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## **HOLOCAUST SURVIVOR SPEAKS TO EDISON SCHOOL STUDENTS**

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#### Westfield Public Schools

Eva Safier Wiener was 10 months old when she and her parents boarded the M.S. St. Louis, a German transatlantic liner docked in Hamburg and bound for Cuba. It was May 1939 and the Safiers were among more than 900 Jewish passengers desperate to get out of Nazi Germany.

Recently, Wiener told her harrowing story to Edison Intermediate School students via a live stream into the classrooms. The event was arranged by Edison teachers Jacqueline Messinger and Sarah Lazarus in coordination with the Holocaust Council of Greater MetroWest New Jersey.

Denied permission to dock in Cuba, the United States, and Canada, the ship's captain vowed not to return his Jewish passengers to Germany, instead finding four countries—Holland, Belgium, France, and England— who were willing to divide up the passenger manifest and welcome the asylum seekers. Despite having relatives in the Netherlands, Wiener said her father chose to put his family on the list for England "to get as far away from Adolf Hitler as possible." Many of the passengers who went to the other three countries, said Wiener, were eventually sent to concentration camps as Nazi invasions continued during World War II.

"I am a survivor because I was part of significant history. Simply because I was Jewish, I was forced to leave a country behind because prejudice, bigotry, hate, and anti-Semitism created an atmosphere that turned the world upside down," said Wiener. "I want to be the spokesperson for those who were not able to tell their stories and [those] who will not be able to tell their stories much longer. We must be watchful and vigilant and careful not to judge others based on our differences."

Wiener says she spent much of her young life in bomb shelters in London to escape German air raids. "But that's nothing compared to what my life might have been if we had been sent to Belgium, France, or the Netherlands," she said. Following the war, the Safier family made it to America in 1946, eventually settling in New Jersey.

"We are the last survivors and you are the last generation to hear us in person," Wiener told the students. "Your homework assignment is to pass on my story [and those of other Holocaust survivors] to your families so that the next generation will know what happened" and will join together to prevent genocide.

Wiener's presentation came as students and staff across the district recognized International Holocaust Remembrance Day.

At Roosevelt Intermediate School, 7th graders in Kimberly Bennett's social studies classes examined the Holocaust through photographs and other primary sources, while 8th graders in the classes of Kira Brady and Elizabeth LeStrange provided thoughtful answers to probing questions. Brady and teacher Dominick Ceccio also led discussions about Renia Spiegel, a Jewish schoolgirl who—like famed diarist, Anne Frank—kept a written account of life in Nazi-occupied Poland until her execution by Nazis in 1942.

During morning announcements, Westfield High School students Remy Waldman and Eric Harnisher, co-presidents of the Jewish Cultural and



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(above l-r) Student leaders Sophia Braun, Remy Waldman, and Eric Harnisher emphasize the importance of "Never Forgetting" and conduct a moment of silence for Holocaust victims.

Photos by Westfield Public Schools

Development Club, and Sophia Braun, a member of the No Place for Hate Committee, called on the school community to "listen and learn from survivors' personal stories and take the time to understand the history of the Holocaust." They reiterated that it is "our responsibility to condemn acts of discrimination and bias when we see it, even on a small level, so that we will never have to experience the horrors of genocide that terrorized our grandparents' generation."

The three student leaders called for a moment of silence for all who lost their lives at the hands of the Nazis during the Holocaust.

"We are so grateful to Mrs. Wiener for sharing her compelling story with our students. Her presentation, and those of other Holocaust survivors and their families, provide a real-life context to our Holocaust curriculum and remind us that we must always speak out against hate," says Superintendent Dr. Raymond González.

González also praised the high school student leaders for "their powerful and impactful statement" and applauded the lessons and discussions that took place around International Holocaust Remembrance Day.

"The lessons provided a thoughtful examination of this horrific period in history," González said. "These classroom experiences are just some of the many ways our students learn about the Holocaust and genocide throughout the school year."



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## **REPAIR CAFE EVENT SET FOR MARCH 26**

Repair Café Garden State

Bring your beloved but broken items to Summit's Repair Café on Saturday, March 26 from 11 a.m. - 3 p.m. at Christ Church, located at 561 Springfield Avenue, at the corner of Springfield and New England Avenues, Summit, NJ. Please follow outdoor signage and enter the event from New England Avenue. No appointment necessary. Non-Summit residents are welcome.

Repair services available at this event include small electronics, jewelry, sewing/textiles, lamps, wooden items, and knife sharpening. This is a free event, but please note that a voluntary contribution is appreciated when an item is brought for repair. Donations help to fund future repair events. Replacement parts for lamps will be on hand for an at-cost fee. Please only bring items that you can carry unaided into our event.

Summit's Repair Café events are co-sponsored by the Summit Area Green Faith Circle and Repair Café Garden State. Green Faith Circle's goal is to inspire, educate, organize, and mobilize people of diverse religious and spiritual backgrounds globally for environmental action. Repair Café Garden State is a network of community organizers who host monthly repair events across the state. This collective shares news and schedules of all upcoming Repair Café events in New Jersey via their website repaircafegs.org. Here you can find all the details of Summit and other local repair events.

If you would like to volunteer or help repair beloved but broken items at this event or future events reach out via email: summit@repaircafegs.org or visit repaircafegs.org for more information.



(above) Bring your beloved but broken items to Summit's Repair Café on Saturday, March 26.

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## **CHRISTOPHER VITALE NAMED TO 40 UNDER 40**

#### Westfield Public Schools

Westfield High School band director Christopher Vitale has been named to the 2022 40 Under 40, a music education advocacy program launched by Yamaha to "recognize outstanding music educators who are making a difference by growing and strengthening their music programs."

Vitale is among 40 music educators across the United States under the age of 40 selected for their action, courage, creativity, and growth.

Yamaha says that "hundreds of nominations were received by students, parents, teachers, local instrument dealers, and mentors, highlighting the music educators impacting their community and students in a positive direction."

Vitale, who is in his 10th year with Westfield Public Schools and 15th year as a high school band director, says he is "extremely surprised and honored" to receive the recognition.

"Though the award recognized me as an individual, I saw it more as a recognition of our band programs in Westfield," he says. "We are fortunate to have an amazing team of band directors, from elementary school through high school, that work together on a daily basis to make the bands in Westfield some of the best in New Jersey."

WHS Band co-director Trevor Sindorf was among a number of people who wrote letters of recommendation in support of Vitale's is equal parts music education and life education," Sindorf writes. "Chris takes the 2nd assignment very seriously. He is invested in his students' well-being far more than any band director I know."

The Westfield High School Bands, under the direction of Vitale and Sindorf, are three-time Band of America regional finalists, repeated New Jersey State Gala participants, and invitees to the Music for All National Concert Band Festival.

"For the last decade, Chris has established a band culture and community at Westfield High School that encourages students to strive for

nomination. "We can all agree that band directing excellence while emphasizing both camaraderie and teamwork," says Thomas Weber, Supervisor of K-12 Visual and Performing Arts. "Selfreflection and self-improvement have superseded competition. Always professional and well respected by his colleagues, I can think of no one more deserving of this recognition."

> Vitale says that "through music, we can teach acceptance. communication, empathy, accountability, time management, and teamwork. If I can teach that and foster a love and appreciation for music along the way, then I think I'm doing everything I set out to do as an educator."



(above) Christopher Vitale, recently named to 40 Under 40 for music educators, conducts students at Westfield High School.





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## **ST. JOSEPH SOCIAL SERVICES CAPITAL CAMPAIGN**

#### Submitted by Dr. Michael Hart

Elliot Dee and Mary Beth Lapham recently spoke to The Rotary Club of Westfield about the three-year Capital Campaign for St. Joseph Social Services in Elizabeth. The Rotary Clubhas supported St. Joseph for decades, but most recently by making sandwiches and bringing them to the center every Wednesday for the past 94 weeks through the Covid-19 pandemic. The



center provides a wide range of social services to the poor and homeless in Union County.

Ms. Dee and Ms. Lapham explained to the club that the center has been overwhelmed by the needs of the community, and the physical space is no longer meeting their needs for efficiency. Following a recent feasibility study, new plans have been drawn for an expansion project.

Currently St Joseph's runs a Soup Kitchen on Saturdays which feeds 200 people each week; provides 400 bags of food every week which feed a family of four for six days; has a program with the Community Food Bank of NJ which feeds 150 households; and runs a farmers' market. Each year the center provides 250,000 meals, and never missed a day during the Covid shutdown.

In addition to food, St. Josephs provides clothing, home goods, diapers, and school supplies to those in need. They also provide support services including mental health counseling, case management, job training, computer skills and summer camp for kids. The center accomplishes all of this with only four full time and 10 part time employees.

The Capital Campaign will raise funds for a bigger food pantry; space for clothing and home goods; renovation of the existing buildings; installing private counseling areas, and reconfiguring and repaving of the parking lot. The cost for the campaign is projected to be \$1.8

million, and is expected to take three years for the construction to be complete.

The center shares space with its sister organization, the Elizabeth Coalition to House the Homeless. The coalition's goal is to help people who have recently become homeless to get back into society as a functioning person with a job and being able to support themselves. They house a family for a short while, assist in substance abuse recovery, provide mental health counseling, job counseling, computer skills workshops, allow them to save up the deposit on an apartment, and eventually move them out. and bring the next family in. The Rotary Club of Westfield helped the coalition construct an additional two-family house in 2007, so they now have four two family houses.

Westfielders have a close relationship with Elizabeth. Nearly 2,000 Westfield residents have been to St Joseph as volunteers last year, including Rotarians, parishioners from Holy Trinity and St. Helen's, Boy Scouts, Girl Scouts, and the Westfield High School Boys Hockey Team.

The Rotary Club of Westfield meets three times per month on Tuesdays at noon. Twice by Zoom, and once in person. Guests are always welcome. Contact Secretary Dr. Michael Hart for information via email at drmhart@yahoo.com or visit westfieldrotary.com.



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Learn more about our process and Employer Frequently Asked Questions on our website: www.inroadsto.org/getstarted



#### Home for Good Dog Rescue

In partnership with Home for Good Dog Rescue, Westfield Girl Scout Troop 40445 is raising the awareness of dogs suffering with heartworm disease, a lethal illness that slowly suffocates multiple organs, leading to a painful death. As a precursor to earning a Bronze Award,



(above) QR code for Home for Good Dog Rescue's Monthly Giving Club.



MARCH PROGRAMS

Evan Weiner: "The Year 1972" Zoom presentation Tuesday, March 8 at 7:00 to 8:00 pm

Friends of the Library Book Discussion: Hamnet In the Meeting Room. Masks required Wednesday, March 9 at 2:00 to 4:00 pm

Trivia Night Zoom presentation Tuesday, March 15 at 7:00 to 8:15 pm

Rock your Resume and Cover Letters with Dr. Colleen Georges Zoom presentation Tuesday, March 22 at 7:00 to 8:30 pm

Hale Speaker Series Presents Judge John Boyle "Looking Back" In the Meeting Room. Masks must be worn. Registration required Wednesday, March 23 at 7:00 to 8:00 pm

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project, the purpose of which is to address an issue by tackling the factors that cause or contribute to it.

The troop first focused on promoting awareness, prevention, and treatment of the deadly heartworm disease by creating a gallery of artwork in support of HFG's Lexi's Beating Heart Medical Fund-a program established in memory of a beloved HFG pup-to ensure all heartworm-positive dogs rescued will be provided the life-saving treatment they deserve.



(above) "Save the Animals in Need" is the message at the heart of the Westfield Girl Scout's Take Action project.

the troop is working on their Take Action These community-minded fifth graders helped educate dog owners that, although the cost of treating can be thousands of dollars, the price of preventing heartworm disease monthly is relatively inexpensive. "I think this project is amazing because we are helping animals get medicine they need," said one Troop member.

> The Troop will also be hosting a donation drive to collect supplies for the Home for Good Dog Rescue's Almost Home Wellness Center in Aiken, South Carolina. This is where rescued dogs receive critical medical treatment and care until they are transported up to New Jersey to be adopted into their loving, forever families.

> Supporting animals in need is nothing new to this group. In the third grade, the Troop created homemade dog toys and baked dog treats that were donated to a local animal shelter.

> Your donation can help Home for Good Dog Rescue treat more heartworm-positive dogs than ever before. Please join the Girls Scouts in supporting Lexi's Beating Heart Medical Fund all year round by joining HFG's Monthly Giving Club.

For more information, visit:

homeforgooddogs.org/monthlygivingclub.

## THE BIG CHEESE: FUN FOR ALL AGES

Miller Cory Museum

Did you know that in 1801 President Thomas Jefferson was given a giant wheel of cheddar cheese? Made by town folk from Cheshire, Massachusetts, the cheese weighed 1,235 pounds. It took a wagon pulled by six horses to deliver it to the White House!

Join us for the Big Cheese: Cheese-Making in Early America on Sunday, March 13, from 2:00 p.m. to 4:00 p.m. Learn more about Jefferson's historic cheese at a special cheese-y story time with craft, then learn how cheese was made in early America. Our cooks will also be demonstrating open hearth cooking using period recipes and techniques. Admission is \$5 for

adults and children 13 and older, \$3 for children ages 3-12, and free under age 3.

The Miller Cory House Museum is located at 614 Mountain Avenue in Westfield, NJ. Call the museum at 908-232-1776 or email millercorymuseum@gmail.com for more information. Visit millercoryhouse.com or westfieldhistoricalsociety.org.

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.



## ATTENTION: ADULTS OVER 40 THAT HAVE PUT THEIR FITNESS ON THE BACK BURNER

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- ✓ A private nutrition coach so you can continue to lose fat for all 52 weeks and know exactly what to eat
- $\checkmark$  A private accountability concierge to keep you on track the entire time



"I FEEL LIKE I'M IN BETTER SHAPE THAN I WAS IN MY 30S" Gianni: My biggest challenge was overcoming bad habits. After joining, I felt great. My health was great. I was incredibly active. I felt like I was in better shape than when I was in my 30s.



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**ABOUT GABRIELE FITNESS:** Gabriele Fitness is a personal training gym that helps people aged 40+ lose weight, gain energy and live a more active life without the use of fad diets or workouts that beat up their body. They've helped thousands of men and women in Berkeley Heights Area to transform their health and life for the past 13 years. As leaders in the fitness industry, they present their methods to trainers and gyms around the globe.

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## **POLAR BEAR SAFETY SWIM**

Westfield Girl Scouts recently hosted their first Polar Bear Safety Swim. Cadette and Senior Scouts taught 23 Daisies, Brownies, and Juniors several best practices to keep safe while in or near bodies of water. The younger girls learned about the importance of the buddy

system, underwater diving, competitive swim strokes, rip currents, and survival techniques.

Our thanks to Stacy "Sparky" Plummer for organizing the event and the Fanwood Scotch Plains Y for hosting it. Photo by Westfield Girl Scouts



(above) Westfield Daises, Brownies, and Juniors learn water safety.

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## A TOUCH OF SPRING DELIVERED WITH MOBILE MEALS

Rake and Hoe Garden Club of Westfield Twelve members of the Community Projects Committee of Rake and Hoe Garden Club of Westfield recently met at the First Baptist Church of Westfield, where Mobile Meals originates, and made 60 small floral arrangements to accompany the meals delivered that day. The club supplies the flowers and prepares the arrangements in laundry detergent caps. These cheerful multicolored floral arrangements were decorated with red and pink paper hearts. The club preforms this service in spring, fall and winter and is much appreciated by the clients who look forward to receiving these colorful arrangements. The event was coordinated by Kris Luka and Mary Foley Smith.

Mobile Meals is a voluntary, non-profit program that provides home-delivered meals to those who are unable to shop and prepare their own meals on either a temporary or permanent basis. It is available to residents of Westfield and surrounding communities including Mountainside, Fanwood, Scotch Plains, Clark, and Cranford. For more information, call

(908) 233-6146.

The Rake and Hoe Garden Club is affiliated with the Garden Club of New Jersey and 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. For more information, call Sharon Shiraga at (908) 228 2865 or visit rakeandhoegc.org or the Club's Facebook page.



(above) Sample floral arrangements crafted by Rake and Hoe Garden Club members for Mobile Meals clients.



(above) Rake and Hoe Garden Club members with their floral creations for Mobile Meals clients (front row l-r): Kris Luka, Margot Partridge, Lena Peitsinovski, Jeanie Pelikan, and Betty Gulino; (back row l-r): Karen Jolley-Gates, Clare Minick, Beth Siano, Mary Foley Smith, Richard Pelikan, Maryfran Annese, and Mary Lou Nolas. Photos by Rake and Hoe Garden Club

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## FUNDRAISER FOR CRANFORD FIREFIGHTER

Knights of Columbus of Garwood and Cranford

The Final Four Charity Fundraiser to support Cranford Firefighter Robert Hurewitz, whose career was cut short by physical injuries sustained on the job, will take place on Saturday, April 2 from 6:00 p.m. to 11 p.m. at the Columbian Club of Garwood at 37 South Ave., in Garwood. Tickets are \$35 per person and include beer, wine, soda, and food.

Hurewitz suffered heart and kidney damage in the line of duty last year. The effects have been

lasting and deleterious. Proceeds from the April 2 fundraiser will be donated his family.

Please help this family of three by participating in the April 2 event or by donating directly to the GoFundMe campaign started by Hurewitz's wife Amanda: GoFund.Me/e460a236. You can also mail a donation check made payable to the Cranford Knights of Columbus, PO Box 501, Cranford NJ 0701 – write in the check note: For Hurewitz Family.



(above) Help raise funds on April 2 for Firefighter Robert Hurewitz whose injuries sustained in the line of duty prevent him from working.



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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.

Mode be duck 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?

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Do you Suffer from any

There are a number of reasons why you developed Osteo-

arthritis 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 addic-

tive medications. Northeast Spine & Wellness Center

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

· 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 danger-

· Loss of muscle strength - This can lead to balance

· Joint deformity - Not just unsightly, but painful as well.

· Creaking Joints - Can be painful and a sign of more

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

ous if you need to move quickly.

discomfort to come.

sound sleep.

issues and the strong possibility of falling.

understands the symptoms you have been

by swelling

of these Symptoms?

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 explain 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!

#### 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 clsewhere and found it to be a painfal and ineffective experience because the injections were not administered using fluoroscopic guidance. Instead of using the incredibly accurate diagnostic fluoros-

copy 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 more with no problem whatwever. 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 hack to normal." - Perry O.

"After only four visits, i have absolutely no pain? The staff is "top-notch." - Quenton L.

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## DR. MARTIN LUTHER KING, JR. CONTEST

Westfield Public Schools

The Dr. Martin Luther King Jr. Association of Westfield announced this month the finalists in their 2022 essay, poetry and art contest for grades 1-8 and public service announcement (PSA) contest for grades 9-12.

"The Dr. Martin Luther King, Jr. Association of Westfield was very pleased with the student participation in our annual contest this year. We asked the younger students to think about what feeling "included" meant to them and what they could do to make sure everyone around them feel included," says association president Elizabeth Wolf. "The older students were asked what they would do personally to eliminate racism and be inclusive. We were impressed with the thoughtful essays, poems, artwork, and PSAs that we received this year."

#### THE FINALISTS FROM THE WESTFIELD PUBLIC SCHOOL DISTRICT ARE: High School

1st Place: Sarah Lincoln, 10th Grade 2nd Place: Tage Mehta, 10th Grade

Intermediate Schools

Essays

1st Place: Vivaan Parekh, Edison, 7th Grade 2nd Place: ahie Panjwani, Edison, 7th Grade **Poetry** 

1st Place: Saidey Kim, Edison, 6th Grade 2nd Place: Jasmine Parran, Edison, 6th Grade 3rd Place: Jessica Zhou, Edison, 7th Grade Art

1st Place: Kiyora Kaneda, Roosevelt, 8th Grade 2nd Place, Tyler Parliman, Roosevelt, 7th Grade Honorable Mention: Cole Zippler, Roosevelt,

## 7th Grade **Elementary Schools**

#### Essays

1st Place: Sameer Talwar, Jefferson, 5th Grade 2nd Place: Robert Weiss, Jefferson, 5th Grade 3rd Place: Madelyn Koellhoffer, Jefferson, 5th Grade

Honorable Mention: Yardley Boorjian, Wilson, 1st Grade

#### Poetry

1st Place: Kayla Richman, Jefferson, 5th Grade 2nd Place: Haley Lupkin, Jefferson, 5th Grade 3rd Place: Miles Ibrahim, Jefferson, 5th Grade Honorable Mention: Annie Duffy, Jefferson, 5th Grade

#### Art

1st Place: Vera Grez, Franklin, 5th Grade 2nd Place: Erin Young, McKinley, 5th Grade 3rd Place: Noelle Boccagna, McKinley,

5th Grade Honorable Mention: Julien Wisiak, Tamaques, 1st Grade

The MLK Association also noted "Special Mention for the First Graders at Tamaques School for their wonderful display board."



## **STUDENT FINALISTS RECOGNIZED AT 9TH ANNUAL PALOOZA**

#### Westfield Public Schools

The Westfield Municipal Alliance and the Westfield High School Dream Team recently recognized student finalists in the 9th Annual Palooza Contest for their submissions of posters, poetry, and public service announcements depicting the theme, "Westfield, Live Your Best Life: Healthy Choices, Everyday Choices."

Finalists from the Westfield Public Schools and Holy Trinity School, grades 1-12, were recognized on January 19, 2022 at a ceremony at Westfield High School.

#### THIS YEAR'S FINALISTS FROM THE WESTFIELD PUBLIC SCHOOLS ARE:

- Brynn O'Grady, Grade 4, McKinley Elementary School
- Blake Sonnek-Schmelz, Grade 4, Washington Elementary School
- Tegan Hegarty, Grade 8,
- Edison Intermediate School • Mahie Panjwani, Grade 7,
- Edison Intermediate School • Elizabeth Verga, Grade 9,
- Westfield High SchoolJulia Magnus, Grade 9,
- Westfield High School
- Livia Reyes, Grade 9, Westfield High School

"The 9th Annual Palooza was a great success, with the recognition ceremony back in person this year after last year's virtual event," says Dream Team Advisor and Physical Education Teacher at WHS, Lauren Hauser. "Fifteen finalists were chosen by our Dream Team members. This year's finalists brought new creativity and positive messages about 'Living Your Best Life' at all grade levels from across the district. More than 100 entries were received and we want to thank all of those who submitted posters, poetry, and PSAs."

As a token of appreciation of the students' hard work, the Albert Anthony Kayal Foundation funded the personal awards while the Matthew Thomas Toriello Memorial Fund is making a donation on the finalists' behalf to Imagine, A Center for Coping with Loss as well as to the Westfield Rescue Squad. making, healthy choices, and creates programs that provide alternatives to underage drinking and drug use. The mission of the WHS Dream Team

The Palooza Contest begins each year in October during National Red Ribbon Week and entries are submitted by early December. The finalists are announced and celebrated during a ceremony each January to which family and other members of the community are invited.

The message of the WHS Dream Team is "Confidence, Choices, Challenges, Changes." The Dream Team promotes positive decision-

making, healthy choices, and creates programs that provide alternatives to underage drinking and drug use. The mission of the WHS Dream Team complements the mission of the Westfield Municipal Alliance in providing supplemental substance abuse prevention education in Westfield schools and to the Westfield community. For more information, please visit the Westfield Municipal Alliance page at westfieldnj.gov, or reach out to Dream Team Advisor, Lauren Hauser, at lhauser@westfieldnjk12.org.



(above) On January 19, 2022, the Westfield Municipal Alliance and the Westfield High School Dream Team recognized student finalists in the 9th Annual Palooza Contest for their submissions of posters, poetry, and public service announcements depicting the theme, "Westfield, Live Your Best Life: Healthy Choices, Everyday Choices."

Photo by WHS Dream Team



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## **HISTORIAN LINDA BARTH TO SPEAK AT LUNCHEON**

#### Westfield Historical Society

Historian Linda Barth will speak at the Westfield Historical Society Luncheon on Wednesday, April 6 at 11:45 a.m. at the Echo Lake Country Club. Her topic is The Delaware make & Raritan Canal: Historic Gem.

This First Wednesday Luncheon event will be entertaining and informative as Linda introduces us to the people, the bridges, the locks, and the aqueducts that made the canal work. This waterway, now the centerpiece of a popular state park, transported men and supplies between New York and Philadelphia during three wars. Inventor John Holland used the canal to deliver his Holland VI submarine to Washington for its Navy trials, and luxury yachts, like J.P. Morgan's Tarantula, cruised the waterway. Come and learn more about this historic gem of central New Jersey.

Linda Barth has been a fan of New Jersey for a long time. A lifelong resident of the Garden State, Linda has written two books on the D&R Canal and three children's picture books, Bridgetender's Boy, Hidden New Jersey, and Alice Paul: Champion of Women's Rights. She has also authored A History of Inventing in New Jersey: From Thomas Edison to the Ice Cream Cone and New Jersey Originals. With her husband, she has published The Millstone Valley Through Time and Somerville Through Time. She has also contributed to the Encyclopedia of New Jersey. She is Executive Director of the

League of Historical Societies of New Jersey and President of the D&R Canal Watch, a friends organization of the D&R Canal State Park.

Those wishing to attend the luncheon may reservation via а email to westfieldhistoricalsociety@gmail.com or by calling 908-654-1794, before Friday, April 1. Please advise if there are special dietary needs.

The luncheon fee of \$35 (WHS members) or \$40 (non-members) includes a three-course meal, coffee/tea, and gratuity. Depending on COVID transmission levels, tables will be spaced out and mask wearing is recommended except when actively eating or drinking. The luncheon fee should be paid in advance (check payable to Westfield Historical Society) by mailing to Westfield Historical Society, P.O. Box 613, Westfield, NJ 07091; by Venmo to @Westfield-HistoricalSociety; or, online at: westfieldhistoricalsociety.org/registration. Payments should be received by Friday prior to the luncheon. Attendees should check the club's dress code at: echolakecc.org/guest-info

Since 1968, the 501(c)(3) non-profit 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 Westfield Historical Society and their events, visit westfieldhistoricalsociety.org, like us on Facebook, and follow on Instagram.



(above) Author and historian Linda Barth will present a program entitled Delaware and Raritan Canal: Historic Gem Photo by Westfield Historical Society



\*Some expiration dates apply so don't delay





## WESTFIELD Y YOUNGSTERS HOST ANNUAL "SOUPER" BOWL

Westfield Area YMCA

All of the Westfield Area YMCA preschool, full-day early learning, and Kindergarten classes recently participated in their annual "Souper" Bowl. This was a great way for the children to learn about numbers and the concept of social responsibility! Students brought in soup cans and used them to vote for the team they thought would win the big game. In the process, they practiced using tally marks, counting and sorting. All 563 cans of soup were then donated to the Westfield Food Pantry.

The Robert and Virginia Bauer Branch, located at 422 East Broad Street, has full-day and half day preschool and full-day Kindergarten programs for children ages 2<sup>1</sup>/<sub>2</sub> - Kindergarten. The Early Learning Center YMCA, located at 170 Elm Street, offers full-day early learning programs for children ages 6 months - 5 years. For more information, contact Eileen Rooney, Director of Early Childhood, at erooney@westfieldynj.orgor 908-301-YMCA (9622) x134.

The Y is the nation's leading nonprofit committed to strengthening communities through youth development, healthy living and social responsibility. Visit westfieldynj.org to learn more about Westfield Area Y programs. Financial assistance is available for YMCA programs and membership to those who qualify.



(above) Jill Koerber and Lorraine Wolski's Westfield Area YMCA Full-Day Kindergarten vote with their soup cans that the Rams would win over the Bengals 43 to 41. The "Souper" Bowl is also a lesson in social responsibility.

Photo by Westfield Area YMCA



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## A FRESH LEARNING EXPERIENCE FOR JEFFERSON ELEMENTARY STUDENTS

#### Westfield Public Schools

Second graders at Jefferson Elementary School recently enjoyed a fresh learning experience, as they sampled salads that included lettuce varieties harvested from the school's aeroponic Tower Garden.

The vertical and compact indoor garden uses a plant-cultivation technique which requires no soil, utilizes LED indoor grow lights, and delivers a special blend of nutrients via a pump and tubing to evenly water the exposed plant roots. The seeds were planted in late November

ready for harvest.

"The Tower Garden weaves into our plant and insect unit that we will study in the spring," says Jefferson 2nd Grade Teacher, Dawn Donahue, who, with the 2nd grade team and their students, enjoyed the fruits (and vegetables) of their labor.

The Jefferson PTO purchased the Tower Garden for the school in the fall of 2018, with students in all grades given the opportunity to cultivate a soil-less crop.

"The students love watching the vegetables



(above) Jefferson 2nd grade Teacher, Dawn Donahue, serves fresh salad greens and other fixings on January 21, 2022 as her students prepare to enjoy the fruits (and vegetables) of their labor.



2021 and by mid-January 2022, the lettuce was grow in the Tower Garden. They learn the entire process from seed germination to harvesting," says Jefferson Principal, Dr. Susie Hung. "It inspires students who typically may not eat vegetables to try various types during the salad tasting. Some students go home telling their parents they actually like salad afterwards."



(above) Jefferson 2nd Grader, Rafael Robles prepares to enjoy a salad with lettuce freshly harvested from the school's aeroponic Tower Garden.



(above) The early growth of lettuce varieties in Jefferson School's Tower Garden is evident on December 8, 2021; by January 14, 2022, the lettuce is ready for harvesting.

Photos by Westfield Public Schools



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## A CHORUS LINE COMING TO CDC THEATRE IN CRANFORD

Come be part of Broadway's most legendary musical audition. After having been postponed from its 101st season, A Chorus Line will run at CDC Theatre in Cranford from March 11 through March 26, 2022. This stunning concept musical captures the spirit and tension of a Broadway chorus audition and explores the inner lives and

bittersweet ambitions of professional Broadway performers. Winner of nine Tony Awards, including Best Musical and the Pulitzer Prize for Drama, the show features one powerhouse number after another. Michael Kidney leads the talented cast as director and choreographer. Visit cdctheatre.org for ticketing information.



(above) Cast of A Chorus Line. Visit cdctheatre.org for ticketing information.

## **AUDITIONS FOR A BRONX TALE**

CDC Theatre in Cranford

Auditions for A Bronx Tale will take place at CDC Theatre, 78 Winans Ave., Cranford, NJ on March 14, at 7 p.m. for young Calogero only; and March 15 and 16 at 7 p.m. for all other roles. Callbacks will be on Tuesday, March 22 at 6 p.m. by invitation only.

Please bring a headshot and resume stapled together and provide proof of vaccination. Prepare a 32-bar cut of a contemporary Broadway song; sides will be provided.

Based on the critically acclaimed play that inspired the now classic film, this streetwise musical will take you to the stoops of the Bronx in the 1960s—where a young man is caught between the father he loves and the mob boss he'd love to be. Featuring a book by Academy Award nominee Chazz Palminteri, music by Oscar, Grammy, and Tony Award winner Alan Menken, and lyrics by Grammy Award winner and Oscar and Tony Award nominee Glenn Slater, A Bronx Tale is a story about respect, loyalty, love, and above all else: family.

Rehearsals will take place at CDC, in the evenings on Tuesdays, Wednesdays, Thursdays and Sundays, starting April 5th. Performances are June 10, 11,17,18,24,25 at 8pm, and June 19th at 2 p.m. Additional information can be found by visiting cdctheatre.org.





#### **UGLY HOMES WANTED** FOR TELEVISION PROGRAM IN THIS AREA

We need 30 Ugly Homes with Ugly Kitchens, Bathrooms, Siding, Window, etc., Inside or Outside that need fixing or Remodeling. We will Repair and Remodel them and shoot video for training film and future TV show on Home Remodeling Work.

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CALL 833-375-1472 Ask for TV Project Department, for job evaluation and estimate of cost and compensations!

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## **POST-COVID RECOVERY PROGRAM**

(RWJUH) Rahway, an RWJBarnabas Health facility, offers a Post-COVID Recovery Program to address the needs of individuals with post-COVID syndrome.

The Post-COVID Recovery Program enlists RWJUH Rahway's highly skilled physiatrists, physical, occupational, and speech therapists who work together to evaluate and create a plan of care for each patient. Each of these disciplines is needed to address the wide range of symptoms presented by post-COVID patients, from fatigue, decreased endurance, and difficulty breathing to joint pain and problems with sleeping and concentration known as "brain fog." Patient care is provided by clinical experts at one of our three locations: RWJUH

Robert Wood Johnson University Hospital Rahway, RWJ Fitness and Wellness Center in Scotch Plains, and RWJ Fitness and Wellness Center in Carteret.

"While it is still yet to be seen if long-COVID will affect those who have contracted COVID-19 during this most recent surge, we have learned that early intervention, addressing all symptoms through a unique and interdisciplinary approach will lead to a much better outcome," said Paul Abend, DO, FAAPMR, Physiatrist and Medical Director of Rehabilitation Services, RWJUH Rahway, an RWJBarnabas Health facility.

**RWJUH Rahway's Post-COVID Recovery** Program requires a prescription and an initial evaluation to custom design a plan of care. For more information and to make an appointment, please call 732-499-6012.





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

## CHECK FOR SPOTTED LANTERNFLY EGG MASSES Westfield MONTHLY · Page 23 · March 2022

NJ Department of Agriculture The weather is warming up, check your trees for Spotted Lanternfly (SLF) egg masses. When you find them crush them. Use an old bank card, small rolling pin or putty knife.

Citizens are advised to destroy the Spotted Lanternfly in all its forms.

SLF is a serious invasive pest with a healthy appetite for our plants and it can be a significant nuisance, affecting the quality of life and enjoyment of the outdoors. The spotted lanternfly uses its piercing-sucking mouthpart to feed on sap from over 70 different plant species. It has a strong preference for economically important plants and the feeding damage significantly stresses the plants which can lead to decreased health and potentially death.

As SLF feeds, the insect excretes honeydew (a sugary substance) which can attract bees, wasps, and other insects. The honeydew also builds up and promotes the growth for sooty mold (fungi), which can cover the plant, forest understories, patio furniture, cars, and anything else found below SLF feeding.

Call for free a consultation if you need

help developing an online marketing plan.



(above) The weather is warming up, check your trees for Spotted Lanternfly egg masses. When you find them crush them. Use an old bank card, small rolling pin or putty knife.

Joe Renna at 908-447-1295

email: JoeRenna@RennaMedia.com



## RENNA MEDIA LAUNCHES THREE NEW NEWSPAPERS

Beginning in March three new towns have joined Renna Media's growing family of newspapers: Florham Park Press, Millburn Short Hills Monthly, and Elmora Hills Elizabeth. Renna Media is now mailing 160,000, townspecific newspapers, to 24 towns each month.

The newspapers' goal is to be a positive influence on the economic development and overall well-being of the town. Our publications exist to share community service news and the good things that are happening in the community.

Renna Media is a Cranford, NJ based business owned and operated by husband and wife team of Joe and Tina Renna. Renna Media's family of 24 community newspapers are published in Morris, Essex, Union and Somerset counties, with a total circulation of 160,000. The publications are "hyperlocal" in nature in that they contain information focused on each individual town, and are direct mailed within those towns.

The concept of being hyper-local is to give local businesses a venue to promote services. Reaching local customers gives you the highest return for your advertising dollars. The newspapers are designed (black ink on newsprint) to keep the cost of an advertisement to as low as \$60. Regional businesses can take advantage of one low rate for advertising in multiple towns.

Renna Media also prints full-color flyers that get mailed along with the newspapers. A cost effective alternative to mailing postcards.

For more information about Renna Media publications, please visit rennamedia.com.

You can contact Tina Renna regarding advertising, or to submit news, via email info@rennamedia.com; or call 908-418-5586.



(above) Joe and Tina Renna, owners of Renna Media, LLC, publish 24 direct-mailed community newspapers with a total circulation of 160,000. They have been publishing community newspapers since 1998. For more information, please visit rennamedia.com.



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