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4TH ANNUAL MARCH TO YORKTOWN DAY

On Sunday, Aug. 27th the Washington-Rochambeau Revolutionary Route Association New Jersey, W3R-NJ held the 4th Annual March to Yorktown Day in Westfield, NJ to commemorate an event that occurred 242 years ago during the Revolutionary War.

This year's event kicked off with an opening ceremony at Mindowaskin Park on Mountain Ave. There, W3R-NJ Chair, Julie Diddell told of how the their French and Continental troops marched from Newport, Rhode Island to Yorktown, VA (an almost 700-mile, nine state, land and water journey) in the summer of 1781 taking them through Westfield on August 29, 1781 along a route that is has been designated as the Washington-Rochambeau Revolutionary Route National Historic Trail, a unit of the National Park Service. Remarks by Westfield Mayor Shelley Brindle, State Senator Jon Bramnick, West Fields Chapter Sons of the American Revolution President, Jay Hershey and New Jersey Daughters of the American Revolution State Historian, Pat Saftner.



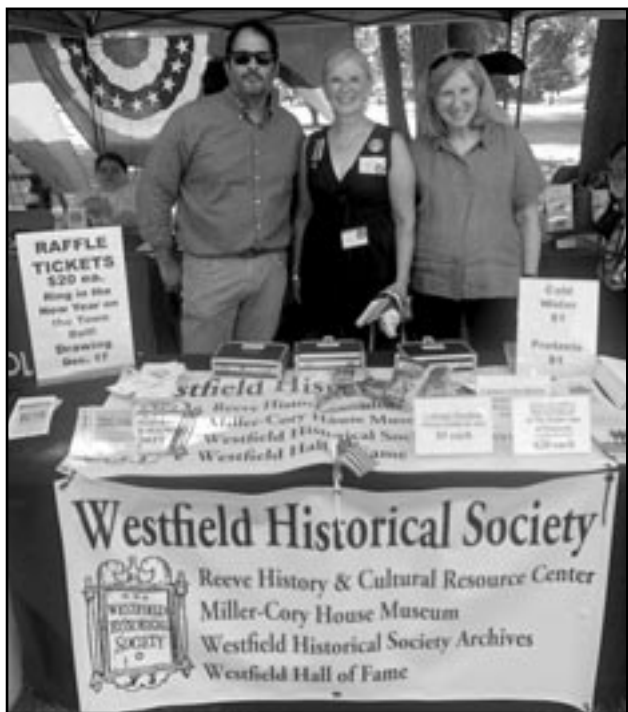
The community joined in a symbolic march re-enactment into an Mindowaskin Park accompanied by the Generals Rochambeau, Washington and Major General Chastellux and

General Lafayette. the New Jersey Sons of the American Revolution Color Guard, the Daughters of the American Revolution, Washington's Fifes and Drums, the Miller-Cory Museum colonial living history group and Heard's Militia.

A festival followed with children's' games provided by Liberty Hall, and local history organizations such as the Forgotten Victory Trail Association, Miller-Cory House Museum, Princeton Battlefield Society, Union Township Historical Society, Chatham Historical Society, Westfield Chapter Daughters of the American Revolution and the Washington Association of New Jersey had informational tables set up and interacted with the public to share information, sell history books and engage new members. An encampment with tents, cooking demonstrations, fife and drum music, musket firing and marching drills will occur during the festival.

This event was made possible by support from the Mayor Shelley Brindle, the Town Council, the Town of Westfield, PNC Bank, The Westfield Inn, Chez Catherine, the West Fields Chapter SAR, the Westfield Chapter DAR, the Washington-Rochambeau Revolutionary Route Association, New Jersey (W3R-NJ), the National Washington-Rochambeau Revolutionary Route Association (W3R-US) and the Washington-Rochambeau Revolutionary Route National Historic Trail, a unit of the National Parks Service.

For more information email info@W3R-NJ.org Follow on Facebook @W3Rnj and www.w3r-nj.org



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MOBILE MEALS RECEIVES COMMUNITY SUPPORT

In the month of July, Mobile Meals of Westfield received two large donations from the Westfield United Fund (\$25,000), and the Westfield Service League (\$2,000).

Since 1968, Mobile Meals of Westfield has provided affordable and nutritious prepared hot meals to individuals unable to shop and/or provide meals for themselves. Last year, they delivered a total of 15,940 meals to 116 clients. The meals are subsidized to clients through generous donations from individuals, companies,

and organizations. For more information on Mobile Meals of Westfield, call 908-233-6146 or visit mobilemealsofwestfield.org.

Courtesy photos



(above) Westfield Service League Co-Presidents Susan McClelland & Rosann LiVolsi presented a \$2,000 check to Josephine Walsh (center) of Mobile Meals of Westfield. Westfield WSL members volunteer in the organization's Thrift and Consignment Shop to earn yearly profits to make community contributions for deserving recipients. The amount donated depends upon the yearly earnings of the shop. For more information, visit thewestfieldserviceleague.org.



(above) Beth Saad, Executive Director of Westfield United Fund (WUF) recently presented a \$25,000 check to Mobile Meals Operations Manager Josephine Walsh. The Westfield United Fund continues their 85-year tradition of supporting deserving organizations who meet the WUF's mission. The fund helps seniors and other homebound residents who need meals delivered, low-income families needing child care, teens needing crisis counseling, domestic abuse victims needing shelter/counseling, children in foster care needing advocates, foreign-born residents needing to learn English and people of all ages needing mental health services. For more

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HANDS-ON, PROBLEM-BASED LEARNING AT STEM CAMP

Westfield Public Schools

For nearly a decade, the popular Westfield STEM Camp has welcomed students in grades 3-8, offering hands-on, problem-based learning in science, technology, engineering, and mathematics.

This summer's STEM Camp offered one-week, half-day sessions from July 10 through July 28, with courses that included CSI Forensics, Stop Motion Animation, Engineering Design Challenges, Robotics Exploration, Surviving a Disaster, Mind-Blowing Science Experiments, Mission Impossible, and DNA: Cracking the Code of Life. New this summer was Flight Engineering, with campers creating and testing their own aircraft while learning the basic math and physics (forces and motion) that govern the design of airplanes, helicopters, and rockets.

"STEM activities promote a child's natural curiosity by providing them with the opportunity to ask questions and develop solutions to a specific problem," say camp co-directors Laura Paiva and Sean Bonasera. "The goal is that campers will develop a can-do attitude and an interest in a STEM activity that encourages them to dive deeper into new STEM skills and concepts that will help them in school and later in life."

The courses are taught by Westfield Public School teachers with a passion for STEM education. Co-directors Bonasera and Paiva teach industrial arts and computer literacy, respectively, at Edison Intermediate School.

"We want all campers to have a fun, but meaningful, hands-on experience," say Bonasera and Paiva, as they consider the STEM Camp curriculum for each summer.



(above) The popular summer STEM Camp for students in grades 3-8, offered hands-on, problem-based learning in science, technology, engineering, and mathematics.



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AUGUST 2023 / MARKET REPORT WESTFIELD

Monthly Sales *at a Glance*

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15 Bennett Pl	4	3.2	1	\$1,699,000	\$1,837,000	9
257 Sylvania Pl	6	3.1	2	\$1,695,000	\$1,650,000	14
111 Prospect St Unit 4D	2	2.1	2	\$1,799,000	\$1,125,000	183
730 Norman Pl	3	2.2	1	\$879,999	\$926,000	15

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THE 105TH SEASON AT CDC THEATRE SET TO OPEN WITH HEAD OVER HEELS

CDC Theatre in Cranford 105th season will open with the musical Head Over Heels which is set to run from October 13th through 28th.

Head Over Heels is the bold new musical comedy from the visionaries that rocked Broadway with Avenue Q and Spring Awakening. This laugh-out-loud love story is set to the music of the iconic 1980's all-female rock band The Go-Go's, including the hit songs, "We Got the Beat," "Our Lips Are Sealed," "Vacation," Belinda Carlisle's "Heaven is a Place on Earth" and "Mad About You."

Head Over Heels is an hilarious, exuberant celebration of love; the story of what happens when the royal court of Arcadia is threatened by the mystical Oracle of Delphi with the loss of its "Beat," the divine power that ensures the

kingdom's prosperity. King Basilius, whose own title is at stake, forces the members of the royal family and court on a journey to the woods in an attempt to escape the Oracle's seemingly unavoidable prophecies. Through a plot containing usurped kingship, unlikely lovers, and gender-fluid disguises, Head Over Heels preaches unconditional love and acceptance of yourself and everyone you know, and uses some of the greatest pop rock hits of the late 20th century.

The season will continue with a musical The Wizard of Oz in December, the farce The Musical Comedy Murders of 1940 in March and The Producers in May.

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



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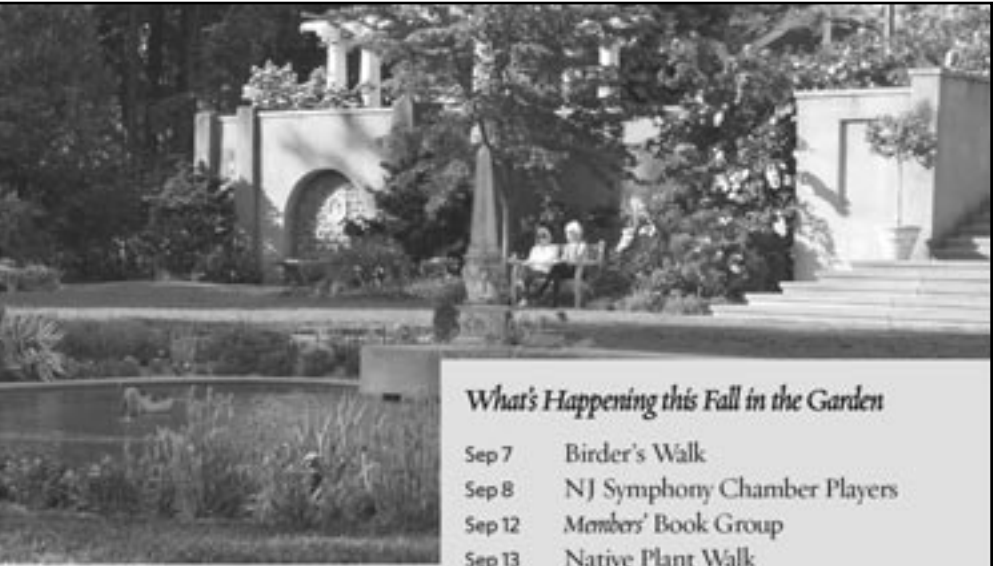

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SATURDAY SEPTEMBER 9 12PM-12AM	SUNDAY SEPTEMBER 10 12PM-7PM

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Sep 8	NJ Symphony Chamber Players
Sep 12	Members' Book Group
Sep 13	Native Plant Walk
Sep 19	Twilight History and House Tour
Sep 21	Experience Tai Chi in the Garden
Sep 28	Lecture: Gardening Can Be Murder! with Marta McDowell
Oct 5	Birder's Walk
Oct 8	Lecture: Nature's Best Hope with Doug Tallamy
Oct 11	Creative Arts Day in the Garden
Oct 20	Composting 101
Oct 26	Experience QiGong in the Garden
Oct 27	Members' Beer Tasting and Evening Stroll
Nov 3	Harvesting Honey
Nov 4	Closing Day
Nov 5	Lecture: The Gates of Greenwood with Peter McCourt
Nov 5	Members' Closing Day

See the full program calendar at:
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LifeLong Westfield, a volunteer committee created by Mayor Shelley Brindle, will host its annual Senior Services Fair on Friday, September 29 from 10:00 a.m. -noon in the gym at St. Helen’s Parish, 1600 Rahway Avenue in Westfield. This is a free event, open to anyone who is interested in learning about services and activities for seniors in our community. About 30 local organizations will be represented in an Open House format. The event will begin with a brief talk about cardiac

health and its risk factors, as well as the heart healthy benefits of red wine and dark chocolate! Coffee, juice and bagels will be served, beginning at 9:30 a.m.

LifeLong Westfield serves as a network for information, activities and services that support seniors and their caregivers. For additional information or to join their mailing list, please email westfieldnjseniors@gmail.com or call 908-301-1287 and leave your contact information.

FALL FIBER FUN – SEPT. 17TH

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The Miller Cory House Museum is located at 614 Mountain Avenue in Westfield, NJ. Call the museum at 908-232-1776 or email millercoremuseum@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, millercorehouse.com or westfieldhistoricalsociety.org and, like us on Facebook, and follow us on Instagram.

Presented by The Rahway River Watershed Association • Sponsored by The City of Rahway



20  23

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SUNDAY OCT 1
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- Family friendly activities

- Face painting
- Balloon animals
- Stilt walker

- Eco-craft workshops
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SEPT. 29	6-10
SEPT. 30	3-10
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HETFIELD AND LEVI CORY HOUSES HOST ESTATE SALE FUND RAISER – SEPT. 8 & 9

The Mountainside Restoration Committee's MRC Estate Sales division will be conducting an outstanding Estate Sale in Mountainside to raise funds for the maintenance and restoration of the historic Deacon Andrew Hetfield House and Levi Cory House.

The sale will be held on Friday and Saturday, September 8 & 9 from 10:00 a.m. – 3:00 p.m. No early birds. This sale will take place in Mountainside and the address will be announced on Thursday Sept. 7th at mountainsidehistory.org. Purchases are limited to cash only.

This sale has many quality furniture and household items including Thomasville dining set, home office furniture, bedroom furniture, queen sofa bed, futon, occasional furniture, exercise equipment (treadmill, recumbent bike, elliptical, bench, weights), tons of fabric and craft items, hundreds of household and kitchen items, tools, garden equipment, generator, cameras, linens, glassware, crystal, silverware, Italian pottery, Franciscan dishware, Swarovski crystal, teapots, lamps, VHS tapes, electronics, board games, wall art, 10 ft. pre-lit Christmas tree, rugs, outdoor storage unit, patio furniture, and so much more.

MRC Estate Sales are conducted by trusted volunteer Antiques Experts and Estate Sale Professionals with 30+ years of estate sale experience. Most important, all commissions benefit the Mountainside Restoration Committee.

MRC Estate Sales was created to give back to the community and raise additional funds to help preserve and restore local history. The reasonable commission percentage of sales will go directly to the Mountainside Restoration Committee, Inc. which is a 501(c)3 charity.

The Mountainside Restoration Committee is a committee of volunteers whose purpose is to restore and maintain the Deacon Andrew Hetfield and Levi Cory Houses and collect and save historic information and items from destruction. For information on MRC Estate Sales, Mountainside Historic Committee events or to donate funds, please email hetfieldhouse1@yahoo.com; call (908)233-3135, or go to: mountainsidehistory.org

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Carol Mullen, "Menarch," collage, 18x3x5 in.
Melissa Stern, "Deflated," 2020, sculpture, 43x18x17 in.
Lisa Ficarelli-Halpern, "Joy, after Reynolds," 2023, oil on canvas, 62x38 in.



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September

11th & 18th

7:30 - 9:00p.m.

**YOUTH CHOIR
OF NEW JERSEY**



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September

11th & 18th

2:00 - 3:00 p.m.

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September 12th & 19th

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ROTARY CLUB CHANGING OF THE GUARD

Westfield Rotary Club

The Rotary Club of Westfield recently held their Changing of the Guard ceremony.

The Changing of the Guard Ceremony has 4 parts: The outgoing President Tony LaPorta reviewed the accomplishments of the club over the last year. Second, the Induction Officer, PDG Dr. D. Michael Hart, thanked and discharged the outgoing officers and board of directors for the club, and the officers and board of trustees for the Club Foundation, then inducted the incoming officers, directors and trustees. The third part is the "Passing of the Gavel" ceremony. The fourth part of the ceremony is that the incoming President, Barbara Frantz, reveals her goals for the coming year.

The incoming officers for the Rotary Club of Westfield are: Barbara Frantz, President; Lauren Barr, President -elect; Michael Hart, Secretary; Steve Ketcham, Treasurer. The club Board of Directors are Brendan Bertsch; Burim Regjaj, Heidi Caponigro; and Mark Wright. The incoming Club Foundation Officers are Tony LaPorta, Chair; Barbara Frantz, Vice Chair; Michael Hart, Secretary; and Stephan Specht, Treasurer. The Foundation Trustees are: Lauren Barr, Brendan Bertsch; Burim Regjaj, and Mark Wright.

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) Outgoing President Tony LaPorta summarizing the year of Rotary Club activities.

Courtesy photo

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IMAGINE OFFERING WEBINAR ON GRIEF

In honor of Hispanic Heritage Month in September, Imagine will be offering a free community webinar on Grief in the Latinx Community on September 21st from 7 - 8:30 p.m. There will be two webinars held simultaneously with one being presented in English and the other in Spanish.

Those who attend the webinar will be able to:

- Gain awareness of intersectionality and grief as it applies to the Latinx Community
- Learn traditional cultural values within the Latinx Community
- Identify different types of grief and loss that pertain to the Latinx Community

Registration for the English speaking webinar is available through Imagine's website at



imagineenj.org.

Those interested in attending the Spanish speaking webinar do not need to register and can contact Sonia Nunez at sonia@imagineenj.org for more information. Imagine's staff hope to see you at the upcoming webinar!

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 contact Imagine at 908-264-3100 or info@imagineenj.org.



Looking to Make an Impact? Supporting Higher Education is a Life-Changing Investment.

The path to higher education should be free from obstacles and wide enough for all who wish to travel it.



We are in the midst of a great national debate on access to higher education and its cost. Is it fair that many people are saddled with student debt they may never be able to repay? Should the government step in to create affordable access to higher education or forgive loans for millions of graduates? Should employers absorb more of the responsibility for educating their future workforce? While we work toward answers to these questions, one fact is undeniable: Education is the great equalizer.

At Kean University, we see this to a much greater extent than many other institutions in America. Kean serves a significant number of low-income students and those who are the first in their families to attend college. In fact, U.S. News and World Report ranked Kean 46th out of 439 in Top Performers for Social Mobility among national universities. That means we help those who come from disadvantaged backgrounds succeed and graduate. Our students find success regardless of their backgrounds. Each one of them deserves the opportunity Kean offers to improve their own lives and the lives of their families.

The path to higher education should be free from obstacles and wide enough for all who wish to travel it. Without solving the problems of cost and access, it's possible we could live in a country without a robust and diverse higher education sector. Can we really envision the prospect of an America without teaching, research, inventiveness, and social mobility for which American higher education is synonymous? At the same time, institutions of higher education need to have multiple paths to fund the cost of educating future generations. Education costs money, and we need a full and diverse set of funding resources. Government, private sector support, and individual philanthropic giving are all part of the solution to the challenges students and families face around access and cost of securing a college degree.

Kean University is not unique in that we receive funding from private philanthropy. Over the last five years, more than 9,000 individual donors contributed over \$22,200,000 in support of Kean University. What these donors may not know is that their charitable investments in higher education are not merely a gift to an institution—they are a game changer for future leaders who are pursuing a college degree to level the playing field, to pursue dreams, and to overcome challenges that life has placed in front of them.

As CEO of the Kean University Foundation, I see firsthand the impact higher education has upon those who pursue it. We can all make a difference. America's charities show why even small financial gifts can be part of having a big impact. Time, energy, and talents have tremendous value.

Philanthropy is resilient and, during hard times, Americans respond in extraordinary ways. During the great recession, for instance, the S&P declined by roughly 40%. Over that same time, philanthropic giving dropped by only 7%. When there is a need, and people have the capacity to help, they respond generously.

Every gift—large and small—empowers our colleges and universities to further leverage their impact across the country and around the world. Each and every donor, volunteer, and advocate makes an influential difference in strengthening educational leadership, advancing research initiatives, shaping policy decisions, and helping students (regardless of their economic backgrounds). One of our wonderful students at Kean says it best:

"To my parents who never gave up on me, thank you for instilling in me the importance of education. Obtaining this scholarship was the highlight of my college education. This scholarship was able to assist us financially especially after moving due to unforeseen circumstances and having to pay medical bills for my mom's surgery. It was hard and not thinking about having to pay out of pocket for school was such a reliever. So, I thank everyone who helped me to achieve this huge accomplishment. You have no idea how much it helped."

—Michelle Gomez
Recipient of the Uma Dharapuram Scholarship for Women's Studies

I would be remiss if I did not mention that acts of charity are also an investment in ourselves. Philanthropy can be life-changing for the donor(s). Arthur C. Brooks, one of the country's leading policy experts and the president of the American Enterprise Institute, reminds us that "it is a fact that givers are happier people than non-givers."

Of course, philanthropy is about so much more than financial resources. Independent Sector reminds us that volunteers are critical assets to civil society and all of our communities, especially in light of COVID-19. In its newest Value of Volunteer Time report, Independent Sector, with the Do Good Institute, announced that the value of a volunteer hour is now estimated to be \$31.80—a six percent (6.2%) increase compared to 2021. Estimated from data collected in 2022, the figure illustrates the valuable and significant contributions volunteers make every day to support our communities and nation. At Kean University, Board members, committee members, and community volunteers contribute in so many ways.

In many respects, our charitable actions are simply reminding us what makes us human: taking care of each other and doing it as a group to create a bigger impact. By making a philanthropic gift to a college or university—whether it be your time, talent, treasure, or willingness to introduce new friends to an institution, you are positively changing lives.

It has been said that philanthropy is an act of optimism. The act is an investment in a student, a member of the faculty, a vision, an organization. Philanthropy can help fortify the American higher education system by continuing to provide opportunities to our students, who will ultimately do the same for the next generation or create a better world for all of us.

Sincerely,
Bill Miller
Chief Executive Officer, Kean University Foundation

Conquer Obstacles, Transform Lives

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AUGUST GARDEN OF THE MONTH

The Garden Club of Westfield

The Garden Club of Westfield has designated the lovely property of Michelle and Elias Habayeb at 507 Wychwood Road, Westfield as the August Garden of the Month. The Habayebes have lived there with their three children since the building was completed in 2018. They aimed to create a landscape that would harmonize with the home's elegant and refined design. They were also concerned with the preservation of our environment so they planted many trees and plants that would attract pollinators. Mrs. Habayeb enjoys the bees and butterflies that visit her garden. Three stately American elm trees grace the front of the property. In addition, two tall, slender spruce trees frame the entrance to the home. A hedge of boxwood serves as a backdrop to display an array of red cannas, white hydrangeas and colorful annuals and perennials,

including coleus, marigolds, purple cranesbill geraniums, and magenta and white impatiens. A large lavender plant on the corner of the house adds fragrance to the property. With its fine proportions, symmetry and balance both in the building and the garden, the property emanates beauty with a view that delights the eye.



Courtesy photo

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Before, parents could not get their kids to make their beds...now their kid makes their bed each morning on their own because they learned that making their bed

in the morning helps them have a better day.

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

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

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

Right in your backyard, there's a team of great coaches waiting to be second voices for your kids...so that all the things you're teaching as parents will be reinforced. But most importantly, the results you're after for your kids will actually become a reality. The Grit Athlete fall Sports Performance session runs September 5th until December 2nd in Berkeley Heights NJ, visit www.gritathletes.com to fill out an application for your child.

Grit Athlete Performance is a Sports Performance Training Company located in Berkeley Heights that helps kids ages 6-18 get strong, fast, and confident so they can have a bigger and better future. They have open registration for their fall program that starts on September 5th and runs til December 2nd.

Visit www.gritathletes.com to register for their fall session...or see below for more details...

**Do you want
GRIT ATHLETE PERFORMANCE
to help your child get faster, stronger,
and more confident?**

The Fall Program begins September 5th.

**Scan the QR code to see if
there is any availability left.**

The program ends December 2nd.



**Scan QR Code for cost,
timeslots, and dates.**

Attention Parents of Kids Ages 6-18

UPDATE: THE GRIT ATHLETE PERFORMANCE FALL PROGRAM HAS OPENED REGISTRATION!

Scan below to submit an application.

We'll have your kid 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

- We saw a noticeable difference in his throwing - he could throw it further and faster! The training definitely paid off!"

- Dara, GRIT Athlete Parent

GET MORE INFORMATION (STARTED SEPTEMBER 5TH)

STEP 1

Scan This QR Code



STEP 2

Enter Your Info When You Get To This Page



STEP 3

Coach Mike will call you and set you up



Warning: Our Fall season begins September 5th and we tend to sell out early. Please respond promptly so we can give you the best chance to grab a spot. Scan the QR Code and enter your information to find out more about the Fall Program.

WHAT ARE YOU SEEKING?

A free spirituality seminar is being offered by Immaculate Heart of Mary Church in Scotch Plains, NJ. Meetings are weekly, and most are on Zoom.

Some of the most interesting and meaningful discussions occur when we talk about subjects that really matter to us. What is important to you? What fills you with joy? What do you seek in life? What do you believe? Alpha was created as an opportunity to examine important topics that ask us to reevaluate what we believe and why.

The four in-person meetings begin with a meal, followed by a short video on various Christian topics, small group discussions and conclude with some summary comments. The other meetings are conducted on Zoom. There are twelve meetings in total. While it seems as though only people with faith are the target audience, all are welcome whether a believer, an atheist, or an agnostic. Come and bring a friend.

Listening is critical to this format. It is as important to understand other points of view as much as to be understood. Dialogue is expected to be respectful not confrontational. No one is forced to talk if they simply choose to listen.

The comments of those who have done the Alpha Program offer the best reasons to "Try Alpha":

"I needed a spiritual tune up and I got it." "It was a safe place to discuss deep topics of faith." "I found a new energy and peace about my faith." "It gave me a sense of hope." "I found my faith again."

The next Alpha Program will begin on Monday, September 18, 2023 with a dinner at 7 p.m. in the Nazareth Center at Immaculate Heart of Mary (IHM) Church, 1571 S. Martine Avenue, Scotch Plains. Since most meetings will be on Zoom it will require access to a device for the Zoom meetings. Links and directions for Zoom will be provided to those who register. Participation is capped at 30 people. Sign up by visiting the IHM website: ihmparish.net. If you have any questions about Alpha, email: office@ihmparish.net or call: 908-889-2100.



(above) Immaculate Heart of Mary Church in Scotch Plains to host a free spirituality seminar.

Registration is required, please visit ihmparish.net/alpha. If you have any questions about Alpha, email: office@ihmparish.net or call: 908-889-2100.

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

Consider This Alternative To Surgery

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

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

How Does This New Treatment Work?

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

Do you Suffer from any of these Symptoms?

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

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

Let Me Show You Targeted Relief From Your Knee Pain

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

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

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

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.

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

- Quenton L.

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Fanwood-Scotch Plains Service League

After a two-week end-of-summer closing, the non-profit Thrift Shop operated by the Fanwood-Scotch Plains Service League (FSPSL), located at 1741 East Second Street in Scotch Plains, will re-open for business on Tuesday, September 5.

The opening marks the start of FSPSL's much-anticipated annual designer handbag event. This is the best time of the year to find gently-used handbags from Michael Kors, Kate Spade, Coach, Cole Haan and other famous brands, along with wallets for men and women and a variety of evening bags for all types of special events.

Upon the shop's reopening customers will also find the store shelves stocked with fall merchandise, including clothing and autumn-themed décor. In the Linen Department, a wide variety of vintage aprons will be available, from everyday practical to holiday fancy. Besides quilts, bedding, throw pillows, table cloths, napkins and curtains, beautiful winter fabrics like ultrasuede and woolens will be priced at approximately \$1 a yard. Material is pre-cut and ready for sale.

Store hours are Tuesday through Friday from 10:00 a.m. to 2:30 p.m., and Saturday 10:00 a.m. to 1:00 p.m. Drop by the store early in the month for the best selection of handbags and to shop a wide selection of constantly replenished clothing, shoes, bric-a-brac, linens, household goods, toys, games, books, CDs and DVDs. Children are always welcome provided they are accompanied by an adult.

The all-volunteer Service League thanks all patrons and contributors of goods for their ongoing support of the Thrift Shop. All store proceeds outside of operating expenses are plowed back to the community. Due to our donors and customer sales, \$60,000 in grants to local organizations and student scholarships were made in 2023 and many goods found a second, useful life rather than landing in a landfill.

Help us keep up the good work! Call for more information about store donations and volunteer opportunities during Thrift Shop business hours: 908-322-5420.



(above) FSPSL's much-anticipated annual designer handbag event will begin Tuesday, September 5. Due to donors and customer sales, \$60,000 in grants to local organizations and student scholarships were made in 2023 and many goods found a second, useful life rather than landing in a landfill.

WOOFSTOCK SUMMER MUSIC FESTIVAL

Home for Good Dog Rescue

Join us for our epic Home for Good Dog Rescue summer music festival event – WOOFSTOCK! Mark your calendars for Saturday, September 9th, and Sunday, September 10th, 2023. You don't want to miss this annual bash at Brook Valley Farm, 336 Loantaka Way, Chatham, NJ.

This is Home for Good's largest adoption day of the year and is a blast for the whole family. This event is pet-friendly, so be sure to bring your beloved pup to join the fun! All Home for Good Dog alum are invited to reunite with their siblings and former foster families.

Live music will be rockin' on both days from the popular band The Cliffs. Endless entertainment includes food trucks, craft vendors, beer and wine, prize raffles, children's activities, and of course Dog Adoptions!

Gates open 11 a.m. Activities commence at 12 noon and conclude at 5 p.m.

Pre-registered tickets are \$30 for adults & \$12 for children (12 and under). Pre-registration will close on Thursday, Sept. 7th at 6 p.m. Tickets at door: \$35/adult.

To become a sponsor for Woofstock 2023, please email development@hfgdr.org, or go to this link: <https://bit.ly/38VjhQU>

To become a food or craft vendor at Woofstock 2023, please email volunteer@hfgdr.org

ABOUT HOME FOR GOOD DOG RESCUE

Home for Good Dog Rescue (HFGDR) is a 501(c)(3) non-profit organization headquartered in Berkeley Heights, NJ. We rescue dogs from high-kill shelters in the South, transport them to our rescue, and give them a second chance at life. As a uniquely 100-percent foster-based rescue, we place each dog into a loving foster home until adoption, and since our inception, we have rescued over 10,000 dogs and given them loving homes for good. For more information visit homeforgooddogs.org.

Home for Good Dog Rescue presents
THE 14TH ANNUAL WOOFSTOCK
A TWO-DAY MUSIC FESTIVAL
2023 Saturday, Sep. 9th | Sunday, Sep. 10th
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COMMUNITY CELEBRATES NATIONAL NIGHT OUT

National Night Out, a national community-building campaign that promotes police-community partnerships, was held on Tuesday, August 1st at the Northside Train Lot in Westfield. The free event was sponsored by the Town of Westfield and along with fun activities the main focus was for residents to meet and greet with the town’s first responders and other town officials. Participants were treated to music,

free food and giveaways, demos, goat petting, a dunk tank, and many other attractions. National Night Out is held annually. It enhances the relationship between neighbors and law enforcement while bringing back a true sense of community. Furthermore, it provides a great opportunity to bring police and neighbors together under positive circumstances. For more information visit natw.org.

Photos by Westfield Regional Health Department



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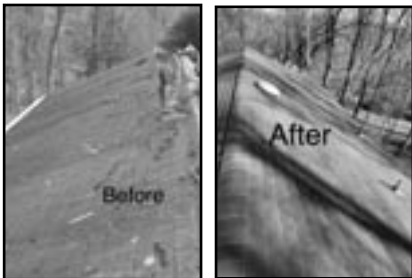


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DAVID BRAHAM TRIO AT SALEM ROADHOUSE CAFÉ

The Salem Roadhouse Café presents Carrie Jackson and the Jazzin' All Stars, Saturday, September 9, 2023. The doors open at 7:30 p.m., the show starts at 8:00 p.m. Admission is \$20 and includes show, snacks, non-alcoholic beverages, and dessert. The venue is located in the basement of Townley Presbyterian Church, 829 Salem Rd, Union, NJ. The Roadhouse operates as a non-profit that raises funds for several carefully chosen local charities. The performance will be held upstairs in the church sanctuary.

Pianist/Organist Dave Braham has played with and/or recorded with many of the top names in jazz, including Etta Jones, Houston Person, Lou Donaldson, Al Grey, David "Fathead" Newman, Arthur Prysock and Irene Reid. He has two recordings as a leader – "To Be Free" on the RandomAct record label and "Blue Gardenia" on BlueJay records. He has also taught music in NJ public schools, including Union Public Schools. Dave will be backed up with bass and drums by two of the area's finest musicians, creating a musical treat for all who come to this exciting all-acoustic show in a great listening environment.

Bassist Belden Bullock has quickly become one of the most sought-after jazz bassists in the greater NYC area. He has travelled extensively with jazz piano giants Ahmad Jamal, South African pianist Abdullah Ibrahim as well as the Harlem Blues and Jazz Band. Belden lives in a very talented household. His wife, Audrey, is a very busy professional singer. Their two sons are actors/dancers.

Drummer Willie Martinez is well known in the tri-state area as one of the most versatile percussionists around. He has played and recorded with a wide variety of artists – jazz musicians such as Benny Powell, Mulgrew Miller and George Cables; Cuban bandleader Chico O'Farrill; even pop singer Faith Hill. In addition to drum set, Willie is a master of the timbales and other Latin percussion instruments. Willie can also be seen leading his own Latin Jazz sextet, La Familia.

As always, the Salem Roadhouse Café is live, intimate, up front, and personal. All ages are welcome.

ABOUT SALEM ROADHOUSE CAFÉ

It's not "church music." It's music music. Folks who've come to the Salem Roadhouse Café know that it's a clean, safe place for people who enjoy listening to live music — in a world otherwise filled with clubs and bars. The Roadhouse has always offered its stage to local and independent mainstream musicians. Jazz, rock, folk, and other groups have performed. What's the common thread? They're all great musicians playing the kind of music people like to hear. There's no message, just music.

The Roadhouse started in 2008 by members of Townley Presbyterian Church with a grant from the Presbytery of Elizabeth. Hey — that's why we're located where we are, 829 Salem Rd, Union, NJ. The Roadhouse operates as a non-profit that raises funds for several carefully chosen local charities. That's its mission.

But the many musicians who've played the Salem Roadhouse Café see it as a solid performance venue. They love it because of its special intimacy and great audiences. They say people here "really listen." Ask any of the musicians you meet here — they love to play the Roadhouse, and they want to come back often.

The Salem Roadhouse Café has raised funds for many carefully chosen charities. They include: The Presbytery of Elizabeth E-port Center, Center For Hope Hospice, Community Food Bank, Monarch Housing, Angel Paws Animal Rescue, National MS Society, Haiti Disaster Relief, Hurricane Sandy Disaster Relief, The Union County YWCA Domestic Violence Program, Making It Possible To End Homelessness, Camp Johnsonburg, The Music Institute, and others. Many thousands of dollars have been raised for these deserving charities.



SALEM ROADHOUSE CAFÉ

JAZZ featuring....

DAVID BRAHAM TRIO

SATURDAY, SEPTEMBER 9, 8:00 PM
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NEW PROVIDENCE BOOK FESTIVAL – SEPT. 23

On Saturday, September 23, 2023, New Jersey authors will sign books and talk to visitors at the New Providence Book Festival. Located on the grounds of the historic Salt Box Museum, the festival will include a series of presentations by authors.

At 10 a.m., during the children's story hour, Nadja Springer, Sue Steinhart, and Selene Castrovilla will read from their children's books, *The Big Adventures of a Little Tree*, *This is Tap: Savion Glover Finds His Funk*, and *ImperfectPhil is a Friend*.

At 11 a.m., historical mystery novelist Mally Becker will make her presentation, "Bringing the Past to Life One Spy, Mystery and Murder at a Time."

At 12:00 Noon, novelist Elissa Matthews will speak on "Three Kinds of Historical Fiction – Which One Calls to You?"

At 1 p.m., Susen Edwards will speak on "Writing Your Own Memoir"

At 2 p.m., J.R. Bale will talk about "Turning the Voices in My Head into Novels"

All these authors will be available for book signing. Other authors signing their books include Linda Barth, Michelle Cameron, Michael Stephen Daigle, Steven Farkas, Sarajane Giere, Tom Kranz, Nev March, Linda Raedisch, Eileen Harrison Sanchez, Kal Uddin, and others.

"We wanted to expand this event which



connects authors with readers in a very personal way," explains J.R. Bale, author and one of the organizers of the event. "With over 17 authors of writing in various genres, it will be a stimulating event for even the most casual book lover."

Anyone purchasing a book at the festival will be entitled to receive a free raffle ticket for drawings for a gift basket, which will include a Barnes & Noble gift card.

The festival will be held on the grounds of the Salt Box Museum at 1350 Springfield Avenue from 9:00 a.m. to 3:00 p.m.. The rain date is September 30, 2023. The Salt Box Museum, the site of the festival, is operated by the New Providence Historical Society and will be open for tours, free of charge. Refreshments will be available on the grounds.

More information is available at newprovidencebookfestival.com

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(above) Joe O'Neill
Benner's Auto veteran car donation

CAR DONATIONS BENEFIT VETS IN NEED

Submitted by Michael Boll, Director New Jersey Veterans Network

For the last few years the New Jersey Veterans Network (NJVN) has grown to a full time charity that provides life changing and saving resources. Nearly every day the NJVN is conducting numerous charitable pickups and drop offs throughout the state. To accomplish our vital and important missions, we rely on using our trucks and vans. The NJVN fleet is small, and all the vehicles are used, but they are able to deliver because of both of our team board members, Adam Rempfer, owner of DeFalco's Towing, and Joseph O'Neill, owner of Benner's Auto. Not only have these two men always played a major role with the NJVN day to day operations, they have helped countless people in need.

Adam Rempfer, owner of DeFalco's Towing and Auto Body, joined our team after his shop donated a refurbished car to a disabled veteran. For years Adam and DeFalco's have been donating cars to people in need and hosting various charity events. Also, they have contributed huge financial donations to the Law Enforcement Unity Tour and NJ State Police. Now Adam is a NJVN board member and has graciously taken on all the NJVN vehicle repair and maintenance. However, Adam and DeFalco's

generosity doesn't stop there; they have hosted and sponsored numerous events at our VA Hospitals and veteran shelters.

Joseph O'Neill, owner of Benner's Auto Body, was a board member of the NABC Charity Cars, and a few years ago he contacted the NJVN about donating several refurbished cars to our veterans. After working with Joe and Benner's Auto, and seeing what an incredible job they did, we asked him to join the NJVN team. For a long time, Joe and Benner's have been helping people who were desperately in need, and they have hosted different types of charitable events and galas. Joe is also a cancer survivor and has done a tremendous job raising and providing large financial donations to fight cancer and fund cancer research. Recently, Joe and Benner's Auto have taken on NJVN vehicle care and maintenance.

Every day the NJVN is providing resources to veterans in need, and now we know there is nothing stopping us from completing our mission because of amazing men like Joe O'Neill and Adam Rempfer. Each of them has always put others first and loves being able to help our veterans live a better way of life.

If you would like to join the team, please send us an email at NJVN1775@gmail.com and be sure to include your name, email, and phone number.

Check out more of our accomplishments at our website: NJVN.org. Help us save Vets!!!

ABOUT NEW JERSEY VETERANS NETWORK

We are a group of veterans and volunteers dedicated to helping our veterans and their families live better lives. Our mission is to identify veterans and connect them with resources and programs designed to meet their unique set of needs. If you are a veteran or family member that is in need of assistance, or are interested in joining our team, would like us to speak at your event, or contribute to our mission, call 973-332-1556 or email mdbollio@optonline.net. To learn more visit njvn.org.



(above) Adam Rempfer Defalcos
towing car donation

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LONGTIME COUNTY COLLEGE GOLF COACH INDUCTED INTO HALL OF FAME

Union College of Union County, New Jersey is proud to announce that longtime Golf Coach and Dean of STEM William Dunscombe was inducted into the National Junior Athletic Association (NJCAA) Golf Hall of Fame at this year's NJCAA Division III National Golf Championship held in June in Chautauqua, New York.

The induction took place at the National Golf Coaches Annual meeting, held in conjunction with the NJCAA Division Golf Championships. Dean Dunscombe started his golf career at Union in 1975, serving as Head Golf Coach until 2019. Over the course of his coaching career, Dean Dunscombe had 18 NJCAA National Tournament appearances (both individual and teams), more than 500 career wins, one Region XIX Championship, seven Garden State Athletic Conference Champions, and coached one All-American player. Four of his athletes went on to play professionally. Dean Dunscombe was inducted into Union's own Hall of Fame in 1981.

"The Union community is incredibly proud of Dean Dunscombe and thanks the NJCAA for their recognition of his vast contributions over the past 40 plus years," stated Union's President Dr. Margaret M. McMenamin. "It is the support of coaches, like Dean Dunscombe, that help our

athletes to grow and develop their skills. Dean Dunscombe has inspired many student-athletes during his time coaching, and he should be proud of the mark he has made on them. This is a tremendous recognition."



(above) William Dunscombe was inducted into the National Junior Athletic Association (NJCAA) Golf Hall of Fame.

Courtesy photos

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WESTFIELD LIBRARY PHOTO EXHIBIT

The Friends of Brightwood Park is delighted to announce that the Westfield Memorial Library will be exhibiting, "Brightwood Park: A Journey Through the Four Seasons", August 14 through September 30, 2023.

The exhibition, thoughtfully curated by two local photographers, Chuan-Chu Chou and Lloyd Marks, promises captivating images that encapsulate the beauty of each season in our nature preserve.

Don't miss this opportunity to immerse yourselves in the changing colors of the landscape and embrace the diverse flora and fauna of this sanctuary. The photographs uncover layers of beauty that abound in the park throughout the year.

"Join us in celebrating the beauty and diversity of Brightwood Park. We thank the Westfield Memorial Library for sharing this remarkable photo exhibit with everyone." -Rob Lombard, President, Friends of Brightwood Park.

The Friends of the Westfield Memorial Library welcome you to our 52 season. Programs for all ages will entertain and enlighten Westfield community members. In September (5 and 12) we invite knitters and crocheters to our Sharing the Warmth club. Experienced or novice crafters meet to create blankets and hats to be donated to local charities. On the 20th, the Hale Speaker Series resumes with Joe Vaszili, Westfield resident and former CPA on Wall Street and current NCAA Division 1 Women's basketball referee. Vaszilli will give a talk titled 'From the Trading Floor to the College Hardwoods'.

In October, the Book Discussion Club will gather on the 18th to share thoughts about the bestselling book, "Killers of the Flower Moon," by David Grann. Next we host the 15th Annual Children's and Teen's Book Sale. Donation days are scheduled for October 21-24; Sale days will follow from October 25-29. Our youngest readers will get two special treats on October 26.

At 11 AM, enjoy the always popular Librarian Storytime. At 3 PM, Morticia Addams, the spookiest Mom in Westfield, will share some of her favorite Halloween stories.

October 25 is the kickoff performance of the Metropolitan Opera Series with Puccini's La Boheme. With roundtrip bus service from the library, going to the Opera has never been easier.

Throughout the fall, the Friends are hosting the newest fundraiser, the Nearly New Jewelry sale. To get ready for the sale the Friends are collecting both costume and fine (gold and silver) jewelry. This is the perfect opportunity to clean out your jewelry box and donate items you no longer wear to the sale. Just about all jewelry pieces will be accepted for donation – both women's and men's items, broken pieces, single earrings, and even non-working watches. Please drop off your jewelry donations in a ziplock bag with a library staff member at the circulation desk. The jewelry sale will take place on November 18 and 19 at the Library.



**SEPTEMBER PROGRAMS
FOR ADULTS**

Saturday, September 9 from 2-4pm
"Stranger/Sister"
Hate Can't Stop a Sisterhood
Documentary and Talk

**Wednesdays, September 13, 27 and
October 11 at 7:00pm**
Tai Chi with Gang Huang

Tuesday, September 19 at 7:00pm
A Musical Journey with Matthew Fishteyn

Saturday, September 23 from 2-3:30pm
Violinist Dr. David Podles: Gypsy Music

Tuesday, September 26 at 7:00pm
Ken Lelen performs "Poets of the Prairie"

Thursday, September 28 at 7:00pm
Burned: A Brief History of Censorship and
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CHESS CLUB HOSTS YOUNGEST MASTER

Submitted by David Lazarus

It was an exciting summer of chess at the Westfield Chess Club which meets at the YMCA, but nothing could beat the atmosphere on Sunday, July 9th when the club hosted the youngest grandmaster in history, Abhi Mishra, who learned how to play at the Westfield Chess Club. Abhi became the youngest player ever to qualify for the grandmaster title on June 30, 2021, at the age of 12 years, 4 months, and 25 days.

Returning to the scene of so many of his triumphs Mishra, now one of the top 20 players in the United States, took on 29 players and won

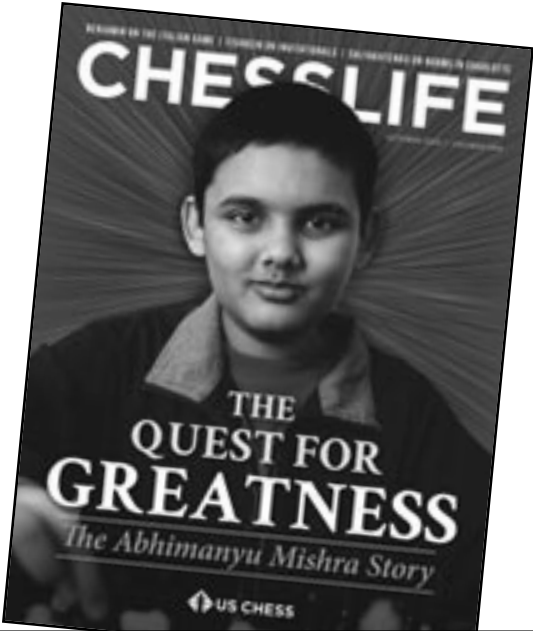
28 of the games. His only loss was to 13-year-old Elizabeth Tsugel of Brooklyn, NY.

Two weeks after visiting the club, Mishra and fellow Westfield Chess Club alumni Brandon Jacobson of Westfield finished in the top two places at the US Junior championship held in St. Louis, MO.

For more information about the Westfield Chess Club and to register to play visit westfieldchessclub.org.

Email the club at westfieldchessclub@gmail.com.

Courtesy photos



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MORRIS & RODRIGUEZ RECIEVE ROTARY AWARDS

Submitted by Dr. D. Michael Hart

The Rotary Club of Westfield honored the recipients of the Philhower and Steengrafe Fellowships during a recently held regular meeting luncheon. Each award includes a stipend of \$500.

Wilson Elementary School 1st grade teacher Marie Morris is the 2023 recipient of the

Philhower Fellowship in recognition of outstanding teaching at the elementary school level. At the same time, Franklin Elementary School head custodian Jesse Rodriguez received the Steengrafe Award, introduced this year by the Rotary Club to recognize non-certificated staff for their dedication and commitment.



(above, l-r) Rotary Club President Tony LaPorta; Superintendent of Schools and Rotarian Ray Gonzalez, Steengrafe Recipient Jesse Rodriguez, Philhower recipient Marie Morris, Rotarian Committee member Heather Benz

Courtesy photo



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6 Units	6.5" x 6.25" or 10" x 4"	\$240	\$600	\$900	\$1200	\$1400	\$1600	\$1800	\$2000	\$2200
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12 Units	10" x 8"	\$360	\$900	\$1200	\$1500	\$1800	\$2100	\$2400	\$2700	\$3000
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DAUGHTER'S KIDNEY DONATION SAVED HER MOM'S LIFE

NJ Sharing Network

Twenty years ago, Rosemarie Hampp, 58, made the loving decision to donate one of her kidneys to save her mother's life. Today, Rosemarie is forever thankful for that decision, and she is now on a personal mission to support NJ Sharing Network, the nonprofit organization responsible for the recovery and placement of donated organs and tissue in the Garden State.

"My goal is to save and enhance more lives because there are nearly 4,000 people in New Jersey waiting for a life-saving transplant," said Rosemarie. "I believe that everyone should consider being a living organ donor or simply register as an organ and tissue donor to make a positive difference in the lives of others after your time on Earth is done."

Rosemarie's fundraising efforts to support the Sharing Network Foundation have been powered by many of her family members and friends who are participating in the 5K Celebration of Life on May 20 in Ocean Grove. "Team Rosie," named in honor of Rosemarie's mother (Rose Marie Hampp), was established earlier this year to celebrate the 20th anniversary of Rosemarie's life-saving gift.

"My mom lived a healthy and happy life until she was diagnosed with primary amyloidosis," said Rosemarie. "Her health issues grew progressively worse and dialysis treatments were never easy."

Once Rosemarie learned about the possibility

of being a living kidney donor for her mother, she was eager to move forward with hopes of giving her mother the gift of life. However, her parents did not want her to donate her kidney.

"Even though I knew they were against it, I secretly got tested for transplant compatibility," said Rosemarie. "When the results showed that I was a great match, I was a nervous wreck because I was not sure how I was going to tell them about it."

Although Rosemarie's mother was hesitant at first, she finally agreed. The successful kidney transplant was completed by the medical team at Cooperman Barnabas Medical Center on December 17, 2003. Rosemarie's gift gave her mother several additional years to enjoy life's precious moments.

"We named my donated kidney 'Fred,' and we called my remaining kidney 'Ginger' because they worked well together and individually," said Rosemarie. "My mom ultimately passed away in 2006 due to pancreatitis. It was unrelated to her transplant, and her kidney always worked perfectly."

Rosemarie has also used her professional art skills to create colorful Donate Life stickers to raise additional funds and awareness. To support Rosemarie's efforts, visit events.njsharingnetwork.org/go/TeamRosie23.

According to United Network for Organ Sharing (UNOS), over 100,000 people in the U.S. are waiting for a life-saving organ transplant, and

17 people in the U.S. die each day waiting for an organ transplant. To learn more, get involved and register as an organ and tissue donor, visit NJSharingNetwork.org.



(above) Rosemarie Hampp recently celebrated the 20 Year Anniversary of her kidney donation to save her mother's life. Rosemarie creates colorful Donate Life stickers to raise awareness. To support Rosemarie's efforts, visit events.njsharingnetwork.org/go/TeamRosie23.

Courtesy photo

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