MS Education Foundation Seeking Board Members

MOUNTAINSIDE Mountainside Education Foundation (MEF) is currently seeking persons to serve on its Board of Trustees. The Board of Trustees of the MEF is comprised of a dynamic group of individuals who work towards the goal of ensuring that Mountainside remains one of the best school districts in the state and region. Some, but certainly not all, of the enrichment programs that the MEF has either completely or partially funded this year and in the past are Raz Kids
– a program designed to provide an online interactive leveled book library for children in grades K-2; NJPAC Arts Academy Creative Movement Program for children in first grade; NJPAC Poetry Program for children in fifth grade, and Rutgers Science Explorer Bus – a program that brought hands-on interactive laboratory exercises to students inside a 40-foot mobile laboratory. This is but a small sampling of the programs made possible by the efforts of the MEF.



PTSO Outstanding Teacher Award

WESTFIELD - Every spring the PTSO distributes one award for a distinguished teacher at Westfield High School. This teacher is nominated from the parent community. The teacher should be an outstanding teacher who has demonstrated exceptional interest in the students in both academic and extra-curricula activities.

Please send all nominations to Oster peggy.oster@yahoo.com. The nominations should include a short description of the characteristics of this

A key to the past and future success of the MEF is the active participation of all members of the Board of Trustees. MEF Board members are expected to attend board meetings consistently, serve on at least one committee, actively participate in all fundraising activities and prepare before regular board meetings by reading and studying materials sent in advance. A commitment of three years ensures continuity of experience on the Board.

The Board meets once a month. A total of eleven persons serve on the Board of Trustees. There are three positions currently open.

The Mountainside Education Foundation welcomes all interested parties to submit their name and contact information along with a short statement of why he/she would like to join the Board of Trustees to Tricia Freer, President,

mef@mountainsideeducationfoundation.org or to the MEF box located in the offices of the Beachwood or Deerfield

Westfield Adult School **Volunteer Open House**

WESTFIELD - The Westfield Adult School is seeking creative and energetic volunteers who appreciate and value the importance of adult education. For over seventy years, the Westfield Adult School has provided a wide variety of classes to provide enrichment and learning opportunities to Westfield and the surrounding communities. The Adult School is a non-profit organization and does not receive any funding from the local school board. Volunteers are needed to help us continue our mission.

Please join us for refreshments at our Volunteer Open House, Monday, May 2 from 7 to 9:30 p.m. in the front entrance banner of the Westfield High School, 550 Dorian Road.

For more information, or if you want to get involved and cannot attend the Open House, contact Betsy McQuade bmcquade@comcast.net, or call

dren in more than 60 countries around

More than 25 Westfield High

School students conduct fundraisers

throughout the year to support this

supporters, we are changing lives one

smile at a time," Ms. Ball said. "We

hope the Westfield community con-

tinues to support our efforts to help

these children by coming to the High

School later this month for a car

"Thanks to the generosity of our

WHS Laxers Lace Up for **HEADstrong and Teammate**

The Mestfield Leader and The Scotch Plains - Fanwood TIMES

By BETSEY BURGDORF

 $WESTFIELD-On\,Saturday, April$ 30, the Westfield High School (WHS) Blue Devils girls and boys lacrosse teams will hold the Blue Devils' "Score for a Cause" fundraiser at Kehler Stadium to benefit the HEADstrong Foundation. The campaign raises funds by players obtaining sponsorship from family and friends who have agreed to contribute a variable amount for each goal the team scores during regular season games. Set donations also are

Nick Colleluori, a Division 1 lacrosse player at Hofstra University, started the HEADstrong Foundation after being diagnosed with non-Hodgkins lymphoma while in his sophomore year of college. During his battle with the disease, Nick began researching non-profit organizations and also shared his story online, hoping it would raise awareness. After Nick lost his 14-month battle with his disease on November 28, 2006, his family expanded on his groundwork and the HEADstrong Foundation grew. His story, and his foundation, have become a source of support and inspiration for those afflicted and affected by the disease.

Katherine Frega, a senior at WHS and a member of the girls' varsity lacrosse team, can relate all too well to Nick's story. In January of 2010, she was misdiagnosed with what doctors thought was juvenile rheumatoid arthritis. Her doctor prescribed a number of medications to treat the disease and relieve her extreme joint pain. Despite the medications, her condition continued to worsen. A CT scan and X-ray revealed a mass in her chest. On May 17, 2010 she was diagnosed with Hodgkin's lymphoma

She began chemotherapy, which started in May and lasted until July. "It was outpatient chemo that did not require me to be at the hospital," Katherine told *The Westfield Leader* and The Scotch Plains-Fanwood Times. "After my PET scan following

Free Workshop **For Non-Profits**

WESTFIELD - The Union County Board of Chosen Freeholders is pleased to announce 2011 funding for the Union County HEART (History, Education, Arts Reaching Thousands) Grant Program.

The application process for a HEART grant will be explained at a workshop for Union County nonprofit organizations, individual artists and scholars. The workshop will be held on Thursday, May 12, beginning at 7 p.m. at the Union County Annex, 300 North Avenue East. Although the workshop is free of charge, pre-registration is suggested.

Recognizing the importance of culture and the arts to the county's quality of life and economy, this innovative program supports projects related to history, the arts and humanities, and demonstrates a commitment to the artists and non-profit organizations of Union County.

For additional information, or to register for the HEART Grant workshop, contact the Union County Office of Cultural and Heritage Affairs, 633 Pearl Street, Elizabeth, NJ 07202. Telephone: (908) 558-2550. NJ Relay users dial 711, or E-mail: culturalinfo@ucnj.org.

this round of chemo, the doctors determined that there was still activity in the scans, and I would have to do a second round of chemo before proceeding to radiation treatment."

The next treatment required her to sometimes stay in the hospital. "I had to miss out on the beginning of my senior year and I missed my final field hockey season in its entirety," Katherine said. She was deemed in remission in late fall and was able to return to school full time in December 2010.

Katherine has faced her diagnosis and the changes it has caused to her life with remarkable inner strength. She began documenting her journey on the HEADstrong Foundation site. According to her blog on HEADstrongfoundation.org/storiesof-hope, she visualized her treatment like a lacrosse game. She would require four cycles of chemotherapy, similar to a lacrosse game, which has four quarters. "However, I was at a disadvantage at the beginning of the fight because the lymphoma had been taking hits at my body for so long. It was now my time to fight back, and the fight would not be easy," Katherine wrote.

To help her get through treatment, Katherine stated that she has "loads of quotes" to help her persevere. "The most memorable quote for me is 'Be not afraid," she said. "I was told this when I met the bishop who was presiding over mass at church for my sister's confirmation. It was the week of my diagnosis of Hodgkin's, and I was my sister's confirmation sponsor. I was very sick, but I was very happy that I was able to make it to the mass and be there for her special day."

Katherine, an outstanding athlete, has played lacrosse since she was eight years old, trying every position, even goalie, before settling on midfield, what she called "her favorite."

"I had a wonderful experience playing lacrosse in Westfield and learning the technical parts of the game," Katherine said. "But I learned about the love of the game in Syracuse, N.Y. playing for my club team, the Star Riders. I went up every weekend to play lacrosse with them, and learned so many valuable life lessons and skills, and learned that lacrosse was not just a game, it was a passion and lifestyle. I am thankful to have that experience.'

Katherine competed in her last high school lacrosse game on April 15. A recent surgery determined a mass in her neck to be cancer. Her doctors are in the process of determining her treatment plan and she will be starting chemotherapy again soon.

'It was so special for me to walk on to the field and play this year," Katherine said. "Even though I have been on the varsity team since my freshman year, this year was most memorable because during treatment, I thought I might never see the field again.

Katherine has recovered from her surgery last week and is looking forward to the HEADstrong event on

WF BOE Meeting Set For May 3

WESTFIELD – The next meeting of the Westfield Board of Education will be an organization meeting held on Tuesday, May 3, at 8 p.m. in the administration building located at 302 Elm Street.



HEARTFELT MOMENT...Katherine Frega, center, a Westfield High School senior and varsity lacrosse player, receives hugs from her coaches and teammates after her last high school game on April 15. Her season was cut short due to her battle with Hodgkins lymphoma.

Saturday. Girls Varsity Lacrosse Head Coach Jaclyn Borrone said, "We [the team] are looking forward to the HEADstrong event this Saturday. Katherine is an inspiration to all of us. She is a hard worker and a team player. The team is excited to have an opportunity to support her."

WHS Boys Varsity Lacrosse Head Coach Marc Silbergeld stated that choosing the HEADstrong Foundation as this year's Blue Devils lacrosse fundraiser had special meaning to him and the team. "I met the Colleluori family several years ago at a fall lacrosse tournament. I was very affected by their story and decided to buy the green laces for our high school team that year," Coach Silbergeld said. "When I heard that Katherine was also involved with HEADstrong, it just seemed like a great opportunity for us to do something positive with our involvement in lacrosse."

The team hopes to raise a substantial amount for the foundation. "By purchasing the HEADstrong shorts for the boys in the program, as well as the "Score for a Cause" kits, we [the boys lacrosse team] have already spent almost \$7,000 towards their cause," Coach Silbergeld said.

Saturday's fundraiser will begin at 11 a.m. with the girls JV lacrosse team facing off against New Providence High School, followed by the girls varsity game. After the girls' games, Katherine and Boys Varsity Co-Captain Jeff LaForge will speak about the HEADstrong Foundation.

Following the presentations, the boys varsity team will play Toms River High School East, followed by the JV boys game. George Peters, coach of Toms River High School East, contacted Coach Silbergeld when he heard about the event and asked to be involved.

HEADstrong laces, bracelets and T-shirts will be available for purchase on the day of the event. Sponsors for "Score for a Cause" are still being accepted and information, as well as forms, will be available at the event on Saturday.

Although the recent news that she will need chemotherapy was a setback, Katherine maintains her positive attitude and is determined to carry out her goals for the future. "I want to be a doctor, specifically a pediatric doctor," Katherine said. "I am still deciding which type of field to go into. Right now my two top choices are oncology or stem cell."
She was accepted at Syracuse University and hopes to be a freshman there in the fall.

'My dream for the future is to become healthy again, and become an advocate for cancer and a doctor, so that I can help sick children who are in the place that I once was, Katherine said.

Katherine stated she lives by the motto "Head, Heart, Hustle," which is also the Syracuse University la-crosse team motto. "I mostly used this motto when I was on the lacrosse field in high school, but I found a way to tie it into my cancer,' she stated. 'Head, Heart, Hustle' means that you have to play smart with your head, have passion to play in your heart, and run 110 percent no matter what the circumstances."

The organizers of Saturday's event are hopeful the community will come out to support the foundation, as well as Katherine stating that the best way to show support is to come to the event and donate to "Score for a Cause" and/or purchase the HEADstrong gear.

Donations can also be made at HEADstrongfoundation.org, or by sending a check made out to "HEADstrong Foundation" and mailed to HEADstrong Foundation, 466 Hutchinson Terrace, Holmes, Pa.

LAWRENCE A. WOODRUFF

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Eve. & Sat. Appointments

MAY 2011 EVENTS AT THE WESTFIELD MEMORIAL LIBRARY 550 East Broad Street, Westfield 908.789.4090 www.wmlnj.org Hours: Mon-Thurs 9:30 am - 9 pm Fri and Sat 9:30 am - 5 pm Sun 1:00 - 5:00 pm Closed May 30 for Memorial Day Closed Sundays May 22 — September 11

PROGRAMS FOR ADULTS

5/4	10:00 am	Computer Class: Genealogical Resources on the Internet (Beginner)
5/6	1:30 pm	TGIF! Gardens of the World (video)
5/7	2:00 pm	Cat and Kitten Care by SARA, Inc. Cat Rescue Group
5/10	1:00 – 5:00 pm	Job Readiness Computer Training—Basic Windows
5/13	1:30 pm	TGIF! Henry Fonda (video)
5/16	2:00 and 6:30 pm	Foreign Film: "The Secret in Their Eyes" (Spanish)
5/17	1:00 – 5:00 pm	Job Readiness Computer Training—Basic Internet
5/19	7:00 pm	De-Clutter Your Life with Organizer Jamie Novak
5/20	1:30 pm	TGIF! Classic Movie: "Toast of New Orleans"
5/24	1:00 – 5:00 pm	Job Readiness Computer Training—Basic Word
5/25	7:00 pm	History of the Jersey Shore by Kevin Woyce
5/31	1:00 – 5:00 pm	lob Readiness Computer Training—Basic Outlook

PROGRAMS FOR CHILDREN

Lego Club Grades 1-5 5/4 and 5/5 6:00 pm Call 908.789.4090 x 3 to register. WML cardholders only. 5/6 3:45 pm Big Kids' Club— Elementary Schoolers Grupo ñ—Spanish Language Storytime 10:00 pm (up to 6 years) 5/2, 5/4, 5/9, 5/11, Homework Help with teen volunteers 3:30 pm 5/16, 5/18 5/23 5/25 Grades K-5

Smile' to Hold Car Wash Since 1982, Operation Smile through the help of dedicated medical volunteers — has provided free surgeries to more than 160,000 chil-

the world.

important work.

WHS Chapter of 'Operation

WESTFIELD-The Westfield High School Chapter of Operation Smile will hold a car wash fundraiser on Saturday, April 30, from 9 a.m. to 1:30 p.m. in the rear parking lot of Westfield High School.

"Operation Smile is a charity organization healing children's smiles, making the world a better place," said Loren Ball, president of the Westfield High School Chapter of Operation Smile. "More than 200,000 children are born with a severe cleft condition each year — often unable to eat, speak, socialize or smile. In some places these children are shunned and rejected. And in too many cases, their parents can't afford to give them the surgeries they need to live a normal life. That's where we come in. Operation Smile is as an international charity providing much needed surgical services.'

Park Middle School **Book Sale a Success**

SCOTCH PLAINS - On April 18-21, Park Middle School held its Annual Spring Book Sale. It included the generous donations of gently used books from Scotch Plains-Fanwood families. The new books "buy one, get one." The previously owned books were deeply discounted costing fifty cents to one dollar each.

Students attended the book sale during the school day with their class. On April 19, families had the opportunity to take advantage of the great deals.

The book sale was chaired by Amy Davies and Ingrid Bordman. Many Park Middle School parents volunteered their time to help make the sale a huge success.

John Hopkins Announces Dean's List

BALTIMORE, Md. – Three local residents were named to the Dean's List for academic excellence for the fall 2010 semester at The Johns Hopkins University. To be selected for this honor, a student must earn a grade point average of 3.5 or higher on a 4.0 scale in a program of at least 14 credits with at least 12 graded credits.

Jessica Margolies of Westfield is the daughter of Ross and Patricia Margolies and attended Westfield High School. Jessica is majoring in an arts and sciences pre-major and will graduate in May 2014.

Ava Scheininger of Westfield is the daughter of Jeff and Manette Scheininger and attended Morristown-Beard School in Morristown. Ava is majoring in economics and will graduate in May

Maxwell Wieder of Westfield is the son of Robert Wieder and Anne Strauss-Wieder and attended Westfield High School. Maxwell is majoring in mechanical engineering and will graduate in May.



BOGO...Students at Scotch Plains' Park Middle School find something good to read at the annual Spring Book Sale last week, where all books were "buy one – get one."

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Join us for our Spring Open House, Sunday, May 10, 1 - 3 p.m., and see why young men from Westfield, Scotch Plains, Fanwood and 115 more communities in New Jersey and New York have chosen a Jesuit education in downtown Jersey City, and say,



"It is not simply Prep for four years... it's Prep for life!"