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## STORY OF TEEN DEPRESSION AND SUICIDE, LESSONS & HOPE

Wendy and Steve Sefcik recently shared the story of their 16 year-old son's struggle with depression and ultimate suicide at a community gathering in Westfield sponsored by crisis listening line Caring Contact and hosted by Westfield residents Linda Habgood and Gary Zanfagna in their home.

In the evening's program, "Breaking the Silence: Remembering T.J. – A Story of Depression, Lessons and Hope," the Sefciks discussed the warning signs that preceded their son's death in 2010.

They told the audience of more than 100 how their son grew up as an outgoing, sensitive boy who was well liked and excelled at sports. Yet as T.J. Sefcik moved into his teen years, he began to show what his parents now recognize as the early signs of depression, including increasing irritation and disrespect. Twice they sought guidance from counselors and both times were told T.J. was experiencing normal emotional growing pains before he was finally diagnosed with depression.

On December 1, 2010, T.J. Sefcik died by suicide. Following his death, the Sefciks immersed themselves in learning everything they could about teenage depression and suicide.

"It begs the question, 'What would lead a boy like this to take his own life?'," Steve Sefcik said.

"We feel it's so imperative we share what we learned so no other family loses a child to suicide," Wendy Sefcik added.

The Sefciks told the audience that one in four Americans will experience a diagnosable mental disorder and that one in eight teenagers will suffer at least one episode of depression before they reach adulthood. They identified symptoms of teenage depression as irritable or angry moods, unexplained aches and pains, extra sensitivity to criticism and withdrawal from some but not all people. They also warned that the stigma of suffering from depression is the greatest barrier to treatment.

The Sefciks provided the audience with a list of resources families can turn to for help with teenage depression, including Erika's Lighthouse (erikaslighthouse.org); JED Foundation (jedfoundation.org); the Balanced Mind Parent Network (dbsalliance.org); the Society for Prevention of Teenage Suicide (sptsusa.org); and Caring Contact (caringcontact.org). A complete list can be found at rememberingtj.org.

"Sometimes these kids just want to be heard," Wendy Sefcik said. "That's one of the things I love about Caring Contact."

Since T.J. Sefcik's death his parents have made their presentation to more than 20,000 students, parents, educators and mental health professionals.

"We will speak to anyone interested in the message," Wendy Sefcik said. "We want to raise awareness of the importance of taking care of your mental health. We believe our mental health is as important as our physical health and we don't take care of both until an issue arises. If you pay attention to your mental health, that's suicide prevention."

Steve and Wendy Sefcik can be reached through their website rememberingtj.org.



Caring Contact is an award-winning, volunteer-staffed caring and crisis hotline and listening community, providing active listening support and best-in-class training to the Central and Northern New Jersey community. More than 100 trained volunteer listeners answered nearly 9,000 calls last year from people in crisis, having suicidal thoughts or simply feeling depressed and lonely.

If you are in crisis and need someone to listen, call them at 908-232-2880. To learn more, visit [caringcontact.org](http://caringcontact.org).

Anyone interested in volunteering may visit <http://caringcontact.org/give-support/volunteer/>. There are non-listening volunteering opportunities, as well.

Caring Contact serves Central and Northern New Jersey and is a primary responder to calls to the national suicide prevention line (1-800-273-TALK or 1-800-SUICIDE) that originate in New Jersey. Callers also reach Caring Contact by dialing 908-232-2880. Those preferring to seek supporting through texting may text "heart" to 741-741. The hotline also provides best-in-class training to the Central and Northern New Jersey Community.

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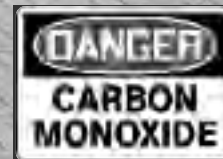
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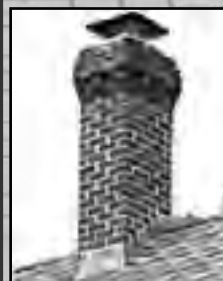
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## WOMAN'S CLUB FILLS MANY STOCKINGS FOR THE MILITARY

Ten ladies who are members of the Home Life Department of the Woman's Club of Westfield spent an afternoon together recently busily filling, with much eagerness, many, many Christmas stockings to the brim with a card of greeting, writing pads, pens, decks of cards, candy, lotion, fun items and so much more. The stockings will be shipped to those active in the military with the hope of bringing a smile to a soldier's face and as a way of showing our appreciation and thanks for all the work that

service men and women do, and all the sacrifices they make defending our country.

These stockings will join many other stockings as part of the "Boatsie Boxes" delivery system. Boatsie Boxes began in 2004 when Master Sergeant Patrick R. Boatsie's mother, Gail, forwarded a personal request from the Deputy of Programs in Bagdad for personal items needed for the military in Bagdad hospitals. Four months later Master Sergeant Boatsie was deployed from

Bagdad to Iraq and the care package delivery system was extended to include any deployed troop in need of support.

The Woman's Club of Westfield meets at a general meeting the second Monday of the month held at The Masonic Lodge In Westfield. Ladies with interest in joining the Club are urged to write to The Woman's Club of Westfield, P.O. Box 1157, Mountainside, NJ 07092 for more information.

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(above, front, l-r) The Woman's Club of Westfield Members: Anne Magnotti, Pat D'Angelo, Vivian O'Neil, Julie Nardone, and Mary Ann Sepe. (second row, l-r) Nancy Muserlian, Ruth Positan, Nancy Hatfield, Diana Peterson and Jane Wallswear.

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## PARENT VOLUNTEERS ACTIVE IN WESTFIELD SCHOOLS

The 2017-2018 Parent-Teacher Council (PTC) of the Westfield Public Schools met on September 28 for the first of its monthly meetings in which the group of volunteers shared ideas, interests and news about each school.

The PTC, led by President Monica Bergin, is an umbrella organization which includes all 10 schools' parent-teacher-student organizations. The PTC meetings begin with discussions among the PTO presidents and PTC Board, and then open up to the PTO general membership and

public at 10:15 a.m. in the Board Room at 302 Elm Street. Regular participants at these meetings are Superintendent Margaret Dolan and Board of Education member Amy Root.

Topics such as school policies, district budget, student achievement and PTO initiated fundraising activities are discussed.

"Our regular meetings with the PTO representatives and PTC board provide an excellent vehicle for two-way communication," explained Dr. Dolan. "At the meetings we have

the opportunity to hear both the good news and the concerns of our parents in our schools through their representatives. At the same time, the parents learn what decisions are being made or considered by the Board of Education. It's a very helpful process for all concerned. We are so fortunate in this district to have so many dedicated volunteers."

For a complete listing of PTC public meetings, please check the website at [westfieldNJk12.org](http://westfieldNJk12.org).

photo by Westfield Public Schools.



*(above, sitting, l-r) PTC Board members Suzanne Sherman, Joeline Ritter, Amisha Mehta, Monica Bergin, and Donna Kenny. PTO presidents include (standing, first row, l-r) Rebecca Scangas-Verma – Tamaques; Chitra Singh – Jefferson; Wendy Rotella – Jefferson; Melissa Abo – Wilson; Darcy Varner – Tamaques; Nancy Csorba – Edison; Jenn Czarnecki – Edison; Thao Tran-Nasser – Lincoln; Lynn Pritti – Lincoln; and Carolyn Miller – Westfield High School. (standing, second row, l-r) Amy Root – Board of Education liaison; Jennifer Moshier – Washington; Suzann Duncan – Roosevelt; Stacey Shepard – Roosevelt; Christine Dwan – Wilson; Shannon Crooks – Franklin; Cheryl Bishop – McKinley; Eleonora Zappulla – McKinley; and Liz Miller – Westfield High School. (unavailable for photo) Alyson Twilley – Franklin and Yun Won Cho – Washington.*



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## BUTTERFLIES ARE FREE AT TAMAQUES ELEMENTARY SCHOOL



(above) Tamaques Elementary School first grader Charlie Yu admires a Monarch butterfly with parent volunteer Bianca Wright. First graders and their fifth grade buddies raised, tagged and released the butterflies with the hope that they will return next year to feast on the special garden they created for their development.

(right) Tamaques first grade teacher Mary Montes shows the Chrysalis stage of a Monarch Butterfly on the leaf of a Milk Weed plant to students (from front) Cody Politi, Zena Green and Charlie Yu.

Hundreds of monarch butterflies were making their way to Mexico in October thanks to the care of first grade students and their fifth grade buddies in Westfield's Tamaques Elementary School. More than 200 butterflies raised by the students were tagged and released with the hope that they will return next year to feast on the special garden created for their development.

The life cycle of the butterfly was nurtured in and out of the school's classrooms over many months, starting with the planting in the school's garden of nectar-producing flowers which attract butterflies. Milkweed – the host plant of a Monarch Butterfly -- also was grown for the butterflies to lay their eggs that turned into caterpillars. Next, each caterpillar formed a



Chrysalis – a special protective wrap. The final metamorphosis took place in an enclosed indoor environment and the butterflies emerged ready to take flight.

Parent volunteers Diane Genco, Donna Dwyer and Bianca Wright, who have studied the migration process, worked with Tamaques teachers to ensure the best growing environment for the butterflies. "We reached a 90% survival rate indoors; the survival rate in the wild is 5%," explained Dwyer.

"We are so grateful for these parents leading us – quite literally down this path," stated first grade teacher Mary Montes. "We have identified eggs on the milkweed leaves, watched the caterpillars grow, observed the forming of many chrysalides."

In addition to this science exploration, cross-curricula lessons were developed which included writing about the life cycle and documenting observations in garden journals, locating Mexico on maps, learning about migration, and measuring and creating life-size paper Monarchs.

When asked how he felt about the multi-stage project, first grader Charlie Yu responded, "The best part was when the butterflies emerge," On one of the recent release days, when a butterfly remained on his hand momentarily upon releasing it, he said, "I felt extraordinary!"

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## COMMUNITY INVITED TO WESTFIELD HADASSAH ON NOVEMBER 20

The community is invited to Westfield Hadassah on November 20, at noon at Temple Emanu-El Westfield in Greifer Sacks Hall. The Temple is located at 756 East Broad Street in Westfield. Our topic is the American Jewish artist, Florine Stettheimer, and her contribution to the NY cultural scene in the 1920's, 30's, and 40's. With her sisters, Carrie and Ettie, she hosted a salon in Manhattan for modernists including Marcel Duchamp and Georgia O'Keeffe. Four of Stettheimer's paintings are part of the permanent collection of the Metropolitan Museum of Art and her work was shown in NYC at the Jewish Museum at an exhibition entitled Florine Stettheimer: Painting Poetry in September 2017.

Our speaker is Barbara Tomlinson. She served as history department chair at a small, independent secondary school, and course coordinator for cultural history of General Education program at Kean University. During retirement, she teaches cultural history in various continuing education programs and leads tours in United States and European cities to explore the historical and cultural context. She is grandmother of two teenagers. She received a B.A., cum laude, from Barnard College, a M.A.T. from Harvard University and a Ph. D., in American and Women's History, from Rutgers.

Bring your lunch, enjoy our delicious desserts, coffee and tea.

## HISTORIC TREE PROJECT TO BE DISCUSSED

Dr. Tom Ombrello, a Senior Professor of Biology at Union County College, will conduct an illustrated talk on the story of Union County College's Historic Tree Project and the many noteworthy trees growing in the College's Historic Tree Grove. An emphasis will be placed on historic trees from NJ. The talk will take place on Sunday, November 19th at 2:30 p.m. at the Reeve House in Westfield.

Dr. Ombrello began the historic tree project at the college in 1995, collecting seeds or cuttings of noteworthy historic trees around New Jersey. Offspring trees are grown in the college's greenhouses and outdoor nursery. One offspring of each historic tree is planted in the Historic Tree Grove established on the Cranford campus. When available, extra offspring seedlings are distributed to NJ schools and municipalities, among other places.

As part of that project, Dr. Ombrello collected acorns from the historic Basking Ridge White Oak Tree on the grounds of the Basking Ridge Presbyterian Church as its life came to an end after 600 years. It is believed to have been one of the oldest White Oak trees in America. On the college's Cranford campus, Dr. Ombrello grew progeny of the historic tree.

Dr. Ombrello has a B.A. from Herbert Lehman College, an M.S. from Rutgers University, and a Ph.D. from Rutgers University. He teaches a wide variety of courses in the STEM Division, including General Biology, Environmental Science, Zoology, and Plant Science. His research interests involve working with NJ's Division of Fish and Wildlife to reduce the

negative encounters between people and black bears in Northwest NJ.

Space is limited and prior registration is required. To make a reservation kindly email [westfieldhistoricalsociety@gmail.com](mailto:westfieldhistoricalsociety@gmail.com) or call 908-654-1794. There is a suggested donation of \$5 to help offset costs and to support the Society.

For more information about the Westfield Historical Society and the Reeve House, which is located at 314 Mountain Avenue in Westfield, NJ visit <http://westfieldhistoricalsociety.org>



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Dr. Scot Paris, MD using fluoroscopy during a knee injection.

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# WHS STUDENTS EXCEL IN 2018 NATIONAL MERIT SCHOLARSHIP PROGRAM

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Westfield High School senior Benjamin Kevelson has been named a National Merit Semi-finalist in the 2018 National Merit Scholarship Program. Approximately 1.1 percent of students who take the Preliminary SAT test qualify as



(above l-r) Dr. Derrick Nelson, Westfield High School Principal, congratulates senior Benjamin Kevelson, who was named a National Merit Semi-Finalist for 2018.

National Merit semi-finalists. They are the highest scoring entrants and are eligible to apply for National Merit scholarships. The program honors students who show exceptional academic ability and potential for success in rigorous college studies.

Additionally, WHS Principal Dr. Derrick Nelson announced that 19 WHS students have been named Commended Students in the 2018 National Merit Scholarship Program. These students place in the top five percent of the students in the country who took the Preliminary SAT/Merit Scholarship Qualifying Test., Dr. Nelson congratulated each of the following students for their commitment to their education: Yallen Bai, Chloe Brown, Michael Canabarro, Joseph Ensslin, Lindsay Freidenrich, Fiona Gillespie, Rachael He, Yenteen Hu, Marisa Li, Allison Mattessich, Timothy McAuliffe, Kenneth Meyer, Ryan Qin, Lindsey Sharlow, Daniel Shenker, Jacob Tananbaum, Nicholas Weiner, Eric Yang, and Junlin Yi.

According to the National Merit Scholarship Corporation, “These students represent a valuable national resource; recognizing their accomplishments, as well as the key role their schools play in their academic development, is vital to the advancement of educational excellence in our nation. We hope that this recognition will help broaden their educational opportunities and encourage them as they continue their pursuit of academic success.”



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## “BUCKETS OF LOVE” FILLED BY MCKINLEY STUDENTS

On September 28, McKinley students, teachers and parent volunteers readied 14 “Buckets of Love for Texas” filled with cleaning supplies earmarked for Houston to aid in the hurricane recovery efforts. Along with the filled buckets, children wrote messages of love and support for the people who are trying to clean up

after the flood from Hurricane Harvey. All of the items were shipped to Texas by truck through a program organized by a local mission in Point Pleasant, New Jersey.

“The entire school got involved, raised \$545 and bought enough cleaning supplies for 14 buckets to be sent to victims in Houston of

Hurricane Harvey,” explained fifth grade teacher Joseph Paradise.

McKinley has adopted the “We Can” initiative for the 2017-2018 school year, with the Buckets of Love project launching this school-wide humanitarian program.

Photo by Westfield Public Schools.



(above) McKinley students, teachers and parent volunteers readied 14 Buckets of Love filled with cleaning supplies earmarked for Houston, TX to aid in the hurricane recovery efforts.

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*\*As seen in the February issue of New Providence News for helping a local student go from a 26 to a perfect 36 on the ACT.*

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# Ciao Bello

## HORS D'OEUVRES

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Clams casino or oreganato	1.25 ea.
Mozzarella Pin Cannoli	1.25 ea.
Jumbo lump crab cakes (mini)	2.25 ea.
Cocktail franks	0.60 ea.
Stuffed Mushroom with endive	2.00 ea.
Stuffed Mushroom with sausage	2.00 ea.
Jumbo Shrimp cocktail	2.50 ea.
Vegetable springs roll	1.50 ea.
Fried Shrimp	2.50 ea.
Chicken tender	1.50 ea.
Mozzarella sticks	1.00 ea.

## APPETIZERS

	Small (8-10 people)	Large Thin (12-15 people)
Fried Calamari w/marinara	45.00	60.00
Mussels marinara	25.00	35.00
Zuppa di clams	30.00	45.00
Seafood salad	85.00	115.00
Broccoli rabe & sausage	45.00	70.00
Buffalo wings	7.95 per dozen	

	Small (8-10 people)	Medium (12-15 people)	Large (18-20 people)
Cold Antipasto	40.00	55.00	85.00
Fresh Mozzarella & Tomato	30.00	45.00	70.00
Roasted Peppers & Mozzarella	30.00	45.00	70.00
Fresh Tomato Bruschetta	20.00	30.00	40.00
Seasonal Grilled Vegetable	25.00	35.00	50.00
Assorted Imported Cheese	60.00	85.00	115.00
Seasonal Fresh Fruit	30.00	40.00	55.00
Vegetable Cauldron	20.00	35.00	45.00

## SALADS

	Small (8-10 people)	Large Thin (12-15 people)	Large Deep (18-20 people)
Ciao Bello	30.00	35.00	45.00
House	30.00	30.00	35.00
Roasted Beet	30.00	35.00	45.00
Caesar	25.00	30.00	40.00
Fennel	35.00	40.00	45.00
Benny's Salad	35.00	40.00	45.00
Arugula	30.00	35.00	40.00

### Descriptions:

**Ciao Bello** – assorted fresh greens, fresh mushrooms, Italian, goat cheese, side of balsamic vinaigrette  
**House** – mixed greens with cucumber, tomatoes, olives, red onion, side of Italian dressing  
**Roasted Beet** – cucumber, tomatoes, red & golden beets, red onion, goat cheese, side of balsamic vinaigrette  
**Caesar** – crisp romaine hearts, croutons & parmesan reggiano side of caesar dressing  
**Fennel** – thick sliced fennel & baby arugula, roasted pecans, roasted mushrooms, goat cheese side of fig vinaigrette  
**Benny's Salad** – iceberg lettuce, grape tomatoes, mozzarella, red onion, corn, black beans, cucumber, parmesan reggiano & side of red wine vinaigrette  
**Arugula** – Organic baby arugula, pigroli, olives, tomatoes, cucumber, onion, and grapefruit cheese in a balsamic vinaigrette

## SANDWICH PLATTERS

### Fresh Baked Focaccia (served round platters)

Small-12 pieces (8-10 people)	Medium-24 pieces (12-15 people)	Large-32 pieces (18-20 people)
\$25.00	\$45.00	\$70.00

- Grilled chicken with roasted peppers & fresh mozzarella
- Oven roasted turkey with lettuce, tomatoes & onions
- Chicken tender or grilled fennel, tomatoes & honey mustard
- Prosciutto, roasted peppers & mozzarella
- Roasted peppers, grilled eggplant, and fresh mozzarella
- Chicken parm • Eggplant parm

### Wrap It Up: Choice From

Small-16 pieces (10-12 people)	Medium-32 pieces (18-20 people)	Large-48 pieces (24-30 people)
\$30.00	\$55.00	\$85.00

- Grilled chicken caesar
- Grilled vegetable with fresh mozzarella
- Sirloin steak with sautéed onions, peppers, mushrooms & mozzarella
- Chunky white tuna salad
- Grilled chicken sautéed spinach, onions, mushroom & fresh mozzarella
- Sliced turkey with lettuce, tomatoes & onions
- Grilled chicken broccoli rabe, roasted peppers and fresh mozzarella
- Barbeque chicken lettuce, tomatoes, Bacon & Monterey jack cheese

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## CHICKEN

	Small (8-10 people)	Large Thin (12-15 people)	Large Deep (18-20 people)
Murphy (Hot or Sweet)	45.00	60.00	75.00
Oreganato	40.00	55.00	70.00
Cacciatore	40.00	55.00	70.00
Scarpatellu	45.00	60.00	75.00

Ciao Bello	6.00/piece	Salimbocca alla romana	6.00/piece
Chicken Benny	6.00/piece	Francese	6.00/piece
Balsamico	7.00/piece	Marsala	6.00/piece
Milanese	7.00/piece	Parmigiana	7.00/piece

### Descriptions:

**Murphy (Hot or Sweet)** – medallions with prosciutto, peppers, potatoes & mushrooms  
**Oreganato** – medallions sautéed in lemon, butter white wine topped roasted bread crumbs  
**Cacciatore** – medallions sautéed with mushrooms & onions in a light basil tomato sauce  
**Scarpatellu** – medallions with sliced sausage, fresh tomato in a wine corniche  
**Salimbocca alla romana** – topped with prosciutto & mozzarella over spinach in a tomato demi-glace  
**Francese** – light breaded chicken breast in a lemon white wine sauce  
**Marsala** – breaded chicken breast sautéed in a marsala wine demi-glace  
**Parmigiana** – light breaded chicken breast in a tomato sauce  
**Ciao Bello** – Lightly breaded chicken breast topped with eggplant, roasted peppers, fresh mozzarella finished with wild mushrooms & chives, lemon butter sauce  
**Chicken Benny** – Pan seared chicken breast, peach, pecans, and sun dried cranberries in a roasted shallot cherry wine demi-glace  
**Balsamico** – breaded chicken breast, white wine, balsamic, demi-glace over spinach  
**Milanese** – breaded chicken breast sautéed with onions, chopped tomatoes, fresh mozzarella, in a light balsamic vinaigrette

## SEA FOOD

### (Market Price)

Chilean Sea Bass • Halibut Swordfish  
Tilapia • Flounder • Salmon • Shrimp

### Ways Prepared:

**Napolitano** – fresh herb chopped tomatoes and sliced garlic white wine balsamic sauce  
**Oreganato** – topped with roasted bread crumbs in a lemon white wine tomato sauce  
**Livornese** – sautéed with onions, capers, olives and garlic in a light tomato sauce  
**Herb creamed** – sautéed spinach and sun dried tomatoes drizzled a balsamic reduction  
**Francese** – light breaded sautéed in a lemon white wine sauce  
**More Chianti** – white wine, garlic, clam sauce with touch of mustard, chopped shrimp  
**Cajun or Blackened** – served over sautéed broccoli rabe and cherry peppers

## SLIDERS/PLATTERS

Small-10 pieces (6-8 people)	Medium-18 pieces (10-12 people)	Large-24 pieces (14-16 people)
\$25.00	\$50.00	\$75.00

- Angus Beef slider served on potato rolls
- Angus Beef slider with cheese served on potato rolls
- Meatball Parm slider served on potato rolls
- Chicken Parm slider served on potato rolls

## PASTA

	Small (8-10 people)	Large Thin (12-15 people)	Large Deep (18-20 people)
Baked Ziti	30.00	50.00	60.00
Ziti Sicilian Eggplant or Sausage	40.00	60.00	70.00
Cavatelli Broccoli	40.00	60.00	70.00
Baked Lasagna	35.00	60.00	N/A
Penne Marinara	25.00	35.00	50.00
Penne Meat Sauce	30.00	40.00	55.00
Homemade Fusilli	45.00	70.00	80.00
Penne Vodka (w prosciutto)	40.00	55.00	65.00
Penne Primavera	45.00	60.00	70.00
Shell & Shrimp Marinara	50.00	70.00	80.00
Penne Broccoli Rabe & Sausage	45.00	55.00	65.00
Penne Broccoli Rabe & Shrimp	50.00	70.00	80.00
Penne Whole Wheat Ciao Bello	40.00	50.00	60.00
Ravioli Marinara	2.00 ea.		
Manicotti	2.50 ea.		

## FAVORITES

	Small (8-10 people)	Large Thin (12-15 people)	Large Deep (18-20 people)
Sausage Peppers	45.00	60.00	75.00
Eggplant Parm	35.00	55.00	N/A
Eggplant Scarpatellu	30.00	50.00	N/A
Eggplant Rollatini	3.00 ea.		
Jumbo Meatballs with Sauce	3.00 ea.		
Mini Meatball with Sauce	2.00 ea.		

## VEAL

Marsala	6.00 piece	Sorrentino	7.00 piece
Salimbocca Alla Romana	7.00 piece	Parmigiana	7.00 piece
Francese	6.00 piece	Milanese	7.00 piece

### Descriptions:

**Marsala** – with exotic mushrooms in a marsala demi-glace  
**Salimbocca alla romana** – topped with prosciutto & mozzarella over spinach in a tomato wine demi-glace  
**Francese** – light breaded sautéed in a lemon white wine sauce  
**Sorrentino** – light breaded with eggplant, sliced tomatoes, prosciutto, mozzarella cheese and olives in a light pink vodka sauce  
**Parmigiana** – light breaded with mozzarella and meat sauce  
**Milanese** – porklo covered with angelica, topped, topped tomatoes, fresh mozzarella, in a light balsamic vinaigrette

## VEGETABLES & SIDE DISHES

(Sautéed or Steamed)	Small (8-10 people)	Large Thin (12-15 people)
Spinach	25.00	45.00
Broccoli	30.00	55.00
Broccoli Rabe	40.00	70.00
Fresh Vegetable	30.00	50.00
Asparagus	35.00	55.00
Roasted red potatoes	25.00	45.00

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Meat sauce	6.00	10.00
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Our Italian dressing	5.00	9.00
Caesar dressing	7.00	10.00

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## WOMAN'S CLUB SINGS HAPPY BIRTHDAY TO 100 YEAR OLD MEMBER



(above l-r) WCW President Pat D'Angelo with Marjorie Wieseman.

During a meeting of The Woman's Club of Westfield, held recently at The Masonic Lodge in Westfield, the ladies enjoyed a very festive celebration of the 100th birthday of member Marjorie Wieseman.

It was indeed a happy occasion among the members who through the years have become Marjorie's friends.

Marjorie was born Marjorie Wright in Port Chester, New York, graduated from The Katherine Gibbs Secretarial School in New York City, worked as an executive secretary before marrying Carl Wieseman and raising two daughters, Marcy and Marjorie Elizabeth. She

and her family settled in Westfield in 1960 and Marjorie joined The Woman's Club of Westfield and has always been an active, involved, highly respected part of the club ever since. She has shared her vast knowledge and capabilities serving as Club Treasurer, Finance Committee Trustee as well as being a meaningful part of The Bulletin, Antique, Home Life Social services, Literature, Arts Creative and Recreation departments.

Living for a century is indeed an important milestone and Marjorie is congratulated by all on how much she has accomplished during her long and happy life.

## SHIP AT SAGE TO ANSWER MEDICARE OPEN ENROLLMENT QUESTIONS ON NOV 16

It's Medicare Open Enrollment time (October 15 through December 7) and SHIP (State Health Insurance Assistance Program) at SAGE will offer free assistance in reviewing your Medicare coverage for 2018.

A free program to discuss Medicare plans and options, and answer questions to prepare for open enrollment will be held at SAGE Eldercare, 290 Broad Street, Summit, on Thursday, November 16, 6 - 7 pm. The program will also be offered December 4, 1 - 2 pm.

SAGE Eldercare serves as the SHIP representative for Union County. Staff and volunteers are available for free, personalized, confidential, and objective Medicare counseling on decisions about coverage; help with claims, billing, or appeals; and provide information on programs for people with limited income and resources, as well as to help you reassess your coverage.

The counselors receive ongoing training from the Division on Aging Services, New Jersey Department of Human Services.

"It is recommended that you obtain advice and guidance from someone who is not affiliated with a particular health care insurance company

so that you can compare plans without any bias. Personalized Medicare counseling is available, free of charge, from SHIP counselors, such as those who volunteer their time at SAGE," said Elyse Drucker, Union County SHIP Coordinator.

For more information or to register for the Medicare Open Enrollment programs, please call: 908.598.5548 or email: [education@sageeldercare.org](mailto:education@sageeldercare.org).

To make an appointment with a SHIP counselor, please call: 908.273.6999 or email: [ship@sageeldercare.org](mailto:ship@sageeldercare.org).

If you live outside Union County, visit [www.medicare.gov/contacts](http://www.medicare.gov/contacts) or call 1-800-MEDICARE to get the phone numbers of SHIP representatives in other NJ counties or in other U.S. states.

SAGE is committed to being the leading provider of programs and services to meet the changing needs of older adults, their families, and caregivers in Union, Essex, Morris, and Somerset Counties.

For more information, please call 908.273.5550 or visit [www.sageeldercare.org](http://www.sageeldercare.org).

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## THE BLUE STAR GARDEN

The Garden Club of Westfield was founded in 1922. For many years the ladies of the club studied horticulture and floral design and took on projects to help better their town.

During WWII they planted a vegetable garden on the grounds of Tamaques Park. Also during the war, the club joined a national effort to honor

the Armed Services by creating the first Blue Star Garden in North Plainfield. It was part of a national effort to plant gardens from coast to coast honoring our servicemen and women. Today the tradition continues with the Blue Star Garden in Tamaques Park. The club plants and maintains the garden.



(above) In 1947 after WWII, the members of the Garden Club decided to honor our servicemen and women by placing fresh flowers in the town library every week. That tradition has continued for nearly 75 years.

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## WHS DRUM MAJORS WIN AWARD



(above) Seniors Nadia Martin and Ben Kevelson, and Junior Mary Joy Sidhom received the award at the US Bands competition at Hillsborough High School.

Westfield High School Marching Band was recognized as having the Best Drum Majors during a competition held in October. The Drum Majors are the central cogs in the band’s wheel, keeping the musicians marching to the same beat and the band running like a well-oiled machine.

Seniors Nadia Martin and Ben Kevelson, and Junior Mary Joy Sidhom received the award at the US Bands competition at Hillsborough High School.

Westfield High School Senior Nadia Martin said: “The drum major team has worked constantly this season for the band, on and off the field, and it means a lot for us to get this recognition. The Westfield High School Marching Band works hard every year, but the 2017 season’s intensity is like nothing we’ve done before. I’m extremely proud of every single member, of the section leaders and of the quality

of show that the Westfield Blue Devils have spent hundreds of hours learning and improving.”

“When we finish our competitive season, the band will be able to look back and see our show, “Simply Distorted”, for what it is: a group of 134 people working together to create something excellent and becoming a family in the process.”

Simply Distorted, the band’s 2017 show, aims to challenge the audience by distorting their perception of sound and sight. Listen out for music from Aaron Copland’s Appalachian Spring, 1,000 Airplanes on the Roof by Philip Glass, Creep by Radiohead, and Camille Saint-Saens’ Danse Macabre.

The band can next be seen in Westfield at the home football game at Kehler Stadium on Saturday, November 4, when they will be hosting the 8th-grade musicians who may join the band next year.

## WEAVERS GUILD HOLIDAY SHOW AND SALE

On Saturday, November 4, the Springfield Public Library (66 Mountain Ave., Springfield) will be the site of a unique opportunity to appreciate and understand weaving and its related art forms. The show, which represents the work of a collective of fiber artists named the Westfield Weavers Guild, will take place from 10-4pm that day.

Weaving and spinning demonstrations will be ongoing as the artists are eager to share their passion for weaving and to educate visitors about the tools and techniques of the fiber arts. As always, admission is free.

Celebrating their 70th year as a guild, the wide variety of pieces in the show highlight the diversity of talent and expertise within the WWG. These one of a kind items include handwoven wearables such as scarves, hats, handbags, jewelry and unique hand knit clothing for children and babies.

Home goods from table linens, baskets, throw rugs and holiday ornaments further illustrate the ways the Guild artists use fiber.

All items in the show are available for purchase. For more information: [contactcontact@westfieldweavers.org](mailto:contactcontact@westfieldweavers.org).

## SAVE 45% ON HOLIDAY CARDS SUPPORT WHS CHOIR

If you are planning to order holiday cards this upcoming season, please consider ordering online from [WestfieldChoralParentsAssociation.givebackgreetings.com](http://WestfieldChoralParentsAssociation.givebackgreetings.com). You save 45%, and Westfield Choral Parents Association (which supports WHS Choir) earns 10% back. Cards are delivered within three business days with UPS Ground and come with a 100% satisfaction guarantee. To save 45%, order by December 5 and enter discount code WCPA.

### NOVEMBER 2017 EVENTS

#### WESTFIELD MEMORIAL LIBRARY

550 East Broad Street 908.789.4090  
[www.wmflnj.org](http://www.wmflnj.org)  
Mon- Thurs 9:30 am - 9 pm  
Fri & Sat 9:30 am - 5 pm  
Sundays 1:00 to 5:00 pm  
Closed November 11 for Veterans Day  
Closing at 5:00 pm on November 22 and  
Closed November 23 for Thanksgiving

##### Programs for Adults

Check website for sign up information

11/3	1:30 pm	TGIF! Dream of Life-Pat Smith (video)
11/8	2:00 pm	Create a Resume in Word (Part 1 of 2)
11/8	7:00 pm	Tribute to the Grammys-S. Edwards
11/10	1:30 pm	TGIF! Making of West Side Story (video)
11/14	6:30 pm	Indian Cooking Demonstration
11/17	1:30 pm	TGIF! Classic Movie: Mamma Mia

##### Programs for Children

Check website for sign up information

11/2	10:30 am	3's on Thursdays Storytime
11/3	3:45 pm	Chess Club for Kids-No age restriction but players must know how to move the pieces
11/4	10:00 am	Paws to Read-New readers read to library dogs
11/6, 13, 20, 27	10:00 am	Yoga Storytime: 2-5 years old. Stories & yoga poses. Caregiver attends w/child.
11/8, 15, 22, 29	10:30 am	Zumba Fun: 2-5 years old. Caregiver attends w/child.
11/17	10:00 am	All about Thanksgiving 3+years. Stories and crafts
11/21	6:30 pm	Evening LEGO Club 5+years

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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](http://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.

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## THE LINCOLN SCHOOL'S ANNUAL PUMPKIN PATCH

On Friday, October 13th, 285 Pre-K and Kindergarten students from Lincoln Elementary School participated in the Parent Teacher Organization's annual pumpkin patch. That morning, Schieferstein's Farm delivered truckloads of supplies, including 450 sugar pumpkins to the field in front of The Lincoln School.

As part of this fall experience, students took a break from their daily classroom routine to partake in festivities including pumpkin picking, storytelling on hay bales and a pumpkin-themed relay race.

The featured book, *The Legend of Spookley the Square Pumpkin*, by Joe Traiano was recited by a parent volunteer to each class, emphasizing to students an important message about tolerance and kindness and that being different is "cool."

Parents were also able to show their spirit by reading the book to their child's class or leading the students in a game, where students worked collaboratively on teams during the pumpkin-themed relay race. More than 50 parents came out to show their support.

The Lincoln School's kindergarten teacher, Linda Steele shared, "The students are very excited about the book we read, game we play and picking their own pumpkins. Upon return to the classroom, we write about our experiences and draw pictures to accompany them."

All proceeds generated by this event will benefit The Lincoln School.



*(above) The Lincoln School's kindergarteners from Linda Steele's class participate in a pumpkin-themed relay race.*

## 6TH GRADER IS JETS UPSTANDER OF THE WEEK

On October 13th Jackson Dowden, 6th grader at Edison Intermediate School in Westfield, was notified that he had been selected the New York Jets Tri-State Upstander of the Week.

Christine Cabrales, the Physical Education teacher who nominated Jackson, stated, "Jackson was nominated by the Edison Physical Education staff because he influences people in a positive way. He proves that he is a role model for his peers by respecting himself and others and by making the right choices. He leads by example and is most deserving of this honor."

When asked how he is an upstander rather than a bystander, Jackson said, "In gym class, I try to make sure the teams are fair for each side, and if I get the ball and see that a kid hasn't had the ball much, I pass it to him or her."

Jackson added, "I try to be nice to everyone I meet. If anyone is getting on your nerves, you work it out or stay away from them."

Jackson will receive three tickets to a NY Jets home game on November 26, a tee-shirt and parking pass and will be highlighted on the NY Jets Stomp Out Bullying video board during a home game and on its social media platforms.



*(above) Pictured with Jackson Dowden is Teacher Christine Cabrales, who has attended the Jets Anti-Bullying symposium for school personnel for the last two summers, and Edison Intermediate Principal, Dr. Matthew Bolton, who congratulated Jackson upon receiving the notification on October 13. Photo by Westfield Public*



*(above) The Lincoln School's kindergarteners Alexandra Lerner & Lucy Parks from Linda Steele's class show off their sugar pumpkins.*

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## A CHRISTMAS CAROL AT CDC THEATRE

Ebenezer Scrooge and his ghostly encounters will come to life at CDC Theatre beginning December 8. Written and scored by Broadway heavy hitters, Alan Menken (Disney's Beauty and the Beast, Disney's The Little Mermaid, Little Shop of Horrors) and Lynn Ahrens (Ragtime, Seussical, Once on This Island), A Christmas Carol is a spectacular adaptation of Charles Dickens' most well-known story; proving its staying power with a decade-long run at the Theatre at Madison Square Garden.

This family friendly show will be directed by Matty Price. "I chose a Christmas Carol because it has a wonderful message about change," said Price. "That change for the better is possible and it is never too late to change. I think it applies to all people in all walks of life and at any stage. Our cast represents this with the variety of ages we have onstage working together to create this show. I think telling this familiar tale in the

musical theatre style makes it new and exciting and the story will feel right at home on the CDC stage!"

Ebenezer Scrooge is a prosperous curmudgeon who believes that personal wealth is far more valuable than the happiness and comfort of others. With an infuriated "Bah! Humbug!", Scrooge sums up his feelings about Christmas tidings and charitable giving, but he's forced to face his selfish ways when on Christmas Eve three ghosts lead him through his Past, Present and Future. Thanks to their guidance, Scrooge recognizes his faults and greets Christmas morning as a changed man and with a cheerful "Happy Christmas!"

The production boasts a talented cast of over 30 local performers and will run for 8 performances from December 8 through December 16. Details and ticket information can be found at [cdctheatr.org](http://cdctheatr.org)

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(above l-r) Charity Elves Amanda Dunsdon, Kylie Francis, Kimmi Zimmermann, Annamarie Carlo and Michele Greenspan prepare to dance into CDC Theatre in December.

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# WESTFIELD HOLIDAY HAPPENINGS

The holiday season is the perfect time to enjoy shopping, dining and celebrating with your family and friends. Since there's no place like home, Westfield is the place where families and friends gather to share good food, exchange gifts and create memories together.

The Downtown Westfield Corporation (DWC) is proud to bring you the following holiday events:

## PHOTOS WITH SANTA AT LORD & TAYLOR

Thanksgiving Weekend kicks off the Welcome Home to Westfield holiday events with Photos with Santa & Mrs. Claus, November 24-26, 2017 at Lord & Taylor, Westfield, 609 North Ave. W., Westfield, NJ. Friday & Saturday 1-7pm and Sunday 1-4pm. One free 5" x 7" photo with a donation of 2 cans of nonperishable food for the Holy Trinity Westfield Food Pantry. Nominal shipping fee will apply. Additional online photo packages may be purchased from [www.paulmecca.com](http://www.paulmecca.com).

## SMALL BUSINESS SATURDAY SHOPPING AND ENTERTAINMENT

It's a big day for everyone in downtown Westfield on November 25, 2017. Help fuel the local economy. If you love Westfield, shop downtown and enjoy free parking all day during Small Business Saturday, courtesy of The Town of Westfield. Entertainment is sponsored by Downtown Westfield Corporation as follows: Santa & Mrs. Claus strolling downtown from 10am – noon; Yuletide Carolers singing throughout downtown from 1-2pm; The Harmonics singing throughout downtown from 3-5pm; NJ Workshop for the Arts Brass Quintet playing downtown from 2:30-4:30pm.

## TREE LIGHTING

The Annual Tree Lighting with Santa & Mrs. Claus will take place Sunday, November 26, 5:30pm at the North Ave. W. Train Station. Mayor Andy Skibitsky and Santa & Mrs. Claus will officiate the tree lighting. The Westfield Community Band will provide entertainment.

## MENORAH LIGHTING

The Annual Menorah Lighting Ceremonies take place at the North Ave. Train Station, sponsored by the Union County Torah Center, 908.789.5252.

## HOLIDAY ENTERTAINMENT

The DWC sponsors family entertainment during the holidays in December, typically on Thursdays, Saturdays and Sundays. The fun roaming musical entertainment has been a Westfield tradition for decades and includes Yuletide Carolers, Watson Highlanders Bagpipe Band, NJ Workshop for the Arts Alphorns and Brass Quintet, The Harmonics and Barbershop Quartet. Schedule of events for 2016 is as follows:

### HARMONICS QUARTET:

Thursdays • Strolling Downtown  
• Nov. 30 & Dec. 7, 14 & 23 • 6:30-8:30 pm

### THE YULETIDE CAROLERS:

Saturdays • Strolling Downtown  
• Dec. 2, 16, & 23 • 1-2 pm, Saturday  
• Lord & Taylor • Dec. 9 • 1-2 pm

### WATSON HIGHLANDERS BAGPIPE BAND:

Saturdays • Strolling Downtown  
• Dec. 2, 9, 16 & 23 • 2-5 pm

### NJ WORKSHOP FOR THE ARTS ALPHORNS:

Saturdays • E. Broad St. & Elm St.  
• Dec. 2, 9, 16 & 23 • 2:30-3:30 pm

### NJ WORKSHOP FOR THE ARTS BRASS QUINTET:

Sundays • Strolling Downtown  
• Dec. 3, 10 & 17 • 2:30-4:30 pm

### TWISTED MUSTACHE:

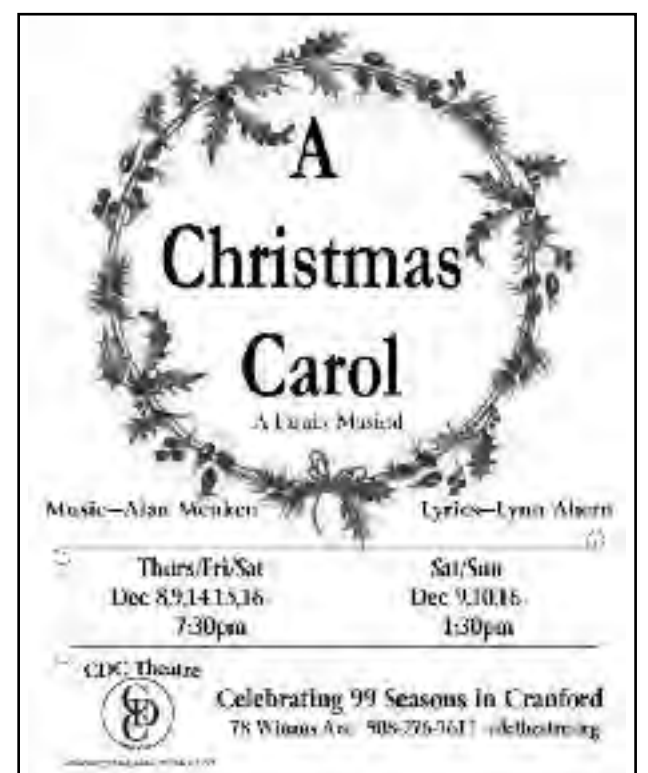
Sundays • Strolling Downtown  
• Dec. 3, 10 & 17 • 1:30-3 pm

## FREE HOLIDAY PARKING

Shoppers, diners and visitors may enjoy the gift of free metered parking at designated 2-hour on-street meters and 4-hour parking lot pay stations compliments of the Town of Westfield. Parking restrictions and time limits will be enforced to ensure turnover of the parking spaces. The meters and pay stations will be covered with red meter bags. Stay tuned for the dates of free parking.

## MIRACLE ON ELM ST. SHOPPING SPREE CONTEST

Enter to win a weekly drawing for gift cards to your favorite downtown Westfield businesses or restaurants! From November 20 through December 22, enter to win one of six \$50 gift cards\* each week during the holiday season. Six individual weekly prizes of \$50 will be awarded in Downtown Westfield shopping/restaurant gift cards of your choice. Your email address will automatically enter you into our bonus drawing for a \$25 parking card each week. Printed entry forms are available at your favorite Westfield business and restaurants and when completed, may be placed in the special mailboxes located at the corner of Elm St. & E. Broad St. or on the corner of South Ave. W. & Summit Ave. Mailed entries or on-line entries will be accepted. Limit one entry per person per week. Must be 18 years or over to enter. \*Gift cards will be issued to winners from Downtown businesses of their choice. Businesses must be located within Westfield's Special Improvement District. Winners will be randomly drawn on Fridays beginning November 24 with last drawing on December 22, 2017. Stay tuned to enter the contest online at [WestfieldToday.com](http://WestfieldToday.com).



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## 2017 LEAF COLLECTION PROGRAM

There are four ways the Town of Westfield assists residents in disposing of leaves:

- Provides curbside pickup of leaf piles
- Provides curbside pickup of bagged leaves
- Enables residents to bring leaves to the Conservation Center without a permit during leaf season
- Permits your lawn care company to transport leaves to the Conservation Center

### Curbside pickup:

For curbside pick-up, the town is divided into 10 leaf collection zones (see link to map below). On or about October 23, 2017, weather permitting, collection will begin simultaneously in zones 1 and 7. Once a zone is completed, collections will move to the next zone in numerical sequence.

Please...

- do not place leaves in the street prior to Saturday, October 21, 2017;
- place leaves in narrow rows alongside curb but leaving a space along the gutter to allow for drainage;
- do not place leaves any closer than ten (10) feet from any storm water inlet;
- do not place twigs, tree branches, grass or other plant debris, including discarded mums, in the leaf pile;

before raking leaves to the street, check the Town's website, [www.westfieldnj.gov](http://www.westfieldnj.gov), to determine which zone the leaf collection crews are in;

- whenever possible, do not park on the street when the collection crews are in your zone;
- do not place leaves in the street after

December 8, 2017.

### Bagged Leaves:

Residents may "bag" their leaves by placing them in biodegradable paper bags such as those available from home center stores and placing them at the curb. The pickup for bagged leaves will follow the same schedule as the regular curbside pickup.

Please...

- follow the applicable "Curbside pickup" guidelines (above);
- consider bagging your leaves as it is the most environmentally friendly option;
- only use biodegradable paper bags specifically made to hold leaves.

### Conservation Center:

Residents may bring their leaves to the Conservation Center, 1300 Lamberts Mill Road, for disposal. Residents do not need a permit to do so during leaf season, from October 23 to December 15, 2017, but must show proof of residency.

Please note...

- from October 24 to December 16, 2016, the Center will be open Monday through Friday from 9:00 a.m. to 2:30 p.m. and Saturdays and Sundays from 9:00 a.m. to 3:00 p.m., weather permitting;
- the Center will be closed on Veterans Day (November 11), Thanksgiving (November 24), and the day after Thanksgiving (November 25);
- the Center will also be open during the winter (2017) on the following Saturdays: January 7, 14 and 21, 2017, from 9:00 a.m. until 3:00 p.m., weather permitting, for the disposal of Christmas trees.

### Lawn Care Companies:

Residents who employ lawn care companies are responsible for informing the company of the leaf collection rules and schedule and for assuring compliance.

You may authorize your lawn care provider to transport your leaves to the Conservation Center once per leaf season. To do so, the lawn care company must be registered with the Town of

Westfield as an authorized user of the Center. In addition, you must complete the form that is included in the brochure sent to every home and give it to your lawn care provider to bring to the Center when depositing your leaves there. Under new regulations, please take note that lawn care providers will be charged \$6.00 per cubic yard of leaves deposited at the Center.

Please...

- contact your lawn care provider before leaf season to make sure the leaf collection rules and schedule are made known; and
- make sure your lawn care provider does not mix trimmings, grass clippings, twigs, or any other organic plant waste in with the leaves.

### Reminders to residents:

- Do not mix twigs, tree branches, grass clippings, hedge trimmings or other organic debris, including mums and potting soil, in your leaf piles. Only leaves are accepted at the Union County compost facilities where the leaves are deposited. Consequently, the Town cannot pick up piles containing anything other than leaves.
- Please be considerate of your neighbors and cognizant of the State's storm water regulations as well as Westfield's Town Code regarding the collection of leaves and the placement of debris in the roadway. Follow the guidelines listed in this brochure and do not place leaves in the street unless your collection zone is scheduled for pickup.
- The last date leaves may be placed in the street is December 8, 2017. After that date, you must take your leaves to the Conservation Center.
- After the holidays, please do not place Christmas trees in the street. You may dispose of them at the Conservation Center on Saturday, January 6, 13, 20 or 27, 2018, from 9:00 a.m. to 3:00 p.m., weather permitting.

The Westfield Fire Department warns residents to never park a vehicle on a pile of leaves, even if the pile is wet. Hot metal parts in the undercarriage may ignite the leaves and cause a potentially very serious fire.

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## WESTFIELD COMMUNITY CONCERT BAND ANNOUNCES FALL CONCERT

The Westfield Community Concert band will present a Fall Concert on Thursday, November 9 at 7:30 p.m. at St. Helen's Church, 1600 Rahway Avenue in Westfield. Dr. Thomas Connors, conductor and music director of the band, has prepared a program which is highlighted by popular, traditional and contemporary selections for wind band.

The program will feature many of the band's first chair musicians performing solos in selections throughout the concert, including Helen Bartolick, who performs Flute Solo: Meditation from Thais, by Massenet.

"We are very fortunate to have so many talented musicians perform with the band and look forward to these special solo performances," adds Dr. Connors.

The program will include Suite of Old American Dances, written by Robert Russell Bennett in 1950. Bennett, recognized as America's greatest Broadway arranger, wrote Suite to celebrate the most famous types of popular dances from the late 19th and early 20th century, including Cake Walk, Rag, Waltz and One-Step. "When hearing this selection, audiences will find it very difficult to refrain from tapping their feet to the familiar dance music themes that Bennett has cleverly recreated in this composition", says Dr. Connors.

The band's next selection is by Hugh M. Stuart, who received his musical training at Rutgers University and Newark State College

and taught music in New Jersey for many years. Among more than 100 published compositions, arrangements, method books, band and orchestral collections and solos, Stuart's Three Ayres from Gloucester is a 3-movement suite written in the early English folksong style.

The Witch and the Saint, by Steven Reineke, is a five section tone poem which musically depicts a 16th century story about Helena and Sibylla, twins born in Germany in 1588. Written in 2004, this composition is based upon a novel by German author Ulrike Schweikert.

The band concludes its program with Star Wars Saga, an arrangement by Stephen Bulla celebrating the music of John Williams for the Star Wars films. This selection features many well-known themes from this very popular film series.

The band, in its 105th concert season, will also be presenting its 27th annual Holiday Concert on Friday, December 8, 2017 at Westfield High School and will be appearing at Westfield's annual Holiday Tree Lighting on Sunday, November 26 at 5:00 p.m.

Experienced area musicians may inquire about joining the band by contacting Barry Rosenberg, band president, at 732-356-9400 or by email at 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, and performs throughout the year.

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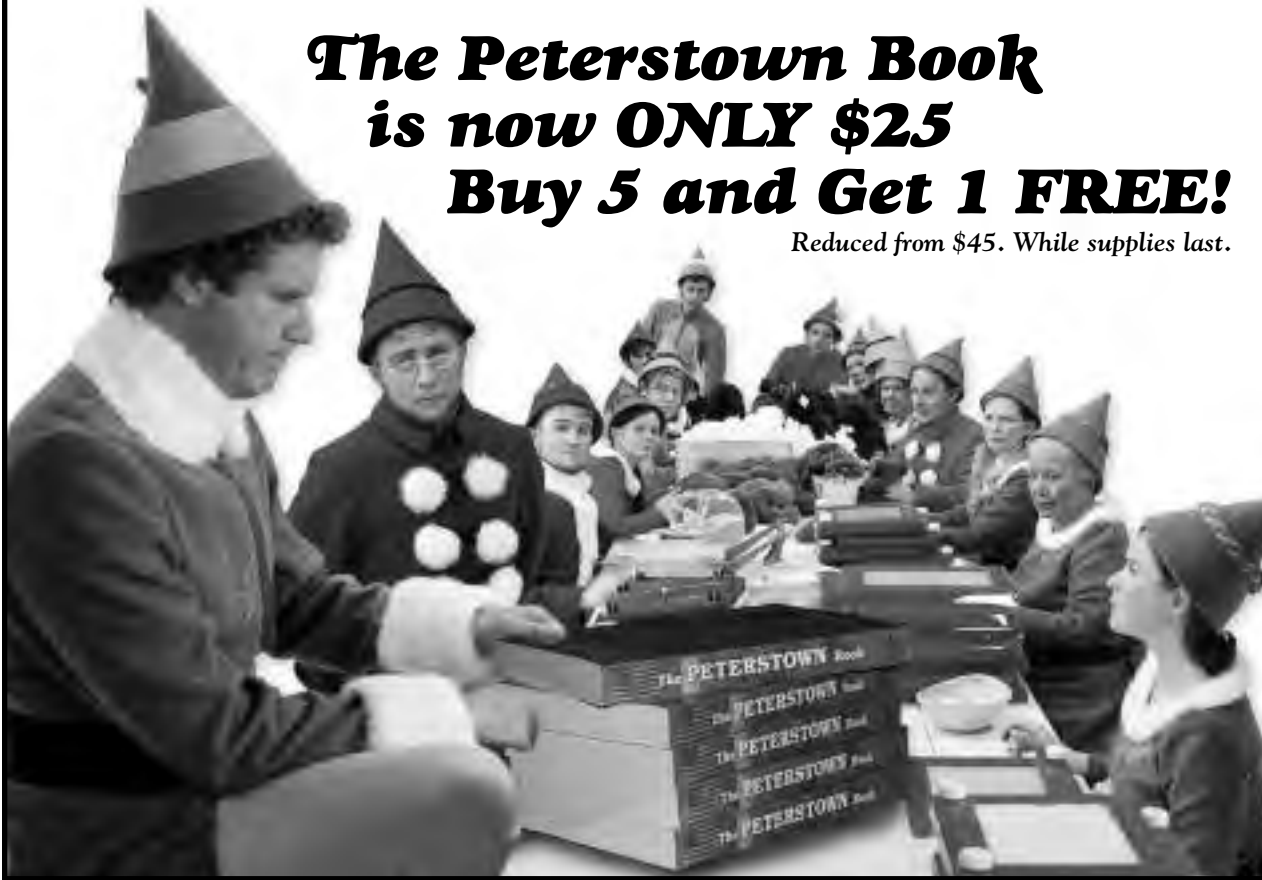


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Immediately following the service of acknowledgement and recognition to all our veterans, the American Legion Post 3, located at 1003 North Avenue West in Westfield, will be hosting a light luncheon that is open to all.

Please plan on attending both events, as it is a day to celebrate and recognize the efforts our veterans have made in defending the rights and freedoms that we cherish and live with daily. We should all be proud of and take this time to thank those who have served and are presently serving our country. Please consider joining us.

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