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EAGLE SCOUT PROJECT BUILDS SHED TO HONOR VETS

Submitted by Martin Wallberg American Legion Post 3

Due to the efforts of Eagle Scout Aidan Sheppard (Troop 72, Westfield), the Martin Wallberg American Legion Post 3 received a new storage shed.

Throughout his scouting career, Aidan Sheppard partnered several times with the American Legion to serve the community. For instance, each year Aidan sold Boy Scout popcorn door to door throughout town or at the local Stop & Shop, some residents decided to donate money in lieu of buying popcorn. Aidan decided to use the donated money to purchase popcorn and/or 20oz. trail mix pouches from his popcorn inventory to go into the monthly Military care packages put together by the Post 3 volunteers. Over several years, Aidan donated about \$1,500 worth of product for the cause.

Each year the weekend before Memorial Day, the scouts of Westfield lay miniature American flags at the graves of veterans in Fairview Cemetery. The flags are proudly displayed for many months until they are ready to be retired, at which point they are brought to Post 3 along with other American flags residents drop off to be retired throughout the year. However, to store the flags before they were to be retired space was always an issue at the facility.

On his many trips to the Post, Aidan saw the flag storage issue and quickly realized it could be a good candidate for an Eagle Scout project that would honor and serve both the local community as well as the many veterans who gave so much for all of us. So, Aidan decided he wanted to build a custom 5x8 shed for the Post to house all the American flags before they were retired.

On June 12, 2022, Aidan was one of 5 scouts from Troop 72 to earn their rank of Eagle (Scouts BSA, highest rank) during the troop's Eagle Court of Honor Ceremony. Multiple speakers at the ceremony pointed out, of all scouts since the inception of scouting in 1910, only 4% of scouts have earned the rank of Eagle. Some well-known Eagle Scouts you may have heard of include Gerald Ford, Martin Luther King, Jr., Neil Armstrong, Bill Gates, and Steven Spielberg to



(above) Billy Weynberg (Sons of the American Legion Commander), Aidan Sheppard, and Randy Grizzard (Post 3 Commander).

Photo by Colby Sheppard

name a few.

In addition to earning many Merit Badges, and moving through years of rank advancement, an Eagle Scout must also undertake a project to benefit their community. Westfield was fortunate to be the beneficiary of this Eagle Scout project which will serve the community for many years to come.

To learn more about the Eagle Scout projects, visit Troop 72 online at troop72westfieldnj.org.

Congratulations to Aidan, the volunteers who helped on his project, and the American legion for their partnership on this spectacular achievement. Also, a special "Thank You" to Westfield Lumber & Home Center for their donation of all the paint used to paint the shed.

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Westfield Monthery

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Westfield Monthly

Westfield Public Schools

October is Breast Cancer Awareness Month. The Westfield High School Girls Volleyball team held its 13th Annual Pink Out fundraiser on September 30 as varsity, junior varsity, and freshmen teams played East Brunswick High School, with all proceeds raised benefiting Pathways, a program of The Connection for Women and Children that supports women with cancer and cancer survivors. The Westfield High

School Student Government Association (SGA) also organized a homeroom fundraising effort and a staff/student volleyball game, raising an additional \$1,500 for Pathways.

"It was a great morning filled with a lot of pink and passion to show support for this incredible cause and a wonderful first Student/Teacher Game Day, one of several the SGA is planning for this school year," said SGA advisors Jamie Glickman and Callie Campbell.



(above) Girls Volleyball team held its 13th Annual Pink Out fundraiser on September 30.

Photo by Westfield High Schools

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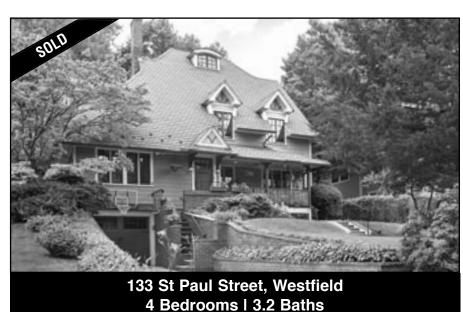
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Submitted by Dr. D. Michael Hart

Executive Director Lindsay Schambach spoke to the Rotary Club of Westfield about Imagine, which offers grief counseling support for children and families. Lindsay had lost her young husband in 2018 when they had a 4-year-old son and a newborn child. She found the program to be tremendously helpful to both her and her children.

Lindsay worked as a teacher and later as a school principal at a charter school in Newark. After spending several years at Imagine, they asked her to be director. Accompanying Lindsay to the meeting were Keith Hertel, one of the founding directors, and Angela Tayco, Communications and Development manager.

Imagine is currently located at 244 Sheffield St, Mountainside. They get about 12 phone calls per day and have 3 social workers on staff. They started in Westfield in 2012, and are celebrating their 10 year anniversary with a Gala on November 2, 2022 at The Palace in Somerset, NJ. For information check the website imaginenj.org/gala

Imagine likes to set up Community partnerships, and have been working with Greta's Run in Westfield to commemorate the passing of Greta Schoenemann. They also provide counseling for trauma from Covid or school shootings, etc. 60% of their funding comes from private donors, with the remainder coming from

grants.

The Rotary Club of Westfield meets the first three Tuesdays of each month for lunch at Limani Seafood Grill on North Ave at noon. Guests are always welcome. For information check out the website westfieldrotary.com or contact club secretary Michael Hart by email at drmhart@yahoo.com



(above, l-r) Imagine Executive Director Lyndsay Schambach is pictured with Rotary Club President Tony LaPorta.

Courtesy photo

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Westfield MONTHLY · Page 6 · November 2022 MARCHING BAND WINS FIRST PLACE HONORS



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The Westfield Marching Blue Devils kicked off their competitive season with first-place honors at the Scotch Plains-Fanwood New Jersey Marching Band Directors Association Contest on September 24, 2022. The band placed first in class AAAA, winning music and overall effect. They also were awarded Best Overall Music and Overall Effect for the entire

The Westfield Marching Blue Devils kicked event as well as being named the Grand f their competitive season with first-place Champion of the night for receiving the highest score regardless of class.

This year's band is under the leadership of drum majors Jessica Strauss and Sarah Lincoln and they competed on October 8 at the Bands of America Mid-Atlantic Regional held at the University of Delaware.



Photo by Westfield Public Schools

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THE WESTFIELD FOUNDATION DONATES \$8,600 TO CARING CONTACT

The Board of Trustees of the Westfield Foundation presented a \$8,600 grant to Caring Contact on September 28. Since 1975, the mission of the Westfield Foundation is to provide funding support in the arts, health, aging, historic preservation, social services, and civic projects in Westfield and surrounding communities.

WESTFIELD UNITED FUND UNITED BY LIGHT

The Westfield United Fund is launching Westfield United by Light, an event to shine a light on mental health, and is asking the community to participate by lighting up their streets with candlelight luminaries on November 27. Residents can purchase luminary candle kits from WUF, with all proceeds going to support mental health programs at WUF agencies, including Caring Contact, Imagine, Jewish Family Service, Youth & Family Counseling, and YWCA Union County. For more information and purchase a candle visit westfieldunitedfund.org/unitedbylight.

"On July 16 the National Suicide Prevention Lifeline changed its 10-digit phone number to '988', making it easier for those in emotional distress to get the help they need. With this change will come an increase in calls to Caring Contact", said Mary Claire Givelber, Executive Director of Caring Contact. "The Westfield Foundation's generosity will ensure that Caring Contact has more trained listeners available to answer these calls in Westfield and neighboring towns."

"Caring Contact's goal for 2022 is to answer over 6,000 calls from the 988 Suicide and Crisis Lifeline. We provide this support through our amazing staff of highly trained Volunteer Crisis Line workers," stated Ms. Givelber. "We currently have over 90 volunteers and began our 101th training session in September. The Westfield Foundation's support allows us to

continue training more volunteers which enables us to help more individuals in distress."

Caring Contact is an award-winning, volunteer-staffed caring and crisis hotline providing active listening support and best-inclass education to the Central and Northern New Jersey community. They attentively and compassionately serve those in emotional distress and educate communities about the power of personal connection. Caring Contact is accredited by the International Center for Helplines, a member agency of the 988 Suicide and Crisis Lifeline, and the American Association of Suicidology. To learn more about volunteer opportunities at Caring Contact, visit caringcontact.org.

If you, or someone you know, is in crisis and need someone to listen, call 988. You are not alone.





RELIEF FROM CHRONIC KNEE PAIN

FDA Approved Treatment to Avoid Surgery

DON'T BLAME THE ARROW FOR MISSING THE TARGET

Just like tens of millions of other Americans, you were looking for relief from your chronic knee pain. You thought Viscosupplementation injections might be the answer, but the results were disappointing and painful. Don't assume the treatment wasn't right. That could very well be like blaming the arrow for its path to the target when the problem might be the archer. If you didn't get the pain relief you were hoping for, chances are your injection treatment was off target. Unlike blind injections or even ultrasound targeted treatments found elsewhere,

Northeast Spine & Wellness Center uses diagnostic fluoroscopy to make sure the area that needs treated is the exact area where the injection goes. This is the most advanced method of delivering this pain relieving treatment with 95% accuracy to give you the results you're looking for. The use of Fluoroscopy guided injections sets Northeast Spine & Wellness Center apart. The end result is you living pain free from your chronic knee pain. You can avoid the lengthy and painful road of knee replacement surgery. You can avoid the endless trial and error assortment of potentially addictive prescription medications. This treatment, using fluoroscopy guided injections has seen a success rate of above 85% in those suffering from knee pain related to ostcoarthritis, 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 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 whatsoever. I can go up and down steps with no pain." - Patricia G

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

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

- Quenton L.

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BOE APPROVES NEW B.A.



(above) At its meeting on October 18, 2022, the Westfield Board of Education approved the appointment of Patricia Ramos as School Business Administrator/Board Secretary. Ramos will succeed Dana Sullivan who is retiring as of December 31, 2022.

Photo by Westfield Public Schools

At its meeting on October 18, 2022, the Westfield Board of Education approved the appointment of Patricia Ramos as School Business Administrator/Board Secretary. Ramos will succeed Dana Sullivan who is retiring as of December 31, 2022.

Ramos joined the Westfield Public School District in July 2022 as Assistant Business Administrator.

"Since starting in Westfield, I have been impressed by the dedication of the staff. There is a true motivation to provide for the success of all students," says Ramos. "Even with a budget that is less than comparably-sized districts, the staff has found ways to keep Westfield a top-rated public school system."

Prior to coming to Westfield, Ramos served as assistant business administrator for 18 years in the Livingston Public School District, working closely with the business administrator in preparing and maintaining the annual school budget.

"During my time in the Livingston Public Schools, I was trained on all aspects of the business administrator role including transportation, payroll, buildings and grounds, managing employee concerns, food services, and referendum projects," Ramos adds.

Ramos received a Bachelor of Science in Accounting at St. Peter's College in 2000 and previously worked as a supervising senior accountant at Ernst and Young in Iselin, New Jersey from 2000-2003.

"Mrs. Ramos has a clear understanding of the role of finance and how it impacts a school district and its students," says Superintendent Dr. Raymond González. "Her strong credentials and expertise will serve the district well as we prepare to present the 2023-2024 school budget to Westfield voters in April."

ENJOY A SCANDINAVIAN SHOPPING SPREE IN NEW PROVIDENCE

After a 3 year delay because of the pandemic, Lodge Linne #429 VOA will once again be sponsoring their annual Import Sale on Saturday, November 19, 2022. The 42nd annual Scandinavian Import and Gift Sale will be held at Salt Brook School, 40 Maple St, New Providence, NJ (off Springfield Ave,). The sale will be open to the public between 10:00 a.m. and 3:00 p.m. and is handicapped accessible. Admission is free.

The sale will feature a variety of traditional holiday and everyday Scandinavian items made from silver, amber, wood, paper, wool, straw, and other materials. These gift and handicraft items are either manufactured in one of the Nordic countries or are designed in a Scandinavian style or motif and manufactured elsewhere.

Many of the traditional Scandinavian decorating items will be offered, including a large variety of elf-like tomten, Jul Bock or straw goats in many sizes, and many Christmas ornaments. Among paper items for sale will be a wide selection of advent calendars, including those filled with chocolate candy, Carl Larsson calendars, Christmas cards, and stationary. An assortment of table linens will be available including runner fabric by the yard for both Christmas and everyday use. For the home one will find trays, baking needs, aprons, knives, Danish wrought iron candleholders, and wooden candleholders for Christmas and general use. Personal items will include lovely sweaters from Dale of Norway for men and women in both cardigan and pullover styles. The jewelry

UNION COUNTY'S GOT TALENT AT KEAN ON NOVEMBER 19

Union County's Got Talent (UGT) is a major fundraising event that supports the Union High School Performing Arts Company and the Douglas Michael Krueger Scholarship Fund, both of which directly benefit the students of Union Township.

Union's Got Talent has been a major community success and, this year, we have gone county-wide.

Our contestants this year either live, work or attend school in Union County. We have 20 contestants from various towns in Union County.

The show, on November 19, 2022, will be hosted by Kean University and will take place at Kean's Enlow Recital Hall.

Tickets are available only online at unionsgottalent.org. Tickets will not be available at the venue. Enlow Hall is a small theater with only 300 available seats. We advise that patrons buy their tickets early.

This year, UHSPAC and the DMK Scholarship Fund will be partnering with the Township of Union's Cultural Arts Committee with sponsorship by Investors Bank, Union's Special Improvement District and BCB Bank to present UGT on Saturday, November 19, 2022.

department is selling necklaces, earrings, and pins.

We will be selling a large variety of Scandinavian baked goods, such as limpa bread, coffee braids, and pastries. Imported foods that will be sold are cheeses such as authentic Farmer's cheese, several types of herring, lingonberries, cloudberries, and various chocolates and marzipan. Scandinavian pastries will be served throughout the day. Drawings for door prizes will be held frequently during the day.

The location of the sale is easily reached by taking either route 24 to Summit or route 78 to New Providence. Springfield Avenue is also known as route 512. The school is also a 5-minute walk from the New Providence Railroad Station on the Summit/Gladstone line from New York City.

Lodge Linne #429 Vasa Order of America is a non-profit organization originally for individuals of Scandinavian descent. However, now membership has been opened up to people who are interested in Nordic heritage and culture. For further information about membership contact Vibeke (908-646-0425) or Judy (908-464-0139). The lodge meets on the third Friday of the month at Faith Lutheran Church, 524 South St., in New Providence

Proceeds from the Import Sale benefit many organizations and charities such as First Aid Squads, Summit Speech School, Sage, Bling Foundation, a New Providence High School scholarship, and annually we sponsor a New Providence girls softball team.

Admission is free. Only checks and cash are accepted.



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(above) Join the Miller-Cory House Museum as their cooks demonstrate the preparation of an early American Thanksgiving feast over the museum's open-hearth fire.

RAHWAY'S FALL FISHING FLEA MARKET NOV. 19

The Rahway Fall Fishing Flea Market will be held on Saturday, November 19th, 2022, from 9 a.m. to 2 p.m., at St. Thomas Church Hall, 1400 St. Georges Ave., Rahway, NJ. A wide variety of salt and fresh water fishing tackle will be on display for anglers looking for great buys.

New, used, antique, custom fishing and boating items will be available to all. Door prizes will be given away every half hour which include rods, reels, tackle and much more. Food and refreshments are sponsored by St. Thomas Holy Name Society. Admission price is \$5 per adult, children 12 and under are free. For show or vendor information visit fishingfleamarkets.com or call 732-381-2165.



A COLONIAL THANKSGIVING AT THE MILLER-CORY HOUSE

A special day of thanks has been part of the American tradition since 1621. The Miller-Cory House Museum cooks will demonstrate the preparation of an early American Thanksgiving feast over the museum's open-hearth fire, using colonial recipes and seasonal ingredients. (Please note that this is a demonstration only; dinner is not being served.)

Proper colonial dining also requires proper table customs. The program includes a presentation on authentic early American manners, place settings, and other interesting "table top traditions." Docents will be available to give tours of the fully furnished colonial-era farmhouse.

Admission is \$5 for ages 13 and older; \$4 for ages 3-12, and free for ages 2 and younger.

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.

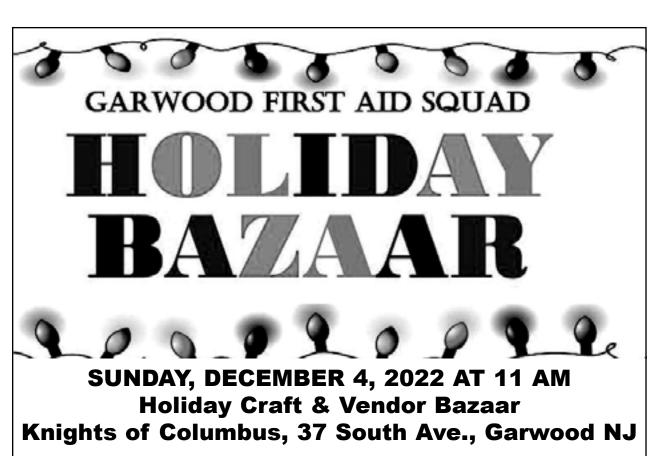
Since 1968, the 501(c)(3) non-profit Miller Cory House Museum/Westfield Historical Society has worked to preserve, interpret and encourage interest in history, Westfield, and its residents through educational efforts and community outreach programs.

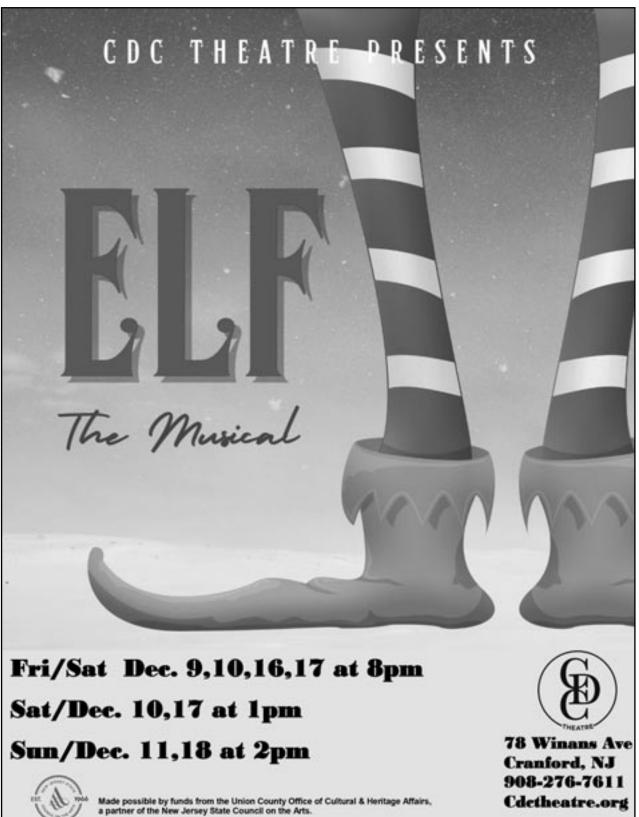
For more information on the Miller Cory House Museum/Westfield Historical Society and their events, visit millercoryhouse.com

or westfieldhistoricalsociety.org.

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OCTOBER GARDEN OF THE MONTH

The Garden Club of Westfield has selected the imaginative Halloween garden of Dan and Sejal Gross at 967 Lawrence Avenue as their October Garden of the Month.

Mr. Gross began to garden when he was 11 years old. Later in life, he turned his interest into a career when he established his own landscaping business. Now he has fashioned his skills, creativity, and artistry into creating his own outstanding garden. The garden has a variety of trees, shrubs, perennials, and annuals, which provide visual delight throughout the year. These include pin oaks, river birch, boxwood, holly, viburnums, azaleas, rhododendrons, climbing hydrangeas, yuccas, variegated ferns, astilbe, grasses, and liriope. Pink and white New Guinea impatiens are still in bloom. However, autumn and Halloween are now the themes of the garden with colorful mums, ornamental cabbages, pumpkins, and cornstalks. Mr. Gross has also decorated the property with "friendly" ghosts, spider webs, and a large "Boo" sign, made with the help of his son, above the property.



(above) The garden of Dan and Sejal Gross was selected as the October Garden of the Month by the Garden Club of Westfield.

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HIGH SCHOOL WINS GROUP 4 SHOPRITE CUP

Westfield Public Schools

Westfield High School received the Group 4 ShopRite Cup for the 2021-2022 school year at a ceremony held on October 1 at Gary Kehler Stadium. The prestigious recognition is awarded annually at the end of the school year to the top athletic programs in New Jersey in

public school groups. This is the second-ever ShopRite Cup win for Westfield High School since 2010.

Taking home state championships for the 2021-2022 season were WHS Girls Soccer, Boys Winter Track and Field, Girls Swimming,

each of four public school groups and two non- and Girls Basketball. Placing 2nd in the NJSIAA state tournament were Girls Tennis, Boys Tennis, Bowling, Boys Swimming, Boys Golf, Boys Cross Country, and Boys Winter Track Relays. Two teams placed 3rd and 4th in the state tournament - Boys Ice Hockey and Boys Spring Track and Field.



(above) The Group 4 ShopRite Cup for the 2021-2022 school year was awarded to Westfield High School during a ceremony held on October 1.

Photo by Westfield Public Schools

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WESTFIELD HISTORIC PRESERVATION COMMISSION RECEIVES 2022 PRESERVATION NJ

The Board of Directors of Preservation New Jersey (PNJ) honored Westfield's Historic Preservation Commission (HPC) with its award for outstanding commission on October 12, 2022 at a ceremony at the 1867 Sanctuary in Ewing, NJ. Founded in 1978, PNJ is a statewide, non-profit historic preservation organization that promotes the economic vitality, sustainability, and heritage of New Jersey's diverse communities through advocacy and education. According to the President of the Board of

Directors, Paul Muir, "this award recognizes organizations and individuals that have made important and sustained contributions to the understanding and promotion of historic preservation and history in New Jersey."

Board member William Michelson presented the award to HPC Chairwoman Maria Boyes, who accepted with HPC members Jennifer Jaruzelski and Greg Blasi in attendance. In presenting the award at the ceremony, Mr. Michelson stated that the Westfield HPC has "undertaken new initiatives and provided long term quality work to their community," in

addition to their efforts of "actively engaging local citizens."

In accepting the award, Chair Boyes gave credit to all of the HPC members for lending their time and talents for the benefit of Westfield. Boyes stated that when she first began volunteering for the HPC, "we made it our mission to change public perception" by inviting residents to educational workshops and community activities where they can meet the members and be mutually inspired by the history in their town.

Recognizing the cultural significance of Westfield's rich historic and architectural heritage, the Historic Preservation Commission (HPC) was established by municipal ordinance in December 1984. The HPC is charged with preserving historical sites and structures while fostering an appreciation for these landmarks as an essential element of the town's unique character.

For additional information, visit the Commission's website at westfieldnj.gov/historicpreservation.



(above) Westfield Historic Preservation members Greg Blasi, Jennifer Jaruzelski, and Chairman Maria Boyes accept the award from Preservation NJ board members William Michelson and Paul Muir. Courtesy photo

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(above) Detective DaSilva and Officer Hayes visited with residents of Westfield Senior Citizens Housing on October 18 as part of their "Coffee with a Cop" tour.

Courtesy photo



(above) National Merit Semifinalist Andrew Matus was recognized at the October 18 Board of Education meeting, pictured here with Board President Brendan Galligan (left) and Superintendent Dr. Raymond González.

Photo by Westfield Public Schools

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"COFFEE WITH A COP" AT WESTFIELD SENIOR CITIZENS HOUSING

delighted to welcome the Westfield Police Department once again to engage with our seniors on their "Coffee with a Cop" tour. The Westfield Police officers brought coffee, soft pretzels, muffins, pastries and a variety of safety items to distribute to our seniors at 1133 and 1129 Boynton Avenue.

wonderful opportunity for the seniors to learn ways of staying safe. Detective Silva and Officer Hayes informed the senior citizens at

Westfield Senior Citizens Housing was both buildings on the dangers of neglecting to lock your apartment door and car door; scams targeting senior citizens; how not to become a victim of identity theft; and, so much more. The seniors were very appreciative of the time and effort given by the officers and detectives of the Westfield Police Department.

Westfield Senior Citizens Housing, located The "Coffee with a Cop" program is a at 1133 and 1129 Boynton Avenue, Westfield, NJ, was planned and built by the Westfield Senior Citizens Housing Corporation (non-

ACADEMIC HONORS AT WESTFIELD HIGH SCHOOL

Westfield Public Schools

At its October 18, 2022, meeting, the Westfield Board of Education welcomed Westfield High School 12th grader Andrew Matus, a semifinalist in the 2023 National Merit Scholarship Program. Matus is among a nationwide pool of about 16,000 semifinalists who represent less than one percent of U.S. high school seniors. These academically talented students have the opportunity to continue in the competition for National Merit Scholarships that will be offered next spring.

Eleven Westfield High School students have been recognized for their exceptional academic

promise as Commended Students in the 2023 National Merit Scholarship Program as well: Owen Craig, Elaine Deignan, Adrian Gripp, Julian Hamilton, Audrey Jones, Grace Kilbourn, Meryl Li, Michael Liebermann, Cameron Linenberg, Mackenzie Wilson, and Sophia Xing.

Additionally, five Westfield High School students earned perfect scores on June 2022 ACT and SAT subject area tests: Aprameyo Chakravarty (SAT Math), Graydon Calder (SAT Math), Audrey Jones (ACT Reading), Rachel Malkinzon (ACT Math), and Iskandar Mirtagavi (ACT Reading).





100TH ANNIVERSARY CELEBRATION

sunroom of the Reeves-Reed Arboretum. Since 1922 the club has contributed to the vitality of the community of Westfield with its contributions to civic beautification and

The Garden Club of Westfield, Inc. celebrated conservation. Notably by maintaining the its 100th anniversary with a tea service in the planters in downtown Westfield, the Blue Star Garden at Tamagues Park, weekly flower arrangements in Memorial Library and most recently a native wildflower and perennial meadow in Mindowaskin Park.







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COMMUNITY SERVICE GRANT APPLICATIONS FOR LOCAL NON-PROFITS

Rotary Club of Westfield

Marta Alexandre, Rotary Club of Westfield Community Service Grants Chairperson, has announced that Rotary Grant Applications are now being accepted for consideration. Non-profit organizations may receive a copy of the official application directly from the Rotary website at westfieldrotary.com, e-mail by malexandre@spencersavings.com, contacting Mrs. Alexandre at 908-889-6390.

To be considered for a Westfield Rotary Club Community Service Grant, local non-profit organizations must complete and submit the official grant application. Grant applications will be reviewed in the Fall, and must be submitted before the respective October 15 deadline to be considered. The Rotary Club, in accordance with its goal of Community Service, is most interested in providing grants for programs and projects that directly serve the people in the community. As part of the decision process, the Grants Committee reviews the simple one page application form to receive a clear understanding of the way in which the funds are used. Grants will not be awarded for capital improvements or operating funds. An organization may only apply for one grant per year.

Rotary is a community service organization comprised of business and professional men and women who live or work in the Westfield area. The Rotary Club of Westfield meets Tuesdays at 12 p.m. Prospective members and guests are welcome to join any of the weekly meetings. For information, additional please info@westfieldrotary.com or visit our website westfieldrotary.com.

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VETERANS DAY CEREMONY

The Martin Wallberg American Legion Post #3 will be hosting this year's Veterans Day ceremony, to be held at the World War I Monument located in the center of town (North Ave., & E. Broad St.), on November 11, at 11

This day and time are especially meaningful to all veteran's and so we invite all veteran's as well as the general public to join us in our celebration and remembrances. This year we will once again welcome the Holy Trinity School Choir to shower us in song with their voices, as well as the ever popular Kerry Stubbs with his rousing rendition of "God Bless America". Bells will also be rung and words and prayers will be spoken by many. So please make plans to join with us on this morning as we say "Thank You" to those who put their lives on the line so that we can continues to enjoy the freedoms of living in this

Following this ceremony the Martin Wallberg American Legion Post #3 invites all to a light luncheon at the Post Canteen which is located at 1003 North Avenue West.



(above) Westfield's World War I Monument is the location for a Veterans Day Ceremony to be held on November 11 at 11 a.m.





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Submitted by Dr. D. Michael Hart

On Tuesday, August 30, 2022, The Rotary Club of Westfield members and guests held a sandwich making project for donation to St. Joseph's Social Services in Elizabeth. St. Joe's feeds 400 families in need per week.

This project was organized by Club President Tony LaPorta and project chair Ray Kostyack. Deacon Keith Gibbons helped to arrange space at the Holy Trinity Parish Center to assemble the sandwiches. The deli and bread were purchased from Stop and Shop supermarket which also donated to the project. 15 people came to assemble 300 sandwiches.

The Rotary Club of Westfield has been working for years to help alleviate food insecurity and hunger in Westfield and across Union

County. Through the club's "Backpack Project" Rotary fills the weekend gap in the Federal School Lunch program by providing food to children for the weekends. Food is delivered to the schools and confidentially put into qualifying children's backpacks on Fridays to help feed them for the weekend.

During COVID's "non-contact", food collection was conducted by the club for delivery to St. Joe's and front line workers.

The Rotary Club of Westfield meets the first three Tuesdays of each month for lunch at Limani Seafood Grill on North Ave at Noon. Guests are always welcome. For more information check out the website westfieldrotary.com or contact club secretary Michael Hart by email drmhart@yahoo.com.



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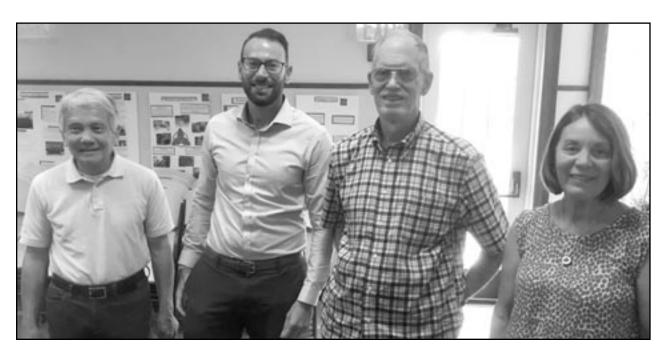
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(above, l-r) Pictured are Chung Shih, Jayson Astel, Walter Kofmacher, and Stephanie LaPorta.



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