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Published by Renna Media

Issue 1 • October 2015

Westfield Chamber of Commerce

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#### **RENNA MEDIA LAUNCHES WESTFIELD MONTHLY**

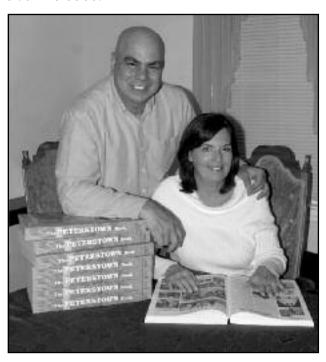
Beginning in October 2015 Westfield Monthly will join Renna Media's family of newspapers, bringing the number of publication to eighteen. Westfield Monthly will be direct mailed to every postal patron in Westfield with a total circulation of 11,800, and will deliver important information from the departments in town hall, along with news from the schools and library. Community service organizations are encouraged to promote their events and businesses and residents can celebrate their accomplishments free of charge. The newspaper's goal is to be a positive influence on the economic development and overall well-being of Westfield.

Renna Media is a Cranford based business owned and operated by husband and wife team Joe and Tina Renna. Renna Media's family of 18 community newspapers are published in and around Union and Somerset counties with a total circulation of 100,000 newspapers mailed monthly. The publications are "hyper-local" in nature in that they contain information focused on each individual town and are direct mailed within those towns.

The hyper-local design gives businesses the highest value for their advertising dollars. The newspapers are designed (black ink on newsprint) to keep the cost of an advertisement to as low as \$60 for a business card size ad. Regional businesses can take advantage of one low rate for being in multiple publications. Inserts are also available.

Joe and Tina Renna, owners of Renna Media, LLC, have been publishing community newspapers since 1998 with the launch of Around About Peterstown, a regional newspaper about the Italian-American neighborhood in Elizabeth, NJ.

For info about Renna Media publications, please contact info@rennamedia.com; or call 908-418-5586.



(above, l-r) Joe and Tina Renna, owners of Renna Media, LLC, have been publishing community newspapers since 1998.

### CELEBRATE PRE-HALLOWEEN DOWNTOWN WITH TRICK-OR-TREATING, COSTUME CONTEST AND PARADE

On Sunday, October 25, bring the kids downtown in their costumes to trick-or-treat in the retail stores and restaurants throughout Downtown Westfield from 12pm to 2:00pm. The Optimist Club of Westfield will present a Halloween Parade starting at 2:15 pm on Quimby Street and will follow on North Avenue, Prospect Street, Broad Street, Elm Street and back to Quimby Street.

The costume contest, sponsored by Downtown Westfield Corporation, is connected with the Optimist Club parade. Costume contest judges will watch the parade and hand out medals and winner cards during and after the parade. Children from pre-school through elementary school ages may participate.

The Halloween event will be part of the annual Trick-or-Treat and Costume Contestin Downtown Westfield sponsored by Downtown Westfield Corporation. Families which want to participate in the parade and costume contest should start to line up on Quimby St. at 2:00 pm, and children should be accompanied by an adult. The 2:15 parade, presented by The Optimist Club of Westfield will be led by the Westfield High School Marching Band. The costume contest, sponsored by Downtown Westfield Corporation with assistance from The Optimist Club of Westfield, will begin at 2:00 and will take place before and during the parade. Winner cards distributed to the winners can be redeemed for the prizes on Quimby Street after the parade.

The Downtown Westfield Corporation (DWC) formed in 1996, is the management entity of the Special Improvement District. It is governed by a seven member Board of Directors, has two full-time and one part-time staff members and numerous volunteers serving on Design, Promotion, Economic Development and Organization Committees. The vision of the DWC is for Westfield, NJ to be a preferred destination where people want to live, work and visit.



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Westfield Monthly is published by Renna Media. 11,800 newspapers are printed monthly and mailed to every business and resident in Westfield.

Although great care has been taken to ensure the information contained within is accurate, Renna Media assumes no liability for errors or omissions.

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## RENNA MEDIA IS PLEASED TO ANNOUNCE THAT LORI THEISS HAS JOINED ITS STAFF

Lori Theiss is the liaison to the Westfield community and will be responsible for collecting news of community service events. Community service organizations are encouraged to contact Lori to promote upcoming events and report on past happenings.

## CALL LORI AT 908-858-4012 EMAIL: LORI@RENNAMEDIA.COM WEBSITE: RENNAMEDIA.COM

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# Advertising in this newspaper 11,800 papers are printed monthly and mailed to every household and business in Westfield. Reserve space in the next issue.

Call Tina today at 908-418-5586 or email info@rennamedia.com

#### **MIRACLES FOR MYELOMA RACE**

Area residents banded together to raise money for multiple myeloma research at the Miracles for Myeloma 5K Run/Walk held on Saturday, September 26, 9:30am-11am at Oak Ridge Park in Clark.

Westfield resident Gina Klemm became involved with the event after her brother Frank Guarino succumbed to the disease. Mr. Ron Pask and his wife Sheree Pask of Clark have been the unflagging force in originating and continuing the event with the assistance of Mrs. Klemm. Mrs. Pask is currently in remission of the disease that is a form of cancer which forms in white blood cells. Mrs. Pask, a preschool teacher at the Westfield Presbyterian Church's nursery school, has the support of her colleagues and friends who have formed a team this year. "Colleagues, parents with children and their dogs attended and it was a festive atmosphere with the tree-lined, wheel chair accessible pathway," Mrs. Pask said

of the race

The Clark Kiwanis Club and Kiwanis' sponsored Key Club from Arthur L. Johnson High School assist each year at the event. "I don't know what we would do without the volunteer help of our Key Club and their adviser Ellen Zamboni," Mrs. Park explained.

Miracles for Myeloma 5K Run/Walk started three years ago when approximately 500 people registered, participated and raised \$50,000 in their first year. Last year the race involved almost 750 people from all over the state, raising almost \$150,000 for International Myeloma Foundation.

A remembrance path lined the race pathway with laminated placards of the names of loved ones who fought cancer and people who are living with the disease. They are honored through donations by their friends and families. Please feel free to call 732-574-9182 to donate in memory or in honor of someone.



(above) At last year's fundraising race/walk, participants of all ages got involved.



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## 11 CRITICAL HOME INSPECTION TRAPS TO BE AWARE OF WEEKS BEFORE LISTING YOUR HOME FOR SALE

Westfield NJ - According to industry experts, there are over 33 physical problems that will come under scrutiny during a home inspection when your home is for sale. A new report has been prepared which identifies the eleven most common of these problems, and what you should know about them before you list your home for sale.

Whether you own an old home or a brand new one, there are a number of things that can fall short of requirements during a home inspection. If not identified and dealt with, any of these 11 items could cost you dearly in terms of repair. That's why it's critical that you read this report before you list your home. If you wait until the building inspector flags these issues for you, you will almost certainly experience costly delays in the close of your home sale or, worse, turn prospective buyers away altogether. In most cases, you can make a reasonable pre-inspection yourself if you know what you're looking for, and knowing what you're looking for can help you prevent little problems from growing into costly and unmanageable ones.

To help homesellers deal with this issue before their homes are listed, a free report entitled "11 Things You Need to Know to Pass Your Home Inspection" has been compiled which explains the issues involved.

To order a FREE Special Report, visit www.njhomeinspectiontraps.com or to hear a brief recorded message about how to order your FREE copy of this report call toll-free 1-888-243-5861 and enter 1003. You can call any time, 24 hours a day, 7 days a week.

Get your free special report NOW to learn how to ensure a home inspection doesn't cost you the sale of your home.

This report is courtesy of All Towne Realty Realtor . Not intended to solicit buyers or sellers currently under contract. Copyright © 2014

### Women to Women

#### NETWORKING EVENT

Wednesday, October 28, 2015 6:00 PM to 8:00 PM

The Westwood, Garwood, NJ \$20 GWACC Members/\$30 Non Members

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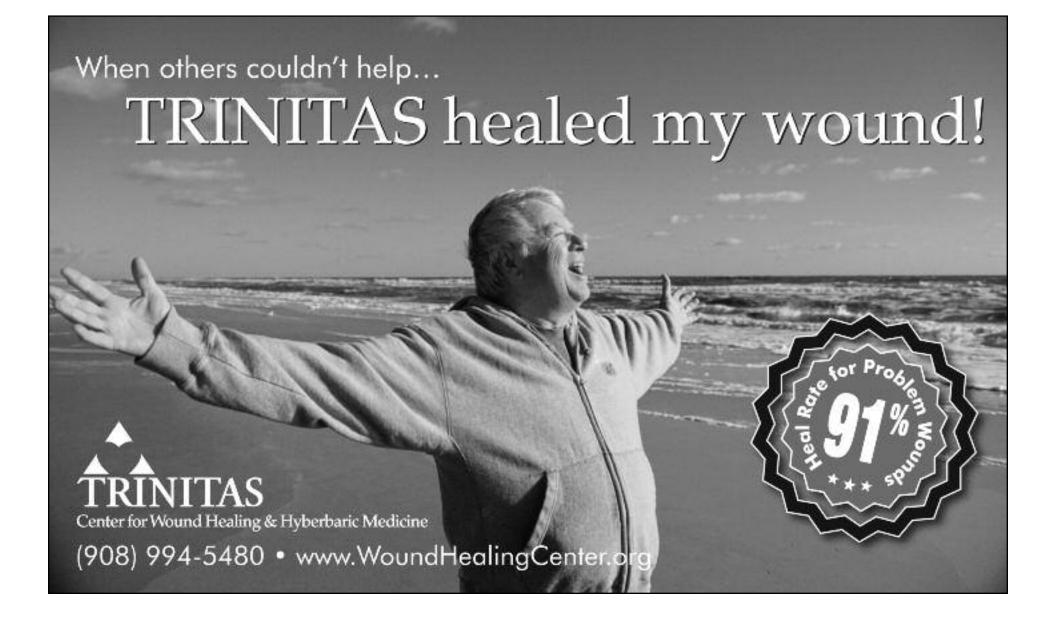
Please contact Irene Katz at

info@westfieldareachamber.com subject: sponsors \$100.00 for members

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Please register at www.gwaccnj.com or Call 908-233-3021

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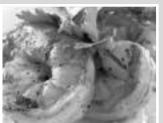
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| Kids 7-10\$5.99     | Kids 7-10\$6.99         |
| Kids 3-6\$3.99      | Kids 3-6\$5.99          |
| 2 & UnderFREE!      | 2 & UnderFREE!          |

#### FRIDAY - SATURDAY

| Lunch 11am - 3:30pm | Dinner 3:30pm · 10:30pm |
|---------------------|-------------------------|
| Adult\$7.99         | Adult\$11.59            |
| Kids 7-10\$5.99     | Kids 7-10\$6.99         |
| Kids 3-6\$3.99      | Kids 3-6\$5.99          |
| 2 & UnderFREE!      | 2 & UnderFREE!          |

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#### **SECOND UNION COUNTY DAY OF PRAYER SLATED FOR OCT. 7** AT FIRST UNITED METHODIST CHURCH IN WESTFIELD

War and tensions across the globe. Calls for advocacy and recreation. mass deportations and public shootings at home. A wave of violent crime locally. Amid all this turmoil and discord comes the second annual Union County Day of Prayer.

"Praying for peace in the midst of violence" will be held Wednesday, Oct. 7, 6:30 p.m. to 8:00 p.m. at the First Methodist Church in Westfield, at 117 Ferris Place. The event will feature readings and comments from religious leaders of all faiths from throughout Union County, as well as music. The Union County Day of Prayer is open to the public and members of all faiths.

The annual Day of Prayer is an interfaith gathering of the faith-based, nonprofit and government communities to unite people from throughout the county regardless of race, religion or disability and to bring greater awareness of the support services available to them, according to Sid Blanchard, executive director of Community Access Unlimited (CAU).

CAU is a statewide Elizabeth-based nonprofit providing support programs and services to adults with disabilities as well as youth served under the Department of Children and Families (DCF) to enable them to live independently in the community, in areas including housing, vocational and life-skills training, education,

The event is sponsored by the Union County Interfaith Coordinating Council, an organization comprising 40 interfaith congregations and community-based nonprofits, including CAU. The council promotes inclusion of all people within the community, without regard to race, religion or disability, and creates a clearing house of faith-based, nonprofit and government community services available to the public, according to Blanchard.

"There is no community unless everyone is included and embraced," Blanchard said. "The council's mission is to better position everyone in the community to reap all that the community has to offer, including support for seniors, families and children, people with disabilities and those less fortunate economically. Collectively we offer or know how to access a variety of services, including housing, employment and financial help.

"Our theme this year is a reflection of the turmoil ripping apart communities worldwide. It seems the world, our nation and our neighborhoods have become more violent and angry and it is our goal through our annual Day of Prayer to unite the community against this discord."

Speakers will include: Blanchard; Pastor David Mertz of the First United Methodist

Church in Westfield; Rev. Dr. Erika Crawford of the Ebenezer African Methodist Episcopal Church in Rahway; Rev. LL DuBreuil of the Faith United Church of Christ in Union; and Pastor Nathan Bullock of the First Baptist Church in Kenilworth.

Readings and prayers will be provided by Cantor Matthew Axelrod of the Congregational Beth Israel in Scotch Plains; Father Anthony Randazzo, Holy Trinity Roman Catholic Church in Westfield; Rev. Dr. Kirk Morton of the Community Church of God in Plainfield; Imam Ali Jaaber of the Masjid Darul Islam Mosque in Elizabeth; Ven. Duhk-Song Sunim of the So Shim Sa Zen Center in Plainfield; Rev. Bobbie Arrowsmith of the Connecticut Farms Presbyterian Church in Union; Rev. Ron Thomas of the Imani Temple Baptist Church in Union; Pastor Carmine Pernini of the Zion Evangelical Lutheran Church in Rahway; Pastor David Ford of St. Matthew Baptist Church in Roselle; Rev. Manny Cruz of the Common United Methodist Church in Roselle Park; and Rev. Dr. Mark Boyei of the First Congregational Church in Westfield.

Music selections will be provided by Denise Lowe, chair director of the Greater St. John MER Church in Elizabeth and Kevin Caldwell, chair director of the Community Church of God in Plainfield.



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#### **WESTFIELD MARCHING BAND PERFORMS AT SPFHS FUNDRAISER**

their 17th Annual Marching Band Festival on Saturday, September 19. The musical festival was

Scotch Plains-Fanwood Marching Band hosted held at the Scotch Plains-Fanwood High School (SPFHS) Varsity Field. Eight bands competed for trophies.

Westfield Marching Band performed "The Caged Bird Sings". Westfield High School took first place in Group 5A with a score of 79.325.













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Dr. Scot Paris, MD using fluoroscopy during a knee injection.



#### **WESTFIELD CHAMBER OF COMMERCE HOSTS SMALL BUSINESS EXPO**

Greater Westfield Area Chamber of Commerce (GWACC) at a Small Business Fall Expo event at The Westwood in Garwood on Wednesday, September 16th from 6-9 pm. This event featured a select group of chamber member businesses.

The public was invited to get to know some of

The general public was invited to join The the hidden gems in our area that provide quality products and services. Participants included Results Wellness Solutions, Mad Science, Main Street Movers, Experts of Home, RLifeDesign, Above Grade Level, Westfield Turkey Trot, plus several more.

There was ample time to network with other

attendees, including members of the GWACC. Everyone enjoyed passing around hors d'ouevres, a buffet dinner, beer, and wine. Vendors offered prizes and raffles.

For more information, contact the chamber at info@westfieldareachamber.com or at 908-233-3021.











**BYOB** 

Photos of this and other events can be found at www.rennamedia.com and on the Westfield Monthly Facebook page. Feel free to "Like", "Tag", and "Share".





#### HEALTHY LIFESTYLE TIPS FOR FAMILIES FROM THE WESTFIELD AREA Y

to school and the feeling of fall is in the air. The Westfield Area Y understands how important developing and maintaining healthy habits is throughout the seasons and offers healthy tips for the entire family.

A great way to start building a healthy lifestyle is to incorporate more activity and healthier eating habits into your daily family routine:

- Eat Healthy: Make water the drink of choice (supplemented by age-appropriate portions of 100 percent fruit juices and low-fat milk) and make it easy for everyone to fill half their plate with fruits and vegetables by offering two or three colorful options. Feel free to mix and match fresh and frozen fruits and vegetables to provide a variety.
- Play Every Day/Go Outside: Kids should have at least an hour a day of uninstructed play outside (when possible) and break a sweat at least three times a week by getting 20 minutes or more of vigorous physical activity.
- Get Together: Eat as a family as frequently as possible with kids involved in meal preparation and clean up. In addition, adults should take a break from electronics and spend one-on-one time each day with their kids, enjoying one another's company.
- Reduce Screen Time: Time spent in front of a television, computer, tablet, cell phone or video games should be limited to two hours per day.
- Sleep Well: Kids and adults need to keep a regular sleep schedule of 10-12 hours per night for kids and seven to eight hours for adults.
  - There is also a need to maintain healthy

Summer has come to an end, children are back habits while outside the home. The Westfield Area Y offers classes, programs and activities for adults, children, teens and families to help stay active and engaged throughout the year. Y certified staff are also available to assist in developing exercise programs that are right for your family's needs.

> Registration is going on now for the Fall 1 session. Visit www.westfieldynj.org to learn more

about the Westfield Area Y programs. Members can register online and non-members can visit the Welcome Center at the Main Y facility, 220 Clark Street in Westfield.

The Y is the nation's leading nonprofit committed to strengthening communities through youth development, healthy living and social responsibility. Financial assistance is available for those who qualify.



(above) Westfield Area Y Parent/Child swim classes provide a great opportunity to bond.



#### **WESTFIELD AREA Y EARLY LEARNING PROGRAMS CELEBRATE INTERNATIONAL DOT DAY**

Programs recently celebrated International Dot Day on Sept. 16, 2015. During this day of creativity, courage and collaboration, children from the Westfield Area Y's full day and half day preschool and Kindergarten were encouraged to celebrate in their own unique ways. It started off with reading and discussing the book "The Dot."

The Westfield Area Y Early Learning The children used a hole puncher, painted with dot paints and glued circles. They then played Twister in the gym. It was a fun-filled learning day for all the children who participated.

> To learn more about Westfield Area Y Early programs, www.westfieldynj.org. Financial assistance is available for those who qualify.



(above) The children of Mrs. Brief's Grasshoppers class at the Westfield Area Y's Early Learning Center at Elm Street, proudly display their "dot" artwork.

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#### **WESTFIELD RAINBOWS**

Westfield Rainbows is a non-profit organization offering free support to foster emotional healing among children ages 5 through 18 and their parents who are adjusting to a lifealtering event due to death, divorce, separation, illness or other painful transition. Registration for the 7-week fall session is on-going. Rainbows is open to children from all economic, racial, ethnic, and religious backgrounds.

> To register visit on-line www.westfieldrainbows.org or contact the coordinators, Mike Mulry at (732) 648 1173 or Anne Koons at 908-233-2555 or email rainbowshelp@gmail.com.

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Rehearsals are underway at CDC Theatre, 78 Winans Ave. in Cranford, for the opening show of the theatre's 97th season, Born Yesterday by Garson Kanin. A Broadway triumph turned Academy Award nominated film, Born Yesterday is a deliciously witty screwball comedy about a corrupt businessman, Harry Brock, trying to get ahead in Washington. He hires a newspaperman, Paul Verall to tutor his brassy girlfriend, Billie Dawn, but gets more than he bargained for when he discovers a little bit of learning can be a dangerous thing.

Directed by Eric Walby, the cast is led by Joe Leo as Paul Verall, Julie Ann Nolan as Billie Dawn and Matt Lafargue as Harry Brock. Joel Redmount, seen on stage at CDC in last seasons Aladdin is Ed Devrey. The cast also features Barry Leonard and Maureen Muldoon as Senator and Mrs. Hedges, Susan Roberts as Helen, James Beckman as the Bellhop and Brittany Patterson as the Assistant Manager.

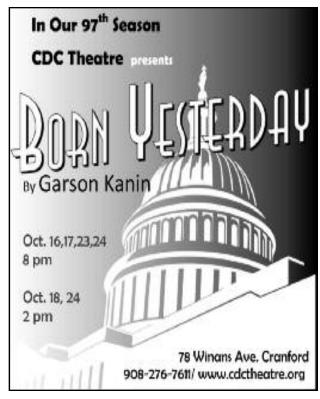
The director recently asked "Can a classic still be considered timely? This piece is about ruthless business' purchasing politicians to further their own interests at the cost of the general public. It's about the abused and powerless finding their voice through information and bravery. It's about genius' selling their souls through weakness and fear; because the themes of government corruption and the marginalization of women are just as relevant to a story line today as they were 70 years ago."

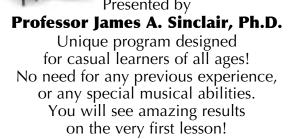
Born Yesterday opens October 16 and runs through October 24. For tickets and more information visit www.cdctheatre.org.

Funding has been made possible in part by the NJ State Council on the Arts, Dept. of State, a Partner Agency of the National Endowment for the Arts, through a grant administered by the Union County Office of Cultural & Heritage Affairs.



(above l-r) Matt Lafargue, Joel Redmount, Joe Leo and Julie Ann Nolan appearing in CDC Theatre's Born Yesterday.











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October 6th and November 3rd Bottoms Up! Hula and Dine class.

\$40 includes pupu platter, first drink, one hour Hula class complete with leis and grass skirts, and buffet afterward, reservations in advance.

October 13 and December 15 Elvis tribute artist Jim Barone.

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**ANY PURCHASE** 



#### NEW TEACHERS JOIN TRADITION OF EXCELLENCE Westfield MONTHLY • Page 13 • October 2015

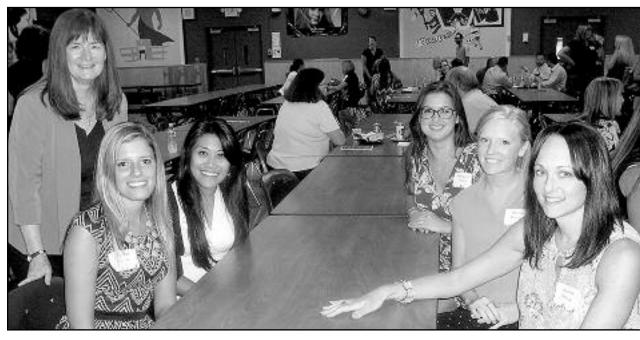
Newly hired Westfield Public School teachers and support staff attended the in-house New Staff Institute (NSI) prior to the start of school, receiving orientation and training to become familiar with expectations of the district and community. Of the 36 attending NSI, the majority are new to the district, while a few stepped in as mid-year leave replacements during the last school year. To offer further support to both first year educators and to those veteran teachers who are new to Westfield, NSI meetings also will take place in the next two years.

At a NSI luncheon held on September 1, Westfield Board of Education Vice President, Gretchan Ohlig, welcomed the new teachers to

the district. Westfield Education Association President, Michael Seiler, told the newcomers that they are entering a district with a welldeserved reputation for excellence. Superintendent of Schools, Margaret Dolan, wished the new teachers a year of learning and growing and reminded the new hires that the administration reviewed thousands of resumes and held hundreds of interviews before making selections.

Dr. Dolan addressed all teachers in the district at a morning assembly for staff held September 2. Reiterating the district's theme, "A Tradition of Excellence," Dr. Dolan gave examples of how a teacher can influence a student's life.





(above) Westfield Superintendent of Schools, Margaret Dolan, welcomes new teachers (l-r, clockwise) Jennifer Fallone, Sheryl Brindle, Maggie Fatsis, Marissa Minogue, and Jessica Urriola at a cafeteria luncheon held during the Westfield Public Schools' New Staff Institute (NSI). NSI is an orientation program specially designed to familiarize newly hired teachers in the



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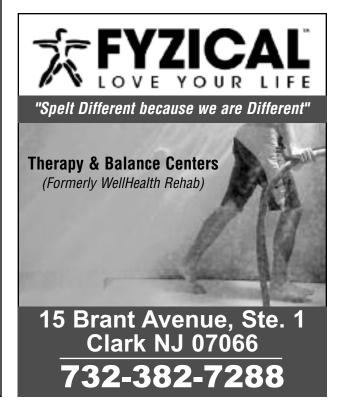
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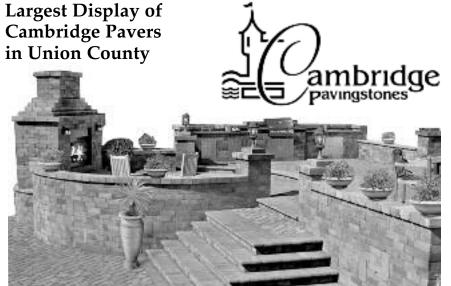
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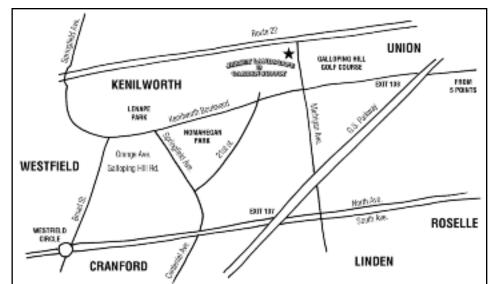
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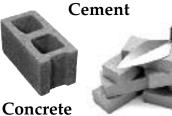
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