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Submitted by Laura Queller

Congregation Beth Israel of Scotch Plains and Temple Emanu-El of Westfield, along with area Jewish camps, conducted The Purim Amazing Race on Sunday, February 21, in advance of the Jewish holiday of Purim. The Purim Amazing Race provided a safe and fun way for families to celebrate the festive holiday during the Covid-19 pandemic.

The Purim Amazing Race was modeled after the popular television show, The Amazing Race. The scavenger hunt was open to congregants of all ages and abilities. To enroll, participants contributed items for the local food pantry, fulfilling the Purim commandment of giving gifts to the needy.

Approximately 75 teams of families raced around the towns of Scotch Plains and Westfield in their cars, with the goal of helping Queen Esther save the Jewish people, the way she did in the Biblical Purim story. Participants stopped at places such as the YMCA, the JCC of Central NJ, and Kramer Park in Scotch Plains, and visited sites such as the Westfield Memorial Library, Mindowaskin Park, and McKinley School in Westfield. At each of the 15 outdoor locations, contestants participated in missions that were both educational and enjoyable, such as designing a crown for Queen Esther, or performing a family talent act for the Biblical King Ahasuerus' pageant.

"We needed to replace the traditional Purim carnival held in a crowded indoor space with an



alternative activity held outside," said Aviva Tilles, Director of Congregational Learning at Congregation Beth Israel. "We collaborated with Temple Emanu-El because our two synagogues faced the same challenges. And we realized that we could develop and implement something really great if we joined forces."

Aviva Tilles partnered with Temple Emanu-El's Samara Schwartz, Director of Youth Learning & Engagement, and Samantha Eichert, Assistant Director of Youth Learning & Engagement.

Area Jewish camps also helped with the Purim Amazing Race by creating and running four of the stops along the course. The camps included: Camp Yachad at the JCC of Central NJ; Camp Nah-Jee-Wah; Camp Ramah in the Berkshires; and Camp Harlam. Additionally, One Happy Camper, a non-profit organization, provided additional funding for the Purim Amazing Race because of the camps' participation.

Feedback from parents and children alike was positive; many congregants remarked afterwards that they preferred the scavenger hunt to the usual Purim carnival.

"What an amazing job ... you and your 'leaders' did - 15 stops, all those activities, but moreover, an opportunity to get outside, interact with 'real people', have a few laughs ... and just get silly," wrote Kathi Wolder, a congregant from Temple Emanu-El. "We sang; we danced; we did crafts; we ran; and we learned a little more about Purim. Everyone was so cheery, and embracing, and welcoming."



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GIRL SCOUTS' HUG IN A MUG CAMPAIGN

Westfield Girl Scouts Ambassador Troop 40436 successfully completed their first "Hug in a Mug" campaign. To connect with local seniors and those isolated by quarantine, these high school sophomores and juniors collected mugs and filled them with coffee, hot chocolate, oatmeal, and sweets. Over 50 mugs were distributed to local residents as well as clients of the New Jersey Veterans Network.

This project was undertaken in honor of the

late William Kessinger, who passed in September of last year. Mr. Kessinger, a paratrooper during the Korean War, was a grandfather figure to many in the Westfield/Scotch Plains area. Nicknamed the "Candyman", he was famous for giving out sweets to local children.

Troop 40436 wishes to thank Michael Boll, Director of the New Jersey Veterans Network, and the many local donors for supporting this campaign.



(above) Troop 40436 distributed over 50 mugs filled with goods as part of their "Hug in a Mug" campaign.

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THREE WHS BAND STUDENTS TO PERFORM IN STATE VIRTUAL ENSEMBLE

Submitted by Mary Ann McGann

Three Westfield High School students will perform in the New Jersey State Solo and Ensemble Festival in April, an inaugural virtual event launched by Arts Ed NJ for the 2020-2021 school year to recognize student achievement in music education across the state.

Eleventh graders Conor Daly (trombone), Nate Oberstein (percussion), and Matthew Robinson (alto saxophone) advanced to the state festival after submitting video performances to a regional festival in February. Over 1,000 students participated in the regional festival, which was

adjudicated by highly skilled judges. Each student performance received a ranking.

"Out of 30 total points, students who scored 28 points or higher advanced to the state finals," says band director Christopher Vitale. "We are extremely proud of the accomplishments of Nate, Matt, and Conor. This has been a challenging year for musicians to stay motivated without public performances. These three students have gone above and beyond to push themselves to be better. They serve as an inspiration to all of us for how to navigate circumstances that may not be ideal."

Photo by Westfield Public Schools



(above, l-r) WHS 11th grader Nate Oberstein, WHS 11th grader Matthew Robinson,
WHS 11th grader Conor Daly

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1033 Prospect St	6	5.1	2	\$2,149,000	\$2,149,000	14
14 Wychview Dr	6	6.1	2	\$1,699,000	\$1,700,000	47
2 Breezeknoll Dr	5	4.0	2	\$1,499,000	\$1,500,000	0
413 Baker Ave	5	3.1	1	\$1,199,000	\$1,240,000	14
10 Evergreen Ct	4	2.1	2	\$1,049,000	\$1,039,000	84
126 Vernon Ter	5	2.1	2	\$949,900	\$951,000	4
820 Cranford Ave	5	2.1	2	\$899,900	\$905,000	0
650 Maple St	4	3.1	2	\$859,000	\$880,000	80
145 W Dudley Ave	4	2.1	2	\$850,000	\$879,000	4
868 Willow Grove Rd	4	3.1	2	\$849,000	\$815,000	112
853 Tice Place	4	1.3	2	\$789,000	\$775,000	79
937 Harding St	4	1.1	1	\$735,000	\$735,000	9
2 Wychview Dr	4	2.0	2	\$625,000	\$659,000	11

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RAKE AND HOE GARDEN CLUB SUPPORTS JARDINE ACADEMY

Submitted by Betty Round

Since the first year of its founding in 1952, the Rake & Hoe Garden Club of Westfield, NJ has been committed to supporting students with cerebral palsy at the Jardine Academy in Cranford.

As part of this commitment, each Spring and Fall garden club members select an appropriate children's book and make 100 ornaments inspired by the story. Club members take the ornaments to the Academy, read the story to the students, and decorate a tree with the ornaments. The tree stands in the school foyer for all to enjoy. A copy of the book is donated to the school library.

Unlike other years, Rake & Hoe club members did not visit the academy due to concerns over the spread of the Coronavirus. This year, Rake & Hoe Garden Club member Mary Lou Nolas spent many days making 100 colorful pinwheels. The ornaments were inspired by Gilberto and the Wind by Marie Hall Ets. The book tells how Gilberto plays with the wind. It takes his balloon up into the sky but does not fly his kite. He sees how his bubbles fly away, his pinwheels twirl around, and his paper boat sails across the water.

Ms. Nolas delivered a copy of the book and 100 pinwheel ornaments to Jardine Academy on March 9. The Academy staff will read the story to the students and decorate the tree. After enjoying the tree for a couple of weeks, each student will receive a pinwheel to take home.

The Jardine Academy, operated by the Cerebral Palsy League and approved by the New Jersey Department of Education, provides a comprehensive educational program designed to meet the cognitive and physical needs of children and young adults, 3-21 with multiple disabilities.

The Rake and Hoe Garden Club is affiliated with the Garden Club of New Jersey and the National Garden Club, Inc. The club meets on the second Wednesday of the month at 12:00 p.m. at the Scotch Hills Country Club. Membership is open to residents of Westfield and surrounding towns. For more information, call Beth Siano 908-233-4150 or visit the club's website, rakeandhoe.org or Facebook page.



(above) The Rake & Hoe Garden Club chose the book *Gilberto and the Wind* to donate to Jardine Academy this Spring. They created 100 pinwheel ornaments inspired by the book.

RELIEF FROM CHRONIC KNEE PAIN

FDA Approved Treatment to Avoid Surgery

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

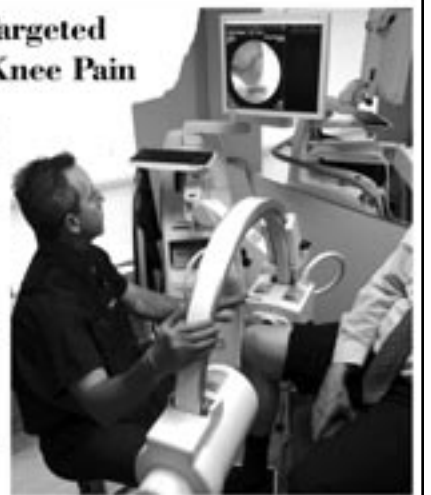
Every day, I see patients suffering from knee pain due to arthritis, osteoarthritis, sports injuries or other conditions. Many have been told that they are in need of knee replacement surgery. Other patients say they have been prescribed various prescription medications to deal with the pain.

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.

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- Patricia G.

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- Perry O.

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- Quenton L.

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ROOSEVELT STUDENTS WATCH PARTY FOR MARS LANDING

Submitted by Mary Ann McGann

There were excited reactions during a student virtual “watch party” at Roosevelt Intermediate School as NASA’s Perseverance rover landed on Mars just before 4 p.m. on February 18.

“When the coverage of the landing started, some students and teachers logged in to participate in the virtual “watch party,” says

science teacher Melissa Czerwinski who organized the virtual event with fellow teachers Andrew Bausch, Dominick Ceccio and Katherine Vaccaro. “We watched the coverage together, discussed the science and engineering behind the landing, and cheered” when Perseverance touched down on the Red Planet.

Czerwinski says the group also cheered when

they saw and heard C.J. Giovingo, a friend of hers who is a systems engineer at NASA’s Jet Propulsion Lab. Giovingo, the lead engineer for the Entry, Descent, and Landing Activity for the Perseverance rover mission, joined students in a virtual session on February 23 to talk about the Perseverance mission and to answer questions.

Photo by Westfield Public Schools



(above) Excited reactions as Roosevelt students watch NASA's Perseverance rover land on Mars just before 4 p.m. on Thursday, February 18.



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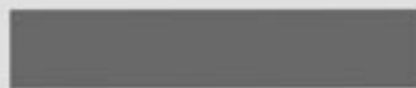
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CELEBRATING 10 YEARS WITH HEART TRANSPLANT

NJ Sharing Network

Emma Rothman of Cranford, NJ will be graduating this spring from Syracuse University with a degree in Food Studies. Like most college graduates, she has mixed emotions about taking the next step in her life's journey.

"I am definitely a bit terrified, but I am excited about the variety of opportunities that lie ahead," said Emma.



This is a remarkable time for Emma as she is also celebrating the 10th anniversary of her life-saving heart transplant (April 1). She is humble and always thankful for her donor who gave her the gift of life and made her achievements possible.

"Everything after my heart transplant was working towards moments like this," said Emma. "It motivates me to appreciate the day to day – being able to travel, go away to school, and have life experiences without my health dictating what I can and cannot do is a blessing. I owe all of this to my organ donor's act of extraordinary humanity."

In March 2011, Emma was 12-years-old when she suddenly began to feel extremely fatigued and could not make it through an entire day at school. Her parents brought her to Newark Beth Israel Medical Center (NBIMC) for what was supposed to be a quick, routine blood test. However, Emma went into cardiac arrest, was put on life-support under an induced coma and was rushed to the pediatric cardiac intensive care unit at New York-Presbyterian/Morgan Stanley Children's Hospital.

Emma, who showed no prior symptoms, was somehow battling end-stage heart failure brought on by hypertrophic cardiomyopathy. On April 1, 2011, Emma, underwent a successful emergency heart transplant, which saved her life. Just 15 days later, Emma was discharged, taking with her new knowledge about what a heart transplant is

and how she could best care for her new heart at home.

"The last thing I remember was feeling uncomfortable while the nurses were attempting to draw blood at the hospital thinking I might have had mono or a virus," said Emma. "I woke up six days later and learned that I had a heart transplant. Prior to that, I had never heard of organ and tissue donation or transplantation."

In 2013, Emma and her family, guided by their firsthand experience, established Hearts for Emma, a 501 (c)3 organization that provides assistance to families of children with heart disease, and supports educational initiatives related to heart transplantation and promotes awareness of organ and tissue donation. As part of a joint outreach effort, Hearts for Emma established a Partner Fund within the NJ Sharing Network Foundation that has raised more than \$50,000 since its inception. The Hearts for Emma Partner Fund has helped educate more than 100,000 students in New Jersey about organ and tissue donation and transplantation through the production and distribution of education materials and related programs, and provides scholarships to high school seniors who are advocates of or personally impacted by the mission.

CALL TO ACTION

To learn more, get involved and register as an organ and tissue donor, visit www.NJSharingNetwork.org.

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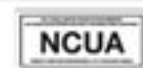
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WESTFIELD ROTARY INDUCTS TWO NEW MEMBERS

Submitted by Dr. D. Michael Hart

At the regular Tuesday lunch Zoom meeting on December 15, 2020, Club President Liz Ensslin presided over the induction of two new members into The Rotary Club of Westfield, Zach Blutner and Aditya Verma.



(above, l-r) Aditya Verma, Zach Blutner



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Zach Blutner is a resident of Roselle Park. Originally from Queens, NY he moved to Union County in 2013 with his wife Amanda. They purchased a home in Roselle Park in 2014 and now reside there with their two children (Eleanor, 2, and Alexander, 1). Zach accepted the position of Executive Director with the New Jersey Festival Orchestra in September. Prior to this role he spent the past 16 years in Tourism and Attractions in NYC.

A graduate of Temple University, with a Master’s in Travel and Tourism, he has been fortunate enough to have the opportunity to speak on the importance of memorials and museums in the modern era, as well as the future of tourism in the Covid world.

He joined the Rotary, as now his career path has brought him closer to home and he can now devote more time and energy to helping in the local community.

Aditya Verma is the Chief Operating Officer at Rip Road, Inc. based in New York City. Rip Road is a healthcare mobile application development company. Rip Road works in the Healthcare industry to create mobile programs for Pharmaceutical Biologic brands to help their patients get the most out of their therapy. The Rip Road name comes from a favorite running path in New Hampshire.

Aditya’s wife Rebecca is a freelance wedding jewelry editor for several magazines and when she is not working spends time helping Edison Middle school as PTO co-president. They have two daughters; Milla, 15, is a 10th grader at The Pennington School and Shylah, 11, is a 6th grader at Edison Intermediate School.

Aditya joined the Rotary because he would like to get involved in programs that help young, disadvantaged children flourish. He has been exposed to several Rotary programs over the years through an Uncle and Aunt who remain actively involved in Rotary Club today. Based on their experiences, he has always thought that the Rotary may be the right avenue for him to achieve that goal. Aditya looks forward to learning how he can make that happen.

The Rotary Club of Westfield is a business networking service organization of business men and women. Visit online at westfieldrotary.com. 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, community grants and scholarships. Guests are always welcome to attend the Zoom meetings. For information contact Club Secretary Dr. D. Michael Hart at drmhart@yahoo.com.

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EARTH DAY RAHWAY RIVER CLEAN-UP — SAT., APRIL 24

All volunteers are invited to celebrate Earth Day 2021 with Boy Scout Troop 330 and members of the Rahway River Watershed Association in a clean-up of the Rahway River on Saturday, April 24th (with a rain date of Sunday, April 25th). The clean-up will focus on areas upstream and downstream of the Bloodgoods Pond Dam at Winfield Park, New Jersey. Please plan to stop by the parking area adjacent to the waterfall of the Rahway River by the dam at Winfield Park, NJ at 8:45 a.m. to register, pick up bags, gloves, bottled water and snacks, and receive safety information. Folks should feel free to travel to any part of the river where they would like to perform cleanup activities but we specifically will ask folks to work in small groups for safety purposes with folks socially distanced and wearing masks. The team working registration will provide suggestions on areas with large volumes of floatable debris.

Cleaning up a river and park area is a great way to celebrate Earth Day and if you haven't participated in an event like this before, you will find it invigorating, and you will feel good about what you have accomplished...it is also fun and educational...especially for scouts and young adults as they always find something interesting.

The clean-up will generally be between 9 a.m. - 12 noon, but any amount of time or effort that

folks can volunteer is appreciated. There is always a large volume of floatable debris to pick up. Over the 20+ years this cleanup has occurred thousands of folks have participated, including girl scouts, cub scouts, boy scouts, fishermen, local activists and citizens, and we pulled some amazing things from the river.

All participants should wear jeans, long-sleeved shirts, gloves and boots, and please wear a mask. Waders are welcome for folks who like to get a little wet. Each participant should bring

a standard 5-gallon carry bucket with a handle (put your name on the bottom)...this makes for easy carrying of "stuff" for transfer to the large garbage bags. When we complete the event we do a basic inventory of the "big stuff" that we removed....and within approximately 24 hours Union County Parks removes and disposes of all the trash. There is no RSVP required but if you need more information or think you will attend please let us know by e-mail at rivercleanup@comcast.net.



(above) 2020 Rahway River Clean Up.



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SHEEP TO SHAWL EVENT

Miller Cory House Museum

Spring has sprung and the sheep want out of winter quarantine! Please join us at the Miller Cory House Museum, located at 614 Mountain Ave., Westfield, to see the sheep get a haircut on April 24, 2021 between 1-4 p.m. (Rain or Shine) and learn how the fleece was used.

Springtime on an early American farm was the beginning of the new year, the time when the cycle of seasons began. It brought numerous outdoor chores after the long winter – preparing the fields, building fences, early planting... and sheep shearing. The process of sheep shearing will be demonstrated by a master shearer, using hand shears as was done in early America. The process of turning wool into cloth will continue with demonstrations of spinning and weaving as well as other crafts utilized during Colonial America.

We would specifically like to thank Sheep Shearer, Jeremy Mills - Sheep supplier: Mary McLaughlin, coordinator of "The Woolly Ones" and Somerset 4-H Leader for their support in making this event a reality.

Admission is \$5 ages 13 and older; \$3 ages 3-12 and free age 2 and younger. No reservations

are necessary and tickets are available at the gate. Call the museum at 908-232-1776 or email millercorymuseum@gmail.com for more information.

Since 1968, the 501(c)(3) non-profit Miller Cory House Museum/Westfield Historical Society has worked to preserve, interpret and encourage interest in history, Westfield, and its residents through educational efforts and community outreach programs. Visit millercoryhouse.com for more information.



Westfield High School CLOTHING DRIVE

To support the WHS Class of 2021

Saturday, April 17, 2021 7:30 am – 1 pm
WHS Parking Lot, 550 Dorian Road

Items Accepted:
 *Men, women and childrens clothing
 * Shoes (must be in separate bags from other items)
 *Clothing accessories: belts, hats, scarves, handbags, gloves etc.
 *Soft household items like towels, blankets, bed sheets, pillows, quilts, comforters and curtains * Small toys (2 ft. or less)
 *Stuffed animals, bikes and scooters *Car seats (only together with base) and strollers



FEELING A BIT SHAGGY DURING COVID...

I NEED A HAIRCUT!

Join us at the
 Miller-Cory House Museum
 Saturday April 24, 2021
 1:00 to 4:00
 (rain or shine)

Celebrate seasonal life on an early American farm.

Sheep to Shawl



Westfield Memorial Library

April Zoom Events at your Fingertips

Thursday, April 8 at 7:00 pm
Kids Poetry For Ages 7-12

TGIF! Friday, April 9 at 1:30 pm
Alfred Hitchcock:
The Master of Suspense

Tuesday, April 13 at 7:00 pm
Trivia Night for Teens and Adults

Thursday, April 15 at 7:00 pm
Kids Poetry For Ages 13-18

TGIF! Friday, April 23 at 1:30 pm
California Typewriter

Visit www.wmlnj.org and click on Events to see all Zoom information, or on our facebook page [facebook.com/wmlnj](https://www.facebook.com/wmlnj)
 908.789.4090

RAHWAY TASTE PASSPORT 2021

PURCHASE A \$5 PASSPORT AT THE RAHWAY REC CENTER. VISIT PARTICIPATING RESTAURANTS DURING THEIR SCHEDULED TIME AND PAY ONLY \$5 FOR A DELICIOUS SAMPLE.

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!

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FREE EIGHT-WEEK SEMINAR BEREAVEMENT SEMINAR STARTS APRIL 11

The First Presbyterian Church of Cranford (FPCC) is preparing for its free eight-week seminar, "Journey to Wholeness - Healing the Grieving Heart", taking place every Sunday from April 11 to May 30 from 6:30 - 8:30 p.m. Everyone across the United States who has experienced loss of any kind, in the past or present, are welcome to attend, as well as those who have previously attended this seminar. This unique seminar will take place via Zoom. Registration is required to attend this event. Call Patti Williams, seminar founder and trained pastoral bereavement counselor, to register at 908-709-1341.

Eight sessions, each designed to lead a person through the process of grief, will help those who have suffered any type of loss better understand the process and learn ways to cope, while also practicing self-care. Patti Williams, R.N. and Certified Pastoral Bereavement Counselor, and Virginia Waters, PhD. Psychologist, have helped almost 3,000 people experience healing, find new purpose for their lives and feel joy once again.

Per Williams, "We are all navigating through especially challenging times due to the ravages of the pandemic, exhaustion from political conflict, depletion of our resources, the loneliness of increased isolation, and the unprecedented chaotic environment in which we currently exist. When you are also grieving a loss in the midst of all these stressors, life can become very dark and every day may seem overwhelming."

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

Both of the leaders and all of the facilitators have experienced loss within their lives and share from "the inside out." Bring family members and friends. All faiths are welcome.

In the words of a recent participant, name removed for privacy purposes, "I have learned more along this heartbreaking journey than I ever

thought possible. I have learned that you will never ever forget your love and that you are changed forever, but you need to give yourself permission to heal... I believe that your loved one only wants the best for you and you will be reunited one day."

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

For more information about the program, visit firstprescranford.org

ABOUT FIRST PRESBYTERIAN CHURCH OF CRANFORD

As the body of Christ empowered by the Holy Spirit, the First Presbyterian Church of Cranford (FPCC), 11 Springfield Ave., Cranford, seeks to live God's Word and inspire others to embrace Jesus' commandment to love one another as the Lord loves us. Learn more at firstprescranford.org

WESTFIELD RECREATION SENIOR EVENTS

The Westfield Recreation Department offers the following programs in April for Seniors. Pre-registration is required. To register, go online (bit.ly/WRDseniors) or call 908-301-1287.

Mahjong

Thursdays from April 1 to April 29
1 p.m. to 3 p.m.

Location: Back conference room

Free

AARP SmartDriverTEK Program - Webinar

Wednesday, April 14

1:00 p.m. to 2:00 p.m.

Paint and Sip Watercolor Class

Tuesdays, April 6 to April 27

10:30 a.m. to 11:45 a.m.

Location: Tamaques Park Pavillion
(weather permitting)

Basket Bingo

Join us for Basket Bingo! There will be different baskets that you can win. Such as dinner for two, gardening supplies, spring cleaning supplies, and much more!

Friday, April 16

Time: 10:00 a.m. to 12:30 p.m.

Location: Tamaques Park Pavilion (weather permitting)

Price: \$5

Zumba Gold

Thursdays April 15 to May 27

Session 1 - Time: 11:00 a.m. to 11:45 a.m.

Location: Tamaques Park Pavilion
(weather permitting)

Price: \$30

Senior Fitness

Thursdays April 15 to May 27

Session 2 - Time: 12:00 p.m. to 12:45 p.m.

Location: Tamaques Park Pavilion
(weather permitting)

Price: \$30

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You may have heard about the increase in domestic violence since the start of the pandemic as families are forced to shelter in place. Since then, Safe+Sound Somerset has seen a 40% increase in calls and texts to our 24/7 domestic violence hotline – even as it has become harder for those experiencing domestic abuse to reach out for help. Domestic abuse is a pattern of controlling, threatening, degrading and violent behaviors by a partner. Abuse takes many forms, including emotional, psychological, physical, sexual and financial.

If someone you know is experiencing domestic abuse or dating violence, we can help.

24/7 Confidential Hotline - Call or text 866-685-1122. For more information visit www.safe-sound.org.

BLOOD DONATION REMAINS ESSENTIAL AMID COVID-19 PANDEMIC

American Red Cross

A year ago, many things in the world paused due to the COVID-19 pandemic. But the need for blood never stopped. Today blood donations are just as essential, and the American Red Cross urges individuals who are healthy to make an appointment to donate blood.

For patients in the emergency room, fighting cancer or coping with a life-threatening illness, help can't wait. Their health is reliant on the selfless generosity of blood donors. However, the blood supply continues to face challenges from the ongoing pandemic and extreme winter weather that impacted much of the U.S. last month.

More donors, especially those with type O blood, are needed now to ensure that patients

have lifesaving blood products available for emergencies and everyday medical treatments. Schedule a blood donation appointment by downloading the Red Cross Blood Donor App, visiting RedCrossBlood.org, calling 1-800-RED CROSS (1-800-733-2767) or enabling the Blood Donor Skill on any Alexa Echo device.

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(above) Father and son, Al and Chris,
are on every job site since 2004.



(above) Hope Skibitsky

BLACK HISTORY DRIVING TOUR



Learn about the History of African Americans in Westfield with Driving/Walking Tour.

During 2020's 300th Anniversary of Westfield, a sub-committee was formed, as part of the Westfield-300 Committee, to explore African American History in Westfield. The result of this sub-committee's work was a brochure and tour which depicts the long and important history of African Americans in Westfield.

The brochure can be downloaded at www.westfieldnj.gov/300events.

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CARING CONTACT WELCOMES HOPE SKIBITSKY TO BOARD

Submitted by Mary Claire Givelber

Caring Contact is pleased to announce the addition of Hope Skibitsky to its Board of Trustees. Ms. Skibitsky grew up in Westfield and is a former listener on the Caring Contact hotline. "While living in Westfield I volunteered as a listener at Caring Contact. Through the experience of listening to callers I came to fully understand the power of listening and strongly believe in Caring Contact's mission. It is for that reason that I am excited to be able to contribute to Caring Contact and the community where I grew up in this new capacity."

Ms. Skibitsky is a 2007 graduate of Westfield High school, The College of New Jersey and Rutgers Law School. Currently she is a Senior Associate at the law firm of Quinn Emanuel

Urquhart & Sullivan, LLP, in New York City. Hope lives with her family in Armonk, NY.

Caring Contact is an award-winning, volunteer-staffed caring and crisis hotline providing active listening support and best-in-class education to the Central and Northern New Jersey community. Founded in 1975 and located in Westfield, NJ, Caring Contact attentively and compassionately serve those in emotional distress. Caring Contact is a primary responder to the National Suicide Prevention Lifeline and operates a non-emergency line available to anyone needing support. For more information on volunteer opportunities call 908.301.1899 or visit caringcontact.org.

If you, or someone you know is in crisis please call 800.273.8255.

WESTFIELD AREA YMCA GETS NEW STARTING BLOCKS

The Westfield Area YMCA Devilfish are diving into a championship season with brand new starting blocks. A fundraising campaign that ran from February 24 to March 8, 2020 raised \$7,500 from friends and family of the Devilfish Swim Team, with the remainder of the funding coming from the Westfield Area YMCA and the Devilfish PAC (Parents Assistance Committee).

While the team had hoped to have these blocks in for the start of the 2020/2021 swim season, the pandemic shut everything down just days after the fundraiser ended. Once back up and running, the blocks were ordered and delivered as quickly as possible. The Y thanks everyone who participated and made the starting blocks a reality.



(above) The Westfield Area YMCA Devilfish received new starting blocks thanks to a fundraising campaign.

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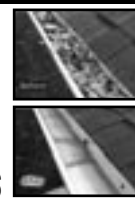
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(above) On April 13, 2021 from 7-8:30 p.m., Westfield Public Schools, in partnership with the Westfield Education Fund, will host a virtual community learning night for parents of elementary and middle school students.

Photo by Westfield Public Schools

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TALKING WITH YOUR CHILD ABOUT RACE, A VIRTUAL COMMUNITY LEARNING NIGHT

Submitted by Mary Ann McGann

Save the Date! On Tuesday, April 13, 2021 from 7:00-8:30 p.m., the Westfield Public School District, in partnership with the Westfield Education Fund (WEF), will host a virtual community learning night for parents of elementary and middle school students. The event will be interactive and will focus on learning practical strategies for having conversations about race with children. Those interested in attending can learn more and register for the event by visiting the Racial Literacy page under "Family Resources" at westfieldnj12.org.

Throughout the school year in Westfield Public Schools, students explore themes of racial and

cultural diversity through grade level texts and additionally, at the secondary levels, through No Place for Hate Committees, whose members include students, staff, and parents.

With the support of the WEF, the district in September unveiled an important educational initiative aimed at improving discussions of race in classrooms across the district. The initiative embeds developmentally appropriate lessons in and conversations about race and cultural diversity in Kindergarten through Grade 12. A generous grant from the WEF helped to fund staff professional development and to purchase books and other materials that explore themes of inclusiveness, diversity, fairness, and equality.

FRIENDS OF THE WESTFIELD MEMORIAL LIBRARY

The Friends of the Westfield Memorial Library welcome all our new and returning members for 2021. We appreciate your involvement in our programs, interest in our support of the library and your dedication to making the Friends into one of the best organizations in Westfield. Are you interested in becoming more involved? Do you have an idea for a new program? Please feel free to send your suggestions/ideas to info@fwmlnj.org. In the meantime here's what we have coming up this Spring.

The Friends will once again offer the chance to see the Metropolitan Opera. Registration is open now for the 2021-2022 season. Be sure to attend the opening performance with Fire Shut Up In My Bones (Blanchard) on October 13. In addition to the tickets the Friends offer a round trip bus ride to the show. As the trip gets closer the price and seating will be determined based upon the most cost-effective way for ticket holders to have a safe experience. To learn how you can purchase a subscription to the season or share a subscription, visit The Friends at the Opera. Both options come with the 15% discount the Friends enjoy.

It's been a year of the lively virtual book discussion. From Educated, a memoir by Tara Westover to A Gentleman in Moscow by Amor Towles to Evicted: Poverty and Profit in the American City by Matthew Desmond our Book Discussion group offers up insight, opinion and plenty of analysis over Zoom. Join us on May 19 at 2:00 p.m., as we end the season with Evicted. To register visit the book discussion page on our website.

Elementary school-aged parents, this March, we hope your student was able to enjoy our new program Reading Buddies. In partnership with the Youth Services Department at the Library and the Westfield High School's Community Service Club, Reading Buddies was a virtual 1-1 reading experience. High School students read with younger students; a fun way to foster the enjoyment of a good book.

Look forward to warmer weather with the Friends. Take a stroll to visit one of our six Little Free Libraries around town. Watch for our book recycling event this summer. For details on these programs and to stay up-to-date all that we offer visit us at FWMLNJ.ORG.

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RESIDENTS ASKED TO LOCK THEIR CARS

Westfield MONTHLY • Page 23 • April 2021

On March 16, 2021, the Westfield Police Department announced the arrest of three (3) persons on criminal charges stemming from the investigation of a motor vehicle theft, which occurred on Monday, March 8, 2021. They released the following report and asked residents to do their part in protecting their property.

Reynold Henderson, age 18, of Irvington, Tyson Armour, age 19, of Newark, and Isaad Jackson, age 21, also of Newark, were all arrested at approximately 4:06 PM on Tuesday, March 9, 2021, on the 600 block of Grove Street in Irvington by detectives from the New Jersey State Police Motor Vehicle Crimes North Unit.

Henderson, Armour and Jackson were observed exiting the stolen 2018 BMW X5, which was taken from the driveway of a residence located on the north side of Westfield at approximately 11:15 p.m. the previous night while it was reportedly left unlocked with its key fob in it. They fled from Detectives, but were arrested following a foot chase.

Recovered in the stolen BMW X5 was a 9 mm handgun, and recovered during the foot chase was a discarded .40 caliber handgun.

Reynolds, Jackson and Armour were all subsequently charged with receiving stolen property. Additionally, all three (3) arrested persons have been charged with murder, conspiracy to commit murder, and weapons-related offenses, this for the shooting death of a 22-year old male that took place approximately ten (10) minutes earlier on the 20 block of St.

Paul Avenue in Newark's West Ward.

Reynolds, Jackson and Armour were turned over to the custody of the Essex County Prosecutor's Office, which is handling the homicide investigation. They are all currently being held in the Essex County Jail pending detention hearings.

Westfield Police Chief Christopher Battiloro stated that a Detective from the Westfield Police Department is currently detailed to the New Jersey State Police Motor Vehicle Crimes North Unit and participated in the investigation and arrests.

"We are doing everything we can to try to eradicate Westfield's on-going motor vehicle theft problem," stated Chief Battiloro, "and this includes assigning personnel to the New Jersey State Police Motor Vehicle Crimes North Unit to investigate Westfield's motor vehicle thefts."

However, Chief Battiloro stated "Motor vehicle thefts will undoubtedly continue until Westfield residents start taking proper action to protect their property." This includes "locking their vehicles, taking their keys, hiding their things, and doing their part."

Westfield has received reports of six (6) motor vehicle thefts thus far this year, including three (3) in the last two (2) weeks. In all such instances, it is believed the stolen motor vehicles were left unlocked with their key fobs or keys left in them at the time of their thefts. There were a total of twenty-six motor (26) motor vehicle thefts reported in Westfield in 2020.

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PILOTS TO THE RESCUE



Home For Good Dog Rescue

On Saturday, February 20, a very special delivery was made from Aiken, South Carolina by volunteer pilots from "Pilots to the Rescue." Home for Good Dog Rescue (HFGDR), a 100% foster-based non-profit organization located in Berkeley Heights, NJ, accepted an offer from PTTR to transport 15 dogs from high kill shelters in the South. The precious cargo arrived at Caldwell Airport at 5:30 p.m. The dogs were then placed into loving foster families, where they await adoption into their forever homes.

Prior to their departure from the South, the dogs were filmed for a special "Meet-the-Pawsengers." Broadcasted on the live-streaming Internet service Twitch, viewers tuned in live to interact virtually and get to know the pups. They also met the crew: pilot and PTTR founder Michael Schneider, co-pilot Daniel Baumel, and social media influencer Savannah Vinson.

Toni Ann Turco, co-founder of Home for Good Dog Rescue, said of the mission, "This is a partnership a long time in the making. We are extremely grateful to Pilots to the Rescue for coordinating and executing this maiden voyage."

Pilots to the Rescue is a non-profit 501c3

aviation organization, whose mission is to transport animals at high risk of euthanasia. They rely on their trusted network of volunteer pilots, who fund their own rescue flights.

ABOUT HOME FOR GOOD DOG RESCUE

Home for Good Dog Rescue (HFGDR) is a 501(c) (3) non-profit organization in Berkeley Heights, NJ. We rescue dogs from high-kill shelters in the South, transport them to our rescue and give them a second chance at life. As a 100% foster-based rescue, each dog is placed in a loving foster home until adoption. Since our inception in 2010, we have rescued more than 9,000 dogs and given them a loving home for good. To inquire about fostering, adopting or making a donation to help the HFGDR organization, visit our website at HomeforGoodDogs.org and on Facebook facebook.com/HomeForGoodDogRescue

ABOUT PILOTS TO THE RESCUE

Pilots to the Rescue (PTTR) is a non-profit, volunteer-driven, 501c3 public benefit aviation organization. PTTR's mission is to transport animals and people at risk. PTTR supports its network of trained volunteer pilots so they can focus on their missions and do greater good.

GRANT AVAILABLE TO LOCAL NON-PROFITS

Michael Miller, Rotary Club of Westfield Community Service Grants Chairperson, has announced that Rotary Grant Application are now being accepted for consideration. Non-profit organizations may receive a copy of the official application directly from the Rotary website at westfieldrotary.com, by e-mail at michael.v.miller@morganstanley.com, or by contacting Mr. Miller at (908) 518-5404.

To be considered for a Westfield Rotary Club Community Service Grant, local non-profit organizations must complete and submit the official grant application before the Thursday, April 15 deadline. The Rotary Club, in accordance with its goal of Community Service, is most interested in providing grants for programs and projects that directly serve the people in the community. As part of the decision process, the Grants Committee reviews the

simple one-page application form to receive a clear understanding of the way in which the funds are used. Grants will not be awarded for capital improvements or operating funds.

This year the Rotary Club will be offering a second grant cycle this fall. Applications for the fall grants cycle will be available in the summer. An organization may only apply for one grant per year.

Rotary is a community service organization comprised of business and professional men and women who live or work in the Westfield area. The Rotary Club of Westfield meets Tuesdays at 12 p.m. via Zoom. Prospective members and guests are welcome to join any of the weekly meetings.

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JACQUI LENNER AND NICOLE SANDSTEDT OF WESTFIELD SWORN IN AS FOSTER YOUTH ADVOCATES

Submitted by Gretchen Boger-O'Bryan

Nine community members ranging from age 22 to 63 make up the newest class of volunteer child-advocates for CASA of Union County, the only nonprofit advocating for the best interests of Union County youth removed from home due to abuse or neglect, and placed in foster care. Jacqui Lenner and Nicole Sandstedt of Westfield are among them.

Said Lenner, "I chose to invest my time in CASA because it's so important to help a child going through the system alone and find the light at the end of the tunnel with someone by their side. The lack of consistency and support they experience during the process can be so isolating. I want a child to know they're not alone in this scary process."

Superior Court Judge Marc R. Brown presided over the recent swearing-in ceremony via Zoom; advocates will now be matched to a foster youth

or sibling set and begin putting their 30 hours of training into practice. This class includes both non-parents and parents, and such backgrounds as teaching, freelance, law and homemaking. In addition to Lenner and Sandstedt, they are Laurie Litterio of Cranford, Rebecca Muston and Amy Saunders of Summit, Sue Pangis of Berkeley Heights, Tamara Parraga-Sez of Newark, Lydia Pernia of Linden, and Jackie Rodriguez of Clark.

Prior to administering the oath, the judge shared, "I find the value of CASA volunteers immeasurable. ... CASA is so significant; I always make a point of hearing from the CASA volunteer during the hearing." Acknowledging that COVID-19 requires the swearing-in and court hearings remain virtual for now, he added, "I so look forward to being able to shake your hand and congratulate you. The assistance you will provide is, again, immeasurable. Thank you for doing this."

Currently, the organization serves just over 80 percent of all Union County foster youth in care. With a goal to provide an advocate for every youth that needs one, the organization has remained steadfast – despite the pandemic – in efforts to ensure its work continues. To that end, a fully online training and recruiting infrastructure was put into place, and protocols implemented to ensure advocates remained both connected to their youth and able to report to judges, and staff continued recruiting and training volunteers to help meet the need for youth still awaiting an advocate.

Executive Director Mariel S. Hufnagel noted, "In the face of the challenging life circumstances we are all facing due to the COVID-19 global health pandemic, this tremendous group of women still made a decision to give of their time and energy, and train virtually to become advocates. I am so proud to welcome them to the CASA family and can't wait to see all of the ways in which they positively impact the youth to whom they will be assigned."

Upon being court-ordered to a case, the CASA volunteer has access to the youth as well as foster parents, doctors, caseworkers, therapists and teachers in order to identify concerns and unmet needs, and protect best interests. For details on upcoming classes and how you can Change a Child's Story, contact Walia at wworrill@casaoofunioncounty.org.



(above) CASA volunteers for foster youth who were recently sworn in during a ceremony held via Zoom. For details on upcoming classes and how you can Change a Child's Story, contact Walia at wworrill@casaoofunioncounty.org.

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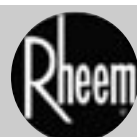
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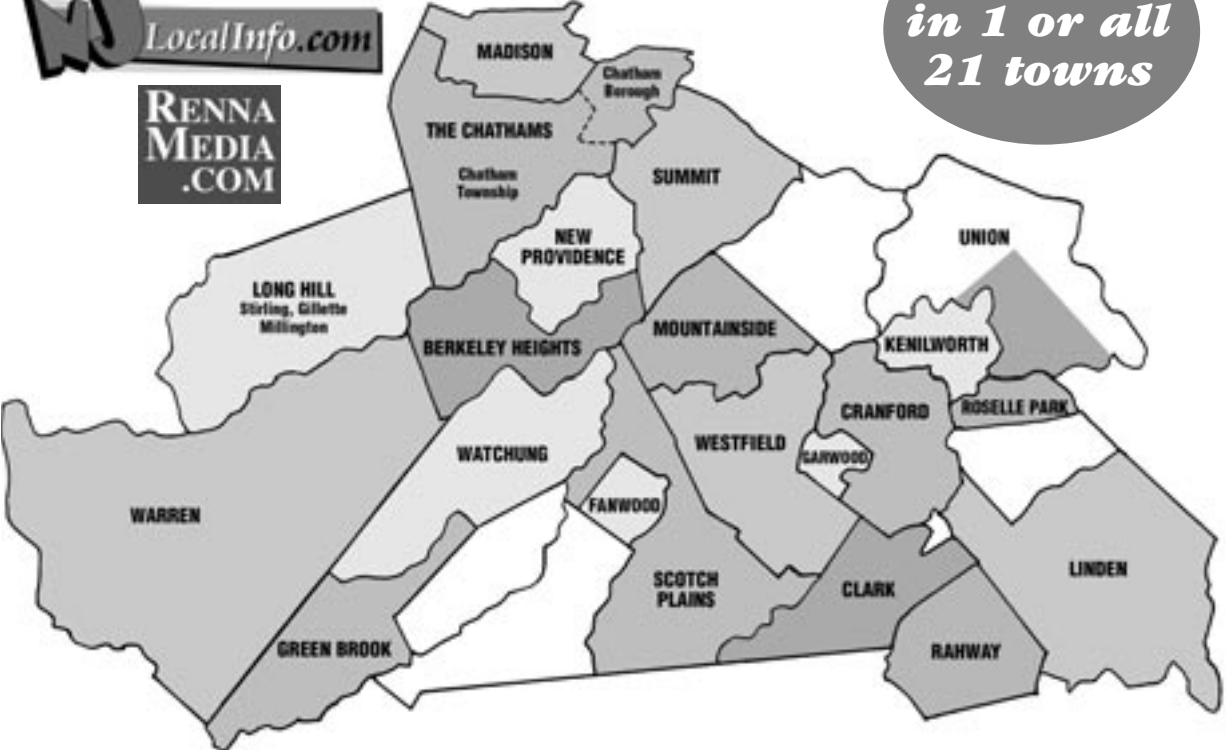
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NAMI UNION COUNTY APRIL PROGRAMS

Tuesday, April 27 at 7:30 p.m.

Dr. James McCreath, Ph.D., Vice President, Behavioral Health & Psychiatry at Trinitas Regional Medical Center

The National Alliance on Mental Illness (NAMI) affiliate of Union County invites the public to hear about the \$3.7 million federal grant from the Department of Health and Human Services given to Trinitas Regional Medical Center to expand and increase operations of mental health care. This grant will enable Trinitas to be better equipped to identify those who have had an acute psychiatric crisis and are in need of community services for psychiatric, medical and substance use services.

Join us to hear Dr. McCreath explain how this program can alleviate decades old challenges by assisting individuals to receive the fully integrated care that they need on an ongoing basis

to help stabilize them in the community and reduce hospitalizations.

You must register in advance for this program. Email namiunioncounty@yahoo.com or visit online at naminj.org/affiliates/union or on Facebook at facebook.com/NAMI.UnionCounty.

Tuesday, April 20 at 7 p.m.

Family Support Zoom Group

This group is for family members and caregivers of persons with mental illness. Are you feeling stressed and alone in trying to cope with the effects of a loved one's mental illness? Join this peer led group meetings and gain insight from others facing the same challenges. This group meets on the 3rd Tuesday of every month 7:00 p.m. - 8:30 p.m. Next meeting is April 20, 2021.

To register: email Denise at namiunioncounty@yahoo.com with your name, town, and phone number

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Know where your web traffic is coming from and why.
- **ELIMINATE / AVOID COSTLY SCHEMES**
Evaluate the return you are getting from your online marketing costs.
- **INCREASE ONLINE MARKETING RESULTS**
Recommendations include ways to increase traffic to your website
- **NO OBLIGATION**
This service is recommended even if you have an existing web management contract. Use it to tune up your marketing plan.

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Call for a consultation if you do not have a website or if need a new one.

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Basic static site that can be developed further
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Cost for average website: 12 pages, contact form, SEO friendly, responsive design
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