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COLLEGE MEN'S CLUB SCHOLARSHIP RECEPTION



(above) College Men's Club of Westfield held its annual holiday reception at Echo Lake Country Club. Front row, from left to right: CMC Scholarship Chair Ryan Clark, Zack Fischer, Jack Gerris, and CMC President Dave Germond. In the back row, from left to right: Sean Marner, Matt Meixner, Andrew Principato, Emmett Smith, Pierce Kelly, and Kevin Warren.

Courtesy photo

Submitted by Barry H. Jaruzelski

The College Men's Club of Westfield (CMC) held its annual holiday reception at Echo Lake Country Club to honor its current four-year scholarship recipients on December 22nd. Also in attendance were the scholar's families, members of the CMC, and the CMC Board of Trustees.

During this final event of the CMC's 100th anniversary year, all the scholarship winners from WHS classes of 2019, 2020, 2021, and 2022 were introduced by Ryan Clark, CMC Scholarship Committee Chair and presented with their Spring Semester scholarship checks. Each of the students in attendance shared updates on their academic and career progress with the group. Dave Germond, CMC President, stated that "the holiday reception is the capstone of each year for the CMC as we get to learn about our 12 scholars' latest achievements."

The College Men's Club of Westfield was founded in 1922

and over the past century has helped hundreds of Westfield young men by providing college tuition assistance and funding standardized test preparatory courses. Since its founding, the CMC has raised and distributed over \$1.2 million in higher education assistance to young men of the Westfield community. In 2022 the CMC awarded a total of \$61,500 in four-year scholarships and one-time grants.

Scholarship applications are available through local high school guidance departments in February of each year and are evaluated by a committee of CMC Trustees each Spring. Funds for scholarships come from fund raising events, donations, membership dues, endowment investment income, and legacy bequests. The CMC's next event is the return of the annual Boxing Night at 6:30 pm on February 10th to be held at the Kenilworth Veteran's Center.

To learn more about the College Men's Club of Westfield, please go to cmcwestfield.org.



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Scott Gleason and Coldwell Banker Realty present tax appeal specialist Jennifer Jacobus, Esq. to guide you and answer your questions. She has helped hundreds of NJ homeowners, including me, many clients, and friends, reduce our assessments. It's her passion!





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CARING CONTACT CRISIS LINE COUNSELOR TRAINING AND VOLUNTEER OPPORTUNITY

Have you ever been told you are a good listener? Do you have a yearning to really make a difference? Caring Contact, a Westfield, NJ based crisis hotline, will be offering its 102nd volunteer crisis counselor training beginning March 14th through June 13th. The training will run once a week on Tuesdays from 6:30 - 9:30 p.m. and will be a combination of in-person training and via Zoom.

Participants receive 52 hours of comprehensive training by nationally certified instructors in active listening and Applied Suicide Intervention Skills Training. Volunteers develop the ability to listen actively, assess the needs of someone in crisis and provide empathy and support.

"This training and volunteer opportunity is ideal for people of varying backgrounds - retirees, empty-nesters, stay-at-home parents, and full-time professionals" said Mary Claire Givelber, Caring Contact's executive director. "Many of our listeners were looking for something meaningful to do after they retire or their children leave home. Full-time professionals also participate finding the flexible volunteer hours work well with their work obligations."

Following training new volunteer crisis counselors are supported by seasoned listeners during 24 hours of internship before they take calls on their own. Even once a volunteer is a certified listener, Caring Contact provides a range of support and training opportunities to allow them to keep honing their skills.

Anyone interested in registering for the training should visit <https://caringcontact.org/listener-training/> or call the Caring Contact administrative offices for more information at 908-301-1899.

Caring Contact is an award-winning, volunteer-staffed crisis hotline and listening community, providing active listening support and best-in-class training to the Central and Northern New Jersey community. More than 100 trained volunteers answered over 13,000 calls last year from people in crisis, having suicidal thoughts or simply needing someone to talk to.

If you need someone to listen, call us at 908-232-2880. If you, or someone you know, are in crisis call 988, the new access code to the National Suicide Prevention Lifeline. To learn more, visit caringcontact.org. You are Not Alone.

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WHS ALUM AND “JAGGED LITTLE PILL” DRUMMER VISITS SCHOOLS

Westfield High School alumnae Lucy Ritter recently returned to her alma mater to share her experiences as Drumset Chair for the national tour of the Grammy Award-winning musical, Alanis Morissette’s Jagged Little Pill.



(above) Westfield High School alumnae and Drumset Chair for the Grammy Award-winning musical, Jagged Little Pill, poses for a selfie with Edison Intermediate School student Simon Walsh during a recent visit.

Ritter, WHS Class of 2018, spoke to young percussionists and other band musicians at the high school and at Edison and Roosevelt Intermediate Schools on December 20.

“I loved visiting all three Westfield schools. One thing that stood out to me was the attentiveness of the students. From 6th all the way to 12th grade, every student was engaged and eager to learn from my experience,” says Ritter, who received her Bachelor of Music from Indiana University’s Jacobs School of Music. “The students brought up thoughtful questions -- ones I’ve never heard asked even at my college clinics. It reminded me of how intelligent and kind the music students are in Westfield.”

Ritter began playing drums at age 9. She says her passion for drumset - a set of drums, cymbals, and other percussion instruments - “flourished through high school” where she studied at the Eastman School of Music and New York University Steinhardt School of Culture, Education, and Human Development. During her years in the Westfield Public Schools, Ritter divided her extracurricular time between athletics and the performing arts, before choosing to devote full-time to her music.

“It was inspirational for the students to hear from Lucy, knowing that she sat in their position just a few years ago,” says WHS band director Trevor Sindorf. “In music, it’s easy to get frustrated by the day-to-day minutia. Lucy was a

developing percussionist in this program too, and through her daily hard work and perseverance is now living out her dream.”

Ritter, who has conducted clinics at several university percussion departments, was invited to speak to Westfield students by Sindorf and co-band director Christopher Vitale.

“I enjoyed the unique questions students asked, especially from the sixth graders,” she says. “I’ve never presented to such a young age group and they were incredibly bright. I also loved chatting with the female music students and percussionists who took interest in what I do.”

“Lucy only had a few days off from her tour, and we were really touched that she was so passionate about inspiring the next generation of Westfield percussionists,” Sindorf adds. “Lucy was a strong player at Westfield, qualifying for region band on snare drum, winning the concerto competition on marimba, and earning individual awards on drum set through the years, but it was her leadership that really stands out in my mind. Simply put, we’re just tremendously proud of her!”

Prior to joining the national tour of Jagged Little Pill, Ritter performed with the North American tour of An Officer and a Gentleman, The Musical. Ritter has performed in more than 30 states and numerous countries including Finland, Latvia, and Estonia.

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SCAN TO
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(above) Cherie Parker presents Stacey Maisch with a \$2,000 Continuing Education grant from P.E.O.

Courtesy photo

L

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P.E.O. PROGRAM FOR CONTINUING EDUCATION

Submitted by Cherie Parker

Stacey Maisch, from the New Providence Memorial Library, was awarded a Philanthropic Educational Organization (P.E.O.) Program for Continuing Education Grant from the P.E.O. Sisterhood. She was sponsored by P.E.O. Chapter AS of Westfield, NJ.

The P.E.O. Program for Continuing Education was established in 1973 to provide need-based grants to women in the U.S. and Canada whose education has been interrupted and who find it necessary to return to school to complete a degree or certification that will improve their marketable skills for employment to support themselves and/or families. Chapter AS has been a part of the Westfield community since it was organized in 1981.

Stacey is completing her Masters of Library Science (MLS) degree from PennWest University. She has been working at the New Providence Memorial Library for five years in a part-time role as Teen Services and PR Coordinator, utilizing her background as a High School English Teacher, Systems Analyst and Freelance Writer. Completion of her MLS degree in 2023 will enable Stacey to pursue her goal of serving the New Providence community as a fully-certified Librarian. Stacey is extremely grateful to the sisters of the AS

Chapter of P.E.O. for this continuing education grant.

P.E.O. has been celebrating women helping women reach for the stars for more than 150 years. Since its inception in 1869, the nonprofit organization has helped more than 119,000 women pursue educational goals by providing over \$398 million in grants, scholarships, awards and loans. The Sisterhood also owns and supports Cottey College. Through membership, the P.E.O. Sisterhood has brought together more than half a million women in the United States and Canada who are passionate about helping women advance through education while supporting and motivating them. In addition to educational philanthropies, the P.E.O. Sisterhood provides a framework of support and community for all members.

What started with a bond of friendship among seven women in Mount Pleasant, Iowa, is now one of the oldest women's organizations in North America with close to 5,800 chapters.

To learn more about P.E.O., its powerful educational philanthropies, and see stories of women who have benefited from the programs, visit peointernational.org. You can also join us at: facebook.com/peointernational, [@PEOInternational](https://www.instagram.com/PEOInternational) on Instagram, and [@PEOSisterhood](https://www.twitter.com/PEOSisterhood) on Twitter.

UPCOMING EVENTS: Registration required. Visit our website for a complete list of events.

WED, FEB 15 10:30 pm - 11:30 pm MAKING CENTS OF CAREGIVING COST	TUE, FEB 21 2:00 pm -- 3:00 pm ESTATE PLANNING, ESTATE ADMINISTRATION & GUARDIANSHIPS	THU, MAR 2 10:30 pm - 11:30 pm WHAT'S NEW WITH SOCIAL SECURITY?
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A black and white photograph showing two SAGE Home Care staff members assisting an elderly woman. One staff member is standing and holding the woman's arm, while the other is seated and looking at the woman.

Adult Medical Day Program

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- Fully structured activities calendar with cognitive and physical activities
- Support groups and educational seminars for caregivers

A black and white photograph showing several participants in the Adult Medical Day Program. They are standing in a room, and one person is holding a small object, possibly a balloon, on a stand.

Meals on Wheels

- Planned by registered dietitians, SAGE volunteers deliver healthy meals midday Monday - Friday.
- Volunteers offer vital daily contact and a friendly visit.
- Serving: Summit, Springfield, Mountainside, Berkeley Heights, New Providence, Millburn & Chatham

A black and white photograph showing Meals on Wheels volunteers delivering meals. They are standing in a room, and one person is holding a bag, possibly containing meals.

A logo for CAHC (Commission on Accreditation for Home Care) Accredited. The logo is circular with the text "ACCREDITED" at the top and "cahc" in the center.

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GRANT OPPORTUNITIES FOR BUSINESSES

City of Rahway

Have you ever thought about opening a business? Are you looking for a new market and new customers? This is your sign to get started and choose Rahway! Mayor Raymond Giacobbe and the Rahway City Council encourage new and existing businesses to apply for the Rahway Special Improvement District's Business Improvement Grant Program. Those that qualify will be eligible to receive a \$2,000 grant to update equipment, trade fixtures and business technology, create a new sign, or freshen up their look and marketing. The City of Rahway believes it is important to foster a diverse business community, therefore any business that is registered as a Minority, Women, Veteran or LGBTQ Business Enterprise will be eligible to receive an additional \$1,000 grant.

New businesses or businesses looking to relocate to Rahway should contact economicdevelopment@cityofrahway.com for details and information on how to bring your business to the City of Rahway. Applications open in March 2023.

Visit rahwayishappening.com for more information and to apply!



FEBRUARY PROGRAMS



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February 1, 8, 15, 22 and
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The Sum of Us: What Racism Costs Everyone and How We Can Prosper Together
by Heather McGhee
Courageous Conversations Book
Discussion
on Thursday, February 9
7:00 –8:30 pm

Teen Book Club Group
Focus on Black History Month
Book Choices
Wednesday, February 15
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FOUNDATION GRANT TO MOBILE MEALS

“The Westfield Foundation is proud to award a grant in the amount of \$8,000 to Mobile Meals of Westfield. [This] grant helps close the gap of food and packaging costs to ensure they are able to deliver hot, dinner-style meals to those who are in need,” declared foundation President Larry Darrow.

Accepting the award was Mobile Meals Operations Manager, Josephine Walsh, who expressed her sincere thanks on behalf of the organization for the generous donation.

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.

Mobile Meals of Westfield has provided prepared meals with free delivery for those in need of the service since 1968. The non-profit organization relies on donations for support. The operation is supported by a cadre of volunteers in shopping, packing and delivery. For more information on their services or to donate, visit the website at mobilemealsofwestfield.org, or call 908-233-6146.



(above, l-r) Pictured are Josephine Walsh of Mobile Meals of Westfield and Larry Darrow of the Westfield Foundation.

Courtesy photo

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GIFT CARDS DONATED TO MOBILE MEALS

“Thank you on behalf of our Mobile Meals clients,” said Josephine Walsh, Operations Manager of Mobile Meals of Westfield, in accepting food gift cards from Optimist Club and Rotary Club both of Westfield. Mobile Meals of Westfield is a non-profit organization that provides prepared meals for those individuals unable to provide meals for themselves. Mobile Meals serves the communities of Clark, Cranford, Fanwood, Garwood, Mountainside, Scotch Plains, and Westfield.


The Optimist Club of Westfield food distribution program has been an annual community service project for the past 32 years. This project is made possible through the generosity and funding from the Optimist and Rotary clubs and contributions from members, friends, and local organizations. The food gift cards were presented by Darielle Walsh and Tony LaPorta, Presidents of Optimist and Rotary Clubs respectively.

For more information on volunteer opportunities and food services or for those wishing to donate, visit the Mobile Meals website at mobilemealsofwestfield.org or call 908-233-6146.



(above, l-r) Pictured are Tony LaPorta, Rotary Club President; Josephine Walsh, Mobile Meals Operations Manager; and Darielle Walsh, Optimist Club

Photo courtesy of Mobile Meals of Westfield



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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 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. Additions to these pain medications can cause potential side effects, something you do not want to experience.
- Rehabilitation can take years.

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- Diagnostic fluoroscopy accurately targets the pain, unlike blind injections.
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- No expensive or time consuming rehabilitation.
- No potentially addictive prescription medications.
- Recovery time is almost instant, not months or years.

How Does This New Treatment Work?

Relief begins almost as fast as it takes to pronounce the treatment. It's called Viscosupplementation Therapy. To begin with, it starts with **Northeast Spine & Wellness Center** investing in the use of diagnostic fluoroscopy. This enables them to target the exact location of your knee pain with pinpoint accuracy. What follows is a simple injection that causes little to no pain, especially when compared to what you may be living with daily. That explains what you will see on the surface of this revolutionary treatment. What's taking place below the surface is how and where the natural healing process takes place. The injection of a Hyaluronic acid called Hyalgan. This gel-like substance was approved by the FDA in 1996. Hyalgan is a natural substance that mimics the synovial fluid that is already produced by your body in your joints. Osteoarthritis sufferers in particular see a reduction in this much needed synovial fluid in their knee joints. Without that cushioning layer of protection, the cartilage in your knee can begin to wear away leading to the rubbing of bone on bone. Through Viscosupplementation Therapy, this natural substance immediately goes to work reducing the swelling and inflammation in the joint and adding a coating layer of protection. Think about Dorothy taking the oil can to The Tin Man. You'll begin to feel that same kind of relief and quite possibly feel like you're ready for a dance down the yellow brick road to recovery yourself. And with a success rate of over 85% in alleviating pain associated with osteoarthritis, it's easy to see why this treatment is so readily covered by Medicare and by most major insurance providers. Diagnostic fluoroscopy to target the pain, Viscosupplementation Therapy to relieve the pain. Simple, fast and no surgery!

Do you Suffer from any of these Symptoms?

There are a number of reasons why you developed Osteoarthritis pain. It can develop with age or because of heredity. It could be from repetitive stress from a job or some glory days in athletics. Of course your concern is with the symptoms you face daily and how to make them end, hopefully without surgery or the use of potentially addictive medications. **Northeast Spine & Wellness Center** understands the symptoms you have been living with and can help. If you have any of the symptoms below, please call us today. Relief is a phone call away.

- **Pain** - Whether it's a sharp aching or maybe a burning sensation, the pain can range from irritating to debilitating.
- **Swelling** - This can cause tenderness and soreness to the entire knee area, making walking or going up and down stairs painful, getting in and out of bed or bathtubs difficult and dangerous just name a few activities affected by swelling.
- **Stiffness** - Getting up out of bed or after sitting for a period of time gets more and more difficult. This loss of mobility can be more than a hindrance. It can be dangerous if you need to move quickly.
- **Loss of muscle strength** - This can lead to balance issues and the strong possibility of falling.
- **Joint deformity** - Not just unsightly, but painful as well.
- **Creaking Joints** - Can be painful and a sign of more discomfort to come.
- **Sleepless nights** - Losing sleep over your suffering is not just irritating, but potentially dangerous because of so many other health concerns that can be affected by loss of sound sleep.

Let Me Show You Targeted Relief From Your Knee Pain

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

Something else I see almost every day, are patients that have tried viscosupplementation knee injections elsewhere and found it to be a painful and ineffective experience because the injections were not administered using fluoroscopic guidance. Instead of using the incredibly accurate diagnostic fluoroscopy we use at **Northeast Spine & Wellness Center** these patients experienced a blind injection technique, which can be as inaccurate as playing pin the tail on the donkey.

Once I am able to explain to my patients about the pin point accuracy of using diagnostic fluoroscopy and the amazing results viscosupplementation can provide, they are thrilled to get started. They are even more thrilled when they feel the relief. Please contact **Northeast Spine & Wellness Center** today to schedule your RISK FREE consultation.

Call 732-827-0800

Scot Paris MD, FACS



Here's what our patients have to say

"I'm dancing without pain. I can move with no problem whatsoever. I can go up and down steps with no pain."

- Patricia G.

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

- Perry O.

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- Question L.

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LONG-TIME WESTFIELD VOLUNTEER RESCUE SQUAD DISPATCHER IS HONORED BY SQUAD

The Westfield Volunteer Rescue Squad has honored long-time volunteer dispatcher member Chris Beck. Beck, who lived in Westfield for many years, was recently presented with a service award from the squad. The award celebrates his twenty-three years of service to the all-volunteer rescue squad. In addition to his years of squad service, Beck was a special officer with the Westfield Police Department and for many years could frequently be seen directing traffic at the intersection of East Broad Street and Prospect.



(above) Chris Beck pictured with his Westfield Volunteer Rescue Squad service award.



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For aspiring young singers in grades 3-12. More info about the
New Jersey Youth Chorus at **WhartonArts.org**.



570 Central Avenue, New Providence

Questions? Call

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VINTAGE VALENTINES STORY TIME & CRAFT

Sunday, February 5, 2 - 4 p.m.

Love is in the air as the Miller-Cory House Museum presents "Vintage Valentines". The writing of romantic notes and letters for St. Valentine's Day was very popular in colonial America. By the mid-1800s the first mass-produced Valentine's Day cards were sold and an industry was born.

The program features a display of vintage valentines, some dating to the 1800s, a children's Valentine's Day craft, and story time. Admission is \$5.00 for adults and children 13 and older, \$4.00 for children ages 3 to 12, and free under age 3. No reservations are necessary.

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, like us on Facebook, and follow us on Instagram.

GINGERBREAD FOR LIBERTY – SUN FEB.19

Did you know that George Washington's soldiers ate gingerbread? Learn all about Revolutionary War baker Christopher Ludwick and the cookie molds he used at a special story time with craft. Then view a collection of colonial cookie molds and hear all about them with collector and Miller-Cory cook, Arlene Soong. Admission is \$5 for adults and children 13 and older, \$4 for children ages 3 to 12 and free under age 3. No reservations necessary.

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For more information on the Miller Cory House Museum/Westfield Historical Society and their events, <http://millercoryhouse.com> or westfieldhistoricalsociety.org and , like us on Facebook, and follow us on Instagram.

WESTFIELD ROTARY INDUCTS TWO NEW MEMBERS

The Rotary Club of Westfield recently inducted two new members.

Walter Korfmacher holds a Ph.D. in Chemistry and worked for various pharmaceutical companies for 40 years before his retirement. He has been a resident of Westfield for 30 years and was impressed at the level of activity the Rotary Club. He looks forward to be able to help the community.

Greg Arabatzis has been a Westfield resident for 22 years. He is a vice President at ChromaDex, which is a functional medicine

nutrition company. He deals with celebrities and athletes who endorse the company's products. One of his contacts is former Yankee Paul O'Neil. Greg is impressed by the members of the club and looks forward to getting involved.

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 www.westfieldrotary.com or contact club secretary Michael Hart by email at drmhart@yahoo.com.



(above, l-r) Back row: Past District Governor Dr. D. Michael Hart; Club President Tony LaPorta; new member Greg Arabatzis; new member Dr. Walter Korfmacher. Front row: Past President Liz Ensslin; Past President Marta Alexandre; Past President Ray Kostyack.

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CUB SCOUT PACK 172 MAKES CARDS AND DECORATIONS FOR TROOPS

Westfield's Franklin School Cub Scout Pack 172 made cards and decorations for the troops serving both at home and overseas. The Cub Scouts are one of the many organizations and classes throughout Westfield, Cranford, Kenilworth, and Scotch Plains-Fanwood that participated in making more than 3,000 handmade cards, ornaments, and decorations that were sent all over the world by several organizations including the American Legion in

Westfield and local mom, Colby Sheppard.

In addition to making cards and crafts, they learned how our “Freedom isn’t Free” and how members of the Army, Navy, Air Force, Marines, and Coast Guard have dedicated their lives to protecting us, all over the world, not just today, but over the decades (and more).

During the event, they listened to thank you letters received from previous years and saw pictures of soldiers standing in front of planes

used in wartime.

They troop sends a big “thank you” to this generous community, who over the past 14 years has supported Mrs. Sheppard in collecting over 36,000 cards, letters, and ornaments to help our troops’ holidays be a little brighter and help them feel appreciated. They also thank all of the schools, scouts, churches and individuals that participated in brightening the troops' lives this holiday season.



(above) Westfield's Franklin School Cub Scout Pack 172.

Photo by Colby Sheppard



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C.A.R. PROVIDES YOUNG PEOPLE WITH LEADERSHIP TRAINING

Training tomorrow's leaders to serve our country and preserve our nation's history is the mission of the Children of the American Revolution (C.A.R.). Members honor those who came before and paved the way for what we have today.

The nation's oldest and largest patriotic youth organization, C.A.R. offers membership to girls and boys from birth to age 22 who can prove lineal descent from a man or woman who supported the cause of American independence.

Local C.A.R. groups, known as societies, are sponsored by chapters of the Daughters of the American Revolution (DAR) or Sons of the American Revolution. Here in central New Jersey, Elizabeth Snyder-Continental Chapter DAR in Green Brook sponsors the Pis-Cat-A-Qua Society C.A.R. Members may participate in state and national activities that focus on patriotism, service, and education about our

American heritage.

Harriett Lothrop, a 19th century children's author from Concord, Mass., presented the idea for a children's organization to the DAR in 1895. Organized "for the training of young people in true patriotism and love of country," C.A.R. has promoted this vision to hundreds of thousands of members over the years. These boys and girls are the leaders of yesterday, today and tomorrow.

New members are welcome. Contact Elizabeth Snyder-Continental Chapter DAR at ESCchapterDAR@gmail.com, or learn more online at NSCAR.org.



ANCHOR PROPERTY TAX RELIEF

The State of New Jersey has extended the deadline for filing your ANCHOR benefit application to February 28, 2023. The Affordable New Jersey Communities for Homeowners and Renters (ANCHOR) program will provide up to \$1,500 to homeowners with 2019 gross incomes up to \$150,000, and up to \$1,000 for those with gross incomes of between \$150,000 and

\$250,000 in that year. ANCHOR is also an important program for the tenants, who can receive \$450 if their gross income was \$150,000 or less in 2019.

To apply, visit the Division of Taxation's website: nj.gov/treasury/taxation/anchor The state has also established an ANCHOR hotline at 1-888-238-1233.

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WHS STUDENT-ATHLETES SIGN NATIONAL LETTERS OF INTENT

Westfield Public Schools

Eighteen Westfield High School student-athletes 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:

- Dexter "Barnes" Blake
 - Georgetown University, Golf
- Trey Brown
 - University of Maryland, Lacrosse
- Daniel Cortese
 - Davidson College, XC/Track & Field
- Chiara Cosenza
 - U.S. Naval Academy, Soccer
- Lily Dickerson
 - Quinnipiac University, Lacrosse
- Tate Esler
 - Skidmore College, Golf
- Noah Fischer
 - Hobart & William Smith Colleges, Soccer
- Paige Gorczyca
 - Stevens Institute of Technology, Basketball
- Daniel Hazard
 - Lafayette College, Lacrosse
- Emma Kelesoglu
 - Hamilton College, Soccer
- Lauren Lane
 - Loyola University Maryland, Swimming
- Alyssa Martinez
 - Rutgers University, Soccer
- Liam Maurillo
 - Davidson College, XC/Track & Field
- Michael Murphy
 - University of Virginia, Wrestling
- Annie Ryan
 - Tufts University, Basketball
- Ian Schultz
 - Ithaca College, Soccer
- Ryan Waldman
 - Cornell University, Lacrosse
- Dylan Wragg
 - Robert Morris University, Lacrosse



DO YOU KNOW ABOUT NJ 211?

The 211 system is found throughout the United States and is devoted to connecting people in need to the resources that can help. While each 211 operates independently, all of the more than 200 organizations provide a network of local support that people can call on with confidence when they need help and simply don't know where to turn. In New Jersey, our motto has been: Need Help? Start Here.

NJ 211 provides live assistance 24 hours a day, every day of the year. Our services are free, confidential and multilingual. There are several

ways to reach us: By phone (simply dial 2-1-1); via text (send your zip code to 898-211); email (info@nj211.org); or chat on-line: nj211.org/contact-us.

Whichever method you choose, you will be communicating with a community resource specialist who has been educated about federal, state and local systems created to help people who are struggling.

NJ 211 also serves as the State Homeless Hotline and New Jersey's Utility Assistance Hotline.

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STUDENTS RECEIVE ACT AND SAT PERFECT SCORES

Westfield Public Schools

Five Westfield High School students earned perfect scores on recent ACT and SAT subject area tests: Daniel Cortese, 12th Grade - ACT Science, July 2022; Nolan Daly, 11th Grade -

SAT Math, October 2022; Charlie Hu, 11th Grade - ACT Math, September 2022; Lauren McDonough, 12th Grade - ACT Reading, September 2022; and Philip Spirn, 11th Grade - SAT Math, August and October 2022.



(above, l-r) WHS Principal Mary Asfendis, Lauren McDonough, Philip Spirn, Nolan Daly, and Daniel Cortese. Not pictured: Charlie Hu.

Photo by Westfield Public Schools



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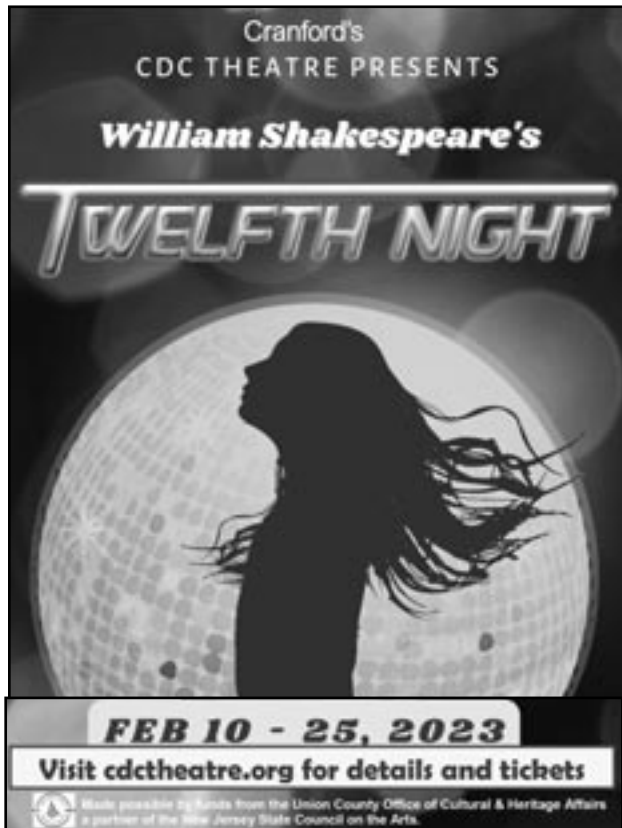
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SHAKESPEARE'S COMEDY TWELFTH NIGHT COMING TO CDC THEATRE



“Better a witty fool, than a foolish wit.”, “If music be the food of love, play on.” and “Some are born great, some achieve greatness, and some have greatness thrust upon ‘em.” are just a few of the familiar lines from William Shakespeare’s Twelfth Night.

A talented cast is preparing to present one of the Bard’s finest comedies at CDC Theatre in Cranford for seven shows running from February 10th to the 25th and is being directed by Susan Speidel. Ms., Speidel currently serves on the faculty of the Kean University Theatre Conservatory and is a lecturer for the Osher Lifelong Learning Institute at Rutgers University. Holding a range of academic degrees, she has studied acting and directing at HB Studios in New York City and at the Globe Theater in London. She served for 20 years as Director of Education for the Tony-Award winning Paper Mill Playhouse and has directed more than 50 plays and musicals.

“A woman, disguised as a man, falls in love with her boss, only to be pursued by the woman her boss is determined to marry. Confused?“, asked Ms. Speidel recently, “You’re not alone, but Twelfth Night, Shakespeare’s witty look at

gender confusion, invites us to put convention aside, stretch the boundaries of “acceptable” attraction, and that, in the end, love is love is love is love. The play is filled with relatable characters contending with mistaken identities, unrelenting desire, hilarious pranks, and unrequited love – not to mention cross-dressing, duels, and deception – all offered up with a generous dash of merriment!”

Twelfth Night combines love, confusion, mistaken identities and joyful discovery all while telling a story of fickle fortune, mourning, love and reunion. Set in the free-wheeling, mirror-ball world of the 1970s, the celebratory nature of Shakespeare’s play is heightened with a series of Top-Ten hits that enhance the production and move the action forward with a disco beat. Shipwrecked twins, gender-bending romance and a bumper crop of fools, from the wise to the ridiculous, guarantee a full-blown evening’s entertainment.

CDC Theatre is celebrating its 104th season in Cranford, NJ at 78 Winans Ave.

For best ticket selection and prices, visit cdctheatre.org for additional information.

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MARCH FIRST WEDNESDAY LUNCHEON

Westfield Historical Society

For the Westfield Historical Society's First Wednesday Luncheon series in March, guests are welcome to the luncheon at Echo Lake Country Club on Wednesday March 8, 2023 beginning with check-in at 11:45 a.m. Ed Glidden & Gary Beauregard will speak on "Military Arms from the Revolutionary War to the Vietnam War".

Edward Glidden, Maj (Ret), was born in 1946 in Dunsmuir, CA and started 22 years of both active and reserve service in the US Army. His last position was Brigade Operations Officer (S-3) for the 2nd Bde, 42nd Inf Division, NYARNG. He has been involved in competitive shooting for more than 50 years.

Gary Beauregard, LTC (Ret), was born in 1943 in Sayreville, NJ and upon graduation from Pennsylvania Military College began a 28 year career in both the active and reserves of the US Army. His last duty position was Curator of the NJ Militia Museum in Sea Girt, NJ. He has been a re-enactor since 1975 and is a member of the NJ Society, Sons of the American Revolution.

Those wishing to attend the luncheon may make a reservation by email to westfieldhistoricalsociety@gmail.com; or, by calling 908-654-1794, before Thursday, March 2nd. 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 suggested 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, here at the Registration tab at the top of this page. Registration and payments should be received by Thursday prior to the luncheon.

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 on Facebook, and follow on Instagram.



(above) Ed Glidden and Gary Beauregard will present a program discussing "Military Arms from the Revolutionary War to the Vietnam War" for the Westfield Historical Society's First Wednesday Luncheon Program to be held on March 8th at Echo Lake Country Club. Reservations are required.

QUILTING CLUB MEETS IN ROSELLE PARK

The Quilting Club meets on the 2nd & 4th Thursdays of the month at the Roselle Park Memorial Library from 1 – 3 p.m. No registration or membership is required.

Participants are from Roselle Park and surrounding towns. Newcomers are always welcomed. You don't need any crafting experience to enjoy the company of other crafters and creative exploration. Feel free to bring a project to work on, and / or a finished item to show others.



(above) Diane Fleming of Westfield & Nancy Bassman of Scotch Plains

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4 Units	3.25" x 8" or 6.5" x 4"	\$180	\$450	\$700	\$900	\$1100	\$1300	\$1500	\$1700	\$1900
6 Units	6.5" x 6.25" or 10" x 4"	\$240	\$600	\$900	\$1200	\$1400	\$1600	\$1800	\$2000	\$2200
9 HALF PAGE	6.5" x 9" or 10" x 7"	\$320	\$800	\$1000	\$1300	\$1600	\$1900	\$2200	\$2400	\$2700
12 Units	10" x 8"	\$360	\$900	\$1200	\$1500	\$1800	\$2100	\$2400	\$2700	\$3000
18 FULL PAGE	10" x 14"	\$400	\$1000	\$1400	\$1800	\$2200	\$2500	\$2800	\$3000	\$3400
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BACK PAGE	10" x 14"	\$500								
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IMAGINE WELCOMES NEW FACILITATORS

Recently, Imagine, A Center for Coping with Loss staff members Sonia Nunez, Newark Program Manager and Ashley S. Allen, Newark Training and Education Manager trained a wonderful new team of facilitators who will join our rapidly growing Newark Night of Support.

Many of the new facilitators will be facilitating Imagine's groups that meet at the Boys and Girls Club in Newark. Our new volunteers spent three full days training in the Teach for America (TFA) headquarters in Newark and we're so grateful to TFA for sharing their beautiful space with us!

During the training, our new volunteers had an opportunity to share their grief experiences and receive support from one another while learning facilitation and companioning skills. We're so happy to welcome this amazing group to our team of volunteer facilitators!

If you're interested in joining the Imagine community as a volunteer facilitator at either our Newark or Mountainside location, the best way to start is with a tour. Please visit our website at imagineenj.org to sign up for an upcoming tour and join our wonderful volunteer team!

Imagine is a 501c3 nonprofit that offers free year-round grief support groups for children ages 3-18 and young adults 19-30 who are coping with a loss due to death. Concurrently, support groups are available for the parents and guardians of the children in the groups and are offered in English and Spanish. Imagine also offers grief and loss education and training to the community. For more information please contact Imagine at 908-264-3100 or info@imagineenj.org.



(above, l-r) Back row: Ashley S. Allen, Imagine's Newark Training and Education Manager; Sonia Nunez, Imagine's Newark Program Manager; Cynthia White Shabazz, Irvington; Christina Macauley, Union; Idalmi Acosta, East Orange; and Afina Roberts, Millburn. Front row: Marco Antonio Nunez, Newark; Cari Libysen, Sparta; and Tiffany Newton, Newark. Also attending but not pictured, Jean Marie Morgan, Westfield. Courtesy photo

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