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Issue 92 • May 2023

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CHAMBER HOSTS ANNUAL SPRING FLING – MAY 7TH

It is time for the 28th Annual GWACC Chamber of Commerce's Spring Fling in downtown Westfield. The event this year will be held once again on Central Avenue running from E. Broad to North Avenue and will include the parking lot across from the Post Office as well as the section of Lenox Avenue on Sunday, the 7th of May, from 10 a.m. until 5 p.m. (rain or shine). A fun filled day for all ages, the event will have many diverse food vendors as well as many merchandise vendors. There will be a Kids Zone with rides and a multitude of fun activities to engage the young patrons for the entire day. And there will be a beer and wine café, curtesy of The Crossroads. It is expected that entertainment will be provided by Valencia Music and the New Jersey Workshop of the Arts. Be sure to arrive early and stay for the day. Admission is free.

Central Avenue will be closed to traffic beginning at 6 a.m. from North Avenue to E. Broad Street. Downtown residents on Central Avenue and Lenox are reminded to park in municipal lots, out of the Spring Fling area.

Please note, pets, skateboarding, bike riding and roller blading are prohibited in the Spring Fling area. This rule is for the safety of attendees of all ages. Spring Fling attendees are also encouraged to park in the South Avenue train station parking lot. This will provide the closest parking to the activity area, with easy access to North Avenue through the convenient underpass at the Westfield Train Station.

GARDEN CLUB WELCOMES SPRING

As is tradition, The Garden Club of Westfield welcomed spring with the planting of pansies and stock in the containers on the corners of East Broad and Elm Streets.



(above, l-r) Marnix Godschalk, Marion Bavolar, Margaret Allen, Nicole Harding-Ozturan, Jane Manniello, Mary Ann Malloy, Marie Higgins, Holly Zakharenko and Cheryl Siko. Courtesy photo

For further information, please contact the GWACC, 908-233-3021, or visit the website www.gwaccnj.com and look for Street Fairs.

GREATER WESTFIELD AREA CHAMBER OF COMMERCE (GWACC)

For over 75 years, the GWACC has been connecting commerce and community. The GWACC promotes the economic prosperity of businesses primarily in Clark, Fanwood, Garwood, Mountainside, Scotch Plains and Westfield. It is the largest association of businesses and nonprofits in our area. Members include business owners, professionals, managers and operators. Membership cultivates the opportunity to build relationships, partner, make referrals, increase business, attend networking session that support the community.

For more information about the GWACC, visit www.gwaccnj.com. You can also call the office at 908-233-3021 Monday through Friday between the hours of 8:30 a.m. and 3:30 p.m. Our office is located at 212 Lenox Avenue, Westfield, NJ 07090



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MEMORIAL DAY PARADE - MONDAY, MAY 29TH

The Westfield Memorial Day Parade will take place on Monday, May 29th. Lawrence W Brown, a US Marine Korean War Veteran, will be this years Grand Marshall.

A solemn memorial service will begin at 10 a.m. in front of the WWI Monument at the intersection of North Ave and East Broad Street. The parade will immediately follow and will be staged on North Ave. by Clark Street. The route will start on North Avenue and turn left on East Broad Street, proceed to Euclid Avenue, where it will turn left, and then move up Euclid and turn left on Park Drive, where the Parade will end, followed by Food Trucks and Music.

We welcome any group interested in marching in the Parade. If you are interested you can register on the Westfieldnj.gov website. Type Memorial Day Parade in the search box and it will take you to the Parade registration. If you are participating, plan on arriving no later than 9:00 a.m. on Memorial Day. For questions contact James McDonald at jamesmc150@gmail.com or 612-910-4100.

After the gathering in Mindowaskin Park, there will be an after party at the American Legion Hall at 1003 North Avenue. The party will begin at 3 p.m. The party is open to all residents of Westfield to come celebrate and thank the veterans for their service while remembering those we lost. Sponsorships are still available so contact Joe Mindak at 201-410-8282 or joe@finnconnective.com for more info.



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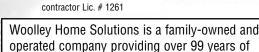


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GALINA MULLER APPOINTED EXECUTIVE DIRECTOR OF SAGE ELDERCARE

The Board of Trustees at SAGE Eldercare. Summit-based nonprofit provider of programs and services to the elderly, their families, and caregivers, has appointed Galina Muller, most recently Director of Finance & Administration, as Executive Director, effective February 9, 2023.

Since 1954, SAGE Eldercare has provided a wide array of information, support, and services designed to help individuals lead the most independent and active lives possible. From helping with errands, to exercise classes, community programs, care planning, meals delivery, adult medical daycare and home health care, SAGE's mission is to help older adults remain independent in their own homes.

Muller joined SAGE in 2007 as Finance Director, to supervise all accounting activities and maintain financial records. During the pandemic, Muller was promoted to Director of Finance and Administration, interim for the vacant Executive Director position, and took on addressing organizational effectiveness. She restructured SAGE's business model by identifying best practices, consolidating its two clinical care programs, HomeCare and Spend-A-Day, to improve quality of care, and reducing costs to allow the organization to deliver on its mission for many years to come. As Executive

Director, Muller will oversee the overall operations and the fundraising component of SAGE Eldercare.

Muller earned a master's degree in accounting from Fairleigh Dickinson University and a bachelor in economics, accounting, and finance from New Bulgarian University. Prior to joining SAGE, she held various positions of increasing responsibility at Robert Saunders CPA in Westfield, Island Auto Rental Group, and Glory School of Foreign Languages.

"I am pleased to announce Galina Muller has accepted the responsibilities of Executive Director for SAGE. Her knowledge of SAGE and tenure with the organization contributes to keeping it constant and thriving for our community. Galina is committed to the mission of SAGE and the clients we serve," said Leslie Hardin, President of SAGE Eldercare's Board of Trustees.

"In my role as Executive Director of SAGE, I look forward to helping the organization grow and evolve to meet the increasing needs of older adults in our area and continuing on our mission to help seniors age at home where they want to." said Muller.

For more information regarding SAGE Eldercare, call 908.273.5550 or visit www.sageeldercare.org.

THURSDAYS 11:30 am - CHAIR YOGA

sage eldercare

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

TUESDAYS 11 am - TAI CHI

WED, MAY 10 10:30 am RETIREMENT **PLANNING**

WED, MAY 24 11:00 am **GRIEF AND END-OF-LIFE JOURNEY:** a discussion for caregivers

WED, MAY 24 2:00 pm **UNDERSTANDING EVERYDAY FINANCIAL RISKS**

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MAY 2023 | MARKET REPORT

WESTFIELD



Monthly Sales at a Glance

20

\$1,136,745

\$1,196,900

19

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316 Hazel Ave	4	2.1	2	\$999,999	\$1,210,000	8
225 Ayliffe Ave	4	3.1	1	\$899,000	\$1,055,000	13
656 Shadowlawn Dr	5	4.0	2	\$895,000	\$975,000	9
847 Dorian Rd	3	2.1	0	\$975,000	\$935,000	11





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Source: GSMLS, select properties sold 3/20/2023-4/20/2023. If your property is currently listed with another Resitor, this is not intended as a solicitation of that listing. Information deemed reliable, but not guaranteed. Each office independently owned and operated. Equal housing opportunity. Some homes may be sold and listed by other brokers.



CELEBRATE PRESERVATION MONTH WITH "MAY MADNESS" CHALLENGE

The Westfield Historic Preservation Commission (HPC) will celebrate National Preservation Month with "May Madness," a bracket challenge pitting historic home designs against each other in a style showdown. Each week, the public is invited to vote for their preferred architectural styles ranging from classical to Victorian to modern. Results will be



(above) Are you Team Tudor? More a Foursquare Fan? Join the Historic Preservation Commission's "May Madness" bracket challenge, pitting 16 architectural styles together in a style smackdown.

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Courtesy photos

updated as the bracket narrows from "Sweet 16" to the "Elite 8" and "Final Four," with the winner announced at the end of May.

"With 'May Madness,' the HPC is once again taking a playful approach to getting residents to consider the remarkable variety of architecture found throughout Westfield," said Maria Boyes, HPC chair. "While style preferences are clearly very subjective, it will be fun to see which one of our many winning styles comes out on top."

Using the recently updated "Design Guidelines for Historic Sites and Districts" as its resource, the bracket will feature 16 different architectural styles found throughout the town. Popular designs such as Colonial Revival and Tudor will be pitted against "lower seeds" like Gothic Revival or Shingle Style. Participants are

encouraged to familiarize themselves with the stylistic elements and historic background behind Westfield's rich architectural heritage by looking through the nearly 200 illustrations featured in the online Design Guidelines.

The "May Madness" bracket and the "Design Guidelines for Historic Sites and Districts" can be found on the commission's website at westfieldnj.gov/historicpreservation.

Recognizing the cultural significance of Westfield's rich historic and architectural heritage, the 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.



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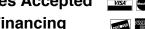
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ANNUAL WOMEN'S TEA RECEIVES SPECIAL VISITOR

Westfield Public Schools

As part of a non-fiction unit, third graders at Washington Elementary School research and write a biography about an influential woman in history. To celebrate and showcase their work during Women's History Month, the students invite a special person in their lives to a tea party.

"When the students select a famous woman to write about, they not only discover her place in



(above) Dr. Angelica Allen-McMillan, Acting Commissioner of the New Jersey Department of Education, joined the Women's History writing celebration at Washington Elementary School on March 23.

Photo Credit: Westfield Public Schools



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how her work was important," says the Washington Grade 3 team of Lisa Bukowsky, Karen Geddis, and Patricia Honeywell, who organized the March 23 event. "Being able to present their biography to a special person in their lives gives this project special meaning. The students learn so much and we are very proud of their accomplishments."

Notable women selected by the 3rd graders for their biography project include astronaut Sally Ride, Saint Mother Teresa, Nobel Prize-winning physicist Marie Curie, Olympic medalist/gymnast Simone Biles, cooking pioneer Julia Child, and civil rights activist Rosa Parks.

This year, the event - an annual favorite in its 16th year - received a surprise visitor as well. Dr. Angelica Allen-McMillan, Acting Commissioner of the New Jersey Department of Education, joined the Women's History writing celebration

history, but how to conduct research to discover to listen as the students read their biographies to their guests.

"There is so much work that the third grade teachers do behind the scenes to prepare the youngsters for this event. It is astonishing to see some of the special guests in the children's lives who get to visit our school for the first time," says Washington principal Dr. Andrew Perry. "To have Dr. Allen-McMillan visit our Tea to celebrate Women's History Month was a special honor."

Also on hand for the writing celebration was Interim Executive County Superintendent for Union County Daryl Palmieri, K-12 Supervisor of Social Studies Andrea Brennan, and K-12 Supervisor of English Language Arts Elizabeth Reilly.

As part of the comprehensive non-fiction project, the 3rd graders each create a historical timeline and a paper doll representing the woman they select for their biography.



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LET BRIGHTWOOD PARK BE YOUR HOST MAY 6

May 6th is Brightwood Park Day and you are invited! Come explore the 44-acre hidden gem on the north side of Westfield that has gone through quite a transformation for the better in the past few years.

Friends of Brightwood (FOBP) welcome you to this first annual celebration with a bevy of activities planned to showcase all of the park's possibilities for both solitude and communal activities.

Planned events begin at 7 a.m. and continue through the day until mid-afternoon. Whether a frequent visitor to Brightwood or new to the park, there will be something to discover for all ages that day, both organized and just pure individual appreciation of the natural setting. A sampling of events include early morning birding, photography, forest bathing and yoga, history walks, fairy house building, nature classes for the young ones and more. Registration is required for many events.

For a full listing of events, and to register, please visit FriendsofBrightwood.org.

Westfield Memorial Library **MAY 2023** THE LIBRARY WILL BE CLOSED May 27-29 FOR MEMORIAL DAY 550 East Broad Street www.wmlnj.org 5/2 7:00 pm Virtual Trivia-Register online for Zoom link 5/3 7:00 pm Take an Art Break-Workshop for Westfielders ages 9-12 5/4 7:00 pm How to Reap the Benefit of Youth Sports without Losing it All by journalist Linda Flanagan 5/9 7:00 pm Violinist Deni Bonet w/C. Flynn Plant This, Not That-Invasive 5/10 7:00 pm Plants in the Landscape and Native Alternatives 5/11 7:00 pm Courageous Conversations Book Club: How the Word is Passed by Clint Smith 5/13 2:00 pm Weiss Family Jazz Series presents Karl Latham & Friends 5/16 7:00 pm Why and How to Tell Your Live Story: an evening with WSJ obituary writer James Hagerty 5/17 2:00 pm Friends of the Library Book Discussion: The Age of Innocence 5/17 7:00 pm Hale Speaker Series: Joanne Rajoppi: Women in Office: Getting There & Staying There 5/23 7:00pm Gang Huang Teaches the Fundamentals of Tai Chi

JULIEN (JAY) HERSEY AWARDED THE SAR PATRIOT MEDAL

The New Jersey Society of the Sons of the American Revolution (SAR) met in Princeton for their Lexington-Concord Luncheon on April 15, 203. Westfield resident Julien (Jay) Hersey was awarded the SAR's highest award, the Patriot Medal. Jay is the President of the West Fields Chapter of the NJSSAR, the incoming NJSSAR Color Guard Commander, and state Librarian. We also presented the State JROTC Outstanding Cadet Medallion and a \$1,000 Scholarship check to Cadet Cole Hamilton from Lenape High School.

The Sons of the American Revolution is a genealogical society for males who can prove descent from a patriot of the American Revolution.

For more information contact Chris Sands at Chrissands44@aol.com.



(above) NJSSAR President Charles Morgan presenting Julien Hershey with the SAR Patriot Medal.

Courtesy photo



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IN THE HEIGHTS AT CDC THEATER MAY 5-20

Before Hamilton was In The Heights and it's coming to CDC Theatre in Cranford.

The final production of CDC Theatre's 104th season, In the Heights, is set to run weekends from May 5 to May 20. Lin Manuel Miranda's first Broadway show burst onto the stage in 2008. The show was nominated for thirteen Tony Awards, including Best Musical, Book and Score, as well as for Direction and Choreography. Of those thirteen nominations, it won four awards, including Best Musical, Original Score, Choreography and Orchestration.

The musical tells the story of three days in the vibrant community in Manhattan's Washington Heights — a place where the coffee from the corner bodega is light and sweet, the windows are always open, and the breeze carries the rhythm of three generations of music. It's a community on the brink of change, full of hopes, dreams and pressures; where the biggest struggles can be deciding which traditions you take with you, and which ones you leave behind.

"We are excited to at last be able to produce this show. Circumstances and pandemic restrictions caused it to have been postponed, but we were committed to having the chance to present it." said Joe Leo, the show Producer. "Once we were able to add it to this season, we had one of the biggest audition turnouts ever at the theatre and have assembled a wonderful cast from throughout the state!"

The music of In The Heights takes its cues from the diverse Latin community it represents, infusing hip-hop, salsa, merengue and soul music into the score with lyrics about life, love, community and the American dream. There are eight shows, including two matinees. For best ticket prices and selections visit cdctheatre.org.



GARDENING QUESTIONS? RUTGERS COOPERATIVE GARDEN HELPLINE CAN HELP

Even landscape professionals occasionally need assistance identifying problems. Diseases of trees and shrubs or insects need to be properly diagnosed before they can be cured or controlled. Luckily for us, Rutgers Cooperative Extension has county offices throughout New Jersey. Your county office can be found in the yellow pages or online. Rutgers Garden Helpline is staffed by trained volunteers to assist the citizens of their county with continuing educational opportunities supplied by Rutgers agricultural department agents during the year.

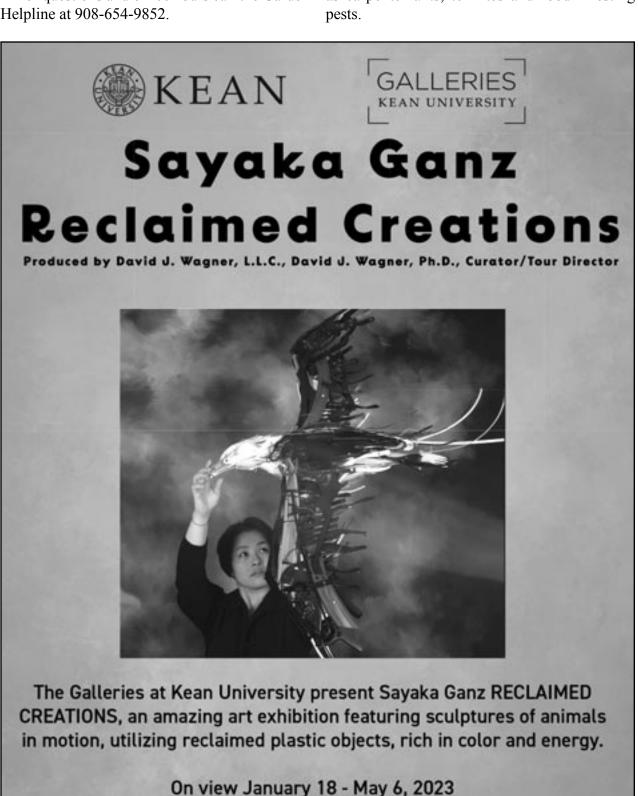
Rutgers Garden Helpline of Union County is located at 300 North Ave East, Westfield, NJ, (Colleen Fraser Building, 2nd floor)

For questions and office hours call the Garden Helpline at 908-654-9852

There are three ways you can reach the garden helpline with your questions.

- First you can call them at number above.
- Secondly you can e-mail questions and photographs to: mastergardeners@ucnj.org
- Or clients can bring a plant, lawn, or insect samples to the office. Specimens are the surest way to guarantee a proper identification.

The Garden Helpline volunteers are well trained to identify tick species including 'deer ticks' which transmit Lyme disease to humans and pets. This is an extremely valuable service as the deer and tick population continue to grow in New Jersey. Along with garden critters the Helpline will identify house infesting insects such as carpenter ants, termites and food infesting pests



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Eat Better	Run Faster
☐ Drink AT LEAST 4 Water bottles	□ Do 10 hill sprints
\square Have a fruit or veggie with each meal	☐ Perform 15 Broad Jumps
☐ Have nuts instead of chips as a snack	☐ Sprint for 50 yards
☐ Have a source of protein in each meal	☐ Perform single leg jumps
☐ Take a multivitamin	☐ Perform High Knee Marches
\square Limit sweets to only one serving	Build Confidence
Get stronger	☐ Do something outside of your comfort zone
☐ Perform 50 bodyweight squats	☐ Read a book
☐ Perform 50 pushups	☐ Practice or spend time on your hobbies
☐ Perform a plank for 60 seconds 3 times	☐ Learn a new skill
☐ Perform 25 vertical jumps	☐ Work towards a new Goal
☐ Get at least 8 hours of sleep a night	Be More Active
Be Happier	☐ Walk during TV show commercials
☐ Get at least 30 minutes of exercise	☐ Schedule exercise time
\square Do a morning routine that you enjoy	☐ Whenever you see a commercial
☐ Write 5 things that you are grateful for	for a car company, perform 10 squats
☐ Adopt a Growth Mindset	\square Find a buddy, and exercise with them
☐ Listen to music whenever you can	☐ Try a new method of exercise every week
	(i.e. biking, running, lifting weights, etc.)

Do You Want GRIT ATHLETE PERFORMANCE to Help You with all of this?

Registration for Our Summer Program Is Now Open But Only 17 Spaces Remain

Early Bird Registration Expires June 19



Scan QR Code for cost, timeslots, and dates.

Attention Parents of Kids Ages 6-18

UPDATE: THE GRIT ATHLETE SUMMER PROGRAM HAS ONLY 17 SPACES REMAINING

We'll have your kids stronger, faster, and more confident...guaranteed.

Here's what parents can expect to happen:

- They will get stronger which means when they show up to their sport they'll be able to perform better than ever.
- They will run faster and jump higher so they can show up to their next season and people will start asking what the heck have they been doing.
- They'll become more coordinated and improve agility which means they'll pick up new skills their coaches teach them faster.
- Your children will start to eat better because we'll be educating them daily on what's good and what they should avoid ...don't be surprised if they start asking you to buy more vegetables.
- Confidence will skyrocket. When kids get stronger, faster and more fit...their confidence will rise...so will their self-esteem which means their performance in every aspect of life will get better.
- Their mindset will improve. We're going equip your child with very specific mindset skills that'll help them learn how to transform how they think about mistakes and failures.

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

- "When my son started Grit he was quiet, shy, and had some difficulty with movements...Now he is confident in himself, has become more vocal, and is mastering the exercise he struggled with in the past."
 - Jen O'Brien, Grit Athlete Parent
- "My son is more disciplined and confident in himself"
 - Steve Hughes, Grit Athlete Parent
- "I have watched my children become more confident and vocal."
 - Christine Stramandinoli, Grit Athlete Parent
- "His confidence has shot up in the last few months...and has carried forward to the way he approaches other activities like sports and schoolwork. My son is now making his bed daily and exercising every day."

- Catherine Solfaro, Grit Athlete Parent

GET MORE INFORMATION (STARTS JUNE 19TH)







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

CHATHAM FISHAWACK FESTIVAL SATURDAY, JUNE 10, 2023 10:00 am to 4:00 pm

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 - CHILDREN'S ACTIVITIES
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EDISON STUDENTS TRAVEL TO FLORIDA FOR STEM FIELD TRIP

graders visited the Mote Marine Laboratory in Sarasota, Florida as part of a three-day STEM field trip in February, organized by Edison math teacher Ryan Belline and a team of educators. The students studied small sea animals from the Gulf of Mexico, classifying them by their type. As part of the parent-financed field trip, the group also traveled to the Everglades and enjoyed a

Edison Intermediate School 7th and 8th behind-the-scenes tour of the science, technology, and engineering used to power the rides at Universal Studios. Students shared educational takeaways, expressing appreciation for "the different animals in the Floridian ecosystems," "how the rides [at Universal] really work and how much everything costs," and that "sharks have been around longer than trees!"



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RELIEF FROM CHRONIC KNEE PAIN

FDA Approved Treatment to Avoid Surgery

DON'T BLAME THE ARROW FOR MISSING THE TARGET

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

Northeast Spine & Wellness Center uses diagnostic fluoroscopy to make sure the area that needs treated is the exact area where the injection goes. This is the most advanced method of delivering this pain relieving treatment with 95% accuracy to give you the results you're looking for. The use of Fluoroscopy guided injections sets Northeast Spine & Wellness Center apart. The end result is you living pain free from your chronic knee pain. You can avoid the lengthy and painful road of knee replacement surgery. You can avoid the endless trial and error assortment of potentially addictive prescription medications. This treatment, using fluoroscopy guided injections has seen a success rate of above 85% in those suffering from knee pain related to osteoarthritis, and that includes people with bone on bone involvement. You've suffered from chronic knee pain long enough, Call Northeast Spine & Wellness Center now for a RISK FREE consultation.



If Knee Surgery Sounds Scary, It Should

Have you have been told you are facing knee replacement surgery? Have you been told about all the downsides you could be facing? First and foremost, there are NO guarantees that knee replacement surgery will be the answer to your pain, but let's look further:

- · Surgery is costly, regardless of the percentage of services covered by insurance
- Surgery requires lost time from work and typically requires a regimen of rehabilitation and medications.
- With surgery, there is always a risk for unwelcomed complications. And you could be back to where you started, or worse.
- Medications will be required for relief from surgery and you have been down that road before. Addictions to these pain medications can cause potential side effects, something you do not want to experience.
- · Rehabilitation can take years.

Consider This Alternative To Surgery

Northeast Spine & Wellness Center offers you a real opportunity and a painless way to say goodbye to your knee pain without any surgery. Here are just a few of the important benefits you should consider?

- Diagnostic fluoroscopy accurately targets the pain, unlike blind injections.
- · Guided fluoroscopic injections are virtually pain free, unlike blind injections.
- No lost time from work or family.
- No expensive or time consuming rehabilitation.
- · No potentially addictive prescription medications.
- · Recovery time is almost instant, not months or years.

How Does This New Treatment Work?

Relief begins almost as fast as it takes to pronounce the treatment. It's called Viscosupplementation Therapy. To begin with, it starts with Northeast Spine & Wellness Center investing in the use of diagnostic fluoroscopy.

This enables them to target the exact location of your knee pain with pinpoint accuracy. What follows is a simple injection that causes little to no pain, especially when compared to what you may be living with daily. That explains what you will see on the surface of this revolutionary treatment. What's taking place below the surface is how and where the natural healing process takes place. The injection of a Hyaluronic acid called Hyalgan. This gel-like substance was approved by the FDA in 1996. Hyulgan 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 stancing without pain. I can move with no problem whatvoever. 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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HOLOCAUST SURVIVOR TO SPEAK - MAY 9TH

The Summit Old Guard

Of the 1.6 million Jewish children who lived in Europe before World War II, only 100,00 survived the Holocaust. Most were hidden children. Separated from her parents in July 1942, 6-year old Maud Dahme and her 4-year old sister, Rita, were hidden from the Nazis by Christian families in the Netherlands. Dahme will share with the Summit Old Guard her wartime experiences, as well as her reunion with her parents, immigration to the United States at age 14, and serving as a Holocaust education advocate.

"I think the greatest gift that was given me was to be alive," said Dahme in an interview with the Huffington Post. Dahme went on to explain the significance of genocide education and the importance of emphasizing the efforts of people who hid, protected, and rescued Jewish people with no concern for their own safety. "I think it's very important to remember that it was a time in history when millions of people died and only because of their religion. But there's also the other side of the story, which is how many people cared and were willing to risk their lives to save Jews and anyone else."

Dahme was inducted in the New Jersey Hall of Fame as one of the state's Unsung Heroes in 2014. She served as president of the New Jersey State Board of Education and has spent much of her time speaking to students and adults about her experiences during World War II. Dahme's story was published in a 2015 memoir entitled "Chocolate, The Taste of Freedom." The memoir was co-written and edited by Maryann McLoughlin of Stockton University's Sara & Sam Schoffer Holocaust Resource center.

Dahme will speak at the Summit Old Guard's weekly meeting on Tuesday, May 9th at 10 a.m. in the Parish Hall of the New Providence Presbyterian Church, 1307 Springfield Ave., New Providence, NJ. This presentation is open to guests and prospective new members, who are also invited to enjoy coffee and conversation at a social reception starting at 9:15 a.m.

About the Summit Old Guard: The Old Guard of the Summit NJ area was founded in 1930 with the purpose of providing retired business and professional men with good fellowship and activities. Men from throughout the broader Summit area gather on Tuesday mornings to hear from interesting speakers on a broad range of topics. The 270+ members may also choose to participate in various activities/interest groups, including bocce, golf, fishing, books, chess, financial & investment, sports forum, timely topics, and weekday lunches. Prospective new members are always welcome to attend a Tuesday morning meeting to learn more about the organization. See also summitoldguard.org.



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EMMANUEL CANCER FOUNDATION TRICKY TRAY

On Saturday, May 20, 2023, the 9th annual **CELEBRATING 40 YEARS OF SERVICE** 'Play for Keeps & a Cause' Tricky Tray will be held at Arthur L Johnson High School, 365 Westfield Avenue, Clark, NJ. Enter through side entrance, (near cafeteria, parking lot side). Doors open at 5:30 p.m. First ticket is pulled at 7:30 p.m.

Admission price is \$30 and includes one sheet of 25, tier 1 tickets and one door prize ticket. Purchase online at:

https://givebutter.com/ECFTrickyTray2023. Or mail check to: Emmanuel Cancer Foundation (ECF), 77 Brant Ave., Suite 304, Clark, NJ 07066

There will be hundreds of baskets, 3 tiers of prizes. Bundles, 50/50 raffle and more. Lots of door prizes. Bring your own food and beverages. No alcohol permitted on premises. Coffee, tea, water and cookies will be served.

Stay up-to-date on event information at: facebook.com/events/s/ecfs-trickytray/517854203815034/

All proceeds raised during this event will help the Emmanuel Cancer Foundation (ECF) provide counseling, food, emergency funds, and so much more to these brave children and their families. ECF's goal is to make life more manageable for families who are dealing with the fear, stress, and financial burden of pediatric cancer

ECF has a headquarters office in Clark and three other regional centers across the state, including in Midland Park, Wall Township and Woodbury Heights.

If you have questions please contact Emmanuel Cancer Foundation via email: mgiblin@emmanuelcancer.org

ECF was founded 40 years ago by Susan and Joseph Vizzoni, a New Jersey couple whose lives were turned upside down by their son's cancer battle and the enormous emotional and financial hardships that ensued. In 1983, two years after Emmanuel's death, the Vizzoni family established ECF to give back to other families experiencing the same pain and offer services that made a vital difference in their daily lives. Based on their passionate vision, today ECF is committed to being a beacon of light for New Jersey families facing pediatric cancer.

More than 280 families receive free emotional and advocacy support by professional caseworkers, material donations such as food, clothing, toys, household items and birthday and holiday gifts, and emergency financial assistance. Nearly 60 % of ECF families live below the poverty level, and a cancer diagnosis only exacerbates precarious financial situations and increases already sky high stress. Leslie and her mom got their own ECF Caseworker who offered counseling, help with household bills, supplies to celebrate Leslie's birthday, and money for the mom's meals while Leslie was in the hospital. Services are tailored to a family's unique needs, and ECF will stay by their side for as long as needed, whether one month or 10 years.

Do you know a family who is in need of our services? Please refer them to us because we can do so much to lift their burdens and guide them through their cancer ordeals. Our help begins with the first phone call. Our only requirements is that the child be 18 or under and live in the state of New Jersey. Visit emmanuelcancer.org for more information.

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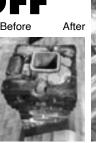






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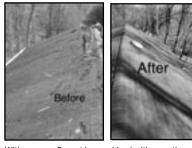






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SOS ~ SAVE OUR SEAL! A MESSAGE FROM THE U.C. HISTORICAL SOCIETY



Unfortunately, powerful expression is just as accurate today in Ukraine, for example, as it Elizabethtown in 1780. In both cases. civilians

suffered, and are suffering, along with soldiers.

Heroic sculptures and statues of beribboned generals on horseback are noble and inspiring, to be sure. On the other hand, however, there is the World War II Katyn Memorial in Jersey City, showing the horror of war as it depicts the brutal massacre Russians committed on Polish soldiers graphically showing a bound and gagged Polish soldier impaled through his back by a bayonetted rifle. At its base, a Polish woman cradles a starving child, representing the Polish citizens who were deported to Siberia. Are we to take down such monuments because the horror they depict offends us, or should they remain, conveying their timeless message to us: "Never forget, and Never again!"

Yes, war is hell. And it was so in 1780 as local patriots fought for independence against the often cruel and brutal British and Hessian troops.

One of the most infamous events of that

War is hell. struggle was the horrible murder of Mrs. Hannah Caldwell, the wife of the famous Rev. James Caldwell ("the fighting Parson"), on June 7, 1780 in Connecticut Farms, now Union. It seems that ongoing discussions concerning the changing of the County Seal depicting Mrs. Caldwell's murder by a British soldier apparently have finally come to light recently.

This tragic event has been depicted on our County Seal for over 100 years. In 1923, the Union County Historical Society proposed and supported the official adoption of the Seal, which had previously been used unofficially for decades. It was formally ratified by the Board of Freeholders at that time. The Society has been proud of its role in the adoption of the Seal a hundred years ago, and strongly opposes current efforts to change it.

Some now object to the Seal's depiction of a violent and senseless act against a woman and mother of nine young children. But it really happened! Are we to ignore it? Those were dangerous times in this area and few were spared from the death, destruction, and suffering that occurred.

Indeed, Hannah Caldwell's death became a rallying cry to the despondent, tired, and outnumbered American troops who were inspired to fight on at the Battle of Springfield, the turning point of the Revolution in the North, just two weeks after her death.

Whether she was inside the house or outside when she was murdered is immaterial to the Seal's message. Showing her outside the house simply makes the event more visible. Similar artistic license is often employed in depicting important events in history. For example, the iconic and dramatic 1851 Emanuel Leutz painting of Washington's 1776 Christmas night crossing of the Delaware near Trenton is inaccurate in every way except one: its heroic portrayal of a courageous and brilliant military operation, which led to an important turning point in the war.

History is not always convenient; it has more than its share of suffering and evil, as the Union County Seal demonstrates. And isn't that in fact the meaning and message of the Seal, that democracy and freedom often demand sacrifice. It is a reminder of the terrible price paid by the brave men and women during those difficult times. Any redesign of our iconic and unique Seal would dishonor and diminish the memory of Hannah Caldwell and so many others who sacrificed all in the long and difficult struggle for independence.

Indeed, after the war, Washington acknowledged that no place had suffered greater deprivation and destruction than Elizabethtown and its environs. Our Seal reminds us of that. Let it be.

Charles Shallcross, Vice-President, U.C.H.S.





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ST. JOSEPH SOCIAL SERVICE CENTER BREAKS GROUND ON NEW FACILITIES

More than 100 supporters, partners and community leaders gathered at St. Joseph Social Service Center in Elizabeth on April 5 to celebrate the start of construction on the agency's new facilities, which will make it possible for the organization to expand and improve services to residents in need in Elizabeth and to achieve its vision of dignity for all. St. Joseph's is one of the largest social service agencies in Elizabeth and Union County, providing residents with food, household items, prescription clothing, assistance, health screenings, mental health counseling, job training and case management.

There are four components to the new facilities plan. The first is to build a food pantry. This new building will give St. Joseph's a dedicated space, a larger space, and a more functional space to operate its food pantry. Perhaps most importantly, the new building will allow the organization to offer a better food pantry model - an individual choice food pantry. With this model, clients will come at an appointed time and will be able to choose their food. The second project is to construct a clothing and household goods distribution center. Clothing and home goods will be displayed in different sections much like one would find in a retail store. The third project is to renovate the former parish hall and church building on campus to expand and enhance the many support services offered by the agency. The fourth project is to reconfigure and repave the parking lot.

Bernadette Murphy, Executive Director, remarked that the overarching goal of the plan is to "serve our sisters and brothers in need with dignity." At the Groundbreaking Event, she introduced the agency's new logo and tagline, "Connecting Communities - Nourishing Each Other." To fulfill its mission, the agency relies on 6,000 volunteers who come from schools, community groups, businesses, churches and other houses of worship in five counties in New Jersey. "In addition to serving the hungry, St. Joseph's is also a place that feeds the hunger to serve," stated Murphy. The volunteer program welcomes people of all ages, faiths, abilities and economic circumstances to provide hope and hospitality to their neighbors.

Karen Maher, Board President, thanked the audience for their contributions to the \$1,400,000 capital campaign, which will fund the facilities The agency received support from foundations, businesses, community groups and individuals in Union County and surrounding

communities. Lead donors included The noted that "construction work will be completed Westfield Foundation, The Harold B. and Dorothy A. Snyder Foundation, The Mushett Family Foundation, Horizon Blue Cross Blue Shield of New Jersey, Elizabethtown Healthcare Foundation, Robert and Marion Schamann Brozowski Foundation, Columbia Bank, The Hyde and Watson Foundation, E. J. Grassmann Trust, The Tepper Foundation, Phillips 66 Bayway Refinery and several individual donors.

Harold "Kess" Kessler, Past Board President and the leader of the capital improvement plan, in four phases over the next two years. In the first phase, the new food pantry and clothing distribution center will be built and outfitted and the driveway will be reconfigured and repaved." Kessler stated that the construction work has been planned to ensure that services to the community will not be interrupted. "We are excited to begin a new chapter in St. Joseph's service to the community" noted Murphy.

To learn more about St. Joseph's please visit sjeliz.org.



(above r-l) Debbie Durand and Teresa LaStella, organizers for the groundbreaking event, greet guests at the Welcome Table.

(above, l-r) Sister Jacinta Fernandes, Founder and former Executive Director of St. Joseph's for 32 years, places soil in a planter in which a tree will be grown along with Julissa Campos, Vice President of the Board of Trustees.

Courtesy photos





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IMAGINE ANNOUNCES NEW BOARD OFFICERS

Imagine, A Center for Coping with Loss is pleased to announce our new Board Officers. While welcoming those stepping into officer positions, Imagine Executive Director, Lindsay Schambach acknowledged the contributions of



(above) Don Bucciarelli of Westfield. About his commitment to Imagine, Don says: "It only took one Seasons of Hope breakfast to be inspired by Imagine. Knowing that they exist right here in our community gives me great comfort and I am proud to support the organization in any way that I can." Don was raised in Westfield and currently resides there with his wife Allison and their two daughters,

Courtesy photo



former Board officers. Imagine has had such a strong pipeline of dedicated individuals whose leadership has made such a difference in the community. Lindsay is honored to announce the new team of Board Officers.

currently a partner in the Assurance practice of Ernst & Young LLP (EY) in New Jersey, specializing in audits of both private and public companies from a broad range of industries. Don has been active in several local not-for-profit

Stepping into the role of Board Chair is former Board Vice Chair, Dr. Jeffrey Peris of Scotch Plains. Dr. Peris has extensive Board experience, having held prominent leadership roles following a distinguished management career leading pharmaceutical and healthcare companies. Dr. Peris served as Chairman of Allied Health Care International; Corporate VP, Chief Learning Officer for Wyeth; Vice President of Human Investor Relations Resources, Communications for Abbott Laboratories; and Vice President of Human Resources and other Senior Executive positions for Merck & Company. In addition to serving as Chairman of the Board of Allied Healthcare International, he is currently on the Boards of Overlook Hospital and several other non-profit organizations. He is married with 3 children, 8 grandchildren and 2 grand puppies.

Imagine's new Board Vice Chair is Ethan Kramer also of Scotch Plains. Ethan is the Chief Investment + Development Officer for PM Hotel Group ("PM"), a hotel company based in Chevy Chase, MD. Prior to, Ethan was the co-founder of Paramount Hotel Group and served as President since its inception in 1999. In January 2022, Paramount's management company merged with PM Hotel Group. He is also a veteran of Prime Hospitality Corp, having coordinated the expansion of two national brands managing the investment of over \$800 million in new hotel development. As Senior Vice President of Development and Construction during the period 1995 through mid-1999, he grew the AmeriSuites (now Hyatt Place) chain to 100 hotels. Ethan lives in Scotch Plains with his wife, Debby Hall, a nursing home administrator and health care hero.

Imagine's new Board Treasurer is Don Bucciarelli of Westfield. Don is a CPA with many years of experience in public accounting. He is currently a partner in the Assurance practice of Ernst & Young LLP (EY) in New Jersey, specializing in audits of both private and public companies from a broad range of industries. Don has been active in several local not-for-profit organizations including a role as Treasurer of the United Way of Greater Union County. He has also supported Imagine and its relationship with Ernst and Young as a Circle of Hope member and Table Captain at Imagine's annual fundraising event

Stepping into the role of Board Secretary is Bob Kelly of Cranford. Bob joined Imagine's board in 2018. He is a Senior VP and wealth advisor at Farther, an investment advisor headquartered in San Francisco. A graduate of Boston College, Bob lives in Cranford, NJ with his wife Jessica and three children. He spends his free time volunteering for local non-profits, traveling with family, golfing, and coaching youth basketball.

As she welcomed Imagine's new Board Officers, Lindsay Schambach said: "It is inspiring to me to work alongside these wonderful individuals who are so willing to dedicate their time and talents to our mission and cause. They lead and volunteer so selflessly and humbly. Their passion for our mission keeps us all grounded and determined to remove every barrier possible for families who need our services. From the bottom of our hearts, thank you to our former and current Board Officers and all of our Board members and volunteers. Imagine's staff couldn't fulfill our mission without your compassion and generosity."

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 offered in English and Spanish. Imagine also offers grief and loss education and training to the community.

For more information, please visit www.imaginenj.org or contact Imagine at 908-264-3100 or info@imaginenj.org.





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GUIDANCE FOR PARENTS OF STUDENT ATHLETES

Do you want to be a supportive parent to your aspiring athlete? Are you eager to help your child achieve their potential in sports, but are wary of the psychic costs? Caring Contact, the Westfield based crisis line, will host a free presentation on May 4th entitled "How to Reap the Benefits of Youth Sports Without Losing It All". The program will be held at 7 - 8:30 p.m. at the Westfield Memorial Library.

Linda Flanagan, author of Take Back the Game, will moderate a discussion with collegiate athletes Katie McCafferty Rathbun and Andrew Garstka, along with New Providence High School Student Assistance Counselor David Chango, on how families can best navigate competitive youth sports.

The event is free but space is limited. To register, visit events.wmlnj.org/event/10508930. Attendees will have an opportunity to ask questions of the panel at the end of the presentation.

Caring Contact is an award-winning, volunteer-staffed crisis hotline and listening community. More than 90 trained volunteers answered over 17,000 calls in 2022 from people in crisis, having suicidal thoughts or simply needing someone to talk to.

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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LOCAL CHESS COMMUNITY MORNS THE LOSS OF JOHN MOLDOVAN

Obituary submitted by David Lazarus

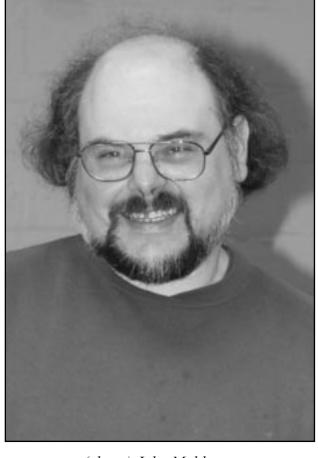
On Monday April 10 the chess community lost long time Chess Director at Westfield, John Moldovan at the way too young age of 62.

John was more than a talented Chess Director who showed much originality in figuring out different ways to keep the tournaments. Interesting. He developed an interesting concept called the OCTO where eight players would play. John presided over the huge growth and success of Westfield and was Houdini at figuring out pairings that would accommodate everybody.

John was very accommodating, and sometimes even too accommodating because a lot of times people would come late and they would keep coming, and our start times would always be pushed back, which annoyed John to no end. We made it through many successful Sundays together until abruptly we were shut down on March 8, 2020 by the pandemic and did not reopen till March 2022.

By that time Westfield was a much different place and unfortunately John was a lot less healthy, battling follicular cancer. He made a very brave and impassioned recovery and seem on his way to better health when the second of a terrible one two punch hit him with a brain tumor, which was inoperable. John was not at Westfield much in 2023, fighting his battle, which, unfortunately he lost last night. I will miss the man for many reasons. He was a very good chess player, and very innovative, and a very tough competitor





(above) John Moldovan

over the board.

He was also a long time president of the Kenilworth Chess and he also managed the website.

He WAS Kenilworth after founder Mike Wojcio and John will be greatly missed by anybody who knew him.

John was also a very accomplished chess player who was renowned for his opening knowledge, especially of the French, Dutch and Nimzo Indian. He was an extremely strong correspondence player.

Over the board, John leaves us with an 1884 rating and a first place and undefeated performance in his final tournament.





ODYSSEY OF THE MIND STATE CHAMPS

Westfield Public Schools

Intermediate School placed 1st in the state finals of the Odyssey of the Mind competition on April 1, 2023 in Princeton, NJ.

The team received a perfect score of 350 in a Division II "Vehicle Problem," as they worked together to construct a pirate ship with wheels and a battery-powered motor which they "sailed" to reclaim stolen treasure to return to a fictional Queen.

The so-called "Pirates and the Treasure"

vehicle problem had the team also naming a Westfield team from Roosevelt pirate captain, creating a flag and song, and battling a sea monster.

> Odyssey of the Mind is a problem-solving competition that poses unique, open-ended questions to participants, while emphasizing teamwork, budgeting, time management, public speaking, and more.

> The Roosevelt team consists of 7th graders Hudson Crotty, Lukas Gesser, Jayden Liu, Kai Vasquez, and 8th graders Alex Giangone and Devan Regas and coach Ted Vasquez.



(above, l-r) Devan Regas (Grade 8), Kai Vasquez (Grade 7), Lukas Gesser (Grade 7), Hudson Crotty (Grade 7), Jayden Liu (Grade 7), Alex Giangone (Grade 8) earned a first place finish as they worked together to build a pirate ship in the state finals of the problem-solving competition, Odyssey of the Mind.

Photos by Westfield Public Schools



(above) The winning Pirates and the Treasure robot

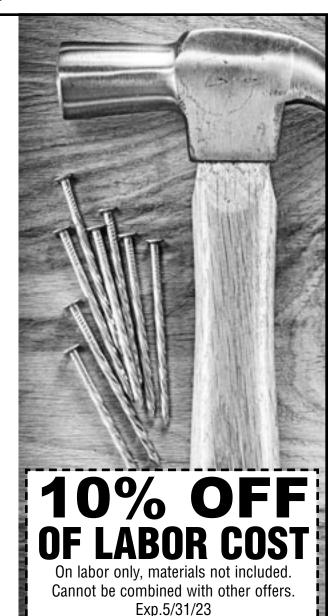


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MUSIC HONORS FOR INTERMEDIATE AND HIGH SCHOOL STUDENTS

Westfield Public Schools

The Westfield High School Symphonic Band and Wind Ensemble traveled to the Central Jersey Music Educators Association (CJMEA) Region II Concert Band Festival on March 22. The Symphonic Band received the top rating of Gold for just the 3rd time in school history.

The Wind Ensemble received a Gold rating for the 10th consecutive year. "The Wind Ensemble also was selected for the 4th time to the annual New Jersey State Band Gala, honoring the top 12 bands statewide," says WHS Co-Band Director



(above) The Westfield High School Chorale Choraleers participated in the Roxbury High School Invitational Choral Festival in the Concert, Jazz, and Solo categories.

Rowan University on Sunday April 30."

At the intermediate school level, four student following categories: musicians have been accepted into the All State Intermediate Orchestra. Edison Intermediate School 8th graders Mai Kim and Justin Ou and 7th grader Lilia Duval will join Roosevelt Intermediate School 6th grader Riya Satwalekar in performing with student musicians from across the state on May 13.

"These students auditioned against fellow Region Orchestra students statewide for this prestigious honor," says Edison Orchestra Director Amanda Gant.

On March 25, ten students from Edison Intermediate School participated in the CJMEA Intermediate Honors Band in Monroe. "This oneday event featured students from all over central New Jersey who were selected to perform in this large ensemble," says Edison Band Director John Scozzaro. "Featuring over 200 students in the group, the students met together for the first time that morning, rehearsed for 4 hours, and then put on a concert that same afternoon. It was a great event featuring fantastic music-making by all of the students."

Also on March 25, the Westfield High School Chorale Choraleers participated in the Roxbury High School Invitational Choral Festival in the Concert, Jazz, and Solo categories. "The festival featured many outstanding choirs and soloists from New Jersey and Pennsylvania and was a wonderful way for our students to be immersed a competitive, educational, and fun

Trevor Sindorf. "The concert will take place at experience," says Choral Director John Brzozowski, who announced recognition in the

- 2nd Place Overall Jazz Choir (invited to perform at evening showcase), WHS Choraleers
- Gold rating for Choraleers and Silver rating for Chorale
- Outstanding Achievement Award for Soloists in "Birdland": Bella Jarecki, Sophia Erneta, Ethan Young, Nyah Wysokowski
- Outstanding Achievement for Musical Theater Solo: Sophia Erneta
- Outstanding Achievement for Jazz Vocal Solo: Sarah Lamonica
- 2nd place Overall in the Musical Theatre Solo Division (invited to perform at evening showcase): Evan Leone
- 2nd place Overall in the Concert Solo Division (invited to perform at evening showcase): Ryan Williamson
- 1st place Concert Solo Division Grand Champion (invited to perform at evening showcase): Sophie Havens

Choraleers were asked to perform at the evening festival showcase, which invites the top two scoring choirs and soloists in each division to perform in front of over 600 high school participants from the festival.

"Evan Leone, Sophie Havens, and Ryan Williamson were among the top scoring soloists in the entire festival," notes Brzozowski. "Three out of the four students invited to perform in the evening solo showcase were our WHS students!"





(above) Ten student musicians from Edison Intermediate School participated in the CJMEA Intermediate Honors Band in Monroe. Pictured here with Edison Band Director John Scozzaro (right). Photos by Westfield Public Schools





(above) The Westfield High School Symphonic Band and Wind Ensemble traveled to the Central Jersey Music Educators Association (CJMEA) Region II Concert Band Festival on March 22.

SHINING STARS TO PERFORM ON MAY 13TH

The Shining Stars, now in their 11th year, will take the main stage at the Union County Performing Arts Center for their "World Tour" on Saturday May 13th for a 7 p.m. show.

The talented cast of special needs performers will highlight the hits from groups and artists from all around the globe, including The Beatles and One Direction (England), Bruce Springsteen (USA), Abba (Sweden), Irish dancing, and so much more. The show will feature 30 special needs individuals and their "buddies" from local high schools, who serve as mentors during rehearsals.

"Our cast has been working hard for their 2023 debut," noted Shining Stars Network Cofounder and Show Director Sally Curci. "The acts are going to be amazing and we invite everyone to join us for another exciting and fun night."

Tickets are now on sale at UCPAC.org.

Also, on Saturday, August 5th, history will be made when the Shining Stars make their Paper Mill Playhouse main stage debut. Tickets for "The Greatest Show" — which will feature songs from Broadway and movies — are on sale now at PaperMill.org.

The Camp Shine Summer Workshop will take

The Westfield Volunteer Rescue Squad will

be hosting the Gary Letizia Memorial Blood

Drive Monday, May 15th, 2023, 1 - 7 p.m. The

blood drive, in partnership with the New Jersey Blood Service, will take place at the squad's

building located at 335 Watterson Street,

Westfield. To make an appointment visit

BLOOD DRIVE MAY 15



place from August 14th-25th (go to ShiningStarsNetwork.org to register) and they will cap off the year with their annual "Christmas Spectacular" in December.

"Shining Stars is all about being inclusive and giving our performers a chance to shine on stage while creating lasting memories," said Sally Curci. "These opportunities build all-important selfesteem and self-confidence. Along the way our cast members and their high school buddies create bonds and friendships that they'll always remember."

For more information on the organization or upcoming events, please visit ShiningStarsNetwork.org.













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WARREN RORDEN RECEIVES GOLDEN PANCAKE AWARD

Rotary Club of Westfield

On Tuesday, April 4, 2023 at a regular Rotary Club meeting, Breakfast with the Bands event chair Barbara Frantz bestowed the Golden Pancake Award to Rotarian Warren Rorden.

This award is given every year to the individual who exhibits dedication above and beyond normal expectations for the annual Rotary fundraiser called Breakfast with the Bands, formerly called Rotary Pancake Day.

Warren moved from Queens, NY to Westfield in 1942, at the age of six, during the height of World War II. He grew up in Westfield, and was owner of Rorden Real Estate firm in Westfield, and was also the owner of the "Flatiron Building" at the corner of Quimby and Elm. He is currently retired.

Warren has been a member of the Rotary Club of Westfield since 1987. He accepted the post of chair for the Rotary project to collect used bicycles and ship them to the third world. He has done this for 26 years, starting in 1997. The club has shipped over 2,500 bicycles to date. Bicycles do not produce any air pollution, create jobs, and allow individuals to increase their production and effectiveness, or for children to ride to school which might be too far to walk. Americans throw 20 million bikes in landfills every year - why not put them to good use, and "recycle" them?

Warren likes to tell a story where he had never read an entire book up to 7th grade. When his teacher English at Roosevelt, Guggenheimer, heard that, she promised him a puppy if he would read a book all the way

through, as long having a dog was ok with his folks. He read a book about a dog, "Treave". He received the puppy, and had that dog for many years until he entered the Navy. Warren said that teacher changed his life, because he now loves to read, and it opened up a whole new world to him. Warren is now at the Westfield Memorial Library all the time.

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



(above, l-r) Event Chair Barbara Frantz; Award Recipient Warren Rorden; Rotary Club President Tony LaPorta

Courtesy photo





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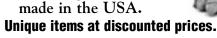
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