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## DOORS OF WESTFIELD POSTER TO BENEFIT RESCUE SQUAD

### Coldwell Banker Realty Westfield West

When COVID-19 shutdowns began in the spring of 2020, we all watched in earnest and with the utmost concern in those scary early days as first responders continued to work around the clock at great personal risk. In April 2020, many of our Coldwell Banker Westfield-West agents began brainstorming ideas to show our appreciation and to provide meaningful support for our local first responders during the COVID-19 pandemic. We wanted to create a fundraiser to generate the monetary support needed and something interesting that the community could get behind.

Branch Vice President George Kraus had the idea of producing a limited edition "Doors of Westfield" poster that could be sold to the public with 100% of the net proceeds going to support the Westfield Volunteer Rescue Squad. A committee of Coldwell Banker sales agents who live in Westfield were tasked with identifying a collection of residential doors that were representative of its architecturally diverse neighborhoods and to include those that had unique characteristics or historical significance. With the help of Francesca Azzara, Jennifer Concannon, Wende Devlin-Gates, Reyna Ortolani, Patty Spinner and Carol Tenor, dozens of doors were identified, and those homeowners were contacted to discuss the project. We are deeply grateful for the many homeowners who graciously agreed to be included.

Deputy Chief, Jessica Romero of the Westfield Volunteer Rescue Squad commented: "Thank you to Coldwell Banker Realty's Westfield West office for their recognition and support during these challenging times. While many people were ordered to stay home, we did not have that option even as volunteers. However, it has been an absolute pleasure to be able to give back to our residents during these difficult times. We hope to continue to work alongside Coldwell Banker Realty in the future to continue to provide the best emergency medical services to the town of Westfield. With the support from organizations like Coldwell



Banker Realty we are able to continue our best efforts in keeping the residents of Westfield safe and healthy."

For those who want to make a financial contribution and receive a Westfield keepsake in return, Coldwell Banker Westfield-West Office now has beautiful 18" x 24" color posters, suitable for framing, that are available for purchase at \$20.00. Other posters available are Cranford, Scotch Plains, Fanwood, and Mountainside, with 100% of those net proceeds supporting their respective Rescue Squads. You can either call (908) 233-0065, email [george.kraus@cbmoves.com](mailto:george.kraus@cbmoves.com), or stop by the office, located at 600 North Avenue West in Westfield, Monday through Friday between 8:30 a.m. and 5:00 p.m. to participate. Acceptable forms of payment are cash, check, and Venmo.

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## TEES 2 TOTES GIRL SCOUT GOLD AWARD



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Looking for a fun easy craft to do with your friends, family, youth groups, sports teams, students, and clubs that can support the community and save the environment? Help Recycle Tee Shirts into Totes bags!

Michelle Audino is a High School Sophomore at Westfield High School in Girl Scout Troop 40491 working on her Girl Scout Gold Award – Tees 2 Totes.

The clothing industry is the second largest industrial and freshwater polluter. Not to mention single use plastic bags will be banned from stores in New Jersey effective May 2022.

Recycling T-shirts into totes bags will address two environmental issues 1) cutting down fast fashion pollution and 2) cutting down plastic

pollution in our landfills and oceans.

The completed, recycled t-shirt totes bags will be donated to various organizations including the Center of Hope Hospice Thrift Store in Downtown Westfield and the Holy Trinity Food Pantry.

If you want to contribute to the project, Michelle is happy to conduct Zoom meetings with your organizations to make the totes. Please contact her through her email [mmaitunes@gmail.com](mailto:mmaitunes@gmail.com).

For personal use, feel free to view the detailed step by step instructions in her YouTube video, “Tees 2 Totes T-shirt Tote Bag Tutorial”. If viewed, please complete the survey linked in the bio of the video.



(above) Tees 2 Totes Demo at Brightwood Park during Girl Scout Week 2021.



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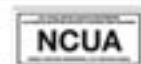
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# Westfield Market Watch



## Recent Westfield Home Sales

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ADDRESS	BEDS	BATHS	GARAGE	LIST PRICE	SALE PRICE	DOM
1042 Prospect St	6	6.1	2	\$1,899,900	\$1,890,000	146
10 Lambert Cir	5	6.1	2	\$1,399,000	\$1,425,000	44
333 E Dudley Ave	5	5.1	2	\$1,274,999	\$1,350,000	13
714 Woodland Ave	4	2.1	2	\$1,200,000	\$1,230,000	0
319 Elm Street	3	4.1	1	\$1,150,000	\$1,100,000	23
434 Tremont Ave	6	4.1	2	\$1,100,000	\$999,999	86
313 Park St	4	3.1	2	\$999,000	\$999,000	175
233 Orchard St	4	4.1	0	\$899,000	\$865,000	6
601 Leigh Dr	3	1.2	1	\$670,000	\$700,000	13
744 Oak Ave	3	2.0	1	\$600,000	\$650,000	15

Source: GSNILS, selected properties sold between 03/24/2021-04/19/2021



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## THREE LOCAL CHORUSES PRESENT FREE ONLINE SHOW

Summer is coming! And what better way to celebrate than with a virtual concert full of songs about sunshine and summer and the hope they bring.

Here Comes the Sun: Three Great Choruses, One Online Show will premiere Sunday, May 23, at 5:00 p.m. on YouTube. It's a first-of-a-kind collaboration between three of the area's best-loved choruses. The Maplewood Glee Club is a community chorus that's been delighting local audiences with its harmonies and humor since 1946. The Morris Music Men is Morris County's premiere barbershop harmony chorus. The award-winning Hickory Tree Chorus shares the joy of barbershop through songs from the Beatles to Broadway.

This family-friendly show features a range of uplifting songs including Happy Together, Kokomo, Heat Wave, and Circle of Life, plus music by Beyoncé, Whitney Houston, Chance the Rapper, and more! The show will also feature guest appearances by two dynamic teen ensembles from West Morris Mendham High School.

Here's the best news about Here Comes the Sun: it's free! Just register ahead of time at [threechoruses.com](http://threechoruses.com) and you'll receive a free show link 24 hours before the premiere.

The choruses are also spreading sunshine by raising money for Newark Working Kitchens, a

non-profit organization that enables many local Newark restaurants to keep their doors open, their stoves on, and their employees paid during the Covid-19 crisis by cooking and delivering hundreds of meals a day to low-income seniors and families and people without homes. Donations can be made during the show or

through the show's website.

To learn more about Here Comes the Sun, visit [threechoruses.com](http://threechoruses.com) or contact Josh Adler at [JJadler@ymail.com](mailto:JJadler@ymail.com) or 917 697-2893.

To learn more about the three great choruses, check out: [maplewoodgleeclub.com](http://maplewoodgleeclub.com); [morrismusicmen.org](http://morrismusicmen.org); and [hickorytreechorus.org](http://hickorytreechorus.org).



## HEARING LOSS CAN SNEAK UP ON YOU



Do you constantly turn up the volume on your tv, have a hard time hearing in crowded places, or ask "what did you say" a little too much?

You're not alone. Approximately 37.5 million American adults report some trouble hearing, according to the National Institutes of Health. Take our online quiz at [JFKAudiology.org](http://JFKAudiology.org) to see if you could benefit from a comprehensive hearing evaluation.

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## COMMUNITY SERVICE IN WESTFIELD SCHOOLS

Submitted by Mary Ann McGann

Child comfort and support kits for children in homeless shelters, donations of Spanish language books for an aftercare program, and collections of granola bars and other nutritional treats for service men and women and first responders were among the many creative efforts undertaken during Community Service Week in the Westfield Public School District.

Community Service Week – held this year during the week of March 22 – is organized each year by the Parent Teacher Council and school Parent Teacher Organizations, who found ways to continue the annual tradition in the midst of the pandemic.

Some schools utilized online “Wish Lists” of much needed items to collect for food banks, animal rescues, and other charitable organizations. Students joined the various efforts through involvement in student government, community service clubs, and other student organizations.

“Community Service Week is an important part of who we are as a school community,” says Superintendent Dr. Margaret Dolan. “I am grateful to the PTC, our PTOs, and our students and staff for their year-round commitment to helping others.”



(above) Among the donations and collections undertaken during Community Service Week in March, Jefferson Elementary School put together colorful child comfort and support kits for children in homeless shelters for the charitable organization, Volunteers of America.

Photo by Jefferson School PTO, Westfield Public Schools

### NEW Tutoring Center in Mountainside, NJ

Accelerate your incoming K-8th grade child's growth in reading and writing with 1:1 or small group tutoring at For the Love of Literacy's NEW Teaching & Learning Center in Mountainside, NJ! A team of reputable and certified teachers/reading specialists are ready to customize instruction based on the needs of your child.



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You can also fill out an interest form at [tinyurl.com/4theloveofliteracy](http://tinyurl.com/4theloveofliteracy)

## 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.

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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## WESTFIELD FIRE CHIEF SPEAKS TO ROTARY

Westfield Fire Chief Anthony Tiller recently spoke to the Rotary Club of Westfield during a meeting held on Zoom. Chief Tiller grew up in town, graduated from Westfield High School in 1986, worked as an employee of Westfield Public Works from 1994 to 1997, and also volunteered for the Fire Department. He was hired by the Fire Department in 1997 and worked his way up through the ranks to eventually become the Chief in 2019.

The Westfield Fire Department has 36 men who work in 4 tours of 24 hours on, 72 hours off,

with 8 men on each tour. They are all certified as EMT's, and will fill in when the Rescue Squad is not available. 911 calls go to a dispatch center which will route them to the proper place, either the Police, Rescue Squad or Fire Department.

Chief Tiller said the main cause of home fires are caused by cooking. His rules are that when cooking, you should never leave the stove on alone, stay in the kitchen doing something else. Do not walk away to do laundry, because you may forget you are cooking something. Don't leave the house if the oven is on, or the dryer. Avoid loose clothing around an open flame as sometimes they will catch fire; and do not allow the kids to play in the kitchen when you are cooking. He says to make it a "kid free zone". It is a good idea to clean the surfaces, so the residual grease on the stove does not catch fire. Buy a Fire extinguisher and learn how to use it. If there is a fire it is best to get everyone out of the house and call the Fire Department. Sometimes the fire extinguisher will splatter the

grease and make the fire worse. Always check the kitchen before going to bed. He suggests to check that the windows are closed, the doors locked, and the car is locked with the keys in the house.

When cooking on a grill, keep the grill away from the house, at least a 3-foot clearance on all sides, and 10 feet from the back of the house. Clean the grill at least once a month, and remove the grease from the trap so it does not catch on fire. Turn off the propane tank when not in use.

The Rotary Club of Westfield meets three times per month on Tuesdays at noon. It is a business networking group and a service organization. They have been meeting by Zoom for the past year. Among the current projects are to provide for the homeless veterans who sacrificed themselves for our safety; and to alleviate hunger in Westfield. For information contact Secretary Dr. Michael Hart [drmhart@yahoo.com](mailto:drmhart@yahoo.com). Guests are always welcome.



(above) Westfield Fire Chief Anthony Tiller

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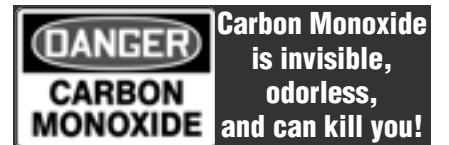
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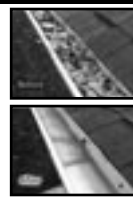
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## SPRING ARRIVES IN MINDOWASKIN PARK COURTESY OF RAKE & HOE GARDEN CLUB

*Submitted by Betty Round*

The Rake & Hoe Garden club of Westfield is excited to partner with the Friends of Mindowaskin Park and the Town of Westfield to provide seasonal plantings in the two urns near the entrance to the park on Broad Street.

The club has taken over this activity from Debbie Burslem, President of Friends of Mindowaskin Park. A newly formed subcommittee will be responsible for the design and maintenance of the plantings.

The spring arrangement of colorful pansies and branches of pussy willows was completed on March 25. As the members were working on the

urns, several passersby thanked them for their work and commented how much they enjoyed the arrangement.

The Rake & Hoe Garden Club meets on the second Wednesday of the month, September through May at 12:00 p.m. at the Scotch Hills Country Club (currently via Zoom). Meetings feature speakers on horticultural, flower design, floral crafts, and environmental topics. 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.



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Tuesday, May 11 1:00 pm  
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Tuesday, May 18 7:00 pm Trivia

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(above, l-r) Rake & Hoe Members gathered around at the Urns in Mindowaskin Park. Pictured are Betty Round, Irene Greenstein, Kris Luka, Beth Hanscom and Beth Siano.

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## CHINA DAY AT FRANKLIN ELEMENTARY SCHOOL



(above) Second graders at Franklin Elementary School in Westfield recently used virtual passports to participate in “China Day,” an annual tradition that promotes the learning of Chinese language, history, and culture as part of a districtwide 2nd grade unit on cultural diversity.

Photos by Westfield Public Schools

**Submitted by Mary Ann McGann**

Second graders at Franklin Elementary School in Westfield recently used virtual passports to participate in “China Day,” an annual tradition that promotes the learning of Chinese language, history, and culture as part of a districtwide 2nd grade unit on cultural diversity.

Six virtual stations provided information and activities throughout the day. The virtual program on March 18 included writing Chinese characters while learning common phrases in Mandarin,

using watercolors to paint the legendary Chinese dragon, exploring ancient artifacts, and trying Tai Chi, the Chinese martial art often used to promote health and combat stress.

Students – some working behind plexiglass shields depending on whether classroom desks could be set 6 feet apart or not – also listened to a Chinese New Year story and traveled on a virtual field trip to the Great Wall of China.

Class activities related to the China study unit vary at each elementary school.



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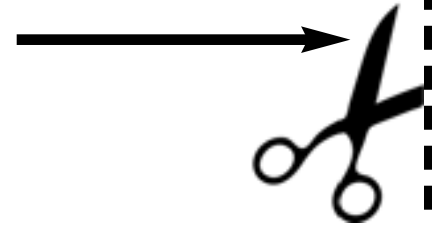
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## ATTENTION PARENTS OF KIDS AGES 6-18

# 31 IDEAS TO HELP KIDS EAT BETTER, RUN FASTER, GET STRONGER AND BECOME THE BEST VERSION OF THEMSELVES

Cut This Page Out and Put on Your Refrigerator



### Eat Better

- ☐ Drink AT LEAST 4 Water bottles
- ☐ Have a fruit or veggie with each meal
- ☐ Have nuts instead of chips as a snack
- ☐ Have a source of protein in each meal
- ☐ Take a multivitamin
- ☐ Limit sweets to only one serving

### Get stronger

- ☐ Perform 50 bodyweight squats
- ☐ Perform 50 pushups
- ☐ Perform a plank for 60 seconds 3 times
- ☐ Perform 25 vertical jumps
- ☐ Get at least 8 hours of sleep a night

### Be Happier

- ☐ Get at least 30 minutes of exercise
- ☐ Do a morning routine that you enjoy
- ☐ Write 5 things that you are grateful for
- ☐ Adopt a Growth Mindset
- ☐ Listen to music whenever you can

### Run Faster

- ☐ Do 10 hill sprints
- ☐ Perform 15 Broad Jumps
- ☐ Sprint for 50 yards
- ☐ Perform single leg jumps
- ☐ Perform High Knee Marches

### Build Confidence

- ☐ Do something outside of your comfort zone
- ☐ Read a book
- ☐ Practice or spend time on your hobbies
- ☐ Learn a new skill
- ☐ Work towards a new Goal

### Be More Active

- ☐ Walk during TV show commercials
- ☐ Schedule exercise time
- ☐ Whenever you see a commercial for a car company, perform 10 squats
- ☐ Find a buddy, and exercise with them
- ☐ Try a new method of exercise every week (i.e. biking, running, lifting weights, etc.)

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PARENTS  
OF KIDS  
AGES 6-18**

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  - They **need to improve their confidence** and you want them to start to get better at recovering from their mistakes.
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  - **They will get stronger** which means when they show up to their sport they'll be able to perform better than ever.
  - **They will run faster and jump higher** so they can show up to their next season and people will start asking what the heck have they been doing.
  - They'll become **more coordinated and improve agility** which means they'll pick up new skills their coaches teach them faster.
  - **Your children will start to eat better** because we'll be educating them daily on what's good and what they should avoid...don't be surprised if they start asking you to buy more vegetables.
  - **Confidence will skyrocket.** When kids get stronger, faster and more fit...their confidence will rise ...so will their self-esteem which means their performance in every aspect of life will get better.
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**About Grit Athlete Performance** (A Gabriele Fitness Company)  
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## WHS STUDENTS RECEIVE PRESTIGIOUS RECOGNITIONS

*Submitted by Mary Ann McGann*

Westfield High School 11th grader T.J. Walsh has been elected to serve as Treasurer for the New Jersey Association of Student Councils (NJASC).

"I began my involvement with Student Council in sixth grade and have since developed a deep-rooted passion for public service and governance," writes Walsh on the NJASC website introducing the 2021 Executive Board.

The NJASC, the nation's oldest student leadership organization, is dedicated to helping middle and high school student councils be more active and engaged in their schools and communities. At least five Westfield High School students have served previously on the NJASC Executive Board, the most recent in 2009.

"We are so proud and excited for T.J.," say Allison McDermott and Jamie Glickman, advisors for the Student Government Association (SGA) at WHS. "This will be a great opportunity for T.J., as well as for WHS."

Other WHS students and alumni continue to excel and to give back as well. Thomas Lupicki, who graduated in June 2020, was selected last fall by the Union County Municipal Alliance as recipient of the "Volunteer of the Year" Award. "Your commitment and dedication to the Westfield Municipal Alliance is commendable and we are honored to recognize you as the 2020 award recipient," UCMA officials wrote in a letter notifying Lupicki of the honor.

"Thomas was an active member of the WHS Dream Team and very deserving of this award," says Dream Team Advisor Lauren Hauser who, with Westfield Municipal Alliance Coordinator Louise DeDea, work together to provide student and community-based efforts to prevent substance abuse. "This is the 2nd straight year, we have had a graduate of WHS receive the Union County VOY award for their efforts and volunteerism within the community to help combat drug and alcohol use/abuse."

Another WHS alumnus – also Class of 2020 – Adam Wachtel is using his artistic talents to give back to the school community, having completed

4 murals across the district, two of them at the high school. With his freshman year at Otis College of Art and Design in Los Angeles on virtual learning, Wachtel remained in Westfield and finished a high school mural he began in March 2020.

"The mural was created to illustrate the meaning behind Dr. Nelson's now famous quote, 'We lift as we climb,'" says Wachtel, about the late WHS principal Dr. Derrick Nelson who died in April 2019 due to complications during a procedure to donate bone marrow. "I wanted the mural to send a message of unity as well as brighten an unused space" in the high school.



"Clear eyes, full hearts, can't lose." – Coach Eric Taylor

Hello New Jersey! My name is **TJ Walsh**, and I am beyond excited to be serving as your 2021 NJASC Treasurer! I began my involvement with Student Council in sixth grade and have since developed a deep-rooted passion for public service and governance. I have always enjoyed attending NJASC events, especially the Spring Awards Program. I also had the privilege to attend Virtual LTC this past summer and cannot wait to go back!

I am a Junior at **Westfield High School** and enjoy participating in a variety of leadership positions. I am a representative for our Student Government, a Class Officer for my grade, Treasurer of our Science Olympiad Team, and a member of my school's DREAM Team. I am an avid swimmer for my local club team, the Westfield Y Devilfish, as well as my high school team. I also serve as an athlete representative for New Jersey Swimming, representing over 10,000 athletes across the Garden State.

Thank you so much for electing me to be your Treasurer for this upcoming year, I cannot wait to get started! I would like to thank my student government advisors, Mrs. McDermott and Mrs. Glickman, for supporting me in this process. An additional thanks to my family and friends for always being there for me, especially this year. I am looking forward to an amazing year as your State Treasurer!

Photo by New Jersey Association of Student Councils



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(above, l-r) Five Westfield High School 11th graders earned perfect scores of 800 on subject area tests of the March 13, 2021 and December 5, 2020 SATs.: Justin Anderson, WHS Principal Mary Asfendis, Ashley Talwar, Anjali Jain, Zachary Roitman.  
Not pictured: Vijay Sreenivasan

Photo by Westfield Public Schools

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## CELEBRATE WESTFIELD'S ARCHITECTURAL HERITAGE

### Westfield Historic Preservation Commission

The Westfield Historic Preservation Commission (HPC) celebrates National Preservation Month with the launch of its newly revised Design Guidelines for Historic Sites and Districts, an illustrated reference manual on the history and architecture of the town's most iconic buildings and neighborhoods. Featuring nearly 200 new and archival photos, the reader-friendly document is ideal for homeowners, architects and contractors looking to build or restore an historically appropriate property and can be accessed on the Commission's website at [westfieldnj.gov/historicpreservation](http://westfieldnj.gov/historicpreservation).

The Design Guidelines for Historic Sites and Districts, 2020 Revised Edition identifies over a dozen different architectural styles found throughout Westfield, beginning with the earliest Colonial farmhouses and continuing through the Victorian period to post-war capes and ranch houses. Numerous examples demonstrate the distinctive characteristics of each type, including rooflines, windows, siding, and proportions. An illustrated glossary of the U.S. Secretary of Interior's Standards for Rehabilitation summarizes their preservation "best practices" and provides appropriate local examples.

"Everybody's on the Houzz and Pinterest craze," said Greg Ralph, a local architect who uses the guidelines when working with clients. "This document is a great guide for professionals

because it shows a little more depth of design. The overall fabric of Westfield is built on this attention to architecture."

The revised edition expands and updates the original booklet commissioned by the HPC in 2002 and now features historic neighborhoods as an important goal of cohesive preservation. While the Kimball Avenue Historic District remains the town's only designated historic district, the new guidelines feature nine additional neighborhoods - ranging from Boulevard to Wychwood - with concise histories and exemplary properties for each.

Both the original and the revised guidelines are the work of historic preservation consultant Gail Hunton, whose parents resided in a Westfield ranch home for nearly 50 years. Hunton said rewriting the guidelines during COVID gave her a unique vantage on the changes over the past two decades. While she says she was taken back by the number of teardowns, especially of the smaller homes and subdivisions, Hunton adds, "I was pleasantly surprised by how well-preserved many of the older homes were."

The Design Guidelines for Historic Sites and Districts, 2020 Revised Edition can be downloaded from the HPC website at [westfieldnj.gov/historicpreservation](http://westfieldnj.gov/historicpreservation). For additional information on renovating or designating your historic home, please contact the Commission at [hpc@westfieldnj.gov](mailto:hpc@westfieldnj.gov).



(above) The Westfield Historic Preservation Commission released *The Design Guidelines for Historic Sites and Districts*, 2020 Revised Edition.

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## FIREFIGHTER MATHEW PRIBISH HELPS NJ SHARING NETWORK

### NJ Sharing Network

Celebrated in April each year, National Donate Life Month features local, regional and national activities that encourage Americans to register as organ and tissue donors and to celebrate those who have saved lives through the gift of donation.

Linden, NJ firefighter Mathew Pribish helped NJ Sharing Network kick off National Donate Life Month by sharing his personal heart transplant story to help raise awareness about the importance of organ and tissue donation. Inspired by Mathew's story, Linden Mayor Derek Armstead and the Linden Police and Fire Departments teamed up to educate the community through speaking engagements and a public service announcement on LindenTV, which can be viewed on youtube.com. Mathew's personal story is detailed below.

### A PERSONAL STORY FROM MATHEW PRIBISH

My gift of life story started more than a decade ago when I went to the doctor for a regular cardiology checkup because heart disease runs in my family and I wanted to make sure that, as a firefighter, my heart was healthy. I was told during one of these regular checkups that I have Marfan Syndrome, a connective tissue disorder that affects the heart, joints and other parts of the body.

In 2013, after being monitored for a few years, my aortic root was enlarged to the point that I needed replacement surgery. Although my surgery went well, I had an adverse reaction and went into advanced heart failure. The doctors



*(above) Mathew Pribish, a Linden Firefighter, shared his heart transplant story to help raise awareness about the importance of organ and tissue donation.*

made the decision to implant a Centrimag BiVad, an external device to pump both sides of my heart. After a couple of weeks, my heart healed enough to remove the device and implant an LVAD-Left Ventricular Assist Device. That was my lifeline for four years and I was placed on the New York heart transplant list.

Life with an LVAD isn't easy and it was hard to adjust to at first - no swimming, limited showers, limited activities and lots of medication. Thankfully, with my family, my fire department family and my doctors, I was able to forge through into this new normal. I was able to return to work for the fire department as an Administrator and Fire Inspector. I started to walk/jog in local 5K events in a healthy condition so that I would be a perfect candidate for transplant.

In 2017, my cardiologist recommended that I also be put onto the New Jersey transplant list. In the time leading up to my approval on the New Jersey transplant list, the alarm of my LVAD

device started to sound, on and off. The team of doctors decided that it was a mechanical issue and that they would either need to either replace the LVAD or hold me in the hospital for transplant.

On June 22, 2017, I was informed by Newark Beth Israel Medical Center that I was officially listed on the New Jersey list. It was just four days later that my wife got the phone call early in the morning. They said, "Mrs. Pribish, we found a heart for your husband."

There were so many emotions that day. I felt happy and thankful that I now had hope that my health could be restored. I also felt a great deal of sadness for the family that lost their loved one. On June 27, 2017, I had a successful LVAD removal/Heart Transplant.

Since my transplant, I have been blessed to return to the life I had known before. In my donor's memory, I decided to become a transplant advocate through NJ Sharing Network.

In Fall 2018, I was released by the doctors to return to full firefighting duties. On January 3, 2019, I officially returned to the fire department for my first day back at the position I left almost six years before.

I never thought that the day would come where I could return back to active duty. But thanks to my donor, my doctors, and NJ Sharing Network, this dream became a reality. I hope that my story can give hope to others that may need a transplant to inspire them to keep the faith.

### ABOUT NJ SHARING NETWORK

NJ Sharing Network is the federally designated non-profit organization responsible for recovering organs and tissue for the nearly 4,000 New Jersey residents currently waiting for a life-saving transplant. With headquarters in New Providence, NJ, the organization is part of the national recovery system, serving the 110,000 people on the national waiting list. NJ Sharing Network was selected by NJBiz as one of the state's "Best Places to Work" for the third consecutive year. To learn more, get involved and register as an organ and tissue donor, visit [NJSharingNetwork.org](http://NJSharingNetwork.org).

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(above, l-r) Maria Fuentes, Vice President and Regional Manager of Northfield Bank and Ruth Maloney, President of Mobile Meals.

Mobile Meals is a non-profit organization which provides meals to people unable to provide meals for themselves since 1968. The organization serves the communities of Clark, Cranford, Fanwood, Garwood, Mountainside, Scotch Plains and Westfield. If you or anyone you know would like hot meals delivered to their door, or you wish to donate to a most worthy cause in serving those in need, visit the Mobile Meals website at [mobilemealsofwestfield.org](http://mobilemealsofwestfield.org).

## WESTFIELD MEMORIAL DAY CEREMONY

The Westfield Memorial Day Ceremony will begin at 9 a.m. on Monday, May 31 at the Veterans Memorial Monument. Due to current health restrictions, there will be no parade. The traditional solemn ceremony will feature prayers, song, bagpiper, rifle volleys, Taps and laying of wreaths. Please come out to pay respect and support those that made the ultimate sacrifice and their families. Citizens are asked to wear masks and respect social distancing.



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## REPAIRING THE WORLD, ONE PARK AT A TIME

### Temple Emanu-El Corps of Volunteers Do “Passover Pick-Up” of Local Parks

*Submitted by Kathi Edelson Wolder*

Temple Emanu-El of Westfield has long been more than a place of worship; at its core is a socially conscious, multi-generational network of members devoted to giving back to the surrounding communities. With an army of passionate volunteers, the synagogue embarks on a multitude of social action and community projects throughout the year, and on Tuesday, March 30, in celebration of Passover and the onset of Spring, 25 volunteers wearing rain boots and work gloves descended on Nomahegan and Lenape Parks to help clear trash from these cherished recreation spots.

Rabbi Victor Appell of Temple Emanu-El brought his 16-year old son Lev to help out. “We are here because it is part of our obligation. An integral part of our faith is what we call “Tikkun

Olam,” to work in partnership with God to “repair the world.” One way we do this is by helping to take care of public spaces like this, to make sure that they’re clean, to protect their natural beauty, so that everyone can enjoy them. We’re glad that we are able to be here to do this.”

Also on hand was the Baum family of Westfield, who came out in full force to help with the cleanup. “Rabbi Appell suggested we do this,” says Wendy Baum. “Our son Noah helped clean up Tamaques Park for his Bar Mitzvah project and he really enjoyed doing it. That was a couple of months ago, so we thought this would be a good opportunity for us all to do it together, so here we are!”

Many of the synagogue’s volunteer activities are organized through its Tikkun Olam Committee, formed in 2005 to identify ways in which temple members can “lend a helping hand,” particularly through social action projects that are intended to make life better for others in the community and beyond. In addition to

environmental projects, the Committee conducts emergency food drives, houses the homeless, crafts handmade “blankets of love” to provide comfort to children and teens with cancer, and even grows vegetables in their own “mitzvah garden” that they donate to the Westfield Food Pantry.

The project was overseen by Betty Ann Kelly, Environmental Specialist for Union County Parks & Recreation; and Daniela Shebitz, Ph.D., Executive Director/Associate Professor at the School of Environmental and Sustainability Sciences at Kean University. “One of the most important parts about being Jewish is to understand the beauty of our environment and the importance of people as the protectors of the environment,” says Shebitz. “I think that events like this, that bring our congregation together with our community, are really what helps me to express my role in life as a Jewish person.”

For more information on Temple Emanu-El, or to volunteer, contact Jackie Grussgott at [jgrussgott@tewnj.org](mailto:jgrussgott@tewnj.org).



*(above) Rabbi Victor Appell (right) with son Lev at Nomahegan Park during “Passover Pick-Up.”*



*(above) All five members of the Baum family (Westfield) came out to help clean up the parks.*



*(above) Stacey Gerstein of Cranford brought her son Leo to help out.*



*(above, l-r) Betty Ann Kelly, Union County Environmental Specialist; and Daniela Shebitz, Ph.D., of Kean University oversaw the project.*



*(above) Sharon Zydney (Cranford) had the most interesting find of the day—a part of the road—discovered among the cigarette butts, discarded masks, deflated mylar balloons and fast food containers that were collected.*





## THE IMPACT OF COVID - A LOOK BACK WITH GRATITUDE

On January 24, Home for Good Dog Rescue (HFGDR) achieved a milestone of the 9,000th dog adoption in just ten years since our founding. This new year is full of hope and thus, we look back to 2020 with gratitude to our friends, supporters, and community partners who lifted us up in the midst of the COVID pandemic.

Like so many others, the effects of the pandemic certainly presented challenges to the rescue. The immediate objective was to ensure the safety of our staff, volunteers, foster and adoptive families while continuing to carry out our mission of saving the lives of thousands of dogs living in squalid conditions, abusive situations, or on death row at high-kill shelters in the South.

From the pandemic, two trends emerged. First, changes in household routines and more time spent at home increased the community's interest in dog fostering and adoption. Second, the financial hardship of some households in the South exacerbated the need for dog rescue and respite in already severely life-threatening conditions.

"A year of quarantine and isolation has



(above) Home for Good Dog Rescue extends a "thank you" to the community and celebrates their 9,000th dog adoption.

provided an opportunity for all of us to take stock of what is important in our lives," says Bernie Cicirelli, HFGDR Board Member and Director of Operations. "At the top of that list are our families, of which our dogs are an integral part."

The local community rallied around our mission and offered support in so many ways and for that, we are grateful. An emergency aid grant from the Berkeley Heights Business and Civic Association was a lifeline for the rescue. Other resources came in the way of supply and gift card donations and an increased participation in fostering and adoption.

The heart and generosity of our community continues to be a beacon of hope and light to pave the way to an even greater impact in 2021. On behalf of the dogs we save, and the families who have been enriched through fostering and adoption, we extend our deepest appreciation for the support of our community.

*Sincerely,*

*The Home for Good Dog Rescue Team*

### WHO WE ARE:

Home for Good Dog Rescue is a 100% foster-based, non-profit 501(c)(3) dog rescue established in 2010 in Summit, New Jersey, with offices in Berkeley Heights. We socialize, care for, and provide rescue dogs with life-saving medical care at our Wellness Center in Aiken, South Carolina, transport them to New Jersey, and nurture them in our network of foster families while they await adoption into loving homes - giving them a second chance at life.

We work to significantly decrease the number of animals living in conditions of squalor and under the threat of abuse and death, by rescuing, medically treating, fostering, transporting, and finally adopting those animals into loving homes. We promote humane companion animal ownership that recognizes the dignity of each and every life. Our rescues do not live in a shelter or kennel, but rather in loving, volunteer foster homes, right up to the point of adoption into their "home for good".

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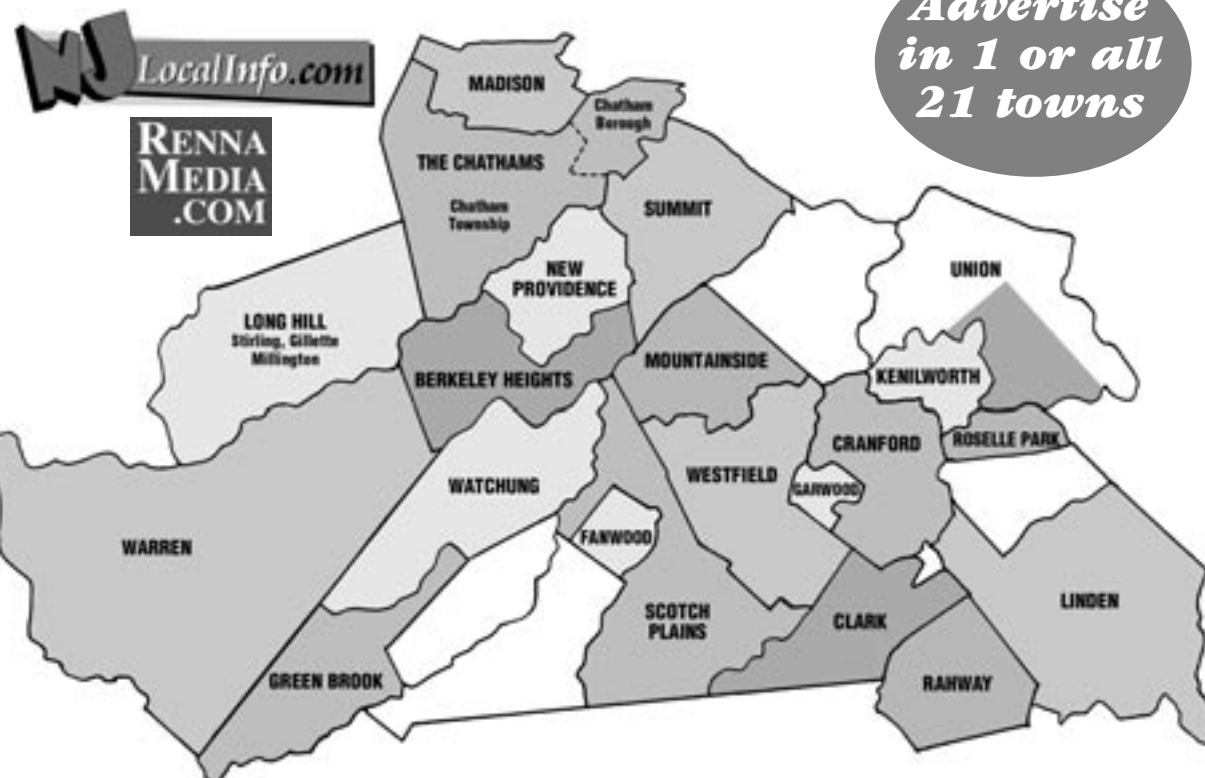
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On Saturday, May 8, from 9 a.m. to 12 noon, Faith Lutheran Church, 524 South Street in New Providence, will be collecting second-hand bikes for use by adults and children in third world countries.

The collection is being conducted on behalf of Pedals for Progress (P4P), an organization which annually recycles 6,000 bicycles for persons in developing countries.

Anyone with a bicycle in repairable condition is urged to donate to this worthy cause. Bikes may be dropped off at the parking lot next to the church. Members of Faith will repair and process the bikes for shipment.

Since 2002, Faith Lutheran has been collecting bikes. In 2020, 170 bikes were collected from persons in New Providence, Berkeley Heights, Mountainside, Westfield, Warren, Scotch Plains and Fanwood. This range of towns was aided by articles published in Renna Media town newspapers.

Every year affluent Americans buy 22 million new bicycles and discard millions of old ones, abandoning many more in basements, sheds and

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