Mary." Festivities continued the following weekend for the official Grand Opening Celebration on November 4th which included a full buffet, dance showcases, giveaways and live music by "Ron Sunshine & his Orchestra."

Since it first opened its doors to the dance community 5 years ago, The Westfield Ballroom has had a growing influence on both young and old within Westfield and the surrounding communities. Offering unparalleled social dance instruction, The Westfield Ballroom's new, larger studio provides the perfect place to dust off those dance moves or learn some new ones. Student memberships include access to private lessons, group classes, dance socials, and themed parties. Through their beginner-friendly teaching method,

students can expect a fun and easy approach to dancing that will have them feeling comfortable in any social situation. Now taking it a step further, The Westfield Ballroom has introduced their "Beyond the Ballroom" programs that include Adult Ballet and dance inspired exercise classes. S

top by the studio or call 908-228-2245 for more information. You can also visit them online at westfieldballroom.com. Gift certificates are on sale now!



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NJWA PRESENTS FAMILY HOLIDAY CONCERT

Members of the New Jersey Workshop for the Arts Saturday Orchestras and Wednesday Morning Strings will present a family concert on Sunday, December 17, at 5:00 p.m. at Redeemer Lutheran Church, 229 Cowperthwaite Place in Westfield.

The concert, for all age levels, will include musical selections of traditional Christmas and Hanukkah music. Among the songs will be Ding Dong Merrily on High, Christmas Canon, Santa Claus is Coming to Town, Frosty the Snowman, Silent Night, Dreidel Song and Chanukah, Oh

Chanukah. Audience members will be invited to participate singing familiar tunes with the orchestra.

Admission is free, but free-will donations will be gratefully accepted.

Dr. Ted Schlosberg, NJWA Founder and Executive Director, will direct the combined chamber orchestras for the concert.

For more information, visit the NJWA, a 501 (c) 3 non-profit organization, at 150-152 East Broad Street, Westfield, phone 908-789-9696 or log on to www.njworkshopforthearts.com.



(above) Dr. Ted Schlosberg will direct the NJWA Saturday Orchestras and Wednesday Morning Strings in a holiday concert.

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FRIENDS OF THE WESTFIELD MEMORIAL LIBRARY

The 7th Annual Children and Teen book sale hosted by the Friends of the Westfield Memorial Library was a big hit this year. The sale generated over \$3,400, all which will go towards funding programs at the Library. The wonderful selection of books and media offered due to the community's generous donations created a great place to shop for readers.

The sale included two new features this year, Story Corner and an award section. During Story Corner librarians and volunteers read to children, providing parents and guardians some time to shop at their leisure. Newberry and Caldecot and

other award winners were located together making it easy to find these treasured books.

A heartfelt thank you to the 40 volunteers who truly made the book sale happen. Your efforts are appreciated and we look forward to your dedication and energy come the spring sale in April 2018. A special thank you goes out to the Board of Education and the Westfield Public Library for their logistical support.

For more information on the Friends of the Westfield Library or to volunteer during the spring book sale please contact the Friends at WMLvolunteers@gmail.com.

WESTFIELD MEMORIAL LIBRARY FOOD DRIVE

Help check out hunger this holiday season with donations to a Food Drive being sponsored by the Libraries of Union County Consortium (LUCC). From November 27 - December 18, your local public library will be accepting donations of non-perishable food items to benefit the New Jersey Community Food Bank and other local food pantries. Collection bins will be conveniently located at the public libraries and library staff will then route 100% of the donations to designated food banks.

Even though experts say our economy is in recovery, many people in New Jersey have been left behind: low income families, struggling single parents, the elderly on a fixed income, and the unemployed. The New Jersey Community

Food Bank assists by distributing food to more than 1,500 non-profit charities in 19 counties, including soup kitchens, food pantries, shelters, local food banks, after school programs, and senior centers. Local food pantries such as SHIP in Summit serve food to the homeless and low-income individuals on a daily basis. These donations will help to fill shopping carts and bellies.

To make this holiday season hunger free, simply visit your local library with a donation of non-perishable items. Groceries most urgently needed are canned meat and fish, canned soups and stews, peanut butter (in plastic jars), boxed pasta and rice, powdered milk, infant formula, and canned vegetables and fruits.

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GRIEF SEMINAR FOR ALL TYPES OF LOSSES

The First Presbyterian Church of Cranford, 11 Springfield Ave., will hold their six-week seminar - "Journey to Wholeness- Healing the Grieving Heart" on Sundays evenings from January 8 - February 11, 2018. There is no charge to attend.

Patti Williams, R.N., and certified pastoral bereavement counselor, and Virginia Waters, PhD. Psychologist, will lead the sessions from 6:30-8:30 p.m for the first night in the Thompson Youth Center of the church, and then from 4:00-6:00 pm for the following 5 weeks. Patti and Virginia are beginning the 18th year of this ministry, and have helped approximately 2,600 people experience healing, find a new purpose for their lives, and feel joy once again. This is an

experience like no other. Teaching is interactive and the small groups are homogenously grouped with a facilitator with the same loss.

The sessions include learning about the stages of grief and understanding the tasks of the grieving process, coping strategies, taking good care of ourselves, dealing with changes, decisions, loneliness, holidays, anniversaries, building a support system, etc.

Both of the leaders and all of the facilitators have experienced loss within their lives and share from "the inside out". It does not matter if your loss is divorce, death or job loss; loss is loss - it must be grieved. It does not matter how long ago you experienced loss. Bring family members and

friends. All faiths are welcome. Teen group available. You must pre register for this life changing event and attend the first session. Registration closes as of session one. Please call Patti to register at 908-709-1341. No fee is charged.

A participant shared, "Your group reflected your love not only in your church but reaching out to your community. This is a very noble action of love! Thank You!! Every Sunday evening I am excited to come to the class. Every session is different, you help us to understand about grieving, tools that we need, a tremendous help to me... to us , giving us hope and enjoy life's blessings! You give your time, the most expensive gift to us. Thank you for all the special things you do! Ms.Patti and Dr. Virginia and others!"

Sincerely yours, Rose.

The seminar is dedicated to Patti's late husband, the Rev. Dr. Bruce D. Williams who had a vision for this program wanting to help others deal with their pain and suffering during their time of loss.

THE HOPE CHEST ANNUAL HOLIDAY SALE

The Hope Chest, located at 26 Prospect Street in Westfield, has an annual Holiday Sale which is going on now. The store is presenting a wonderful array of new and gently used items to satisfy all of your holiday needs.

There is stylish seasonal clothing to wear to all those special holiday parties and events along with jewelry, accessories, and shoes to compliment any outfit. Our men's department has shirts, dress pants, sports jackets, suits, jeans, ties and sweaters to spruce up any gentleman's wardrobe. The Hope Chest also carries men's and women's warm winter coats for those chilly days and nights.

The store has beautiful holiday decorations for sale to decorate your home and something from the selection of housewares, glasses, plates, linens and serving items will be a lovely addition to any holiday party. In the book department you

can find that perfect book to curl up with on a winter's night and there are frames of every shape and size to hold that family holiday photo.

The Hope Chest is run by volunteers from the Center for Hope Hospice and Palliative Care Auxiliary. The Auxiliary provides financial support to the Center, a nonprofit organization located in Scotch Plains, which provides loving care to terminally ill patients and their families in two residential facilities and in a patient's home.

The Auxiliary is always happy to welcome new members and anyone interested in our organization may visit the Hope Chest and speak with one of our volunteers. Call the Center at 908-889-7780 or visit the website at centerforhope.com. Donations of new and gently used clothing, jewelry, books, artwork and housewares are welcome on Tuesdays and Saturdays from 10:00 a.m. to 4:00 p.m.



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BREAST CANCER WEIGHT LOSS STUDY

Trinitas Regional Medical Center is participating in a potentially groundbreaking study that investigates the impact of weight loss on breast cancer recurrence. The Breast Cancer Weight Loss (BWEL) study, sponsored by the National Cancer Institute and the Alliance for Clinical Trials in Oncology, enrolls overweight and obese women with early stage breast cancer to test if weight loss can help prevent their disease from returning.

“The BWEL Study offers both preventative and curative medicine to our breast cancer survivors seeking physical fitness and wellness.

It also makes a weight loss program available to our underserved community of patients that may not ordinarily have access to fitness routine,” states Michelle Cholankeril, Medical Oncologist at Trinitas Comprehensive Cancer Center.

“Health and wellness is a major piece of surviving cancer. This includes physical, psychosocial and economic needs of a patient post treatment. This study helps us incorporate the need for physical and mental health into our survivorship plan to make it that much more successful,” she added.

According to the American Cancer Society, approximately 20% of women treated for breast cancer today experience a recurrence of the disease, with most of those women developing metastatic breast cancer. Excess body weight has long been linked to an increased risk of developing breast cancer, and growing evidence suggests that obesity is associated with poor prognosis in women diagnosed with early stage breast cancer. However, despite many reports

supporting a relationship between weight and breast cancer prognosis, there have been no studies examining the effect of weight loss upon the risk of breast cancer recurrence.

“The increased risk of cancer recurrence linked to excess body weight threatens to limit our progress in treating breast cancer and preventing women from dying from this disease,” says Anand Shah, Trinitas Research Associate. “If our study can show that losing weight through increasing physical activity and reducing calories improves survival rates in breast cancer, it could lead to weight loss and physical activity becoming a standard part of the treatment for millions of breast cancer patients around the world.”

If you have been diagnosed with stage II-III breast cancer within the last 12 months or have completed surgery and chemotherapy (if applicable) and are interested in participating in the Trinitas Weight Loss Study contact Anand Shah, Research Associate at (908) 994 8728.



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donors with registration, perform canteen duties and make appointments for their next donation. Volunteers should have the ability to relate to the public, be able to perform different jobs as needed and have the willingness to follow the rules. For additional information contact, Monday to Friday 9am to 5pm, Manager of Community Relations and Volunteer Services Jan Zepka at 732-616-8741.


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DECEMBER 2017 WORSHIP SCHEDULE

Sunday Eucharists at 8:30 and 11:00 a.m.

Wednesday Eucharists at 12 Noon and 7:30 p.m.

CHRISTMAS WORSHIP SCHEDULE

December 24-Christmas Eve

4:00 p.m. Children's Service and Pageant

6:00 p.m. Candlelight Eucharist with Soloists

8:00 p.m. Candlelight Eucharist with Sanctuary Choir,
Bells and Instrumentalists

DECEMBER 25

Nativity Eucharist and Carols at 10:00 a.m.

December 31

Eucharist, Lessons and Carols at 10:00 a.m.

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Sunday, December 3 at 4:00 p.m.

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GWACC GIFT COINS HELP SUPPORT SMALL BUSINESSES

Storefront businesses have a tough time competing with online retailers, especially during the holiday season. As part of its commitment to support local businesses, the Greater Westfield Area Chamber of Commerce (GWACC) sells \$25 gift coins that can be used in place of cash at approximately 90 businesses and restaurants in the area.

“The coins make a great gift for anyone and are a unique and more personal alternative to giving a gift card,” said Gene Jannotti, GWACC Executive Director.

The coins can be purchased for a fee of \$2.50 per transaction whether you buy one coin or multiple coins. The gift coins never expire and can be purchased at Two River Community Bank in Westfield, Fanwood, and Cranford as well as at the chamber office at 212 Lenox Avenue.

The GWACC will be celebrating its 70th anniversary in 2018, and the gift coin program has been in place for 19 years.

“By participating in the gift coin program, businesses in Westfield, Fanwood, Garwood, Mountainside, and Scotch Plains will give shoppers a new reason to visit and spend money with them. And there is absolutely no cost to businesses,” said Jannotti.

Shoppers can identify which retailers and restaurants are participating by going to gwaccnj.com/coins. Storefront businesses also display the gift coin emblem in their window.

Business owners who want to enroll in the program can call the GWACC office at 908-233-3021 or email info@gwaccnj.com.



DECEMBER 2017 EVENTS
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January 1 for New Year's Day

Programs for Adults
Check website for sign up information

12/1	1:30 pm	TGIF! Finding Neverland (video)
12/7	7:00 pm	Total Body Renew Yoga-L. Harwelik
12/8	1:30 pm	TGIF! Balanchine's Nutcracker (video)
12/13	7:00 pm	Flute & Guitar Duo Marjorie Kohanski & Keith Calmes
12/14	7:00 pm	Total Body Renew Yoga-L. Harwelik
12/15	1:30 pm	TGIF! Classic Movie Week: Scrooge
12/18	7 & 8:30 pm	Foreign Film: Mio/Madre Italian

Programs for Children
Check website for sign up information

12/1, 8, 15	10:00 am	Play Group for Babies and Toddlers 0-23 months. Caregiver stays with child
12/1	3:45 pm	Chess Club for Kids. No age requirement but players must know how to move pieces
12/2	10:00 am	Flows to Read: New readers read to library dogs.
12/5, 12, 19	9:45 am	Move 'n Groove Music and Movement 2-5 years old with caregiver
12/5	6:30 pm	Evening LEGO Club 5+ years Caregivers stay in Library
12/6, 13, 20	10:30 am	It's Movie Time. Animated versions of picture books. All ages welcome with caregiver

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STORY OF PERSONAL COMEBACK KEYS 2017 UNION COUNTY CONFERENCE

Marion Simmons spent 19 years in foster care, experiencing emotional, physical and sexual abuse at every stop until coming to Community Access Unlimited (CAU) at age 16. In time Simmons went to college, worked within New Jersey's child welfare system and recently started a business teaching at-risk youth the skills they need to be successful in life.

Simmons served as the keynote speaker at the Fifth Annual Union County Youth Services Networking Conference held in November at CAU in Elizabeth. The conference drew more than 175 child services professionals from more than 50 government agencies and nonprofits from throughout Union County.

CAU is a statewide Elizabeth-based nonprofit providing support programs and services to adults with disabilities as well as youth served under the Department of Children and Families (DCF) to enable them to live independently in the community, providing supports in areas including housing, vocational skills and life-skills training, education, advocacy and recreation.

Simmons told the audience she believes everyone in life deserves the opportunity to turn a setback into a comeback. Her story outlined her own.

She entered foster care at age 4 because of her mother's substance abuse. Due partly to her rebellious nature and partly to the abuse she experienced at various locations, Simmons was referred to what she was told was her last chance, Community Access Unlimited.

"Before I came to CAU I was lashing out but they didn't give up on me," she said. "They told me, 'We'll let you cry and be mad, but you're still going to work on your goals, your driver's license, getting a job, graduating.' I thrived here. CAU truly is the key that opens the door."

Simmons became a leader at CAU, then earned a bachelor's degree in human services and sociology from Lincoln (PA) University before going to work for the New Jersey Division of Child Protection and Permanency. While there she was instrumental in changing the practice of having youth in foster care carry their belongings

in black trash bags when moving to now being given luggage.

Simmons now works as a project coordinator at JBS International, Inc. in Bethesda, MD., and recently started HOTE (Holding Onto Exceptional People), LLC to help other at-risk youth succeed in life as she has.

"If I had not gone through the things I went through in those 19 years in foster care, I wouldn't have the passion to be in child welfare and the courage to start my own business," she said. "If I had not suffered, I would not have had the ability to rebound."

Attendees of at the conference also heard presentations by Jessica Trombetta, director of the Office of Adolescent Services; Alice Hunnicutt, state director of the Division of Vocational Rehabilitation Services; and Gordon MacInness, president and chief executive of New Jersey Policy Perspective. In addition, they participated in roundtable discussions on a variety of topics impacting the youth they support, including transitioning to adulthood, behavioral health and substance abuse, and employment training and life skills education.

The annual conference is produced each year by the Union County Youth Services Steering Committee, 16 leaders from the county's

nonprofit and government sectors working in youth services.

"It is important for us to bring all the various providers and mental health professionals, anyone working with young people, together to learn and network," said Jim Kimberly, director of development at the Cooperative Counseling Services and a member of the committee. "We also try to get speakers who are relevant to the issues we are working with."

ABOUT COMMUNITY ACCESS UNLIMITED

Community Access Unlimited (CAU), celebrating its 38th year in 2017, supports people with special needs in achieving real lives in the community. CAU provides support and gives voice to adults and youth who traditionally have little support and no voice in society. CAU helps people with housing, life skills, employment, money management, socialization and civic activities. CAU also supports opportunities for advocacy through training in assertiveness, decision-making and civil right. CAU currently serves more than 6,000 individuals and families, with the number served growing each year.

For more information about CAU and its services, contact us by phone at 908.354.3040, online at www.caunj.org or by mail at 80 West Grand Street, Elizabeth, NJ 07202.



(above) Members of the Union County Youth Services Steering Committee gather before the Fifth Annual Union County Youth Services Networking Conference.

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HUNDREDS GATHER FOR FOURTH ANNUAL UNION COUNTY DAY OF PRAYER

At a time when the country is being torn apart by hate rhetoric and fear of those unlike oneself, more than 650 members from Christian, Jewish, Muslim, and Buddhist communities came together October 24 in a show of unity at the Fourth Annual Union County Day of Prayer in Westfield.

"It is great to be together with leaders of other faiths," said Rev. Michael Saporito, pastor of The Parish Community of St. Helen, which hosted the event. "This is such a year of turmoil for people in the country. It is great to bring different people of faiths together, and what faith doesn't want love, peace and unity and want to treat other people with the dignity they deserve?"

The annual Union County Day of Prayer, whose theme this year was Unifying Our Community Through Prayer, is hosted each year by the Union County Interfaith Coordinating Council, comprising more than 40 interfaith congregations and community-based nonprofits, including founding member Community Access Unlimited (CAU). The evening featured prayers, songs and meditations from religious leaders of various faiths from throughout Union County.

"Martin Luther King once said that the most segregated time in this country is 11 a.m. on Sunday when everyone goes to their segregated church," said Sid Blanchard, CAU's executive director. "People with disabilities can't go

because they are excluded, they are unwelcome. By bringing the community together and meeting each other, we are seeing that all people have value. People with disabilities and young people who have been abused and neglected will be welcomed in the faith community of their choice."

Unity and togetherness was the theme that carried through the evening.

"It is important to come together to offer prayers for our community and country at large," said Deacon Timothy Williams of the First Baptist Church in Kenilworth and chairman of the council's steering committee.

Added Pastor Carl Brewer of the Metropolitan Seventh Day Adventist Church in Plainfield, "It is something to build our community and we should always do what we can to bring us together."

The Venerable Klint Kevalin of the Dhammakaya Meditation Center in Fanwood described the event as "Something that the world really needs. It is something that we as a community need to show, that peace can happen. We come from different faiths joining together to bring light to the world."

That light has never been more needed than now. Rev. Dr. L.L. DuBreuil, pastor of Faith United Church of Christ in Union, said, "We are living in a time of suspicion and ignorance. It is important that we get to know each other, pray together and shine the light."

Imam Khalil Abdul Aziz of Plainfield's Mosque Masjidullah, agreed, saying, "Here in 2017, I think we haven't made the effort to get to know each other. We live next to synagogues, churches and mosques, but we don't really know each other. Interfaith efforts are very productive in bridging that gap."

Cantor Matt Axelrod of Congregation Beth Israel in Scotch Plains spoke of the advantage of building that bridge, saying, "Anything that brings us together and shows us what we have in common makes us a stronger community."

That was a belief shared among the other religious leaders and reflected their denomination's teachings. Said Rev. Ann Marie Alderman of the First Unitarian Society of Plainfield, "Part of our faith is the interconnected web of all beings. We believe that all the various ways to reach the holy are legitimate and it is important for us to work together so the beloved community arrives."

Rabbi Cecelia Beyer of Temple Beth AhmYisrael in Springfield described Shema, a prayer that is the central tenet of Jewish worship, explaining, "What that says is that God is one. It is important that we find those things that unite us under one God. It is why events like this are important."

The Interfaith Coordinating Council was created by Community Access Unlimited CAU, a statewide Elizabeth-based nonprofit providing support programs and services to adults with disabilities as well as youth served under the Department of Children and Families (DCF) to enable them to live independently in the community, providing supports in areas including housing, vocational skills and life-skills training, education, advocacy and recreation.

About Community Access Unlimited

Community Access Unlimited (CAU), celebrating its 38th year in 2017, supports people with special needs in achieving real lives in the community. CAU provides support and gives voice to adults and youth who traditionally have little support and no voice in society. CAU helps people with housing, life skills, employment, money management, socialization and civic activities. CAU also supports opportunities for advocacy through training in assertiveness, decision-making and civil right. CAU currently serves more than 6,000 individuals and families, with the number served growing each year. For more information about CAU and its services, contact us by phone at 908.354.3040, online at www.caunj.org or by mail at 80 West Grand Street, Elizabeth, NJ 07202.

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UNION COUNTY DAY OF PRAYER 2017



(above) Members of the Union County Interfaith Coordinating Council and other invited speakers gather before the Fourth Annual Union County Day of Prayer, held Oct. 24 at The Parish Community of Saint Helen.

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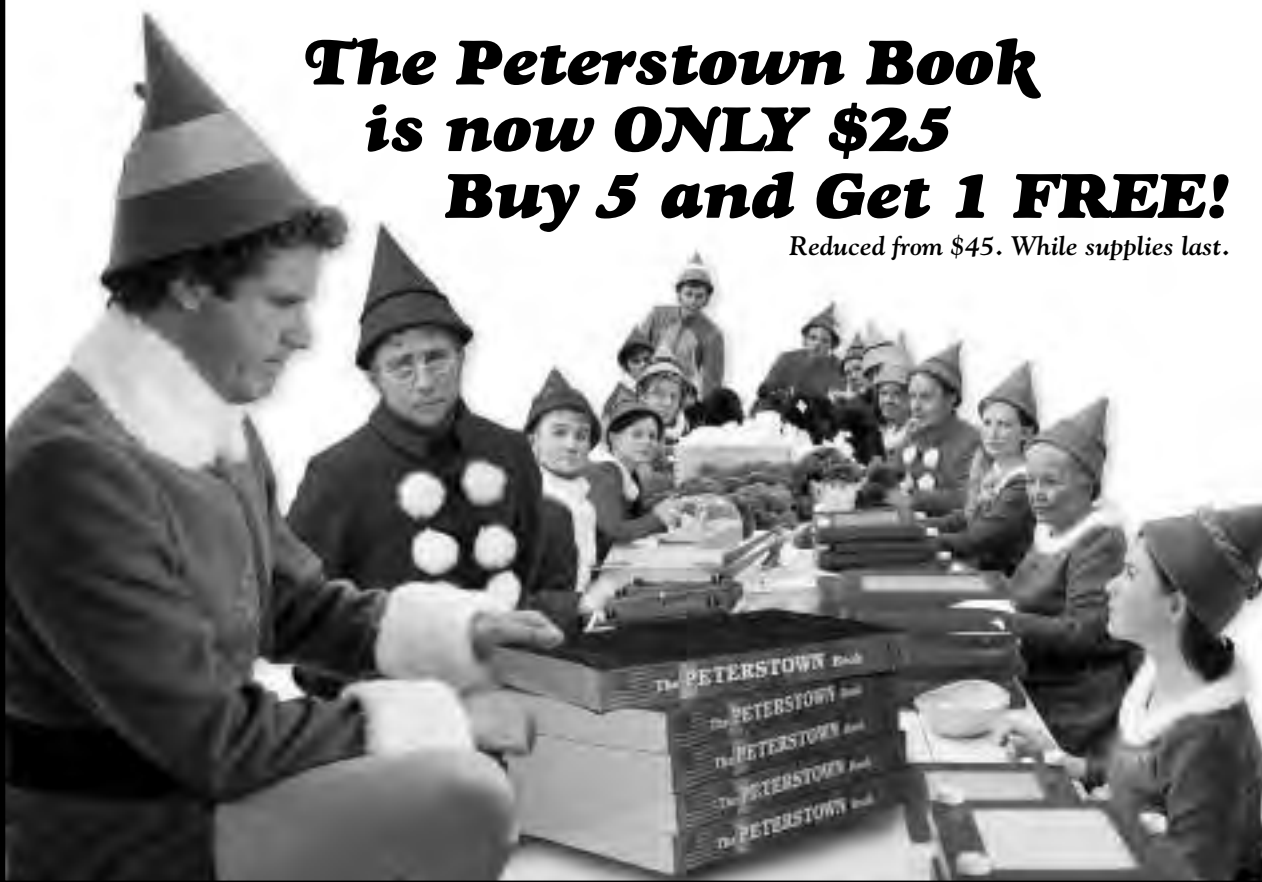
The Center for Hope is a non-profit organization that serves the terminally ill in its two residences as well as in the wider community throughout Union County and parts of Essex, Hudson, Middlesex, Morris and Somerset counties. Multiple shifts are available on a full-time and per-diem basis, with some evening and weekend hours required. The Center offers a competitive salary with generous time off and a full benefits package. Successful candidates are proven team players and independent thinkers with excellent nursing and interpersonal skills, who want to make a positive impact on the lives of patients and their families.

RNs who are unable to attend the open houses on December 6 are welcome to apply and set up an interview by completing the form at www.cfhh.org/rn-open-house.html.

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PIPES OF CHRISTMAS CONCERTS

Commemorating John Curry and the 1879 Vision at Knock, Ireland

The Pipes of Christmas will celebrate its nineteenth season with performances in New Jersey and New York this December. The holiday favorite opens on Saturday, December 16 at Madison Avenue Presbyterian Church, located at 921 Madison Avenue (at 73rd Street) for a 2PM performance. The concert moves across the Hudson River on Sunday, December 17 to Central Presbyterian Church located at 70 Maple Street in Summit, NJ with performances at 2 and 7PM.

The 2017 production will mark the world premiere of “Beautiful Things,” an original composition by acclaimed Celtic harper Cormac De Barra of Dublin, Ireland. The piece commemorates the vision of the Virgin Mary at Knock Cathedral in Ireland in 1879.

Earlier this year, the remains of the last remaining witness to the vision were reinterred at Old St. Patrick’s Cathedral in New York City from the pauper’s grave where he was laid to rest in 1934. His Eminence Timothy Cardinal Dolan, Archbishop of New York, supervised the service.

For those weary of the ceaseless stream of secular seasonal music from department stores to TV, the Pipes of Christmas offers a spiritual and traditional take on the season that connects concertgoers to the holiday in a fresh, meaningful way. The show features tunes such as O Come, O Come Emmanuel, Joy to the World, and Amazing Grace, all performed live on pipes and drums, harp and fiddle, and organ and brass. Not only does the performance define Christmas cheer, but also it inspires those of Celtic descent to retrace and reconnect to their ancestry.

The concert presents the music of Christmas accompanied by readings taken from the Celtic literature of Ireland, Scotland and Wales. Featured performers include James Robinson from the film “Braveheart,” New England fiddle champion Paul Woodiel, “Riverdance” Irish uilleann piper and flutist Christopher Layer, Gaelic Mod champion harpist Jennifer Port of Golspie, Scotland, and the Pipe Major Kevin Ray Blandford Memorial Pipe Band from Redlands, CA.



(above) Pipers from the Kevin Ray Blandford Memorial Pipe Band are returning to the East Coast this December to join the company of the 19th annual “Pipes of Christmas” concerts. Photo by Warren Westura.



(above) Cormac de Barra. The acclaimed Irish composer and performer will debut his new composition on the 1879 miracle at Knock Cathedral, Ireland.

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Proceeds also support the Society’s sponsorship of the US National Celtic Harp Championship, the Gaelic Literature Competition at Scotland’s Royal National Mod and an annual academic research prize at Sabhal Mòr Ostaig, the acclaimed Gaelic college on the Isle of Skye.

Named one of New York City’s “Top Ten” holiday events, the concert is made possible by a generous gift from the Grand Summit Hotel in Summit, NJ.

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(above, l-r) Joe and Tina Renna, owners of Renna Media, LLC, have been publishing community newspapers since 1998.

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