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## WESTFIELD GIRL SCOUTS HOST WEEKEND AT WATCHUNG

Submitted by Lucia Triolo

Westfield Girl Scouts recently hosted three days of camping and activities at the Watchung Reservation. From single badges to the Leader in Action (LiA) Award, local scouts completed multiple level-based activities while enjoying the outdoors.

This girl-led weekend allowed for an introduction to several up-and-coming opportunities. All campers learned about the Trailblazers, an outdoor and adventure-focused offering from Girl Scouts. Troop 33904 is the first of its kind in our area, combining those Cadettes, Seniors, and Ambassadors from Cranford and Westfield who hope to engage in high adventure.

The Westfield Girl Scout Leadership Group, composed of Cadettes, Seniors, and Ambassadors, organized Sunday's Brownie Science Badge Day. This event helped the second and third graders complete their Outdoor Journey to earn both the Home Scientist Badge and the Fling Flyer Design Challenge.

Older scouts in attendance earned a variety of awards, including the LiA, and completed hours toward both the Service to Girl Scouting bar and pin. Several Gold Award Candidates incorporated project demonstrations and activities which were enjoyed by all in attendance.

To learn more about the Girl Scouts check out [www.facebook.com/WestfieldNJGirlScouts](http://www.facebook.com/WestfieldNJGirlScouts) or [www.gshnj.org](http://www.gshnj.org).



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## MUSICIANS ACCEPTED INTO ALL-STATE CHOIRS

**Westfield Public Schools**

Eight Westfield High School student musicians have been accepted into 2021-2022 All-State Mixed and Treble Chorus. Performing with the 2021 All-State Mixed Chorus in a virtual concert will be Aprameyo Chadravarty, Evan Leone, Skyler Lipkind, and Ryan Williamson.

The Mixed Chorus will perform in a virtual concert with the date to come. Natalie González,

Sarah LaMonica, Angelina Mora and Eden Wilcomes will perform with the 2022 All State Treble Chorus at a live concert at the New Jersey Performing Arts Center (NJPAC) in February. The 8 WHS student vocalists were chosen from approximately 500 other student musicians from across the state who participated in the New Jersey Music Educators Association (NJMEA) virtual All-State auditions in late September and early October.



(above, l-r) First Row: Treble Chorus, Eden Wilcomes, Sarah LaMonica, Angelina Mora, and Natalie González. Second Row: Mixed Chorus, Aprameyo Chadravarty, Evan Leone, Ryan Williamson, and Skyler Lipkind

Photo by Westfield Public Schools

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## WESTFIELD STUDENT-ATHLETES SIGN LETTERS OF INTENT

Seventeen Westfield High School student-athletes recently signed letters of intent with colleges and universities, signifying recognition of the seniors' accomplishments both academically and athletically. The following student-athletes will continue to compete at the college level:

### **SOCCER:**

Matias Arbelaez — Franklin & Marshall College  
Elise Fox — Gettysburg College  
Ryan Friedberg — Cornell University  
Isabelle "Izzy" Gauthier — Stetson University  
Max Rokhsar — Stevens Institute of Technology

### **LACROSSE:**

Lauren Bloch — Gettysburg College  
James Csorba — Monmouth University  
Adelaide Cummings — Wesleyan University  
James Haley — Washington and Lee University  
Avery Hoeft — University of California, Berkeley  
Eric Webb — Providence College

### **WRESTLING:**

Luke Jacobs — University of Maryland

### **BASKETBALL:**

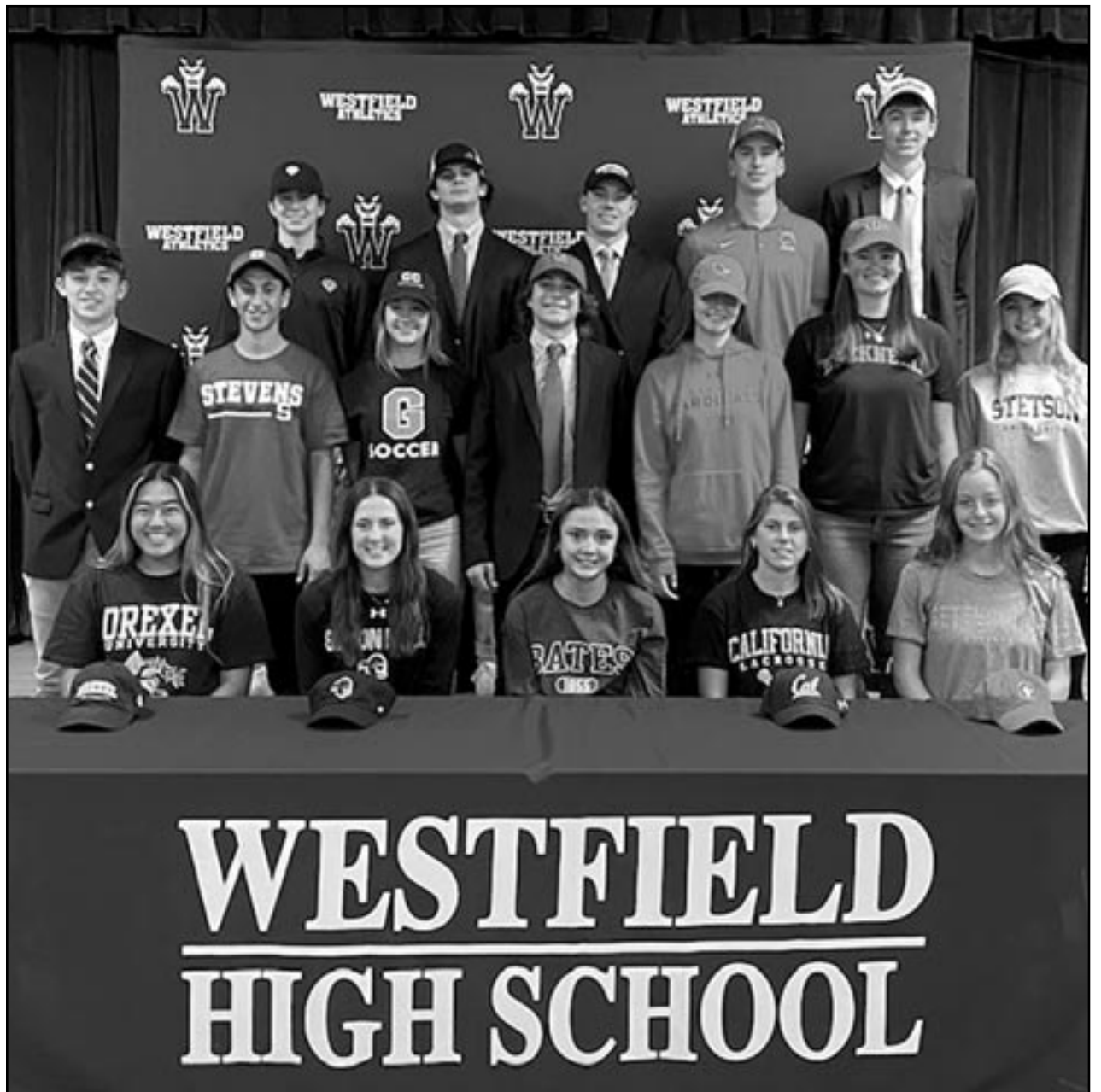
Grace Klag — Bucknell University  
Sean Logan — Davidson College

### **SOFTBALL:**

Alivia Macaluso — Seton Hall University  
Kalea Calugay — Drexel University

### **TENNIS:**

Natalie Zelechowski — Bates College



(above) Westfield High School Student-Athletes Photo by Westfield Public Schools

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## GINGERBREAD SUNDAY

### Miller Cory House Museum

Spicy, sweet gingerbread is a special part of the holiday season. On December 5, 2021, from 1:30 p.m. – 4 p.m., The Miller Cory House Museum will hold the fun event, Gingerbread Sunday. Children will make decorative, non-edible gingerbread houses as well as orange pomander crafts to take home, plus, will hear “gingery” stories. Members of the Cooking Committee will also demonstrate early American recipes using ginger over the open hearth. Suggested age is three, with assistance for crafts, through elementary school. The fee is \$5 per child with accompanying adults being free. Reservations are required and must be made by noon, Wednesday, December 1st. For reservations, call 908-232-1776, or email millercorymuseum@gmail.com.

The Miller Cory House Museum is located at 614 Mountain Avenue, Westfield, NJ. 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.

For more information on the Miller Cory House Museum/Westfield Historical Society and their events, visit millercoryhouse.com, or westfieldhistoricalsociety.org, and if possible, like the museum on Facebook and follow it on Instagram.



Elizabeth Bataille  
Sales Associate



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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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Scot Paris MD, FACS

### Here's what our patients have to say

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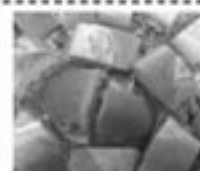
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## FLORAL ARRANGEMENTS BRIGHTEN UP MOBILE MEALS

Josephine Walsh, Executive Director of Mobile Meals of Westfield was recently presented with fifty-five floral arrangements for their clients by Rake & Hoe Garden Club of Westfield. Ms. Walsh commented, "Mobile Meals is most grateful for these beautiful arrangements. They will brighten the day of our clients."

Mobile Meals of Westfield is a non-profit organization that provides meals to those individuals unable to provide meals for themselves. For more information on volunteering, receiving meals, or to make a donation, visit [mobilemealsofwestfield.org](http://mobilemealsofwestfield.org) or call 908-233-6146.

## The Giving Tree

Please help St. Joseph's Social Service Center make the holidays special. We have over 400 households registered for our Giving Tree program and would appreciate your support to make this happen!

The easiest way to help is to donate \$25 gift cards (preferably Visa, American Express, or Walmart), supermarket gift cards of any amount (preferably Shoprite or Stop and Shop), or make a financial donation by visiting: [www.sjeliz.org/donate](http://www.sjeliz.org/donate) - please mention Giving Tree in the "note" section. To make a donation by mail: Send your gift card or check to: □□ St. Joseph Social Service Center, 118 Division St., Elizabeth, NJ 07201-2736.

Since 1983, St. Joseph's has served the materially poor and homeless community of greater Elizabeth, New Jersey, by providing basic human needs such as food, clothing and medications, as well as a wide range of services and programs to help them acquire the material goods and social services they need to live with integrity. St. Joseph's is an independent, nonprofit 501(c)3 organization. To view our Form 990, visit [www.sjeliz.org/about-us.html](http://www.sjeliz.org/about-us.html).



(above, l-r) Jeanie Pelikan, Margot Patridge, Kay Cross, Joyce Mullen, Kris Luka, Richard Pelikan, Martha Salvage, Lena Peitsinovski, Irene Greenstein, Gayle Lechner, Donna Hopkins, Sue Feldman, Jane Christiani, and Betty Gulino.  
Not pictured is Kathryn Ciurczak.

Photos by Mobile Meals of Westfield



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Irene Rossmer, MD, FACS

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Irene Rossmer, MD, FACS, is a fellowship trained, Board-Certified surgical oncologist skilled in the surgical treatment of cancers of the gastrointestinal tract, liver and pancreas, skin and soft tissue, and breast. Now she's brought her extensive expertise to Clark. After receiving her medical degree from the Icahn School of Medicine at Mount Sinai, she returned to her alma mater Columbia University and completed her surgical residency at the New York Presbyterian Columbia Campus. She then went on to complete a highly competitive 2-year fellowship in surgical oncology at the University of Pittsburgh Medical Center. Following her training, she built a robust surgical oncology practice at NYU-Long Island, and we have been extremely fortunate to recruit her to join our world-class surgical oncology team. The recipient of multiple awards and honors for her clinical work and research, Dr. Rossmer is now treating cancer patients right here in our own backyard.

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## MORGENTHAL AND WHITE SWORN IN AS FOSTER YOUTH ADVOCATES

### CASA of Union County

The latest class of community members to step up and train as advocates for Union County foster youth have taken their oath before a Union County Superior Court Judge and are now ready to be matched to their case as the newest volunteers with Court Appointed Special Advocates (CASA) of Union County. Alayne Morgenthal and Jenn White of Westfield are among them.

The nonprofit, which began in Union County in 2005, recruits, trains, supports, and supervises volunteers to serve local child-victims removed from their homes due to abuse, neglect or abandonment, and living in foster care. It is the only nonprofit serving as extra eyes and ears for Union County judges hearing youth cases.

Superior Court Judge Lara DiFabrizio presided over the swearing-in ceremony via Zoom; once matched to their youth or sibling set, advocates will begin putting their 30 hours of training into practice. Morgenthal and White

were joined by fellow classmates Kelly Ryan of Garwood and Annie Kang of Berkely Heights.

White says, "This is a volunteer position like none I have experienced before - the opportunity to have a direct, meaningful impact on the life of a child."

"I have always thought it is important to volunteer and give back to my community. Helping a child to feel important and cared about can mean the difference of success or failure in a child's life. I hope I can advocate for a child and make a difference," reported Morgenthal.

Volunteers need no special prior background or experience to serve as advocates; each undergoes a thorough training process and is supported by CASA staff. Successful advocates bring with them varied life experiences and professional backgrounds. No matter the age of the youth to whom they are assigned, advocates' commitment to being a consistent presence – many foster youth experience a revolving door

of professionals in addition to the separation from family members – and ensuring needs are identified and recommendations are made to the judge and stakeholders, the trajectory of a child's life can be changed for the better.

Upon being court-ordered to a case, the CASA volunteer has access to the youth, foster parents, doctors, caseworkers, therapists, and teachers in order to identify and report to the judge any concerns and needs in order to protect best interests.

The organization remains committed to serving every Union County youth in foster care; to do that, more community volunteers are needed to step up and train as an advocate for a local child-victim who could range from birth to age 21.

Contact Lucia at

[lfield@casaoofunioncounty.org](mailto:lfield@casaoofunioncounty.org)

for details on upcoming information sessions, how to join a training class, and all the ways you can Change a Child's Story.



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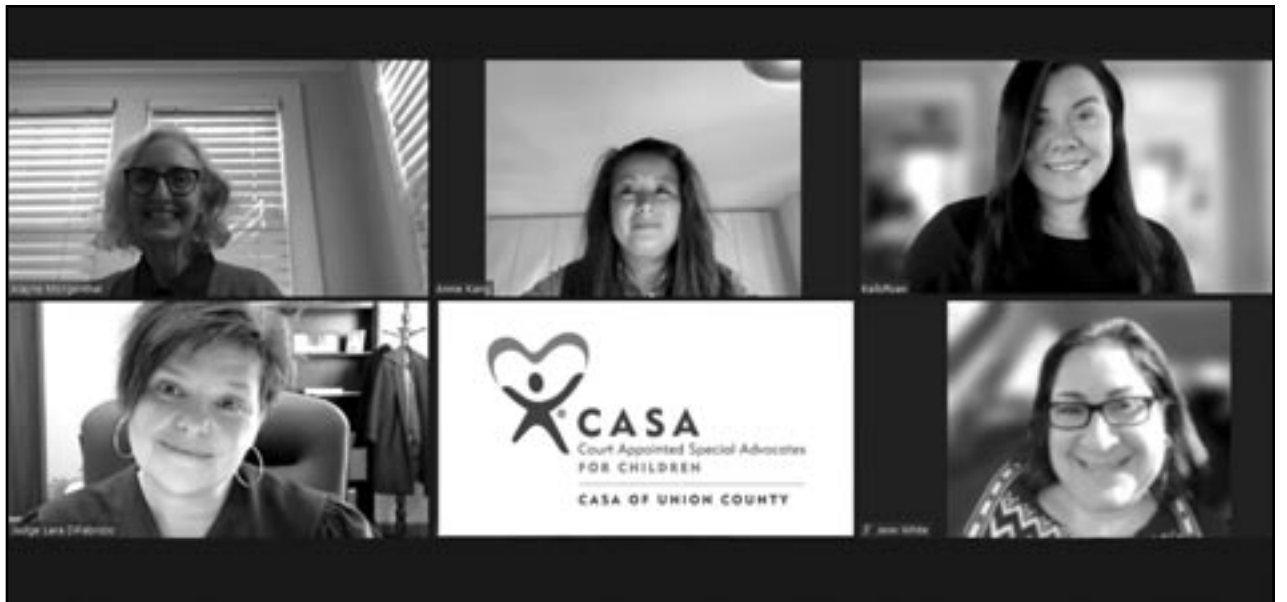
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(above) Ceremony via Zoom: Top Row: Alayne Morgenthal of Westfield, Annie Kang of Berkeley Heights, and Kelly Ryan of Garwood. Bottom Row: Judge Lara DiFabrizio and Jenn White of Westfield.



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## ATLANTIC MEDICAL GROUP CARDIOLOGY AT CLARK WELCOMES DR. DELIA DOBRESCU

Delia J Dobrescu, MD, FACC, is board certified by the American Board of Internal Medicine in cardiovascular disease and internal medicine and fellowship-trained in both cardiology and electrophysiology. And now she's brought her extensive expertise to Clark, where she dedicates herself to helping restore regular rhythms to her patients with arrhythmia.

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## 31ST ANNUAL HOLIDAY CONCERT, DEC. 9

### Westfield Community Concert Band

The Westfield Recreation Department will host its 31st Annual Holiday Concert featuring the Westfield Community Concert Band and the Edison Intermediate School Broadway Singers on Thursday, December 9, 2021, at 7:30 p.m. at Edison Intermediate School, located at 800 Rahway Avenue, Westfield, NJ. This free public concert culminates the band's 109th anniversary concert season. The band performed its 1st Annual Holiday Concert at the Roosevelt Intermediate School in December 1990 with the Roosevelt "Sharps and Flats" chorus.

Highlighting a program of holiday favorites, the band will perform *Twas the Night Before Christmas*, the renowned poem by Clement Clark Moore, set to music by Randol Alan Bass. The band will feature Kerry Stubbs as narrator of the poem, with concert band accompaniment. In addition, Mr. Stubbs, a vocalist, actor, and music educator, has been a featured vocalist and narrator with the band for many years.

The band's program also includes, *The Eighth Candle*, a contemporary celebration of Hanukkah, by composer Steven Reisteter, *Sheep May Safely Graze*, by J.S. Bach, *The Many Moods of Christmas*, by Robert Shaw and Robert Russell Bennett, *March of the Toys (March of the Wooden Soldiers)*, by Victor Herbert, and *The Most Wonderful Time of the Year*, by Eddie Pola and George Wyle, made famous by vocalist Andy

Williams. The band will also perform Leroy Anderson's popular holiday composition, *Sleigh Ride*, written in 1948 for the Boston Pops. This very well-known selection was originally written as a musical portrait of the winter season, but soon became associated with the holiday season.

The Broadway Singers will perform a variety of holiday music featuring the choir's unique arrangements and choreography. The program will conclude with a combined performance of Irving Berlin's, *White Christmas*, with both band and choir, which is an annual tradition dating back more than twenty-five years ago.

The Westfield Community Concert Band is conducted by Dr. Thomas Connors, now in his 17th season with the band. Also, Westfield music educators, Kenneth Horn and Stephen Markowski, vocal specialists in the Westfield School District, co-direct the Edison Broadway Singers. Further, masks and social distancing will be observed.

As the band completes its milestone 109th concert season, the band continues to seek out experienced area musicians to perform a wide variety of concert band literature for its many area concert events. Interested musicians should contact Dr. Connors through the band's website, [info@westfieldcommunityband.com](mailto:info@westfieldcommunityband.com). The band rehearses every Wednesday evening from 7:00 p.m. to 9:00 p.m. in the community room located in the Westfield Municipal Building located at 425 East Broad Street, Westfield, NJ.

This concert is made possible by funds from the Union County Office of Cultural & Heritage Affairs, a partner of the New Jersey State Council on the Arts.

### FOR EVENT DETAILS:

Thursday, December 9th, 7:30 p.m. — Westfield Community Concert Band presents its 31st Annual Holiday Concert at Edison Intermediate School Auditorium, 800 Rahway Avenue, Westfield, NJ.



(above) Vocalist, Kerry Stubbs, will narrate the poem, *Twas the Night Before Christmas*, accompanied by the Westfield Community Concert Band.

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# IS IT REALLY POSSIBLE FOR A KID TO LEARN HOW TO RUN FASTER?

Retired San Francisco 49ers QB Joe Montana, is arguably one of the greatest NFL players that has ever played football...when his son started playing football it would have made sense for him to help his son learn how to play Quarterback.

But that's not how it went. Joe Montana had to hire a quarterback coach to help his son be a better football player. Here's possibly the greatest NFL QB of all time, needing to hire someone else to help his son. It was not that Joe Montana was not equipped for the job...it was that his son needed a second voice to help him get to the next level.

Many parents who have much less knowledge, experience, and skills than Joe Montana are in the same boat in regards to helping their kids get stronger, faster, and more confident.

Most parents we've come across want their kids to eat healthier, be more active, and have a stronger mindset. But many have told us they need help.

Even with the constant reminders of telling their kids to eat more vegetables, get outside instead of watching TV, practice their sport more, get to bed earlier...they find that sometimes the message falls on deaf ears...and some backup would be helpful toward their vision of helping their kid be the best they can be.

Parents have told us that having us (the Grit Athlete Performance Coaches) as a second voice to help reinforce the habits they want for their kids...is changing the game.

Further...Our Grit Athlete Founder has over 20 years experience with training athletes himself...and certainly knows a LOT more about getting stronger and faster than the average parent...But has all 3 of his children (9, 8 and 6) enrolled in Grit year round...because he knows the power of that second voice.

And after they come through our program, parents tell how it's turbocharging their parenting. Here are some real-life examples that have been reported...

Before, parents struggled with getting kids to eat vegetables...now their kids are asking for more.

Before, parents struggled with getting their kids to get enough sleep...now their kids are getting to bed earlier on their own.

Before, parents struggled with getting their kids to watch less TV or play video games...now they are limiting these activities because they've learned they don't really help them become better athletes.

Before, parents struggled with helping their kids have more confidence...now their kids are doing things out of their comfort zone more often which is helping them believe in themselves which further improves self-esteem.

Before, parents had no clue how to help their kid get faster...now they are faster because they've learned that speed is a skill, and a few simple tweaks can make a kid faster immediately.

Before, parents could not get their kids to make their beds...now their kid makes their

bed each morning on their own because they learned that making their bed in the morning helps them have a better day.

Before, parents struggled with getting their kids to do even one good push-up...now they catch them in their room practicing on their own.

Before, parents wanted their kids to have more determination and grit when training new things...now they are staying calm under pressure and seeking out challenges instead of avoiding them.

Many times it's not about telling your kid to eat more vegetables or stop watching TV...but rather finding the right environment for them to be more successful.

Right in your backyard, there's a team of great coaches waiting to be second voices for your kids...so that all the things you're teaching as parents will be reinforced. But most importantly, the results you're after for your kids will actually become a reality. The Grit Athlete winter Sports Performance session starts on December 13th in Berkeley Heights NJ, visit [www.gritathletes.com](http://www.gritathletes.com) to fill out an application for your child.

*Grit Athlete Performance is a Sports Performance Training Company located in Berkeley Heights that helps kids ages 6-18 get strong, fast, and confident so they can have a bigger and better future. They have just released the dates for their winter program that starts on December 3rd. Visit [www.gritathletes.com](http://www.gritathletes.com) to register for their winter session...or see below for more details...*

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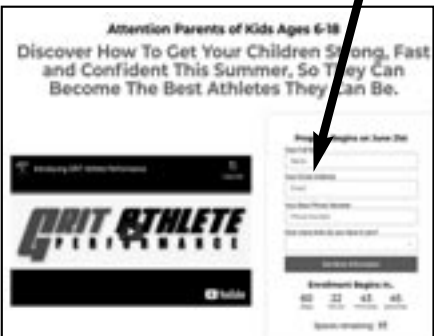
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### STEP 3

Coach Mike will call you and set you up



**Warning: The Winter session is the most popular session of the year and always sells out before it starts. We strongly encourage you to scan the QR code today and enter your information to make sure your child doesn't get locked out of the winter session.**



Attention Parents of Kids Ages 6-18

# UPDATE: THE GRIT ATHLETE PERFORMANCE WINTER PROGRAM HAS ONLY 17 SPACES REMAINING

Give us 12 weeks with your kids and we'll have them stronger, faster, and more confident...guaranteed.

## Here's what parents can expect to happen:

- **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.
- **Their mindset will improve.** We're going equip your child with very specific mindset skills that'll help them learn how to transform how they think about mistakes and failures.

## HAPPY PARENTS TALKING ABOUT THE PHYSICAL AND MENTAL TRANSFORMATION OF THEIR KIDS...

- "When my son started Grit he was quiet, shy, and had some difficulty with movements...Now he is confident in himself, has become more vocal, and is mastering the exercise he struggled with in the past."

- Jen O'Brien, Grit Athlete Parent

- "My son is more disciplined and confident in himself"

- Steve Hughes, Grit Athlete Parent

- "I have watched my children become more confident and vocal."

- Christine Stramandinoli, Grit Athlete Parent

- "His confidence has shot up in the last few months...and has carried forward to the way he approaches other activities like sports and schoolwork. My son is now making his bed daily and exercising every day."

- Catherine Solfaro, Grit Athlete Parent

**STARTS DECEMBER 13TH (Only 17 Spaces Remaining)**

### STEP 1

Scan This QR Code



### STEP 2

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### STEP 3

Coach Mike will call you and set you up



**Warning: The Winter session is the most popular session of the year and always sells out before it starts. We strongly encourage you to scan the QR code today and enter your information to make sure your child doesn't get locked out of the winter session.**

## WHS MARCHING BAND PLACES 2ND IN NJ STATE CHAMPIONSHIP

With a score of 94.2, the Westfield High School Marching Band placed 2nd out of 38 competing high school bands at the New Jersey Marching Band Directors Association

(NJMBDA) State Championship. The championship round was held at The College of New Jersey (TCNJ) on October 31, 2021. The WHS Marching Blue Devils also finished 2nd in

Class AAAA under the direction of band directors Christopher Vitale and Trevor Sindorf.

Photo by Westfield High School Marching Band



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# PAL FOOTBALL TEAM WINS THE 8TH GRADE CHAMPIONSHIP

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(above) The Westfield PAL football team won the 8th grade championship on November 13th in Brightwater.

Photos by Westfield Police Department



(above) School Resource Officers Riga and R. Johnson provided the PAL football team bus a police escort back into Westfield.

## FLYERS TRACK CLUB BRINGS HOME TEAM TITLE


Eighteen Westfield Area YMCA Flyers Track Club athletes joined nearly 500 athletes at the USATF New Jersey Junior Olympic Cross Country Meet on November 7th at Central Park in Morris Plains. The Flyers brought home one team win and four top 10 finishes.

The girls 13-14 year old team came out on top in their 4000m race. Leading the team was Ella Solorzano and Julia Ronnen, with 2nd and 4th

place finishes respectively. Rachel Biondo, 9th place, Anna Youssef, 16th place, and Grace Gloster, 19th place all played a vital role in their team win. This capped off an undefeated season with 4 prior team wins. Ronan Conolly also placed 6th in the 9-10 boys 3000 meter race.

For more information visit the team website at [yflyerstrackclub.com](http://yflyerstrackclub.com).


Photo by Westfield Area YMCA



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(above, l-r) 13-14 Girls 4000m Team Champions Grace Gloster, Ella Solorzano, Rachel Biondo, Julie Ronnen and Anna Youssef



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## RAKE & HOE GARDEN CLUB TENDS COMMUNITY GARDENS

*Submitted by Betty Round*

As part of its commitment to service, the Rake & Hoe Garden Club of Westfield maintains various gardens, such as, the Blue Star Memorial Garden at Shadowlawn, the Clare Brownell Wildflower Garden at the Westfield Historical Society's Reeve History and Cultural Resource Center, Miller-Cory House Museum, Mindowaskin Park Urns, the garden on the northside of the Westfield Train Station, and



(above, l-r) Juniors: Lexi Strauss, CJ Strauss, and Riley Dupuis

Shadowlawn Butterfly Garden. All the gardens are open to the public.

The junior section of the Rake & Hoe Garden Club recently met at Shadowlawn Park and performed their annual fall clean-up of the Butterfly Garden. The club designed the garden to provide a nurturing habitat for butterflies and other pollinators. Alice Cowell, a club member, spoke to the juniors about the importance of planting a variety of pollinator plants to attract pollinators to the garden. The juniors also planted ferns and small shrubs in the back of the garden to enhance the overall appearance of the garden.

The next day, five members of the Club got together to clean up the community garden at the northside of the Westfield Train Station. Beth Hanscom led the activity. Beth is a coordinator

for this project and provides horticultural support to the garden by organizing clean-ups and maintaining appropriate plantings.

The Rake and Hoe Garden Club is affiliated with the Garden Club of New Jersey and the National Garden Clubs 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. The juniors, ranging from kindergarten through high school students, meet monthly after school, during the school year, to work on projects focused on flower design, gardening, and community service. For more information about the club, call Sharon Shiraga at 908-228-2865, or visit the club's website, rakeandhoe.org, as well as its Facebook page.



(above, l-r) Members: Elizabeth Hanscom, Barbara Spellmeyer, Jeanie Pelikan, Barbara Murphy, and Nancy Smith

  
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## PRESIDENT'S VOLUNTEER SERVICE AWARD

### Westfield Public Schools

Westfield High School 12th graders Isabella Lagatta, Adrianna Link, and Reagan Hickey received the President's Volunteer Service Award which honors individuals who have volunteered 100 hours or more towards a meaningful cause which positively impacts a community.

Isabella was recognized for her work in promoting children's literacy and organizing book donations for a local elementary school

without a library. Adrianna was awarded for her work in raising awareness and assisting senior citizens with dementia. Reagan received recognition for helping to raise awareness and educating children about food allergies.

"Thank you for your service and the positive impact you have made in each of your respective causes," Mrs. Asfendis said, as she congratulated the three volunteers.

Photo by Westfield Public Schools



(above, l-r) WHS principal Mary Asfendis and Westfield High School 12th graders Isabella Lagatta, Adrianna Link, and Reagan Hickey

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## GIVING BACK TO COMMUNITIES IN NEED

### Westfield Public Schools

The students, staff, and families of the Westfield Public School District have a longstanding tradition of giving back to communities in need, not only during the holidays, but throughout the school year as well.

As the holidays approach, school PTOs and clubs are organizing food drives with specific holiday meal items, personalized cards, and letters to be sent to U.S. troops, as well as other charitable efforts to bring assistance, and hopefully a smile, to those who are struggling.

There are many year-round efforts as well. Westfield students continue a weekly tradition of making and bringing extra lunches on a designated day, for example, Two Lunch Tuesdays, to donate to local charities, including St. Joseph's Social Service Center in Elizabeth. There are coat drives, Halloween costume drives, many more food drives, as well as, book donations to aid schools without libraries. Student clubs also provide additional avenues to give back, including the Westfield High School Community Service Club, student government at the high school and intermediate schools, and the Early Act Club. The Early Act Club is a service club for 5th grade students, sponsored by the Rotary Club of Westfield and held at several of the district's elementary schools.

Further, there are creative twists to charitable giving as well.

"As we focus on the social-emotional well-being of our students, one topic that we spend lots

of time on is showing kindness and spreading kindness to others," says Washington School 2nd grade teacher, Christine Olenick. "We learned that, at most food pantries, birthday items do not always arrive at the same time. If it is a child's birthday, the child would be lucky to find cake mix and frosting at the food pantry."

As a result, under the direction of Olenick and her fellow 2nd grade teachers, Christine Culver, Patricia Honeywell, and Elizabeth Martin, Washington 2nd graders recently gathered to assemble "Birthday Kits," which consisted of

them filling 40 cake pans with donated items, including, cake mix, icing, plates, napkins, candles, and a birthday card, written and decorated by the 2nd graders. The students wrapped the kits and a Washington parent delivered them to a local food pantry.

"I have enjoyed witnessing our school community in action, but never more so than during such acts of kindness," says Superintendent, Dr. Raymond González. "I am proud to be part of a community that places such importance on giving back."



(above) Members of the Westfield High School Community Service Club prepare bagged lunches on October 15th to be distributed to communities in need



(above, l-r) A recent event at Washington School had 2nd graders packing cake mix, icing, candles and other items to create individualized "birthday party kits" for a local food pantry to distribute to families celebrating a birthday. Cameron Brady, Lyra Liptack, Bailey Capasso, Ryan Jacobs



(above) Washington 2nd grader, Esther Ramirez Santos, puts a finishing tie on a "birthday party kit" for a local food pantry



(above, l-r) McKinley 4th grader, Julia Kopeck, and her 2nd grade sister, Sophia, join Principal, Marc Biunno, in displaying student-designed Halloween trick-or-treat bags for U.S. troops to thank them for their service

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# TICKETS NOW ON SALE FOR 21ST ANNUAL PIPES OF CHRISTMAS

The Pipes of Christmas will celebrate its 23rd season with performances in New Jersey and New York this December. The holiday favorite opens on Saturday, December 18 at Madison Avenue Presbyterian Church, located at 921 Madison Avenue (at 73rd Street) in New York City for a 2PM performance. The concert moves across the Hudson River on Sunday, December 19 to Central Presbyterian Church located at 70 Maple Street in Summit, NJ with performances at 2PM.

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

The concert presents the music of Christmas accompanied by readings taken from the Celtic literature of Scotland, Ireland, and Wales. Featured performers include singer Margaret Kelly from Aberdeen, Scotland, James Robinson from the film "Braveheart," New England fiddle champion Paul Woodiel, champion harpist Rachel Clemente, and the Pipe Major Kevin Ray Blandford Memorial Pipe Band from Redlands, CA among many more.

## TICKETS AVAILABLE NOW

Tickets may be purchased online exclusively through ShowTix4U. (Be certain to select "The Learned Kindred of Currie" as the organization name.)

## LEARNED KINDRED'S ONLY FUNDRAISER

This annual concert is the Learned Kindred's only fundraiser, generating their operating budget for the year ahead. Losing the concert income is financially devastating to outreach programmes which support young people in education in Scotland, Canada and the United



States through scholarships and sponsorships.

Proceeds from the concert support an extensive music scholarship program, which includes the Carol Hassert Memorial Fine Arts Scholarship at Summit (NJ) High School as well as annual gifts to the National Piping Centre, the Royal Conservatoire of Scotland (both located in Glasgow, Scotland), Sabhal Mòr Ostaig, the Royal National Mòr and the Gaelic College in Nova Scotia, among others.

## ABOUT THE PIPES OF CHRISTMAS

Since making its debut in 1999, The Pipes of Christmas has played to standing room only audiences. Now a cherished holiday event, the concert provides audiences with a stirring and reverent celebration of the Christmas season and the Celtic spirit. Audience-goers return year after year to experience the program, many reporting that the Pipes of Christmas has become part of their family's annual Christmas tradition.

The concert has been lavished with critical acclaim. In his review for Classical New Jersey Magazine, Paul Somers wrote, "The whole evening was constructed to introduce gem after gem and still have a finale which raised the roof. In short, it was like a well constructed fireworks show on the Glorious Fourth. The Westfield Leader described the concert as "a unique sound

of power and glory nowhere else to be found."

The Pipes of Christmas Virtual Concert, produced by The Clan Currie Society / The Learned Kindred of Currie, has been nominated for an award in the prestigious MG ALBA Scots Trad Music Awards (Na Trads) 2021.

## FOR FURTHER INFORMATION CONTACT:

Robert (Bob) Currie (United States)  
currierobert82@gmail.com, (908) 858-6357

Neil Gunn (Scotland) neil@ngwriting.com,  
07493 509991

Clan Currie Society Facebook page:

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## WELL, IT'S CHRISTMAS TIME PRETTY BABY

Jim Barone, Westfield, New Jersey born and raised, in an award-winning Elvis tribute artist who captures the image and sound of Elvis Presley and re-creates the excitement that "The King of Rock and Roll" generated in his live performances. His "Elvis Tribute Through the Years" performances showcase songs from the 50's, 60's and 70's and the many genres that Elvis recorded from rock and roll, country, gospel, as well as his movies and TV specials. However, Barone is especially known for bringing in the Holiday Season with his December shows highlighting Elvis Christmas songs from Blue Christmas to Santa Claus is Back in Town. In addition to several Facebook concerts that have attracted fans from all over the world, Jim will be performing in person on December 23, 2021 at Cafe Z at 2333 Morris Avenue, Union, NJ. Dinner seating begins at 5:30 p.m. with a 7:00 p.m. showtime. There will also be a free raffle during intermission with M/C Donna. There is a \$20 cover charge. Seating is limited. Call 908 686 4321 for reservations.



## OVER 6,500 BAGS, BOXES OF FOOD DONATED TO SCOUTING FOR FOOD

The Cub Scout Packs and Boy Scout Troops in Westfield participated in this year's Scouting for Food, an annual town-wide service project to address the significant local need in and surrounding communities caused by hunger. Cub Scouts and Boy Scouts distributed Scouting for Food hang tags to each home over two weeks in Westfield and on November 13 picked up donated food and delivered it to the Westfield Food Pantry at Holy Trinity School.

"The food filled the shelves of more than three rooms from floor to ceiling at the food pantry. Many families in need will be served by this successful food drive through the holiday season and into the new year," Scouting for Food Coordinator Bob Fromtling of Boy Scout Troop 73 said.

"This year's Scouting for Food project was the most successful of the past few years. All packs and troops participated and the people of Westfield responded generously," Fromtling said.

He thanked all that volunteered their time to make the food drive a success including the Westfield High School Community Service Club, Scouts from Troop 73 and other volunteers who unloaded cars, sorted and stocked shelves and to the people of Westfield who generously donated food. More than 6,500 bags and boxes, and 200,000 food items were donated this year. More than 60 people volunteered their time at the food receipt, sorting and shelf stocking stations.

Scouting for Food was established 31 years ago first by the St. Louis Scout Council. The

Patriots' Path Council in New Jersey joined this national drive, including scouts in Westfield.



(above) Westfield's Scouting for Food generated more than 6,500 bags and boxes, and 200,000 food item donations to help stack the shelves at the Westfield Food Pantry at Holy Trinity School. Cub Scouts and Boy Scouts distributed Scouting for Food hang tags to each home over two weeks in Westfield and on November 13 picked up donated food and delivered it to the Food Pantry.

Photo by Westfield Boy Scouts and Cub Scouts

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## HOLIDAY CARDS FOR VETERANS

Junior members of The Rake & Hoe Garden Club of Westfield recently made holiday greeting cards for the veterans at the Lyons Hospital in Basking Ridge NJ. The cards will be placed in the 175 Holiday Gift Bags, that the club members will prepare and donate to the hospital in early December.

These gift bags and handmade cards are designed to bring holiday cheer to the veterans who have served our country and are now deserving of our thanks and well wishes. To learn more about the services Lyons Veterans Medical Center provides and volunteer opportunities to support our military heroes, please call 908-647-0189 or visit:

[newjersey.va.gov/locations/lyons\\_campus.asp](http://newjersey.va.gov/locations/lyons_campus.asp)

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. The Juniors, ranging from kindergarten through high school students, meet monthly, after school during the school year to work on projects focused on flower design, gardening, and community service. Membership is open to residents of Westfield and surrounding towns. For more information, call Sharon Shiraga (908) 228-2865 or visit the club's website, ([rakeandhoe.org](http://rakeandhoe.org)) or Facebook page.



(above, l-r) Front row: Sophia Poeschl, Riley Dupuis, Arline Bound;  
Back row: Arabella Morabito, Lila Spadaro, Brynn O'Grady, Hannah Lee.

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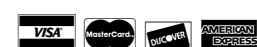
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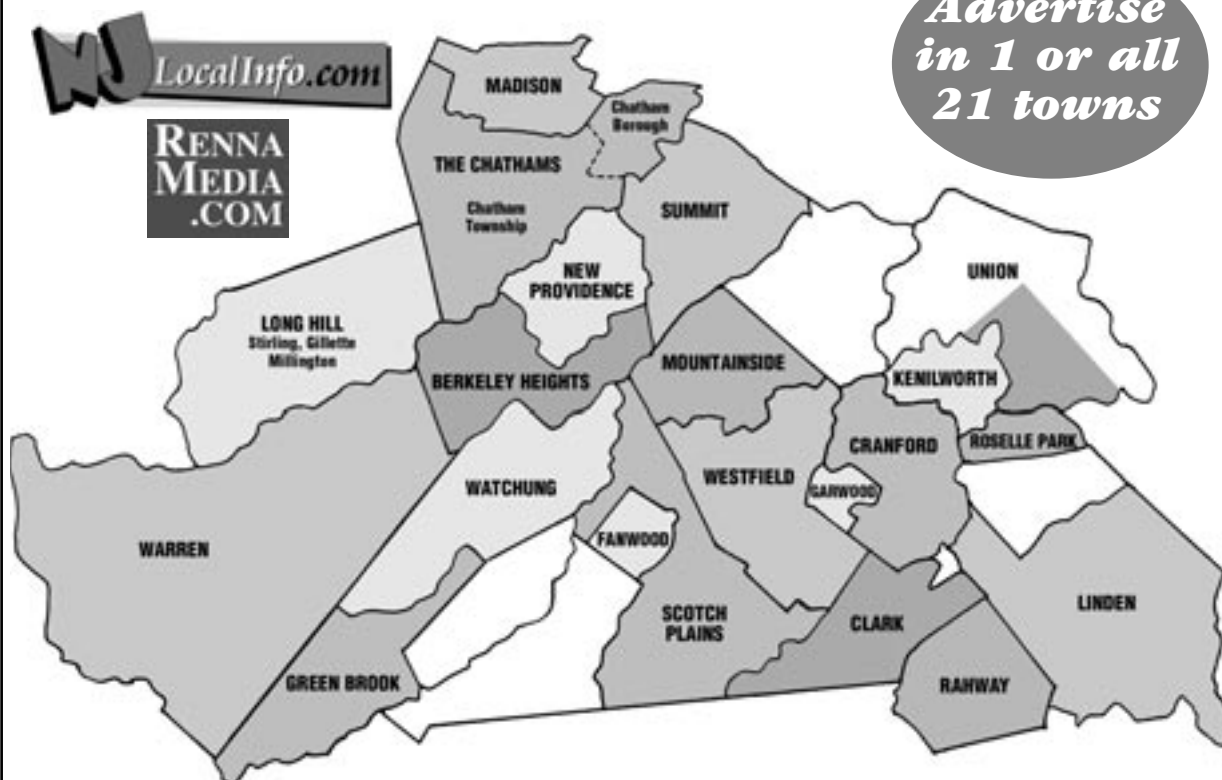
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# HANUKAH: A CELEBRATION OF RELIGIOUS FREEDOM

By Rabbi Paul David Kerbel Temple Beth El Mekor Chayim, Cranford

Hanukkah is one of the Jewish religion's most popular holidays. No doubt, part of Hanukkah's popularity derives from its proximity to Christmas and the bundling of a variety of religious, ethnic and cultural holidays that occur at this time of year creating a festive holiday season.

You might be surprised to know however, that unlike Christmas, Hanukkah is not one of Judaism's major holidays. That billing goes to Rosh HaShanah (the Jewish New Year) and Yom Kippur (the Day of Fasting and Atonement) and the Pilgrimage Festivals of Passover, Sukkot and Shavuot that are explained and discussed in The Book of Leviticus (Chapter 23).

But Hanukkah is important for many reasons. In the first place, next to the Passover Seder, more Jews celebrate Hanukkah than any other Jewish ritual or holiday observance. We celebrate two miracles on Hanukkah: the military victory of a small, outmanned Jewish army winning out over a superior Syrian-Greek King Antiochus Epiphanes, who forbade the Jewish people to study their scriptures, keep their calendar, observe their holidays or offer sacrifices in the Temple. The King wanted the Jews to sacrifice to the Greek Gods and study the best of Greek culture. King Antiochus was jealous of the God of Israel and sought to eradicate distinctive Jewish practices and culture.

The second miracle of Hanukkah is the story in Rabbinic tradition, that when the revolt ended and the Jewish people sought to rededicate and purify the Holy Temple in Jerusalem that had been defiled by the decree of King Antiochus by lighting the Menorah, the religious candelabrum that served as a major symbol of religious Jewish life in the Temple, that there was only enough purified olive oil to last for one day, but the lamp remained burning for eight days!

But I also think the story of Hanukkah teaches and shares important lessons for our friends and neighbors of other faiths about religious faith and belief. To me, Hanukkah represents the first

victory in human history of religious freedom. In a certain sense, Hanukkah is a universal holiday of religious freedom. If the Jewish people had lost this physical and spiritual war in 164 BCE (before the common era) and 164 years before the birth of Jesus, Judaism would have died out and since Christianity and Islam emanate out of and are connected to Judaism, there would not be today any adherents of these great faiths. Judaism, Christianity and Islam exist today because of the religious faith of these defenders of Judaism to stand up for their beliefs and rights.

Hanukkah also teaches religious tolerance and the celebration of pluralism. Hanukkah reinforces the rights of a minority to stand up for its beliefs while living in a larger secular or religious culture of other religious faiths. Our country was built on the idea of freedom of religion and the freedom to live by and practice the customs, rituals and commandments of our respective religions. Hanukkah teaches me that sometimes miracles happen in the quiet constancy of our everyday practice of our respective customs, prayers and traditions and our interaction and bonds of friendship and community responsibility with our neighbors of all religions and ethnic groups.

The most enduring symbol of both Hanukkah and Christmas is the celebration of light. We light a Menorah to symbolize the miracles of our survival and the dedication of our people - for over four-thousand years even in the midst of persecution or the attempt to suppress our faith and practice - to practice our customs and traditions with hope and confidence in the future as a monotheistic ethical religion and culture.

For our Christian friends, the lights of the Christmas season represent essential religious beliefs including joy, peace, kindness and service to our fellow human beings. Even with the challenges the Covid-19 pandemic has caused, among the most difficult in our lifetimes, may the lights of our respective traditions strengthen our commitment to our respective faiths and our obligation and opportunity to make a difference

in our community and in the world at large. As one great rabbi wrote: "It is better to light one candle than to curse the darkness." Wishing all of us a meaningful holiday season!

Rabbi Paul David Kerbel is the rabbi of Temple Beth El Mekor Chayim in Cranford. He is active in the Cranford Clergy Association, the Union County Board of Rabbis, the Rabbinic Roundtable of the Jewish Federation of MetroWest, NJ and on the New Jersey Advisory Board of The Anti-Defamation League.

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