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VIRTUAL ENRICHMENT AT WESTFIELD HIGH SCHOOL

Submitted by Mary Ann McGann

Recently, members of the Westfield High School Spanish Club gathered to learn how to make flan, a sweet baked custard dessert, and to prepare a tortilla española or Spanish omelet. Not able to meet in person, club members and WHS Spanish teacher Rose Calimano arranged virtual cooking classes.

"The 2020-2021 Spanish Club officers have been going above and beyond to come up with creative and meaningful experiences to keep members involved and engaged during this time of virtual-only meetings," says Calimano about virtual club activities which included viewing and discussing a family film from Spain and creating a Kahoot game based on Spanish culture.

Students, teachers, and club advisors, like Calimano, are finding virtual ways to weave the curriculum into enrichment opportunities. On February 3, WHS social studies teachers Kimberly Leegan and Steven Cohn took their Humanities class on a virtual field trip to the Montclair Culinary Academy. Set up in their kitchens at home, each student followed along as Chef Karen Fischer provided step-by-step instructions in how to prepare cornbread.

"We chose this enrichment activity in conjunction with our study of Harper Lee's 'To Kill a Mockingbird,'" says Leegan. "Specifically, we learned about food cooked in the Deep South during the Great Depression."

Leegan says the virtual field trip corresponded with a current class unit on culture and identity.

"Exploring the history of what type of food was available, how and why items were prepared, and whether certain food was more likely to be available to certain groups can provide students with a deeper appreciation of this time period and how issues of economic inequity impact every aspect of society, including what we eat," Leegan adds.

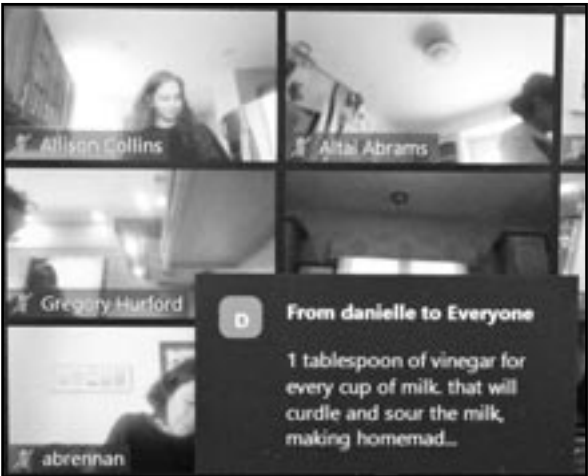


(above) Westfield High School Spanish Club advisor and teacher Rose Calimano shows a freshly baked flan, after a recent virtual meeting where club members learned how to make the sweet custard dessert.

Photos by Westfield Public Schools



(above) Chef Karen Fischer of the Montclair Culinary Academy (upper left) provides step-by-step instructions on making cornbread, as part of a virtual field trip tied into a current class unit on culture and identity.



(above) WHS students took a virtual field trip on February 3 to the Montclair Culinary Academy as part of a Humanities unit on culture and identity.

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WESTFIELD AREA YMCA SPRING T-BALL LEAGUES

Submitted by Bonnie Cohen

The Westfield Area YMCA is pleased to offer T-Ball Leagues for Preschool (ages 4-5) and Kindergarten (ages 5-6) children this spring. Leagues will meet in the T-ball fields at the Garwood Family Center YMCA, 500 East St. in Garwood. Practices will be held once a week for one hour between 5:30-7:30 p.m. Monday-Friday. Games will be held on Saturday mornings. The season runs for 10 weeks from April 5 – June 12. All players will receive a jersey and a hat.

The three fields at the Garwood Family Center Y feature a full perimeter fence, shade tents, and access to the Y's outdoor playgrounds and indoor bathrooms. The fields have a "home run" fence, with the newest field having painted lines and dirt base paths.

To register for the Spring T-Ball Leagues, visit westfieldynj.org. Questions? Please contact Mike Eagan at meagan@westfieldynj.org or call 908-301-YMCA (9622) x239.

(right) The Westfield Area YMCA has opened registration for T-Ball Leagues for Preschool (ages 4-5) and Kindergarten (ages 5-6) children this spring.



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After graduating from medical school, Dr Somma served his internship in Internal Medicine at Trinitas Regional Medical Center. He then completed his residency in Internal Medicine at Seton Hall Post Graduate School of Medicine, where he was elected Chief Resident of Internal Medicine in his final year.

Dr. Somma has been in practice in Union and Middlesex counties for over 20 years, with an emphasis on excellence and compassion for his patients. He has served as the physician for the Elizabeth Fire Department, the Board of Health of Hillside and has served the Board of Education for Woodbridge NJ. He was granted the Humanitarian of the Year Award by Trinitas Health Foundation in May 2014, for his dedication to the community and his outstanding service to the goals of the Foundation.

Dr. Somma has special interests in various fields of Internal Medicine, including diabetes, obesity, cardiovascular diseases and arthritis/rheumatology. He has represented to major pharmaceutical companies, such as Schering-Plough and Pfizer, in a consulting and educational role for his peers. Dr. Somma has been a clinical educator for Seton Hall's Physician Assistant Program as an Associate Professor of Medicine for their Internal Medicine program.

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STUDENTS JOIN CHORUS

Submitted by Mary Ann McGann

Westfield High School Choir members Sam Horvath, Zaria Katz, Aishik Palit, and Matthew Meixner were accepted into the 2021 National Association for Music Education (NAFME) All Eastern Chorus.

"These talented singers will participate in a series of rehearsals, masterclasses, and sectionals that will culminate in a virtual choir performance on Friday, April 23," says WHS music director John Brzozowski.



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WHS EARNs OUTSTANDING DELEGATION AWARD

Submitted by Mary Ann McGann

Westfield High School's Model United Nations Club won the Outstanding Delegation Award for excelling in all parts of the annual conference of the YMCA Model UN Program, which was held virtually this year during the first week of January.

Approximately 100 Westfield students participated, with many holding leadership positions and receiving recognition:

Justin Anderson was elected to serve as Secretary General for the 2022 Model UN Conference. Patrick Lanza was elected to serve as an officer for the 2022 Model UN

Conference. Officers for this year's conference were Justin Anderson, Dylan Berger, Jordan Horowitz, Nathan Lechner, and Eric Mordkovich. Catherine Angel, Aidan Berman, and Kavya Panjwani were named Outstanding Delegates. Colin Cimei and Nyah Wysokowski were recognized as Outstanding First-Years. Justin Anderson also was chosen to attend the two-week Conference on National Affairs, which is attended by representatives from all 50 states.

The Westfield High School Model UN program is run in conjunction with the Westfield Area YMCA.

CLOTHING DRIVE, SAT., MARCH 27

The Westfield Charity Cycling Team will hold a clothing Drive at the Westfield South Side Train Station on Saturday, March 27, 2021 from 12 – 3 p.m. Proceeds will benefit the Westfield Cycling Team.

Contactless! Pull up, open your truck and our volunteers will remove your bags.

Items accepted includes:

- Clothing for men, women and children
- Shoes
- Clothing accessories: belts, hats, scarves, handbags, gloves etc.
- Soft household items like towels, blankets, bed sheets, pillows, quilts, comforters and curtains

- Small Toys (2 feet or less)
- Stuffed animals, bikes and scooters
- Car seats (only together with base) and strollers

Items that we don't accept include:

- Sport equipment (bikes and scooters are OK)
- No board games, books, puzzles, pots and pans.
- No electrical devises or glass.
- No large toys, high chairs, baby cribs.
- VCR tapes, furniture and outdoor play sets.

For more information, and to schedule a porch pick up visit Facebook - Westfield Charity Cycling Team.



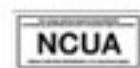
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WESTFIELD RECREATION ANNOUNCES PROGRAMS FOR SPRING

It's time to get active and join the Westfield Recreation Department on our mission to keep the community active and healthy while having some fun! For adults we offer a Zumba & More class on Monday evenings at 7:00 p.m. It combines a full body workout to lively music with a flair while you strengthen your core and increase your flexibility in a 50-minute class. Due to COVID guidelines, our class enrollment is limited so each participant has plenty of social distance space. We also offer an adult pickleball program (beginner & advanced level). If you have been looking to try this fun activity or what to improve your game, join us for our morning classes at Tamaques Park. The program is available mornings starting in April. Also, this spring, we will again be offering our adult tennis lessons on Thursday and Sunday mornings.

For youth fashion enthusiasts, our Fashion

First Workshops offers a range of in-person and virtual programs. Our Spring Fashion/Sewing program is an 8 week in-person class on Thursdays from 3:15 – 4:15 (grades 2-5) and 4:30-5:30 (grades 4th & up) and will focus on designing and sewing a Peasant top. We are also offering three separate morning workshops during schools Spring Break: March 29 Upcycle a Bandana Top; March 30 Chanel Day; and March 31 Princess & Me Doll Day. For those interested in virtual activities, we offer three different online fashion programs: Fashion thru the Age; Cruise Collection for 18" Dolls and Fashion Design/Drawing. For more information and registration for these classes go to fashionfirstworkshops.com or call 908-578-8561.

A new virtual program being offered is a 6-week hands on learning STEM program run by instructors from Built By Me. "Be The Game Designer with Scratch MIT" will be offered as a Level 1 (grades 3-5) and Level 2 (grades 4-7). Register early, space is limited for these classes.

We at the Recreation department don't let weather get in our way and offer numerous outdoor programs. Activities offered are: Track (winter & spring) for grades 2 – 8; Field Hockey for grades 3- 8; Pickleball for grades 6-10; Disk Golf for grades 6-10; Ultimate Frisbee for grades 6-8; and a new program "Backyard Games" (Spikeball, Corn Hole, & Kanjam) for grades 6-8. Our Track and Field Hockey programs are

instructed by Westfield High School coaches.

Westfield Recreation also offers a wide variety of sports programs through the US Sports Institute. Activities range for ages from 2 and up. Some classes for younger participants are offered as a Parent & Me program. A soccer program for age 5-11 is available for the school spring break week (3/29-4/2) from 9-12 noon. Registration is open for Spring and Summer programs. More information or to register go to US Sports Institute website at USsportsInstitute.com or call 866-345-BALL.

Visit our website for additional programs coming this spring: Social Etiquette (ages 6-10); Safe Sitter/Babysitters course with CPR (grades 6-9); Safe @Home (grades 4-6); Fencing (grades 2-6); Adult & Youth Yoga classes; Outdoor Nature programs (ages 2 – 1stgrade) in Brightwood Park; LEGO in-person classes (grades 1 & up); Nutrition for Teens and more.

Program registration is open and available on a first come basis. Programs follow the State/CDC/Board of Health guideline for COVID-19. Register online at <https://secure.rec1.com/NJ/westfield-nj> or call 908-789-4080.

For additional information, please visit our website: westfieldnj.gov/recreation or contact the Westfield Recreation Department at 908-789-4080 and "like us" on Facebook for up-to-date information.





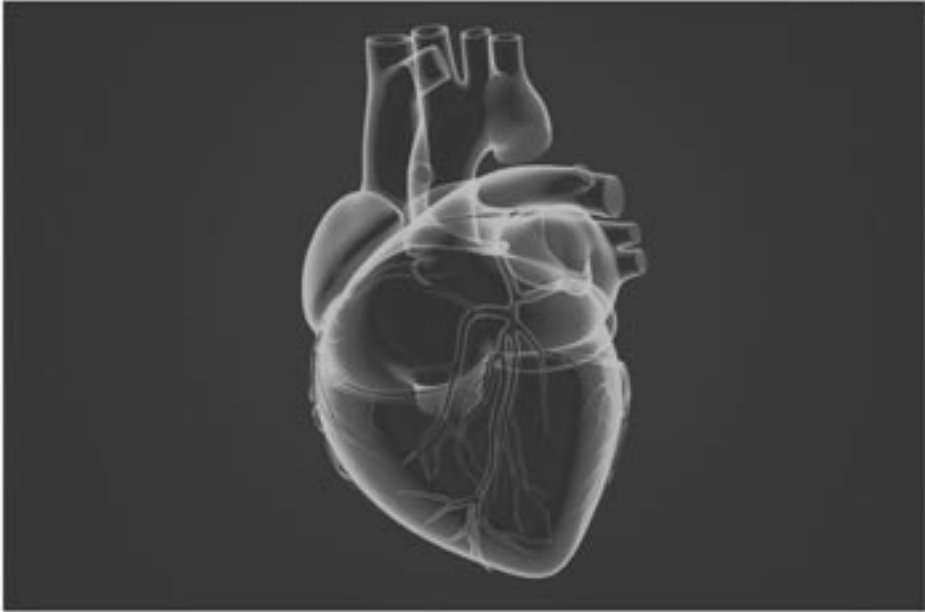
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SPEAK SOBRIETY TO PRESENT A FATHER-SON PARENT PROGRAM

Please join the Municipal Alliance of Westfield along with the Albert Anthony Kayal Foundation (AAKF) and the Matthew Thomas Toriello Memorial Fund (MTT Memorial Fund) on Thursday, March 10 from 7 p.m. to 8:30 p.m. for the virtual program: Not My Kid: A Father-Son Parent Program with Stephen Hill of Speak Sobriety and his father, Kevin Hill. Stephen

worked with Westfield High School students this past October in celebration of Red Ribbon Week and he is excited to return to Westfield to work with our parents this spring.

“It was a powerful experience speaking to over 1,700 Westfield High School students virtually, and I am thankful to the Westfield High School administration and Westfield Municipal Alliance for allowing me to do so. I truly appreciate all of the students that reached out to me personally and thanked me for speaking. I am hoping I can come speak in-person next school year,” shared Stephen.

On the evening of October 28, Stephen spoke to over 1,700 WHS students virtually about his struggles with addiction and how he found wellness during Red Ribbon Week. Stephen also did a Q&A session with the WHS Dream Team following his large group presentation. The feedback in the following days was overwhelmingly positive. Those who got to hear Stephen's story expressed gratitude for his honesty and transparency. The Municipal Alliance, AAKF, and MTT Memorial Fund also received several parent emails from those who didn't get to attend asking if there would be another opportunity to hear Stephen's story.

Stephen will be returning virtually to share a new evening of learning with our community on

March 10 specifically designed for parents. As in October, Stephen will share his story again, however this time, the program will also include a 30 minute live Q&A session with Stephen and Stephen's father, Kevin Hill, to address any questions parents have after hearing Stephen's story.

Kristen Sonnek-Schmelz of the MTT Memorial Fund stresses how important these programs are to our community and hopes as many will join as possible. “Michele and I both lost our brothers to opioid overdoses, Albert Kayal and Matthew Toriello. The gut-wrenching scream I let out the morning I received that phone call will forever live inside my head. It's our hope to save other families from similar pain by building awareness through addiction education and prevention programs, and letting families know it's ok to talk about addiction. People naturally want to help others, but they can only do so, if they know how. By bringing programs such as Stephen's to Westfield, we hope to encourage an open conversation about substance abuse in our community.”

Please register to join this important community conversation with Stephen Hill and Kevin Hill, Stephen's father, on March 10 at 7 p.m. by joining on youtube. See details on Facebook / Speak Sobriety.

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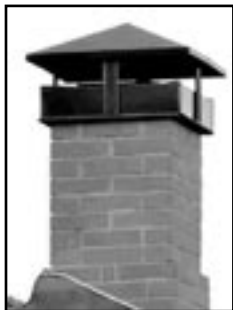




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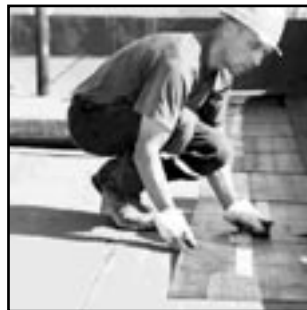
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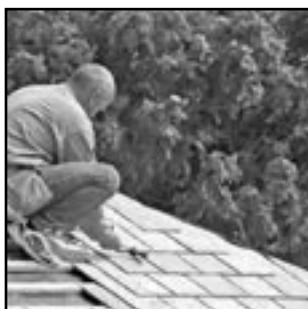
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WHS STUDENTS EARN PERFECT SCORES ON SAT

Submitted by Mary Ann McGann

Seven Westfield High School students earned perfect scores of 800 on subject area tests of the November 7, 2020 SAT. They are:

MATH:

Amanda Cerrachio, 12th grade
Cynthia Li, 11th grade
Katherine Palmer, 11th grade
Lillian Qin, 11th grade
Vijay Sreenivasan, 11th grade
Ashley Talwar, 11th grade

MATH LEVEL 2:

Carsen Sharkey, 11th grade
“I commend you for this outstanding achievement for it speaks volumes about your abilities and your commitment to your education,” WHS principal Mary Asfendis said in a letter to each student.

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(above, l-r) Westfield High School 11th graders Ashley Talwar and Vijay Sreenivasan scored perfect scores on the Math subject test of the November 7 SAT. They are pictured here with WHS principal Mary Asfendis.

Photo by Westfield Public Schools



(above) On the November 7 SAT, WHS 11th grader Carsen Sharkey earned a perfect score on the Math Level 2 subject test.

Photo by Carsen Sharkey





Westfield Memorial Library

March Zoom Events at
your Fingertips

TGIF! Friday, March 5 at 1:30 pm
A look at the extraordinary life of the
fashion designer Alexander McQueen

Tuesday, March 9 at 7:00 pm
Trivia Night for Teens and Adults

Wednesday, March 10 at 7:00 pm
Celebrate Women’s History Month:
Civil War Ladies: by Alissa Dupuy
Sponsored by the Friends of the
Westfield Memorial Library

TGIF! Friday, March 19 at 1:30 pm
Howard Hughes: the Great Aviator

Visit www.wmlnj.org and click on
Events to see all Zoom
information, or on our facebook
page facebook.com/wmlnj
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(above) WHS 11th grader Cynthia Li earned a perfect score on the Math subject test of the November 7 SAT.

Photo by Cynthia Li

(above) WHS 11th grader Lillian Qin earned a perfect score on the Math subject test of the November 7 SAT.

Photo by Lillian Qin

On the November 7 SAT, WHS 12th grader Amanda Cerrachio earned a perfect score on the Math subject test.

Photo by Normandy Studio, Inc.



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COURSE ON DEALING WITH MENTAL ILLNESS

The NAMI Family-to-Family Education Course will be offered by the Union County Chapter of NAMI (National Alliance on Mental Illness). The course will be online via Zoom starting on Thursday evening, March 4 at 7 p.m., and meet each Thursday over a consecutive 8-week period. We ask that you be able to commit to the full series of dates through April 29, and be able to attend from a computer, tablet, or smartphone and attend with some sense of privacy.

The course is offered specifically to the parents, siblings, spouses, teenage and adult children, and significant others of individuals with severe and persistent mental illness. The program is not appropriate for individuals who, themselves, suffer from one of the major mental disorders. The course is taught by NAMI members who have completed intensive training.

Curriculum topics include: schizophrenia, bipolar disorder (manic depression), clinical depression, panic disorder, obsessive-compulsive disorder etc., the clinical treatment of these illnesses and how caregivers can learn to cope more effectively. Attendees will learn about new research, medications, skills needed to successfully communicate with a relative and how to deal with critical periods.

Capacity is limited. To register, or if you have questions, contact Pat Roman at 732-382-0762 or email patroman2@aol.com.

Please include in the subject line: "F2F Course". A F2F teacher will contact you with the details.

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GRAB YOUR PASSPORT AND LET'S GO TO RAHWAY'S TASTE OF SPRING!

Rahway's Taste of Spring, New Jersey's premiere, wine, food and aperitif tasting is ready to help get you out of the house! While it is not quite safe to gather in large numbers, we will still be giving our foodies a chance to get their tasting "fix".

This year, purchase a \$5 Taste of Spring Passport from the Rahway Recreation Center located at 3 City Hall Plaza, Rahway. During four weekends in April, Taste of Spring "tourists" visit participating establishments during their scheduled times. Tourists present their passport and pay only \$5 for a special Taste of Spring sample! Tasters will be treated to many of the same delectable desserts and enticing cuisine that is a signature part of Rahway's annual event. You will even be able to vote for your favorites!

Just like at the larger Taste event, samples are meant to be enjoyed "on the go". This year, we encourage Taste Tourists to be thoughtful of the indoor dining limitations brought on by the pandemic and head out with your sample. However, if the fare tickles your palette, feel free to head back in and order a full meal!

The schedule runs Thursday through Sunday

on the following weekends: April 8-11; April 15-18; April 22-25; April 29-May 2. Details of when your favorite establishments are participating and where they are located will be available at RahwayIsHappening.com and in your passport so you can plan your adventure!

Many of our award winning restaurants will be joining us again this year so make sure you don't miss out! From Rahway: Beana's Para Siempre; Cook's Kitch'n; Il Forna a Legna; La Malinche; Melao Cafe and Creamery; Rahway Bagels; Rahway Fried Chicken; The Coffee Box; Watt Hotel Lounge; Sabor Peruano; Gyro's Corner; and Mr. Subs 3. From the surrounding areas: Bahama Breeze (Woodbridge); and La Bon Bakery (Woodbridge); Climax Brewing Company (Roselle Park); Chevys Fresh Mex (Linden); and more are signing up every day!

We are excited to have you participate in our Rahway Taste of Spring 2021. Make sure you save the date for Rahway's Taste of Spring 2022 on April 8th back at the Rahway Recreation Center!

Visit RahwayIsHappening.com for more information.

RAHWAY TASTE PASSPORT 2021

AT THE RAHWAY REC CENTER.
VISIT PARTICIPATING RESTAURANTS
DURING THEIR SCHEDULED TIME AND
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Full details at
RAHWAYISHAPPENING.COM

THERE IS NO LIVE TASTE EVENT FOR 2021--BUT YOU CAN STILL ENJOY RAHWAY'S EATERIES WITH YOUR PASSPORT 2021! SAVE THE DATE FOR NEXT YEAR! TASTE OF SPRING 2022 APRIL 8TH AT THE RAHWAY REC CENTER

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DON'T BLAME THE ARROW FOR MISSING THE TARGET

Just like tens of millions of other Americans, you were looking for relief from your chronic knee pain. You thought Viscosupplementation injections might be the answer, but the results were disappointing and painful. Don't assume the treatment wasn't right. That could very well be like blaming the arrow for its path to the target when the problem might be the archer. If you didn't get the pain relief you were hoping for, chances are your injection treatment was off target. Unlike blind injections or even ultrasound targeted treatments found elsewhere, **Northeast Spine & Wellness Center** uses diagnostic fluoroscopy to make sure the area that needs treated is the exact area where the injection goes. This is the most advanced method of delivering this pain relieving treatment with 95% accuracy to give you the results you're looking for. The use of Fluoroscopy guided injections sets **Northeast Spine & Wellness Center** apart. The end result is you living pain free from your chronic knee pain. You can avoid the lengthy and painful road of knee replacement surgery. You can avoid the endless trial and error assortment of potentially addictive prescription medications. This treatment, using fluoroscopy guided injections has seen a success rate of above 85% in those suffering from knee pain related to osteoarthritis, and that includes people with bone on bone involvement. You've suffered from chronic knee pain long enough. Call **Northeast Spine & Wellness Center** now for a RISK FREE consultation.



If Knee Surgery Sounds Scary, It Should

Have you have been told you are facing knee replacement surgery? Have you been told about all the downsides you could be facing? First and foremost, there are NO guarantees that knee replacement surgery will be the answer to your pain, but let's look further:

- Surgery is costly, regardless of the percentage of services covered by insurance.
- Surgery requires lost time from work and typically requires a regimen of rehabilitation and medications.
- With surgery, there is always a risk for unwelcomed complications. And you could be back to where you started, or worse.
- Medications will be required for relief from surgery and you have been down that road before. Addictions to these pain medications can cause potential side effects, something you do not want to experience.
- Rehabilitation can take years.

Consider This Alternative To Surgery

Northeast Spine & Wellness Center offers you a real opportunity and a painless way to say goodbye to your knee pain without any surgery. Here are just a few of the important benefits you should consider?

- Diagnostic fluoroscopy accurately targets the pain, unlike blind injections.
- Guided fluoroscopic injections are virtually pain free, unlike blind injections.
- No lost time from work or family.
- No expensive or time consuming rehabilitation.
- No potentially addictive prescription medications.
- Recovery time is almost instant, not months or years.

How Does This New Treatment Work?

Relief begins almost as fast as it takes to pronounce the treatment. It's called Viscosupplementation Therapy. To begin with, it starts with **Northeast Spine & Wellness Center** investing in the use of diagnostic fluoroscopy. This enables them to target the exact location of your knee pain with pinpoint accuracy. What follows is a simple injection that causes little to no pain, especially when compared to what you may be living with daily. That explains what you will see on the surface of this revolutionary treatment. What's taking place below the surface is how and where the natural healing process takes place. The injection of a Hyaluronic acid called Hyalgan. This gel-like substance was approved by the FDA in 1996. Hyalgan is a natural substance that mimics the synovial fluid that is already produced by your body in your joints. Osteoarthritis sufferers in particular see a reduction in this much needed synovial fluid in their knee joints. Without that cushioning layer of protection, the cartilage in your knee can begin to wear away leading to the rubbing of bone on bone. Through Viscosupplementation Therapy, this natural substance immediately goes to work reducing the swelling and inflammation in the joint and adding a coating layer of protection. Think about Dorothy taking the oil can to The Tin Man. You'll begin to feel that same kind of relief and quite possibly feel like you're ready for a dance down the yellow brick road to recovery yourself. And with a success rate of over 85% in alleviating pain associated with osteoarthritis, it's easy to see why this treatment is so readily covered by Medicare and by most major insurance providers. Diagnostic fluoroscopy to target the pain, Viscosupplementation Therapy to relieve the pain. Simple, fast and no surgery!

Do you Suffer from any of these Symptoms?

There are a number of reasons why you developed Osteoarthritis pain. It can develop with age or because of heredity. It could be from repetitive stress from a job or some glory days in athletics. Of course your concern is with the symptoms you face daily and how to make them end, hopefully without surgery or the use of potentially addictive medications. **Northeast Spine & Wellness Center** understands the symptoms you have been living with and can help. If you have any of the symptoms below, please call us today. Relief is a phone call away.

- **Pain** - Whether it's a sharp aching or maybe a burning sensation, the pain can range from irritating to debilitating.
- **Swelling** - This can cause tenderness and soreness to the entire knee area, making walking or going up and down stairs painful, getting in and out of bed or bathtubs difficult and dangerous just name a few activities affected by swelling.
- **Stiffness** - Getting up out of bed or after sitting for a period of time gets more and more difficult. This loss of mobility can be more than a hindrance. It can be dangerous if you need to move quickly.
- **Loss of muscle strength** - This can lead to balance issues and the strong possibility of falling.
- **Joint deformity** - Not just unsightly, but painful as well.
- **Creaking Joints** - Can be painful and a sign of more discomfort to come.
- **Sleepless nights** - Losing sleep over your suffering is not just irritating, but potentially dangerous because of so many other health concerns that can be affected by loss of sound sleep.

Let Me Show You Targeted Relief From Your Knee Pain

Every day, I see patients suffering from knee pain due to arthritis, osteoarthritis, sports injuries or other conditions. Many have been told that they are in need of knee replacement surgery. Other patients say they have been prescribed various prescription medications to deal with the pain.

Something else I see almost every day, are patients that have tried viscosupplementation knee injections elsewhere and found it to be a painful and ineffective experience because the injections were not administered using fluoroscopic guidance. Instead of using the incredibly accurate diagnostic fluoroscopy we use at **Northeast Spine & Wellness Center** these patients experienced a blind injection technique, which can be as inaccurate as playing pin the tail on the donkey.

Once I am able to explain to my patients about the pin point accuracy of using diagnostic fluoroscopy and the amazing results viscosupplementation can provide, they are thrilled to get started. They are even more thrilled when they feel the relief. Please contact **Northeast Spine & Wellness Center** today to schedule your RISK FREE consultation.

Call 732-827-0800

Scot Paris MD, FACS



Here's what our patients have to say

"I'm dancing without pain. I can move with no problem whatsoever. I can go up and down steps with no pain."

- Patricia G.

"Over 85% relief for the first time in 15 years, suffering with knee pain. My life is getting back to normal."

- Perry O.

"After only four visits, I have absolutely no pain! The staff is 'top-notch.'"

- Quenton L.

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VOLUNTEERS WANTED FOR MEDICAL RESERVE

The New Jersey Medical Reserve Corps (MRC) – a network of community-based, locally organized units comprised of volunteers – is looking for reinforcements, particularly those with vaccination skills. MRC volunteers are especially vital during emergencies and disasters when paid public health and emergency response assets are overwhelmed. Healthcare professionals (including recently retired individuals) having vaccination skills are especially needed now that COVID-19 vaccines are available.

In addition to skilled vaccinators, individuals with all types of skill sets (for example, security, language translation/interpretation, education and outreach, warehouse operations, clerical, counseling, and more) are needed. If you are interested in volunteering with the MRC, visit njlmn.njlincs.net and click on "Register as an Existing or New MRC Volunteer!"

SCAM ALERTS

The Westfield Police Department would like to remind everyone to please avoid scams by not purchasing gift cards or bitcoin for anyone online. Legitimate companies will not request payment via these methods.

Be aware of anyone calling to advise you that criminal charges are pending against you. Government agencies will not contact you via telephone.

In the past four months, Westfield residents have been defrauded of \$69,410. That is an average of \$576 per day.

Please help us spread the word by sharing this information with your family, friends, and neighbors.

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FAMILY CAREGIVERS WEATHERING COVID-19

Submitted by Erin Jerome

Having reached a dead end in his career, Thomas Corea decided to become a stay-home dad when his son, TJ, was 18 months old. Not long after that, he and his wife, Carol, discovered TJ was on the autistic spectrum. Thomas Corea has been the family caregiver for his son, now 26, ever since.

While Thomas Corea is a very positive person – he is a musician by trade – he often found it daunting to deal with the system that is in place to provide people with disabilities and their families the supports they need.

“Unless you stand on a mountain and scream, you get nothing,” he said. “You try to keep your head above water and their head above water to keep them safe.”

According to estimates from the National Alliance for Caregiving, 65.7 million Americans serve as family caregivers for an ill relative or a relative with a disability. Per the Administration for Community Living, research indicates family caregiving takes a significant emotional, physical and financial toll. With nearly half of all caregivers over the age 50, many are vulnerable to a decline in their own health, they say. Studies show that coordinated support services can reduce caregiver depression, anxiety and stress.

To ease that stress, Thomas Corea turned to Community Access Unlimited, first for direct support services while TJ was in school, then for respite services when he turned 21. Monique St. Claire is the family’s support counselor, providing the family with 6.5 hours of respite support one day each week. St. Claire takes TJ on short trips, such as to outside events.

“TJ’s mother and father need a break because he takes a lot to handle,” St. Claire said. “I’m getting him out of the house and giving his parents respite...He gets frustrated when he doesn’t get what he wants. But I can reason with him and then he says with a sweet voice, ‘Okay.’ It’s very endearing.”

St. Claire’s support became even more important when Covid-19 hit the United States and all TJ’s other supports stopped. St. Claire is back to visiting weekly.

“He lost all his routine,” Thomas Corea said. “He lost his sense of day and night. He needs constant attention...Now that he has it back, he’s back to normal.”

CAU plays a major support role for thousands of family caregivers and has not abated its services during Covid. Yet the agency is facing drastic increases in expenses related to the pandemic and is asking for help.

“CAU is working hard to keep our members

and staff safe during the pandemic and we continue to incur significant expenses, such as personal protection equipment,” said Bernadette Griswold. “We are asking people to consider becoming a monthly donor – 100 percent of their donations will support ongoing safety measures and program expenses as we continue to support individuals and families with special needs in New Jersey.”

Griswold said there are three ways people can support the agency: volunteering their time, advocating for CAU members, or donating directly via the agency’s website or choosing CAU as their charity of choice on Amazon Smile and eBay for Charity. To learn more, visit caunj.org/support-us/.

To learn more about CAU, visit caunj.org or follow the agency on Facebook, Twitter and Instagram. Learn more about supporting the agency and become a monthly donor at caunj.org/support-us/.

CAU is Hiring! Community Access Unlimited continues to expand and we have a number of full time and part time openings available. Contact our HR department at 908-354-3040 ext. 4203 to learn more! For a full list of available positions, visit caunj.org

ABOUT COMMUNITY ACCESS UNLIMITED

Community Access Unlimited (CAU), celebrating more than 40 years in 2020, 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 5,000 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 caunj.org or by mail at 80 West Grand Street, Elizabeth, NJ 07202.



(above, l-r) Monique St. Claire, support counselor at Community Access Unlimited, poses with one of the families she supports, TJ, Carol and Thomas Corea.

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TOWN OF WESTFIELD ANNOUNCES CURBSIDE RECYCLING CHANGES FOR 2021

The Town of Westfield has contracted with Grand Sanitation Services to provide curbside recycling pickup in 2021. While service will remain on a biweekly basis, residents are advised that the collection zones and schedules have changed.

WHAT'S CHANGING

- **Service Provider:** Grand Sanitation will begin curbside service in 2021. Their customer service number is 908-222-1566, and their email is westfieldrecycles@grandsanitation.com.

Collection Zones: Grand Sanitation will utilize ten collection zones in Town. Residents should refer to the map in the upcoming mailer to determine their correct zone. An online version of the map provides the ability to zoom in for a detailed view of street locations.

Collection Schedule: Assigned collection days may differ from previous years for some households. Residents are encouraged to view the updated schedule to avoid missing a pickup. Curbside collection begins in Zone 1 on January 4.

WHAT'S NOT CHANGING

Acceptable Materials and Guidelines: There are no changes to what can be placed curbside.

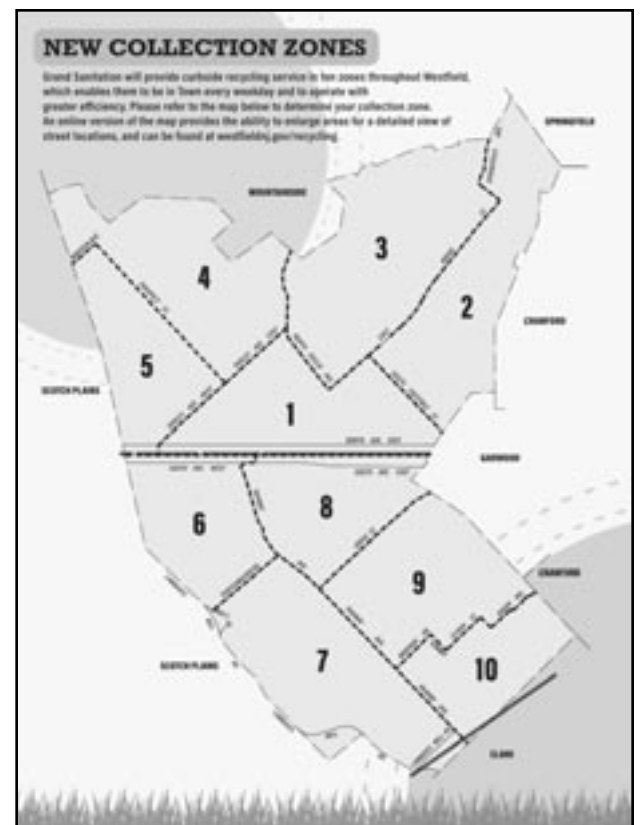
Biweekly Collection: Although collection days have changed for some households, service will remain on a biweekly basis.

Residents are also reminded of the recycling opportunities available at the Conservation Center. The following items can be dropped off free of charge, with no permit required:

- Curbside recycling items
- Fluorescent light bulbs
- Household alkaline batteries
- Plastic bags
- Styrofoam
- Scrap metal
- Household electronics
- Clothing/shoes
- Christmas trees

Other free drop-off programs at the Center are offered as availability permits, with updated information posted at westfieldnj.gov/conservation. These include tennis balls, wine corks, plastic toys, and food waste. In addition, fee-based options are available for mattresses and bulk waste. The Conservation Center will begin its seasonal hours on January 2 from 9:00 – 3:00 each Saturday in January.

For full information on curbside recycling, visit westfieldnj.gov/recycling.



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ROTARY CLUB HONORS TWO MEMBERS

Submitted by Dr. D. Michael Hart

The Rotary Club of Westfield honored two of its longtime members during a recent Tuesday afternoon meeting on Zoom.

Club President Liz Ensslin informed members that the Club Board of Directors decided to honor two members for their long service to the club.

Club Vice President Attorney Blake Width presented Club Treasurer Steve Ketcham with a Paul Harris Fellow Recognition. Steven Ketcham is a father of two young children, Lucas (7) and

Emilia (4), and has been with his life partner, Ali, for 20 years. They reside in NYC and in Northern New Jersey. Steve is a third generation CPA and the family accounting practice dates back to 1945 in Westfield. His grandfather and father, respectively Frank Ketcham and John Ketcham, were also both Rotarians in The Rotary Club of Westfield. Steve practices accounting in NJ and NY and has been treasurer for the Club since 2010. His office is located at 202 Mountain Ave, Westfield.

Club Member Ted Schlosberg presented the Paul Harris Fellow Recognition to Club Foundation Treasurer Chung Kun Shih. Ted is the founder of the NJ Workshop for the Arts. Ted introduced Chung to our Rotary Club in early 2011. They met because Chung had presented a few photo exhibitions in the New Jersey Workshop for the Arts. Also, Ted taught Chung's son to play violin when he was in kindergarten. Chung accepted the role as the Foundation Treasurer soon after joining the club. Over many years, he has issued the quarterly financial report for the Foundation. In February of each year, he prepares the annual budget for the Scholarships and Community grants with suggested funding for the board's approval. As the Foundation Treasurer, he did a very good job to uphold his two main responsibilities: to ensure our Foundation complies with basic accounting principles and ethical business practice; and to provide suitable funding to scholarships, community grants and other projects, while maintaining or slightly growing the Foundation assets for the long term. Chung is also serving as a member of the Club Scholarship and Community Grant Committees. National

Geographic paid him a fee for publishing one of his photos in the October 2000 issue. In addition, he has presented a few photo exhibitions. As a photographer Chung has taken thousands of professional photos for Rotary activities. Chung has co-authored and published 220 academic papers and 3 books.

To obtain a Paul Harris Fellow recognition, a \$1,000 donation is made to the Rotary International Foundation in the name of the recipient. The recognition is named after Paul Harris, who founded Rotary in 1905. The meetings were rotated between the offices of the original members, hence giving it the name the Rotary Club.

Rotary is a business networking Service club with an ethical code. Rotary currently has 33,000 clubs in 200 countries throughout the world. The Rotary International Foundation spends over \$100 million dollars per year doing tens of thousands of humanitarian projects worldwide, including eradicating polio. Last spring the International Foundation provided 10 ventilators and a high tech hospital bed to local New Jersey hospitals to help fight COVID.

The Rotary Club of Westfield is a business networking service organization of business men and women. It is part of an International Organization of 1.2 million people in 200 countries around the world. Local projects include hunger insecurity, helping homeless veterans, planting trees, supporting youth service clubs in the schools, and scholarships. Guests are always welcome to attend the Zoom meetings. For information contact Club Secretary Dr. D. Michael Hart at drmhart@yahoo.com or visit online at westfieldrotary.com.



(above, l-r) Club Foundation Treasurer Chung Kun Shih and received the Paul Harris Fellow Recognition.



**This Week in
Westfield Rotary**

Westfield Rotary Invites Scholarship Applications

The Rotary Club of Westfield invites all high school seniors who reside in Westfield to apply for scholarships by April 6, 2021. The scholarships will be awarded in June and will be announced at the Westfield High School awards night. The Rotary Club awards approximately \$100,000 in scholarships each year.

For more information and scholarship application go to <https://www.westfieldrotary.com>.

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ROTARY SCHOLARSHIP APPLICATIONS NOW AVAILABLE

Submitted by Westfield Rotary Club

The Rotary Club of Westfield invites all high school seniors who reside in Westfield to apply for scholarships by Tuesday, April 6. The scholarships will be awarded in June and will be announced at the Westfield High School awards night.

All high school seniors who reside in the Town of Westfield, New Jersey and who will be attending an accredited college or university are

eligible for the scholarships. Some scholarships can also be awarded to students who reside in the Town of Westfield and who will be attending an accredited law school.

Each year, the Rotary Club of Westfield awards approximately \$90,000 to \$100,000 in scholarships. Individual awards are typically in the range of \$1,500 to \$15,000. Since 1967, the club has awarded over \$3 million in

scholarships. Scholarships are awarded based on academic excellence, financial need, and the student's commitment to community service.

To download an application visit westfieldrotary.com and click on Grants and Scholarships. The form will include instructions for submitting it and a list of materials which must accompany the form. These materials will include: the application form, an essay on involvement in community service, a FAFSA report, SAT or ACT Scores/Transcripts and full disclosure of any financial aid already received from college or other sources. All of these materials must be submitted by the deadline; later or incomplete applications cannot be considered. College acceptance letters and financial aid offers received after the deadline must be submitted promptly when received.

The Rotary Club of Westfield is a service organization of business men and women. It is part of an International Organization of 1.2 million people in 200 countries around the world. www.rotary.org Local projects include hunger insecurity, helping homeless veterans, planting trees, supporting youth service clubs in the schools, and scholarships. Guests are always welcome to attend the Zoom meetings. For information contact Club Secretary Dr. D. Michael Hart at drmhart@yahoo.com or visit westfieldrotary.com or follow us on Facebook @WestfieldNJRotary.



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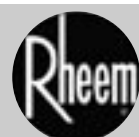
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Ads start at \$60.

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We print flyers and menus, full color, two sided, on coated stock for only \$35 per thousand.

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Block of 20
for \$200**

NJ LocalInfo.com

Joe Renna at 908-447-1295
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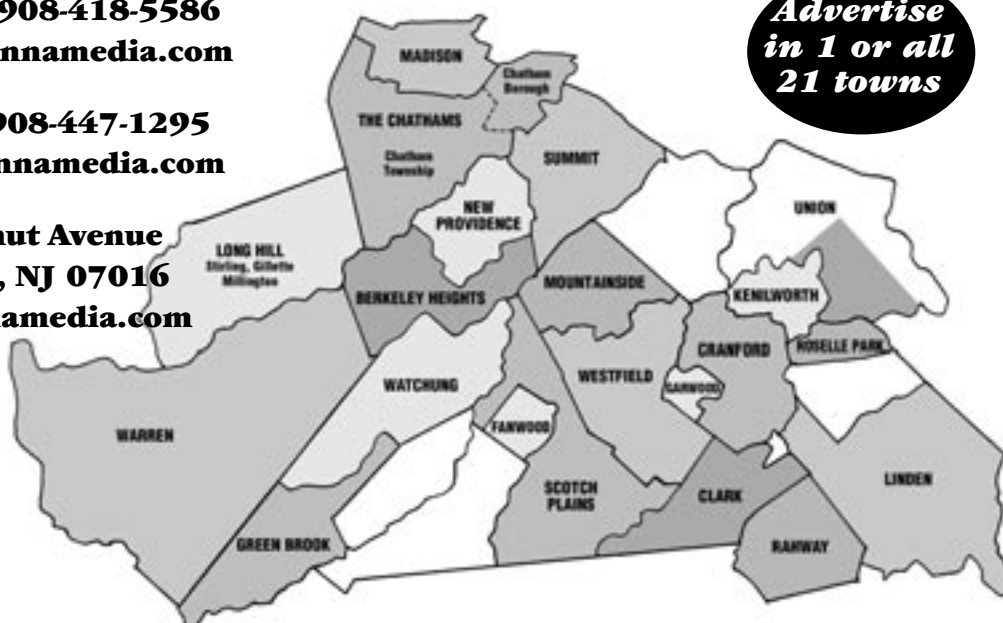
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**Advertise
in 1 or all
21 towns**



Berkeley Heights NJ COMMUNITY NEWS Qty: 4,800 Mailed to every home and business. Zip: 07922	THE CHATHAMS NJ Qty: 7,400 Mailed to every home and business. Zip: 07928	Clark Monthly NJ Qty: 6,700 Mailed to every home and business. Zip: 07066	CRANFORD MONTHLY NJ Qty: 9,800 Mailed to every home and business. Zip: 07016	Tanwood Post NJ Qty: 3,000 Mailed to every home and business. Zip: 07023	Garwood Times NJ Qty: 2,200 Mailed to every home and business. Zip: 07027	Green Brook Gazette NJ Qty: 3,000 Mailed to every home and business. Zip: 08812
KENILWORTH NJ Qty: 3,600 Mailed to every home and business. Zip: 07033	LIFE in LINDEN NJ Qty: 17,400 Mailed to every home and business. Zip: 07036	Long Hill LEADER NJ Qty: 3,600 Mailed to every home and business in Gillette, Millington and Stirling. Zip: 07933, 07946, 07980	MADISON MONTHLY NJ Qty: 6,300 Mailed to every home and business. Zip: 07940	MOUNTAIN SIDE VIEW NJ Qty: 2,900 Mailed to every home and business. Zip: 07092	New Providence NEWS NJ Qty: 4,900 Mailed to every home and business. Zip: 07974	OUR TOWN Rahway, NJ NJ Qty: 12,400 Mailed to every home and business. Zip: 07065
ROSELLE PARK MONTHLY NJ Qty: 5,600 Mailed to every home and business. Zip: 07204	Scotch Plains NJ WHAT'S HAPPENING MONTHLY Qty: 9,600 Mailed to every home and business. Zip: 07076	Summit NJ Times NJ Qty: 9,600 Mailed to every home and business. Zip: 07901	Spirit of UNION NJ Qty: 5,500 5,000 mailed to homes and businesses. Zip: 07083	WARREN MONTHLY NJ Qty: 6,200 Mailed to every home and business. Zip: 07059	Watchung Post NJ Qty: 2,800 Mailed to every home and business. Zip: 07069	Westfield MONTHLY NJ Qty: 11,800 Mailed to every home and business. Zip: 07090

NEWSPAPER AD RATES

Rates are per month. Artwork included in price. Newspapers are black on white.

Units	Size	RATE FOR ANY 1 NEWSPAPER	RATE FOR ANY 3 NEWSPAPERS	RATE FOR ANY 6 NEWSPAPERS	RATE FOR ANY 9 NEWSPAPERS	RATE FOR ANY 12 NEWSPAPERS	RATE FOR ANY 15 NEWSPAPERS	RATE FOR ANY 18 NEWSPAPERS	RATE FOR ALL 21 NEWSPAPERS
1 Unit (Business card)	3.25" x 2"	\$60	\$150	\$250	\$350	\$400	\$450	\$500	\$550
2 Units	6.5" x 2" or 3.25" x 4"	\$100	\$250	\$400	\$500	\$600	\$700	\$800	\$900
4 Units	3.25" x 8" or 6.5" x 4"	\$180	\$450	\$700	\$900	\$1100	\$1300	\$1500	\$1700
6 Units	6.5" x 6.25" or 10" x 4"	\$240	\$600	\$900	\$1200	\$1400	\$1600	\$1800	\$2000
9 HALF PAGE	6.5" x 9" or 10" x 7"	\$320	\$800	\$1000	\$1300	\$1600	\$1900	\$2200	\$2400
12 Units	10" x 8"	\$360	\$900	\$1200	\$1500	\$1800	\$2100	\$2400	\$2700
18 FULL PAGE	10" x 14"	\$400	\$1000	\$1400	\$1800	\$2200	\$2500	\$2800	\$3000
2 PAGE SPREAD	21" x 14"	\$700							
BACK PAGE	10" x 14"	\$500							
FRONT PAGE BANNER	8.25" x 2"	\$320							
FRONT PAGE BOX	1.5" x 4.5"	\$240							

Back cover, front page banner and front box reserved on first come, first served basis. Current advertiser has right of first refusal.

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PREPAY 12 MONTHS AND GET 3 MORE FREE

Make Checks payable to Renna Media, 202 Walnut Avenue, Cranford, NJ 07016

LAUREN P. WORTHINGTON GRADUATES THE TRINITAS SCHOOL OF NURSING

One hundred and six students received their nursing diplomas from the Trinitas School of Nursing on January 21st, including Lauren P. Worthington, of Westfield.

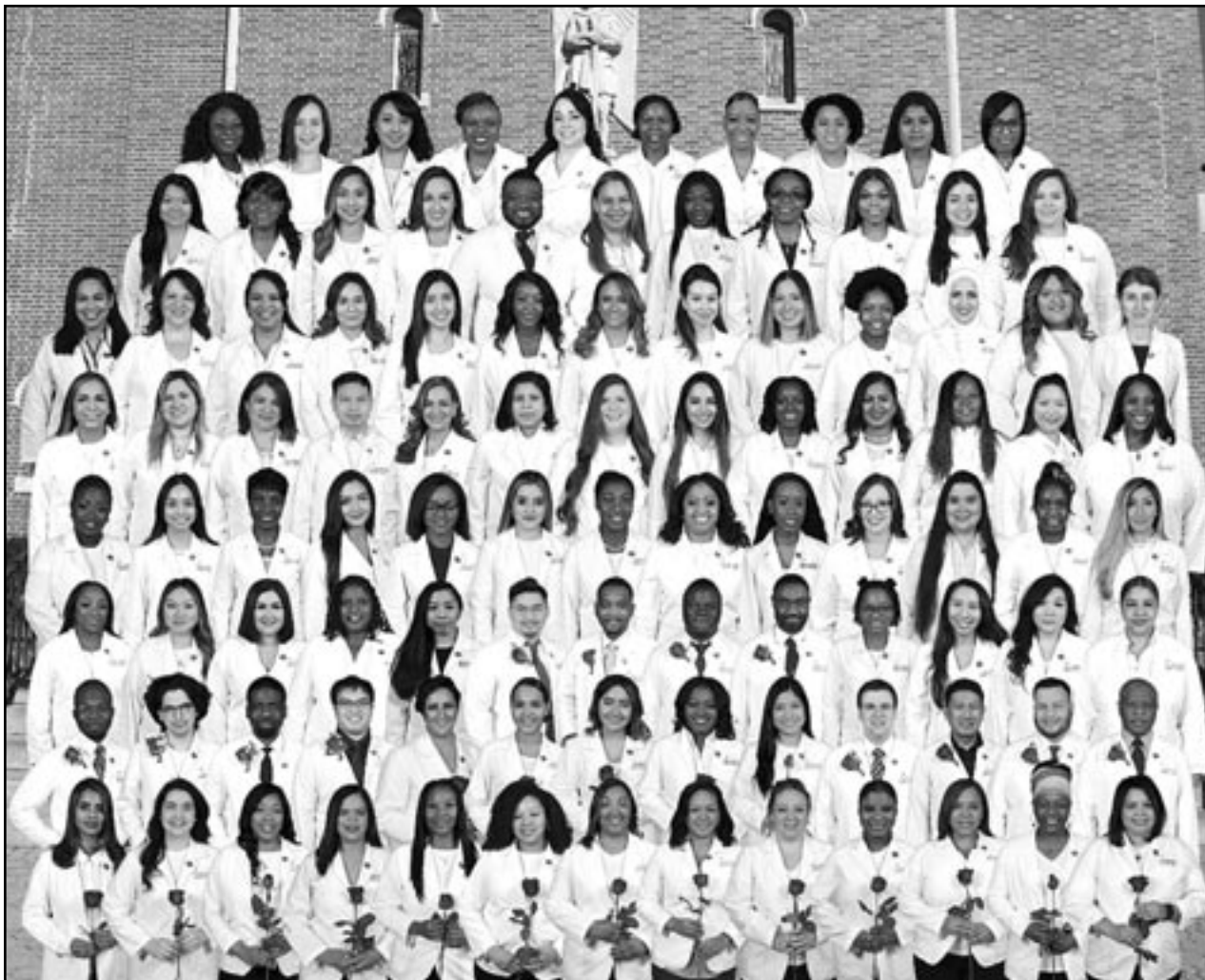
"Trinitas School of Nursing is a National League for Nursing Center of Excellence in Nursing Education for the fourth time," said Dr. Roseminda Santee, Dean of the Trinitas School of Nursing, which is affiliated with Union County College, and also awards Associates in Science Degrees to the

graduates. "I have data to show that the enrollment and applications to the School of Nursing have increased. And during the pandemic, it did not falter. It continued increasing. You would think that people would no longer be interested. Instead, they go forward. We are very proud of our class of January 2021, and our faculty and staff, for doing this professional work during a very challenging situation and practicing all precautions including screening, social

distancing, handwashing, and masking."

Trinitas School of Nursing, operated jointly by Trinitas Regional Medical Center and Union County College, currently holds full accreditation from the Accreditation Commission for Education in Nursing (ACEN), and the New Jersey State Board of Nursing. The National League for Nursing has awarded the School of Nursing a fourth designation as a Center of Excellence in Nursing Education status for the years 2015 - 2024 for Creating Environments that Enhance Student Learning and Professional Development. The School also holds a 20-year, 40-class national licensing examination (NCLEX) passage rate of 86.30% on first writing.

For more information about Trinitas School of Nursing, visit www.trinitasschoolofnursing.org.



(above) Although a typical ceremony was not held, 89 women and 17 men became eligible to sit for the registered nurse licensing exam. Individual photos were taken by Grace Photography and edited to create the class photo.

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Online Weekly Worship
Sundays at 10:00 a.m.
Online Midweek Lenten Liturgy
with Organ Recital to Follow
Wednesdays at 12 noon
February 24, March 3, 10, 17, 24
Online Holy Week Worship 2021
• **Passion/Palm Sunday, March 28 •**
Festival Liturgy at 10:00 a.m.
• **Holy Thursday, April 1 •**
Special Liturgy at 7:00 p.m.
• **Good Friday, April 2 •**
Special Liturgy at 7:00 p.m.
• **Easter Celebration, April 4 •**
Lighting of the Paschal Candle
Garden Liturgy at 7:00 a.m.
Festival Liturgy at 10:00 a.m.
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